

From: Janet P Walker jwalker8@gmu.edu
Subject: Instant HR/Payroll: Employee Appreciation Day, Life/Work Connections for Parents, Really - Spring is Coming, and The Chronicle Survey
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Employee Appreciation Day: March 6

Today is Employee Appreciation Day; a great day to let colleagues know how much you value their efforts. Spread a little sunshine today and every day! For ideas on how to say, “Thanks, I couldn’t have done it without you” or “I appreciate your support and kindness,” please visit HR & Payroll’s Pinterest page at <http://www.pinterest.com/workingatmason>.

Financial Well-Being Seminar: Life/Work Connections for Parents

Juggling work and family can be challenging. If you have children, are thinking about starting a family or if you supervise faculty or staff with children, then please join us at noon on Friday, March 20 as we discuss various programs available to working moms and dads at Mason. From childcare to knowing your benefits to easing your load, various experts will be there to assist you in your quest to be a happier, better informed, and more organized parent. Please feel free to bring your lunch. This session will be videoconferenced to the Arlington and Prince William campuses. For more information and to register, please visit hr.gmu.edu/learning.

Faculty and Staff Spring “Hikes”

Hike to Ike’s was so popular it’s coming back every Friday during Mason’s Spring into Well-Being. And this time we are adding The Globe as another hike destination! Join fellow faculty and staff around campus as they lace up their sneakers and hike to some fun, new venues on campus. Faculty and staff receive a discounted lunch rate of \$8 from 11am-2pm.

Save even more money when you sign up for a [Faculty/Staff BYTE Plan](#). Cash, Credit Card and Mason Money accepted. Check out the Spring “Hikes” flyer at <http://hr.gmu.edu/worklife/documents/Hiketolkes2.0.pdf>

Hike #1	March 20	The Globe
Hike #2	March 27	Ike’s
Hike #3	April 3	The Globe
Hike #4	April 10	Ike’s
Hike #5	April 17	The Globe
Hike #6	April 24	Ike’s

Spring into Well-Being

With all this wild weather – ice, sleet, and snow – it is easy to forget that in a few short weeks it will be SPRING! The daffodils will be blooming and for the second year, Mason will be celebrating Spring into Well-Being. From March 19 through April 30, Mason will be showcasing a wide array of events and opportunities including classes in yoga and tai chi, financial well-being seminars, the Health & Fitness Expo, Victims’ Right Walk and much, much more. The celebration kicks off on Thursday, March 19th with Good Deeds Day and the Ask Me About Well-Being tents/tables. There’s even a couple of friendly competitions – Resolution Solution and the April 15 costume walk. Curious? Visit <http://today.gmu.edu/month/2015/4/?>

[category=92](#) for the full schedule and details. Check back often as events are being added.

Spring into Well-Being and Mason's Well-Being University initiative are dedicated to helping faculty, staff, students, and alumni build lives of vitality, purpose, resilience, and engagement. To learn more, visit <http://wbu.gmu.edu>.

Chronicle of Higher Education Great Colleges to Work For Program

As in years past, Mason is once again participating in *The Chronicle of Higher Education's* Great Colleges to Work For program. This is a great opportunity to benchmark Mason as an employer. As part of the process, 600 full-time faculty and staff and 300 adjunct faculty will be randomly selected to complete a survey. The survey will run from March 16- April 13.

If you are selected for the survey, you will have an opportunity to represent yourself as well as your colleagues; we hope you can take a few minutes to complete the survey. Thank you for all you do to make Mason a great place to learn and work.