



## Welcome to Fridays with the Flock!

Join us for Human Resources information and insights to help you thrive at work and beyond. If you would like to print our newsletter, you can access it [here](#). Happy Friday!



## Read More Books

Resolve to read more books this year! Learn how to [reach your reading goals](#) with articles, tips and top book recommendations from NPR's *LifeKit*.

## Unexpected Ways to Improve Your Mental Health in 2025

For many of us, the new year can bring a mix of emotions. From work deadlines to responsibilities at home, we've got a lot keeping us stressed. These tips can help you stay more relaxed this year. [Read on](#) for more in this *HuffPost* article.

## HR News & Notes

- **Recording of Employee Time - Week of January 6:** Due to inclement weather, the University campus was closed Monday, January 6, 2025, beginning at 7:01 am and resumed Friday, January 10, 2025, beginning at 7:01 am under a limited opening status. Review the communications for recording **Non-Exempt Employee Time** and **Exempt Employee Time** to ensure correct time tracking in Workday.
- **ComPsych GuidanceResources Employee Assistance Program (EAP) Redesigned Platform Launched January 1:** Designed with you and your personal well-being journey in mind, the new GuidanceResources digital experience offers personalized access to mental, emotional, work-life, legal, financial and well-being support. The new portal and app experience include the opportunity to self-schedule services, obtain highly personalized care recommendations and much more. For details, review [The New GuidanceResources Digital Experience](#) guide and [Launch Video](#) today!
- **Performance Review Prep Virtual Conference on February 27:** Whether you're a manager aiming to enhance your leadership abilities or an employee seeking to participate actively in the review process, join us for a day of insightful virtual workshops that are completely free! [Click here](#) for additional conference details and RSVP link.
- **TIAA and Fidelity** are two of Salisbury University's providers for the Optional Retirement Program (ORP) account and supplement retirement accounts. TIAA and Fidelity representatives are scheduled to be on campus throughout the year for in-person, one-on-one appointments. You will be required to schedule an appointment to meet with your selected vendor. To make an appointment, review [details here](#).

## Current Job Postings

Human Resources is committed to assisting and promoting recruitment efforts for campus vacancies. We recognize that our faculty and staff are valuable recruitment tools and encourage you to forward and share these job postings with potential applicants.

### Recent Postings:

[Adjunct - Business Law Lecturer](#)  
[Administrative Assistant I](#)  
[Human Resources Associate I](#)  
[Administrative Assistant II](#)  
[Assistant Director of Housing](#)  
[Administrative Assistant I](#)  
[IT Support Training Associate](#)  
[University Police Officer II](#)  
[University Police Officer I](#)  
[Nursing Instructor](#)

Applications will be accepted via Salisbury University's Online Employment Application System. Please visit our [website](#) to view position details and apply online.

## LinkedIn Learning This Week

Human Resources suggests the following free LinkedIn Learning courses that you can view at your own pace. Take advantage of these timely and informative webinars for professional and personal growth:

[Wellbeing as a Habit: Tips and Best Practices](#)  
[Mastering the Eight Paradoxes of Effective Leaders](#)

Access your free SU [LinkedIn Learning account](#) to browse additional courses.