

Feel free to share.

October 2009

Quote of the Month

*The difference between a mountain
and a molehill is your perspective.*

Al Neuharth, founder of *USA Today*

HRA Work/Life Events/Programs/Activities

Save Money/Energy: Weatherize your Home - Tuesday, October 6, 12:05-12:55,
University Library 1126

Discover the three major things you need to address to improve energy use in your home and save money on utility bills. Learn the do-it-yourself skills for proper caulking, insulation, appliance care; get tips on proper equipment; and more. Staff, students, faculty and IU retirees are welcome to this FREE workshop. You're welcome to bring your lunch.

Register at <https://www.cln.iupui.edu/apps/catalog/index.asp?site=HR> . Scroll down to and click on "Work/Life" in left menu and select "Save Money/Energy: Weatherize Your Home" from menu that comes up on right. Follow directions from there.

Comfortable Retirement: Financial Fantasy or Reality - Tuesday, October 13,
12:05-12:55, University Library 1126

Learn the facts that you need to consider when creating a realistic plan that will enable you to have a secure retirement. Learn how to estimate retirement income needs and how to close the financial gap between what you have and what you will need. A 25-page workbook and Web site will help you through the process. Staff, students and faculty are welcome to this FREE workshop. You're welcome to bring your lunch.

Register at <https://www.cln.iupui.edu/apps/catalog/index.asp?site=HR> . Scroll down to and click on "Work/Life" in left menu and select "Comfortable Retirement: Financial Fantasy or Reality" from menu that comes up on right. Follow directions from there.

Thinking About Adoption - Tuesday, October 27, 12:05-12:55, University Library
1116

You'll get tips on what to consider when you're thinking of adopting (therapeutic family needs, adoption from foster care, custody/relative adoption, international adoption, how to select an agency, helpful resources, etc.)? There will also be time to get your questions answered. Staff, students and faculty welcome to this FREE workshop. You're welcome to bring your lunch.

Register at <https://www.cln.iupui.edu/apps/catalog/index.asp?site=HR> . Scroll down to and click on “Work/Life” in left menu and select “Thinking About Adoption” from menu that comes up on right. Follow directions from there.

Oh, My Aching Back: Preventing Back Pain and Other Motion-Related Disorders

Back pain is the most common medical problem, affecting 8 out of 10 people at some point in their lives. Left unattended, it can lead to further problems and disability. The way you perform everyday tasks can affect your back health. Attend the FREE November 12, 12:05-12:55 Work/Life-sponsored workshop in UN 024 (ergonomics demonstration room) and learn about proper layout of your desk area (ergonomics), proper posture, methods of lifting/dressing that protect your back, stretches to do during your work day and exercises to help prevent back pain. Staff, faculty and students welcome. Register at <https://www.cln.iupui.edu/apps/catalog/index.asp?site=HR> .

21st Century Management Cues

Communication and the Grapevine

In an article by Kim Harrison on the Cutting Edge PR Web site (www.cuttingedgepr.com), we are reminded that even if communication needs are not met properly, there is no vacuum of information. Instead, the informal (and very fast, due to electronic communication) avenue of the grapevine grows, often resulting in a negative slant on the issue, exaggeration of fears/concerns, reduced productivity, etc.

So how can the effects of the grapevine be minimized? The author suggests that, “The important thing is to maintain a good communication flow using several alternative avenues to convey the same message,” even if you have to say that the information is incomplete at that time. Sharing the procedures that will be followed and the date that an official announcement will be made (if known) are also helpful. She goes on to add that, “Preventive measures should include keeping staff regularly, full and honestly informed of planned changes . . .” and that sometimes even external customers need to receive timely messages.

Additional advice she offers reminds us to avoid “management speak” or playing word games and to quickly have someone from an authoritative source confirm the parts of the rumor that are true. What’s your choice – the grapevine and it’s potentially negative results or proactive, quality communication?

Work/Life Partner Activities & Information of Interest

Work/Life programming is about wellness, career/personal enrichment, dependent care, education on things that affect your personal life (finances, home maintenance, legal issues, etc.), information for families/singles, ideas for better balancing your work and life and more. In a nutshell, it’s about providing information that you, as a whole person need/want. Since HRA’s Work/Life office cannot meet all these needs, we are happy to let you know of work/life-related opportunities that other organizations on and off campus are offering, along with other general information.

Health, Wellness & Safety

Positive Affirmation Audio for Relaxation

Tatiana, a 12-year old, reads you her “Inner-Calm Affirmations for Growing Up in a Turbulent World.” Consider listening to it when you get up and again before you go to sleep; it only takes five minutes. It’s at <http://www.podanza.com/podcast/my-thought-coach/8f82ec72cd0342657f8c8284655c5f62> (scroll down until you see the above title and click on it).

IUPUI Health & Benefits Fair

The IUPUI Health & Benefits Fair is Friday, October 30, from 9:00 a.m. to 3:00 p.m. in the Campus Center, 4th floor Multipurpose Rooms. Over 60 health/fitness professionals and benefits representatives will be available to provide information and answer questions. Free health screenings for cholesterol, blood pressure, glucose, vision and more will be offered. Two open enrollment sessions will be offered in addition to mini-workshops such as retirement planning, preventing identity theft, IUPUI educational opportunities and sleeping well to live well. The authors of “Don’t Swallow Your Gum!” will talk about some of the health myths they exposed. More information, as it becomes available, will be posted on the HRA Web site: www.hra.iupui.edu.

This day of healthy and educational activities is intended to be a benefit for employees, and you do not have to charge the time away from work to your paid-time-off benefits; however, the time needs to be approved by your supervisor.

Halloween Safety

If you have kids who will be out for Halloween, have them (1) wear light-colored costumes with reflective tape (2) wear a mask that allows them to see well (or, even better, just put hypoallergenic makeup on their faces) and (3) use a flashlight, if after dark. Teach them to cross streets only at corners and to look both ways; to stick to the plan of where to go and to wait on the porch rather than entering the house. Consider accompanying the children, at least up until the age of 10. Also remember to have kids draw faces on pumpkins and let you do the carving, use glow sticks instead of candles inside jack-o-lanterns and be sure the path to your porch is well lit and free of obstacles. Source: Here’s To Your Health, Valley Medical Center, Renton, WA.

Depression Screening

Counseling and Psychological Services (CAPS) will be doing depression screening on Thursday, October 8, 10am – 4pm in Campus Center room 148. CAPS also offers online assessment tools for depression, anxiety, alcohol use and eating disorders at <http://life.iupui.edu/caps/self-assessment.html> .

Take it Outside

The weather is getting cooler, so no more excuses for not getting some outdoor exercise. You could: shoot hoops; rake leaves; play catch; clean up your garden; take a brisk walk; do some landscaping; play golf; rollerblade; hula hoop; chop wood; plant flower bulbs; do some paint touch-ups; ride a bike (wear a helmet); or play games like dodge ball, tennis, croquet, badminton, volleyball, hide ‘n seek, freeze tag, steal the

bacon, duck/duck/goose, etc. Don't forget to warm-up your muscles, start slowly and, if you are not sure you should do any of these activities, contact your doctor to check.

Personal/Home/Family/Financial Life

Neighbor Power: A Gathering to Inspire Greater Indy Neighborhoods

At the free Neighbor Power Gathering that will be held Saturday, October 17, 8-3:30 at University of Indianapolis, you can learn how to take the lead to make your neighborhood a better place. Workshops will include topics such as successful ways to handle abandoned homes and zoning violations; crime watch and block clubs; how to involve your neighbors; how to involve churches and schools; how to learn about and build on the uniqueness of your neighborhood; going green; urban gardening and food cooperatives; doing a neighborhood event; from neighborhood idea to real development success; attracting stores to your area; how to create a quality-of-life plan; and how to involve young people.

For general information about the ongoing initiatives and the sponsors, visit www.greatindyneighborhoods.org. For event-specific information, click on the NEIGHBOR POWER sign at the top of the page or call 396-0588.

Youth Leadership Institute

The United Way of Central Indiana is looking for Interested freshmen, sophomores and juniors from Boone, Hamilton, Hancock, Hendricks, Marion and Morgan counties for its next Youth Leadership Institute. Apply by November 6th. FMI and an application, visit www.uwci.org/yli.

The American Indian Resource Fair

Wednesday, October 21 from 10:00 a.m. to 2:00 p.m. at the John H. Boner Community Center's Halstead Hall, 2236 East 10th St. you can learn about community resources (health, cultural, etc.). FMI, contact Linda at lmadagame@americanindiancenter.org or 917-8000. Sponsors are the American Indian Center of Indiana, Inc., The Veterans Administration and the U. S. Census Bureau.

New Bus Shelters Offer Poets Opportunity

The Indianapolis Cultural Trail: A Legacy of Gene & Marilyn Glick announces another public art installation. "Moving Forward," by Indianapolis-based architect Donna Sink, is a series of three custom-designed eco-friendly bus shelters that will showcase original poetry by published writers. The shelters will be located along the Indianapolis Cultural Trail on the south side of Virginia Ave. near Lexington St., McCarty St. and Woodlawn Ave.

Poetry submissions from poets living in or with ties to Indiana are due November 22nd. Submit work based on subjects such as community, neighborhoods, landmarks, shared spaces, transportation, history and the future. Poets must have published at least one poem in a print magazine or anthology prior to submitting work for "Moving Forward." Selected poems may have been published previously. Authors of the three selected

poems will each receive a \$1,000 award. Selections will be announced in March 2010. FMI and to download the official call for poets, visit www.IndyCulturalTrail.org.

You'll Get 20% Off Your Purchase

The above is what you'll often hear at those tables by store entrances as the holidays approach. Then they'll add, "If you sign up for our credit card." Before signing up for a bunch of credit cards just to get the 20% discount, learn how it could affect your credit score at - <http://www.federalreserve.gov/pubs/creditscore/default.htm> (see #3).

Gift Cards: Questions to Ask

Before buying a gift card ask, "What, if any, is the expiration date?" "Does this card lose value over time?" or "Are there any fees?"

Mortgages: Red Flags

You might think that, given all the mortgage problems we've seen, the entire mortgage industry would have cleaned up its act, but there are still some scammers out there. The Indiana Secretary of State's Office recommends that you watch for these signs of potential problems (though there can be others, so pay attention):

1. **Shift in the closing date.** The borrower's mortgage closing date can shift if the borrower does not have a written commitment from the lender, so get a written commitment letter from the lender for the closing date.
2. **"Free" refinance offers.** Sometimes mortgage brokers will promise "free" refinances of a mortgage in the event mortgage rates drop further from the borrower's present mortgage interest rate. If this offer is made, the borrower should get the offer signed and dated in writing. Always ask about any fees associated with the refinance and check with others to see if these fees are "normal" (Indianapolis Neighborhood Housing Partnership is a good resource to ask).
3. **Over-appraised residential real estate.** This occurs when an unscrupulous loan broker, real estate appraiser and/or real estate agent collude to get a property appraised at a value grossly above its market value. Don't be fooled; this is NOT a good thing.
4. **Undisclosed pre-payment penalties, balloon payments and rate and terms switched at closing.** Loan terms are required to be disclosed early in the process. However, it is up to the borrower to stay on top of term changes that the borrower does not find acceptable and compare what was stated early on to what's listed at closing.
5. **Post-closing squeeze for more fees.** The HUD-1 Settlement Statement must list all fees paid at the closing table or paid outside of closing. Anyone who calls the borrower after closing and tries to collect additional undisclosed fees is acting illegally. The borrower should also contact the Secretary of State's office to report such attempts.

FMI, visit <http://www.in.gov/sos/securities/2500.htm> . For information about how to find out whether your loan broker is licensed, visit <http://www.in.gov/sos/securities/2407.htm>

First Time Homebuyers and the \$8000 Tax Credit

The deadline to take advantage of the \$8,000 tax credit for first time homebuyers is December 1, 2009. A seminar, sponsored by the Kelley School of Business Investment

Club will be held October 7th from 12:00 p.m. - 1:00 p.m. and 5 - 6:00 p.m. in Room 268 of the Campus Center. Aaron Campbell of Spectrum Mortgage Services will be the guest speaker. Please RSVP to Aruprigh@iupui.edu.

Information about this tax credit was covered at the IUPUI HRA Work/Life Home Buying Savvy series a couple of months back, but for those who did not attend that, this would be an opportunity to get some information.

[IUPUI Veterans Office](#)

The IUPUI registrar's office (Campus Center 255) has hired Susan Richards to head up the IUPUI Office of Veteran and Military Personnel. If you are a veteran or work with student veterans, check out <http://registrar.iupui.edu/va.html>. Their number is 274-4591.

[Unemployed or Low-Income and Need to get Training for 21st Century Jobs?](#)

If someone you know is unemployed through no fault of his/her own, has received notice of impending layoff, is the spouse of a dislocated worker (earning less than 50% of family income) or was self-employed and closed the business as a result of economic conditions and it is unlikely he/she can return to their previous career, visit <http://www.in.gov/dwd/2668.htm> to learn about Workforce Acceleration Grants. Those on public assistance or whose income is low, may also qualify.

[Free and Fun/Interesting](#)

[Circle City Classic Parade](#), Saturday, October 3, 10:00; parade loop begins at North and Pennsylvania, concludes at North and Meridian; FMI -

<http://www.circlecityclassic.com/Event.asp?id=117>. This is one GREAT parade!

[Indianapolis Symphonic Band](#), Sunday, October 4, 3:00, Holliday Park, 6363 Spring Mill Road. FMI - <http://www.hollidaypark.org/programs.html#October>

[C.J. Hribal](#) (author of *The Clouds of Memphis*, *Matty's Heart*, *The Boundaries in Twilight and American Beauty*), Tuesday, October 6, 7:30 p.m., Clowes Hall at Butler University. FMI -

<http://www.cloweshall.org/calendar/event.lasso?-KeyValue=208&-Token.Action=>

[Butler Jazz Ensembles](#), Thursday, October 8, 7:30 p.m. Clowes Hall at Butler

University. FMI - <http://www.cloweshall.org/calendar/event.lasso?-KeyValue=167&-Token.Action=>

[Giant \(movie\) and Hoosiers in Hollywood discussion](#),

Sunday, October 11, 2:00, Central Library's Clowes Auditorium. FMI -

<http://www.imcpl.org/events/index.php?action=search>

[Ask-a-Lawyer](#), Tuesday, October 13, 2:00, Central Library or (for those unable to attend) call 269-2000 between 2:00 and 8:00. FMI -

<http://www.imcpl.org/events/index.php?action=search> (scroll down)

[Indiana Mystery Author Celebration](#), Friday, October 16, 5:30-7:00, Central Library. FMI - <http://www.imcpl.org/events/index.php?action=search> (scroll down)

[Holliday Park Festival](#), Sunday, October 25, Noon-5:00, 6363 Spring Mill Road. FMI <http://www.hollidaypark.org/programs.html#October> (scroll down).

[Creepy Crawly Creatures](#), Sunday, October 25, 2:00, Central Library's Learning Curve Room. FMI - <http://www.imcpl.org/events/index.php?action=search> (scroll down)
[Dr. Jekyll and Mr. Hyde \(movie\)](#), Wednesday, October 28, 7:00 p.m., Central Library's Clowes Auditorium. FMI - <http://www.imcpl.org/events/index.php?action=search> (scroll down)

Note: What's going on at branch libraries? Visit <http://www.imcpl.org/events/main.html>

Miscellaneous

[Chat with the Chancellor](#)

Faculty, staff and students are invited to Chat with the Chancellor. Times/locations:

Oct. 14, 2009: Campus Center 309, 3:30-4:30 p.m.

Nov.18, 2009: Campus Center 307, 3:30-4:30 p.m.

For additional information, go to:

<http://www.iupui.edu/administration/chancellor/chats.html>.

[Tribute to Myles Brand October 28](#)

IU and the NCAA will host a tribute to former President Myles Brand on October 28, 6:00 at Consecro Fieldhouse. There will be a limited number of seats, so watch for details in the media as the date approaches.

[POWER Scholarship for Women Over Age 25](#)

A POWER Scholarship of \$1,000 and a POWER Scholarship of \$750 will be awarded in each Indiana congressional district, with monies sent directly to the recipient's school. Online applications can be found at www.in.gov/power and are due by November 15. FMI, contact Ashley Johnson at ajohnson@iga.in.gov, 232-9676 or 1-800-382-9842.

[Priority Registration for Spring 2010 Semester](#)

Details at <http://www.registrar.iupui.edu/enrollment/4102/cal4102.html>.

[Bicycle Thefts](#)

There have been several bicycle thefts on campus (and other places) recently. IUPUI police recommend that bicyclists lock the bike to a bike rack using a heavy-duty steel U lock. Leave as little space as possible in the U and make sure the lock is off the ground so it can't be hammered, but face the actual keyhole down toward the ground. If you have a quick-release wheel, remove the front wheel and secure it and the frame together in the U lock. You might also consider taking the seat with you. Record the bicycle's make model and serial number and take a digital photo of the bike. Report suspicious activity on campus to the police at 274-911. I was able to send this message out to the IUPUI bicyclists listserv a couple of weeks ago. If you want to join that listserv, let me know.

Discounts/Perks

[Sam's Club JagPerk](#)

JagPerks has a deal to get a \$10 gift card when you become a new member or renew your current membership at Sam's Club by November 8th. Visit <http://www.jagtag.iupui.edu/discounts/GoodsandServices.aspx> and scroll down to Sam's Club for details and the coupon for the gift card.

Indiana Fever

There are a few good low-cost "legends" tickets left for this Sunday's game. Call Lynn at 917-3092 about those. If they get into the playoffs, you can also call Lynn about deals for that.

After Tuesday night's Fever game, it is almost certain there will be a game here on Wednesday, October 7th. For deals on that game, visit (quickly, as they tend to run out) https://www.consecofieldhouse.com/t_group.asp?fan=5E3DB14CE67043729C1F9AD1226DB732&id=2641&service=0 and enter the code: fever

Becoming More World/Culture Wise

October is German-American, Polish-American & Italian-American Heritage Month

Selected Holidays of Note (Source: University of Kansas Medical Center Web site)

- October 3 – Sukkot (Jewish)
- October 17 – Diwali (Buddhist, Hindu)
- October 21 – Cirio de Nazare (Brazil)
- October 31 – Halloween (U.S.)

Ethnic/Cultural Festivals/Events/Classes

IUPUI and IU

IUPUI International Culture Hour is held each Friday, 4:30-6:00 at various locations. Each week, one of the many groups and nations represented at IUPUI is the focus. These fun and educational events are open to everyone, and they offer free refreshments to attendees. For the location of the week and if you have any questions visit <http://studentlink.iupui.edu/Community?action=getOrgHome&orgID=127> .

The Challenge for Ethiopia, October 14, Noon, [ES 2132](#) (Global Crossroads). Dr. Befekadu Degefe PhD, Economics is the speaker. FMI, contact [Ian McIntosh](#) or visit <http://international.iupui.edu/events/lectures> .

30 Years of US-China Relations, October 23, 9-Noon, Lecture Hall 102. FMI, contact Noah Buonanno at nbuonan@iupui.edu .

Impact of Globalization on Africa and the African Diaspora, October 30, Noon, University Place Conference Center. FMI - <http://www.provocate.org/archives/2065>

[The Changing Role of Nigeria in the 21st Century Global Economy](#), October 31, 6:00. (exact location at IUPUI not listed). FMI - <http://www.provocate.org/archives/2069> or e-mail beshouse@iupui.edu.

Local

[Original & Fabulous Germanfest](#), Saturday, October 10, Noon-8:00, 401 E. Michigan St.; music, contests, food, drink, prizes, children's activities and more. FMI - <http://visitindy.com/indianapolis/web/jsp/whattodo/detail.jsp?c=14027797:static&p=1>

Regional

[Germanfest](#), October 1-3, Seymour, IN. FMI - [e-mail](mailto:) or call (812) 522-6457.

[Mississinewa 1812](#), October 2, 9-4:00, October 3, 9-5:00, October 4, 9-4:00, Marion, IN. FMI - <http://www.mississinewa1812.com>

[Ethnic Expo](#), October 9-10, Columbus, IN. FMI - [Ali Crimmins](mailto:Ali.Crimmins) or (812) 376-2520.

[Feast of the Hunter's Moon](#), October 10-11, Fort Ouiatenon Park, 3129, South River Road, W. Lafayette, IN.

[Bloomington Multicultural Expo](#), October 10, 11-4:00, Bryan Park (1001 S. Henderson Street, Bloomington); featuring Festival Latino, Moon Festival and Soul Food Festival, the Bloomington Multicultural Expo celebrates the diverse populations living in Bloomington

through entertainment, food, cultural outreach activities, interactive booths and more! FMI - <http://bloomington.in.gov/bme> .

For the Highly Curious

Synthetic Biology

According to a recent article in *Financial Times* ("A new twist on life," 8/11/09), it is now/soon will be possible to make living cells, synthesize a genome and create synthetic DNA from chemical/laboratory ingredients. This technology, for example, allows for biofuels to be genetically engineered from algae or could allow for a new drug to be made from yeast. A quick overview, from Discovery, is at

<http://dsc.discovery.com/videos/tech-ga-j-craig-venter.html>. A more detailed

explanation of this work is at

http://www.ted.com/talks/craig_venter_is_on_the_verge_of_creating_synthetic_life.html.

Volunteer Opportunities/Civic Engagement

You might wonder why I include a section on volunteerism in this newsletter. I believe that partnering with the community we work and live in is a win/win. The organization you work with gets the value of your services. It potentially allows you, the volunteer, to network and build relationships with other people, explore one of your passions, learn a new skill, experience a leadership role, get the great feeling that you get for making a contribution and have fun. Is that reason enough to include this section? ☺

Get on Board 2009: Be Involved & Gain Community Leadership Experience

Get on Board, October 14, 4-6:30 p.m. at the Eiteljorg Museum, is an annual event,

organized like a job fair, where about 60 nonprofits exhibit and community members have the opportunity to get acquainted with various organizations and, ideally, volunteer for a board or other volunteer leadership role. Nonprofit board leadership has been shown to be a very effective way to build leadership skills, knowledge of the community and contacts within the community. [For more information](#) or to register. Parking and the event are free.

Other Volunteer Opportunities

[Hamilton County Autism Support Group](#), a newly registered 501c3 non-profit, is looking for an attorney to provide assistance and guidance to the organization and be a part of the Board of Directors. FMI, contact: Jane Grimes, 403-6705 or janegrimes@hcasg.org

[Indianapolis Art Center](#) needs volunteers to assist customers in the Studio Shop, help with events, do tours of the Center, assist with art installations, staff information booths, etc. FMI - http://www.indplsartcenter.org/About_Us/Volunteers

[The Nature Conservancy](#) needs help clearing fire breaks, cleaning seed, etc. FMI - <http://www.nature.org/wherewework/northamerica/states/indiana/volunteer>

[The Humane Society of Indianapolis](#) needs animal foster parents, assistance at the shelter, etc. FMI - <http://www.indyhumane.org/involvement/index.php>

Career/Professional/Personal Enrichment/Recognition

Dining Etiquette

The holidays are fast approaching and you may be visiting friends, in-laws, future in-laws, etc. In the future, you may be taken out for lunch as part of a job interview. Would your manners make you shine or make people cringe? While we may have learned these skills at some point, we may not use them when dining at home, so maybe a refresher is in order.

Here are some basics - http://www.ehow.com/how_4583016_salad-fork-other-dining-etiquette.html

Want to dig a little deeper - http://www.ehow.com/how_2107398_use-knife-fork-properly.html

Passing food, dealing with the unexpected, etc. -

http://www.emilypost.com/lifething/tips/how_do_l.htm

And, of course don't reach across the table and remember to say, "Excuse me," whenever you leave the table.

Upcoming Classes at NIFS – Questions? Call 274-3432

October 14 - Heartsaver First Aid (5-6:30) and CPR (6:30-8:00), 2nd floor classroom, \$30 each; call Diane at 4-3432 x 264 to register

October 4 & 11 – Walk a Hound, Lose a Pound, 2-5:00, meet in the grassy area by the back patio

Tuesdays and Thursdays; 7-9:00; RyuTe; registration not necessary, just show up; on the workout floor in blue sprint lanes.

Total Career Makeover: Map It Out

“If you don’t know where you’re going, you’ll probably end up somewhere else,” says author David Campbell. If you want to map out your career plan, attend the session on Wednesday, October 7, Noon-1:30 in UL 1126. Register (a must) at <http://ofw.iupui.edu>. You are welcome to bring lunch; drinks and dessert provided. Sponsored by the IUPUI Office for Women. All are welcome to attend.

For Primary Care Providers – Empowering Our Patients for Health

Learn about motivational interviewing, mental health/medical issues, women’s image concerns, complementary/alternative therapies and basics of women’s health on October 16, 6:45 a.m. -5:00 p.m. at the Indianapolis Museum of Art, 4000 Michigan Road. FMI and/or to register - <http://cme.medicine.iu.edu/iucme/courses.asp>. Sponsored by the National Center of Excellence in Women’s Health at IUPUI.

The Problem Learner: How to Diagnose and Intervene

On October 7, 1:30-3:00 in Fairbanks Hall 1109 (near the canal), Jean Molleston, MD, will present this interactive workshop for educators. Dr. Molleston is Professor of Clinical Pediatrics and Section Director of Pediatrics Gastroenterology. Registration is encouraged at <http://faculty.medicine.iu.edu>. Questions may be referred to sarareed@iupui.edu

IUPUI Career Week, October 5-9, Campus Center 3rd and 4th Floors

During this week, the campus will join together with community employers to engage students in all levels of career development and help them make informed choices about majors and careers as they plan their time at IUPUI. Event highlights include a FREE (registration and deposit required by 10/2), Etiquette Lunch sponsored by Duke Energy, Major/Career Exploration Day, the Engineering and Technology Career Connection Fair and the Intern Connections Fair. FMI, visit <http://careerweek.iupui.edu> or contact Scott at sfeeny@iupui.edu.

Notes

If someone forwarded this Work/Life e-newsletter to you or you picked it up via the Web or link and want to subscribe, just send a note to mstimmin@iupui.edu.

Note: In order to provide as many good resources as possible to participants, we will often acquire speakers and informational pieces from a variety of sources and will list Web sites of various companies/organizations. We do not necessarily endorse the persons/companies/organizations whose information we use or whose Web sites we list (though we have done some basic research to try to ferret out reputable organizations, of course). The information we provide is not intended to be advice, simply information.

Be a wise consumer and do the appropriate research before using the goods/services/information of any of these companies/organizations/sites.

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" Helping you have the best of all your worlds - work, family, school & personal."