



## Remote Work Request Forms for 2021

As the Winter 2021 academic semester approaches, the university will continue to support remote work arrangements to ensure the safety of the entire Laker community. **Supervisors and employees with current 100 % remote work arrangements still need to submit plans for 2021.**

Employees and supervisors [please follow the steps for reviewing and submitting remote work arrangements for the Winter 2021 academic semester.](#)

## Leading Laker: Marcia Frobish



As classes and work continue to incorporate more virtual methods of connecting, many faculty and staff continue to learn how to remain effective in this new environment while maintaining good health and well-being. While this semester is unlike any other, Marcia Frobish, affiliate faculty member in the Mathematics Department at GVSU, is dedicated to keeping a positive outlook and focus on her health and fitness.

While her typical workday is mostly in front of a screen, she stresses the importance of being social. "I'm doing the same things I did before COVID, but in a very different way. Instead of being in person with my students, tutors, and colleagues, I meet with them online. I'm a very social person, so keeping in touch is important to me." she said.

Frobish finds time to stay social, active and keep her mindset healthy through the faculty and staff virtual group exercise classes. She said, "I reserve my noon hour every day to participate in the classes on Zoom – they have been a lifesaver for me! I believe they help me keep a positive attitude and keep my stress levels as low as they can be during this crazy time."

For Frobish, not only do the exercise classes provide her with a regularly scheduled commitment, but also allow her to enjoy the positivity that the instructors bring to each session. "I am so grateful to GV for continuing to offer these classes – especially the Groove class on Thursdays...it makes me so happy!!" she said. "Also, spending as much time as I can Grooving online with GV's instructor, Terri. She has such a positive attitude that it's hard not to smile when you are with her."

Perhaps most importantly, the pandemic has shown Frobish just how important it is to check in with those around us, both to offer our support and to preserve our own happiness and self-care. "Back in March, I spent a lot of time reaching out to colleagues and friends, making sure everyone was doing OK. I also connected with Terri and told her how much I missed her classes. This encouraged her to make videos for us and to get her own Zoom account so we could still practice yoga together. It was a much-needed distraction for all of us that participated."

Discovering our positive effect on the world around us may not always be straightforward, nonetheless taking the time to encourage those around us – and to demonstrate compassion and understanding – are key to creating a field of support for the people we know and love.

Frobish demonstrates that helping others can sometimes be all about the little things, such as being positive. She says, "My Laker Effect is making people smile, even when life is crazy. I try to look for something positive in every situation and share it with anyone that will listen. I also go out of my way to help people whenever I can – especially our students." Sometimes, all it takes to get us through more challenging times is a positive outlook and compassion for others.

[Visit all GVSU Leading Laker features.](#)

**Faculty and staff virtual exercise classes will be offered for winter 2021 at no cost to employees January 4-April 30 Sign up is now open. [View the faculty and staff virtual group exercise class schedule](#)**

## Coping with Strong Emotions

During uncertain times the power of raw emotions can be overwhelming for many of us. And let's face it, 2020 has been quite a year of uncertainty. If we are not careful, those emotions can drive us to do and say things that we're sorry for later, whether it's an impulsive reply in a work meeting, or with a loved one, or acting out in unhealthy ways. [Read more from Encompass.](#)

## Coronavirus Anxiety Workbook

Is COVID-19 making you feel anxious? The Wellness Society has a workbook that will help you build resilience during difficult times. You'll learn about how to plan out your information diet, start mindfulness activities, and create a stress-resilience plan. [View the workbook.](#)

## Schedule Time for You Calendar



When you have a busy schedule, it can be hard to remember to schedule in time for you. The November 2020 "Schedule Time for You" wellness calendar seeks to help with a new wellness idea or activity listed each day. The calendar shares a number of ways to help you feel more confident in each dimension of your wellness by the end of the month. Make goals, access resources, and find time for you this November. [Click here to get started](#)

## K-12 Connect: Supporting Future Success



### Tutoring and/or Mentoring Opportunity

K-12 Connect is a gateway for the GVSU community to connect and engage with K-12 schools, families, and students to support them throughout their educational journey. Whether a student is seeking additional homework assistance or is in need of college preparation guidance, K-12 Connect bridges the gap between university support and student need to ensure everyone can succeed throughout school and beyond. K-12 Connect is conducting over 500 tutoring sessions a week! [Get involved by volunteering to become a tutor or mentor today.](#)

## New Online Process for Background Checks

When hiring, faculty and staff can now submit background checks via a new online system.

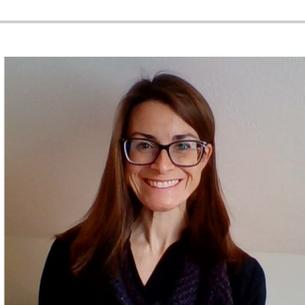
[Login to the new system](#)

[Tutorial on how to complete the background check online form](#)

## Vacation Hours Management

A reminder that staff can find specific information on vacation tracking and protocol by [following this link](#) and clicking on their employment class.

## HR Team Member Feature: Lindsey DesArmo



### Wellness and Communications Manager

**How long have you worked for Grand Valley?**

Nearly 13 years

**How do you help support faculty and staff in your role?** I help support faculty and staff to live their healthiest and best selves. I oversee wellness programs, services, policies, and support. I also am responsible for HR communications.

**What is your favorite quote?** There are so many. "It always seems impossible until it's done"- Nelson Mandela. .

**What energizes you?** Physical activity, movement and being outside. Also at work when I'm in flow on a project and everything is coming together.

**What is your favorite pastime?** Being outdoors-walking the dog, hiking, or running

**What is your favorite part about working at GVSU?** The positive culture, relationships with my colleagues and the students

**What is your "Laker Effect"?** Supporting and instilling the value of healthful living for our faculty, staff, and students.

## Upcoming Events

### How to Retire Happy and Informed

[November 9th from 12:00 pm-1:30 pm](#)

### Open Session for Emotional Strength Support: 2 Part Series

[November 11th & November 17th at 12:00 pm](#)

### Young Professionals in Higher Education

[November 11th at 12:00 pm](#)

### Moms Network: Virtual

[November 17th from 12:00 pm-1:00 pm](#)

### Elder Care Support Network Meeting

[November 18th at 3:30 pm](#)

[View all upcoming events](#)

[Current Job Openings](#)

