Monthly Mindset

The Monthly Mindset discussion groups are going strong! The February and March topics were revised (see below). Please join us if you can, and if not, you can find the recordings online a few days later (login required).

- **S.A.M**
  2/22, 3:30 – 4:30 pm
  Zoom: [https://yavapai.zoom.us/j/93019975861](https://yavapai.zoom.us/j/93019975861)

- **Influence Pyramid**
  3/26, 11 am – 12 pm
  Zoom: [https://yavapai.zoom.us/j/95920940908](https://yavapai.zoom.us/j/95920940908)

- **3A+ Development Conversations**
  4/28, 11 am – 12 pm
  Zoom: [https://yavapai.zoom.us/j/98273581443](https://yavapai.zoom.us/j/98273581443)

Northcentral University Scholarship Winner

A cross-country skier on White Spar Road in Prescott, Jan. 2021

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Dear NCU/NEP Colleagues,

On behalf of Northcentral University & Yavapai College, I am pleased to announce our first full-tuition President’s Scholarship winner from Yavapai.

Congratulations to Mandi Lopez, a future alumnus of our Master of Education degree program. Mandi is a staff member at Yavapai College. She has been with the college for thirteen years and currently works in an administrative role within the Department of Arts & Humanities.

You can see the video [here](https://www.youtube.com/watch?v=dQw4w9WgXcQ) where we shared the news with Mandi.

Yavapai College, located in northern Arizona, is a longtime partner of NCU. Their alumni, faculty, and staff can take advantage of a 25% tuition reduction and first course free at NCU. Please visit [www.ncu.edu/yavapai](http://www.ncu.edu/yavapai) for more information.

Thanks to Dr. Andy Riggio for his assistance in awarding the scholarship. It is inspiring to help students continue their educational journeys. I look forward to more social impact initiatives in 2021.

Heather Millward
Senior Manager, Academic Partnerships
hmillward@ncu.edu
C: 460.253.3512
Performance Evaluation
Mid-year Check-ins

YC performance evaluations are designed with opportunities for employees and supervisors to check in regularly which helps to build positive working relationships. Both faculty and staff have optional mid-year check-ins scheduled for the end of January. This check-in connects you to the competencies which will be evaluated at the end of the year and gives you the opportunity to reflect on how you are progressing in Service Excellence, Relationship Excellence, Learning Excellence, Job Knowledge and Functions, and your Goals. Competency descriptions and behavior examples can be found in the Performance Management Toolbox online under Competency Tools.

- Scroll down to your current evaluation and click to open it
- Just below the box labeled Evaluation Details, you’ll see two tabs: Content and Process
- Click on Process
- Take a look at where your evaluation is in the process. Blue checks mean that the step is complete and green or red circles mean that it is incomplete.
- You do need to complete the steps in order so that the evaluation will progress
- Connect with your supervisor if you are behind in the steps, since they also have steps to complete as part of your evaluation.

Any questions about the evaluation? Please contact your HR Business Partner.

Self-Talk for Remote Workers

By Justin Zackal for Higher Ed Jobs

Among the many pandemic-induced disruptions to higher education work life are changes to conversations and daily routines. There's more self-talk as people work in isolation, and with fewer commutes to campus, "working from home" can now be considered "living at work."

Your self-talk paired with a daily routine can affect how well you can, as the trendy catchphrase goes, "live your best life." But done right, they can also help you work more effectively and find career success.

Read the whole article online at Higher Ed Jobs.
Congratulations
Winners!

$100 Prize Winner

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<td>Ilene Roby</td>
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$25 Prize Winner

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Results

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Zoom into wellness to meet with your Health Coach!

Set a Virtual Appointment with Coach Victoria between February 10th - March 19th to discuss any of the following topics:

- Nutrition
- Physical Activity
- Stress Reduction
- Self-Care
- Disease Prevention and Management

PRIZES

Earn points for a chance to win 1 of 4 Amazon E-Gift Cards!

Questions? Contact the Wellness Council of Arizona at challenges@welcoaz.org

Set your One-on-One Health Coaching appointment here: https://welcoaz.as.me/yct