

Student Affairs: Weekly Digest

Volume 2, Issue 13
Week of Feb. 8-Feb. 12

Inside The Issue:

Feature Updates
Upcoming Events
Contact Us



Feature: #IUPLeads is Up and Running

Evidence from the Pass/Fail survey, which was conducted in the fall by the Student Government Association, provided unique insights into the experiences and challenges that IUP students are undergoing. Notably, high levels of stress and anxiety were cited by many students via the survey. Coupled with anecdotal evidence from students across campus, the university has identified mental health and wellness as a top priority to address, and the Division for Student Affairs is responding. Leaders Kevin Foster, Ann Sesti, and Caitlin Aiello have revitalized the #IUPLeads campaign to function in new ways to better support the student experience, especially during the pandemic.

The goal of #IUPLeads is twofold: to engage students through social norming to address that anxiety during this exigent time is "normal" and that resources are available at IUP to help. Additionally, the campaign will also continue to push COVID-19 safety best practices to ensure a more healthy and happy IUP community.



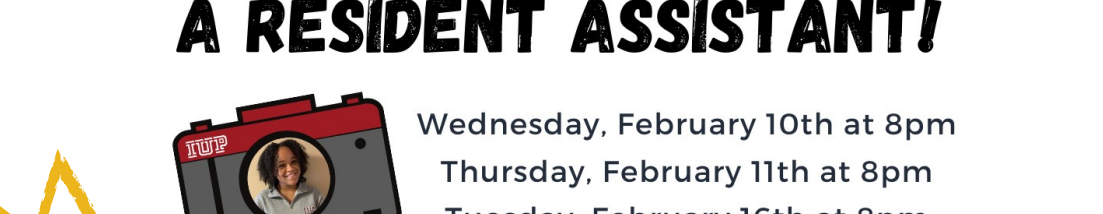
The campaign is currently underway. It allows student organizations and groups to participate with a \$200 incentive. Student groups must take part in a Green Bandana Project training and contribute heavily on social media by sharing posts surrounding mental health and COVID-19 safety.

The Green Bandana Project, managed by Health and Wellness Promotion's Sara Dillon, has trained over 100 students this past week. The goal of the Green Bandana Project is to reduce the stigma of mental illness and provide resources for students in need while forming stigma-free unity on IUP's campus. Participants are encouraged to display green bandanas on their bookbags to show solidarity. Dillon stated, "It was great seeing so many different organizations participate in the training, and I believe this will help us spread the word about the Green Bandana Project across campus and enable us to reduce the stigma surrounding mental health." To receive a green bandana, students who have been trained can reach out to Ms. Dillon via email at sdillon@iup.edu.

Starting February 8, participating student organizations will begin their social media blitz, posting under #IUPLeads. The entire campus is invited to follow the hashtag and engage with those posts so that their reach goes further and speaks to as many students as possible. Foster, Sesti, and Aiello are incredibly proud of the now 17 student groups and organizations engaging in the campaign. The leaders would also like to thank Sara Dillon for her efforts in training the student organizations through the Green Bandana Project and the Division of Marketing and Communications for their help in promoting the movement to a broader audience and creating an Instagram sticker for student groups to use in their posts.

Updates

The IUP Food Pantry and Help Center is open! The Pantry's hours of operation will be Tuesdays from 2-7 pm, Wednesdays from 3-7 pm, and Thursdays from 2-7 pm. Know of a student facing food insecurity? Send them our way! Or, they can reach us with questions at food-pantry@iup.edu.



The Co-op's hours of operation starting Tuesday, February 9, are:

- HUB, M-F, 6:30 am-11 pm
Saturday, 8 am-11 pm
- Fitness Center, M-F, 6:30 am- 6 pm
Saturday, 11 am- 4 pm
- Book Store, M-F, 10 am-4 pm
- Computer Lab, M-F, 10 am- 7 pm



Student Study Spaces

These spaces are available for all students, including resident students, off-campus residents, and commuters.

- Folger Student Center: M-F, 11 am-10 pm
- Library: Sunday-Friday, 8 am-4:30 pm
Starting Monday, 2/8, M-Th, 8 am-7pm
Friday, 8 am-4:30 pm
Sat, Closed
Sun, 12-8pm
- Elkin Hall: M-F, 8 am-9 pm
- Residence Hall Study Spaces: Close at 8 pm for non-residents

You can order a custom heart-shaped cake, gelato, and balloon from IUP Dining! Place your order by February 8 to pick up on February 12.

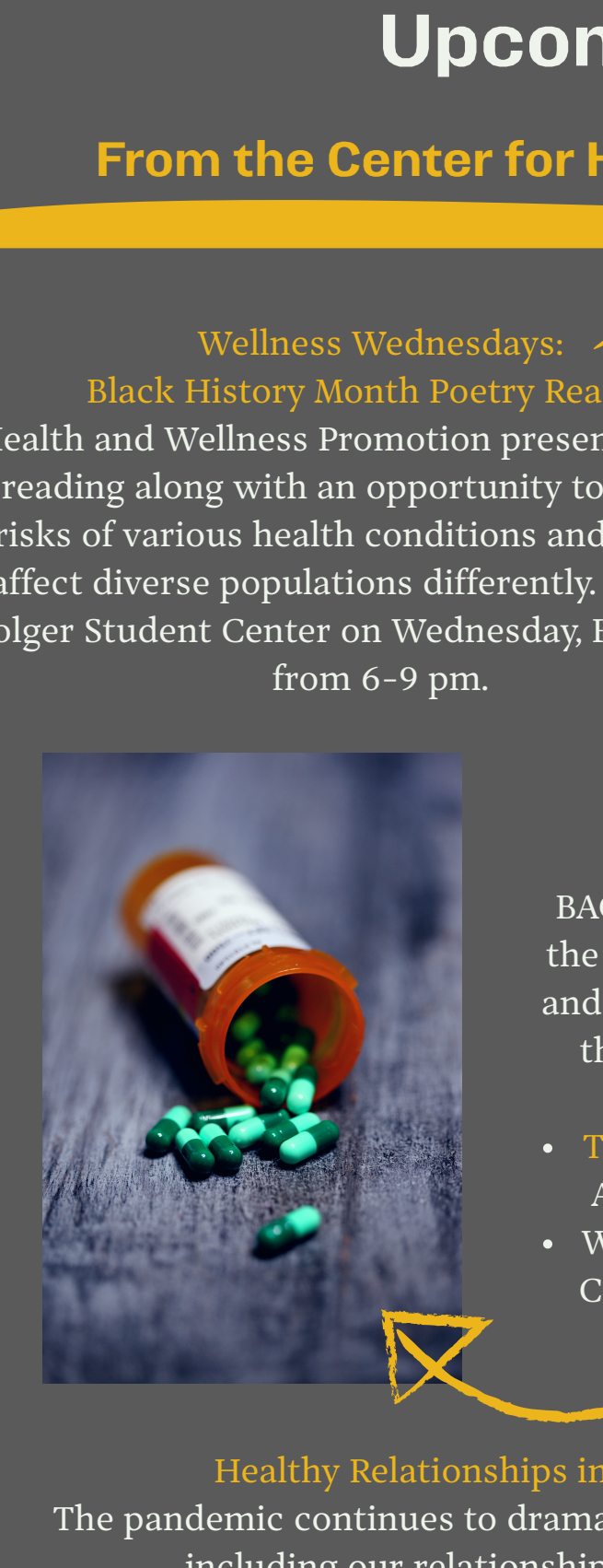
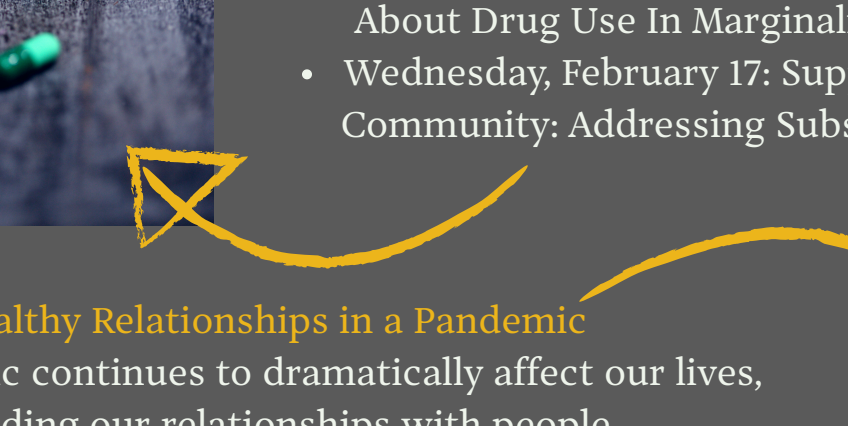
Know a student who would make a great Resident Assistant? Please feel free to share!

PICTURE YOURSELF AS A RESIDENT ASSISTANT!



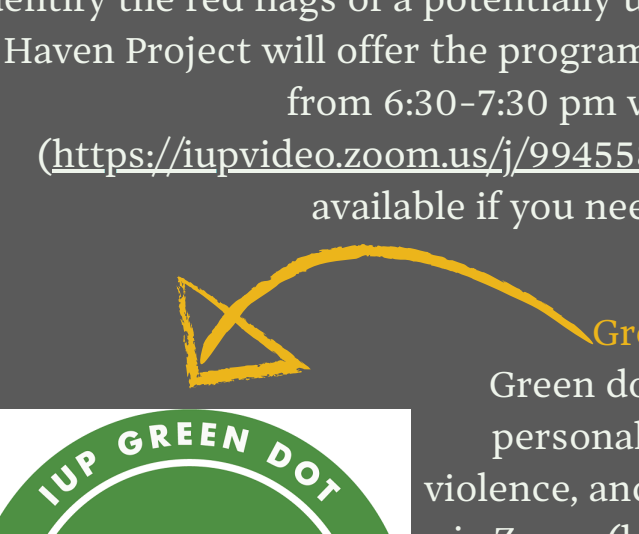
Wednesday, February 10th at 8pm
Thursday, February 11th at 8pm
Tuesday, February 16th at 8pm
Sunday, February 21st at 8pm
Zoom Code: 985 7141 9063

Check out our website for more information!
<https://tinyurl.com/BeAnIUPRA>



Health and Wellness Promotion invites everyone to follow them on IG @IUPAWARE for their weekly Motivational Mondays, Wellness Wednesdays, and Fresh Food Fridays posts.

- Motivational Mondays will provide inspiring messages encouraging the students to start the week off on a positive note.
- Wellness Wednesday posts will provide messages on a variety of health and wellness topics encouraging students to stay active, be positive, help others, and more information on self-care.
- Fresh Food Friday videos will demonstrate how to make a home-cooked meal or snack that is healthy and yummy!



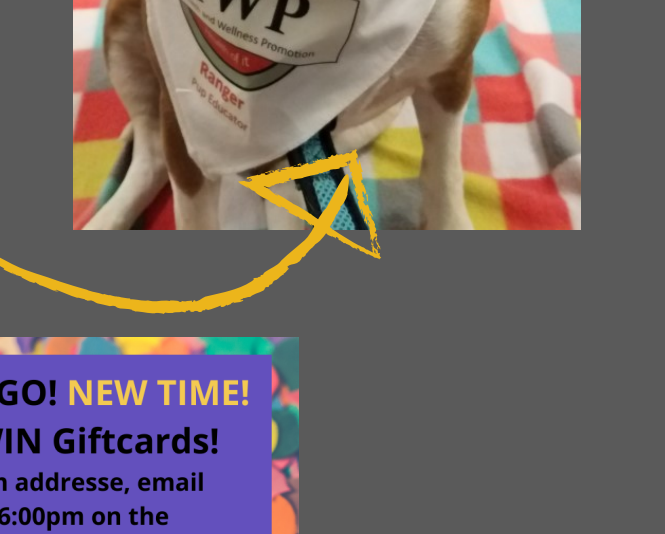
Health and Wellness Promotion has formed a Health Promotion Committee. Comprised of faculty and staff from across campus, the Committee will meet monthly to focus on assessment, community-building, education, policy development, and strategic planning around key areas of student health. Eventually, the intent is to add students to the Committee for more input. For more information about the Committee's charge, email sdillon@iup.edu.

Upcoming Events

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

Wellness Wednesdays: Black History Month Poetry Reading

Health and Wellness Promotion presents a poetry reading along with an opportunity to learn the risks of various health conditions and how they affect diverse populations differently. Join us in Folger Student Center on Wednesday, February 10, from 6-9 pm.



Student Wellness Series

BACCHUS, Student Wellness and Engagement, the Office of Student Support and Engagement, and the Office of LGBTQIA Support will sponsor this three-part series via Zoom (ID: 353 513 4930). Each session will start at 7 pm.

- **To be rescheduled:** Fact vs. Fiction: The Truth About Drug Use In Marginalized Populations
- Wednesday, February 17: Supporting LGBTQIA Community: Addressing Substance Use Issues

Healthy Relationships in a Pandemic

The pandemic continues to dramatically affect our lives, including our relationships with people. Learn about the components of a healthy relationship and how to identify the red flags of a potentially unhealthy relationship. The Haven Project will offer the program on Tuesday, February 9, from 6:30-7:30 pm via Zoom (<https://iupvideo.zoom.us/j/994558408192>). Resources are available if you need help.

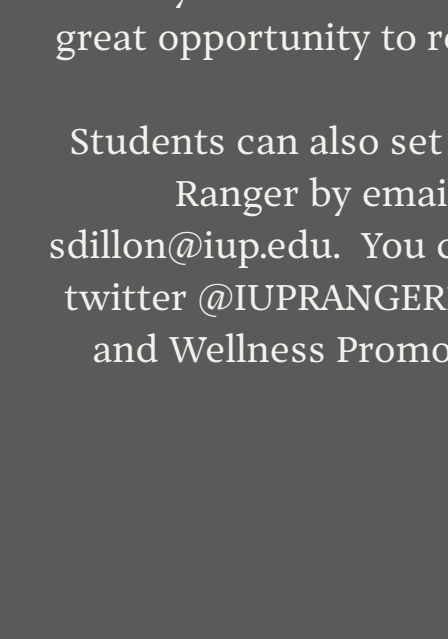


Green Dot Bystander Intervention Program

Green dot aims to reduce the incidents of power-based personal violence (sexual assault, dating and domestic violence, and stalking). On Thursday, February 11, from 6-7 pm via Zoom (<https://iupvideo.zoom.us/j/93557303276>), students will learn how to intervene in serious situations and how to be an active voice and step in when someone needs it the most.

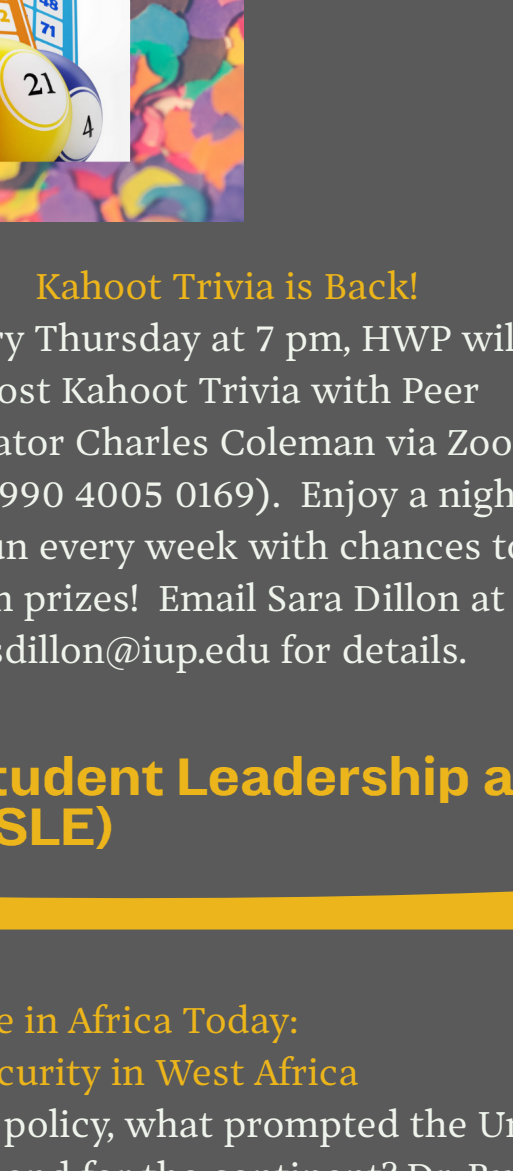
Nearly half of dating college women report experiencing violent and abusive dating behaviors.

The program is open to all students who are interested in doing their part to keep IUP safe for everyone. The program is offered via The Haven Project.

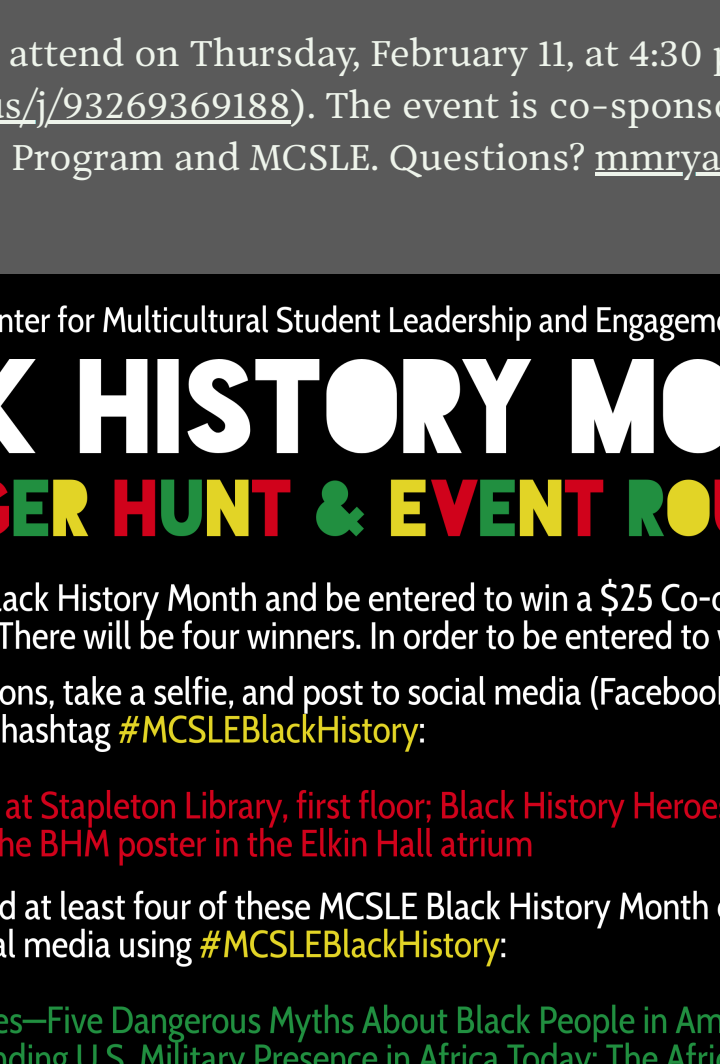


Just Paws with the Therapy Dogs

Every Monday from 6-7:30 pm, the Therapy Dogs will be in the Folger Student Center. For students who are missing home, feeling low, or want to give scratches, stop by and see Ranger and his pals! Did you know that therapy dogs actually absorb the stress of humans? This is a great opportunity to reduce stress and anxiety.



Students can also set up a personal visit with Ranger by emailing Sara Dillon at sdillon@iup.edu. You can also follow Ranger on twitter @IUPRANGER1. You can follow Health and Wellness Promotion @IUPAWARE, too!



How to Make Friendship Bracelets

Join Nash Peters as she shows you how to make friendship bracelets. Kits to make this craft will be available on a first-come, first-served basis by emailing atod-oasis@iup.edu. Attend via Zoom (<https://iupvideo.zoom.us/j/9162184098>).

Kahoot Trivia is Back!

Every Thursday at 7 pm, HWP will host Kahoot Trivia with Peer Educator Charles Coleman via Zoom (ID: 990 4005 0169). Enjoy a night of fun every week with chances to win prizes! Email Sara Dillon at sdillon@iup.edu for details.

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

The Expanding U.S. Military Presence in Africa Today: The African High Command and U.S. Security in West Africa

After long keeping Africa on the fringes of its foreign policy, what prompted the United States to establish in 2007 a unified military command for the continent? Dr. Buba Misawa, political science professor at Washington and Jefferson College, will discuss the geopolitical and economic factors that led to the creation of the US Africa Command (AFRICOM).

All are invited to attend on Thursday, February 11, at 4:30 pm via Zoom (<https://iupvideo.zoom.us/j/932692369188>). The event is co-sponsored by the IUP Pan-African Studies Program and MCSLE. Questions? mmryan@iup.edu.

BLACK HISTORY MONTH SCAVENGER HUNT & EVENT ROUND UP

Help us celebrate Black History Month and be entered to win a \$25 Co-op gift card and a MCSLE swag bag. There will be four winners. In order to be entered to win, you must:

Stop by these locations, take a selfie, and post to social media (Facebook, Twitter, or Instagram) with the hashtag #MCSLEBlackHistory:

- The BHM display at Stapleton Library, first floor: Black History Heroes display at Folger Hall; and the BHM poster in the Elkin Hall atrium

You must also attend at least four of these MCSLE Black History Month events and post about them on social media using #MCSLEBlackHistory:

- Feb. 8: 6:00 Series—Five Dangerous Myths About Black People in America, 6:00 PM
- Feb. 11: The Expanding U.S. Military Presence in Africa Today: The African High Command and U.S. Security in West Africa, 4:30 PM
- Feb. 11: Building Bridges, 6:30 PM
- Feb. 16: Netflix Watch Party, 7:00 PM
- Feb. 17: Lunch & Learn—Afro-Latin Americans: Diversity and Commonality, 12:00 PM
- Feb. 18: Celebrating Black Excellence Series, 6:30 PM
- Feb. 18: Breaking the Barrier, 3:30 PM
- Feb. 24: Panel Discussion on Social Justice in the 21st Century, 12:00 PM
- Feb. 25: Diversity Game Night, 5:00 PM
- Feb. 25: Building Bridges, 6:30 PM

All events are virtual, links can be found at: <https://www.iup.edu/mcsle/events/>



6 O'Clock Series: Five Dangerous Myths About Black People in America

Stereotypes often impact how groups are viewed in society. Within this presentation, Jeremy C. McCool will debunk many of the stereotypes about Black Americans, where they stem from, and how they impact the community. Mark your calendars for Monday, February 8, from 6-7:30 pm via Zoom (<https://iupvideo.zoom.us/j/99015765367>). All are invited!

6 O'Clock Series: Business Attire and Interviewing 101

Have you ever found yourself applying for a great job or internship and, as you think about an interview, the panic slowly starts to set in...what do I wear? What do I say? How do I prepare? Or maybe you landed your dream position and you have no clue what your boss says is "business casual." Don't let this be you!

Join us for a workshop that will cover everything you need to know on how to dress for success and rock an interview. Join us via Zoom: (<https://iupvideo.zoom.us/j/91441453700>). All are invited!



LGBTQIA Support

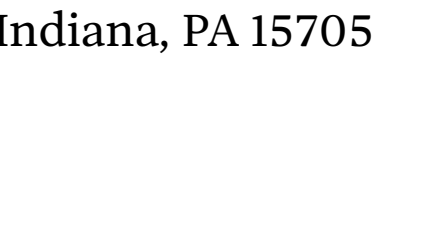


Queer Conversations

On Tuesday, February 9, LGBTQIA Support will host another session, called "Self-Love, Self-Acceptance," in Elkin Hall's Great Room from 5-7 pm. All are invited. You may also attend via Zoom (ID- 913 2363 1243).

Meet-Up

All students are invited each Friday evening from 8-11 pm for MCSLE's weekly Meet-Up. Held in the Folger Student Center, students can play games, shoot pool, watch TV, or just chill and hang out! This week, a who's who of Black History Month heroes will be on display.



From the Student Cooperative Association (Co-op)

AXperience

There's an exciting new leisure activity available to all current IUP students!

IUP Campus Rec Services and the Student Co-op Association have partnered with The AXperience, Indiana's only indoor axe throwing range, to offer active student I-Card holders an opportunity to play at no charge. The Student Co-op will cover the cost.

To partake, students are encouraged to reserve a throwing lane in advance and present their I-Card upon arriving at The AXperience, located at 1228 Wayne Avenue.

The AXperience is open for walk-ins Tuesday through Sunday. Closed-toed shoes are required to throw. For more information, email info@theaxperience.com or call 724-388-5129.

Group Fitness

All Group Fitness classes will be FREE during the spring 2021 semester! Classes will be held in the HUB Gymnasium, with social distancing precautions in place, and facilities will be deep-cleaned between classes. For a detailed schedule of classes, follow <http://www.coop.iup.edu/campus-recreation/group-fitness/>.

Contact Us

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