



Goal setting: Get ready for FY27

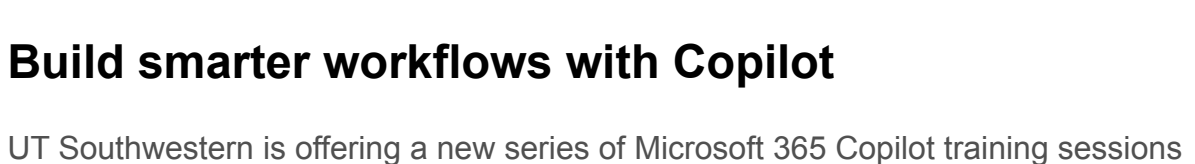
As performance evaluation season continues, now is the time to build on your accomplishments and set thoughtful goals for the year ahead.

Turning your ideas into clear, actionable goals can sharpen priorities and set a strong foundation for the FY27 performance period.

Starting **July 8**, HR will host weekly trainings designed to help you create effective goals, break them into manageable steps, and adapt as priorities evolve. You'll also learn how to document your goals in iPerform and avoid common pitfalls.

Whether you're new to setting goals or a seasoned pro, these sessions will make it easier for you to move forward with clarity and purpose.

[Sign up for a session](#)



Build smarter workflows with Copilot

UT Southwestern is offering a new series of Microsoft 365 Copilot training sessions focused on helping employees work more efficiently and confidently with AI.

With both in-person and virtual options, the sessions highlight practical use of Copilot across Outlook, Teams, Word, Excel, and PowerPoint through a mix of one-hour webinars and full-day, hands-on learning.

[Webinar: Communication with Impact Using Copilot](#)

July 7, noon to 1 p.m.

Learn how Copilot can be used to draft, refine, and summarize communications, capture meeting insights, and create polished content.

[Webinar: Turning Data into Decisions with Copilot](#)

July 24, noon to 1 p.m.

Understand how the tool can analyze data, identify trends, and generate clear insights while applying effective prompting techniques and structured approaches with Excel Copilot and the Analyst agent.

[In-Person Copilot Trainings](#)

July 20 and July 21, 9 a.m. to 4 p.m.

Gain practical Copilot skills in a full-day, hands-on training that combines foundational knowledge with real-world Microsoft 365 applications.

For questions, [email](#) Garrett Monroe.



Score a goal for family fun this weekend

Looking for a different way to celebrate Independence Day? North Texas Soccer Club opens its new stadium in Mansfield on Saturday, **July 4, with a 7:45 p.m. match** against St. Louis CITY2.

The evening wraps up with a Fourth of July fireworks show. There are 250 complimentary tickets available for UT Southwestern employees and their families. Claim your tickets using the link below while supplies last.

For questions, contact the [Brand team](#).

[Reserve your seats](#)



Strong glutes key to mobility and healthy aging

Building stronger glutes can do more than enhance your appearance. These muscles play a critical role in how you move, balance, and age. According to **Antonia Chen, M.D., M.B.A.**, Chair of Orthopaedic Surgery, the glutes are the body's primary stabilizers, supporting everything from walking and standing to protecting the spine, hips, and knees.

Weak glutes can contribute to lower-back pain, poor posture, and a higher risk of falls. Also, prolonged sitting can lead to "dead butt syndrome," increasing the chances of injury and limiting mobility over time. For women in particular, anatomy and hormonal changes can pose greater challenges to maintaining glute strength, making resistance training especially important.

The good news is that simple, consistent exercises such as lunges, hip bridges, and step-ups can build strength at any age. Get the details in the latest MedBlog.

[Learn how to strengthen your glutes](#)



Super summer for girls at Dallas Mavericks camps

Girls Empowered by Mavericks (GEM) camp goes beyond the court, creating a space where girls ages 7 to 18 can build confidence, develop skills, and connect with others in a supportive, encouraging environment. Each camp experience provides opportunities for youth to try new things and discover what they're capable of achieving.

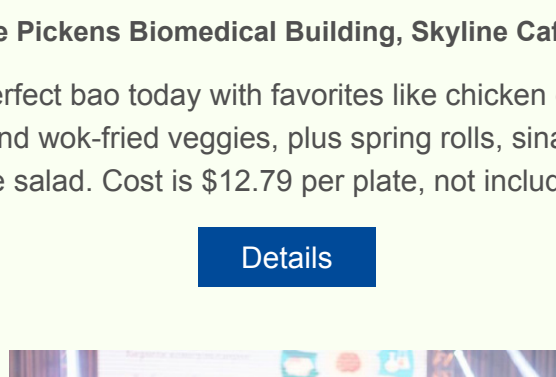
As the Official Health Care Partner of the Dallas Mavericks, UT Southwestern is offering employees an exclusive 30% discount on GEM camp registration. Upcoming camp dates include **July 6 and July 27**, with additional sessions added throughout the year.

Register today and use code UTSW30 to receive the discount. Please note that the code applies to GEM camps only.

For questions, contact the [Brand team](#).

[Register for GEM](#)

Insider Guide



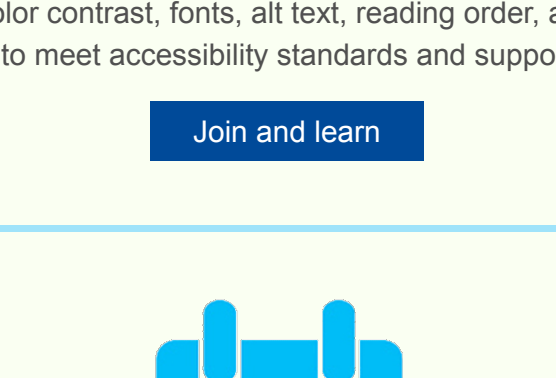
Skyline Café Asian buffet

11 a.m. to 2 p.m., today

T. Boone Pickens Biomedical Building, Skyline Café (ND.14)

Come create your perfect bao today with favorites like chicken char siu, caramel pork belly, beef bulgogi, and wok-fried veggies, plus spring rolls, sinangag, and spicy soba noodle salad. Cost is \$12.79 per plate, not including tax.

[Details](#)



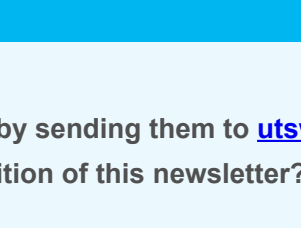
Accessible PowerPoint presentations

Noon to 1 p.m. today

Virtual

Learn how to develop accessible, effective PowerPoint presentations using best practices for slide structure, color contrast, fonts, alt text, reading order, and built-in tools. Gain practical skills to meet accessibility standards and support all audiences.

[Join and learn](#)



UTSW Events Calendar

Looking for your daily dose of happenings?

The UTSW Events Calendar is updated every day.

[View upcoming or trending events](#)

Share your *Insider* suggestions by sending them to utswinsider@utsouthwestern.edu.

Looking for an item in a past edition of this newsletter? Check out our [Insider archive](#).

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