|  | <!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-seminar-series-employees>" /> |
|  | <link rel="shortlink" href="<https://hr.uoregon.edu/node/762>" /> |
|  |  |
|  | <title>Wellness Seminar Series for Employees | 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-seminar-series-employees#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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|  | <ul class="uowdf-mobile-menu\_\_list uowdf-mobile-menu--depth-2"> |
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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> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <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> |
|  | </li> |
|  | <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> |
|  | </li> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <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> |
|  | </li> |
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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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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <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> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <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> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <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> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <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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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <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 active-trail has-submenu is-leaflet"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="0">Programs &amp; Services</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="6" data-parent-menu-id="0"> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <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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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <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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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <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> |
|  | </li> |
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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> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <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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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <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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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <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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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <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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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <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> |
|  | </li> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <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> |
|  | </li> |
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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> |
|  | </li> |
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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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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <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> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="7" data-parent-menu-id="0"> |
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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--active-trail 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 Seminar Series for Employees</span> |
|  | </h1> |
|  |  |
|  |  |
|  | </div> |
|  | <div id="block-cosmic-content" class="block block-system block-system-main-block"> |
|  |  |
|  |  |
|  |  |
|  | <article data-history-node-id="762" 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"><p>Human Resources partners with the Public Employee Benefits Board, Canopy, our employee assistance provider, and campus departments to offer wellness seminars for faculty and staff. Each seminar focuses on a different aspect of personal well-being or an important campus topic and is free of charge.</p> |
|  |  |
|  | <p>&nbsp;</p> |
|  |  |
|  | <div class="grid\_\_item"> |
|  | <h2><strong><strong><strong>Additional Online Offerings</strong></strong></strong></h2> |
|  |  |
|  | <div class="grid grid--4col"> |
|  | <div class="grid\_\_item"> |
|  | <p><strong><strong><a class="cta-button cta-button--standard text--lowercase" href="<https://www.oregon.gov/oha/PEBB/Pages/news.aspx>" target="\_blank">PEBB Webinars</a></strong></strong></p> |
|  | </div> |
|  |  |
|  | <div class="grid\_\_item"> |
|  | <p><strong><strong><a class="cta-button cta-button--standard text--lowercase" href="<https://canopywell.com/Webinars>">EAP Webinars</a></strong></strong></p> |
|  | </div> |
|  |  |
|  | <div class="grid\_\_item"> |
|  | <p><strong><strong><a class="cta-button cta-button--standard text--lowercase" href="[https://www.care.com/business/care-talks/?utm\_source=Client&amp;utm\_medium=M-EMA&amp;utm\_campaign=CFB\_US\_C-EMA\_COM\_P-ITE\_LTS\_V-CUS\_ENG\_BOF\_T-UTL\_L-ENG\_21\_\_\_CareTalksLaunch](https://www.care.com/business/care-talks/?utm_source=Client&utm_medium=M-EMA&utm_campaign=CFB_US_C-EMA_COM_P-ITE_LTS_V-CUS_ENG_BOF_T-UTL_L-ENG_21___CareTalksLaunch)">Care Talks</a></strong></strong></p> |
|  | </div> |
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|  | <div class="grid\_\_item"> |
|  | <p><strong><strong><a class="cta-button cta-button--standard text--lowercase" href="[/wellness-presentations-library](https://hr.uoregon.edu/wellness-presentations-library)">UO Wellness Presentations</a></strong></strong></p> |
|  | </div> |
|  | </div> |
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|  | <hr> |
|  | <div class="grid grid--2col"> |
|  | <h2><strong><strong><strong>Building Healthy Relationships</strong></strong></strong>&nbsp;</h2> |
|  |  |
|  | <p>Tiffany Brown, Director of the Couples and Family Therapy (CFT) Program and a senior lecturer in the Department of Counseling Psychology and Human Services, with Day Hancock-Murphy and Aisha Nakrani, advanced CFT graduate students, detailed the College of Education’s Couples and Family Therapy program, which each year admits some 20 students pursuing a master’s degree that prepares them for licensure and a career in counseling. Keys to healthy relationships were reviewed along with current research evidence. The approach of the Center for Healthy Relationships, is built on communication theory, evidence-based emotionally-focused therapy, and evidence-based couples therapy model of John and Julie Gottman. These models and simple techniques were discussed with the hope folks could them to improve relationships in their life.</p> |
|  | </div> |
|  |  |
|  | <div class="grid\_\_item"> |
|  | <p><a class="cta-button cta-button--standard" href="[/sites/default/files/Brown\_Healthy\_Relationships.pdf](https://hr.uoregon.edu/sites/default/files/Brown_Healthy_Relationships.pdf)">PRESENTATION SLIDES</a><strong><strong><strong><a class="cta-button cta-button--standard text--lowercase" href="<https://uoregon-my.sharepoint.com/:v:/g/personal/mirabile_uoregon_edu/ES2m3hIs9eZFqQ_zesKNEqIBQsqpKQqGP9_36o8EUuuVhg?e=Gy5TmL>" target="\_blank">&nbsp;WATCH NOW</a></strong></strong></strong></p> |
|  | </div> |
|  | "</div> |
|  |  |
|  | <div class="grid grid--2col"> |
|  | <h2>&nbsp;</h2> |
|  | </div> |
|  |  |
|  | <hr> |
|  | <div class="grid\_\_item"> |
|  | <h2><strong><strong><strong><a id="wellness-work" name="wellness-work"></a>Wellness at Work for UO Employees</strong></strong></strong></h2> |
|  |  |
|  | <p>This webinar will focus on ways employees can incorporate personal wellness into the work day and why it is so important. Participants will learn tips on how to achieve wellness goals and integrate healthy habits in the workplace.</p> |
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|  | <div class="grid\_\_item"> |
|  | <p><strong><strong><a class="cta-button cta-button--standard" href="<https://canopywell.box.com/s/o6gqqh4l53ltfu2x89j3sti2wduvorpz>" target="\_blank">Watch Now</a></strong></strong></p> |
|  | </div> |
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|  | <p>&nbsp;</p> |
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|  | <hr> |
|  | <p>&nbsp;</p> |
|  |  |
|  | <h2><strong><strong><strong><a id="on-demand" name="on-demand"></a>On-Demand Videos</strong></strong></strong></h2> |
|  |  |
|  | <div class="grid grid--2col"> |
|  | <div class="grid\_\_item"> |
|  | <h3><strong><strong>Mental Health Experts Debunk 10 Stress Myths</strong></strong></h3> |
|  |  |
|  | <p>Stephanie Cook is an assistant professor of biostatistics and social and behavioral science at NYU School of Global Public Health and Teresa Leyro is a clinical psychologist and assistant professor at Rutgers University. (13 minutes)</p> |
|  | </div> |
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|  | <div class="grid\_\_item"> |
|  | <p><strong><strong><a class="cta-button cta-button--standard text--lowercase" href="<https://www.youtube.com/watch?v=u8rYWQ4-u1E>">Watch Now</a></strong></strong></p> |
|  | </div> |
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|  | <hr> |
|  | <div class="grid\_\_item"> |
|  | <h3><strong><strong>Healthy Mind, Healthy Heart</strong></strong></h3> |
|  |  |
|  | <p>February is heart-health month and this prerecorded EAP video focuses how mental health affects our physical health. It will help you to identify your risk factor and mental stressors and discusses best practices for a healthy mindset to increase overall physical health. (60 minutes)</p> |
|  | </div> |
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|  | <div class="grid\_\_item"> |
|  | <p><strong><strong><a class="cta-button cta-button--standard text--lowercase" href="<https://www.youtube.com/watch?v=wOQrFn51LDo>" target="\_blank">Watch Now</a></strong></strong></p> |
|  | </div> |
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|  | <hr> |
|  | <div class="grid\_\_item"> |
|  | <h3><strong><strong>Cultivating a Gratitude Mindset</strong></strong></h3> |
|  |  |
|  | <p>Watch this video hosted by Canopy, the university's employee assistance program, to understand how our belief systems and behaviors affect our mindset. Build your mindful muscles by learning to forgive and how to create your own personal foundation of beliefs to feel more grateful and satisfied with your life. (64 minutes)</p> |
|  | </div> |
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|  | <div class="grid\_\_item"> |
|  | <p><strong><strong><a class="cta-button cta-button--standard text--lowercase" href="<http://www.youtube.com/watch?v=DmYdQuGXQhM>" target="\_blank">Watch Now</a></strong></strong></p> |
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|  | <nav role="navigation" aria-labelledby="block-cosmic-mainnavigation-menu" id="block-cosmic-mainnavigation" class="block block-menu navigation menu--main"> |
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|  | <h2 id="block-cosmic-mainnavigation-menu"><a href="[/employee-wellness](https://hr.uoregon.edu/employee-wellness)" class="menu-item--active-trail" data-drupal-link-system-path="node/794">Employee Wellness</a></h2> |
|  |  |
|  |  |
|  |  |
|  | <ul class="menu"> |
|  | <li class="menu-item menu-item--collapsed menu-item--depth-0"> |
|  | <a href="[/events-and-recognition-programs](https://hr.uoregon.edu/events-and-recognition-programs)" data-drupal-link-system-path="node/721">Events and Recognition Programs</a> |
|  | </li> |
|  | <li class="menu-item menu-item--depth-0"> |
|  | <a href="[/campus-and-community-resources-employees](https://hr.uoregon.edu/campus-and-community-resources-employees)" data-drupal-link-system-path="node/969">Campus and Community Resources for Employees</a> |
|  | </li> |
|  | <li class="menu-item menu-item--expanded menu-item--active-trail menu-item--depth-0"> |
|  | <a href="[/work-life-resources](https://hr.uoregon.edu/work-life-resources)" data-drupal-link-system-path="node/761">Work-Life Resources</a> |
|  | <ul class="menu"> |
|  | <li class="menu-item menu-item--expanded menu-item--active-trail menu-item--depth-1"> |
|  | <a href="[/employee-wellness](https://hr.uoregon.edu/employee-wellness)" data-drupal-link-system-path="node/794">Employee Wellness</a> |
|  | <ul class="menu"> |
|  | <li class="menu-item menu-item--depth-2"> |
|  | <a href="[/wellness-events-campus](https://hr.uoregon.edu/wellness-events-campus)" data-drupal-link-system-path="node/1245">Wellness Events On-Campus</a> |
|  | </li> |
|  | <li class="menu-item menu-item--active-trail menu-item--depth-2"> |
|  | <a href="[/wellness-seminar-series-employees](https://hr.uoregon.edu/wellness-seminar-series-employees)" data-drupal-link-system-path="node/762" class="is-active" aria-current="page">Wellness Seminar Series for Employees</a> |
|  | </li> |
|  | </ul> |
|  |  |
|  | </li> |
|  | <li class="menu-item menu-item--collapsed menu-item--depth-1"> |
|  | <a href="[/family-resources](https://hr.uoregon.edu/family-resources)" data-drupal-link-system-path="node/764">Family Resources</a> |
|  | </li> |
|  | <li class="menu-item menu-item--depth-1"> |
|  | <a href="[/life-events](https://hr.uoregon.edu/life-events)" data-drupal-link-system-path="node/795">Life Events</a> |
|  | </li> |
|  | <li class="menu-item menu-item--collapsed menu-item--depth-1"> |
|  | <a href="[/navigating-work-and-life](https://hr.uoregon.edu/navigating-work-and-life)" data-drupal-link-system-path="node/782">Navigating Work and Life</a> |
|  | </li> |
|  | <li class="menu-item menu-item--depth-1"> |
|  | <a href="[/work-life-resources-index](https://hr.uoregon.edu/work-life-resources-index)" data-drupal-link-system-path="node/797">Work-Life Resources Index</a> |
|  | </li> |
|  | <li class="menu-item menu-item--depth-1"> |
|  | <a href="[/new-employee-orientation-program-resources](https://hr.uoregon.edu/new-employee-orientation-program-resources)" data-drupal-link-system-path="node/796">YOU @ UO</a> |
|  | </li> |
|  | </ul> |
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|  | </li> |
|  | <li class="menu-item menu-item--collapsed menu-item--depth-0"> |
|  | <a href="[/youth-programs-protecting-minors](https://hr.uoregon.edu/youth-programs-protecting-minors)" data-drupal-link-system-path="node/961">Youth Programs: Protecting Minors</a> |
|  | </li> |
|  | <li class="menu-item menu-item--collapsed menu-item--depth-0"> |
|  | <a href="[/employee-engagement-guide](https://hr.uoregon.edu/employee-engagement-guide)" data-drupal-link-system-path="node/1274">Employee Engagement Guide</a> |
|  | </li> |
|  | <li class="menu-item menu-item--depth-0"> |
|  | <a href="[/hr-service-center](https://hr.uoregon.edu/hr-service-center)" data-drupal-link-system-path="node/737">HR Service Center</a> |
|  | </li> |
|  | <li class="menu-item menu-item--depth-0"> |
|  | <a href="[/required-workplace-notices-and-posters](https://hr.uoregon.edu/required-workplace-notices-and-posters)" data-drupal-link-system-path="node/879">Required Workplace Notices and Posters</a> |
|  | </li> |
|  | <li class="menu-item menu-item--depth-0"> |
|  | <a href="[/university-human-resources-directory#Programs](https://hr.uoregon.edu/university-human-resources-directory#Programs)" data-drupal-link-system-path="node/887">Staff Directory: Programs &amp; Services</a> |
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|  | <div class="site-footer"> |
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|  | <div class="site-footer\_\_custom-content"> |
|  | <div data-desc="site custom footer content" data-dmid="uu215footer1660259510" data-zznoop="000"><h2>Human Resources</h2><table style="border-top:1px solid #FFCE2D;"><tbody><tr><td style="padding-right:1em;vertical-align:top;"><div><h3>Resources</h3><!-- ##id="uu738mappe1648498" d="links" ## --><div class="view view-nodequeue-12 view-id-nodequeue\_12 view-display-id-block view-dom-id-4c90a3c6fd65f6b22caa0e6041ae7206"><div class="view-content"><div class="item-list"><ul><li data-section="resource"><a href="<https://hr.uoregon.edu/employee-and-labor-relations>">Employee and Labor Relations</a></li><li data-section="resource"><a href="<https://hr.uoregon.edu/hr-operations>">HR Operations</a></li><li data-section="resource"><a href="<https://hr.uoregon.edu/hr-programs-services>">HR Programs and Services</a></li><li data-section="resource"><a href="<https://hr.uoregon.edu/content/talent-acquisition>">Talent Acquisition</a></li><li data-section="resource"><a href="<https://hr.uoregon.edu/classification-compensation>">Classification &amp; Compensation</a></li><li data-section="resource"><a href="<https://hr.uoregon.edu/employee-leaves-faculty-and-staff>">Employee Leaves for Faculty and Staff</a></li><li data-section="resource"><a href="<https://hr.uoregon.edu/work-life-resources>">Work-Life Resources</a></li></ul></div></div></div><!-- ##uu738mappe1648498## --></div></td><td style="padding-right:1em;vertical-align:top;"><h3>University Partners</h3><!-- ##id="uu324paupe1648498" d="links" ## --><div><div class="view-content"><div class="item-list"><ul><li data-section="partner"><a href="<https://provost.uoregon.edu/>">Office of the Provost</a></li><li data-section="partner"><a href="<https://investigations.uoregon.edu/>">Office of Investigations &amp; Civil Rights Compliance</a></li><li data-section="partner"><a href="<https://safety.uoregon.edu/>">Safety and Risk Services</a></li><li data-section="partner"><a href="<https://inclusion.uoregon.edu/>">Equity and Inclusion</a></li><li data-section="partner"><a href="<https://graduatestudies.uoregon.edu/>">Division of Graduate Studies</a></li><li data-section="partner"><a href="<https://ba.uoregon.edu/payroll>">Payroll Services Banner Guide</a></li><li data-section="partner"><a href="<https://www.opurp.org/>">Oregon Public Universities Retirement Plans</a></li></ul></div></div></div><!-- ##uu324paupe1648498## --></td></tr></tbody></table></div> |
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|  | <div itemscope="" itemtype="http://schema.org/Organization"> |
|  | <span itemprop="name"><strong>Human Resources</strong></span><br> |
|  | <div itemprop="address" itemscope="" itemtype="http://schema.org/PostalAddress"> |
|  | <div itemprop="streetAddress">677 East 12th Ave.<br />5210 University of Oregon</div> <span itemprop="addressLocality">Eugene</span>, <span itemprop="addressRegion">OR </span> <span itemprop="postalCode">97403-5210</span> <p> |
|  | <div class="site-footer\_\_phone-fax">P: <span itemprop="telephone">541-346-3159</span></div> <div class="site-footer\_\_phone-fax">F: <span itemprop="faxNumber">541-346-2548</span></div> </p> |
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|  |  |
|  | <p><a href="[/contact-information](https://hr.uoregon.edu/contact-information)">Contact Us</a></p> <p><div itemprop="email"><a href="mailto:hrinfo@uoregon.edu">hrinfo@uoregon.edu</a></div></p> |
|  | <p> |
|  | <ul class="site-footer\_\_social-links"> |
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|  | <div class="uofooter\_\_container" style="max-width: 1200px;"> |
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|  |  |
|  | <ul class="uofooter\_\_links-container"> |
|  | <li class="uofooter\_\_link"><a href="[https://uoregon.edu/reportaconcern?utm\_source=banner-module&amp;utm\_campaign=banner](https://uoregon.edu/reportaconcern?utm_source=banner-module&utm_campaign=banner)">Report a Concern</a></li> |
|  | <li class="uofooter\_\_link"><a href="[https://investigations.uoregon.edu/nondiscrimination?utm\_source=banner-module&amp;utm\_campaign=banner](https://investigations.uoregon.edu/nondiscrimination?utm_source=banner-module&utm_campaign=banner)">Nondiscrimination and Title IX</a></li> |
|  | <li class="uofooter\_\_link"><a href="[https://uoregon.edu/accessibility?utm\_source=banner-module&amp;utm\_campaign=banner](https://uoregon.edu/accessibility?utm_source=banner-module&utm_campaign=banner)">Accessibility</a></li> |
|  | <li class="uofooter\_\_link"><a href="[https://registrar.uoregon.edu/records-privacy?utm\_source=banner-module&amp;utm\_campaign=banner](https://registrar.uoregon.edu/records-privacy?utm_source=banner-module&utm_campaign=banner)">Privacy Policy</a></li> |
|  | <li class="uofooter\_\_link"><a href="[https://hr.uoregon.edu/jobs/available-positions?utm\_source=banner-module&amp;utm\_campaign=banner](https://hr.uoregon.edu/jobs/available-positions?utm_source=banner-module&utm_campaign=banner)">Careers</a></li> |
|  | <li class="uofooter\_\_link"><a href="[https://uoregon.edu/about?utm\_source=banner-module&amp;utm\_campaign=banner](https://uoregon.edu/about?utm_source=banner-module&utm_campaign=banner)">About</a></li> |
|  | <li class="uofooter\_\_link"><a href="[https://uoregon.edu/findpeople?utm\_source=banner-module&amp;utm\_campaign=banner](https://uoregon.edu/findpeople?utm_source=banner-module&utm_campaign=banner)">Find People</a></li> |
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|  | <div class="uofooter\_\_copyright-container"> |
|  | <span class="copyright"> |
|  | <span class="copyright-symbol">©</span> |
|  | <a href="[https://uoregon.edu?utm\_source=banner-module&amp;utm\_campaign=banner](https://uoregon.edu/?utm_source=banner-module&utm_campaign=banner)">University of Oregon</a>. |
|  | </span> |
|  | <span class="all-rights-reserved">All Rights Reserved.</span> |
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