

Join us for Human Resources information and insights to help you thrive at work and beyond. If you would like to print our newsletter, you can access it . Happy Friday!

2025 Benefits Open Enrollment has begun! This is your annual opportunity to make election changes to your health benefits. This year, Open Enrollment will take place _____ closing promptly at 5 p.m. You can access all important health plan details and information in the State of Maryland **B G**

For all Open Enrollment details and links, _____ If you have any questions or need further assistance, please contact Human Resources at 410-543-6035 or _____

As we enter the busy fall season, we urge you to make the most of the resources, tools and support provided by your ComPsych GuidanceResources Employee Assistance Program (EAP). GuidanceResources provides confidential emotional support, as well as legal, financial and work-life guidance, whenever and wherever you need it. The videos below offer guidance on common mental health issues and healthy practices:

Affi E A
G

D is observed every October 10 in an effort to raise awareness of mental health issues around the world and to mobilize support for those in need.

D

October is **B C A**, an observance dedicated to increasing awareness of breast cancer issues, especially the importance of early detection.

B C A

Keep your children safe and healthy during _____ with these important safety tips covering costumes, candy, trick-or-treating and more.

A is a period of major social, hormonal and emotional change. With all of these changes going on amid the increasing pressures of family, friends, school and a future career, some adolescents can become depressed. Learn how to help your teen develop the resiliency needed to get through these tough times.

A

Please stay safe and do not hesitate to reach out if you need assistance. EAP details and links can be found here: **E A**



Americans who have put off estate planning estimated 67% don't have plans in place. Do and lack of knowledge cost you and your loved ones.

_____ today! Sessions will be recorded and made available to everyone who registers. Each year, the State of Maryland holds a limited number of onsite Health Benefits Fairs during Open Enrollment. Take advantage of the opportunity to talk with benefits representatives on SU's campus on Tuesday, _____ in the Guerrieri Student Union, Wicomico Room. For additional Health Benefits information, visit _____

_____ **DB** Here you can find plan information, access benefit plan websites and more!



Human Resources is committed to assisting and promoting recruitment efforts for campus vacancies. We recognize that our faculty and staff are valuable recruitment tools and encourage you to forward and share these job postings with potential applicants.

Recent Postings:

Adjunct - Business Law Lecturer

D
A A
A C
G A
C C
F

A E A



Human Resources suggests the following free LinkedIn Learning courses that you can view at your own pace. Take advantage of these timely and informative webinars for professional and personal growth:

B E

A



A E CE FF CE
Quality Services • Guidance • Assistance

Holloway Hall (HH) 153

Make Tomorrow Yours