



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, July 2

This is a reminder that Friday, July 2, 2021 will be an SRO Closure day, prior to the Monday, July 5 Independence Day holiday (observed).

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



Return to Campus Update (Stephanie Chardoul)

As we have seen in the multiple communications from the University, ISR, and SRC, "return to campus" planning is in full swing. And, as we also have seen, the Covid-related situation in our community and in Michigan is changing rapidly. I know it's hard to keep up with the news! SRC created and is maintaining a very helpful FAQ page on the SRC intranet: <https://src-intranet.isr.umich.edu/src-return-to-campus/src-return-to-campus-faqs/>. Please click through the questions and answers to see the latest on University and ISR policy and expectations.

One recent announcement from the University included the request to submit verification of your Covid vaccination status. Once you have submitted your vaccine information, you will receive (within 1-3 days) a confirmation email that you should share with your supervisor. Once you have that confirmation, you are not required to wear a mask or to follow distancing guidelines in the office.

When Dr. Shapiro joined our SRO All Staff meeting last month, he shared that many of the details of returning to the office were being decided at the Center (SRC) level. You recently discussed your own preference regarding return to Perry with your supervisor, and those preferences have been compiled and shared with the SRC Director's Office. Soon we will receive instructions on the next step of determining an actual work schedule and location for each of us -- to start in September. The expectation is that most work will occur on campus, but

there will be some opportunity for "hybrid" work from home, depending on your role. Flexibility will be considered for special situations. The University will still require a formal Remote Work Agreement for anyone with a hybrid (or fully remote) schedule -- these Agreements will take effect in September. (More to come on this -- we're still waiting to receive the Agreement template from the University.)

So, please expect further discussion with your supervisor very soon to finalize your plan for this fall. All plans will be submitted to SRC for review and approval. We will have at least one month between knowing our approved fall schedule and starting it (immediately after Labor Day). If you have questions that aren't answered by the SRC FAQ, send those to your supervisor or subunit director and we'll try to provide answers! Thank you for your continued patience and flexibility as we follow the University and ISR/SRC on this path to return to a more normal workplace. I'm looking forward to seeing you all soon.

College and Beyond II (CBII) Updates **(Maureen O'Brien)**

Have you ever wondered what impact a liberal arts education has on an individual's life? The College and Beyond II (CBII) study is collecting data that will help answer this question. Researchers from the University of Michigan, including Paul Courant, Kevin Stange, Margaret Levenstein, and Susan Jekilek, are aiming to better understand the relationship between students' undergraduate experiences in and out of the classroom, and the effects on life-course development. Academic transcripts and other student data will be combined with data collected during the CBII study to help understand this relationship, as well as to help identify ways that undergraduate education can be improved. Domains targeted include: alumni health and well-being, civic involvement, openness to diversity, and economic/job success.

In early February of this year, 15,000 alumni from seven different universities who completed an undergraduate degree in 2010 were invited to participate in the web survey. The SRO reminder calling effort began shortly after the email invitation and letter were sent. The manual locating effort is well underway. CBII utilizes a hybrid interviewing staff for these follow-ups, including field and SSL interviewers. PDMG and SSL staff are coding occupational and industry open-ended items. In an attempt to encourage more response with just four more weeks of data collection left, a text message reminder protocol has been introduced as well as an increased token of appreciation.

Careful monitoring of subgroup response rates is ongoing, implementing prioritization of sample for follow-up efforts when needed. Sample subgroups of interest include: sample by university, minority status, and liberal arts degree status. Lower response rates in any of these subgroups is largely due to poor contact information. In these cases, subgroups with lower RRs are prioritized for reminder calling, locating, and text messaging to ensure sample balance.

The links below provide more information about the College and Beyond II study.

[CBII.Website](#)

[CBII ISR News](#)

[CBII.ICPSR.Liberal Arts and Life](#)

CCP Corner – Summer: A Time to Recharge (Aimee Miller)

The warm weather and long days of summer offer opportunities to recharge that can benefit our mental and physical health. Taking the time to enjoy the outdoors, engage in favorite activities, and eat fresh fruits and vegetables can increase well-being, productivity at home and work, and reduce daily stress. The articles below discuss ways to leverage summer to our benefit.

- [10 Ways to Relax This Summer](#)
- [How to Unplug, Recharge, and Reduce Screen Time This Summer](#)
- [7 Reasons Why Summer is Good for Your Body](#)



SRO Wellness News (SRO Wellness Committee)

FOCUS ON WELL-BEING – *Take a moment and make a list of things that you are looking forward to in July.* We hope you are able to accomplish a few of them and find balance and happiness in your pursuit.

TRIVIA – Our first lunch trivia was a lot of fun and the contestants were AWESOME!!! It was a VERY close draw but Nancy B and Ann V came out with the win. Thanks everyone for playing!!! The next trivia session will be

Wednesday, July 21. This time the topics will be completely **RANDOM** and not centered around a theme. The sessions will start at 12p and teams will be randomly assigned. Trivia will start promptly at 12:05p, but join at any time to observe the fun.

[Click Here to Add to Your Google Calendar](#)

LUNCH CONNECTIONS – Thank you to the staff who signed up to share some of their interest areas with their colleagues. We are working on scheduling these sessions and look forward to learning more.

FRUIT AND VEGGIE CHALLENGE – Starting June 28, you and your benefits-eligible colleagues are welcome to register for U-M's upcoming Fruit and Veggie Challenge. This six-week challenge will help you take some small steps to eating a more well-rounded diet. The challenge itself begins July 12.

<https://assethealth.com/umich>

RESILIENCE & COPING – M-Healthy has shared the article link below which has exercises and activities that may be helpful in building our personal resilience. The article states: *“Developing resilience is a personal journey. The key is to identify ways that will work well for you as part of your own strategy for fostering resilience. Deliberate practice combined with [self-awareness](#) is critical to enhancing resilience. Resilience activities are ways we can develop it like a muscle, as it needs to be worked in order to get stronger.”*

DID YOU KNOW? Personal protective equipment (PPE) such as masks, hand sanitizer and sanitizing wipes, for the primary purpose of preventing the spread of COVID-19 are eligible medical expenses for flexible spending accounts. [U-M Flexible Spending Accounts](#)

WELL-BEING RESOURCES FOR FACULTY AND STAFF – Well-being encompasses the following dimensions: Physical, Emotional/Mental, Environmental, Financial, Occupational, Social, Intellectual, and Spiritual. This website has resources grouped around the different dimensions. It is a helpful way to be able to explore topics around the well-being dimensions. [Well Being Resources for Faculty and Staff](#)

Our committee is committed to finding new ideas to encourage wellness at SRO. Send ideas to the SRO Wellness Committee at: srowellcomm@umich.edu