

Discover U is a staff development focused workshop organized by Staff Senate of NDSU.

Join us
Wednesday, February 13th 2013
7:15 a.m. ~ 1:00 p.m.
Memorial Union ~ Great Room

Managing & Balancing Your Finances and Stress Management

TAX-SMART WAYS TO SAVE AND INVEST

Juan Guerrero & Paul Fuller, Senior Financial Consultants from TIAA-CREF, will talk about strategic ways to save and invest your dollars.

MANAGING YOUR MONEY IN 2013

Lori Scharmer, NDSU Extension, will speak about building a budget and ways to stay on track as you work toward your financial goals.

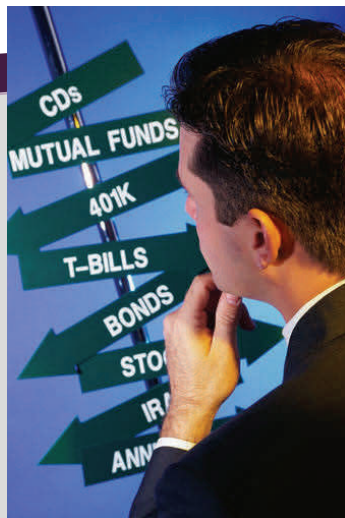
TAXES AND TAX PREPARATION

James Clifton, NDSU Accounting professor, will be sharing advice on the most effective ways to handle your taxes, including preparation tips.

STRESS MANAGEMENT:

BALANCING WORK AND LIFE

Elizabeth Gjerde from Deer Oaks EAP Services will provide helpful ways for facing stress and how to create a healthy balance between work and your life outside of work.



\$20.00 per person

Schedule:

- 7:15 a.m. ~ 8:00 a.m. ~ Registration/Light Breakfast (Whole Fruit, Cake Donuts, Juice, Coffee & Ice Water)
- 8:00 a.m. ~ 9:00 a.m. ~ Tax-Smart Ways to Save/Invest
- 9:00 a.m. ~ 10:00 a.m. ~ Managing Your Money in 2013
- 10:00 a.m. ~ 11:00 a.m. ~ Taxes and Tax Preparation
- 11:00 a.m. ~ 12:00 p.m. ~ Stress Management
- 12:15 p.m. ~ 12:45 p.m. ~ Lunch Buffet - It's a Fiesta!

Registration: Return form & check or IDB to
Christina Exner, Dept. 7620
Ag & Bio-Systems Engineering ~ ABEN #103
or register & pay online @
www.ndsu.edu/staff_senate
Click on this link to pay online
<http://tinyurl.com/8ysq3s6>

Name _____

Dept. _____ Phone: _____

Email _____

Payment Method:

- ◆ Dept. Purchasing Card or Individual Credit Card (online only)
- ◆ Electronic Billing (SSI) - please email Christina Exner at Christina.Fischer@ndsu.edu
- ◆ Department IDB
- ◆ Personal Check (payable to NDSU Staff Senate)

Registration deadline: Friday, February 8, 2013

Individuals with disabilities are invited to request reasonable accommodations to participate in NDSU sponsored programs and events. To request accommodation, please contact Paula Schneider at 231-8127 by Friday, February 8th to make arrangements.

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