



Pick of the Perks

Under-utilized or little known employee benefits



Colorado
State
University

Extension



What are some of the perks out there that make sense for off campus staff?

Well. Probably not the Chinese lessons, day care or the Zip cars (although maybe when we are on campus we could use those)

No tickets to athletic games, fine arts performances or use of the recreation center.

What's left?

You might be surprised.....



COMMITMENT
TO CAMPUS

<http://facultyandstaff.colostate.edu/commitment-to-campus.aspx>

Study Privileges

Can be used for

On campus classes

CSU Pueblo On campus classes

Classes at the University of Northern Colorado

Online Plus

CSU Global classes

Up to 9 credits per year – prorated based on your appointment

Waives University Technology Fee and General fees, but....

The appropriate form must be completed in its entirety **each semester** you wish to use the privilege and must be submitted **on or before the first day** of the term in order for it to be used for that term.

Complete details

<http://www.hrs.colostate.edu/benefits/study-privilege.html>

Employee Assistance Program

The Employee Assistance Program (EAP)

- ❖ A no-cost, confidential assistance program to help address the personal issues faced by employees and their dependents.
- ❖ Staffed by experienced clinicians
- ❖ Available by phone 24 hours a day, seven days a week.
- ❖ A Guidance Consultant will refer employees to a local, licensed psychotherapist or to resources in the community.

To access these services...

Call 800-497-9133

Log into the website

<https://guidanceresources.com/groWeb/login/login.xhtml>



What benefits are available?

All CSU employees and dependents are allowed up to **six free sessions per family member, per problem area, per year.**

Confidential Consultation on Personal Issues

- ❖ Relationship conflicts
- ❖ Problems with children
- ❖ Substance abuse
- ❖ Stress, anxiety or depression, grief, and loss
- ❖ Job pressures



Legal Information and Resources

Legal issues including:

- ❖ Divorce and family law
- ❖ Debt obligations / bankruptcy
- ❖ Landlord and tenant issues
- ❖ Real estate transactions

If a legal issue arises, attorneys are available to provide confidential support with practical, understandable information and assistance.

If an employee requires representation, he/she can be referred to a qualified attorney for a free 30 minute consultation and a 25% reduction in customary legal fees thereafter.



Financial Information, Resources and Tools

Tools and resources are available to address financial concerns such as:

- ❖ Getting out of debt
- ❖ Retirement planning
- ❖ Credit card or loan problems
- ❖ Saving for College
- ❖ Tax questions
- ❖ Estate Planning

Guidance Resources Online

Need assistance planning a vacation, finding child care or purchasing a car? Writing a will or caring for an elderly parent? The Employee Assistance Program at CSU is offering FamilySource to help employees with some of the more complex and time-consuming issues in their lives.

The screenshot displays the Colorado State University Guidance Resources Online website. At the top left is the CSU logo with the tagline "Knowledge to Go Places" and a welcome message. The main navigation menu includes "I'm Looking For" with categories like Counselor, Lawyer, Certified Financial Planner, Child Care Provider, Elder Care Provider, College and University, and Discounts. Below this are sections for "Health Care Navigation Resources" (Benefits & Administration, Physical Health & Clinical) and "Site Highlights" (Write your will with...). The central content area features a "News Headlines" section dated May 5, 2015, with articles on social media, ovarian cancer, and concussions. A "Talking about Marriage" article is highlighted with a red gift icon. Below are "Featured Articles" on dog safety, UV safety, sending packages to military personnel, and mental health. The right sidebar contains "Ask a Guidance Consultant" (Send a Question, Chat for a Referral, 800-497-9133), "My Service Requests" (Certifications, Provider Contact Information, Managed Care Claims, Explanation of Benefits), "Online Centers" (Maternity, Healthy Habits, Elder Care), "Featured Program" (Write your will today! EstateGuidance®), and a "Tell-It-Now! Poll" about New Year's resolutions.

Colorado State University
Knowledge to Go Places
GuidanceResources Online welcomes Colorado State University.

I'm Looking For

- Counselor
- Lawyer
- Certified Financial Planner
- Child Care Provider
- Elder Care Provider
- College and University
- Discounts

Health Care Navigation Resources

- Benefits & Administration
- Physical Health & Clinical

Site Highlights

- Write your will with

News Headlines
May 5, 2015

- One in Four Online Minutes Spent on Social Media
- New Method May Identify More Ovarian Cancers
- Most Concussions Happen at Practice

[Browse the News Archive »](#)

Hot Topics

- Prom Health and Safety

Talking about Marriage

« PREVIOUS NEXT »

Featured Articles

Dog Safety Tips for Children
Children and their dogs can grow close and become best friends, but it is important to make sure this friendship is safely fostered.

May: National UV Safety Month
During the summer months, the sun is bright and brings an increased risk of damage to the eyes. Everyone is at risk for eye damage that can lead to vision loss.

Sending Packages to Military Personnel
Care packages are a little piece of home for deployed military personnel. Use this slideshow for tips on how to send a package and what to include.

May: Mental Health Month
Mental illness is an issue that affects individuals, families and communities worldwide. Use these daily suggestions to maximize your mental fitness.

[Download Monthly Calendars »](#)

Ask a Guidance Consultant

- Send a Question
- Chat for a Referral
- 800-497-9133

My Service Requests

Enter client details to view:

- Certifications
- Provider Contact Information
- Managed Care Claims
- Explanation of Benefits

Online Centers

- Maternity
- Healthy Habits
- Elder Care

[View More Centers](#)

Featured Program

Write your will today!
EstateGuidance®

[View all discounts and offers](#)

Tell-It-Now! Poll

If you made a New Years' resolution to lose weight or exercise more,

Office of the Ombuds

- ❖ Provides informal, impartial and confidential dispute resolution services for employees of the university.
- ❖ Assists people with interpersonal misunderstandings or disputes as well as those with concerns about administrative issues.
- ❖ Created to protect the interests, rights and privileges of employees at all levels of University operations and programs.
- ❖ Functions as an impartial and neutral resource to assist employees by providing information related to university policies and procedures and facilitating the resolution of problems and grievances through informal investigations and mediation.

The office does not replace or supersede other university grievances, complaint or appeal procedures.

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Employee Assistance Program
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(970) 491-1527

Colorado and Government

Employee Discounts

Working Together Foundation: This Colorado non-profit organization provides emergency grants of up to \$500 to assist state employees and retirees in financial crisis. Assistance may be used for housing, utilities, medical expenses, food, clothing, and other basic needs. More information is at <http://www.state.co.us/dhr/wt/>.

Work-Life Employee Discount Program: This program offers a variety of discounts on goods and services to state employees. Details at <https://stateofcolorado.benefithub.com/Account/Login?ReturnUrl=%2f>]

Government Marketplace: CSU employees are eligible for discounts available online at www.govmarket.org

Library Resources

Start with HELP!!
How Do I?

<http://lib.colostate.edu/help/howdoi>

How Do I...

Quick instructions for common tasks

Find Research Materials

- [Books](#)
- [Call Numbers](#)
- [Articles](#)
- [Articles at CSU](#)
- [Journals](#)
- [Web pages](#)
- [Multimedia](#)
- [Theses and Dissertations](#)
- [Suggest a Purchase](#)

Find Library Locations

- [Library buildings](#)
- [Library floors, rooms and areas](#)
- [Study areas and rooms](#)
- [My Message Stone](#)

Research

- [Get started with research](#)
- [Do library research](#)
- [Use primary sources](#)
- [Create bibliographies](#)
- [Evaluate sources of information](#)
- [Get off-campus access](#)
- [Use plugins for research](#)

Use My Accounts

- [Get my library card](#)
- [Create my InterLibrary Loan account](#)
- [Log in to use library resources from off campus](#)
- [Renew books](#)
- [Request book delivery](#)
- [Print and copy](#)

Research Guides



- [Library Catalog \(Discovery\)](#)
- [Regional Catalog \(Prospector\) !\[\]\(2824aab9645d9fab95bae27ff6828dab_img.jpg\)](#)
- [Articles & Databases](#)
- [Journal Titles](#)
- [Research Guides](#)
- [Archives & Special Collections](#)
- [Digital Collections](#)
- [Digital Repository](#)

Search/Find

Find print and online resources for academic research.

Library Catalog (Discovery)

Find books, journals, Web pages, multimedia and CSU scholarly works. [Discovery Help](#)
[Classic Catalog \(Sage\)](#)

Regional Catalog (Prospector)

Search books and multimedia in other Colorado libraries. [Help !\[\]\(0b5e7e25e8775f7e7e80906ada4f0021_img.jpg\)](#)

Articles & Databases

Find articles from journals, magazines and newspapers by searching databases. [Databases Help](#)

Journal Titles

Find an academic journal by title, subject or ISSN, or find an article if you have a complete citation. [SFX Help](#)

Research Guides

Print and electronic resources recommended by subject librarians

Archives & Special Collections

Water and agriculture, university records, rare books and manuscripts

CSU Libraries Extension Guide

Welcome to the CSU Libraries

The CSU Libraries provides research information to CSU Extension personnel. Most of the resources mentioned on this guide are available electronically. Explore the side tabs for more information.

Contact Neyda Gilman if you have research, database, or other questions or comments: neyda.gilman@colostate.edu or 970-491-7436.

If you are having problems accessing online journals or databases from your computer you can contact Sari Keilman ([email](mailto:sari.keilman@colostate.edu) or 970-491 6952).

You can also still sign into databases or online journals after logging into <https://secure.colostate.edu> (using your EID and EID password).

The library has subject librarians for education, food science & human nutrition, animal science, and more. View the list of [subject librarians](#).

Finding Journal Articles Using Databases

Search these Agriculture, Natural Resources, Food Science, or Education databases for journal articles (most articles in these databases are scholarly/peer reviewed). This is just a short list of databases available. For a complete list of databases, see <http://lib.colostate.edu/databases/>.

- [Web of Science](#)
Scholarly/peer reviewed journals in all areas of natural resources, agriculture, sciences, and more. (Note: Don't use IE, use another web browser.)
- [CAB Abstracts \(1973 - present\)](#)
Provides access to research and development literature in the applied life sciences, including agriculture, forestry, human nutrition, veterinary medicine and the environment.
- [AGRICOLA](#)
Contains bibliographic records related to agriculture from the USDA's National Agricultural Library.
- [ERIC \(1966-present\)](#)
Covers all aspects of education as published in conferences, government documents, theses, dissertations, reports, audiovisual media, bibliographies, directories, books and monographs
- [Food Science and Technology Abstracts](#)
Covers all areas of food science, food technology, and human nutrition.
- [Aquatic Sciences and Fisheries Abstracts](#)
Covers all aspects of aquatic resources. Includes serials and journals, books, reports, conference proceedings, translations, and limited distribution literature.



Random Perks

Joan Gaynor Kuder Scholarship

An annual scholarship of \$2,500 is awarded to two, full-time faculty or staff members who have made sustained progress toward a degree at Colorado State University. Applications are available online at the Division of Student Affairs website in November. For additional information, contact the Vice President for Student Affairs office at (970) 491-5312.

Tuition Scholarship Program

Eligible family members of CSU faculty and staff may qualify for a 50 percent tuition discount. For information, visit <http://sfs.colostate.edu/tuition-scholarship-for-eligible-family-members-of-csu-employees>. The Tuition Scholarship Program also is available to employees' family members.

CSU employees' eligible family members may apply their tuition scholarship benefits at CSU-Pueblo or CSU-Global Campus as well as at CSU. For more information, contact [Human Resources](#) at (970) 491-MyHR (6947).

Wait, there's more!

Virus Protection

Under CSU's site license with Symantec, CSU faculty, staff, and students may install Symantec AntiVirus free of charge on their personal computers.

Software Discounts

Faculty and staff with a valid CSU ID may purchase software for a discount at RAMTech in the Lory Student Center. Call (970) 491-7625 for more information.

Youth Sports Camp

Youth Sports Camps offer more than 60 summer sessions. C2C provides a 15 percent tuition discount for the children of CSU employees. Simply email ysc@chhs.colostate.edu from your CSU email account and request the tuition discount form. Your 15 percent discount will be refunded to you at the end of the program. [Youth Sports Camp Program Information](#).

Veterinary Care

The CSU [Veterinary Teaching Hospital](#) is participating in the Commitment to Campus by offering a 20 percent discount on veterinary services to CSU employees (also available to all state of Colorado employees).

Career Wow

CareerWow! is a free series of self-guided exercises that help you map strengths, talents, passions and interests with career paths. The program even tells you how to identify mentors.

Visit [CareerWow! through CSU's Training and Development](#).

MP4 Exercises	PDF Exercises
1 Introduction	2 Strengths & Talents
2 Strengths & Talents	3 Passions & Interests
3 Passions & Interests	4 Vision & Values
4 Vision & Values	5 Creating Career Options
5 Creating Career Options	6 Career Research Interviews
6 Career Research Interviews	7 Career Experiments
7 Career Experiments	8 Success Database Development
8 Success Database Development	9 Career Conversations with Managers
9 Career Conversations with Managers	10 Targeted Resume Development
10 Targeted Resume Development	11 Job Interview Preparation
11 Job Interview Preparation	
12 Additional Resources within	



SHARE AN IDEA, CREATE A RIPPLE

Join us to learn about resources that can be helpful to you and to exchange ideas about issues important to women in the CSU community. Click on "Mind Mixer" and create your login to get your voice heard!

JOIN THE CONVERSATION



OUR LATEST RIPPLES



My New Pumping Partner

Alex Carter // 04-30-2015

I have to admit I got a little lazy. I got lazy about pumping. And... [MORE »](#)

More Care for More Creatures

Alex Carter // 04-23-2015

I wanted to give this post a different title, but was worried it would be... [MORE »](#)

<http://rippleeffect.colostate.edu/>

Living a Balanced Life

CSU is devoted to helping our students, faculty and staff realize a balanced family and work life. There are several effective and flexible programs and policies that can help you balance and integrate your workplace, family and personal life, so that you can feel successful at CSU and at home.

[Benefits, leave and retirement »](#)

[Child, aging parent »](#)

[Your well-being »](#)

[Additional CSU Resources »](#)

[News and updates »](#)

[Are You an Expecting Parent? »](#)

[Tips for Supervisors to Support Working Parents »](#)

[Flexible Work Arrangements Policy –Section 1, Page 9 »](#)

“Balance is not better time management, but better boundary management. Balance means making choices and enjoying those choices.”

- Betsy Jacobson

And about that Zip Car....

Zipcar at CSU

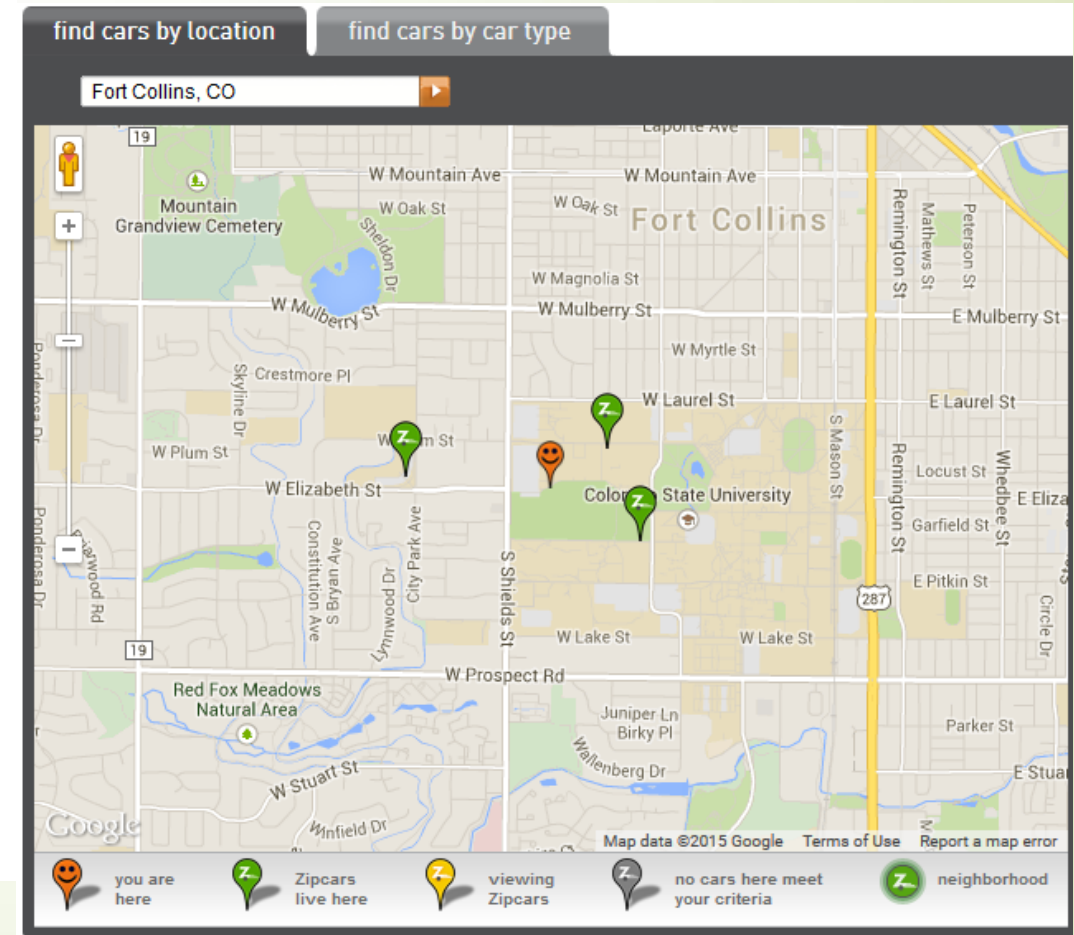
Wheels With No Strings Attached

Need a car? Borrow a Zipcar! Colorado State University has partnered with Zipcar to bring self-service, on-demand car sharing to the area. To use Zipcars, simply register as a member, reserve a car online or by phone, use your Zipcard to enter the car, and drive away. When you're done, return the car to the same location where you picked it up.

As a member you get:

- Access to Zipcars 24/7.
- Discounted hourly rates for faculty, staff and students age 18 and older: rates start at just \$7.50/hour or \$69/day.
- Gas, insurance and maintenance are included for free!
- Join for only \$25 a year, and receive \$35 in driving credit your first month.

Learn more and get started at <http://www.zipcar.com/colostate>





What is YOUR Favorite
CSU Perk?



Colorado
State
University



Extension