

LINDENWOOD
UNIVERSITY

DIGEST

EMPLOYEE NEWSLETTER



January 31, 2024

CAMPUS-WIDE NEWS BROUGHT STRAIGHT TO **YOUR INBOX.**

GOOD MORNING LINDENWOOD LIONS!

SASS Coordinator Workshops



Student Academic Support Services coordinators will host four workshops during February.

The following workshops will take place:

- Goal Setting: Monday, February 5, 2 p.m.
- Study Skills: Wednesday, February 14, 10 a.m.
- Self-Care and Self-Confidence: Tuesday, February 20, 10 a.m.
- Time Management: Thursday, February 29, 2 p.m.

All workshops will be hosted in the Library & Academic Resources Center, LARC 345. If any professors would

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like a link to view the pre-recorded versions of the workshops, please contact either [Rayel Strayer](#) or [Elizabeth Walker](#).



Recognize Employees Who Live Out Lindenwood's Core Values!

Use the [link](#) under the 'Announcements' section on your Workday home screen to access the form that allows us to recognize employees that we see living out LU's core values.

Value: We thrive together.

The men's and women's track and field teams competed at Vanderbilt University from January 20-21, and another administrator was needed to attend. **Chandler Diercks** did not hesitate to say yes. As the team's athletic academic coordinator, Chandler already knows the student-athletes on the team. Plus, as a former standout track athlete himself, Chandler knows what track meets entail. Thank you to him for stepping into a responsibility far outside of his required duties, plus giving up a weekend to do so. This really exemplifies how we thrive together.

Value: We do what is right.

Dr. Jennifer Edler was the MVP this weekend. After hosting the women and men's alumni during basketball games, she ran across town to host the swimming and diving alumni as they showed up for their program's final home meet. Dr. Edler leads her team with grace and organization to put these types of events on, let alone multiple in one day! Dr. Edler showed incredible hospitality and warmly welcomed Lindenwood alumni back home for a day.

Every month through January, we will randomly select four employees who have been recognized by their colleagues for living out our Core Values to receive a prize. January's value of the month was "we have grit." Congratulate the following winners:

- Jose Obando
- Amber Bush
- Amy Estlund
- Stephanie Afful

View all of the [submissions](#) that recognize employees who live out our values.

Submit Your VIP Moment

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LEARNING ACADEMY

Culture Connection – Cohort 8

February 1, 9-10:30 a.m.

Lindenwood Learning Academy, LARC 009

Culture Connection is a six-week PLC hosted by the Learning Academy. You will learn where we have been, where we are going, and what it looks like to be an employee at Lindenwood University. You will hear from university leaders and Q2 Champions throughout these six sessions. These sessions are highly recommended for newly hired faculty and staff. Contact the [Lindenwood Learning Academy](#) for questions or additional information.

Register

Retirement: Making Your Money Last

February 1, noon-1 p.m.

Online

This presentation discusses ideas to help build a reasonable and sustainable strategy for managing income and expenses during retirement. We explore how to address key concerns such as inflation, health care expenses, and market volatility, as well as ways to prepare for things that may not go as expected. Financial wellness sessions can be logged in HealthCheck360 to achieve Pride Points and Lifestyle Rewards. Employees can upload proof of attendance under "Complete a Wellness Activity."

Register

Safe Zone 2.0

February 7, 1:30-3:30 p.m.

Lindenwood Learning Academy, LARC 009

This interactive training session is for anyone who has completed Safe Zone training. Safe Zone 2.0 will focus on the current events, issues, and policy that are impacting the LGBTQ+ community nationally and globally. It also will help participants examine bias, prejudice, and privilege through hypothetical social scenarios. You must take Safe Zone 1.0 to attend this course.

Register

CDI Spiritual/Religious Bias

February 7, 2-3:30 p.m.

Online

This interactive foundational training session will help participants develop an awareness of how spiritual/religious bias can impact those around them, who practice different spiritualities or religions. Participants will discover campus resources and strategies to apply what they learned to their environment in order to identify and challenge their own spiritual/religious bias. The Rev. Dr. Nichole Torbitzky is the trainer for these sessions.

Register



SPRING SEMESTER HOURS

LARC/LIBRARY SERVICES

- Monday-Thursday: 8 a.m.-10 p.m.
- Friday: 8 a.m.-5 p.m.
- Saturday: 10 a.m.-3 p.m.
- Sunday: 2 p.m.-10 p.m.

EVANS COMMONS REC CENTER

- Monday-Friday: 6 a.m.-9 p.m.
- Saturday-Sunday: 11 a.m.-4 p.m.

LU BOX OFFICE

- Tuesday-Friday: Noon-4 p.m.
- Saturday: 10 a.m.-2 p.m.
- Sunday-Monday: Closed

STARBUCKS

- Monday-Friday: 7 a.m.-5 p.m.
- Saturday: Closed
- Sunday: 2 p.m.-9 p.m.

BOYLE FAMILY ART GALLERY

- Monday: 1-6 p.m.
- Tuesday: Noon-5 p.m.
- Wednesday-Friday: 1-6 p.m.
- Saturday-Sunday: Closed





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