

illuminate

**EDITOR'S
REFLECTIONS**

**MAKE THE MOST OF A
CAMPUS MEAL PLAN**

PROJECT PULSE

**SAVE THE DIGITAL LEARNING
MARKETPLACE WEBPAGE TO
YOUR IPHONE'S HOME SCREEN**



VANDERBILT
People, Culture and Belonging

Vol 1.6

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EDITOR'S REFLECTIONS

Growing up on a rural farm, I learned that success starts with two essentials: cultivating the right soil and planting the right seeds. With care, intention, and hard work, those seeds grew into the harvests that sustained my family. That early lesson of nurturing growth has guided me through the Air Force, corporate life, and now, here at Vanderbilt. Just like on the farm, we're not just working toward results—we're **daring to grow** into something bigger, together.

At Vanderbilt, **belonging, self-direction, collaboration** and **growth** are at the core of everything we do. Whether you're supporting students, driving research or enhancing operations, your work contributes to a larger mission: shaping the next 150 years and bringing out the best in humanity. It's about being part of something bold and visionary, where your role drives progress and opens new possibilities.

To support that growth, we've designed the **Futures Learning Hub**, to help you learn, apply and thrive. It's more than just a technology—it's an opportunity to take charge of your development and cultivate your potential in new ways. With every step, you move from learning to mastery, turning knowledge into action.

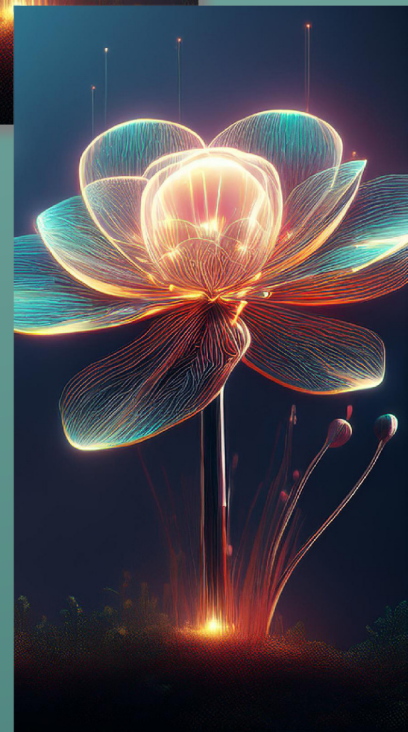
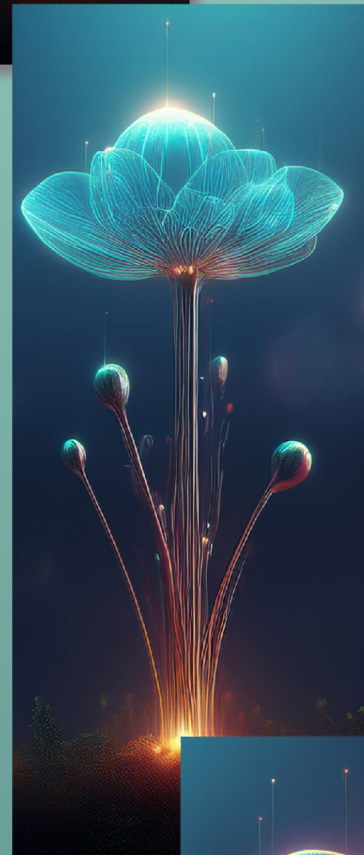
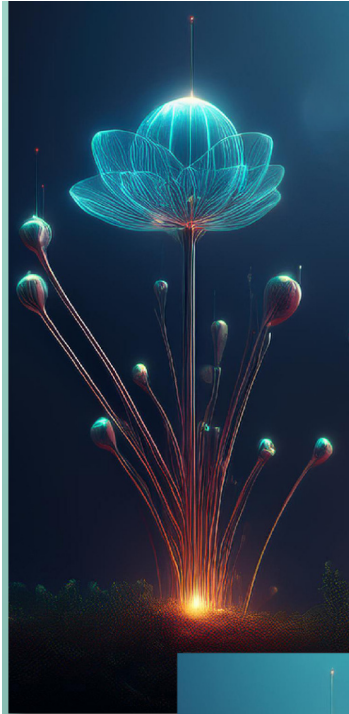
True growth doesn't happen in isolation. It requires community, balance and well-being—core to our mission. Our Wellness Programs offer everything from mental health support to wellness challenges, ensuring you're supported both personally and professionally. Here, you're more than just an employee—you are part of a community that empowers you to grow and thrive.

I invite you to explore these opportunities at the **Fall Staff Assembly on November 14**. We'll be showcasing a **Tell, Show, Do Expo** on how the Futures Learning Hub can shape your professional journey, offering a chance to engage with a new experience and unlock possibilities for your future.

At Vanderbilt, we're planting the seeds of innovation, belonging and excellence. **Dare to grow** and build a future where we all thrive—together.

It's Our Moment!

Sydney



STAFF SPOTLIGHT

*Dallas Albright, Associate Administrative Officer
Blair School of Music*

Congratulation to Dallas Albright!

Dallas has significantly enhanced financial and HR tracking systems for both Vanderbilt Divinity School and Blair School of Music.

She is highly regarded by faculty and staff for her kindness, professionalism, and ability to offer clear, timely guidance that ensures compliance with university policies and procedures. Her cheerful and positive demeanor has earned her widespread admiration from all who have had the pleasure of working with her.



[Submit a nomination for a staff member or team for our Staff Spotlight](#)

THE RESULTS ARE IN!

Team Student Affairs Walks It! wins August step challenge!

Congratulations to Team Student Affairs Walks It! for winning the August step challenge! Your dedication, teamwork, and commitment to staying active are an inspiration to us all. When asked how they reached an impressive 965,130 steps, they replied, “Honestly, we got most our steps chasing loose emotional support animals across campus. We look forward to competing with our colleagues in the future and to everyone’s improved health and wellbeing.”

Thank you to everyone who participated. Whether you walked, jogged, or ran, your enthusiasm, energy, and team spirit made this event a resounding success. Well done and keep up the fantastic work!

Student Affairs Walks it! Team Members

Otis McGresham
Jeremy Bourgoin
Neil Jamerson
Tamaki Silver
Cara Tuttle

University-wide results:

- 70 teams
- 234 total participants
- 96,210 average participant steps
- 22,513,114 total steps
- 11,257 total miles

MEET OUR ONSITE THERAPIST

Kelsie Patton

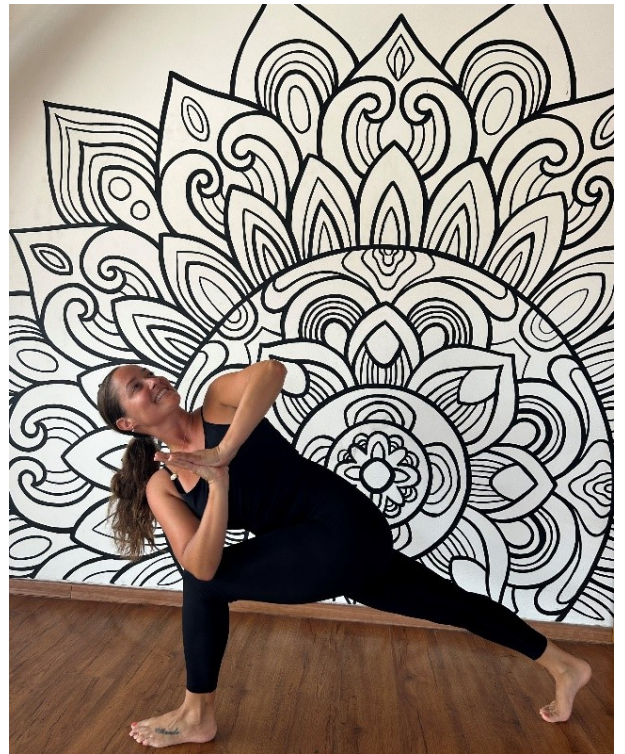
Kelsie Patton, LCSW, serves as Vanderbilt University's onsite therapist. In her role, she offers both virtual and in-person mental health workshops, mindfulness exercises, and collaborates with various departments to address mental health needs. Additionally, she responds to critical incidents, providing essential support to the university community.

Kelsie is also the owner and lead clinician at Kelsie Patton Therapy Services, where she specializes in complex trauma, codependency, and grief and loss. With training in mindfulness and as a certified yoga teacher, Kelsie integrates these practices into her therapeutic approach, offering a holistic and compassionate path to healing.

Contact information:

kelsie.patton@vanderbilt.edu

615-343-3848



SELF-COMPASSION: BEING KIND BUILDS STRENGTH

Self-Compassion = treating yourself the same way you would treat a friend during a difficult time.

Three Elements of Self-Compassion

1. Self-Kindness vs. Self-Judgment – Be kind to yourself rather than evaluating yourself.
2. Common Humanity vs. Isolation – Recognize that you are not alone in your struggles.
3. Mindfulness vs. Over-Identification – Take a balanced approach to negative emotions.

Benefits of Self-Compassion

- Boosts Happiness
- Increases Self-Worth
- Improves Body Image
- Reduces Stress
- Builds Resilience

Did you know?

Empowerment | Rejuvenate | Community

UPCOMING EVENTS & LAUNCHES

■ WANT TO LEARN MORE ABOUT THE WELLBEING CHAMPION PROGRAM? JOIN ONE OF OUR INFORMATIONAL SESSIONS!



The COE Health, Wellbeing and Belonging is hosting a series of upcoming virtual informational sessions about our new Wellbeing Champion Program, an initiative designed to foster a healthier, more inclusive, and engaging work environment. Comprised of employee volunteers from across the university, Wellbeing Champions will act as ambassadors for the COE Health, Wellbeing and Belonging by promoting awareness, education and engagement.

[Session 1: 10/1/24 at 10:00 am](#)

[Session 2: 10/4/24 at 1:00 pm](#)

[Session 3: 10/15/24 at 10:00 am](#)

[Session 4: 10/21/24 at 2:00 pm](#)

[Session 5: 10/31/24 at 1:00 pm](#)

[Session 6: 11/6/24 at 10:00 am](#)

Why Attend?

- Learn more about the Wellbeing Champion program.
- Discover what it takes to be a Champion.
- Hear how Champions will be supported in their role.
- Find out when and how to apply.
- Get your questions answered.

Unable to attend but want to learn more? Visit the Wellbeing Champion Program [website](#) or contact Amy Silvers, Wellbeing Champion Program Manager, at wellbeing@vanderbilt.edu or 615-343-2732.

We are excited to announce that the application window for the Wellbeing Champion Program will open on Monday, October 14th! Mark your calendars and join us in fostering a vibrant culture of workplace health and well-being for all employees.



UPCOMING EVENTS & LAUNCHES

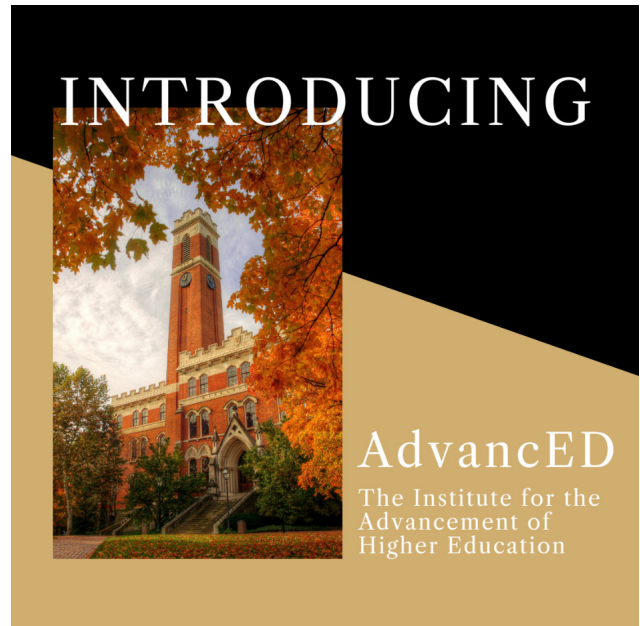
■ INTRODUCING ADVANCED: VANDERBILT'S HUB FOR PEDAGOGICAL INNOVATION

Launched in Fall 2023, AdvancED is Vanderbilt's hub for developing innovative learning experiences that challenge traditional educational models. With a focus on instructional development, learning innovation and student success, AdvancED empowers faculty to enhance their teaching and foster inclusive, dynamic classroom environments.

As a leader in pedagogical innovation, AdvancED is shaping the future of education by helping faculty elevate their teaching strategies, creating transformative learning opportunities that turn students into lifelong learners. Through customized consultations, strategic partnerships and cutting-edge digital learning solutions, AdvancED has expanded Vanderbilt's global impact. This includes pioneering online degree programs, non-credit offerings and a groundbreaking Coursera partnership focused on generative AI.

As Vanderbilt continues to shape the future of education, AdvancED stands as a vital partner, helping faculty push the boundaries of traditional learning to deliver innovative and inclusive educational experiences. By cultivating a collaborative and supportive environment, AdvancED is empowering faculty to develop ideas that make a lasting impact within the Vanderbilt community and beyond.

[Learn more and connect with AdvancED today!](#)



■ JOIN US FOR OPEN ENROLLMENT LABS

Enrollment begins at 8 a.m. CT Monday, October 21, 2024, and ends at 11:59 p.m. CT Monday, November 4, 2024. Elections are effective January 1 – December 31, 2025, unless you have a qualifying life event.

Join us for on campus benefits labs! Get the information and resources you need to make informed decisions. Labs will be Thursday, Oct 24 from 7 am - 5 pm in Sarratt 325/327 and Wednesday, Oct 30 from 7 am - 5 pm in Kissam 210.



UPCOMING EVENTS & LAUNCHES

VANDERBILT, LET'S VOTE!

With Election Day fast approaching on November 5, it's time to make a plan to vote and get informed about your choices on the ballot. Voter registration ends on October 7.

Sign up for election reminders and get help with voter registration at vu.edu/vote.



IMPROVING YOUR CREDIT SCORE

Understanding your credit score can help make your goals more achievable. Five criteria make up a credit score. These include: how much credit you have today, why types of credit you have, how much you use and if you pay your bills on time.

Learn more on Financial Wellbeing from Fidelity.



OPEN OFFICE HOURS

Join PCB Leadership for open office hours every other week starting in September.

[Save the meeting series to your Outlook calendar](#)

SHARE YOUR EXPERIENCE: BENEFITS AT VU

Vanderbilt University has partnered with Fidelity to better understand your unique perspective and identify areas where we can improve to create a more equitable benefits experience.

We would like interested faculty and staff to help us by sharing your experience. You are invited to join confidential and fun group session to share your feedback on our benefits and how they can best meet your unique needs. You do not need to be a benefits expert, and the virtual session is ***anonymous and confidential***. We want your honest thoughts.

Join a session:

Session 1 – Tuesday, Oct. 1, 11–11:45 a.m. CT

Session 2 – Thursday, Oct. 3, 1–1:45 p.m. CT

[Register Now!](#)

PROJECT PULSE

Major PCB project updates

PROJECT POLARIS

Our new [Project Polaris website](#) is live! Check it for updates on our progress.

Over the next 11 months, our People Experience team will engage key leaders to ensure that our skills-based job architecture is tailored to our diverse workforce. We will collaborate with key partners to set clear goals for our change initiatives, tailoring and monitoring outcomes to support our staff throughout this significant transition. This collaborative approach will optimize change resources and ensure the success of Project Polaris.

PROJECT KAIZEN

The initiative to establish a centralized Project Management Office (PMO) for the People, Culture, & Belonging (PCB) division, known as Project Kaizen, has taken an exciting new turn. Last month, Tara Mele was welcomed as the new Director of Project Innovation. Tara brings a wealth of expertise and fresh perspectives that are helping to refine and strengthen the PMO strategy.

By staying receptive to feedback and continuously improving the PMO framework, the team is ensuring the final solution will truly meet the needs of the PCB division. The team has been able to pressure test the initial PMO design and identify new opportunities to make the system more data-driven and automated. This collaborative spirit and openness to change aligns perfectly with the agile principles of responding to feedback and iterating on the plan as needed.

The project management approach, along with templates, automation, AI, Monday.com, and team support, aims to deliver a project portfolio management system that drives traction, accountability, efficiency, and transparency. The team is energized by the prospect of launching a best-in-class PMO that leverages this blended approach and the latest innovations. We look forward to sharing more updates as this dynamic project continues to evolve

MAKE THE MOST OF A CAMPUS MEAL PLAN

Daniela Garcia, Communications Strategist, Auxilliary Services

Vanderbilt Campus Dining offers faculty and staff the option to purchase Flex Meals which are prepaid blocks of meals redeemable at any Campus Dining location. Available for purchase year-round, these meals are conveniently loaded onto your Commodore Card or mobile wallet via the GETApp, allowing for easy checkout with just a tap of your phone or card.

Each semester, Campus Dining runs a special promotion: buy 10 meals at regular price and receive 3 bonus meals for free! Plus, Flex Meals never expire—you can use them at any time during your Vanderbilt experience.

Menus & Nutrition

Whether you want to take a quick look at menus for that day or look ahead into the week's offerings, the Campus Dining website offers [weekly menus](#) and nutritional details through Net Nutrition, where you can filter options by dietary needs such as Kosher, Halal, vegan, or specific allergens like gluten or soy. This is especially useful for those with dietary restrictions or preferences due to health, religion, or lifestyle choices.

Reuse Pass

Finally, if you are on the go, Vanderbilt Campus Dining offers a reusable container program called [Reuse Pass](#) available for all faculty and staff. You can save the individually assigned QR code to your mobile wallet to use each time. It works like a library card. Check out as many containers as you'd like and simply return them to any dish station at any dining hall -- except Zeppos due to Kosher guidelines.

Purchase Flex Meals

- 1 Visit <https://meals.vanderbilt.edu/meals/>.
- 2 Enter your Vanderbilt VUNetID and password
- 3 Check out using a credit card.

Culinary Profiles

One special tip for [navigating Campus Dining](#) is getting to know the culinary profiles across campus and learning what you like!

For example, [Rothschild Dining hall](#) highlights East Asian flavors serving delicious pho, stir fry, and ramen stations.

Meanwhile [E. Bronson Ingram](#) is our free of the Top 9 allergens dining hall and features made-to-order bowls, ancient grains, and a variety of both animal and plant-forward protein options.

Questions?
Contact Campus Dining

SAVE THE DIGITAL LEARNING MARKETPLACE WEBPAGE TO YOUR IPHONE'S HOME SCREEN

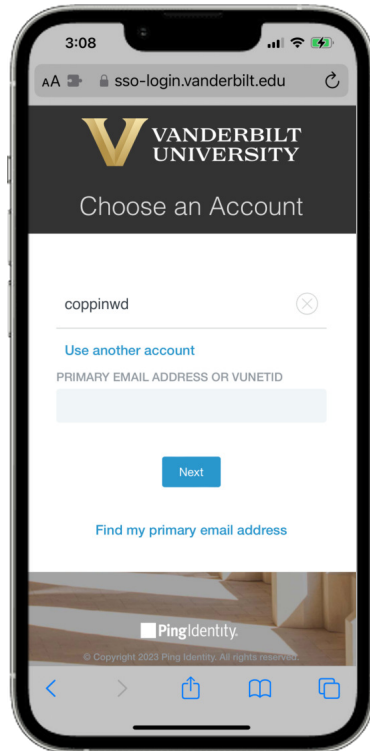
Futures LearningHub

Step 1

Open Safari. Navigate to <https://ecsr.fa.us2.oraclecloud.com/fscmUI/redwood/learner/learn/learn-landing>

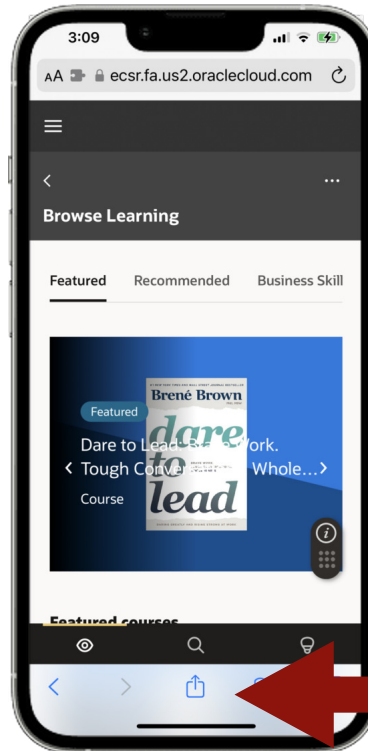
Make sure you visit the exact page to open through the shortcut. Tap "Go."

Sign in using your VUNetID and password.



Step 2

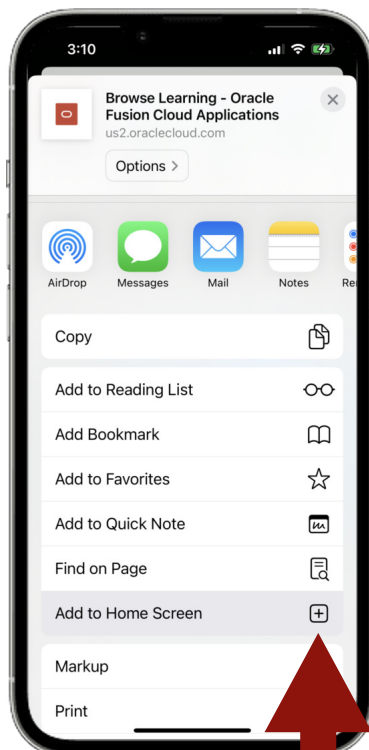
Tap the Share button on the bottom of the page. It looks like a square with an arrow pointing out of the top



Step 3

In the list of options that appear, scroll down until you see Add to Home Screen. Tap this. The **Add to Home Screen** dialog box will appear.

Choose a name for the website shortcut on your home screen. You'll see the link so you can confirm it, as well as the site's favicon that will appear as the "app" icon on your home screen. Click **Add** when you're done.



Step 4

Safari will close automatically and you will be taken to where the icon is located on your iPhone's or iPad's home screen

Now just tap the new "app" or shortcut on your home screen, and it will open the Futures LearningHub's digital learning marketplace in its own navigation window.





VANDERBILT
People, Culture
and Belonging