

### Reminder: 2018 President's and Governor's Award Nominations due Feb. 16

All nominations for the 2018 Virginia Tech President's Award for Excellence and state-sponsored Governor's Award for Public Service are due by **5 p.m. on Friday, Feb. 16.**

- The President's Award recognizes the outstanding contributions and consistently excellent performance of salaried classified and university staff employees, as well as certain administrative and professional faculty personnel. Recipients receive a \$2,000 cash prize. All nominees will be honored at a reception in the spring where 2018 award winners will also be announced.
- Virginia Tech is also collecting nominations for the Governor's Award, which publicly recognizes and rewards deserving employees for the work state employees do every day on behalf of the citizens of the Commonwealth of Virginia. Recipients receive a \$500 award and are honored at a reception hosted by the Governor each summer.

Any university employee may nominate another eligible employee for the President's Award and/or the Governor's Award.

Detailed information, including eligibility information and nomination is available at <http://www.hr.vt.edu/our-workplace/awards-recognition/awards/presgov-guidelines.html>. All nominations must be submitted electronically. If you have additional questions, contact **540-231-1207**.

### Hokie Wellness News and Programs

#### **Mobile mammography screening service coming to McComas Hall:**

Mobile mammography screening services will be coming to Virginia Tech, compliments of the University of Virginia Breast Care Program. The mobile service will be at **McComas Hall Friday, Feb. 16, from 10 a.m. – 2 p.m.** Appointments are required and may be made by calling **434-243-4704** or **540-661-3082**. Visit this page for more details: [http://vtnews.vt.edu/notices/hokiewellness\\_notice\\_mammogram\\_mccomas\\_hall.html](http://vtnews.vt.edu/notices/hokiewellness_notice_mammogram_mccomas_hall.html)

Take the time for a life-saving mammogram. For more information, contact Hokie Wellness at [hokiewellness@vt.edu](mailto:hokiewellness@vt.edu) or by calling **540-231-8878**.

#### **Learn about mindfulness, meditation, and stress management at Koru Mindfulness series:**

Discover the importance of mindfulness at the Koru Mindfulness series. Koru Mindfulness is a curriculum designed to teach mindfulness, meditation, and stress management.

Koru Mindfulness basic series for employees:

- **Wednesdays, Feb. 7 – 28, 12 – 1:15 p.m., New Hall West Training Room (downstairs)**, space is limited and registration is required.
- **Wednesday, Apr. 11 – May 2, 12 – 1:15 p.m., McComas Hall, room 143**, space is limited and registration is required.

Koru Mindfulness 2.0 series for employees:

- **Wednesdays, Mar. 7-28, 12-1:15 p.m., North End Center, room 4390**, space is limited and registration is required.

During the series, participants will be introduced to the practice of mindfulness and learn several skills, including meditation for managing stress.

Participants are required to attend all four sessions and can choose to purchase the book, "The Mindful Twenty Something," by Holly B. Rodgers, MD prior to the first session. The text can be purchased from local bookstores or Amazon. For more information, contact Hokie Wellness at [hokiewellness@vt.edu](mailto:hokiewellness@vt.edu) or by calling **540-231-8878**.

#### **Emotionally Intelligent Parenting program to be offered this semester:**

Hokie Wellness, in partnership with Julie Dunsmore, faculty with the department of Psychology, is pleased to announce that a second program of "Tuning in to Kids: Emotionally Intelligent Parenting" will be offered again this semester for parents/caregivers of children ages 11-16 years.

The program will aid parents in helping their children develop emotional intelligence. Children with higher emotional intelligence are better at making and keeping friends; have better

concentration at school; and are better at calming themselves when upset or angry.

"Tuning in to Kids: Emotionally Intelligent Parenting" helps parents be better at talking with and understanding their children. By building up the parent-child relationship and helping their children manage emotions, parents will be able to help prevent behavior problems and teach children how to deal with conflict.

This is an eight-week program beginning **Wednesday, Mar 7, through Wednesday, Apr. 25**. The 90-minute sessions will be held at the **North End Center from 12 – 1:30 p.m. in room 2470**. Both parents are invited to attend, as are grandparents and anyone taking on a parental role with a child. Attendees are asked to make a commitment to attend all sessions to benefit from the program.

Space is limited and registration is required. To register, go to <http://www.training.vt.edu>, click "view by alpha" and search "Tuning in to Kids: Emotionally Intelligent Parenting-Ages 11-16 years."

Note: Sessions will be videotaped for research purposes and only researchers will view recordings; however, parents may opt out of being recorded or having their words transcribed.

For more information, contact Hokie Wellness at [hokiewellness@vt.edu](mailto:hokiewellness@vt.edu) or by calling **540-231-8878**.

#### **Hokie Wellness presents next in Parenting Series: 'Grandparents as Parents':**

The next Hokie Wellness Parenting Series session will be "Grandparents as Parents" presented by Megan Dolbin-MacNab, associate professor of human development and program director for The Family Therapy Center, on **Thursday, Feb. 8, from 11:30 a.m.- 1 p.m.**

Her research focuses on families in which grandparents are raising their grandchildren. She has examined how factors within the family environment such as parenting stress, parental involvement, and caregiver coping, along with external issues like financial resources and social support, influence the experiences and well-being of grandchildren and their custodial grandparents.

In this session, parenting and available supports will be discussed. The session will be held at the **North End Center in room 2200**. Registration is required. To register, go to <http://www.training.vt.edu>, click "view by alpha" and search "Grandparents as Parents."

For more information, contact Hokie Wellness at [hokiewellness@vt.edu](mailto:hokiewellness@vt.edu) or by calling **540-231-8878**.

### **Information on authorized closings during inclement weather**

In times of inclement weather or other situations, it may be necessary for the university to close or delay opening at the Blacksburg, Virginia campus or any of the universities locations across the state.

Decisions to alter the normal schedule for the university are made as quickly as possible and are communicated to faculty, staff, students and the community in the following ways:

- University Status page (<http://vt.edu/status.html>) from the Virginia Tech homepage (<https://vt.edu>)
- Campus-wide email to all vt.edu accounts
- Electronic message boards in classrooms
- The weather/emergency hotline (**540-231-6668**)
- VT Phone Alerts (<http://www.alerts.vt.edu>)
- VT Desktop Alerts (<http://www.alerts.vt.edu/index/desktop-alerts.html>)

Note: These are the only official sources of information for authorized closings and delayed openings for the Blacksburg campus and facilities in the immediate Blacksburg area (excluding off-campus extension offices).

In the case of inclement weather, employees are responsible for notifying and communicating with their supervisors if and when to report to work that day. Because full details of university closings may not be adequately provided or described in other public media, employees are strongly advised to check the University Status page listed above, or one of the other official sources listed above. Additional information on Authorized Closing and Inclement Weather is available at <http://www.hr.vt.edu/resources/current-employees/authorized-closings.html>. For related policy information, review Policy 4305: Authorized Closings at <http://www.policies.vt.edu/4305.pdf>.

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