Nine-month faculty who made changes during the Open Enrollment period in May 2019, may see adjustments to their first fall paycheck on **September 16, 2019**.

**Why?**

- To ensure there was no interruption to nine-month faculty health benefits from June-August 2019, the Benefits team double deducted health insurance premiums from March-May, 2019.
- However, this process did not account for any Open Enrollment changes (such as new plan selection, addition/removal of family members, or premium rewards) that may have taken effect when the new plan year began on July 1, 2019.
- The Benefits team is now making adjustments to reflect the coverage that was in effect during July and August 2019.

For questions, please contact Benefits at **benefits@gmu.edu** or 703-993-2600.
The 2019 Outstanding Achievement Awards celebrate the hard work, dedication, and achievements of Mason’s faculty and staff across 13 award categories. These categories include the Civility Star Award, the Adjunct Faculty Service Award, and the Margaret C. Howell Award.

To recognize a faculty or staff member’s dedication and contributions to Mason, nominate them for a 2019 Outstanding Achievement Award. These guidelines can help you prepare a nomination.

The nomination deadline is September 26, 2019, and the ceremony is October 31, 2019, from 10–11:30 a.m. in Dewberry Hall.

Questions? Please contact Beth Baroody at 703-993-2739 or bbaroody@gmu.edu.

Do you work with an incredible Mason administrative/professional faculty member, classified staff member, or wage employee who goes the extra mile, collaborates with their colleagues, and supports the university? Then nominate them for Mason’s Employee of the Month!

Ready to nominate someone? Additional information can be found on the HR & Payroll website. If you have questions, email Beth Baroody at bbaroody@gmu.edu.
From our friends at Mason Recreation:

“Pink Gloves Boxing (PGB) is a group training program that empowers women, fosters relationships, and is perfect for participants of all ages and fitness levels. All classes are one hour and are located in the AFC Group Exercise Room on the ground floor behind the membership desk.”

For questions and for more information, including the class schedule and pricing, visit the Mason Recreation website.

How was the first week of classes for you? Students are back, events are happening, and excitement abounds…but what about in a month or two?

We all know the familiar phrase “burnout,” and it may be more prevalent for you depending on the role you serve at the university. Psychology Today explores the many warning signs of burnout.

“When in the throes of full-fledged burnout, you are no longer able to function effectively on a personal or professional level. However, burnout doesn't happen suddenly...Its nature is much more insidious, creeping up on us over time like a slow leak, which makes it much harder to recognize.”

If you are noticing signs of burnout, scroll to the bottom of the article for tips on how to
overcome stress and burnout.