Happening in SRO

You can find this "Happening in SRO" and all similar newsletters on the SRO Intranet Home Page, located at: http://isr-wp.isr.umich.edu/srointranet/ under Recent News.

If you have items for the newsletter or if you would like to highlight an event, please let Ann Vernier or your unit director know.

Reminder – SRO Closure Day on Friday, May 28

This is a reminder that Friday, May 28, 2021 will be an SRO Closure day, prior to the Monday, May 31 Memorial Day holiday.

Staff members have the option of taking Friday off as vacation, or making arrangements with their supervisor to work, if that is preferable.

WEDNESDAY, MAY 5, 2021

SRO All Staff Meeting

1:15 pm - 1:55 pm - SRO Social Event
2:00 pm - 4:00 pm - All Staff Meeting

All Staff Meeting / Pre-Meeting Social Event - Wednesday, May 5

Our spring All Staff meeting is less than a week away. We will be meeting again virtually, via Zoom, beginning at 2:00 pm this coming Wednesday, May 5th.

Dr. Matthew Shapiro, the Director of the Survey Research Center will join us for brief comments regarding ongoing planning for a phased return to work this fall. We will also get SRO business and project updates from Stephanie Chardoul and other members of the SRO Admin team. Lastly, we will have an opportunity to hear from members of each of our sub-units in what we hope will be a fun and engaging set of team updates via Zoom polling "quizzes."

Many of us are missing the opportunity for social interaction with co-workers (especially those we don't often work with) afforded by in-person All Staff meetings and other events. We will have an extended "coffee daze" type event prior to the All Staff meeting, beginning at 1:15 pm next Wednesday. We will use the app Wonder.me to provide an easy way to wander between fun conversations and discussions. We hope to see many of you prior to the official meeting.

Our Work in the World – Baby's First Years in the News

We have highlighted Baby's First Years (BFY) in previous newsletters and presentations. As a reminder, it is a treatment-control experiment on how monthly cash payments to low-income mothers impact children's brain development. SRO has been engaged in the project since fall of 2017. We have followed 1000 moms and babies in four sites, and are close to wrapping up our Age 2 data collection. We will complete one more survey at Age 3, then the culmination of the study will be a lab visit at Age 4. The PIs have secured an additional year of funding, so SRO will continue to engage with the moms and "babies" through the end of the project two years from now.

The idea of "universal basic income" is getting lots of attention in our country right now. One of the first studies, done in Stockton, CA, recently released initial findings (https://www.npr.org/2021/03/04/973653719/california-program-giving-500-no-strings-attached-stipends-pays-off-study-finds). And, the federal government's American Rescue Plan, as part of the Covid stimulus package, incorporates monthly cash payments for families with children. The *New York Times* recently published a story on BFY, in the context of this heightened interest in "basic income":
https://www.nytimes.com/2021/04/07/upshot/stimulus-children-poverty-brain.html
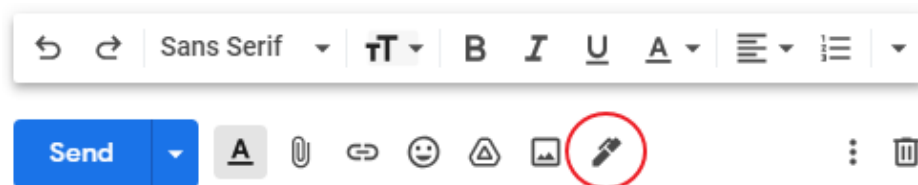
The research team is making a conscious decision to not release findings from the Age 1 data -- this has the potential to become (even more of) a political issue, and the PIs need to ensure the data and conclusions are solid (which means waiting for more data!). So, we are continuing our good work of ensuring as many moms as possible stay in the study and complete their data collection tasks. SRO continues to be proud of our contributions to this important project!

Signature Guidelines
(Kelly Chatain and SRO Supervisors)

Tired of the endless signature chains on that epic email thread? Not sure how to sign your emails and for whom? The SRO Supervisors Forum has approved a few straightforward guidelines that should answer these questions. Read on! The guidelines are available on the SRO Intranet under Best Practices.

- These rules do not apply to interviewers. Study rules should apply to any email correspondence with respondents.

- A signature is not always required. Signatures are typically used for external communications or more professional internal communications.

- Use a signature only in the first email, do not include in subsequent emails. This is a setting in Gmail.

- If you supply your office or personal phone number, make sure you record a professional voicemail greeting.

- Gmail allows you to create as many signatures as you need. In Settings, make the default "No Signature" and then use the signing tool when composing an email to add in the appropriate signature before sending, if desired.

External	Internal
(U-M logo – optional) [Name] [University/Working Title*], Survey Research Operations Survey Research Center, Institute for Social Research University of Michigan [address] [phone**] [pronouns – optional]	[Name] [University/Working Title*] Survey Research Operations, [SRO Office] [phone**] [pronouns – optional]

*University/Working Title: Official job title in MCommunity, e.g. Survey Specialist Intermediate
**Phone number where you can be reached, not necessarily your office phone number

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CCP Corner – Cultivating Curiosity
(Aimee Miller)

Curiosity has been found to promote well-being, performance at work, and connection with others, among a host of other benefits. Judgement, especially negative judgements about ourselves, our actions, and others, can limit our ability to engage with others and meet our goals. The articles below discuss the benefits of curiosity, the impact of judgement, and how to cultivate curiosity in our daily lives.

- Six Surprising Benefits of Curiosity
- Curiosity, not judgment, leads to understanding
- Psychology Tools: More Curiosity, Less Judgement

SRO Wellness News
(SRO Wellness Committee)

FOCUS ON WELLNESS – Well-being is a life-long journey. Use the University of Michigan's model of well-being to find resources and support for every part of your personal well-being: Well-being at U-M

RETIREMENT ACCOUNTS – We held two Lunch & Learn sessions with TIAA representative Jessica Burmeister this month to get a general overview of considerations for retirement planning. You can make a one-on-one appointment with her on our reserved dates and times May 11th and 12th from 9a- 2p. If those dates don't work or if they are all booked, she said to please call her assistant, Liz Stacy, directly at 734-332-3517 to schedule an alternate time and date. For other retirement options, please view the U-M website: U-M Retirement Savings Options

MENTAL/EMOTIONAL – U-M has updated resources for Stress Management Tools and Resources. We encourage you to review these resources:
U-M Stress Management Tools and Resources

Upcoming Presentations by Faculty and Staff Counseling and Consultation Office FASCO

An interesting article was shared during a recent M-Healthy Champion Regional Lunch meeting about how some people might be feeling right now. Here is a link to a copy of the article. There's a Name for the Blah You're Feeling: It's Called Languishing

ERGONOMICS – Have you set up your work area in a way that provides the best ergonomic support? Here are updated tutorials and information that you can utilize to help adjust your workspace for health and wellness: U-M Ergonomics

We welcome your suggestions and comments for ways that we can share dimensions of wellness programming with SRO staff. You can reach us at: srowellcomm@umich.edu

Tips and Tricks
(Kelly Chatain)

Here's a quick refresher for making the most of hyperlinks in your emails and other documents. These hyperlink text guidelines may be overkill for that email you're sending internally, but meaningful links make communication more efficient across the board.

To create a hyperlink:
1. Type the entire email message or Word document, including the text that you want to turn into a link.
2. Go to the web URL and copy the address.
3. Go back to email/Word doc and select the text that you would like to convert and either:

Email: click on the "insert link" chain link icon at the bottom of the message (or ctrl+K)
Word: Click on "insert" then "hyperlink" (or ctrl+K)
Then paste the URL address into the box.