



University of Colorado
Colorado Springs

A photograph of a brick clock tower with a blue pyramid-shaped roof. Two large, round, light blue clock faces are visible on the tower. The background shows a mountain range under a clear sky.

STAFF ASSOCIATION WELCOME HANDBOOK

Information on Campus

Good to Know

Pay attention to the emails that go to the staff-l list. It might be beneficial to create a special folder in Outlook to keep yourself organized!

Professional training and development through
the university.
(**LINK:** www.cu.edu/employee-services/learning)

Hiking trails on and around campus!
(**LINK:** <http://bit.ly/2xnKfaH>)

Be Colorado Move – can access in the CU Portal, under Benefits Wellness Program Tile.* Earn \$25/month anytime you workout at least 30 minutes per day, at least 12 days per month. Get the extra money in your paycheck once a quarter!

Register for the campus emergency notification system, UCCSAlerts, to receive text message notifications of weather-related campus closures or any emergency situation which poses an imminent danger to the UCCS campus (**LINK:** rave.uccs.edu)

Join the Pedal Perks program—a UCCS bicycling incentive program for students, faculty, and staff encouraging sustainable, active transportation and bike advocacy and education. (**LINK:** www.uccs.edu/~pedalperks)

Information on Campus Benefits

- You can get a 10% discount on food and drink at the Bookstore by mentioning you are staff - does not include textbooks.
- Free admission to UCCS athletic events.
- Employee and Dependent Tuition Benefit (**Link:** <http://bit.ly/2yuyd4t>)
 - Up to 9 free credits per academic year at UCCS or \$ at any CU Campus. (**For employees only.**)
 - Academic year runs fall through summer each year.
 - Use up to 6 of the free credits for the year at Pikes Peak Community College. (**Link:** <http://bit.ly/2wCCBcW>)
 - Refer to attached Fact Sheet for more information.
- Access to the Employee Discount Marketplace: BenefitHub (**Link:** <http://bit.ly/2giw692>)
- Access to the Family Development Center. (**Link:** <http://www.uccs.edu/~fdc/>)
- Access to the Campus Recreation Center for staff, spouses, partners, and dependent children with membership/guest pass. (**Link:** <http://www.uccs.edu/~campusrec/>)
 - Group fitness passes are free for the second week as well as finals week.
 - \$25/month for staff, spouse/partner and dependent children over 16 years old.
 - \$12.50/month for dependent children over 16 years old.
 - Free for students, even if you are just taking advantage of the tuition benefits.
 - S.O.L.E. Office - Equipment rental, bike repairs, clinics, and excursion trips.
- Take advantage of discounted tickets to Theatreworks.
- SEEDS - gives up to \$200 a year for staff development (**Link:** <http://bit.ly/2ytYXSA>)
- Free yoga on Wednesdays hosted by the Counseling Center. (Sign up to receive emails from Debbie at dpatzcla@uccs.edu)
- Dry cleaning service that will pick up and drop off at your desk.
- Access to Kraemer Library.
 - Access to Databases
 - Check out books for up to 90 days at a time.
 - Have rentals delivered to your office.
- Access to the Lane Center workout facility and clinics, including the primary Lane Clinic.
- Purchase Microsoft software at a discounted price on the IT website.
- Access to free learning and development opportunities. (Skillsoft, LinkedIn Learning, Coursera, and Franklin Covey)

Get Involved on Campus

1. Join one of the many committees hosted by the Staff Association
 - a. Blood Drive
 - b. Colorado Combined Campaign
 - c. Employee of the Quarter
 - d. Garret Swasey Outstanding Staff Award
 - e. Pay and Benefits Committee - Classified Staff *
 - f. Pay and Benefits Committee - University Staff *
 - g. Policy Committee
 - h. PRIDE
 - i. Professional Development Committee
 - j. SEEDS (Staff Development Committee)
 - k. Spring Luncheon Committee
 - l. Welcome Committee
 - m. Winter Giving Project
2. Attend Staff Association hosted events
3. Attend Chancellor's Town Halls
4. Attend THEATERWORKS student productions
5. Attend UCCS athletic events
6. Help reduce waste by bringing your own water bottle or mug, and by joining the Green2Go Program
7. Learn about sustainability progress and take a tour of the Sustainability Demonstration House
8. Participate in faculty/staff games hosted by Campus Recreation
9. Partner with a student and apply for Green Action Funds to get a project done on campus
10. Play an intramural sport
11. Tour the Greenhouse and Farm
12. Volunteer in the library, with research projects, and to help maintain and keep up trails

My Favorite Things In Colorado Springs

Alex Baker

President of Staff Association

Restaurant: Santana's Vegan Grill

Coffee Shop: Loyal Coffee

Brewery: Storybook

Hike: Red Rock Open Space

Spot at UCCS: Mountain Lion Statue

Sporting event: UCCS Faculty/Staff Intramurals

Pet friendly location: Pub Dog Colorado



Sarah Long

Vice President Staff Association

Restaurant: Shugas

Coffee Shop: Stir (You can't go wrong with El Toro)

Brewery: Red Leg Brewing

Hike: Elk Park Trail

Spot at UCCS: Second floor of the library, quiet spot with a great view

Sporting event: The Pikes Peak Marathon and Ascent

Pet friendly location: Catagonia!



Amandine Habben

Welcome Committee Co-Chair

Restaurant: Pig Latin Cocina

Coffee Shop: Wayfinder Coffee Co.

Brewery: Paradox Brewery Company

Hike: Any trail in Palmer Park, great views of the city/mountain

Spot at UCCS: Tava Trail

Sporting event: Air Force football game

Pet friendly location: Bear Creek Dog Park



My Favorite Things In Colorado Springs

Molly Cammell

Welcome Committee Co-Chair

Restaurant: The Rabbit Hole

Coffee Shop: Loyal Coffee

Brewery: Metric Brewery

Hike: 7 Bridges

Spot at UCCS: The second floor of Roaring Fork Dining Hall

Sporting event: I prefer concerts, plays, musicals, etc.

Pet friendly location: Bear Creek Dog Park



Clyde The Mountain Lion

Restaurant: Clyde's Gastropub (obviously)

Coffee Shop: Sanatorium Grounds

Brewery: Bristol Brewing Company

Hike: Tava Trail

Spot at UCCS: Mountain Lion Statue

Sporting event: Any UCCS home game!

Family Friendly event: Parent and Family Weekend

Pet friendly event: Pause for Paws

