



May 2025

Dates to Remember

- Monday, May 26th – Memorial Day – campus will be closed for the holiday
- Tuesday, May 27th – Payroll due date for biweekly time moved to Tuesday due to Holiday

PAGEUP Transition Updates

In early May, Human Resources is transitioning all recruitment, performance and learning management functions to a new system designed to combine the current functions of the Cornerstone Talent Management System (TMS). OSU-OKC supervisors who need to recruit for positions in the coming weeks are encouraged to connect with Human Resources for conversations on recruitment ahead of this transition.

Mental Health Awareness Month

May is Mental Health Awareness Month, which is an important opportunity to prioritize mental well-being and share the support resources available to employees and their dependents.

In addition to the various [wellness resources](#) available on campus, review the following services, available at no cost:

Employee Assistance Program – ComPsych

OSU's [EAP](#), offered through ComPsych, provides confidential support to employees and their dependents for a variety of concerns including stress, family issues and emotional well-being.

BCBS Mental Health Hub – Now Available for 2025

Employees enrolled in the BCBS medical plan now have access to the new BCBS Mental Health Hub.

This resource offers expanded mental health tools and services tailored to meet a variety of needs. [Watch the introductory video](#) and access the Hub by logging into bcbsok.com, selecting "Behavioral Health" and choosing "Mental Health Hub."

BCBS Learn to Live (L2L)

[Learn to Live](#) is a digital platform that partners with BCBS of Oklahoma to offer free, confidential support for mental health challenges like anxiety, depression and more. Services include:

- Self-guided, evidence-based online programs
- Live coaching from licensed clinicians
- Webinars to promote emotional well-being

TIAA Webinars and Advice Sessions

TIAA is hosting two financial wellness webinars in May. Can't make it to a session? They are recorded and can be viewed at the same registration link for 90 days after the event concludes.

Wednesday, May 7, at 11 a.m.: [How can I afford college for my kids or grandkids?](#)

Thursday, May 15, at 2 p.m.: [Financial wellness and mental health: Insights from the TIAA Institute](#)

Last month's [Quarterly Market Update](#) is still available on-demand. TIAA has provided additional resources on [market volatility](#) and [investment dynamics](#).

TIAA is on the Stillwater campus one day a week, every other week, each month during spring 2025, offering one-on-one appointments. Additional appointments are available at the Stillwater TIAA office or virtually. To schedule an appointment, visit [TIAA](#) or call [800-732-8353](tel:800-732-8353).

On Campus TIAA Retirement Consultations

You can meet with a Financial Consultant at OSU-OKC Campus

No matter where you are in life - just getting started or planning for retirement - a session with a Financial Consultant can help you create a plan for your goals. And it's at no additional cost as a part of your retirement plan. You'll get answers to these questions and more:

- Am I invested in the right mix of investments to help meet my goals?
- Am I saving enough to create the retirement income I need?
- How do I take income from my retirement account once I stop working?

TIAA will be available these dates and times for one-on-one sessions.

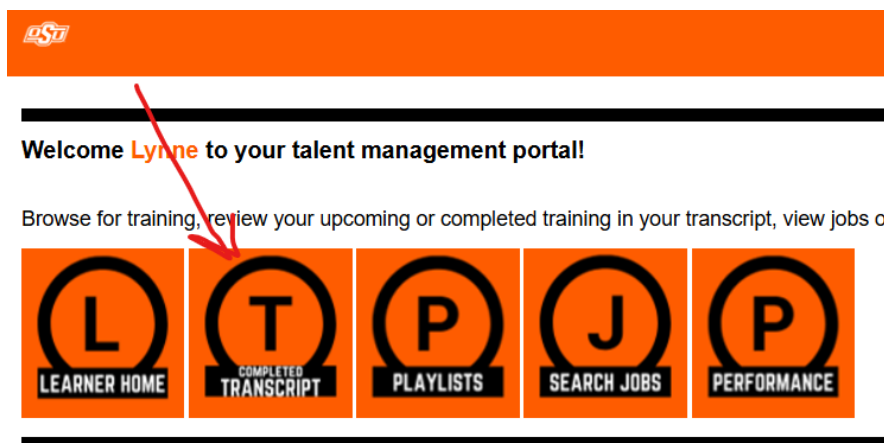
- Thursday, June 26th from 9:00am to 3:00pm in SC Pistol Pete conference room

RSVP today, as space is limited. Register for sessions at tiaa.org/schedulenow, or by calling **800-732-8353**, on weekdays, 7 a.m. to 9 p.m. (CT).

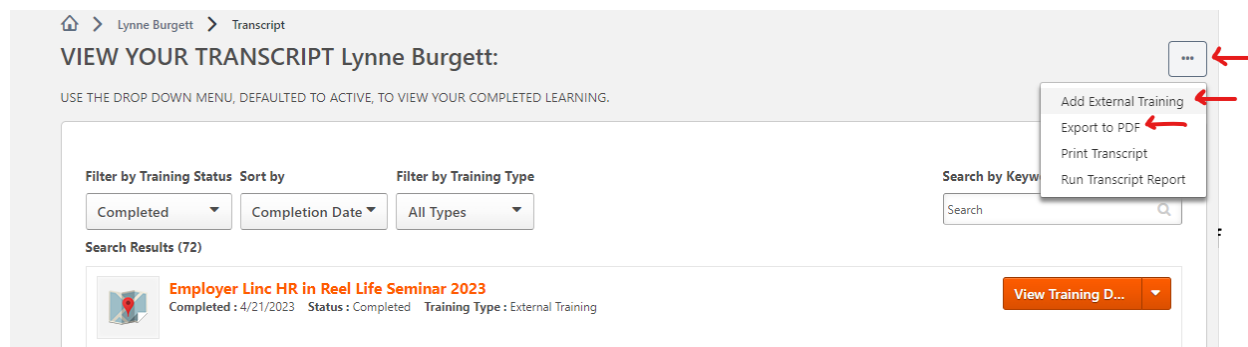
OTRS members can [learn more about retirement planning seminars here](#) or [visit their member portal](#) to review their account and estimates.

Annual Staff Evaluations

It's time for Annual Staff Evaluations. Remember that all employees are required to participate in two professional development training courses per year. The dates of review are May 1, 2024, through April 30, 2025. To view a copy of your Talent Management System (TMS) training, go to talent.okstate.edu, log in with your O-key, and click on *Completed Transcript*.



You should see any professional development you have completed on your transcript providing it was submitted to HR. To export your training list or to add external training, click on the 3 horizontal dots toward the top right of your transcript page.



Counseling and Support

The [Counseling and Support](#) website lists available community resources and student support resources. You will also find links to the Student Wellness newsletter, a mental health activity calendar, and a link to the [Wellness Center](#) site. For more information, please reach out to Ross Duren.

Ross Duren, LMSW
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405-945-3346
ross.duren@okstate.edu

Employee Assistance Program

OSU offers employees access to an [Employee Assistance Program](#) at no additional cost to you. You and your dependents can use the EAP for things like confidential counseling, work-life solutions and legal support.

There are three ways to access this benefit:

1. Call [855-850-2397](tel:855-850-2397). You'll speak to a counseling professional who will listen to your concerns and can guide you to the appropriate services you require.
2. Visit www.guidanceresources.com, click **Register**, enter **OKSTATEEAP** as your Web ID, then create your user ID and password

3. Download the **GuidanceResourcesNow** app for your mobile device.

If you have any questions regarding this benefit, please contact Human Resources.

Employee Updates

New Employees

Name	Title	Dept.	Hire Date
Dallas Banks	Academic Advisor	Academic Advisement	5/5/2025
Alexys Thompson	Testing Specialist	Testing & Assessment	5/5/2025
Zariyapah Bennett	Financial Aid Counselor	Financial Aid	4/28/2025
Jessica King	Academic Advisor	Academic Advisement	4/28/2025

Employee Departures

Name	Title	Dept.	Last Day
Richard Stocke	Assistant Professor	Information Systems Tech.	Retiring 5/31/2025
Alexia Chavez	Student Services Specialist	Admissions	5/12/2025

Human Resources Team



Email: okc.humanresources@okstate.edu