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<td>Sign up on Hubbub »</td>
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<td>JUL 14</td>
<td>Go Learn: Fueling Workouts</td>
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<td>JUL 17</td>
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<td>JUL 31</td>
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More Events and Deadlines »

**Go Learn: Fueling Your Workouts**

Thursday, July 14
12–1 p.m.
Lone Mountain Main 100

Staying hydrated and fueling your muscles is essential for promoting optimal recovery. Learn how to apply principles of sports nutrition to maximize your training and compete at your best!

**New Ergonomics Vendor: Syntropy**

Effective July 1, the university changed its ergonomics vendor to Syntropy in order to provide faster and more effective service for employees. Save the dates for the following Syntropy meet-and-greet sessions. Light snacks will be provided!

**Go Nourish Challenge**

July 1 – July 15

Create a team of four USF colleagues on Hubbub, and earn points for eating fruits and vegetables. Eating a team total of 100 servings enters your team into a raffle to win a prize!

**Sign up and play on Hubbub »**

**AIDS Walk San Francisco**

Sunday, July 17
9 a.m.–12:30 p.m.
Golden Gate Park

AIDS Walk San Francisco is a 10k fundraising walk that benefits Project Inform, Ward 86 at San Francisco General Hospital, Project Open Hand, and HIV/AIDS programs and services throughout the Bay Area. Support the USF Dons Team this
Thursday, July 21 | 12–1 p.m.
Lone Mountain Main 100

Wednesday, July 27 | 12–1 p.m.
McLaren 252

Read more »

**EPAF Updates**

The USF Human Resources Information Systems (HRIS) team is pleased to announce the launch of an Electronic Personnel Action Form (EPAF) improvement project designed to simplify processes for supervisors, business managers, and other designated EPAF initiators and approvers.

Read more »

**myLearning Online Courses**

We are pleased to announce that SkillSoft and LawRoom online courses are now available in myLearning, your learning management system for in-house and online HR professional development offerings.

To register for available SkillSoft and LawRoom courses, visit [myLearning.usfca.edu](http://myLearning.usfca.edu), log in with your myUSF credentials, and click on the “Online Training” button from the homepage.

For more information about all 100 SkillSoft courses, manager certification courses, and this year's LawRoom courses, please visit our myLearning web page.

Read more »

**Summer Commuting**

Have you set up a recurring commuter benefit order but do not plan on using it this summer? To change your commuter benefit order, please follow these steps:

- Log into [My Commuter Check](http://My Commuter Check) (MYCC)
- Select only the months you want to receive your order
- Click "Checkout" when you are finished

View informational graphic »
Read more about commuter benefits »

**Dons Sports Camp**

**Koret Kids Kamp**
Each summer, USF's Athletic Department sponsors sports-specific camps for boys and girls of all ages. Many USF athletes return to instruct the camps as they develop and strive toward excellence in their respective sports, bringing top-notch qualifications, expertise, and passion. Your athlete will enjoy a relaxed, supportive, and healthy environment that promotes learning and personal growth.

Read more and apply »

Bring your children with you to campus this summer! Kids Kamp, a weekly summer camp held at Koret, provides a comfortable environment for children to participate in recreational activities without the pressure of a high intensity skills camp. By starting at a young age, the individual camper will be able to develop proper habits for long-term sports interaction and recreational success.

Read more and apply »

Young Minds at Work

Thank you to all 90 children and 80 adults who participated in this year's Young Minds at Work! Thank you also to our 40 volunteers and department leaders who helped make the day flow seamlessly. The younger group, ages 0-9, participated in a biology lab, arts and crafts at Gleeson/Thacher, SOHNP's nursing skills lab, and free play at Koret. The older group, ages 10 and up, participated in Student Leadership's ice breaker activities, the St. Ignatius tower tour, SONHP's simulation lab, and a tour of Gleeson Library's rare book room. The day wrapped up with a group lunch, a visit from the San Francisco Fire Department, and pictures with our USF mascot Don Francisco!

View more pictures on Facebook »

Sexual Harassment Prevention Training

As a reminder, university policy requires that all full-time faculty and staff complete their Prevention of Sexual and Other Unlawful Harassment (PSOUH) training within the first three months after their date of hire and every two years thereafter. If you have been notified this year, you must complete your training by Dec. 31 through an in-person or online training session.

Log into myLearning to register for training »