

**NSU Human Resources
Lunch and Learn
April 28, 2026**

Investing in Our Spartans

Open Enrollment: May 15 to May 29, 2026

- **Health Care Open Enrollment Coming in May 2026**
- Open Enrollment for health benefits and flexible spending accounts (FSAs) will be held from Friday, May 15 – Friday, May 29, 2026.
 - Employees will not be able to make any changes or enrollments prior to the beginning of open enrollment May 15.
- Information regarding the details for open enrollment will be sent to the mailing address you have listed in Cardinal.
- Employees, please ensure that your personal contact information is accurate in Cardinal:
 - Home address (and Mailing address, if different)
 - Phone number
 - Email address
- Human Resources will publish a campus announcement once open enrollment forms are available from DHRM.
- HR will host several in-person help sessions to assist with completing forms and answering questions. Dates and times will be published via campus announcement.



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Benefits Fair – October 2026

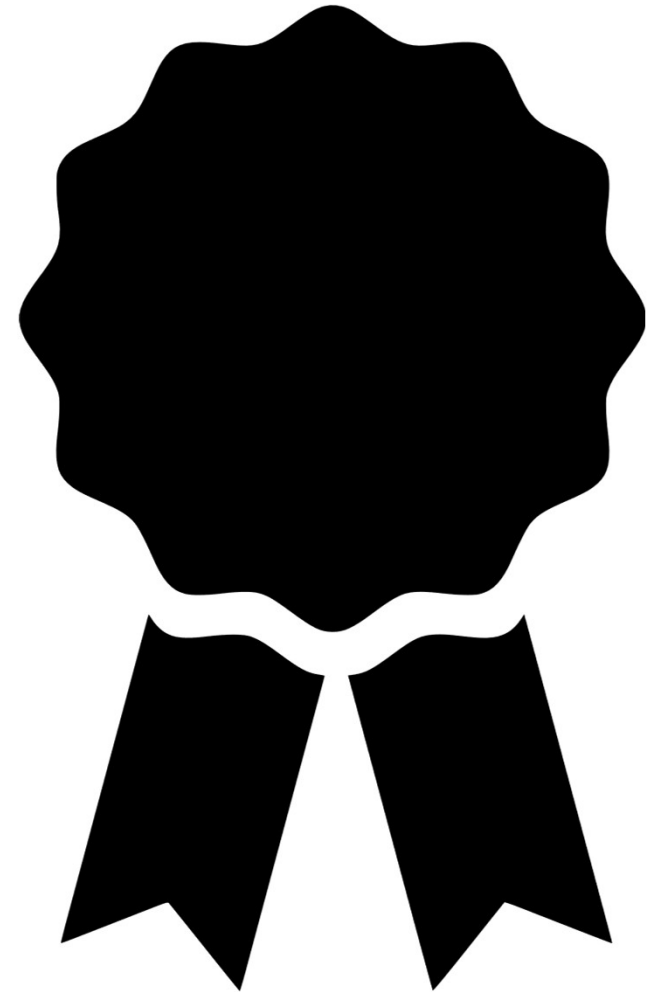
- Connect with benefit providers and campus partners
- Explore programs that support you and your family
- Get answers to your benefits questions



Employee Service Recognition

—
November
2026

- Honoring years of dedication and service
- Celebrating the impact of our employees
- Join us in recognizing our colleagues



Focus Friday – May 29

- Monthly HR learning and engagement series
- Updates, insights, and interactive discussions
- Your opportunity to stay informed and connected



Wellness Initiatives

- NSU Walking Group
Brown Hall, every Tuesday
5:30 PM
Contact Ms. Camellia Harris
(cmharris@nsu.edu) to get on
the walking list
- CommonHealth resources
available today





CommonHealth

- CommonHealth is celebrating America's 250th anniversary with a brand-new wellness adventure... and you're invited!
- Here's how it works:
- **Registration: April 22 – May 8**
- **Challenge Dates: May 1 – July 9**
- **The Goal: 250 miles total — that's about 25 miles per week**
- **Feeling bold? Try the Ultra Challenge and aim for 500 miles!**
- **Tracking is flexible: 1 mile = 2,000 steps = 15 minutes of movement—any movement counts!**
- Let's do this—one mile, one step, one minute at a time. Here's to a strong, feel-good summer ahead!



Workday Transition

GO LIVE JULY 1, 2026
Daily Campus Announcements



<https://workday.nsu.edu/>



**NORFOLK STATE
UNIVERSITY**

WORKDAY TRAINING

BE PREPARED. GET TRAINED. START STRONG.



Workday is your new system for Human Resources and more. Training is your first step to a successful launch.



**SESSIONS BEGIN
MAY 5, 2026
REGISTER TODAY! →**



SCAN TO REGISTER!



Or register online: https://www.surveymonkey.com/r/WD_Training

TWO TRAINING OPTIONS



WORKDAY BASICS AND NAVIGATION

(ALL EMPLOYEES)

Learn the basics of Workday, including navigation, search, and key tasks for your day-to-day work.



WORKDAY NAVIGATION FOR MANAGERS

(EMPLOYEES WITH DIRECT REPORTS)

Learn manager-specific tasks, including managing your team, approvals, and using manager tools in Workday.



Training resources, including job aids and videos, will be available on the Workday website.



LEARN.



LEAD.



TRANSFORM.


Behold
BEHOLD
THE GREEN & GOLD!



CELEBRATE

 **PUBLIC SERVICE
RECOGNITION WEEK**

Public servants fuel America every day, in every community

MAY 3-9, 2026 

We Celebrate YOU!