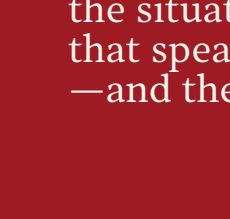


# Student Affairs: Weekly Digest

Volume 2, Issue 10  
Week of Nov. 16-Nov. 20

## Inside The Issue:

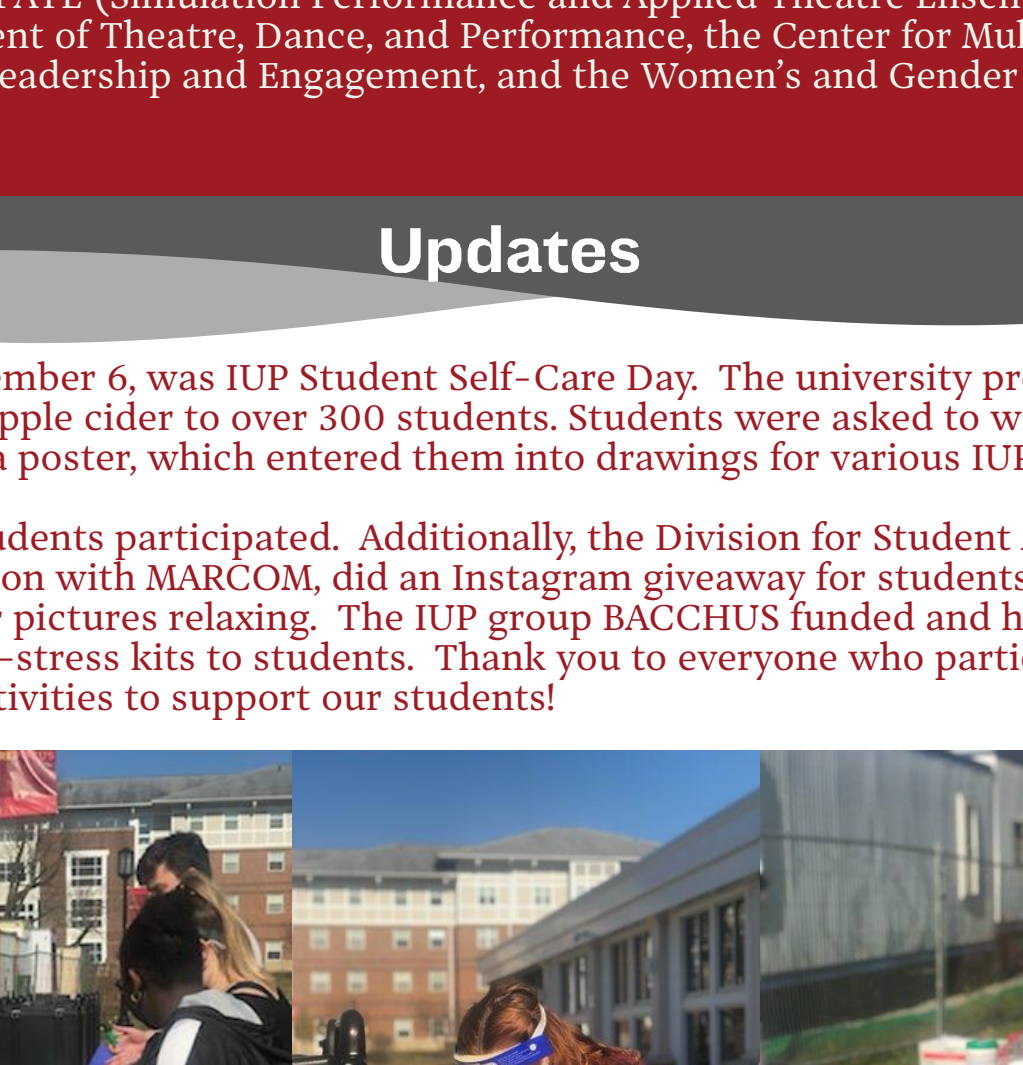
**Feature Updates**  
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## Feature: Engage in "Difficult Dialogues"

On Thursday, November 19, from 10-11:30 am, IUP's chapter of the national Difficult Dialogues program is offering a virtual workshop session that will prepare participants to engage in conversations with people holding views different from their own.

This workshop, entitled "Stopping the Moment: How to Respond to Upsetting Remarks," is for everyone in the IUP community—students, staff, and faculty—who has ever wished they knew how to respond when someone says something upsetting. When confronted with a hurtful or even offensive remark, it's tough to know what to do, especially in the heat of the moment. Ignoring or running from the situation isn't right, but many people simply don't know what to do and fear that speaking up with only make things worse. All are invited to help make IUP—and the world—a better place.



This workshop will introduce the basic principles of Difficult Dialogues by providing techniques to respond to an offensive or upsetting statement. Moments like this can occur peer-to-peer, colleague-to-colleague, and inside and outside of the classroom. It is hard to know what to say at the moment, so people often avoid saying anything at all. Using the tools of Difficult Dialogues, participants will learn ways to engage in the conversation instead of running from it. This workshop is open to all—students, staff, and faculty—regardless of any prior experience with Difficult Dialogues.

Email Felicia Daniel ([fdaniel@iup.edu](mailto:fdaniel@iup.edu)) or Adam Jones ([adjones@iup.edu](mailto:adjones@iup.edu)) to register for this workshop.

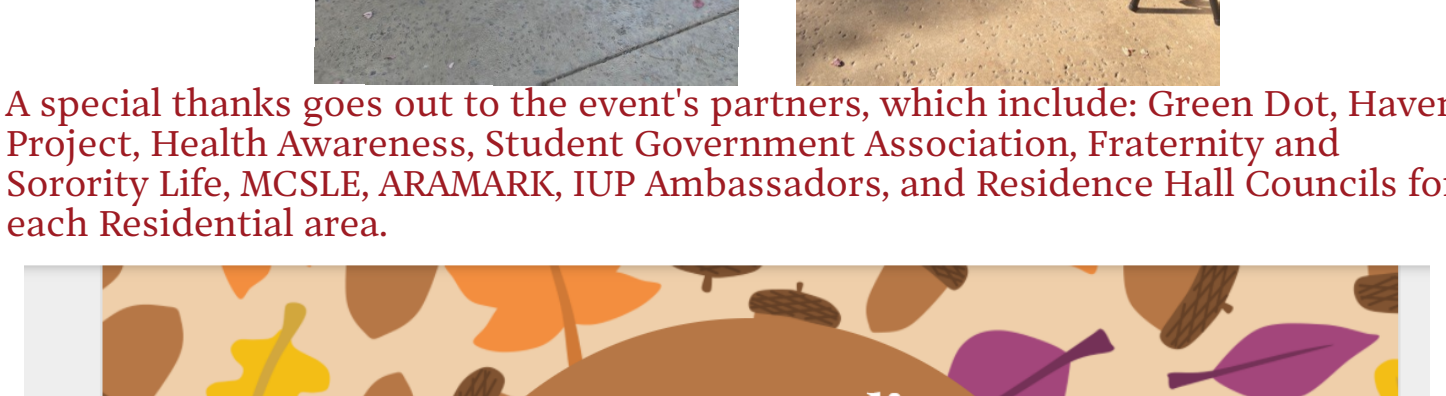
PLEASE NOTE: This is the same workshop presented during the first week of the Fall 2020 semester.

This Difficult Dialogues workshop is sponsored in partnership with the Social Equity and Title IX Office, the Elephant in the Room series, the Free Speech Project, SPATE (Simulation Performance and Applied Theatre Ensemble)—Department of Theatre, Dance, and Performance, the Center for Multicultural Student Leadership and Engagement, and the Women's and Gender Studies Program.

## Updates

Friday, November 6, was IUP Student Self-Care Day. The university provided hot cocoa and apple cider to over 300 students. Students were asked to write a self-care tip on a poster, which entered them into drawings for various IUP swag.

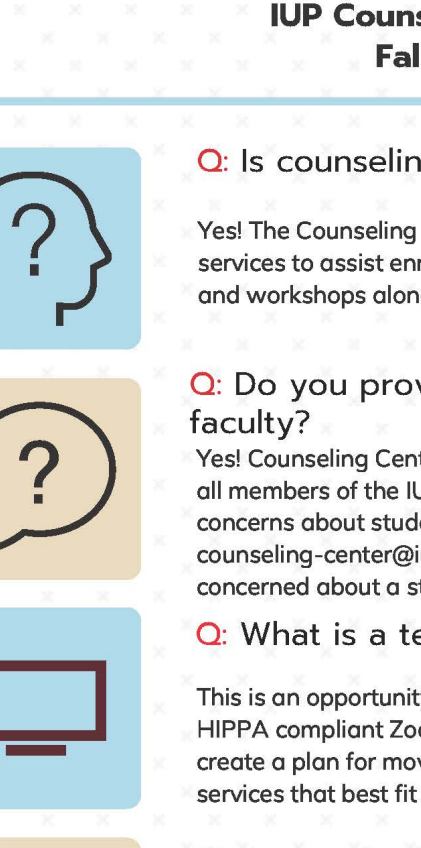
Over 215 students participated. Additionally, the Division for Student Affairs, in conjunction with MARCOM, did an Instagram giveaway for students who shared their pictures relaxing. The IUP group BACCHUS funded and handed out over 200 de-stress kits to students. Thank you to everyone who participated in the day's activities to support our students!



The Center for Multicultural Student Leadership and Engagement (MCSLE) has started a new group for Black and Brown student leaders. The Multicultural Student Leadership Board will function as a touchpoint for all of the Black and Brown student leaders on campus. This group will allow student leaders to build connections between organizations, provide student support, and encourage collaborative work.

The Residence Hall Association and the Office of Housing, Residential Living, and Dining sponsored its first annual "Res Hall Fall Crawl" on Sunday, November 8. The event was held outside to take full advantage of the beautiful weather and to follow proper social distancing guidelines.

Over 110 students attended, which was hosted by 40 volunteers. The event provided autumn and stress-relief crafts, therapy dogs, games, important health and wellness information, and information about how to get involved with a few key student organizations.



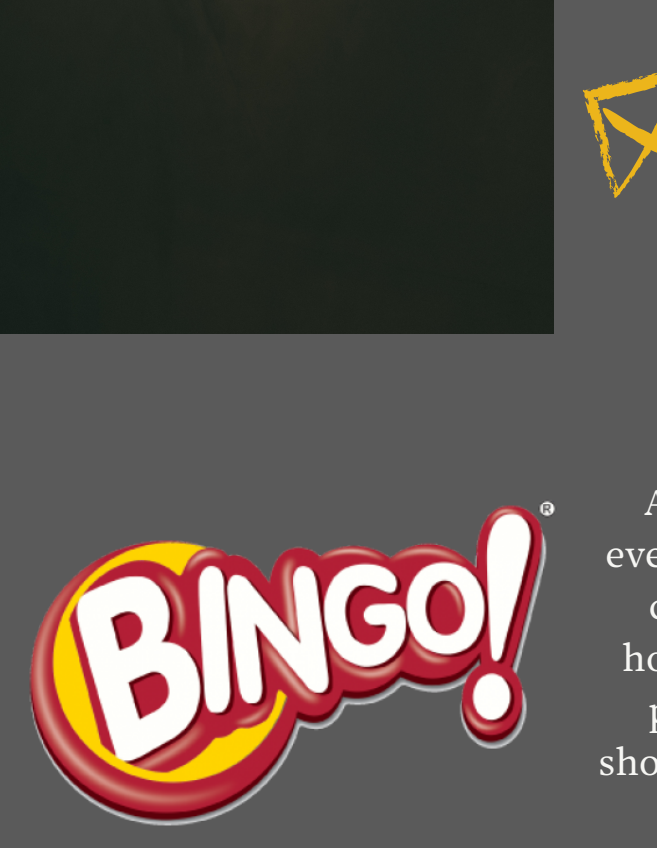
A special thanks goes out to the event's partners, which include: Green Dot, Haven Project, Health Awareness, Student Government Association, Fraternity and Sorority Life, MCSLE, ARAMARK, IUP Ambassadors, and Residence Hall Councils for each Residential area.



## FAQs About the Counseling Center

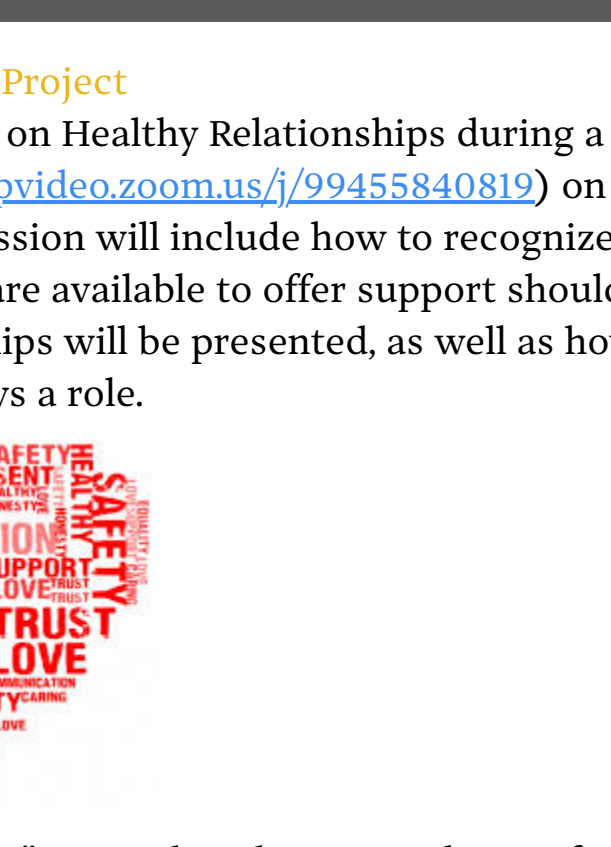
**IUP Counseling Center**  
**Fall 2020**

	<b>Q: Is counseling available for students?</b>
	Yes! The Counseling Center is available to offer telehealth counseling services to assist enrolled students. The Center provides consultation and workshops along with crisis and emergency services.
	<b>Q: Do you provide consultations for concerned faculty?</b>
	Yes! Counseling Center faculty members are available to consult with all members of the IUP Community. Our faculty can assist with concerns about students, referrals, and student crises. Please email <a href="mailto:counseling-center@iup.edu">counseling-center@iup.edu</a> or call 724-357-2621 if you are concerned about a student.
	<b>Q: What is a telehealth appointment?</b>
	This is an opportunity for the student to meet with a counselor via HIPAA compliant Zoom to discuss their needs. The student will create a plan for moving forward and their counselor will recommend services that best fit their needs.
	<b>Q: Can I schedule an appointment for a student?</b>
	While the Counseling Center is able to consult with you, please have the student reach out to the Counseling Center to schedule an appointment by phone 724-357-2621 or by email <a href="mailto:counseling-center@iup.edu">counseling-center@iup.edu</a> . We offer some day appointments if the student calls before 3:00 p.m.
	<b>Q: What are your hours?</b>
	The Counseling Center provides services Monday- Friday 8:00 a.m. - 4:30 p.m.



Folger Hall continues to be open for commuters and students residing both on and off-campus. Students can stop in and grab a bagged lunch, relax, engage in group project work, or shoot pool. Vending is available also!

Health Service now has free flu shots for IUP students! Students should call 724-357-2550 to make an appointment.

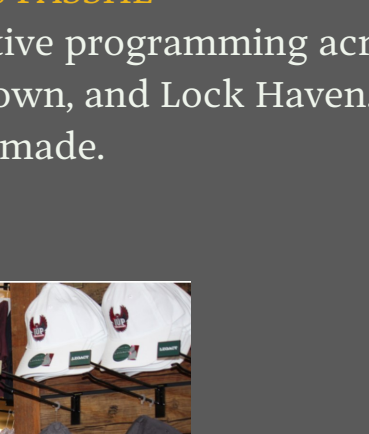


## Upcoming Events

**From the Center for Health and Well-Being (CHWB)**

### Green Dot Training

The Haven Project is having an open call to anyone interested in getting trained. For those interested, please email [green-dot@iup.edu](mailto:green-dot@iup.edu) to set up an appointment. Green Dot is a violence prevention program.



### From Health and Wellness Promotion

HWP encourages any person or office looking to partner on wellness activities for students to reach out. Health and Wellness Promotion has various programs and events taking place on a regular basis and is looking to broaden their reach by working alongside other areas of the university. Those interested should email Sara Dillon at [sdillon@iup.edu](mailto:sdillon@iup.edu).

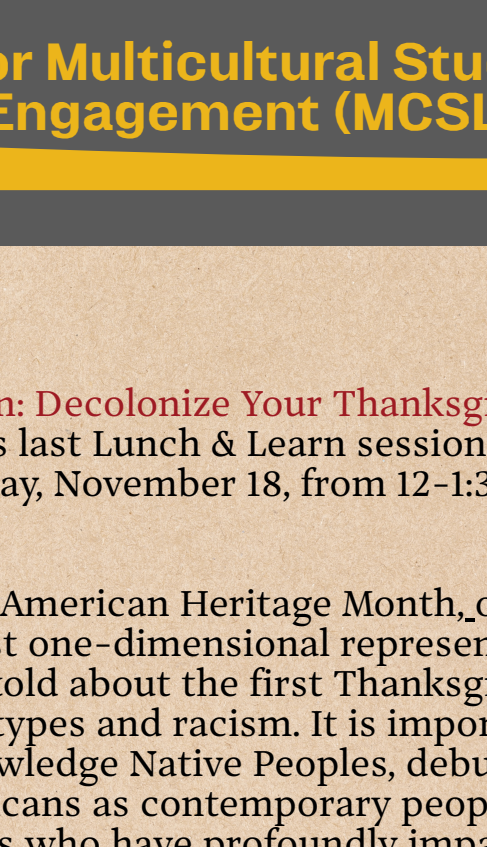


### BINGO!

All students are invited to this ever-popular event. Hosted by ATOD and BACCHUS, students can enjoy a night of gaming from their own home via zoom. And, they can win some great prizes, like e-giftcards! Interested students should email [atod-oasis@iup.edu](mailto:atod-oasis@iup.edu) before 6 pm on Fridays to claim their free BINGO card.

### From The Haven Project

The Haven Project is hosting a presentation on Healthy Relationships during a Pandemic. You can join via Zoom (<https://iupvideo.zoom.us/j/99455840819>) on Tuesday, November 17, from 6-7 pm. A discussion will include how to recognize unhealthy relationships and what resources are available to offer support should you need it. Components of healthy relationships will be presented, as well as how the pandemic plays a role.



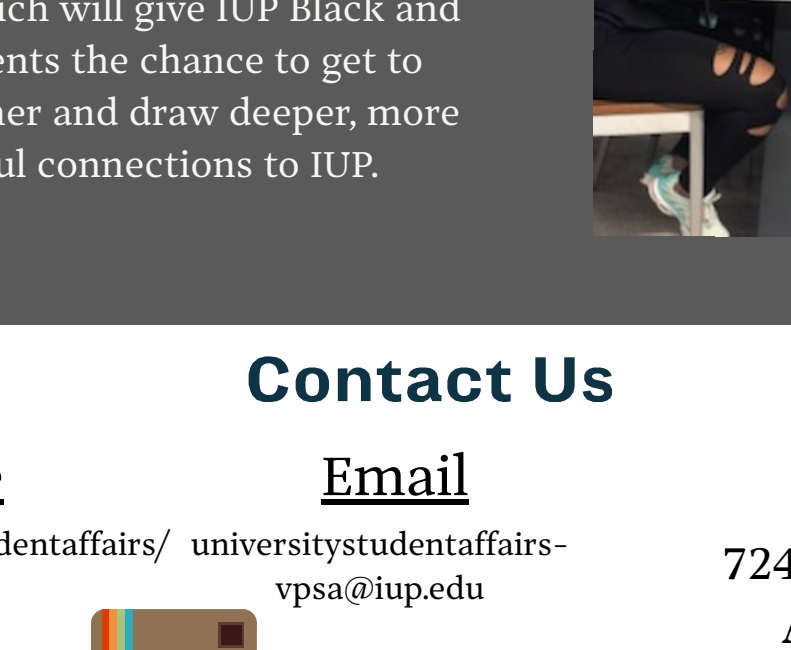
The Haven Project will present "Behind the Post" on Wednesday, November 18, from 5-6 pm. You can participate via Zoom (<https://iupvideo.zoom.us/j/99455840819>). Join in to learn about digital consent and how social media can affect your relationship.

\*\*Trigger warning: the film shown may elicit strong feelings in viewers. Advocates will be on hand to discuss any feelings that arise.

## From the Student Cooperative Association (Co-op)

### Co-op Seeking Partnership Across PASSHE

The Student Co-op is working to coordinate collaborative programming across peer PASSHE institutions, including Shippensburg, Kutztown, and Lock Haven. Stay tuned as new partnerships are made.



## From the Center for Multicultural Student Leadership and Engagement (MCSLE)

**MCSLE Lunch & Learn: Decolonize Your Thanksgiving**  
MCSLE invites you to its last Lunch & Learn session for the semester on Wednesday, November 18, from 12-1:30 pm.

November, National Native American Heritage Month, offers many opportunities to move past one-dimensional representations of Native Americans. Stories told about the first Thanksgiving often perpetuate harmful stereotypes and racism. It is important to set the record straight, acknowledge Native Peoples, debunk myths, and show Native Americans as contemporary people with dynamic thriving cultures who have profoundly impacted our current food system. Decolonize your Thanksgiving and make it an opportunity to go beyond the harmful "pilgrims and Indians" narrative and focus on common values: generosity, gratitude, community, and good food. Join NAAC and Abigail Adams for this free event.

Join via [Zoom](#).



## Forum for Social Understanding: Screening of "Hello, Privilege, It's Me, Chelsea."

If we want change, we need to first look inwards. That's the idea comedian Chelsea Handler promotes in her one-hour Netflix documentary. On Tuesday, November 17, the IUP Forum for Building Social Understanding will host a zoom discussion on Handler's documentary and the whole idea of white privilege. You don't have to watch the movie first. Just bring your questions and opinions to this one-hour discussion at 5:00 pm. Or just come to listen. Contact English Graduate Programs secretary Peggy Kane at [pkane@iup.edu](mailto:pkane@iup.edu) for the meeting ID and participant code.

### MCSLE Offers Weekly Meet-Ups for Black and Brown Students

The Center for Multicultural Student Leadership and Engagement is looking to better engage Black and Brown students on IUP's campus. Every Friday evening, from 8-11 pm, MCSLE will be offering a "Meet-Up," which will give IUP Black and Brown students the chance to get to know each other and draw deeper, more meaningful connections to IUP.



## Contact Us

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