



Sights and sounds from Homecoming 2022

Hawkeye pride was on display at the UI Homecoming Parade and at campus events throughout the week. Check out this photo gallery and video recap of Homecoming 2022.

[Watch the video/view the gallery →](#)



Make your 2023 benefits selections before Nov. 15

Open enrollment for 2023 benefits began Tuesday and will be open until 5 p.m. on Nov. 15. Please take some time to log in to Employee Self Service to make selections for next year, including your health and dental insurance, adding or dropping a qualified dependent, and more. To review plan changes and rates, along with many helpful resources, visit the University Human Resources website.



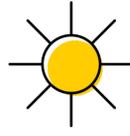
Make plans to vote on Tuesday, Nov. 8

Tuesday, Nov. 8, is Election Day in Iowa. You can find everything you need to know about races in your precinct, where you go to vote, how to update your voter registration information, and more on the Johnson County Auditor's website. Polls will be open from 7 a.m. to 8 p.m. We encourage you to take part in the election process.



Familiarize yourself with UI's political activity, expression guidelines

Excited to advocate on behalf of your favorite candidate on Tuesday? The University of Iowa supports your constitutional right to express your personal opinions regarding political candidates and issues, but there are a few guidelines you need to remember as an employee of a public institution. Faculty should review the political activity guidelines on the [Office of the Provost website](#). Staff should review the political expression guidelines on the [University Human Resources website](#).



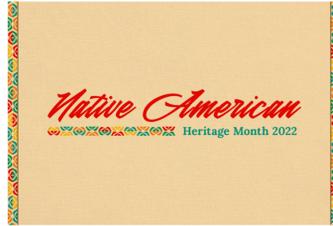
Reminder: Daylight saving time ends this weekend

Don't forget to set your clocks back one hour before you go to bed Saturday night so you'll be on time for your Sunday events. Daylight saving time ends at 2 a.m. Sunday, which means we'll get an extra hour of sleep but will have an extra hour of afternoon darkness each day until March 12.



Winter is on its way. How do I know if classes will be canceled?

Winter weather soon will be returning to Iowa City, and it's important for you to get reacquainted with the University of Iowa's Extreme Weather Protocol. Read these important reminders on how to prepare for the winter months.



Native American Heritage Month: Read UI's Indigenous Land Acknowledgment

Did you know that the university has a formal Indigenous Land Acknowledgement? Often this statement is read before the beginning of an event or is included in the footer of an email. A land acknowledgement is a formal statement that recognizes and respects Indigenous Peoples as traditional stewards of this land and the enduring relationship that exists between Indigenous Peoples and their traditional territories. Read more about our statement and why it's important.



Celebrate UI's Veterans during Veterans Week

Students, faculty, and staff are invited to join Iowa's Veterans and military-connected community Nov. 6–13 in honoring those who provided military service. The week culminates with Veterans Day on Nov. 11 and the Iowa football military appreciation blackout game vs. Wisconsin on Nov. 12.



International Education Week highlights Iowa's global mission

International Education Week highlights how the UI's global mission extends from faculty research at international destinations to the recruitment of thousands of international students and the creation of study abroad programs for countless Iowa students.



Tips for managing your post-COVID compassion fatigue

Compassion fatigue is trauma that you can experience from caring for others or from vicariously experiencing another person's trauma or loss. Learning to manage your compassion fatigue can help you manage your energy, identify what you're uniquely positioned to do, and adopt a more realistic approach to balance in your life.



Iowa's world-class wrestling facility gets its name

Pending Board of Regents, State of Iowa, approval at its meeting on Nov. 9–10, the University of Iowa will name its new world-class wrestling training facility in honor of Doug and Ann Goschke's generous support.