Reward and Recognition has added more criteria and structure for departments looking to award their high performing administrative/professional faculty and classified staff with recognition leave. For each 8 hours of leave (up to 40 per calendar year), detailed criteria is now available to provide more transparency and consistency in the award process.

You can learn more on the HR & Payroll website. For questions, please contact Beth Baroody at 3-2739 or bbaroody@gmu.edu.
Calling all military spouses and partners employed at George Mason University! Bring your lunch or a cup of coffee and meet new friends at the Military Spouses and Partners Group. This is a great opportunity to connect with others, share advice, and discuss how this group can be a valuable resource for Mason military spouses and partners.

Questions? Please contact Kim Coryell, proud military spouse for over 20 years, at kcoryell@gmu.edu.

Want to Lead Working Dads Support Group?

Being a super dad can be difficult sometimes. That’s why dads need support too! Working Dads Support Group is for George Mason dads to get together regularly, swap stories, and gain insight. This group is currently searching for a George Mason dad to lead the group. This role is what you make of it to help support other super dads.

If you are interested in leading the group, please email worklife@gmu.edu for more information.

Join Mason Needleworks

Mason Needleworks is a group that meets regularly on the Fairfax campus for stitching and conversation! They welcome all skill levels and types of stitching (crochet, needlepoint, sewing, knitting, etc.). Everyone is welcome to join any or all of the meetings.

If you are interested in joining, the group meets at noon on the Fairfax campus in the MIX on the dates outlined in the spring 2019 schedule.

Please contact Hope Miller at hmille@gmu.edu if you have any questions.
When you exercise, do you do it alone or in a group? A new study shows that group exercise is most impactful for improving mental health.

“Social connectedness alone enhances one’s sense of belonging, happiness, and confidence, so it’s really no surprise that it significantly improves overall mental health when combined with exercise.”

To find out more about the study and results, read on!

Was one of your New Year’s resolutions to support your physical well-being? As a Mason employee, you have access to several discounted gym memberships! View all of the available gym memberships on the Health and Fitness discounts page.

For a legend of the header icons, visit the Instant HR & Payroll legend page.