

Good afternoon, USC!

Here are your updates for the week of February 16th-19th

Important Dates:

Wellness Contest: Please send all photo submissions to Kate by Feb 19th!

Important Information:

Family Services EAP:

Please find attached the latest newsletter from our EAP provider. If you have any questions or require their services, please contact them at 1-844-864-8343.

Engagement Committee:

We are really looking forward to getting the Engagement Committee together again. Our first meeting will be on Tuesday February 16th at 2:00 pm. If you are interested in joining please let Kate know.

Departmental Updates:

PEOPLE AND DEVELOPMENT

Wellness Program:

We are really excited to announce that everyone is getting an additional \$50 added to their Wellness Benefit as mentioned in the Town Hall.

Just a friendly reminder that if you would like access to a Headspace account you can enroll for free using this link! Headspace is a wonderful app that has guided meditation sessions, workouts, podcasts, and playlists created to help you focus while doing work!

<https://work.headspace.com/universitystudentscouncilofwesternuniversity/member-enroll>

FINANCE

Thank you for submitting your AP and AR details promptly. AP cheques are being mailed, be sure to include an address. Please reach out to the Finance team regarding deposits and payments. We will do our best to accommodate your financial needs in a timely manner. Need a copy of your 2020 T4, PT copies reach out to Tanee, FT copies to MA.

INFORMATION SYSTEMS

Is your internet fast enough?

To see what kind of speed you are getting, visit an online testing service like <https://www.rogers.com/customer/support/article/internet-speedtest>. Since your usage varies, it is a good idea to run this a few different times during the day, and then average the result.

The US FCC published a handy guideline to help estimate what level of service you need based on your usage...

	Light Use (Basic functions: email, browsing, basic video, VoIP, internet radio)	Moderate Use (Basic functions plus <i>one</i> high-demand application: streaming HD video, multiparty video conferencing, online gaming, telecommuting)	High Use (Basic functions plus <i>more than one</i> high-demand application running at the same time)
1 user on 1 device	Basic	Basic	Medium
2 users or devices at a time	Basic	Medium	Medium/Advanced
3 users or devices at a time	Medium	Medium	Advanced
4 users or devices at a time	Medium	Advanced	Advanced

Basic Service = 3 to 8 Mbps*

Medium Service = 12 to 25 Mbps

Advanced Service = More than 25 Mbps

*Mbps (Megabits per second) is the standard measure of broadband speed. It refers to the speed with which information packets are downloaded from, or uploaded to, the internet.

(<https://www.fcc.gov/consumers/guides/broadband-speed-guide>)

If your speed is lower than your need, or lower than you expected, there are a few things you can do. The fix could be as simple as restarting your modem and router! Test again to see if that made a difference.

The next thing to try is checking those devices for upgrades or firmware patches. These software updates provide stability, speed and security enhancements, and should be done regularly.

Moving the router to a different location, or tweaking the direction of any external antenna, can also help eliminate any low reception points in your house. You can also purchase range extenders that plug into any electrical outlet for a performance boost.

RESERVATIONS & BUILDING SERVICES

The building hours for the UCC commencing Monday February 22nd will be:

Monday Friday – 6:00am – 8:00pm

Saturday / Sunday: 6:00am – 4:00pm

These hours might be adjusted on a later date.

REMINDER: TO SIGN IN AND OUT OF SWIPEDON IF YOU ARE ENTERING THE BUILDING FOR WORK AS WELL AS COMPLETING THE USC COVID ACKNOWLEDGEMENT BEFORE COMING TO WORK.

The UCC is scheduled for a Fire Drill for February 23rd. Typically these are scheduled early in the morning so as to not interfere with any food service operations in the building.

ADVOCACY AND GOVERNMENT SERVICES

PROMOTIONS PRINT PRODUCTION