

Change and Uncertainty- January 2009

HR Essentials is a new monthly feature highlighting resources, services and answering frequent questions for faculty, staff and students.

During times of change and uncertainty individuals have different needs, coping mechanisms and coping skills. To assist faculty, staff and students during these challenging times WSU has the following resources:

- The Employee Assistance Program (EAP) assists faculty and staff with handling and dealing with personal and/or work-related issues. EAP services are free for WSU faculty and staff and their families. Additional information, including statewide locations and resources, can be found at the EAP website, <http://www.eap.wsu.edu>, by calling 509-335-1744 or e-mailing at eap@wsu.edu. Students may utilize counseling services at 509-335-4511.
- The Ombudsman serves as a neutral resource in the resolution of issues and problems that arise at WSU. Issues the Ombudsman can assist with include academic, employment and administrative. For more information, contact the Ombudsman by phone at 509-335-1195, by e-mail at ombudsman@wsu.edu, or visit the website at <http://www.wsu.edu/~ombuds>.
- The Center for Advising and Career Development (formerly Career Services) provides students with assistance in choosing a career, balancing school and work, and finding job opportunities. Some services, such as resume review/critique are available to students, faculty and staff. Call Career Services at 509-335-2546, e-mail careerservices@wsu.edu or visit the website at <http://www.careers.wsu.edu> for more information.
- Do you have questions about your retirement plan, tax-deferred investment options or other employee benefits? Visit the Benefits website at <http://www.hrs.wsu.edu/Benefits>, e-mail benefits@wsu.edu or call 509-335-4589.

Look for HR Essentials every month in WSU Announcements and on the HRS website. To find additional resources and useful information visit the HRS website at <http://www.hrs.wsu.edu>, call 509-335-4521 or e-mail hrs@wsu.edu.