What's going on in July?

Have you wondered just what is in an “Experimental Forest”? I know that I did when I first came to Clemson! Join the July 22nd CEF tour with educator James Wilkins who will expose you to a diversity of natural and cultural resources! Click HERE to register.

Summer Orientation continues for our incoming Freshmen and Transfer Students. Thanks to everyone on campus who help the students and their parents have a great experience!

For you early birds, did you know that the CU Student Organic Farm offers Sunrise Yoga Classes on Mondays and Thursdays at 6AM? Not-so-early Birds can join the Sunset Yoga Classes at 7PM. Yoga classes will help you start or end your day with clarity and ease in mind, body, and spirit. Click on the session times to register!

On July 3rd, the 23rd annual ClemsonFest Celebration was held out at Y Beach. If you are new to Clemson and missed it this year, put it on your calendar for next year to make sure that you catch one of Clemson’s biggest community events!

Our headline picture is courtesy of Clemson’s very own student radio station: WSBF FM 88.1

Upcoming Free CU4Health Assessment

Two Columbia Locations!

- July 31 at Clemson Livestock Poultry
- August 14 at Sandhill Rec.

Where do I get more information? All employees should receive information via email about signing up. If you do not, please contact us at 656-3076 to get an appointment at either of the locations.

What does it cost? This screening is free for those enrolled in the State Health Plan (including spouses who are also covered by the insurance)

What is included? A health risk assessment, blood work (CBC, cholesterol check, kidney function), and a health education session (via phone).

Clemson Employee Food Events!

FIVE DOLLAR DINING CONTINUES!

At Harcombe Dining Hall starting July 16th!
Upcoming Professional and Personal Development Opportunities!

Patent Searching: Have an idea for an invention? Interested in learning about patents? Beginners welcome! Join your Librarians at Cooper Library, Rm 309, July 20th, 12:30pm -1:30pm

CCIT - Free Software Training:
For Custom Classes contact us at ithelp@clemson.edu and put “Training Request” in the subject line!

Do you need to get some lunchtime steps in? Why not visit these Campus art exhibits?

Strode Tower
A Sense of Place: Drawings and Watercolors by James F. Barker

Sikes Hall
Ink Travels: A tribute to Professor Sydney A. Cross

Help our New Students on Move-In-Weekend

It’s not too late to help Clemson University Housing & Dining assist the new students arriving for the 2017-18 Academic Year by becoming a 2017 Move In Volunteer!

All volunteers will receive a newly designed Clemson Move In tee shirt!

Volunteers are needed on Friday, August 18 and Saturday, August 19, from 7:30am-5pm to assist students and families with unloading cars and carrying belongings to the students’ assigned rooms.

2017 Move In Volunteer Registration Process
✓ Click on this SignUp.com link to register
**New Senator Spotlight**

**Name:** Amy Smedberg  
**Position/Department:** Admissions Counselor, Undergraduate Admissions

**What is your role in the department:** My main duties as a counselor include advising prospective students and their families, representing Clemson at college fairs, reviewing applications, and supporting on-campus recruitment events. I currently serve as our office travel coordinator and enjoy planning our recruitment trips.

**How long have you been with Clemson University:** 1.5 years

**Why did you choose to be a Staff Senator:** I chose to join the Staff Senate in order to represent the interests of my department and larger budget center. I also look forward to bringing the perspective of a new employee to the Senate and making connections with other departments both on and off campus.

**How do you spend your time when you’re not working:** I spend most of my free time at the lake with my two dogs. We travel often and enjoy hiking.

**What might someone be surprised to know about you:** I have been to more concerts than I can count. I love live music.

**What is your favorite off-campus place for lunch:** Pot Belly Deli

---

**New Senator Spotlight**

**Name:** Sonya Campbell  
**Position/Department:** Federal Excess Property Program (FEPP) Coordinator / PSA

**What is your role in the department:** Manage day to day operations of the USDA/Clemson Federal Excess Property Program (FEPP)

**How long have you been with Clemson University:** 5 years

**Why did you choose to be a Staff Senator:** To be more involved.

**How do you spend your time when you’re not working:** With a very active 2 year old

**What might someone be surprised to know about you:** I have 2 children and they are 20 years apart (22yo daughter, 2yo son).

**What is your favorite off-campus place for lunch:** Skins

---

**New Senator Spotlight**

**Name:** Kayla Nicole Cleveland  
**Position/Department:** Process Improvement Coordinator/ Student Affairs Business Office

**What is your role in the department:** Analyze processes to eliminate wastes and improve inefficiencies

**How long have you been with Clemson University:** 2 years

**Why did you choose to be a Staff Senator:** Having a role in Staff Senate allows me the opportunity to connect with more University employees, and have a support group of “change leaders.”

**How do you spend your time when you’re not working:** I love to travel, and see new places! I also have two nephews who I love to spoil in my free time.

**What might someone be surprised to know about you:** The beach is one of my favorite vacation spots, but I DO NOT get in ocean water. Everything about it is scary!

**What is your favorite off-campus place for lunch:** I am happy at any buffet…I love to eat!
Food for Thought:

Tom Ward: CU Ombudsman

The Power of Humility

Power in the workplace is an interesting dynamic which gets exercised and reflected in many different forms. What is power? A pretty good working definition is “a person or thing that possesses or exercises authority or influence.” So, by this definition everyone possesses some level of power, whether through authority or influence. Everyone? Yes, everyone.

We often think of power only in terms of sanctioned authority (“Legitimate”) – authority granted to a specific person by an employer due to the role that person has in the organization. The authority to hire, evaluate, discipline and reward employees. The authority to make financial or programmatic decisions. Leaders, managers and supervisors are commonly instilled with this kind of authority, or power. Some handle it well, some don’t.

Much has been written about seven forms of power in the workplace:

- **Legitimate** – the power granted based on position and responsibilities
- **Coercive** – the power associated with threat, force or punish
- **Expert** – the power of knowledge, skill and/or expertise
- **Connection** – the power of “who you know”
- **Informational** – the power of access to important information
- **Referent** – the power associated with being respected and well-liked. The ability to convey a sense of personal acceptance or approval
- **Reward** – the power associated with being able to grant rewards

What kind of power do you possess? What is available to you that you might not be accessing or exercising? Are there forms of power you might be trying to exert that aren’t really yours? Two common mistakes related to power in the workplace include trying to use power a person doesn’t have, and trying to use the wrong kind of power to achieve specific results. If you have been in the world of work for any length of time, you have likely witnessed these two mistakes, and the resulting damage that can occur.

An interesting twist on the discussion of power in the workplace is to consider the power that gets exercised through a posture of humility. A straightforward definition of humility is “freedom from pride or arrogance; a spirit of deference.” Have you worked with someone who possesses this quality? It can be profound. This form of power is a reflection of the “Referent” form of power described above. It is not about that person becoming a doormat by always letting others have their way. It can be exhibited when a manager genuinely seeks the input and advice of subordinates, and seriously considers that input as decisions get made. Or, when a leader acknowledges a mistake, and even may apologize when a mistake causes damage to someone. Or, when a manager acknowledges that a subordinate may very well know more than they do about a specific matter. Freedom from pride or arrogance. The spirit of deference. A manager who lifts up those around them, acknowledges them and helps them to succeed, even if it might mean more work for that manager. This quality is one that people find attractive and tend to willingly offer earnest respect. Food for thought.