

LINDENWOOD  
UNIVERSITY

# DIGEST

EMPLOYEE NEWSLETTER



September 11, 2024

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

## GOOD MORNING LINDENWOOD LIONS!

### 2024 Pantry Wars



Staff Council, the Center for Diversity, Equity, and Inclusion, and the Chaplain's Office invite all employees to participate in this year's Pantry Wars. Pantry Wars will run September 16-20.

The point system and donation items for this friendly competition are outlined in the [Pantry Wars flyer](#). Teams are grouped loosely by division. Check out [your team](#).

Donations can be dropped off at the CDI in Spellmann. Points will be totaled daily and the winner will be posted in the Digest. The winning team will get bragging rights along with a dessert bar donated by Sodexo.

How it works:

### LATEST NEWS

[Read Campus News](#)

### WHAT'S HAPPENING

[University Calendar](#)



- Earn positive points for your team by donating canned and boxed food items in your team's collection box in the CDI.
- 'Sabotage' other teams with negative points by putting toiletries in their boxes.

Thank you for your part in stocking the Little Free Pantry for our students!



What a wonderful weekend for Lindenwood! Cross Country ran their first meet with our new head coach Kayla Kregel, Men's Soccer had an exciting win Friday, football had a great crowd Saturday, and Women's Soccer won on the road Sunday. On Monday, I joined local law enforcement for National Night Out in our neighboring communities and connected with alumni and friends. And we're preparing for the President's Council (LUPC) meeting Thursday. We are making a positive difference in our local community and lots of exciting things ahead. Make it a great week!

## September 2024 Career Services Events

Career Services has a few upcoming events and encourages you to share these with students. The Career Services team is happy to partner with faculty and staff to organize assignments or extra credit for students for event attendance.



### **Thursday, September 12- Resume Cafe**

LARC Grove, 2-4 p.m.

This is a chance for students to get their resume reviewed by an industry professional before the career fair, and get some free snacks!

### **Thursday, September 19- Suits for Success Open House**

LARC Grove, 11 a.m.-2 p.m.

The ever popular Suits for Success will be open for students to find free professional clothing for the career fair, interviews, internships, or any other reason! Anyone with donations for the suit closet can bring them to the CEL office (LARC 229A) at any time.

### **Thursday, September 26- Fall 2024 Career and Internship Fair**

Evans Commons, 2-5 p.m.

Around 100 employers will be on campus for this event to showcase opportunities for students. We will have a self-service headshot station for anyone who wishes to use it.

## Scheidegger Center Touring Series - Employee Discount!

The J. Scheidegger Center for the Arts has announced three shows as part of this year's touring series! Employees receive a 10% discount on tickets. Log in to [LUCBoxOffice.com](https://lucboxoffice.com) to view special employee pricing and purchase your tickets for these great shows.



Big Bad Voodoo Daddy - *October 2*

Wayne Newton: Up Close and Personal - *October 13*

The Irish Tenors - *March 14, 2025*

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## Service Learning Survey

The Office of Service Learning and Responsible Citizenship would like to know all about your service-learning projects and opportunities completed in past and current courses! Complete the survey linked below to share information about your course.

[Take Survey](#)

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## High School Athletes Needed for Research Studies

The Exercise and Performance Nutrition Lab seeks high school athletes to participate in two studies. Both studies provide valuable insights into body composition and performance, and they're a great way for young adults to contribute to important research. If your child is interested, please [reach out](#) for more information

### **Study 1: Creatine Supplementation on Body Composition and Performance**

This 8-week study explores how creatine affects body composition and athletic performance. Participants will take either creatine or a placebo daily and visit our lab three times for about 2 hours each. They'll undergo body composition assessments, strength tests, and a quick blood draw to ensure well-being. Upon completion, participants will receive a \$25 gift card, a t-shirt, and a shaker bottle.

### **Study 2: Fueling Needs and Health Status Assessment**

This 1-2 week study involves two visits (30 minutes and 1.5 hours). Participants will undergo body composition assessments, lower body strength and power tests, a VO2max test, and track their diet and activity with an activity tracker for 5 days. Participants will receive a t-shirt upon completion.

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## 2024 Alumni Awards - Accepting Nominations

The Office of Alumni Relations is accepting nominations for the 2024 Alumni Awards which will be presented at the Lindenwood University Gala in October. There are three awards - Alumni Merit Award, Alumni Service Award, and Young Alumni Award. Full descriptions are available on [LindenConnect](#). Nominations are due September 20.



[Submit a Nomination](#)



## Lindenwood Night at the Ballpark

There's still time to [get your tickets](#) for this year's Lindenwood Night at the Ballpark! Join us at Busch Stadium on Friday, September 20. Tickets are \$35 and proceeds will benefit the Lindenwood cheer and dance teams. Each ticket comes with an LU Night at the Ballpark T-shirt\*.

*\*T-shirts must be picked up from the Lindenwood tent inside Busch Stadium the night of the game, prior to the second inning. Shirts are available on a first-come, first-served basis, and while supplies last.*

## Q2 Moments

Thanks to Specialist, HR Employment and Selection II **Amy Summary** for always making herself available with staffing questions. Having her support this time of year makes hiring student workers an easier task.

[Submit Your Q2 Moments](#)

LINDENWOOD  
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LEARNING ACADEMY

**Staff and Coaches Annual Goals due October 1**

Staff and coaches, and their evaluators/administrators, need to set annual goals to be completed in the 2024-2025 evaluation period. A minimum of two goals are needed. See the [staff](#) or [coach](#) Performance Evaluation Guide located on the Useful Links page in Workday for more details.

The deadline to have annual goals set and approved by your staff administrator in the [evaluation portal](#) is **October 1**. Please contact the [Learning Academy](#) with questions.

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### **Improving the Quality of Student Submissions through Assignment Instructions**

**September 12, 9-10 a.m.**  
**Online**

If you are looking for a simple strategy to increase the quality of your students' submissions, this workshop is for you. Dr. Meredith Marsh will introduce you to the practice of "TiLTing" (Transparency in Learning and Teaching) assignment instructions as well as some quick tools for creating rubrics.

[Register](#)

### **Associate Deans Monthly Session** **September 12, 10-11 a.m.** **Online**

CopyThe first Thursday of each month to further develop leadership and strengthen our relationships as a team. The discussion topics will differ each month, but the premise of each meeting is to grow both professionally and personally as leaders. These meetings are for Associate Deans.

[Register](#)

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### **Performance Evaluation Process Training for Staff and Coaches**

**September 16, 1:30-2:30 p.m.**  
**Online**

Join Dr. Brittany Brown as she reviews Lindenwood's performance evaluation process and demonstrates how to use the performance evaluation software and other valuable tools available to staff and coaches. This session is highly recommended for staff who have not experienced a complete evaluation year at Lindenwood and for veteran staff who want refresher training on Lindenwood's evaluation process.

[Register](#)

### **Leadership Development Monthly Sessions**

**September 17 or 18, 10:45-11:45 a.m.**  
**Lindenwood Learning Academy, LARC 009**

These sessions are held on the third Tuesday & Wednesday of each month to further develop leadership and strengthen our relationships as a team. The discussion topics will differ each month, but the premise of each meeting is to grow both professionally and personally as leaders. Participants will only be registered for one session per month. These are invitation only sessions for Managers, Directors and AVPs. Contact the [Learning Academy](#) if you feel you are eligible to attend the sessions but are not invited.

[Register](#)



## FALL 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: 7:30 a.m.-3 p.m.
- Saturday: Closed
- Sunday: 2 p.m.-6 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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