

Furman University 2026 Summer Wellness Hours FAQ

Summer Wellness Hours will take place from June 1 – July 31, 2026

Eligibility: all full-time staff will receive four paid hours each week during this period that must be taken in four-hour blocks. Employees should work with their supervisors to request and schedule this time through Workday in blocks that allow for offices to remain open during normal operating hours.

Q: What can we use the Summer Wellness Hours for?

A: Unlike the 5 “regular” Wellness Hours which are used for on-campus wellness activities like a walk around the lake, an exercise class, or an on-campus wellness education class, the Summer Wellness Hours can be used for anything. They are meant to provide additional time off during the summer, with the hope they will positively impact the overall wellness of staff. The Summer Wellness Hours will be added to your balance in Workday.

Q: When can we use the four-hour increments?

A: Once a week between June 1 – July 31, 2026, with supervisor approval.

Q: What if I don’t use the four increments in one week?

A: The 4 hours must be used each week and will not carry over or accrue, i.e., “use it or lose it”. Hopefully everyone will have an opportunity to use it!

Q: Do I have to use the four hours in a block?

A: Yes, they must be taken in 4-hour blocks of time.

Q: Can I still use the 5 hours of Wellness time-off that I received at the beginning of the calendar year or at my time of hire?

A: Yes, you may still use your 5 regular Wellness hours for on-campus wellness activities anytime between January 1 – December 31. They can be requested in as little as 15-minute increments.

Q: Do I need to use my 5 “regular” Wellness hours before the new Summer Wellness hours start on June 5?

A: No, they can be used anytime between January 1 – December 31.