

Human Resources Newsletter

Office of the Provost &
University College
August 2025



Hello New Hawkeyes!

Help us in extending a warm welcome to the newest members of the Provost Organization & University College joining us, or transferring to new roles!

Marc Falk, Administrative Services Manager, Office of the Provost



Alicia Hein, Assistant Director, First Gen Hawks Program, UC

Nick Heinze, First-Year Evaluator, Admissions

Sam Miller, Administrative Services Coordinator, SDS

Veronica Ruse, Academic Records Coordinator, Degree Services, Registrar

Amanda Stout, Coordinator, Education & Engagement, Pentacrest Museums

Upcoming New Hire Breakfast Club: August 13th



August Wellness Reminder



As August unfolds, we find ourselves in a season of transition and momentum. With students, graduate students, staff, and faculty returning to campus, many units are entering a crunch time. Amidst the excitement and increased activity, it's more important than ever to prioritize our own well-being. Taking care of ourselves helps us show up fully-for our teams, our campus community, and ourselves.

Here are three quick wellness tips for busy employees:

1. Micro-breaks matter: Even five minutes away from your screen to stretch, breathe, or step outside can reset your energy and focus.
2. Stay hydrated and nourished: Keep a water bottle nearby and aim for balanced meals. Your body and brain will thank you.
3. Set boundaries: Protect your time by scheduling short pauses between meetings or setting a firm end to your workday when possible.

And remember, the [University of Iowa Employee Assistance Program \(EAP\)](#) is here to support you with confidential resources and guidance. You're not alone. Let's take care of ourselves and each other this season.

August Milestones within Office of the Provost & University College!



ONE YEAR

Geoffrey Hughes
Andy Kutcher
Katie Licht
Phillip Ricks
Ryan Smith

THREE YEARS

Erin Foster Hartley
Nina Morrison
Andrew O'Neill
Lacey Patterson (Admissions)
Shuchita Poddar

TEN YEARS

Kirk Kluver
Lisa McKirgan

FIFTEEN YEARS

Andrew Beckett

TWO YEARS

Kaity Fisher
Anna Kahn
Danielle Kennedy

FOUR YEARS

Brittany Benda
Michelle Maxwell
Emily Parker

TWENTY YEARS

Cassie Potter
Suzanne Stratton

Milestones are reflective of OP/UC dates, not full UI anniversary dates

THANK you

Submit high fives [HERE](#) to recognize your amazing colleagues and teammates!

Congratulations to **Katie**, our randomly selected high five gift winner! Keep your eyes on campus mail for your gift!



July High Five Recipients

Josh Hutchinson
Kristi Norris
Maureen O'Neill
Katie Ron



Departmental Showcase:

ON IOWA! 2025

Next week, the On Iowa! Program will welcome new students to campus and the Iowa City community. **We need your help to welcome new Hawkeyes.** Please check out the [On Iowa! volunteer site](#) and sign up for a volunteer role.

Events still needing help include:

- Move-in Crew (Saturday, August 16 – Monday, August 18)
- Check-in registration specialists and handing out swag (Sunday, August 17 – Wednesday, August 20)
- Kickoff at Kinnick and Kinnick After Party (Friday, August 22)
- President's Party on the Pentacrest (Saturday, August 23)
- And more!

This University of Iowa community tradition is a success due to the time and energy of over 600 volunteers. Please consider welcoming new first-year and transfer students by volunteering during the 2025 On Iowa! program.

Questions can be directed to oniowaprogram@uiowa.edu



Supervisor Spotlight

Mental Health & Wellness Professional Development!

Are you looking for ways to support your team and provide a fantastic professional and personal development opportunity? The Scanlan School of Mental Health offers virtual and in-person professional development! Workshops include Working with College Students in Distress, Mindfulness and Meditation for your Office, Caring for Self While Caring for Others, and more!

Learn more [here](#).



HR Question of the Month

If you had a work superpower for the wild month of August, what would it be?

Answer anonymously [HERE!](#)
Answers will be shared next month!

