|  | <!DOCTYPE html> |
| --- | --- |
|  | <html lang="en" dir="ltr"> |
|  | <head> |
|  | <meta charset="utf-8" /> |
|  | <script async src="<https://www.googletagmanager.com/gtag/js?id=UA-74277332-2>"></script> |
|  | <script>window.dataLayer = window.dataLayer || [];function gtag(){dataLayer.push(arguments)};gtag("js", new Date());gtag("set", "developer\_id.dMDhkMT", true);gtag("config", "UA-74277332-2", {"groups":"default","anonymize\_ip":true,"page\_placeholder":"PLACEHOLDER\_page\_path","allow\_ad\_personalization\_signals":false});</script> |
|  | <meta name="Generator" content="Drupal 10 (https://www.drupal.org)" /> |
|  | <meta name="MobileOptimized" content="width" /> |
|  | <meta name="HandheldFriendly" content="true" /> |
|  | <meta name="viewport" content="width=device-width, initial-scale=1.0" /> |
|  | <meta name="msapplication-config" content="/modules/contrib/uo\_core/browserconfig.xml" /> |
|  | <link rel="icon" href="[/themes/contrib/uo\_cosmic\_theme/favicon.ico](https://hr.uoregon.edu/themes/contrib/uo_cosmic_theme/favicon.ico)" type="image/vnd.microsoft.icon" /> |
|  | <link rel="icon" href="[/modules/contrib/uo\_core/uo-web-design-framework/images/favicons/favicon-32x32.png](https://hr.uoregon.edu/modules/contrib/uo_core/uo-web-design-framework/images/favicons/favicon-32x32.png)" /> |
|  | <link rel="icon" href="[/modules/contrib/uo\_core/uo-web-design-framework/images/favicons/favicon-16x16.png](https://hr.uoregon.edu/modules/contrib/uo_core/uo-web-design-framework/images/favicons/favicon-16x16.png)" /> |
|  | <link rel="apple-touch-icon" sizes="180x180" href="[/modules/contrib/uo\_core/uo-web-design-framework/images/favicons/apple-touch-icon.png](https://hr.uoregon.edu/modules/contrib/uo_core/uo-web-design-framework/images/favicons/apple-touch-icon.png)" /> |
|  | <link rel="manifest" href="[/modules/contrib/uo\_core/manifest.json](https://hr.uoregon.edu/modules/contrib/uo_core/manifest.json)" /> |
|  | <link rel="canonical" href="<https://hr.uoregon.edu/wellness-presentations-library>" /> |
|  | <link rel="shortlink" href="<https://hr.uoregon.edu/node/763>" /> |
|  |  |
|  | <title>Wellness Presentations Library | Human Resources</title> |
|  | <meta name="theme-color" content="#154733"> |
|  | <meta name="msapplication-navbutton-color" content="#154733"> |
|  | <meta name="apple-mobile-web-app-status-bar-style" content="#154733"> |
|  | <link rel="stylesheet" media="all" href="[/core/assets/vendor/normalize-css/normalize.css?sgbwc8](https://hr.uoregon.edu/core/assets/vendor/normalize-css/normalize.css?sgbwc8)" /> |
|  | <link rel="stylesheet" media="all" href="[/modules/contrib/uo\_core/uo-web-design-framework/css/styles-drupal8.css?sgbwc8](https://hr.uoregon.edu/modules/contrib/uo_core/uo-web-design-framework/css/styles-drupal8.css?sgbwc8)" /> |
|  | <link rel="stylesheet" media="all" href="[/core/modules/system/css/components/align.module.css?sgbwc8](https://hr.uoregon.edu/core/modules/system/css/components/align.module.css?sgbwc8)" /> |
|  | <link rel="stylesheet" media="all" href="[/core/modules/system/css/components/fieldgroup.module.css?sgbwc8](https://hr.uoregon.edu/core/modules/system/css/components/fieldgroup.module.css?sgbwc8)" /> |
|  | <link rel="stylesheet" media="all" href="[/core/modules/system/css/components/container-inline.module.css?sgbwc8](https://hr.uoregon.edu/core/modules/system/css/components/container-inline.module.css?sgbwc8)" /> |
|  | <link rel="stylesheet" media="all" href="[/core/modules/system/css/components/clearfix.module.css?sgbwc8](https://hr.uoregon.edu/core/modules/system/css/components/clearfix.module.css?sgbwc8)" /> |
|  | <link rel="stylesheet" media="all" href="[/core/modules/system/css/components/details.module.css?sgbwc8](https://hr.uoregon.edu/core/modules/system/css/components/details.module.css?sgbwc8)" /> |
|  | <link rel="stylesheet" media="all" href="[/core/modules/system/css/components/hidden.module.css?sgbwc8](https://hr.uoregon.edu/core/modules/system/css/components/hidden.module.css?sgbwc8)" /> |
|  | <link rel="stylesheet" media="all" href="[/core/modules/system/css/components/item-list.module.css?sgbwc8](https://hr.uoregon.edu/core/modules/system/css/components/item-list.module.css?sgbwc8)" /> |
|  | <link rel="stylesheet" media="all" href="[/core/modules/system/css/components/js.module.css?sgbwc8](https://hr.uoregon.edu/core/modules/system/css/components/js.module.css?sgbwc8)" /> |
|  | <link rel="stylesheet" media="all" href="[/core/modules/system/css/components/nowrap.module.css?sgbwc8](https://hr.uoregon.edu/core/modules/system/css/components/nowrap.module.css?sgbwc8)" /> |
|  | <link rel="stylesheet" media="all" href="[/core/modules/system/css/components/position-container.module.css?sgbwc8](https://hr.uoregon.edu/core/modules/system/css/components/position-container.module.css?sgbwc8)" /> |
|  | <link rel="stylesheet" media="all" href="[/core/modules/system/css/components/reset-appearance.module.css?sgbwc8](https://hr.uoregon.edu/core/modules/system/css/components/reset-appearance.module.css?sgbwc8)" /> |
|  | <link rel="stylesheet" media="all" href="[/core/modules/system/css/components/resize.module.css?sgbwc8](https://hr.uoregon.edu/core/modules/system/css/components/resize.module.css?sgbwc8)" /> |
|  | <link rel="stylesheet" media="all" href="[/core/modules/system/css/components/system-status-counter.css?sgbwc8](https://hr.uoregon.edu/core/modules/system/css/components/system-status-counter.css?sgbwc8)" /> |
|  | <link rel="stylesheet" media="all" href="[/core/modules/system/css/components/system-status-report-counters.css?sgbwc8](https://hr.uoregon.edu/core/modules/system/css/components/system-status-report-counters.css?sgbwc8)" /> |
|  | <link rel="stylesheet" media="all" href="[/core/modules/system/css/components/system-status-report-general-info.css?sgbwc8](https://hr.uoregon.edu/core/modules/system/css/components/system-status-report-general-info.css?sgbwc8)" /> |
|  | <link rel="stylesheet" media="all" href="[/core/modules/system/css/components/tablesort.module.css?sgbwc8](https://hr.uoregon.edu/core/modules/system/css/components/tablesort.module.css?sgbwc8)" /> |
|  | <link rel="stylesheet" media="all" href="<https://cdn.uoregon.edu/uocdn1/uo-web-design-framework/Universal/stable-assets/fontawesome-free-6.5.1-web/css/all.min.css>" /> |
|  | <link rel="stylesheet" media="all" href="[/themes/contrib/uo\_cosmic\_theme/css/components/action-links.css?sgbwc8](https://hr.uoregon.edu/themes/contrib/uo_cosmic_theme/css/components/action-links.css?sgbwc8)" /> |
|  | <link rel="stylesheet" media="all" href="[/themes/contrib/uo\_cosmic\_theme/css/components/breadcrumb.css?sgbwc8](https://hr.uoregon.edu/themes/contrib/uo_cosmic_theme/css/components/breadcrumb.css?sgbwc8)" /> |
|  | <link rel="stylesheet" media="all" href="[/themes/contrib/uo\_cosmic\_theme/css/components/button.css?sgbwc8](https://hr.uoregon.edu/themes/contrib/uo_cosmic_theme/css/components/button.css?sgbwc8)" /> |
|  | <link rel="stylesheet" media="all" href="[/themes/contrib/uo\_cosmic\_theme/css/components/collapse-processed.css?sgbwc8](https://hr.uoregon.edu/themes/contrib/uo_cosmic_theme/css/components/collapse-processed.css?sgbwc8)" /> |
|  | <link rel="stylesheet" media="all" href="[/themes/contrib/uo\_cosmic\_theme/css/components/container-inline.css?sgbwc8](https://hr.uoregon.edu/themes/contrib/uo_cosmic_theme/css/components/container-inline.css?sgbwc8)" /> |
|  | <link rel="stylesheet" media="all" href="[/themes/contrib/uo\_cosmic\_theme/css/components/details.css?sgbwc8](https://hr.uoregon.edu/themes/contrib/uo_cosmic_theme/css/components/details.css?sgbwc8)" /> |
|  | <link rel="stylesheet" media="all" href="[/themes/contrib/uo\_cosmic\_theme/css/components/exposed-filters.css?sgbwc8](https://hr.uoregon.edu/themes/contrib/uo_cosmic_theme/css/components/exposed-filters.css?sgbwc8)" /> |
|  | <link rel="stylesheet" media="all" href="[/themes/contrib/uo\_cosmic\_theme/css/components/field.css?sgbwc8](https://hr.uoregon.edu/themes/contrib/uo_cosmic_theme/css/components/field.css?sgbwc8)" /> |
|  | <link rel="stylesheet" media="all" href="[/themes/contrib/uo\_cosmic\_theme/css/components/form.css?sgbwc8](https://hr.uoregon.edu/themes/contrib/uo_cosmic_theme/css/components/form.css?sgbwc8)" /> |
|  | <link rel="stylesheet" media="all" href="[/themes/contrib/uo\_cosmic\_theme/css/components/icons.css?sgbwc8](https://hr.uoregon.edu/themes/contrib/uo_cosmic_theme/css/components/icons.css?sgbwc8)" /> |
|  | <link rel="stylesheet" media="all" href="[/themes/contrib/uo\_cosmic\_theme/css/components/inline-form.css?sgbwc8](https://hr.uoregon.edu/themes/contrib/uo_cosmic_theme/css/components/inline-form.css?sgbwc8)" /> |
|  | <link rel="stylesheet" media="all" href="[/themes/contrib/uo\_cosmic\_theme/css/components/item-list.css?sgbwc8](https://hr.uoregon.edu/themes/contrib/uo_cosmic_theme/css/components/item-list.css?sgbwc8)" /> |
|  | <link rel="stylesheet" media="all" href="[/themes/contrib/uo\_cosmic\_theme/css/components/link.css?sgbwc8](https://hr.uoregon.edu/themes/contrib/uo_cosmic_theme/css/components/link.css?sgbwc8)" /> |
|  | <link rel="stylesheet" media="all" href="[/themes/contrib/uo\_cosmic\_theme/css/components/links.css?sgbwc8](https://hr.uoregon.edu/themes/contrib/uo_cosmic_theme/css/components/links.css?sgbwc8)" /> |
|  | <link rel="stylesheet" media="all" href="[/themes/contrib/uo\_cosmic\_theme/css/components/menu.css?sgbwc8](https://hr.uoregon.edu/themes/contrib/uo_cosmic_theme/css/components/menu.css?sgbwc8)" /> |
|  | <link rel="stylesheet" media="all" href="[/themes/contrib/uo\_cosmic\_theme/css/components/more-link.css?sgbwc8](https://hr.uoregon.edu/themes/contrib/uo_cosmic_theme/css/components/more-link.css?sgbwc8)" /> |
|  | <link rel="stylesheet" media="all" href="[/themes/contrib/uo\_cosmic\_theme/css/components/pager.css?sgbwc8](https://hr.uoregon.edu/themes/contrib/uo_cosmic_theme/css/components/pager.css?sgbwc8)" /> |
|  | <link rel="stylesheet" media="all" href="[/themes/contrib/uo\_cosmic\_theme/css/components/tabledrag.css?sgbwc8](https://hr.uoregon.edu/themes/contrib/uo_cosmic_theme/css/components/tabledrag.css?sgbwc8)" /> |
|  | <link rel="stylesheet" media="all" href="[/themes/contrib/uo\_cosmic\_theme/css/components/tableselect.css?sgbwc8](https://hr.uoregon.edu/themes/contrib/uo_cosmic_theme/css/components/tableselect.css?sgbwc8)" /> |
|  | <link rel="stylesheet" media="all" href="[/themes/contrib/uo\_cosmic\_theme/css/components/tablesort.css?sgbwc8](https://hr.uoregon.edu/themes/contrib/uo_cosmic_theme/css/components/tablesort.css?sgbwc8)" /> |
|  | <link rel="stylesheet" media="all" href="[/themes/contrib/uo\_cosmic\_theme/css/components/tabs.css?sgbwc8](https://hr.uoregon.edu/themes/contrib/uo_cosmic_theme/css/components/tabs.css?sgbwc8)" /> |
|  | <link rel="stylesheet" media="all" href="[/themes/contrib/uo\_cosmic\_theme/css/components/textarea.css?sgbwc8](https://hr.uoregon.edu/themes/contrib/uo_cosmic_theme/css/components/textarea.css?sgbwc8)" /> |
|  | <link rel="stylesheet" media="all" href="[/themes/contrib/uo\_cosmic\_theme/css/components/ui-dialog.css?sgbwc8](https://hr.uoregon.edu/themes/contrib/uo_cosmic_theme/css/components/ui-dialog.css?sgbwc8)" /> |
|  | <link rel="stylesheet" media="all" href="[/themes/contrib/uo\_cosmic\_theme/css/components/messages.css?sgbwc8](https://hr.uoregon.edu/themes/contrib/uo_cosmic_theme/css/components/messages.css?sgbwc8)" /> |
|  | <link rel="stylesheet" media="all" href="[/themes/contrib/uo\_cosmic\_theme/css/components/node.css?sgbwc8](https://hr.uoregon.edu/themes/contrib/uo_cosmic_theme/css/components/node.css?sgbwc8)" /> |
|  | <link rel="stylesheet" media="all" href="[/sites/default/files/asset\_injector/css/captionfixcosmic\_uuissueonsetjulie-bd7acb2aabd3d0b70f9d1a0863000b9c.css?sgbwc8](https://hr.uoregon.edu/sites/default/files/asset_injector/css/captionfixcosmic_uuissueonsetjulie-bd7acb2aabd3d0b70f9d1a0863000b9c.css?sgbwc8)" /> |
|  | <link rel="stylesheet" media="all" href="[/sites/default/files/asset\_injector/css/css\_disable\_uppercase-006caaa194a8f24093a87c3f03574a42.css?sgbwc8](https://hr.uoregon.edu/sites/default/files/asset_injector/css/css_disable_uppercase-006caaa194a8f24093a87c3f03574a42.css?sgbwc8)" /> |
|  | <link rel="stylesheet" media="all" href="[/sites/default/files/asset\_injector/css/hide\_jsonpara\_templebyhouma-70fa22a3913358f2bb9e6358c4f91e32.css?sgbwc8](https://hr.uoregon.edu/sites/default/files/asset_injector/css/hide_jsonpara_templebyhouma-70fa22a3913358f2bb9e6358c4f91e32.css?sgbwc8)" /> |
|  | <link rel="stylesheet" media="all" href="[/sites/default/files/asset\_injector/css/main\_menu\_override-09d611f4045bcd67a1c7285603ce15ea.css?sgbwc8](https://hr.uoregon.edu/sites/default/files/asset_injector/css/main_menu_override-09d611f4045bcd67a1c7285603ce15ea.css?sgbwc8)" /> |
|  | <link rel="stylesheet" media="all" href="[/sites/default/files/asset\_injector/css/side\_block\_menu\_overrides-006ae3084344b600de7ae96d83497b29.css?sgbwc8](https://hr.uoregon.edu/sites/default/files/asset_injector/css/side_block_menu_overrides-006ae3084344b600de7ae96d83497b29.css?sgbwc8)" /> |
|  | <link rel="stylesheet" media="all" href="[/sites/default/files/asset\_injector/css/uu245xinid\_mumey\_bugnag\_cta\_shibboleth\_login-ef2d1b1436ea162a1a538f79eb0ff6d3.css?sgbwc8](https://hr.uoregon.edu/sites/default/files/asset_injector/css/uu245xinid_mumey_bugnag_cta_shibboleth_login-ef2d1b1436ea162a1a538f79eb0ff6d3.css?sgbwc8)" /> |
|  |  |
|  | <script src="[/sites/default/files/js/js\_utbB-L9BveiYLKlXG35pV7POEomJq5IjOWucObvATLo.js?scope=header&amp;delta=0&amp;language=en&amp;theme=cosmic&amp;include=eJyFyksKgDAMBcALGXqkUuszBNs86Yfi7d27cTuMkloQk6fyDMs96Ae2yZjZECZlYZcD3dTlbKlisV1ibuM3Zda7YOAFik0rTw](https://hr.uoregon.edu/sites/default/files/js/js_utbB-L9BveiYLKlXG35pV7POEomJq5IjOWucObvATLo.js?scope=header&delta=0&language=en&theme=cosmic&include=eJyFyksKgDAMBcALGXqkUuszBNs86Yfi7d27cTuMkloQk6fyDMs96Ae2yZjZECZlYZcD3dTlbKlisV1ibuM3Zda7YOAFik0rTw)"></script> |
|  |  |
|  | </head> |
|  | <body class="licensed-fonts-enabled path-node page-node-type-page cosmic-hide-title uowdf--mobile-menu drupal-8"> |
|  | <a href="[#main-content](https://hr.uoregon.edu/wellness-presentations-library#main-content)" class="visually-hidden focusable skip-link"> |
|  | Skip to main content |
|  | </a> |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  | <div class="uoheader uowdf-search-dialog--enabled"> |
|  | <div class="uoheader\_\_container" style="max-width: 1200px;"> |
|  |  |
|  | <div class="uoheader\_\_logo-container"> |
|  | <a href="[https://uoregon.edu?utm\_source=banner-module&amp;utm\_campaign=banner](https://uoregon.edu/?utm_source=banner-module&utm_campaign=banner)" rel="home"> |
|  | <img src="[/modules/contrib/uo\_core/uo-web-design-framework/images/uo-logo.svg](https://hr.uoregon.edu/modules/contrib/uo_core/uo-web-design-framework/images/uo-logo.svg)" alt="University of Oregon" /> |
|  | </a> |
|  | </div> |
|  |  |
|  | <div class="uoheader\_\_links-container"> |
|  | <nav class="uoheader\_\_audience-selector uowd-dropdown" id="audience-selector"> |
|  | <button class="uoheader\_\_audience-selector\_\_button uowd-dropdown\_\_button" id="uoheader\_\_audience-selector\_\_button" aria-label="Resources for:">Resources for:</button> |
|  | <ul class="uoheader\_\_audience-selector\_\_list uowd-dropdown\_\_display" id="uoheader\_\_audience-selector\_\_list"> |
|  | <li class="uoheader\_\_audience-selector\_\_link"><a href="[/new-employees](https://hr.uoregon.edu/new-employees)">New Employees</a></li> |
|  | <li class="uoheader\_\_audience-selector\_\_link"><a href="[/employees](https://hr.uoregon.edu/employees)">Employees</a></li> |
|  | <li class="uoheader\_\_audience-selector\_\_link"><a href="[/supervisors-hr-partners](https://hr.uoregon.edu/supervisors-hr-partners)">Supervisors &amp; HR Partners</a></li> |
|  | <li class="uoheader\_\_audience-selector\_\_link"><a href="[/careers-uo](https://hr.uoregon.edu/careers-uo)">Job Seekers</a></li> |
|  | <li class="uoheader\_\_audience-selector\_\_link"><a href="[/about-hr](https://hr.uoregon.edu/about-hr)">About HR</a></li> |
|  | <li class="uoheader\_\_audience-selector\_\_link"><a href="[/university-human-resources-directory](https://hr.uoregon.edu/university-human-resources-directory)">Contact HR</a></li> |
|  | </ul> |
|  | </nav> |
|  |  |
|  | <div class="uoheader\_\_links-background"> |
|  | <nav id="banner-links"> |
|  | <ul class="uoheader\_\_links"> |
|  | <li class="uoheader\_\_link"> |
|  | <a href="[https://www.uoregon.edu/onestop?utm\_source=banner-module&amp;utm\_campaign=banner](https://www.uoregon.edu/onestop?utm_source=banner-module&utm_campaign=banner)">One Stop</a> |
|  | </li> |
|  | <li class="uoheader\_\_link"> |
|  | <a href="[https://uoregon.edu/apply?utm\_source=banner-module&amp;utm\_campaign=banner](https://uoregon.edu/apply?utm_source=banner-module&utm_campaign=banner)">Apply</a> |
|  | </li> |
|  | <li class="uoheader\_\_link"> |
|  | <a href="[https://visit.uoregon.edu?utm\_source=banner-module&amp;utm\_campaign=banner](https://visit.uoregon.edu/?utm_source=banner-module&utm_campaign=banner)">Visit</a> |
|  | </li> |
|  | <li class="uoheader\_\_link"> |
|  | <a href="[http://giving.uoregon.edu/s/1540/development/start.aspx?gid=2&amp;pgid=61?utm\_source=banner-module&amp;utm\_campaign=banner](http://giving.uoregon.edu/s/1540/development/start.aspx?gid=2&pgid=61?utm_source=banner-module&utm_campaign=banner)">Give</a> |
|  | </li> |
|  | </ul> |
|  | </nav> |
|  | <div class="uoheader\_\_search"> |
|  | <a class="uoheader\_\_search\_\_button" id="uobanner-search" href="[/search](https://hr.uoregon.edu/search)">Search</a> |
|  | </div> |
|  | </div> |
|  | </div> |
|  |  |
|  | <div class="uowdf-search-dialog" role="search"> |
|  | <button class="uowdf-search-dialog\_\_close" id="seach-close-button" aria-label="Close Search"></button> |
|  | <div class="uowdf-search-dialog\_\_search-region"> |
|  | <div class="search-block-form block block-search container-inline" data-drupal-selector="search-block-form" id="block-cosmic-searchform" role="search"> |
|  |  |
|  |  |
|  | <form action="/search/node" method="get" id="search-block-form" accept-charset="UTF-8"> |
|  | <div class="js-form-item form-item js-form-type-search form-type-search js-form-item-keys form-item-keys form-no-label"> |
|  | <label for="edit-keys" class="visually-hidden">Search</label> |
|  | <input title="Enter the terms you wish to search for." data-drupal-selector="edit-keys" type="search" id="edit-keys" name="keys" value="" size="15" maxlength="128" class="form-search" /> |
|  |  |
|  | </div> |
|  | <div data-drupal-selector="edit-actions" class="form-actions js-form-wrapper form-wrapper" id="edit-actions"><input data-drupal-selector="edit-submit" type="submit" id="edit-submit" value="Search" class="button js-form-submit form-submit" /> |
|  | </div> |
|  |  |
|  | </form> |
|  |  |
|  | </div> |
|  |  |
|  | </div> |
|  | </div> |
|  |  |
|  | <div class="uoheader\_\_mobile"> |
|  | <a class="uowdf-mobile-search-button" id="uowdf-mobile-search-button" href="[/search](https://hr.uoregon.edu/search)">Search</a> |
|  | <button class="uowdf-mobile-menu\_\_button\_\_new" id="uowdf-mobile-menu\_\_button" aria-label="Navigation" aria-expanded="false" aria-haspopup="true" aria-controls="uobanner-sidebar"> |
|  | <div class="uowdf-mobile-menu\_\_button\_\_new-bar-1"></div> |
|  | <div class="uowdf-mobile-menu\_\_button\_\_new-bar-2"></div> |
|  | <div class="uowdf-mobile-menu\_\_button\_\_new-bar-3"></div> |
|  | <div class="uowdf-mobile-menu\_\_button\_\_text">Menu</div> |
|  | </button> |
|  | </div> |
|  |  |
|  | </div> |
|  | </div> |
|  | <div class="uowdf-mobile-menu\_\_container"> |
|  | <div class="uowdf-mobile-menu" id="uowdf-mobile-menu" data-menu-id="0"> |
|  |  |
|  |  |
|  |  |
|  | <h1 class="uowdf-mobile-menu\_\_title">Human Resources Menu</h1> |
|  | <nav class="uowdf-mobile-menu\_\_menu uowdf-mobile-menu--accordions"> |
|  | <ul class="uowdf-mobile-menu\_\_list" id="uowdf-mobile-menu\_\_list"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item has-submenu is-leaflet"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="0">Benefits</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="1" data-parent-menu-id="0"> |
|  |  |
|  |  |
|  |  |
|  |  |
|  | <ul class="uowdf-mobile-menu\_\_list"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/benefits](https://hr.uoregon.edu/benefits)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/91">Benefits Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/learn-about-your-benefits](https://hr.uoregon.edu/learn-about-your-benefits)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/1399">Learn About Your Benefits</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">UO Group Insurance</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="12" data-parent-menu-id="1"> |
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|  | <ul class="uowdf-mobile-menu\_\_list uowdf-mobile-menu--depth-2"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/uo-group-insurance](https://hr.uoregon.edu/uo-group-insurance)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/124">UO Group Insurance Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/medical-insurance](https://hr.uoregon.edu/medical-insurance)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--expandable uowdf-mobile-menu\_\_link--collapsed" data-drupal-link-system-path="node/119">Medical</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/dental-insurance](https://hr.uoregon.edu/dental-insurance)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--expandable uowdf-mobile-menu\_\_link--collapsed" data-drupal-link-system-path="node/118">Dental</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/vision-insurance](https://hr.uoregon.edu/vision-insurance)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/113">Vision Insurance</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/life-insurance](https://hr.uoregon.edu/life-insurance)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/112">Life Insurance</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/plan-id-numbers](https://hr.uoregon.edu/plan-id-numbers)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/111">Plan ID Numbers</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/employee-rates](https://hr.uoregon.edu/employee-rates)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/1329">Employee Rates</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
|  |  |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">Optional Insurance</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="13" data-parent-menu-id="1"> |
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|  | <ul class="uowdf-mobile-menu\_\_list uowdf-mobile-menu--depth-2"> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/optional-insurance](https://hr.uoregon.edu/optional-insurance)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/125">Optional Insurance Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/additional-life-insurance](https://hr.uoregon.edu/additional-life-insurance)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/126">Additional Life Insurance</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/content/accidental-death-and-dismemberment-insurance-add](https://hr.uoregon.edu/content/accidental-death-and-dismemberment-insurance-add)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/127">AD&amp;D Insurance</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/disability-insurance](https://hr.uoregon.edu/disability-insurance)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/128">Disability Insurance</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/content/long-term-care](https://hr.uoregon.edu/content/long-term-care)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/129">Long Term Care</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
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|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">Flexible Spending Accounts (FSA)</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="14" data-parent-menu-id="1"> |
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|  | <ul class="uowdf-mobile-menu\_\_list uowdf-mobile-menu--depth-2"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/flexible-spending-accounts-fsa](https://hr.uoregon.edu/flexible-spending-accounts-fsa)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/132">Flexible Spending Accounts (FSA) Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/fsa-details](https://hr.uoregon.edu/fsa-details)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/131">FSA Details</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/manage-your-fsa](https://hr.uoregon.edu/manage-your-fsa)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/130">Manage your FSA</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
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|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">Retirement</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="15" data-parent-menu-id="1"> |
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|  | <ul class="uowdf-mobile-menu\_\_list uowdf-mobile-menu--depth-2"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/retirement-plan-options](https://hr.uoregon.edu/retirement-plan-options)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/136">Retirement Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/uo-retirement-plans](https://hr.uoregon.edu/uo-retirement-plans)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/135">UO Retirement Plans</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/voluntary-retirement-plans](https://hr.uoregon.edu/voluntary-retirement-plans)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--expandable uowdf-mobile-menu\_\_link--collapsed" data-drupal-link-system-path="node/134">Voluntary Retirement Plans</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/retirement-education](https://hr.uoregon.edu/retirement-education)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/138">Retirement Education</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/retirement-planning-guide-and-resources](https://hr.uoregon.edu/retirement-planning-guide-and-resources)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--expandable uowdf-mobile-menu\_\_link--collapsed" data-drupal-link-system-path="node/378">Retirement Planning Guide</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/content/post-retirement-employment-uo](https://hr.uoregon.edu/content/post-retirement-employment-uo)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/752">Post Retirement Employment at UO</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
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|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">Legislative Updates</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="16" data-parent-menu-id="1"> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/content/legislative-updates](https://hr.uoregon.edu/content/legislative-updates)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/142">Legislative Updates Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/legislative-updates-health-insurance](https://hr.uoregon.edu/legislative-updates-health-insurance)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/140">Health Insurance Updates</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/legislative-updates-pers](https://hr.uoregon.edu/legislative-updates-pers)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/139">Legislative Updates: PERS</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
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|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">Wellness Programs</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="17" data-parent-menu-id="1"> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/wellness-programs](https://hr.uoregon.edu/wellness-programs)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/143">Wellness Programs Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/employee-assistance-program](https://hr.uoregon.edu/employee-assistance-program)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--expandable uowdf-mobile-menu\_\_link--collapsed" data-drupal-link-system-path="node/144">Employee Assistance Program</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/lifebalance](https://hr.uoregon.edu/lifebalance)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/1179">LifeBalance</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/ww-weight-watchers%25C2%25AE-reimagined](https://hr.uoregon.edu/ww-weight-watchers%25C2%25AE-reimagined)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/145">WW (Weight Watchers® Reimagined)</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
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|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/time](https://hr.uoregon.edu/time)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/683">Time Off</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">Employee Leaves</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="18" data-parent-menu-id="1"> |
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|  | <ul class="uowdf-mobile-menu\_\_list uowdf-mobile-menu--depth-2"> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/employee-leaves](https://hr.uoregon.edu/employee-leaves)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/1143">Employee Leaves Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/employee-leaves-faculty-and-staff](https://hr.uoregon.edu/employee-leaves-faculty-and-staff)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--expandable uowdf-mobile-menu\_\_link--collapsed" data-drupal-link-system-path="node/153">Employee Leaves For Faculty &amp; Staff</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
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|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">Professional Development Opportunity Fund</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="19" data-parent-menu-id="1"> |
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|  | <ul class="uowdf-mobile-menu\_\_list uowdf-mobile-menu--depth-2"> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/professional-development-opportunity-fund](https://hr.uoregon.edu/professional-development-opportunity-fund)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/649">Professional Development Opportunity Fund Overview</a> |
|  | </li> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/professional-development-fund-request-form](https://hr.uoregon.edu/professional-development-fund-request-form)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/1198">Professional Development Request Form</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
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|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">Staff Tuition Benefit</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="20" data-parent-menu-id="1"> |
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|  | <ul class="uowdf-mobile-menu\_\_list uowdf-mobile-menu--depth-2"> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/staff-tuition-benefit](https://hr.uoregon.edu/staff-tuition-benefit)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/635">Staff Tuition Benefit Overview</a> |
|  | </li> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/eligibility-requirements](https://hr.uoregon.edu/eligibility-requirements)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/641">Eligibility Requirements</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/employee-enrollment](https://hr.uoregon.edu/employee-enrollment)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/642">Employee Enrollment</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/forms](https://hr.uoregon.edu/forms)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--expandable uowdf-mobile-menu\_\_link--collapsed" data-drupal-link-system-path="node/640">Forms and Deadlines</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/residency-status](https://hr.uoregon.edu/residency-status)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/1199">Residency Status</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/staff-rates-tax-information](https://hr.uoregon.edu/staff-rates-tax-information)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/644">Staff Rates Tax information</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/transfer-benefit](https://hr.uoregon.edu/transfer-benefit)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/645">Transfer the Benefit</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/frequently-asked-questions](https://hr.uoregon.edu/frequently-asked-questions)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/1205">FAQ</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
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|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">New Employee Benefits Resource Center</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="21" data-parent-menu-id="1"> |
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|  | <ul class="uowdf-mobile-menu\_\_list uowdf-mobile-menu--depth-2"> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/new-employee-benefits-resource-center](https://hr.uoregon.edu/new-employee-benefits-resource-center)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/707">New Employee Benefits Resource Center Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/post-doc-insurance-options](https://hr.uoregon.edu/post-doc-insurance-options)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/710">Post-Doc Insurance Options</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/benefits-part-time-teaching-faculty](https://hr.uoregon.edu/benefits-part-time-teaching-faculty)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/1114">Benefits for Part Time Teaching Faculty</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/quick-summary-benefits](https://hr.uoregon.edu/quick-summary-benefits)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/708">Quick Summary of Benefits</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/quick-summary-services](https://hr.uoregon.edu/quick-summary-services)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/709">Quick Summary of Services</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
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|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">Making Benefit Changes</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="22" data-parent-menu-id="1"> |
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|  | <ul class="uowdf-mobile-menu\_\_list uowdf-mobile-menu--depth-2"> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/making-benefit-changes](https://hr.uoregon.edu/making-benefit-changes)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/634">Making Benefit Changes Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/leave-without-pay-or-reduction-hoursfte](https://hr.uoregon.edu/leave-without-pay-or-reduction-hoursfte)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/637">Leave without Pay or Reduction in Hours/FTE</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
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|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">Resources</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="23" data-parent-menu-id="1"> |
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|  | <ul class="uowdf-mobile-menu\_\_list uowdf-mobile-menu--depth-2"> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/resources](https://hr.uoregon.edu/resources)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/1126">Resources Overview</a> |
|  | </li> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/affordable-care-act-aca](https://hr.uoregon.edu/affordable-care-act-aca)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--expandable uowdf-mobile-menu\_\_link--collapsed" data-drupal-link-system-path="node/720">Affordable Care Act (ACA)</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/certificates-life-and-disability-insurance](https://hr.uoregon.edu/certificates-life-and-disability-insurance)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/1209">Certificates-Life and Disability Insurance</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/public-service-loan-forgiveness-program](https://hr.uoregon.edu/public-service-loan-forgiveness-program)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/1119">Public Service Loan Forgiveness Program</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/travel-benefits](https://hr.uoregon.edu/travel-benefits)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/718">Travel Benefits</a> |
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|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">Open Enrollment</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="24" data-parent-menu-id="1"> |
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|  | <ul class="uowdf-mobile-menu\_\_list uowdf-mobile-menu--depth-2"> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/benefits-annual-open-enrollment](https://hr.uoregon.edu/benefits-annual-open-enrollment)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/805">Open Enrollment Overview</a> |
|  | </li> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/open-enrollment-2024-plan-changes](https://hr.uoregon.edu/open-enrollment-2024-plan-changes)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/808">2024 Plan Changes</a> |
|  | </li> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/benefit-forms](https://hr.uoregon.edu/benefit-forms)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/711">Benefit Forms</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/university-human-resources-directory#benefits](https://hr.uoregon.edu/university-human-resources-directory#benefits)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/887">Staff Directory: Benefits</a> |
|  | </li> |
|  | </ul> |
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|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item has-submenu is-leaflet"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="0">Classification &amp; Compensation</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="2" data-parent-menu-id="0"> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/classification-compensation](https://hr.uoregon.edu/classification-compensation)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/178">Classification &amp; Compensation Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">SEIU</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="23" data-parent-menu-id="2"> |
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|  | <ul class="uowdf-mobile-menu\_\_list uowdf-mobile-menu--depth-2"> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/seiu-compensation-information](https://hr.uoregon.edu/seiu-compensation-information)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/629">SEIU Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="<https://fa.oregonstate.edu/classification-specifications>" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf">Classification Specifications</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/classified-pay-actions](https://hr.uoregon.edu/classified-pay-actions)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/662">Classified Pay Actions</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/differential-pay](https://hr.uoregon.edu/differential-pay)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/663">Differential Pay</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/seiu-salary-schedule](https://hr.uoregon.edu/seiu-salary-schedule)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/197">SEIU Salary Schedule</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/seiu-it-positions](https://hr.uoregon.edu/seiu-it-positions)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--expandable uowdf-mobile-menu\_\_link--collapsed" data-drupal-link-system-path="node/973">IT Positions</a> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">Teamsters</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="24" data-parent-menu-id="2"> |
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|  | <a href="[/teamsters-compensation-information](https://hr.uoregon.edu/teamsters-compensation-information)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/630">Teamsters Overview</a> |
|  | </li> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/teamster-classification-specifications-exclusive-uo](https://hr.uoregon.edu/teamster-classification-specifications-exclusive-uo)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/676">Classification Specifications</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/teamsters-monthly-salary-schedule](https://hr.uoregon.edu/teamsters-monthly-salary-schedule)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/677">Monthly Salary Schedule</a> |
|  | </li> |
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|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">Officers of Administration</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="25" data-parent-menu-id="2"> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/officers-administration-compensation-information](https://hr.uoregon.edu/officers-administration-compensation-information)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/603">Officers of Administration Overview</a> |
|  | </li> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/position-and-pay-actions](https://hr.uoregon.edu/position-and-pay-actions)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--expandable uowdf-mobile-menu\_\_link--collapsed" data-drupal-link-system-path="node/604">Position and Pay Actions</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/oa-compensation-structure](https://hr.uoregon.edu/oa-compensation-structure)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--expandable uowdf-mobile-menu\_\_link--collapsed" data-drupal-link-system-path="node/602">Compensation Structure</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/initial-position-placement-appeals-form](https://hr.uoregon.edu/initial-position-placement-appeals-form)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/1222">Appeals Form</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/organizational-chart-guidance](https://hr.uoregon.edu/organizational-chart-guidance)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/1216">Organizational Chart Guidance</a> |
|  | </li> |
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|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">Career and Fixed Term Faculty Pay Actions</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="26" data-parent-menu-id="2"> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/career-and-fixed-term-faculty-pay-actions](https://hr.uoregon.edu/career-and-fixed-term-faculty-pay-actions)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/660">Career and Fixed Term Faculty Pay Actions Overview</a> |
|  | </li> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/career-and-fixed-term-faculty-pay-actions-form](https://hr.uoregon.edu/career-and-fixed-term-faculty-pay-actions-form)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/1223">Form</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/career-and-fixed-term-faculty-pay-action-form-guidance](https://hr.uoregon.edu/career-and-fixed-term-faculty-pay-action-form-guidance)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/880">Form Guidance</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/position-descriptions](https://hr.uoregon.edu/position-descriptions)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/631">Position Descriptions</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">Wage and Hour Laws and Guidelines</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="27" data-parent-menu-id="2"> |
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|  | <ul class="uowdf-mobile-menu\_\_list uowdf-mobile-menu--depth-2"> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/wage-and-hour-laws-and-guidelines](https://hr.uoregon.edu/wage-and-hour-laws-and-guidelines)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/633">Wage and Hour Laws and Guidelines Overview</a> |
|  | </li> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/meal-and-rest-periods](https://hr.uoregon.edu/meal-and-rest-periods)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/679">Meal and Rest Periods</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/travel-time-compensation-guidelines](https://hr.uoregon.edu/travel-time-compensation-guidelines)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/680">Travel Time Compensation Guidelines</a> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">Oregon Equal Pay Act Implementation</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="28" data-parent-menu-id="2"> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/oregon-equal-pay-act-implementation](https://hr.uoregon.edu/oregon-equal-pay-act-implementation)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/661">Oregon Equal Pay Act Implementation Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/oregon-equal-pay-act-overview](https://hr.uoregon.edu/oregon-equal-pay-act-overview)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/605">Oregon Equal Pay Act Overview</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
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|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/flsa-timesheets-and-work-week](https://hr.uoregon.edu/flsa-timesheets-and-work-week)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/678">Timesheets and Work Week</a> |
|  | </li> |
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|  | <li class="uowdf-mobile-menu\_\_list-item has-submenu is-leaflet"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="0">Employee &amp; Labor Relations</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="3" data-parent-menu-id="0"> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/employee-and-labor-relations](https://hr.uoregon.edu/employee-and-labor-relations)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/93">Employee &amp; Labor Relations Overview</a> |
|  | </li> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">Policies, Guidance, &amp; Reporting</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="34" data-parent-menu-id="3"> |
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|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/frequently-referenced-policies-guidance-and-reporting-options](https://hr.uoregon.edu/frequently-referenced-policies-guidance-and-reporting-options)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/483">Policies, Guidance, &amp; Reporting Overview</a> |
|  | </li> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/bargaining-guidance-managers-and-supervisors](https://hr.uoregon.edu/bargaining-guidance-managers-and-supervisors)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/1358">Bargaining: Guidance for Managers and Supervisors</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/flexible-work-arrangements-policy-and-guidance](https://hr.uoregon.edu/flexible-work-arrangements-policy-and-guidance)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--expandable uowdf-mobile-menu\_\_link--collapsed" data-drupal-link-system-path="node/767">Flexible Arrangements Policy &amp; Guidance</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/unionization-and-employee-supervision](https://hr.uoregon.edu/unionization-and-employee-supervision)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/1338">Unionization and Employee Supervision</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
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|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">Employee Groups &amp; CBAs</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="35" data-parent-menu-id="3"> |
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|  | <ul class="uowdf-mobile-menu\_\_list uowdf-mobile-menu--depth-2"> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/employee-groups-cbas](https://hr.uoregon.edu/employee-groups-cbas)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/485">Employee Groups &amp; CBAs Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/officers-administration-employment](https://hr.uoregon.edu/officers-administration-employment)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--expandable uowdf-mobile-menu\_\_link--collapsed" data-drupal-link-system-path="node/494">Officers of Administration</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/graduate-teaching-fellows-federation](https://hr.uoregon.edu/graduate-teaching-fellows-federation)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--expandable uowdf-mobile-menu\_\_link--collapsed" data-drupal-link-system-path="node/492">Graduate Teaching Fellows Federation</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/service-employees-international-union](https://hr.uoregon.edu/service-employees-international-union)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--expandable uowdf-mobile-menu\_\_link--collapsed" data-drupal-link-system-path="node/490">Service Employees International Union</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/teamsters](https://hr.uoregon.edu/teamsters)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/489">Teamsters</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/united-academics](https://hr.uoregon.edu/united-academics)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--expandable uowdf-mobile-menu\_\_link--collapsed" data-drupal-link-system-path="node/488">United Academics</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/university-oregon-police-association](https://hr.uoregon.edu/university-oregon-police-association)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/487">University of Oregon Police Association</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/uo-student-workers](https://hr.uoregon.edu/uo-student-workers)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--expandable uowdf-mobile-menu\_\_link--collapsed" data-drupal-link-system-path="node/1340">UO Student Workers</a> |
|  | </li> |
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|  | </div> |
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|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">Representation Rights &amp; Grievances</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="36" data-parent-menu-id="3"> |
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|  | <ul class="uowdf-mobile-menu\_\_list uowdf-mobile-menu--depth-2"> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/representation-rights-grievances](https://hr.uoregon.edu/representation-rights-grievances)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/528">Representation Rights &amp; Grievances Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/content/union-information-requests](https://hr.uoregon.edu/content/union-information-requests)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/529">Union Information Requests</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
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|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">Accommodations</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="37" data-parent-menu-id="3"> |
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|  | <ul class="uowdf-mobile-menu\_\_list uowdf-mobile-menu--depth-2"> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/workplace-accommodations](https://hr.uoregon.edu/workplace-accommodations)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/535">Accommodations Overview</a> |
|  | </li> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/interactive-disability-accommodation-process](https://hr.uoregon.edu/interactive-disability-accommodation-process)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--expandable uowdf-mobile-menu\_\_link--collapsed" data-drupal-link-system-path="node/537">Disability Accommodation</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/pregnancy-accommodation-notification](https://hr.uoregon.edu/pregnancy-accommodation-notification)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/1288">Pregnancy Accommodation Notification</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/religiousmoral-accommodation](https://hr.uoregon.edu/religiousmoral-accommodation)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/536">Religious/Moral Accommodation</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
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|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">Performance Management</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="38" data-parent-menu-id="3"> |
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|  | <ul class="uowdf-mobile-menu\_\_list uowdf-mobile-menu--depth-2"> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/performance-management](https://hr.uoregon.edu/performance-management)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/550">Performance Management Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/seiu-performance-management](https://hr.uoregon.edu/seiu-performance-management)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--expandable uowdf-mobile-menu\_\_link--collapsed" data-drupal-link-system-path="node/551">Classified Staff</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/faculty-performance-review](https://hr.uoregon.edu/faculty-performance-review)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/556">Faculty</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/oa-performance-management](https://hr.uoregon.edu/oa-performance-management)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--expandable uowdf-mobile-menu\_\_link--collapsed" data-drupal-link-system-path="node/555">Officers of Administration</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
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|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">Veterans</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="39" data-parent-menu-id="3"> |
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|  | <ul class="uowdf-mobile-menu\_\_list uowdf-mobile-menu--depth-2"> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/veterans](https://hr.uoregon.edu/veterans)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/541">Veterans Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/veterans-definitions-and-eligibility](https://hr.uoregon.edu/veterans-definitions-and-eligibility)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/542">Definitions and Eligibility</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
|  |  |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">Supervisor Toolkit</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="40" data-parent-menu-id="3"> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/supervisor-toolkit](https://hr.uoregon.edu/supervisor-toolkit)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/543">Supervisor Toolkit Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/content/officers-administration-reference-request-and-personnel-file-request](https://hr.uoregon.edu/content/officers-administration-reference-request-and-personnel-file-request)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/548">OA Reference Request and Personnel File Request</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/seiu-steward-time-sheet](https://hr.uoregon.edu/seiu-steward-time-sheet)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/547">SEIU Steward Time Sheet</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/seiu-stewards-list](https://hr.uoregon.edu/seiu-stewards-list)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/546">SEIU Stewards List</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/templatesforms](https://hr.uoregon.edu/templatesforms)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--expandable uowdf-mobile-menu\_\_link--collapsed" data-drupal-link-system-path="node/544">Templates/Forms</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
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|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">International Employee Relations</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="41" data-parent-menu-id="3"> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/international-employee-relations](https://hr.uoregon.edu/international-employee-relations)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/818">International Employee Relations Overview</a> |
|  | </li> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/immigration-written-laws](https://hr.uoregon.edu/immigration-written-laws)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/825">Written Laws</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/immigration-designations-administrative-departments](https://hr.uoregon.edu/immigration-designations-administrative-departments)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/826">Administrative Departments</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/immigration-executive-orders](https://hr.uoregon.edu/immigration-executive-orders)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/827">Executive Orders</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/immigration-security-checks-and-enforcement](https://hr.uoregon.edu/immigration-security-checks-and-enforcement)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/828">Security Checks and Enforcement</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/international-employee-relations-department-information](https://hr.uoregon.edu/international-employee-relations-department-information)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/829">Department Information</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/daca-or-tps-work-authorization-options-employees](https://hr.uoregon.edu/daca-or-tps-work-authorization-options-employees)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/819">DACA or TPS Work Authorization</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
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|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">Life Events</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="42" data-parent-menu-id="3"> |
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|  | <ul class="uowdf-mobile-menu\_\_list uowdf-mobile-menu--depth-2"> |
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|  | <a href="[/life-events-0](https://hr.uoregon.edu/life-events-0)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/571">Life Events Overview</a> |
|  | </li> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/content/update-personal-information](https://hr.uoregon.edu/content/update-personal-information)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--expandable uowdf-mobile-menu\_\_link--collapsed" data-drupal-link-system-path="node/572">Update Personal Information</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
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|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">Separation Resources</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="43" data-parent-menu-id="3"> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/separation-employee-action-and-resources](https://hr.uoregon.edu/separation-employee-action-and-resources)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/575">Separation Resources Overview</a> |
|  | </li> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/career-transition-resources](https://hr.uoregon.edu/career-transition-resources)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/290">Career Transition Resources</a> |
|  | </li> |
|  | </ul> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/holiday-guidelines](https://hr.uoregon.edu/holiday-guidelines)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/578">Holiday Guidelines</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">Workplace Climate</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="44" data-parent-menu-id="3"> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/workplace-climate](https://hr.uoregon.edu/workplace-climate)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/580">Workplace Climate Overview</a> |
|  | </li> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/ombuds-program](https://hr.uoregon.edu/ombuds-program)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/584">Ombuds Program</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/respectful-workplace-notice](https://hr.uoregon.edu/respectful-workplace-notice)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/582">Respectful Workplace Notice</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
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|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">Affirmative Action</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="45" data-parent-menu-id="3"> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/affirmative-action](https://hr.uoregon.edu/affirmative-action)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/585">Affirmative Action Overview</a> |
|  | </li> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/affirmative-action-plans](https://hr.uoregon.edu/affirmative-action-plans)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/589">Affirmative Action Plans</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/uo-equal-opportunity-non-discrimination-and-affirmative-action-policy-statement](https://hr.uoregon.edu/uo-equal-opportunity-non-discrimination-and-affirmative-action-policy-statement)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/588">Equal Opportunity, Non-Discrimination, and Affirmative Action Policy Statement</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/content/laws-and-executive-orders](https://hr.uoregon.edu/content/laws-and-executive-orders)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/587">Laws and Executive Orders</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/affirmative-action-myths-and-realities](https://hr.uoregon.edu/affirmative-action-myths-and-realities)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/586">Myths and Realities</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
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|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/university-human-resources-directory#elr](https://hr.uoregon.edu/university-human-resources-directory#elr)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/887">Staff Directory: Employee &amp; Labor Relations</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
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|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item has-submenu is-leaflet"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="0">HR Operations</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="4" data-parent-menu-id="0"> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/hr-operations](https://hr.uoregon.edu/hr-operations)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/94">HR Operations Overview</a> |
|  | </li> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">University Appointments</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="45" data-parent-menu-id="4"> |
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|  | <ul class="uowdf-mobile-menu\_\_list uowdf-mobile-menu--depth-2"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/university-appointments](https://hr.uoregon.edu/university-appointments)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/203">University Appointments Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/new-appointments](https://hr.uoregon.edu/new-appointments)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/204">New Appointments</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/renewal-appointments](https://hr.uoregon.edu/renewal-appointments)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/205">Renewal Appointments</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/courtesy-campus-associate-and-other-unpaid-appointments](https://hr.uoregon.edu/courtesy-campus-associate-and-other-unpaid-appointments)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/207">Courtesy, Campus Associate, and other Unpaid Appointments</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/post-retirement-appointments](https://hr.uoregon.edu/post-retirement-appointments)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/208">Post-Retirement Appointments</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/temporary-faculty-appointments](https://hr.uoregon.edu/temporary-faculty-appointments)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/210">Temporary Faculty Appointments</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/summer-term-appointments](https://hr.uoregon.edu/summer-term-appointments)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--expandable uowdf-mobile-menu\_\_link--collapsed" data-drupal-link-system-path="node/211">Summer Term Appointments</a> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/duckweb-notice-appointment-process](https://hr.uoregon.edu/duckweb-notice-appointment-process)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/216">DuckWeb: Notice of Appointment Process</a> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">Personnel Actions and Instructions</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="46" data-parent-menu-id="4"> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/request-offer-rto-resource-guide](https://hr.uoregon.edu/request-offer-rto-resource-guide)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--expandable uowdf-mobile-menu\_\_link--collapsed" data-drupal-link-system-path="node/217">Request To Offer (RTO)</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/content/leave-absence](https://hr.uoregon.edu/content/leave-absence)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/261">Leave of Absence</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/overload-compensation](https://hr.uoregon.edu/overload-compensation)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--expandable uowdf-mobile-menu\_\_link--collapsed" data-drupal-link-system-path="node/262">Overload Compensation</a> |
|  | </li> |
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|  | <a href="[/stipend-payroll-request-form-formatting-guide](https://hr.uoregon.edu/stipend-payroll-request-form-formatting-guide)" title="How to submit Stipend Requests." class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/1390">Stipend Requests Guide</a> |
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|  | <a href="[/title-change](https://hr.uoregon.edu/title-change)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/268">Title Change</a> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/separation-transfer](https://hr.uoregon.edu/separation-transfer)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--expandable uowdf-mobile-menu\_\_link--collapsed" data-drupal-link-system-path="node/269">Separation &amp; Transfer</a> |
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|  | <a href="[/direct-appointments-ongoing-or-interim-positions](https://hr.uoregon.edu/direct-appointments-ongoing-or-interim-positions)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/260">Direct Appointments</a> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/hr-document-submission-forms](https://hr.uoregon.edu/hr-document-submission-forms)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/916">HR Document Submission Forms</a> |
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|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">References</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="47" data-parent-menu-id="4"> |
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|  | <a href="[/references](https://hr.uoregon.edu/references)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/228">References Overview</a> |
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|  | <a href="[/contract-types](https://hr.uoregon.edu/contract-types)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/230">Contract Types</a> |
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|  | <a href="[/eclass-codes](https://hr.uoregon.edu/eclass-codes)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/231">EClass Codes</a> |
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|  | <a href="[/time-and-attendance-records](https://hr.uoregon.edu/time-and-attendance-records)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/233">Time and Attendance Records</a> |
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|  | <a href="[/job-change-and-separation-reason-code-guide](https://hr.uoregon.edu/job-change-and-separation-reason-code-guide)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--expandable uowdf-mobile-menu\_\_link--collapsed" data-drupal-link-system-path="node/234">Job Change and Separation Reason Code Guide</a> |
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|  | <a href="[/hr-document-submission-forms](https://hr.uoregon.edu/hr-document-submission-forms)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/916">HR Document Submission Forms</a> |
|  | </li> |
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|  | <a href="[/workers-compensation-ncci-class-code-guide](https://hr.uoregon.edu/workers-compensation-ncci-class-code-guide)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--expandable uowdf-mobile-menu\_\_link--collapsed" data-drupal-link-system-path="node/971">Workers Compensation NCCI Class Code Guide</a> |
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|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">Faculty Specific Topics</button> |
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|  | <a href="[/faculty-specific-topics](https://hr.uoregon.edu/faculty-specific-topics)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/296">Faculty Specific Topics Overview</a> |
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|  | <a href="[/academic-classification-and-rank-0](https://hr.uoregon.edu/academic-classification-and-rank-0)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/297">Academic Classification and Rank</a> |
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|  | <a href="[/academic-titles-and-abbreviations](https://hr.uoregon.edu/academic-titles-and-abbreviations)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/312">Academic Titles and Abbreviations</a> |
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|  | <a href="[/faculty-awards](https://hr.uoregon.edu/faculty-awards)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/314">Faculty Awards</a> |
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|  | <a href="[/emerit-status](https://hr.uoregon.edu/emerit-status)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/315">Emerit Status</a> |
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|  | <a href="[/faculty-reclassification-process](https://hr.uoregon.edu/faculty-reclassification-process)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/316">Faculty Reclassification Process</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/postdoctoral-scholar-annual-nih-salary-increase](https://hr.uoregon.edu/postdoctoral-scholar-annual-nih-salary-increase)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/317">Postdoctoral NIH Minimums</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/guidance-rehiring-laid-or-non-renewed-career-faculty-positions](https://hr.uoregon.edu/guidance-rehiring-laid-or-non-renewed-career-faculty-positions)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--expandable uowdf-mobile-menu\_\_link--collapsed" data-drupal-link-system-path="node/318">Rehire of Laid off or Non- Renewed Career Faculty</a> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/sabbatical-instructions](https://hr.uoregon.edu/sabbatical-instructions)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/321">Sabbatical</a> |
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|  | <a href="[/tenure-reduction-program-0](https://hr.uoregon.edu/tenure-reduction-program-0)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--expandable uowdf-mobile-menu\_\_link--collapsed" data-drupal-link-system-path="node/323">Tenure Reduction</a> |
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|  | <a href="[/career-appointment-percent-changes](https://hr.uoregon.edu/career-appointment-percent-changes)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/1019">Career Appointment Percent Changes</a> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/pro-tem-employment](https://hr.uoregon.edu/pro-tem-employment)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/1040">Pro Tem Employment</a> |
|  | </li> |
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|  | <a href="[/united-academics-faculty-union-exclusion-list-guidance-hr-business-partners%25C2%25A0](https://hr.uoregon.edu/united-academics-faculty-union-exclusion-list-guidance-hr-business-partners%25C2%25A0)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/1361">United Academics Faculty Union Exclusion List Guidance for HR Business Partners </a> |
|  | </li> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/deadlines-new-mytrack-offers-renewal-appointments-and-prfs](https://hr.uoregon.edu/deadlines-new-mytrack-offers-renewal-appointments-and-prfs)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/381">Deadlines for Appointments &amp; PRFs</a> |
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|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">Records &amp; Data Management</button> |
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|  | <a href="[/records-data-management](https://hr.uoregon.edu/records-data-management)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/382">Records &amp; Data Management Overview</a> |
|  | </li> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/content/classified-employee-records-and-data](https://hr.uoregon.edu/content/classified-employee-records-and-data)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/383">Classified Employee Records and Data</a> |
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|  | <a href="[/employee-demographic-information](https://hr.uoregon.edu/employee-demographic-information)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/384">Employee Demographic Information</a> |
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|  | <a href="[/employee-record-maintenance-guide-and-audit-process](https://hr.uoregon.edu/employee-record-maintenance-guide-and-audit-process)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/1315">Employee Record Maintenance Guide and Audit Process</a> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/personnel-records-retention-schedule](https://hr.uoregon.edu/personnel-records-retention-schedule)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/385">Personnel Records Retention Schedule</a> |
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|  | <a href="[/supervisor-record-maintenance](https://hr.uoregon.edu/supervisor-record-maintenance)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/386">Supervisor Record Maintenance</a> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
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|  | <a href="[/university-human-resources-directory#operations](https://hr.uoregon.edu/university-human-resources-directory#operations)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/887">Staff Directory: HR Operations</a> |
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|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="0">Learning &amp; Development</button> |
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|  | </li> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/learning-and-development-services](https://hr.uoregon.edu/learning-and-development-services)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/243">Services</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
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|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="56" data-parent-menu-id="5"> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/mytrack-learning-tips-instructions](https://hr.uoregon.edu/mytrack-learning-tips-instructions)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/246">Tips &amp; Instructions</a> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/mytrack-learning-supervisors-guide](https://hr.uoregon.edu/mytrack-learning-supervisors-guide)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/196">User Guide for Supervisors Tips &amp; Instructions</a> |
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|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">LinkedIn Learning</button> |
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|  | <a href="[/linkedin-learning](https://hr.uoregon.edu/linkedin-learning)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/978">LinkedIn Learning Overview</a> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/linkedin-learning-create-your-account](https://hr.uoregon.edu/linkedin-learning-create-your-account)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/983">Create your Account</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/linkedin-learning-custom-content-curators](https://hr.uoregon.edu/linkedin-learning-custom-content-curators)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/1016">Custom Content Curators</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/linkedin-learning-frequently-asked-questions](https://hr.uoregon.edu/linkedin-learning-frequently-asked-questions)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/982">Frequently Asked Questions</a> |
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|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">Online and Self-Guided Learning</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="58" data-parent-menu-id="5"> |
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|  | <a href="[/online-and-self-guided-learning-pathways-topic](https://hr.uoregon.edu/online-and-self-guided-learning-pathways-topic)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/1042">Online and Self-Guided Learning Overview</a> |
|  | </li> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/learning-challenges](https://hr.uoregon.edu/learning-challenges)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/1286">Learning Challenges</a> |
|  | </li> |
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|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="<https://uosee.uoregon.edu/supervisortrainings/>" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf">Training Resources for Student Supervisors</a> |
|  | </li> |
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|  | <a href="[/new-employees-get-started](https://hr.uoregon.edu/new-employees-get-started)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/202">New Employees: Get Started</a> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">Respectful Workplace Trainings</button> |
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|  | <a href="[/respectful-workplace-trainings](https://hr.uoregon.edu/respectful-workplace-trainings)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/1388">Respectful Workplace Trainings Overview</a> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/workplace-harassment-discrimination-prevention](https://hr.uoregon.edu/workplace-harassment-discrimination-prevention)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--expandable uowdf-mobile-menu\_\_link--collapsed" data-drupal-link-system-path="node/192">Workplace Harassment &amp; Discrimination Prevention</a> |
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|  | <a href="[/understanding-sexual-misconduct-resources-and-employee-responsibilities](https://hr.uoregon.edu/understanding-sexual-misconduct-resources-and-employee-responsibilities)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/1387">Understanding Sexual Misconduct, Resources, and Employee Responsibilities</a> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">HR Community of Practice: Training and Resources</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="60" data-parent-menu-id="5"> |
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|  | <a href="[/hr-community-practice-training-and-resources](https://hr.uoregon.edu/hr-community-practice-training-and-resources)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/1305">HR Community of Practice: Training and Resources Overview</a> |
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|  | <a href="[/hrcp-foundational-training](https://hr.uoregon.edu/hrcp-foundational-training)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/1307">Foundational Training</a> |
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|  | <a href="[/hrcp-benefits-work-life-resources](https://hr.uoregon.edu/hrcp-benefits-work-life-resources)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/1310">Benefits &amp; Work-Life Resources</a> |
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|  | <a href="[/hrcp-employee-labor-relations](https://hr.uoregon.edu/hrcp-employee-labor-relations)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/1309">Employee &amp; Labor Relations</a> |
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|  | <a href="[/hrcp-employee-engagement-development](https://hr.uoregon.edu/hrcp-employee-engagement-development)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/1312">Employee Engagement &amp; Development</a> |
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|  | <a href="[/hrcp-leadership-strategy](https://hr.uoregon.edu/hrcp-leadership-strategy)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/1313">Leadership &amp; Strategy</a> |
|  | </li> |
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|  | <a href="[/hrcp-operations](https://hr.uoregon.edu/hrcp-operations)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/1311">Operations</a> |
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|  | <a href="[/hrcp-recruitment-hiring](https://hr.uoregon.edu/hrcp-recruitment-hiring)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/1308">Recruitment &amp; Hiring</a> |
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|  | <a href="[/university-human-resources-directory#learning](https://hr.uoregon.edu/university-human-resources-directory#learning)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/887">Staff Directory: Learning &amp; Development</a> |
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|  | <li class="uowdf-mobile-menu\_\_list-item has-submenu is-leaflet"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="0">Programs &amp; Services</button> |
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|  | <a href="[/hr-programs-services](https://hr.uoregon.edu/hr-programs-services)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/421">Programs &amp; Services Overview</a> |
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|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">Events and Recognition Programs</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="67" data-parent-menu-id="6"> |
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|  | <a href="[/events-and-recognition-programs](https://hr.uoregon.edu/events-and-recognition-programs)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/721">Events and Recognition Programs Overview</a> |
|  | </li> |
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|  | <a href="[/outstanding-employee-awards](https://hr.uoregon.edu/outstanding-employee-awards)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/727">Outstanding Employee Awards</a> |
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|  | <a href="[/uo-kids-campus-day](https://hr.uoregon.edu/uo-kids-campus-day)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/1149">UO Kids on Campus Day</a> |
|  | </li> |
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|  | <a href="[/years-service-recognition](https://hr.uoregon.edu/years-service-recognition)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/1148">Years of Service Recognition</a> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/campus-and-community-resources-employees](https://hr.uoregon.edu/campus-and-community-resources-employees)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/969">Campus and Community Resources for Employees</a> |
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|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">Work-Life Resources</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="68" data-parent-menu-id="6"> |
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|  | <a href="[/work-life-resources](https://hr.uoregon.edu/work-life-resources)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/761">Work-Life Resources Overview</a> |
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|  | <a href="[/employee-wellness](https://hr.uoregon.edu/employee-wellness)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--expandable uowdf-mobile-menu\_\_link--collapsed" data-drupal-link-system-path="node/794">Employee Wellness</a> |
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|  | <a href="[/family-resources](https://hr.uoregon.edu/family-resources)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--expandable uowdf-mobile-menu\_\_link--collapsed" data-drupal-link-system-path="node/764">Family Resources</a> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/life-events](https://hr.uoregon.edu/life-events)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/795">Life Events</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/navigating-work-and-life](https://hr.uoregon.edu/navigating-work-and-life)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--expandable uowdf-mobile-menu\_\_link--collapsed" data-drupal-link-system-path="node/782">Navigating Work and Life</a> |
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|  | <a href="[/work-life-resources-index](https://hr.uoregon.edu/work-life-resources-index)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/797">Work-Life Resources Index</a> |
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|  | <a href="[/new-employee-orientation-program-resources](https://hr.uoregon.edu/new-employee-orientation-program-resources)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/796">YOU @ UO</a> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">Youth Programs: Protecting Minors</button> |
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|  | <a href="[/youth-programs-protecting-minors](https://hr.uoregon.edu/youth-programs-protecting-minors)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/961">Youth Programs: Protecting Minors Overview</a> |
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|  | <a href="[/youth-programs-frequently-asked-questions](https://hr.uoregon.edu/youth-programs-frequently-asked-questions)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/1246">Frequently Asked Questions</a> |
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|  | <a href="[/virtual-youth-program-guidelines](https://hr.uoregon.edu/virtual-youth-program-guidelines)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/963">Virtual Youth Program Guidelines</a> |
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|  | <a href="[/what-youth-program](https://hr.uoregon.edu/what-youth-program)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/962">What is a Youth Program?</a> |
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|  | <a href="[/youth-program-tool-kit-human-resources](https://hr.uoregon.edu/youth-program-tool-kit-human-resources)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/966">Youth Program Tool Kit: Human Resources</a> |
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|  | <a href="[/youth-programs-tool-kit-risk-management](https://hr.uoregon.edu/youth-programs-tool-kit-risk-management)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/965">Youth Programs Tool Kit: Risk Management</a> |
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|  | <a href="[/youth-programs-training-staff](https://hr.uoregon.edu/youth-programs-training-staff)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/964">Youth Programs: Training Staff</a> |
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|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">Employee Engagement Guide</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="70" data-parent-menu-id="6"> |
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|  | <a href="[/employee-engagement-guide](https://hr.uoregon.edu/employee-engagement-guide)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/1274">Employee Engagement Guide Overview</a> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/employee-engagement-employee-strategies](https://hr.uoregon.edu/employee-engagement-employee-strategies)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/1294">Employee Strategies</a> |
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|  | <a href="[/employee-engagement-gallup-access](https://hr.uoregon.edu/employee-engagement-gallup-access)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/1306">Gallup Access</a> |
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|  | <a href="[/employee-engagement-managers-toolkit](https://hr.uoregon.edu/employee-engagement-managers-toolkit)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--expandable uowdf-mobile-menu\_\_link--collapsed" data-drupal-link-system-path="node/1293">Manager&#039;s Toolkit</a> |
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|  | <a href="[/hr-service-center](https://hr.uoregon.edu/hr-service-center)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/737">HR Service Center</a> |
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|  | <a href="[/required-workplace-notices-and-posters](https://hr.uoregon.edu/required-workplace-notices-and-posters)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/879">Required Workplace Notices and Posters</a> |
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|  | <a href="[/university-human-resources-directory#Programs](https://hr.uoregon.edu/university-human-resources-directory#Programs)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/887">Staff Directory: Programs &amp; Services</a> |
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|  | <li class="uowdf-mobile-menu\_\_list-item has-submenu is-leaflet"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="0">Recruitment</button> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/content/talent-acquisition](https://hr.uoregon.edu/content/talent-acquisition)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/95">Recruitment Overview</a> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">MyTrack: Recruitment Module</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="78" data-parent-menu-id="7"> |
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|  | <a href="[/mytrack-recruitment-module](https://hr.uoregon.edu/mytrack-recruitment-module)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/329">MyTrack: Recruitment Module Overview</a> |
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|  | <a href="[/content/mytrack-user-guides-tools](https://hr.uoregon.edu/content/mytrack-user-guides-tools)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--expandable uowdf-mobile-menu\_\_link--collapsed" data-drupal-link-system-path="node/330">MyTrack User Guides &amp; Tools</a> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/mytrack-faqs](https://hr.uoregon.edu/mytrack-faqs)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/364">MyTrack: FAQs</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/mytrack-user-roles-permissions](https://hr.uoregon.edu/mytrack-user-roles-permissions)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--expandable uowdf-mobile-menu\_\_link--collapsed" data-drupal-link-system-path="node/365">User Roles &amp; Permissions</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/content/mytrack-applicant-support](https://hr.uoregon.edu/content/mytrack-applicant-support)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--expandable uowdf-mobile-menu\_\_link--collapsed" data-drupal-link-system-path="node/369">Applicant Support</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
|  |  |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">Careers @ UO</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="79" data-parent-menu-id="7"> |
|  |  |
|  |  |
|  |  |
|  |  |
|  | <ul class="uowdf-mobile-menu\_\_list uowdf-mobile-menu--depth-2"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/careers-uo](https://hr.uoregon.edu/careers-uo)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/90">Careers @ UO Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/faq-mytrack-applicants](https://hr.uoregon.edu/faq-mytrack-applicants)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/109">FAQ: MyTrack for Applicants</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/background-checks-information-candidates-employment](https://hr.uoregon.edu/background-checks-information-candidates-employment)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--expandable uowdf-mobile-menu\_\_link--collapsed" data-drupal-link-system-path="node/105">Background Check Information</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="<https://hr.uoregon.edu/jobs>" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf">Employment Opportunities</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/veterans-and-uo](https://hr.uoregon.edu/veterans-and-uo)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/1252">Veterans and UO</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/working-uo](https://hr.uoregon.edu/working-uo)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--expandable uowdf-mobile-menu\_\_link--collapsed" data-drupal-link-system-path="node/106">Working @ UO</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
|  |  |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">Hiring Faculty and Staff</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="80" data-parent-menu-id="7"> |
|  |  |
|  |  |
|  |  |
|  |  |
|  | <ul class="uowdf-mobile-menu\_\_list uowdf-mobile-menu--depth-2"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/recruitment-and-hiring](https://hr.uoregon.edu/recruitment-and-hiring)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/167">Hiring Faculty and Staff Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/content/hiring-classified-staff](https://hr.uoregon.edu/content/hiring-classified-staff)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--expandable uowdf-mobile-menu\_\_link--collapsed" data-drupal-link-system-path="node/299">Hiring Classified Staff</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/hiring-faculty](https://hr.uoregon.edu/hiring-faculty)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--expandable uowdf-mobile-menu\_\_link--collapsed" data-drupal-link-system-path="node/168">Hiring Faculty</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/content/hiring-officers-administration](https://hr.uoregon.edu/content/hiring-officers-administration)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--expandable uowdf-mobile-menu\_\_link--collapsed" data-drupal-link-system-path="node/311">Hiring Officers of Administration</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/hiring-students](https://hr.uoregon.edu/hiring-students)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--expandable uowdf-mobile-menu\_\_link--collapsed" data-drupal-link-system-path="node/454">Hiring Students</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/recruitment-advertising-guide](https://hr.uoregon.edu/recruitment-advertising-guide)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--expandable uowdf-mobile-menu\_\_link--collapsed" data-drupal-link-system-path="node/459">Recruitment Advertising Guide</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/using-search-firm-guide-hiring-authorities-and-search-chairs](https://hr.uoregon.edu/using-search-firm-guide-hiring-authorities-and-search-chairs)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/458">Using a Search Firm</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/hiring-temporary-employees](https://hr.uoregon.edu/hiring-temporary-employees)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--expandable uowdf-mobile-menu\_\_link--collapsed" data-drupal-link-system-path="node/446">Hiring Temporary Employees</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/content/recruitment-and-hiring-toolkit](https://hr.uoregon.edu/content/recruitment-and-hiring-toolkit)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/465">Recruitment and Hiring Toolkit</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/reorganizations](https://hr.uoregon.edu/reorganizations)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/457">Reorganizations</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/remote-interviewing-guidance](https://hr.uoregon.edu/remote-interviewing-guidance)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/627">Remote Interviewing Guidance</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
|  |  |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/international-employee-recruitment-and-sponsorship](https://hr.uoregon.edu/international-employee-recruitment-and-sponsorship)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/467">International Employee Recruitment &amp; Sponsorship</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">Background Check Guidelines</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="81" data-parent-menu-id="7"> |
|  |  |
|  |  |
|  |  |
|  |  |
|  | <ul class="uowdf-mobile-menu\_\_list uowdf-mobile-menu--depth-2"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/background-check-guidelines-hiring-authorities](https://hr.uoregon.edu/background-check-guidelines-hiring-authorities)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/470">Background Check Guidelines Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/credit-bureau-report-authorization](https://hr.uoregon.edu/credit-bureau-report-authorization)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/1267">Credit Bureau Report Authorization</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
|  |  |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/oregon-veterans-preference-employment](https://hr.uoregon.edu/oregon-veterans-preference-employment)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/471">Veterans&#039; Preference</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">Orientation &amp; Onboarding</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="82" data-parent-menu-id="7"> |
|  |  |
|  |  |
|  |  |
|  |  |
|  | <ul class="uowdf-mobile-menu\_\_list uowdf-mobile-menu--depth-2"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/content/orientation-onboarding-new-employees](https://hr.uoregon.edu/content/orientation-onboarding-new-employees)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/472">Orientation &amp; Onboarding Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/orientation-onboarding-guide-supervisors](https://hr.uoregon.edu/orientation-onboarding-guide-supervisors)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--expandable uowdf-mobile-menu\_\_link--collapsed" data-drupal-link-system-path="node/473">Onboarding Guide for Supervisors</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
|  |  |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">Contact Talent Acquisition</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="83" data-parent-menu-id="7"> |
|  |  |
|  |  |
|  |  |
|  |  |
|  | <ul class="uowdf-mobile-menu\_\_list uowdf-mobile-menu--depth-2"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/contact-talent-acquisition](https://hr.uoregon.edu/contact-talent-acquisition)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/480">Contact Talent Acquisition Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/instant-messaging-guidelines](https://hr.uoregon.edu/instant-messaging-guidelines)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/481">Instant Messaging Guidelines</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
|  |  |
|  | </li> |
|  | </ul> |
|  | </div> |
|  |  |
|  | </li> |
|  | </ul> |
|  |  |
|  | </nav> |
|  |  |
|  | <div class="uowdf-mobile-menu\_\_secondary-menus"> |
|  | <nav class="audience-selector collapse-menu collapse-menu--collapsed context--foreground-light" id="uowdf-mobile-menu\_\_audience-selector"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="0">Resources for:</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="99999998"> |
|  | <ul class="uowdf-mobile-menu\_\_list"> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a class="uowdf-mobile-menu\_\_link" href="[/new-employees](https://hr.uoregon.edu/new-employees)">New Employees</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a class="uowdf-mobile-menu\_\_link" href="[/employees](https://hr.uoregon.edu/employees)">Employees</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a class="uowdf-mobile-menu\_\_link" href="[/supervisors-hr-partners](https://hr.uoregon.edu/supervisors-hr-partners)">Supervisors &amp; HR Partners</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a class="uowdf-mobile-menu\_\_link" href="[/careers-uo](https://hr.uoregon.edu/careers-uo)">Job Seekers</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a class="uowdf-mobile-menu\_\_link" href="[/about-hr](https://hr.uoregon.edu/about-hr)">About HR</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a class="uowdf-mobile-menu\_\_link" href="[/university-human-resources-directory](https://hr.uoregon.edu/university-human-resources-directory)">Contact HR</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
|  | </nav> |
|  |  |
|  |  |
|  | <nav class="utility-nav collapse-menu collapse-menu--collapsed context--foreground-light" id="uowdf-mobile-menu\_\_utility-links"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="0">Take Action</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="99999999"> |
|  | <ul class="uowdf-mobile-menu\_\_list"> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a class="uowdf-mobile-menu\_\_link" href="[https://www.uoregon.edu/onestop?utm\_source=banner-module&amp;utm\_campaign=banner](https://www.uoregon.edu/onestop?utm_source=banner-module&utm_campaign=banner)">One Stop</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a class="uowdf-mobile-menu\_\_link" href="[https://uoregon.edu/apply?utm\_source=banner-module&amp;utm\_campaign=banner](https://uoregon.edu/apply?utm_source=banner-module&utm_campaign=banner)">Apply</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a class="uowdf-mobile-menu\_\_link" href="[https://visit.uoregon.edu?utm\_source=banner-module&amp;utm\_campaign=banner](https://visit.uoregon.edu/?utm_source=banner-module&utm_campaign=banner)">Visit</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a class="uowdf-mobile-menu\_\_link" href="[http://giving.uoregon.edu/s/1540/development/start.aspx?gid=2&amp;pgid=61?utm\_source=banner-module&amp;utm\_campaign=banner](http://giving.uoregon.edu/s/1540/development/start.aspx?gid=2&pgid=61?utm_source=banner-module&utm_campaign=banner)">Give</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
|  | </nav> |
|  | </div> |
|  |  |
|  | </div> |
|  | </div> |
|  |  |
|  | <div class="dialog-off-canvas-main-canvas" data-off-canvas-main-canvas> |
|  | <div class="page"> |
|  |  |
|  | <header class="site-header" role="banner"> |
|  | <div class="site-header\_\_content"> |
|  |  |
|  |  |
|  |  |
|  |  |
|  | <h2 class="site-header\_\_site-name" id="site-name"> |
|  | <a href="[/](https://hr.uoregon.edu/)" title="Human ResourcesHome" class="site-header\_\_site-link" rel="home"><span>Human Resources</span></a> |
|  | </h2> |
|  |  |
|  |  |
|  | </div> |
|  |  |
|  | </header> <div id="stickynav-waypoint"></div> |
|  |  |
|  | <div class="navigation-bar"> |
|  | <div class="region region-primary-menu"> |
|  |  |
|  | <nav role="navigation" aria-labelledby="block-cosmic-main-menu-menu" id="block-cosmic-main-menu" class="block block-menu navigation menu--main"> |
|  |  |
|  | <h2 class="visually-hidden" id="block-cosmic-main-menu-menu">Main navigation</h2> |
|  |  |
|  |  |
|  |  |
|  | <ul class="menu"> |
|  | <li class="menu-item menu-item--collapsed menu-item--depth-0"> |
|  | <a href="[/benefits](https://hr.uoregon.edu/benefits)" data-drupal-link-system-path="node/91">Benefits</a> |
|  | </li> |
|  | <li class="menu-item menu-item--collapsed menu-item--depth-0"> |
|  | <a href="[/classification-compensation](https://hr.uoregon.edu/classification-compensation)" data-drupal-link-system-path="node/178">Classification &amp; Compensation</a> |
|  | </li> |
|  | <li class="menu-item menu-item--collapsed menu-item--depth-0"> |
|  | <a href="[/employee-and-labor-relations](https://hr.uoregon.edu/employee-and-labor-relations)" data-drupal-link-system-path="node/93">Employee &amp; Labor Relations</a> |
|  | </li> |
|  | <li class="menu-item menu-item--collapsed menu-item--depth-0"> |
|  | <a href="[/hr-operations](https://hr.uoregon.edu/hr-operations)" data-drupal-link-system-path="node/94">HR Operations</a> |
|  | </li> |
|  | <li class="menu-item menu-item--collapsed menu-item--depth-0"> |
|  | <a href="[/learning-and-development](https://hr.uoregon.edu/learning-and-development)" data-drupal-link-system-path="node/92">Learning &amp; Development</a> |
|  | </li> |
|  | <li class="menu-item menu-item--collapsed menu-item--depth-0"> |
|  | <a href="[/hr-programs-services](https://hr.uoregon.edu/hr-programs-services)" data-drupal-link-system-path="node/421">Programs &amp; Services</a> |
|  | </li> |
|  | <li class="menu-item menu-item--collapsed menu-item--depth-0"> |
|  | <a href="[/content/talent-acquisition](https://hr.uoregon.edu/content/talent-acquisition)" data-drupal-link-system-path="node/95">Recruitment</a> |
|  | </li> |
|  | </ul> |
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|  |  |
|  |  |
|  | </nav> |
|  |  |
|  |  |
|  | </div> |
|  |  |
|  |  |
|  | </div> |
|  |  |
|  | <main role="main"> |
|  | <a id="main-content" tabindex="-1"></a> |
|  | <div class="region region-highlighted"> |
|  | <div data-drupal-messages-fallback class="hidden"></div> |
|  |  |
|  |  |
|  | </div> |
|  |  |
|  |  |
|  |  |
|  | <div class="layout"> |
|  | <div class="layout\_\_content"> |
|  | <div class="region region-breadcrumb"> |
|  | <div id="block-cosmic-breadcrumbs" class="block block-system block-system-breadcrumb-block"> |
|  |  |
|  |  |
|  | <nav class="breadcrumb" role="navigation" aria-labelledby="system-breadcrumb"> |
|  | <h2 id="system-breadcrumb" class="visually-hidden">Breadcrumb</h2> |
|  | <ol> |
|  | <li> |
|  | <a href="[/](https://hr.uoregon.edu/)">Home</a> |
|  | </li> |
|  | </ol> |
|  | </nav> |
|  |  |
|  | </div> |
|  |  |
|  |  |
|  | </div> |
|  |  |
|  | <div class="region region-content"> |
|  | <div id="block-cosmic-page-title" class="block block-core block-page-title-block"> |
|  |  |
|  |  |
|  |  |
|  | <h1 class="page-title"><span class="field field--name-title field--type-string field--label-hidden">Wellness Presentations Library</span> |
|  | </h1> |
|  |  |
|  |  |
|  | </div> |
|  | <div id="block-cosmic-content" class="block block-system block-system-main-block"> |
|  |  |
|  |  |
|  |  |
|  | <article data-history-node-id="763" class="node node--type-page node--view-mode-full"> |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  | <div class="node\_\_content"> |
|  |  |
|  | <div class="clearfix text-formatted field field--name-body field--type-text-with-summary field--label-hidden field\_\_item"><h3><strong>Emotional Wellbeing</strong></h3> |
|  |  |
|  | <p><strong><em><a href="<https://vimeo.com/539752766>">Body Scan Meditation -audio file</a></em></strong><br> |
|  | For many of us, the stress we experience manifests as physical symptoms. By “checking in” with our body we can learn to identify and attribute physical sensations to our mental state and vice versa. This audio recording will take about five minutes and may be helpful to use throughout the day to check-in with your body and feelings.</p> |
|  |  |
|  | <p><strong><em><a href="<https://vimeo.com/262894173>">How Optimism Can Improve Your Quality of Life</a></em></strong><br> |
|  | Improve your quality of life by changing your outlook. This training provides a definition of optimism, learned helplessness, benefits of optimism, how you can think differently, and a process to help you be more optimistic is provided. If where you look is where you go, why not get some ideas on how to head in a more optimistic direction?</p> |
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|  | <p><strong><a href="<https://web.microsoftstream.com/video/6d0dab49-0112-4b19-bb6c-efc66e2e0a5b>"><em>Make your Mental Health a Priority - Staff session</em></a></strong><br> |
|  | The University Counseling Center presented information on the importance of making your mental health a priority and offered tips and strategies for coping with stress. The New York times article, <a>"</a><u><a>What Makes Some People More Resilient Than Others</a></u><a>,"</a> was also discussed. To access the recording please sign-in to your Oregon Office 365 account.</p> |
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|  | <p><strong><em><a href="<https://vimeo.com/229046248>">Mindfulness Based Stress Reduction and the Importance of Restful Sleep</a></em></strong><br> |
|  | This seminar provides a review of stress, what it is and how it affects us. Information on mindfulness tools that can help change relationships with thoughts, feelings and sensations related to stress. Participants also learn tools to use in the future. The importance of restful sleep and quick tips for sleeping are provided.</p> |
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|  | <p><strong><em><a href="<https://vimeo.com/306487760>">Tips to Keep Your New Year's Resolutions</a></em></strong><br> |
|  | Psychology professor Elliot Berkman explores the neuroscience of goal-setting and provides tips on how to create the best environment for sticking to your New Year's resolutions.</p> |
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|  | <h3><strong>Family and Relationships</strong></h3> |
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|  | <p><strong><em><a href="<https://vimeo.com/292772371>">Aging and Disability Resource Center of Lane County</a></em></strong><br> |
|  | A representative from the ADRC presents information about Senior &amp; Disability Services offered in Lane County. These services include SNAP (food stamps), Medicaid, and Older Americans Act Programs (Meals on Wheels, Senior Companions, etc.). The ADRC is discussed as an information and resource link for the community. This session is for anyone interested in these services, including caregivers or family members, and persons with disabilities.</p> |
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|  | <p><strong><em><a href="<https://vimeo.com/286620510>">Balancing Work and Family</a></em></strong><br> |
|  | In today's busy society, balancing work and family is a common challenge. The stress this creates can be detrimental to an individual's physical health, emotional well-being, and work productivity. This presentation discusses the effects of stress and strategies and techniques to reduce it.</p> |
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|  | <p><strong><em><strong><em><a href="<https://vimeo.com/297411925>">Building Healthy Relationships</a></em></strong></em></strong><br> |
|  | <em>Tiffany Brown, Director of the Couples and Family Therapy Program and a senior lecturer in the Department of Counseling Psychology and Human Services, details the College of Education’s Couples and Family Therapy program. The program admits some 20 students pursuing a master’s degree that prepares them for licensure and a career in counseling. She also describes the Relationship Check-in program and philosophy, which welcomes the public for a free session. Review the PowerPoint presentation&nbsp;<a href="[/sites/default/files/brown\_wellness\_talk\_final.pdf](https://hr.uoregon.edu/sites/default/files/brown_wellness_talk_final.pdf)">here</a></em></p> |
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|  | <p><strong><em><a href="[/sites/default/files/caregiver\_communication\_strategies\_for\_alzheimers\_and\_dementia.pdf](https://hr.uoregon.edu/sites/default/files/caregiver_communication_strategies_for_alzheimers_and_dementia.pdf)">Care Giver Communication Strategies</a></em></strong><br> |
|  | This PowerPoint presentation explores how communication takes place when someone has Alzheimer’s. Learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease. A short explanation of important legal and financial issues are addressed when a loved-one is diagnosed with Alzheimer's or another dementia will be included in the presentation.</p> |
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|  | <p><strong><em><a href="<http://vimeo.com/314918070>">College Admissions 101</a></em></strong><br> |
|  | The UO Office of Admissions processes nearly 24,000 applications for freshman admission annually. This session offers some specific tidbits for parents who are navigating the ins and outs of the college admissions process.</p> |
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|  | <p><strong><em>Elder Care Options</em></strong> <a href="<https://vimeo.com/226947554>"><strong><em>Part 1</em></strong></a><strong><em> </em></strong><a href="<https://vimeo.com/227762379>"><strong><em> Part 2 </em></strong></a><br> |
|  | Learn what elder care options are available, how to evaluate which option is best for your parent, and what questions to ask the providers.</p> |
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|  | <p><strong><em><a href="[/sites/default/files/tips\_for\_coping\_with\_empty\_nest\_syndrome\_final.pdf](https://hr.uoregon.edu/sites/default/files/tips_for_coping_with_empty_nest_syndrome_final.pdf)">Empty Nest Syndrome: Tips to Manage your Feelings When Your Child/Children Leave Home</a></em></strong><em> This Powerpoint presentation defines Empty Nest Syndrome, when parents experience feelings of loss or sadness when their child/children leave home. It also discusses ways to cope with these feelings during this time of change. A panel of parents who have managed to navigate this change created a <a href="[/sites/default/files/parent\_panel\_summary\_of\_experiences2.pdf](https://hr.uoregon.edu/sites/default/files/parent_panel_summary_of_experiences2.pdf)">Q &amp; A document </a>and a handout outlining <a href="[/sites/default/files/20\_tips\_for\_coping\_wit\_ens.pdf](https://hr.uoregon.edu/sites/default/files/20_tips_for_coping_wit_ens.pdf)"> 20 tips for Empty Nest Parents</a> was provided at the session.</em></p> |
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|  | <p><em><strong><em><a href="<https://www.youtube.com/watch?v=t2Kq7Ye1Q6A>">Explore Your Relationship with Money</a></em></strong><br> |
|  | Money is not typically considered an emotional issue, yet it is often a source of stress in both people’s personal lives and relationships. This training will explore whether your relationship with money is similar to other relationships in your life. Tools to help think about money differently will be presented. This seminar is not designed to be a budgeting workshop or to provide financial advice of any kind. </em></p> |
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|  | <p><em><strong><em><a href="<https://vimeo.com/312768747>">Financial Aid 101</a></em></strong><br> |
|  | The Office of Financial Aid &amp; Scholarships reviews your Oregon Public University tuition fee benefit, cost of attendance, college savings accounts, applying for scholarships and loans, and important deadlines.</em></p> |
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|  | <p><em><strong><em><a href="<https://vimeo.com/318039940>">How to Help Your Young Adult Transition to College</a></em></strong><br> |
|  | Going to college is more than just “going back to school.” The departure is a significant milestone in any family. It ushers in a time of separation and transition, requiring an adjustment on the part of parents, the collegebound teenager, and other family members. This training identifies some of the challenges that families face during this time, along with sharing coping strategies to help for a successful transition.</em></p> |
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|  | <p><em><strong><em><a href="[/sites/default/files/senior\_law\_services\_of\_lane\_county\_handout.pdf](https://hr.uoregon.edu/sites/default/files/senior_law_services_of_lane_county_handout.pdf)">Senior Law Services of Lane County</a></em></strong></em></p> |
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|  | <p><em>The Senior Law Service, a Program of Lane County Legal Aid/Oregon Law Center, provides civil legal services to people age 60 and over. The target population consists of those in the greatest economic or social need. Funding is through the Older Americans Act, Lane Council of Governments, Area Agency on Aging. Local volunteer attorneys enable the program to expand services beyond staff resources. This program also covered <a href="[/sites/default/files/wills\_trusts\_estate\_planning\_basics.pdf](https://hr.uoregon.edu/sites/default/files/wills_trusts_estate_planning_basics.pdf)">basic information on estates, wills and trusts.</a> </em></p> |
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|  | <p><em><strong><em><a href="[/sites/default/files/alzheimers\_1-hour\_basics\_5\_no\_video\_0.pdf](https://hr.uoregon.edu/sites/default/files/alzheimers_1-hour_basics_5_no_video_0.pdf)">Understanding Alzheimer’s and Dementia: The Basics </a></em></strong><br> |
|  | This PowerPoint presentation details the typical changes of growing old and the specific changes that can be problematic, including dementia. A number of types of dementia are identified and Alzheimer's disease is reviewed in length. The emotions that may be experienced by the patient and family when a family member is diagnosed with this disease are also addressed. Early, middle, and late stages of the disease are also discussed along with planning for the future. A list of Alzheimer's resources is provided.</em></p> |
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|  | <h3><em><strong>Healthy Living</strong></em></h3> |
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|  | <p><em><strong><em><a href="<https://vimeo.com/317509227>">Debunking Dieting Myths</a></em></strong><br> |
|  | Did you ever wonder why diets don’t seem to work? That even when you lose weight it seems to come back, maybe with a few extra pounds? This training explores the biology and research behind our bodies’ resistance to weight loss, our obsession as a culture with body size, and some ideas about letting go of the numbers on the scale and focusing on health as opposed to weight.</em></p> |
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|  | <p><em><strong><em><a href="<https://vimeo.com/324299793>">Four Seasons Cooking</a></em></strong><br> |
|  | UO's Assistant Director of Culinary Operations discusses how, when, and why to use seasonality in meal preparation. An overview of some of the healthy and local seasonal produce available in the Willamette Valley is introduced along with ways to incorporate these options into your meal planning for yourself or your family.</em></p> |
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|  | <p><em><strong><em><a href="[/sites/default/files/healthy\_eating\_january\_2020.pdf](https://hr.uoregon.edu/sites/default/files/healthy_eating_january_2020.pdf)">Healthy Eating On Campus</a></em></strong><br> |
|  | Join William Mullins, Assistant Director of Culinary Services, in University Housing, to learn about healthy eating and cooking and healthy options on campus. </em></p> |
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|  | <p><em><strong><em><a href="<https://vimeo.com/311952678>">Healthy Eating Tips from UO's Senior Sports Dietician</a></em></strong><br> |
|  | This seminar peeks inside the role of a senior sports dietitian and how sports nutrition aids in athletic performance for our student-athletes here at the University of Oregon. It also provides a spin on nutrition and how UO employees can use these tips to improve diet and increase work productivity.</em></p> |
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|  | <p><strong><em><a href="<https://cascadecenters.com/197GP73>">Optimize Your Energy to Increase Your Productivity</a></em></strong><br> |
|  | Professional organizer Debbie Rosemont discusses work life harmony and using the SAVERS acronym for getting into the correct mind set to start your day off right.</p> |
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|  | <h3><em><strong>Work and Career</strong></em></h3> |
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|  | <p><em><strong><em><a href="[/sites/default/files/conflict\_resolution\_university\_of\_oregon\_dd-new.pdf](https://hr.uoregon.edu/sites/default/files/conflict_resolution_university_of_oregon_dd-new.pdf)">Conflict Resolution</a></em></strong><br> |
|  | A conflict can occur when individuals have mutually exclusive goals and are unwilling to move from their respective positions. This training will identify components required to resolve conflict, including active listening and the ability to articulate one's position. Using creativity while exploring possible solutions will be discussed as a strategy to successfully resolve conflict. A counselor from the university's employee assistance program will be presenting this information.</em></p> |
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|  | <p><em><strong><em><a href="<https://vimeo.com/331098086>">Exploring Ways to Move Past Implicit Bias</a></em></strong><br> |
|  | In his campus presentations, Dr. Girvan asks a basic question: How can people's race, sex, age, and other characteristics influence the way others see and treat them even when they are genuinely trying to be unbiased? By addressing the concept of implicit bias, he explores how the brain naturally perceives, categorizes and draws inferences about the world, including other people. In this wellness seminar, Girvan will expand his talk with a broader set of issues, including partisan polarization and the assumptions that people tend to make about those that they disagree with.</em></p> |
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|  | <p><em><strong><em><a href="<https://vimeo.com/279536393>">Generations at Work</a></em></strong><br> |
|  | For the first time in American history veterans, baby boomers, genXers, and millennials are working together and in close quarters. In order to be effective communicators we need to know how to adapt to different personality types, along with understanding the different generational issues that can create conflict in the workplace. This seminar provides practical solutions to help people bridge the generational gap. </em></p> |
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|  | <p><em><strong><em><a href="<https://vimeo.com/280782370>">Moving Towards an Inclusive Workplace at the UO</a></em></strong><br> |
|  | The Division of Equity and Inclusion (DEI) discusses the IDEAL Framework as the foundation for making Equity and Inclusion commonplace here at the UO. Additionally, DEI will discuss manners in which employees can begin to confront their own beliefs, biases and perceptions and their effects on our daily interactions. Through this understanding, employees work on developing strategies to help create, foster, and celebrate inclusivity on campus. </em></p> |
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|  | <p><strong><em><a href="[https://www.youtube.com/watch?v=VWq0EI\_zsn4&amp;feature=youtu.be](https://www.youtube.com/watch?v=VWq0EI_zsn4&feature=youtu.be)">Supporting Employees During Workplace Reintegration</a></em></strong><br> |
|  | As states and organizations begin reopening, this can create stress and anxiety for employees re-entering the workforce. Managers are in a unique position of having to support employees during this transition while also practicing their own self-care. This webinar provides strategies on how best to support employees during reintegration and what other EAP resources are available.</p> |
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|  | <p><em><strong><em><a href="<https://vimeo.com/221323036>">Working in a Changing Environment</a></em></strong><br> |
|  | In an organizational culture of constant change, adapting can be challenging. Some areas addressed in this presentation are the elements of change, the different loss experienced related to change, the transitional stages, and ways of coping with stress and change. </em></p> |
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|  | <p><em><strong><em><u>Workspace Ergonomics and Safety in Motion®</u></em></strong><br> |
|  | The techniques presented in this training are proven to reduce physical stress and strain. Office SIM-plicity will guide you to make simple practical and ergonomic changes to improve the way you work in an office environment. \*This session was not recorded; however, the university's Ergonomics Coordinator can schedule a time to meet with you individually or with your department, to review this training. Contact the <a href="<https://safety.uoregon.edu/workplace-safety>">Office of Occupational Health and Safety</a> or visit their website to review their resources. </em></p> |
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