

Oregon State University aspires to be a community where the diverse life roles of students, faculty and staff are respected and nurtured. We strive to create a family-friendly environment where your work life or school life can be balanced with your personal life.

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**WE BELIEVE  
PEOPLE ARE  
MORE  
PRODUCTIVE  
AND  
SUCCESSFUL  
WHEN ALL  
ASPECTS OF  
THEIR LIVES ARE  
RECOGNIZED  
AND RESPECTED**

**Work Life at OSU | UHR**

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This publication will be made available in an accessible alternative format upon request. Please contact Work-Life at OSU, 541-737-4960 or [christina.schaaf@oregonstate.edu](mailto:christina.schaaf@oregonstate.edu)

UHR

# WORK LIFE AT OSU

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# Work-Life at OSU



There are many work-life resources available to OSU faculty, staff, and students. The most comprehensive website to discover these benefits is: <https://hr.oregonstate.edu/lifebalanceosu>. This website explores resources for family life, health & wellness, work-life, dual career, and much more.

## WORKSHOPS

### BABY@OSU

BABY@OSU (Back After Baby) is a workshop and networking program for parents returning from bonding leave. This workshop is intended for employees who have taken a leave of absence for the arrival of a child. At this workshop attendees will have the opportunity to learn more about sources of support for families at OSU, connect with other parents returning to work and hear information about transitioning into parenthood and back to work. Register for sessions at <http://orst.edu/training>.

### ELDER-CARE CONNECTIONS

Informational meetings and discussions about what it means to be a caregiver and how to best help the ones you love. Open to students, staff, and faculty who have taken on the role of being a caregiver for their aging loved ones or how to do so. To join the email list email [familyresources@oregonstate.edu](mailto:familyresources@oregonstate.edu). For additional elder care resources please view the Aging Adult Resource Guide by visiting <http://childcare.oregonstate.edu/eldercare-resources>.

### FACULTY CANDIDATE INTERVIEWS

In an effort to support work-life balance, OSU offers faculty candidates the opportunity to meet with the Work-Life Coordinator to discuss their unique concerns confidentially. The Coordinator is available to answer questions about the availability of university and community resources; such as employment, dependent care, housing, and other issues related to the candidates' needs, partners and families.

### WORK-LIFE CONSULTATIONS AND PRESENTATIONS

The Work-Life Coordinator is available to meet with individuals, department administrators, and groups about their work-life needs, such as elder care, child care, time management, flexible work arrangements, and work-life balance. The coordinator is also available to present to campus groups.



### DUAL CAREER PARTNER ASSISTANCE

OSU is committed to recruiting and retaining talented employees and understands that accepting employment often involves a complex set of decisions about work and family, including employment for the accompanying partner or spouse. For the partners or spouses of newly hired employees, the Office of Work-Life can suggest resources to enhance their search for employment inside and outside of the OSU community. Some of these services include resources for employment opportunities, follow-up with positions applied for on campus and contacts for networking and resume and cover letter review. Individuals are also encouraged to utilize the Greater Oregon Higher Education Recruitment Consortium ([www.goherc.org](http://www.goherc.org)) a free job board to explore employment at other institutions of higher education within the greater Oregon and southern Washington regions.

