Dee oversees UNT Dallas’ lone residence hall, Wisdom Hall. What a year it has been trying to making life normal and fun for student residents while keeping them safe throughout the pandemic and the recent winter storm. And talk about a full plate, this husband and father of a 1-year-old daughter is also working on his doctorate. With all that going on, sometimes one just needs to put their head in the clouds. So it’s a good thing his weekend hobby takes him into the great blue yonder (who knew a paper airplane obsession in grade school would lead to this?). When he seeks inspirational motivation, he turns to his hero, The -- yep, the wrestler-turned-actor Dwayne Johnson. You won’t believe the two-year plan he put in motion to meet him -- and it worked, brilliantly. Fasten your seat belt and prepare to get to know Dee by clicking the button below.

If you’d like to nominate a faculty or staff member to spotlight, please email communications@untsystem.edu.

Throughout the COVID-19 pandemic, the University of North Texas System and our member institutions have made the well-being and safety of our students, faculty and staff our top priority. At this time, we will continue to follow Centers for Disease Control (CDC) guidelines and ask our students, faculty and staff to continue wearing masks and to practice social distancing when on any UNT System campus and/or inside any of our facilities in order to maintain a safe environment for all. Our system and campuses are united in prioritizing safety and we will continue to shape our coronavirus safety protocols (posted at https://www.untsystem.edu/covid-19) based on the CDC’s science-based recommendations for coronavirus mitigation in order to maximize well-being while optimizing our performance during this challenging time.
UNT System HR is bringing UNT World experts directly to you with this periodic and always timely installation called "Ask An Expert." So, let's ask...

EXPERT: Dr. Shanda Riley, Assistant Director of Counseling & Wellness Center and Adjunct Professor, UNT Dallas  
EXPERTISE: Therapist and social worker with 20 years of clinical experience; K-12, Higher Education

A Southern California native and UCLA graduate, Dr. Riley joined UNT Dallas in 2016 and oversees the counseling services provided to undergraduate and graduate students. This past year has presented plenty of new mental health challenges for students, faculty, staff and even experienced mental health professionals. We sought Dr. Riley to provide help faculty and staff detect warning signs that a student might be struggling emotionally due to the pandemic or other factors, best ways to assist such a student as well best practices for ongoing self-care as we all attempt to manage the daily stresses we face. Please click the button for our Q&A.

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HR UPDATE

UNT System Human Resources has numerous programs and tools available at no cost to assist you with work-life balance, financial, health or well-being issues, and more. Explore your UNT System benefits, and follow this space weekly for new offerings, such as:

🍏🍏 March is National Nutrition Month and we have a full plate of webinars scheduled that feature experts in the field of health and nutrition. Whether you're looking to improve your nutrition, are seeking healthy recipes or have considered different types of diets like intermittent fasting, find answers by checking out our In The Green well-being program Events Calendar and signing up for a free webinar. It's a great way to add a break into your day.

🏃🏃 It's always a good time to kick up your fitness, and we can help. Through Get Fit Texas and its new events calendar featuring live virtual workout sessions from barre to yoga to Zumba, picking up the pace doesn't get more convenient than this. All you have to do is register at the Get Fit Texas link above and get moving. Of course, don't forget about the excellent virtual workout sessions through the UNT Rec Center and available on our In the Green website.

💡💡 We're always on the lookout for tips to help those of us who continue to work remotely for the first time in our careers. Working from home is a balancing act right down to how to exude professionalism while wearing sweatpants. So, when we discover articles and videos like these -- How to be Professional (Even in Slippers) -- through our Employee Assistance Program provider (Alliance Work Partners), we'll pass it along. Happy reading -- and, no, you don't have to ditch the slippers, or sweatpants.
UNT System Chancellor Lesa Roe will lead this quarter's virtual UNT World Town Hall at 2 p.m. on March 23. She will be joined by UNT System Vice Chancellors Sheraine Gilliam-Holmes (Chief Human Capital Officer), Chris McCoy (Chief Information Officer) and Jack Morton (Government Relations). Chief Communications Officer Paul Corliss will moderate the Q&A. The Town Hall will be held virtually via Zoom (UNTSystem.edu/MarchTownHall). If you have specific work-related questions for the panel, please email communications@untsystem.edu.

🙌 HIGH FIVE: HSC professor selected for national service award
Dr. Stephan Davis, who also serves as the Director of the School of Public Health's Master of Health Administration (MHA) program, was recognized last month with a national Distinguished Service Award from the American College of Healthcare Executives (ACHE) for his extensive volunteer involvement. Receiving the award during Black History Month, Dr. Davis says, was especially meaningful: "Black History Month is a good time to remind ourselves of the potential all of us have to make a difference in the lives of others, both professionally and personally. What Black history has taught us over time, and especially this last year, is to employ our grace, passions, energy, inspirations, voices and talents to lift each other up and help empower others." To read more about Dr. Davis and this award, click here.

📢 ARE YOU REGISTERED?: UNT Equity & Diversity Conference is March 23
Due to the recent winter storm, the UNT 2021 Equity & Diversity Conference Presented by Hilti is rescheduled for Tuesday, March 23. If you had already registered, you do not need to re-register. If you missed the previous registration deadline, you can now register through Tuesday, March 16 at: edc.unt.edu/registration. Join us for a full day of workshop sessions, a virtual networking room and keynote presentation by Jeff Chang. See you there.

💉 COVID-19 VACCINE INFORMATION: County-by-county registration
The Employee's Retirement System of Texas encourages everyone to get vaccinated as soon as a vaccine is made available to you. For information on when and where you can get a COVID-19 vaccination, contact your health plan, primary care provider or other health care provider, or the county links below. You may register to receive the vaccine in any county, not just the one you live in.

- Collin County
- Dallas County
- Denton County
- Tarrant County
- Texas COVID-19 Vaccine Provider Locations
- OptumRx Prescription Drug Program Vaccine and General COVID-19 Information
- Avoid COVID-19 Vaccination Scams
ON THE AIR: Listen to every episode of the We Are North Texas Podcast
Click the headline above to access our UNT System podcast catalog of episodes featuring interviews with innovative leaders. Latest episode: Former UNT athletic standouts Chuck Beatty and Willie Davis were pioneers who helped break the color barrier in collegiate athletics in Texas. They joined the podcast to reflect on their experiences as we closed out Black History Month. #WeAreNorthTexas

Staying In The Green. UNT World Well-Being.

Upcoming well-being opportunities from In The Green.
Follow us on Twitter: @UNTWorld. Visit our website: wellbeing.untsystem.edu

Investing Basics
March 5, 10:30 -- 10:40 a.m.

When Income Decreases...but the Bills Don't
March 8, 3 -- 3:30 p.m.

The Starting Line: Beginning to Save for Retirement
March 9, 11:30 a.m. -- 12:30 p.m.

Improve Your Health with 4 Simple Things Now!
March 10, 10 -- 11 a.m.

Decision-making Skills
March 10, 3 -- 4 p.m.

Meals in Minutes with Alexis Schminke
March 11, 10 -- 11 a.m.

Market-Proof Your Retirement
March 11, 10 -- 11 a.m.

Put Your Debt on a Diet
March 12, 11 -- 11:30 a.m.

On Demand Video: Health Tips with Dr. Frank Filipetto
March 15, available 8 a.m. -- 5 p.m.

Staying on Track
March 16, 2 -- 3 p.m.

Social Security Basics
March 17, 11 -- 11:30 a.m.

Ask Fidelity: Turn Retirement Savings into Income
March 17, 1 -- 2 p.m.

Retiring into the "New Normal"
March 17, 2 -- 3 p.m.

Updates to the New USDA Guidelines
March 18, 10 -- 11 a.m.

Understanding Medicare
March 18, 11 -- 11:30 a.m.

Decision-Making Skills
March 18, 11 a.m. -- noon

Homebuying 101
March 18, 2 -- 3 p.m.

Click our member institutions' logos for the latest news
If you have an HR question or topic you’d like covered in the newsletter, please email HR@untsystem.edu.

Miss an issue of HR Highlights? CLICK HERE to catch up.