Employee Well-Being Month is in full swing! Watch out for the well-being announcements in blue. Today you will find announcements supporting your financial well-being and psychological well-being.

Discover information below about employing minors at Mason, a new topic for the Well-being Lunch and Learn Series, and a fun discount!

**Employment of Minors**

We want to share some helpful information and resources about employing Minors, that are under the age of 16, at Mason.

**To employ a minor aged 14 and 15 at Mason:**

1. The minor, the minor’s parent/guardian/custodian, and the department hiring the minor need to complete the **Electronic Employment Certificate process:**
   1. The minor should complete **Step 1: Youth Registration** and share the “Youth Unique Identifier” with the department
   2. The department needs to complete **Step 2: Employee Registration**
   3. The parent/guardian/custodian needs to complete **Step 3: Parent/Guardian/Custodian Registration**
2. The department should keep a document on file that verifies the age of the minor (e.g. birth certificate)

**Please note:**
- The Fair Labor Standards Act (FLSA) sets the minimum age for employment at 14 years of age and **limits the number of hours worked by minors under the age of 16.**
For more information:
- FAQ on Child Labor Law
- Employment Certificate Application Instructions
- DOL Age Requirements

**Seminar: Stress Reduction Tool Bag**

**Details:** Fairfax Campus, Merten Hall 1202 on July 12 from 12 p.m. – 1 p.m.

As part of the Employee Assistance Program (EAP), Human Resources & Payroll is offering a Well-being Lunch and Learn Series focusing on mental health topics.

July’s topic is **Stress Reduction Tool Bag**. This seminar will discuss good and bad stress. Participants will explore how to recognize the symptoms of stress and gain tools to manage stress, including mindful communication.

**To Register, visit:** [http://hr.gmu.edu/learning/register.php?id=2755&type=822](http://hr.gmu.edu/learning/register.php?id=2755&type=822)

Questions: Contact Niki Imamura at [nimamura@gmu.edu](mailto:nimamura@gmu.edu)

**Discount**

Need to escape the heat? Continue celebrating Employee Well-Being Month by visiting University Mall Theatre!

The Mason community receives special pricing at [University Mall Theater](http://hr.gmu.edu/learning/register.php?id=2755&type=822) just by showing a Mason ID! You can also read more about their [ticket pricing](http://hr.gmu.edu/learning/register.php?id=2755&type=822).

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