Employee Assistance Program: March Resource Highlights

Whitman's Employee Assistance Program through Cascade Centers offers a wide variety of resources to support the psychological and emotional health of faculty, staff, and students. Through the monthly series of EAP Bulletin Features, employees can learn about various resources and services through the Cascade Centers website. This month, they are offering three workshops focused on online conferences.

Workshop 1: Meeting Etiquette & Management

This workshop will teach you the basics of participating, leading, and managing meeting etiquette. You will learn the unwritten rules for running a meeting that work best in your approach, virtually or in-person.

10 a.m., Wednesday March 3

Workshop 2: Getting & Keeping Good Credit

A discussion of the criteria that determines a credit score, as well as how emotional health, relationships, work performance and personal identity.

Technology has been linked to negative effects on physical and emotional health, relationships, work performance and personal identity.

10 a.m., Thursday March 4


This workshop will explore the book by Dr. J. J. Y. Yu and focus on the themes of indigenous peoples and colonialism in the Northwest.

1 p.m., Thursday March 4

Submission Details

If you have a professional or personal accomplishment to celebrate, email us at whitmannews@whitman.edu. You will not get a new badge after you redo your check but will receive an email showing your corrected status that you can show in place of the badge.

Q: What do I do if I accidentally complete the Daily Wellness Check incorrectly?

If you got this message as the result of an incorrect submission in the Daily Wellness Check, please don't worry. You will not get a new badge after you redo your check but will receive an email showing your corrected status that you can show in place of the badge.

A: If you need to change your response to the Daily Wellness Check, you can do that through the EAP bulletin after midnight on the day you wish to change your response.

Q: How do I get a new badge if I need to update my information?

If you need to update your information, you can do so through the EAP bulletin. You will not get a new badge after you redo your check but will receive an email showing your corrected status that you can show in place of the badge.

A: If you need to update your information, you can do so through the EAP bulletin.

Announcements

Register Now to Take a Virtual Career Trek with Tableau Software

Whitman College is taking part in the Tableau virtual career trek through the Mountain Pacific Association of Colleges & Employers (MPACE). The event will have a 30-minute panel and two breakout room sessions covering the topics of Sales, Marketing, Women at Tableau, and BIPOC at Tableau. To register, visit https://whitmancollege.com/impact-career-trek.

The event will take place on Thursday, March 4, from 4:30 p.m. to 5 p.m. The career trek continues with Tableau’s Virtual Career Trek on Thursday, March 4.

Impact Conference Offered for Free This Year

Whitman is one of five liberal arts colleges in the Pacific Northwest that have launched a year-long conference for students in community service, social justice, environmentalism, and public arts. The IMPACT conference is the largest annual conference focused on the civic engagement of college students in community service, social justice, environmentalism, and public arts.

The IMPACT Conference will be held on March 4–6. The IMPACT Conference is historically the largest annual conference focused on the civic engagement of college students in community service, social justice, environmentalism, and public arts.

Virtual Career Trek with Tableau Software

Tableau is a business intelligence software company that helps organizations to transform data into insights. The event will have a 30-minute panel and two breakout room sessions covering the topics of Sales, Marketing, Women at Tableau, and BIPOC at Tableau. To register, visit https://whitmancollege.com/impact-career-trek.

The event will take place on Thursday, March 4, from 4:30 p.m. to 5 p.m. The career trek continues with Tableau’s Virtual Career Trek on Thursday, March 4.

Yuan Publishes Article on Gender and Religion in China

Yuan, an assistant professor of philosophy and religion, recently published an article titled, "Gendering Heterodoxy: The Corporeal Politics of Gender and Religion in China." The article is available to read online.

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