



Have you heard about Green Dot?

Over the course of the past year, the Dean of Students Office has been coordinating the implementation of a bystander intervention program called Green Dot. This nationally recognized program aims to give participants the tools and resources to measurably reduce rates of interpersonal violence on our campus. It's been found that most people will intervene or prevent an act of violence from occurring if they have the proper resources and skills to do so. This program uses the concept of Red Dots and Green Dots – Red Dots represent a moment when someone uses their words or actions to cause another person harm. Green Dots are when someone uses the “3 Ds” (direct, distract, and delegate) to make it less likely that a Red Dot occurs. Overall, this program aims to communicate that at the University of Wyoming:

1. Violence is not tolerated and,
2. Everyone is expected to do their part.

Faculty and staff all over campus play a critical role in this effort and are invited to attend a 60-75 minute overview training. To date, over 300 staff, faculty, and administrators at UW have participated. Overview trainings are currently scheduled throughout the summer and will occur via Zoom until business resumes on campus. Find a schedule of future trainings and reserve your spot at www.uwyo.edu/greendot.

Questions? You can reach the Green Dot Team at greendot@uwyo.edu.



To view previous Newsletters visit the [HR website](#)



IMPORTANT EGI ALERT

Mid-year rate increase to Employees' Group Insurance Program effective 8/1/20. More information can be found [here](#).

Review the [EGI rate calculator](#) to see what your premium increase will be.

Due to the increase in premiums there is a limited special open enrollment during the month of June. Visit the [Benefit Portal](#) to make changes. The open enrollment is only for the following changes:

- Increase your deductible to lower your premium amount.
- Drop dependent coverage to lower your premium amount.
- Drop health coverage entirely after 7/31/20.

Any questions can be directed to egi@wyo.gov, or call (307)777-6835.

EMPLOYEE SPOTLIGHT

Joslyn White joined us on June 8th as our new Payroll Specialist focusing on time and labor. She is a Wyoming native, returning to UW and Wyoming from neighboring Nebraska where she previously worked as a Business Manager.

HEALTH AND WELLNESS CORNER

Keep Your Sunny Side Up

Good mental health is just as important as good physical health. But we all face changes in life that can challenge our emotional wellbeing. For example, even if you always looked forward to retirement, you might miss working. Or, maybe you've moved and you miss your old friends.

Whatever happens in your life, make your mental health a priority. You'll feel better and deal with stress better. These ideas can keep your spirits up:

- Stay in touch with family and friends. Maintaining relationships is good for your mental health. Call and visit your children or grandchildren. If you don't have family or friends nearby, join a local church or a community organization.
- Give yourself time to adjust to major life changes. If you are retiring or moving, be prepared to feel a loss. The same is true if your spouse or a friend dies. Grieving is natural and necessary.
- Keep busy with mentally stimulating activities. Consider volunteering or taking a class. Explore new interests, such as learning another language.
- Get a pet. A pet can be a wonderful companion. Pet owners get more exercise and have more social contact than those without a pet.
- Exercise. Take a walk or ride a bike. Exercise improves how you feel mentally, as well as physically.
- Get enough sleep. Lack of sleep can contribute to depression. Try to get as much sleep as you need.
- Practice optimism and good humor. A positive attitude and laughter boost your mood.
- Spend time with people who make you laugh. Rent funny movies.

Additional Reading

- [Mines and Associates June Newsletter](#)
Workplace Diversity & More COVID 19 Resources.

Be well Cowboys and Cowgirls!

Innovation Center

Effective July 10th, the Recruiting module will look and feel a little different. Our current recruiting module uses Flash, which will end in December 2020. Oracle is transitioning the recruiting module to be used without Flash, resulting in a new look and feel. Keep in mind current recruiting practices and business processes will not change. Please review and utilize [HR's Hiring Toolkit](#) for information on processes associated with Recruiting.

You'll find that with the systems interface change, the way that you'll search for requisitions will be slightly different, along with the look and feel for completing requisitions and managing candidates. With this update, new Quick Reference Guides will be available. HR will hold several Zoom sessions for additional training and practice. Please review the dates and times, and sign up for sessions that will work for you! We recommend that anyone who uses Recruiting attend at least one session, but may attend more as well.

Link to course catalog to register for sessions can be found [here](#).

Please reach out to Talent Acquisition Manager, Deb Marutzky at drulf@wyo.edu or 307-766-5612 with any questions or concerns. See you soon!

Working Remotely

Working Together While We Are Apart

- Whether you're new to remote work or not, leading a team or part of a team of distributed team members, everyone can agree our work environments are changing. More managers and employees are looking for solutions to optimize their organization's online capability, embracing the technologies that enable us to work from home or abroad. Enhance your remote capability by leveraging Microsoft's 365 productivity cloud in this set of online courses. Discover how to share documents, build teams and complete your organizations projects all while staying connected from home or other remote environments. [Getting Started with Microsoft 365](#)
- Complete this learning path to receive a certificate of completion from LinkedIn Learning. You can also share your completion on your LinkedIn profile so others can see your achievements. [Learn more!](#)

Take The Next Step In Your Career

- Are you looking to take that next step in your career by earning a certification? Have you earned a certification and now looking to complete continuing education (CEUs)? Did you know LinkedIn Learning offers on-demand courses to help individuals prepare for professional certification exams and earn continuing education units (CEUs) helping you to advance your career. [Learn more!](#)

UW Link To The Past



*UW Photo Club
on the steps
of Old Main
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