## 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



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 <u>University of Iowa Employee Assistance Program (EAP</u>) 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** 

#### **TWENTY YEARS**

Cassie Potter
Suzanne Stratton

#### **TWO YEARS**

Kaity Fisher
Anna Kahn
Danielle Kennedy

#### **FOUR YEARS**

Brittany Benda Michelle Maxwell Emily Parker

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

# THANK THANK THANK

Submit high fives <u>HERE</u> 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 <u>On Iowa! volunteer site</u> and sign up for a volunteer role.

#### Events still needing help include:

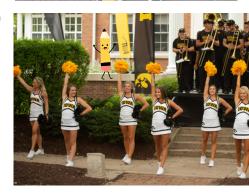
- Move-in Crew (Saturday, August 16 Monday, August 18)
- Check-in registration specialists and handing out swag (Sunday, August 17 – Wednesday, August 20)
- Kickoff at Kinnick and Kinnick After Party (Friday, August 22)
- President's Party on the Pentacrest (Saturday, August 23)
- And more!

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.

