



## September 2025 Newsletter



### **Sheri Hylton**

Aramark Catering  
Supervisor has worked at  
UCA for 26 years

If you have ever scheduled catering or attended an Aramark catering event, then you know Sheri Hylton! Her contagious smile and positivity flow as she hurriedly takes care of business.

### **Sheri is this month's UCA Unsung Hero....**

Sheri enjoys the variety of her job- "The variety of people that we serve, the locations and the events. Every day is different. From quick drop off coffee or drinks for a few people, to fancy served meals at the President's House, to buffets for different student groups, to served meals for over 1200 people."

- Outside of work Sheri enjoys gardening, fishing, kayaking and most things outdoors and, of course, spending time with my family.
- To me, UCA means community, friends, family...

Employee Assistance Program Presents

# Supervisor TRAINING

Most supervisors and managers will agree that one of their biggest stressors is dealing with "challenging" employees. These situations can be time-consuming for you as a manager.

**\*This is for all supervisors, regardless of BeWell eligibility or participation.\***

July 10<sup>th</sup> and October 30<sup>th</sup>  
1:45 - 2:30 PM

Student Center  
ROOM 223

**Expert Instructors**  
Learn how to appropriately handle tough situations & more about the EAP program

**Interactive Sessions**  
Perform experiential exercise/self-evaluation regarding your management skills

Contact Us  
501-450-3239 or [ucabewell@uca.edu](mailto:ucabewell@uca.edu)

EMPLOYEE ASSISTANCE PROGRAM

UNIVERSITY OF CENTRAL ARKANSAS  
UCA BeWell

*"The purpose of life is a life of purpose."*

Robert Byrne

### **Fall 2025 Employee Book Club**

Registration Link Available Here: <https://uca.edu/hr/protectedcontent/seminar-information/>

***The Anxious Generation*** By Jonathan Haidt

**Facilitator:** Charlotte Strickland, *HR-Employee Engagement and Enrichment*

A social psychologist, argues that the rising rates of anxiety, depression, and self-harm among adolescents are linked to the widespread adoption of smartphones and social media, particularly in the early 2010s. Haidt contrasts the traditional "play-based childhood" with the modern "phone-based childhood," highlighting how the shift to online interactions has negatively impacted children's social and neurological development.

The book proposes a four-rule framework and calls for action from parents, educators, and policymakers to create healthier childhoods by limiting screen time, encouraging play, and fostering real-world connections.

This book will provide a great opportunity for UCA employees to discuss the framework and its application to our students. **\*Random drawings for FREE book courtesy of UCA Bookstore.**

#### **ONSITE**

Ronnie Williams Student Center 226

**September 25, October 2, 9, 23, 30,  
and November 6, 2025 (Thursdays)**

3:00-4:00 pm

#### **ZOOM**

**September 26, October 3, 10, 24, 31 and  
November 7, 2025(Fridays)**

9:00-10:00 am

### ***Vector Courses and Timeline for 2025-26***

- Sexual Harassment and Policy Prevention
- OARS: Digital Accessibility Training
- Camps on Campus: Keeping Minors Safe
- IT: Email and Messaging Safety
- FERPA: Confidentiality of Records (New Hires only)

**The following courses will have the Test Out option available-**

*\*Sexual Harassment & Policy Prevention  
\*Camps on Campus: Keeping Minors Safe  
\*IT: Email and Messaging Safety*

**New Hires have 90 days to complete their training.**

All other employees have until  
**February 4, 2026.**