IN THIS ISSUE

03
Nighthawk Wellness
Earn up to $100! Join the Challenge!

06
Diversity and Inclusion
International Day for the Elimination of Racial Discrimination

08
HR Spotlight
Meet Leslie Brock.
Guess Who!
Where is Nigel?

09
Training and Development
What’s Happening in March?

10
Staff Council
What is Staff Council? How do I get involved? There’s more!

12
OneUSG Blackout

14
New Employee Welcome

15
Be a North Georgia Star
ON YOUR MARK, GET SET...  GO!

EARN UP TO $100 WELL-BEING CREDITS

USG WELL-BEING HAS MOVED TO THE VIRGIN PULSE PLATFORM! WITH THIS NEW PLATFORM, YOU WILL NEED TO CREATE A NEW USERNAME AND PASSWORD FOR THE SITE. REGISTER TODAY FOR YOUR NO-COST AND CONFIDENTIAL ACCOUNT BY ACCESSING THE USG WELL-BEING TILE ON THE BENEFITS MANAGEMENT PORTAL ON ONEUSG TO GET STARTED. REGISTER YOUR 2020 ACCOUNT TODAY!

HERE ARE SOME OF THE WAYS YOU CAN EARN YOUR WELL-BEING CREDITS!

- CONNECT A DEVICE
- ADD 5 USG FRIENDS
- TRACK 7,000 STEPS 20+ DAYS IN A MONTH
- COMPLETE THE HEALTH ASSESSMENT
- RECEIVE A FLU SHOT
- COMPLETE A FINANCIAL COACHING APPOINTMENT

AND SO MUCH MORE!

**COMPLETE ACTIVITIES THROUGH 9/30 TO EARN. TO RECEIVE THE CREDIT, YOU MUST BE A CURRENT FULL-TIME EMPLOYEE OR SPOUSE ENROLLED IN A USG HEALTHCARE PLAN DURING THE PAY PERIOD IN WHICH THE CREDIT IS PAID.**
SLEEP AWARENESS WEEK
MARCH 8-14

LET’S CELEBRATE SLEEP HEALTH BY PRIORITIZING SLEEP & IMPROVING OVERALL HEALTH AND WELL-BEING.

HEALTHY SLEEP HABITS CAN MAKE A BIG DIFFERENCE IN YOUR QUALITY OF LIFE AND OVERALL WELL-BEING.

TRY TO STAY CONSISTENT WITH THESE SLEEP PRACTICES

1. Stick to a sleep schedule.
2. Practice a relaxing bedtime ritual.
3. If you have trouble sleeping, avoid naps, especially in the afternoon.
4. Exercise daily.
5. Design your sleep environment to establish the conditions you need for sleep.
6. Sleep on a comfortable mattress and pillows.
7. Avoid bright light in the evening and expose yourself to sunlight in the morning.
8. Avoid alcohol, cigarettes, and heavy meals in the evening.
9. Wind down. Avoid electronics before bed. If you can’t sleep, go into another room and do something relaxing until you feel tired.

If you’re still having trouble sleeping, don’t hesitate to speak with your doctor or to find a sleep professional. You may also benefit from recording your sleep in a Sleep Diary to help you better evaluate common patterns or issues you may see with your sleep or sleeping habits.
Tips for Staying Awake on the Job

1. **Take a walk before your shift.** Try to take short walk breaks during the day as well. Sunlight has an alerting effect on the body and may help you feel more awake during your shift.

2. **Nap strategically.** It’s often hard to sleep seven to nine hours continuously, so naps outside of work and weekends are very important. Even a 15-20 minute nap can improve alertness.

3. **Try caffeine.** Drink caffeine during the day. Limit your caffeine to the first part of your shift and taper it off during the last half. Caffeine stays in your system for many hours.

4. **Keep moving.** When you’re sedentary for too long (for example, at your desk), you’re more likely to become drowsy. Keeping your body active will help you think clearly and feel alert. If you’re talking on the phone at work, stand up or walk around while you do so. During your breaks, move away from your workstation, take a short walk or walk up and down stairs, and stay in motion.

National Sleep Foundation - www.sleepfoundation.org
March 21

International Day for the Elimination of Racial Discrimination

Background:

March 21, 1960, police killed 69 people at a peaceful demonstration in Sharpeville, South Africa, against the apartheid "pass laws." Proclaiming the Day in 1966, the General Assembly called on the international community to boost its efforts to eliminate all forms of racial discrimination. In 1979 the UN General Assembly decided that a week of solidarity with the peoples struggling against racism and racial discrimination, beginning on March 21, would be organized annually in all member States.

Racial Discrimination

Racial and ethnic discrimination occur on a daily basis, hindering progress for millions of people around the world. Racism and intolerance can take various forms — from denying individuals the basic principles of equality to fueling ethnic hatred— all of which destroys lives and fractures communities. The fight against racism is a matter of priority for the international community.
Let's Fight Racism

WHAT CAN YOU DO TO FIGHT RACISM?

Help promote and defend human rights, and make a difference in combatting racism in your community.

Tell us what you are doing to combat racism on Social Media using #FightRacism

Seek different perspectives through reading the writings of authors of other races or ethnicities.

Check out the UN’s global action plan to combat racism, racial discrimination, xenophobia and related intolerance.

The most important thing we can do is be kind, treat others with dignity and respect regardless of race or ethnicity.
HR SPOTLIGHT

LESLEY BROCK
Talent Acquisition Consultant

Leslie has been working at UNG for a little over three years. First serving as an Academic Advisor II for Academic Advising on the Gainesville campus, and recently transitioned into the role of Talent Acquisition Consultant. She will partner with hiring managers and departments to strategically plan and proactively assist with the student hiring process. She received her Bachelor’s degree in Political Science with a minor in Criminal Justice from North Georgia College and State University and her Master’s degree in Organizational Leadership from Brenau University.

“HR is a department full of wonderful individuals. I am excited for the opportunity to learn and grow in this department! I look forward to assisting faculty and staff, as well as students, during the hiring process of student-workers.”

GUESS WHO

CLICK HERE TO SEE WHO WAS LAST MONTH’S FLASHBACK PHOTO AND GUESS WHO THE EMPLOYEE BELOW IS!

EACHONE THAT SUBMTS A FLASHBACK PH OTO WLL BE ENTERED INTO A DRAWING FOR A GRAND PRIZE IN DECEMBER!

To be featured please email us your flashback and current photo! hrnewsletter@ung.edu

WHERE IS NIGEL?

Did you find Nigel? Click here to let us know where in the newsletter he is hiding!
# March Training and Development

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<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
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<tr>
<td>TUESDAY 03</td>
<td>SUPERVISOR TRAINING PROGRAM</td>
<td>GVL- LIBRARY 134 10A-12P</td>
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<td>FRIDAY 06</td>
<td>ORIENTATION</td>
<td>DAH- DOB 228 9A-12P</td>
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<td>TUESDAY 10</td>
<td>SUPERVISOR TRAINING PROGRAM</td>
<td>GVL- LIBRARY 134 10A-12P</td>
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<td>FRIDAY 13</td>
<td>STAFF LEADERSHIP DEVELOPMENT PROGRAM</td>
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<td>TUESDAY 17</td>
<td>SUPERVISOR TRAINING PROGRAM</td>
<td>GVL- LIBRARY 134 10A-12P</td>
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<tr>
<td>FRIDAY 20</td>
<td>LEADERSHIP DISCUSSION</td>
<td>MULTI CAMPUS GVL ADMIN 122, DAH DOB 10A-11A</td>
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<td>TUESDAY 24</td>
<td>SUPERVISOR TRAINING PROGRAM</td>
<td>GVL- LIBRARY 134 10A-12P</td>
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<td>WEDNESDAY 25</td>
<td>MONTHLY TRAINING GVL- LIBRARY 134 10A-11A</td>
<td>MONTHLY TRAINING DAH- LTC 269 2P-3P</td>
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Remember! Even if you are unable to attend these in-person training sessions, you can complete other training plans in SkillPort!

For more information regarding employee training and staff development, contact Elizabeth King

Email: ELIZABETH.KING@UNG.EDU Phone: 678-717-3782
WHAT IS STAFF COUNCIL?
UNG’s Staff Council acts in an advisory role to the university president. We also act on behalf of the staff, as a voice to the administration. Giving back to the community is very important to the UNG Staff Council. We participate in fundraising endeavors such as Helpful Harvest Staff Lunch and Relay for Life.

HOW DO I GET INVOLVED?
Contact a Staff Council member to let them know you’re interested! Staff Council members are nominated and elected to serve a two-year term.

For more information, contact a Staff Council member. A list of current members can be found on the Staff Council website here.
BUT WAIT... THERE'S MORE!

Eligible staff on the Cumming, Dahlonega, or Gainesville campus who are enrolled in classes can submit an application to help cover the costs of textbooks! *Each campus has distinct eligibility requirements! Make sure to read these carefully! Click [here](#) for more information.

**Scholarship Application - Cumming Campus**
**Scholarship Application - Dahlonega Campus**
**Scholarship Application - Gainesville Campus**

**Staff Development Funds**

Staff Development Funds are available for full-time staff members to participate in professional development activities that enhance their primary job duties. These funds can help cover or supplement the costs of your professional development. Staff development funds may be used for the cost of registration fees, gas, meals, and lodging. Remember all travel expenses must follow the current state regulations.
ONEUSG BLACKOUT
SAVE THE DATES

FRI 13
STARTING AT 6:00 PM
OneUSG Blackout! OneUSG Blackout! OneUSG Blackout! OneUSG Blackout!

SAT 14

SUN 15

MON 16

TUES 17

WED 18
ENDING AT 7:00 AM

FRI 27
STARTING AT 6:00 PM
OneUSG Blackout! OneUSG Blackout! OneUSG Blackout! OneUSG Blackout!

SAT 28

SUN 29

MON 30

TUES 31
ENDING AT 7:00 AM
ONEUSG CONNECT WILL BE UNAVAILABLE FOR ALL UNIVERSITY SYSTEM OF GEORGIA EMPLOYEES

DURING THE BLACKOUT PERIOD:

- Student workers **will not** be able to **clock in/out**.
- Supervisors **will be required to enter their student worker’s time** once OneUSG is available on March 18th, 31st.
- The Employee Self Service and Manager Self Service portals will be unavailable.
- The Benefits portal will remain available.

*Please note W2’s will be unavailable for viewing and printing during this time*
Amanda Hedden  Custodian
Marshall Barrett  Recruiting Officer
Charlie Routh  Cont. Ed Instructor
Courtney Baker  Clinical Faculty
Myra Lisa Barnes  Faculty
Emily Costley  Clinical Faculty
Rachel Matthews  Clinical Faculty
Amanda Baker  Cont. Ed Instructor
Whittney Smith  Upward Bound Advisor
Jenny Whitmire  Coordinator of Fitness
Shalaya Gray  Cont. Ed Instructor
Alicia Cantrell  Custodian
Dustin Singleton  Police Officer
Shawn Stockton  Custodian
Shanae Mapp  Faculty
Lisa Cummins  Study Abroad Advisor
Alejandra Cruz  GED Facilitator &
               Curriculum Coordinator, HEP

NEW EMPLOYEE WELCOME
FEBRUARY
The North Georgia STAR employee recognition program recognizes meaningful accomplishments of UNG staff employees who embody the University’s standards for excellence, efficiency, and outstanding customer service to internal or external constituents.

**How do I nominate someone?**
Nominations are accepted at any time. You may complete the online form [here](#).

**What happens after I nominate someone?**
Nominees are notified via HR and will receive a certificate and a STAR pin in recognition of their award. Read more about the North Star Award [here](#).

### FEBRUARY NORTH STAR RECIPIENTS

- **Abby Lopez**  
  Upward Bound
- **Tiffany Myers**  
  Financial Aid
- **David Jones**  
  University Relations
- **Sarah Strickland**  
  Enrollment Management
- **Melissa Grizzle**  
  Strategic Leadership and Global Engagement

Please congratulate these NORTH STAR AWARD Recipients! Let them know you appreciate their hard work and dedication!