Benefits

Planning for the Future Workshop Series
Fundamentals of Retirement Income Planning
An Evening Event at the Mission Inn
Limited to those who are at least 50 years of age and their spouse / domestic partner
May 12 / 6:00 – 8:00 p.m. Learn more / Click here to enroll

> Availability is limited to only a few seats – please register by Friday, May 8

Don’t miss this opportunity to learn about strategies to help you prepare for a successful retirement.

New - Preparing for Retirement Video

The Retirement Administration Service Center (RASC) has produced a new video to help you to better understand your retirement benefits. The video includes an overview of UC retirement benefits, examples of retirement benefits calculations, and information about what you need to do to retire from UC. Learn more

Education & Development

Software Training Available Through Lynda.com

Lynda.com provides free courses and video tutorials on a wide variety of software and technology topics and is available to all staff and faculty through R'Space under authorized applications. You can create your own playlist and find playlists created by other users on Lynda.com. Featured playlist: Communication Next Steps

Performance Management I: The Performance Management Process
May 20, 2015

This class will cover the elements of the UCR performance management cycle including planning for performance, coaching and managing performance, and conducting the performance appraisal.

Preparing for Your Performance Appraisal
June 2, 2015

This course will provide instruction on the three "P's" of your role in the performance appraisal process including how to write an effective self-appraisal and information on career and professional development.

Payroll/Personnel System: Policy Training
June 3, 2015

This session will provide information needed to use available resources and verify data for entering and updating an employee's personal and payroll information on the Payroll/Personnel System. This course is required for individuals who need to access the Payroll/Personnel System.

Payroll/Personnel System: Policy for Academic Departments
June 10, 2015

This training session will provide a review of the information covered in the Payroll/Personnel System: Policy Training and will then focus on the unique responsibilities for those who handle payroll for academic personnel, graduate students, and international employees.

» Register at UC Learning
**Staff Employment**

**Temporary Worker Guidelines**

Temporary Worker Guidelines have been established to assist departments with determining the appropriate circumstances for which to utilize temporary workers; identifying and placing temporary workers; and limiting the duration of assignment to no more than six months. If you have questions, please contact Lorena Velasquez, Manager, Talent Acquisition, Human Resources at extension 2-5640 or lorena.velasquez@ucr.edu.

**Workplace Health & Wellness**

**Occupational Medical Treatment**

The Student On-Campus Employment - Undergraduate Occupational Medical Treatment Decision Tree has been created to help determine where an injured undergraduate student/intern should be treated. In the case of a life-threatening emergency, seek medical treatment at the nearest medical facility regardless of status.

**6th Annual Systemwide UC Walks**

*Wednesday, May 20 / 11:30 a.m. – 1:30 p.m. / UCR track*

UC Walks is a systemwide UC Living Well program that is coordinated by the wellness programs at each campus and health system. Join UCR staff, faculty, and students to participate in this year’s event and earn a chance to win prizes. [Click here](#) to register. [Learn More](#)

**Continuing Health & Wellness Events**

- **Your Health from A-Z Scavenger Hunt / April 29 – May 29, 2015**: Join this wellness challenge to encourage you to be less sedentary at work, move more, and get out and about on campus. [Learn More](#)
- **Spring Quarter 2015 MobileFit Session / April 6 – June 5, 2015**: Participate in a convenient on-site and free fitness program. [Learn More](#)
- **Walk and Talk with Leadership Series 2015**: A monthly 30-minute walk and talk with UCR leadership. All walks will meet at the Scotty the Bear statue. **Monday, June 1** – Steven G. Brint, Vice Provost, Undergraduate Education. *The May 20th walk has been replaced with UC Walks.* [Learn More](#)
- **Gentle Yoga Practices with Diane / Spring Quarter 2015**: Diane Del Buono, Associate of the Chancellor, will lead gentle yoga poses. [Learn More](#)