

SPRING SCHEDULE

DEBT MANAGEMENT

REGISTER

Lunch & Learn (lunch provided)

February 25 11 am–12 pm Hammond S08

*Brandon Williams, Metro@Work Relationship Manager,
Metro Credit Union*

Despite all the advantages and conveniences credit cards can provide, there are pitfalls associated with credit use. Don't worry—take action. We will walk you through the five steps you can take to repay what you owe and get back on track.

FREE 1:1 FINANCIAL COACHING

REGISTER

March 4 by appointment Antonucci 209

March 6 by appointment Hammond G18

*Brandon Williams, Metro@Work Relationship Manager,
Metro Credit Union*

Brandon has nearly a decade of experience working at credit unions and 4 years as a Certified Credit Union Financial Counselor (CCUFC). He continues to recertify to stay on top of the best strategies that can help our members get ahead financially. More information to come regarding making an appointment.

CREATING KINDNESS IN THE WORKPLACE

REGISTER

**March 26 11 am–12 pm *Virtual/
Hammond G11**

*Rah Kalon, M.S. Clinical Counseling, a national speaker,
trainer, and Toastmasters graduate, Mass4You*

This session explores the critical role of kindness in building strong relationships and promoting positive mental health. This will include strategies and practical ways to demonstrate kindness on a daily basis.

* These sessions will be virtual however, rooms have been reserved for employees who would prefer to participate as a group or do not have a private space to join the session.

FALCON VIBES

SPREAD THE FALCON SPIRIT

Every Friday

Wear Fitchburg State attire to show your Falcon Spirit.

WALKING WEDNESDAYS

Every Wed. 12:15 pm Front of Dupont

Starts 3/19 – 5/21—take a break, enjoy some fresh air, chat with colleagues & get your steps in. Choose a shorter walk—15 minutes or a 30 minute walk.

BIRTHDAY CELEBRATIONS

3:00 pm Lisciotti Pavilion (Science Complex)

January 30

Birthday Celebration for October, November
December, January Employees.

May 19

Birthday Celebration for February, March, April, May
Employees

SIGN-UP TODAY

Depending on your browser you may need to download this PDF and open it in Adobe Acrobat to use the registration links. Sign-up for as many as you wish. Use the QR code to the **HR Event Calendar** or contact HR/Payroll at x3172 or email **humanresources@fitchburgstate.edu**



CULTURAL COMPETENCY



Earn the Foundations in Cultural Competency digital badge by attending two or more qualifying Professional Development Sessions in the Diversity, Equity, Inclusion, and Belonging (DEIB) Track this year.

Participants will be asked to demonstrate competence in the related awareness, knowledge, and skills foundational to a successful teaching and learning environment by completing an online assessment. Let everyone know you care about belonging and believe developing cultural competence is a lifelong endeavor.

STARTING AN AFFINITY NETWORK

REGISTER

February 11 3:00 pm *Virtual Meet
Rebecca Newell, Director of Title IX & Equal Opportunity

In an effort to support the University's commitment to diversity and inclusion in the workplace, Human Resources will provide guidance in forming and supporting affinity groups. An affinity group represents the interests and concerns of traditionally underrepresented populations and/or protected classes of people. They also help others understand those interests and concerns by sponsoring programs and events shared with the broader community. Official affinity groups will receive a small start-up budget generously supported by the University Innovation Fund.

INCLUSIVE PEDAGOGY

REGISTER

April 15 3:30–4:30 pm *Virtual/
Amelia V. Gallucci-Cirio Library 212
Dr. Megan Sullivan, Faculty Director of Inclusive Pedagogy, Boston University
Collaboration with the Center for Teaching & Learning

Inclusive Pedagogy encompasses many forms and concepts from universal design to anti-racist or transgressive education to trauma-informed teaching to equity-focused assessments. This session will introduce participants to this student-centered teaching approach and engage in discussion of myriad ways one can engage all students in learning that is meaningful, relevant, and accessible. All are welcome to explore innovative course design, classroom techniques, and departmental engagement practices.

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ENJOY HOLMES DINING

Visit the President's Office in Sanders Administration to receive your Fitchburg State University cup. Bring it to Holmes Dining Hall for a **FREE hot or cold beverage** (one per day).

Faculty and Staff may enjoy one \$5 MEAL each day at Holmes Dining Hall.

Thank you President Hodge and Chartwells!

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