Student Affairs: Weekly Digest

Volume 2, Issue 14
Week of Feb. 15-Feb. 19

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IUP

Feature:
Former IUP Football Assistant Anthony Piroli Wins Super Bowl LV with Tampa Bay

Former IUP football graduate assistant coach Anthony Piroli is a NFL champion after his Tampa Bay Buccaneers defeated the Kansas City Chiefs 31-9 in Super Bowl LV.

Piroli just finished his second season as the Bucs head strength and conditioning coach.

Piroli was a member of the IUP football coaching staff during the 2007 season, helping the team to a 9-3 overall record and appearance in the NCAA Division II playoffs. IUP advanced to the second round that year, defeating West Chester 43-35 before falling to Shepherd 41-34 in West Virginia.

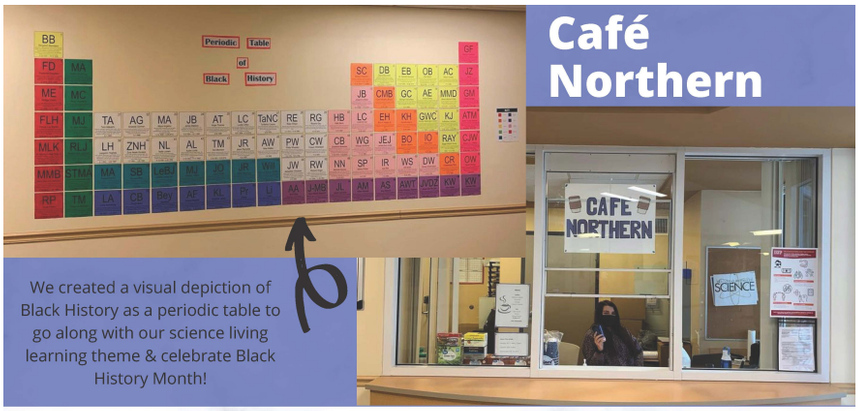
Piroli was one of eight former members of the IUP football family in this year's NFL playoffs. He was joined by Nick Sirianni (offensive coordinator) and Chad Henry (area scout) of the Indianapolis Colts; Brandon Hunt (pro scouting coordinator) of the Pittsburgh Steelers; Jim Haslett (linebackers coach) of the Tennessee Titans; Kevin Weidl (area scout) of the Baltimore Ravens; Luke Getsy (quarterback coach) of the Green Bay Packers; and Jim Hostler (receivers coach) of the Washington Football Team.

Sirianni was recently named the head coach of the Philadelphia Eagles.

Piroli's Bucs went 11-5 during the regular season to earn the fifth seed in the playoffs. They defeated the Hostler's Washington Football Team 31-23 in the Wild Card Round, the New Orleans Saints 30-20 in the Divisional Round, and Getsy's Green Bay Packers 31-26 in the NFC Championship.

Follow:
For coverage of the IUP football program, follow the Crimson Hawks on Twitter and Instagram @IUPfootball and online at IUPAthletics.com.
Written by Ryan Reybolz

Updates



We created a visual depiction of Black History as a periodic table to go along with our science living learning theme & celebrate Black History Month!

The week of Feb. 8th the Wallwork & Northern Suites RAs opened coffee shops in their respective halls to warm up residents with hot beverages as they went to class!... and why not serve a little living learning along the way!

Learn to say 'coffee' in a different language!

Chinese: 咖啡 (Kāfēi)
Malay: Kopi
French: Café
German: Kaffee
Japanese: コーヒー (Kōhī)
Korean: 커피 (Keopi)
Portuguese: Café
Russian: Кофе (Kofe)
Spanish: Café
Afrikaans: Koffie
Dutch: Koffie
Finnish: Kahvi
Greek: Καφές (Kafés)
Hindi: कॉफ़ी (Kofee)
Icelandic: Kaffi
Romanian: Cafea
Swedish: Kaffe

Café Residente de Wallwork

Each coffee cup had a translation of 'coffee' in different languages & our decorations featured coffee drinks from around the world #GlobalAwareness

Attention Faculty! Considering canceling class for a conference, sick day, or another event? Reach out to IUP Haven Project and we are willing to cover your class with one of our many presentations (advanced notice required). We can work with you to present information so that your class will still take place and the students can learn about other important topics. To learn about the multiple options available, you can view the list at https://www.iup.edu/haven/request-a-workshop-or-presentation/. Please reach out to haven-project@iup.edu for requests. We would be glad to work with you and your classes.

The MSL Leadership Survey will be open until February 23. Encourage your students who were selected via email to participate in this voluntary survey.

MSL MULTI-INSTITUTIONAL STUDY OF LEADERSHIP

REMINDER!

IUP is participating in the national study called the Multi-Institutional Study of Leadership!

- Make sure you check your email to see if you were selected to participate!
- Students who participate will be entered into a random drawing to win $20 gift cards

Your participation is voluntary (but appreciated) and is confidential!

This project has been approved by the Indiana University of Pennsylvania Institutional Review Board for the protection of human subjects (phone 724-357-7730)

#IUPLEADS
Green Bandana Project

Interested in the Green Bandana Project? Contact Sara Dillon to help spread awareness of mental illness, reduce its stigma, and join others representing IUP in solidarity!

Health and Wellness Promotion continues to offer the Just Paws Therapy Dogs Program to all IUP students on Mondays from 6-7:30 p.m. in Folger Student Center. This past week, five dogs were present and over 20 students attended the event.

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

SPRING 2021 SERVICES AVAILABLE AT COUNSELING CENTER

Posted on 2/5/2021 3:12:15 PM

The IUP Counseling Center is offering virtual tele-health appointment for the spring 2021 semester to protect the health and safety of students.

Are you interested in meeting one-one-one with a therapist? We offer same-day 30-minute sessions, available Monday–Friday throughout the semester. Students can book the same day they call or email, so that we can help students when they need us the most.

To schedule an appointment, call the Counseling Center at 724-357-2621 or email counseling-center@iup.edu. The friendly office staff will assist you in scheduling a same-day appointment. You and your counselor will work to develop a personalized plan based on your goals.

The Counseling Center is open for virtual appointments Monday–Friday 8:00 a.m.–4:30 p.m. Call us today to speak with a therapist at 724-357-2621, email counseling-center@iup.edu, or visit the Counseling Center.

The Co-op's hours of operation are:

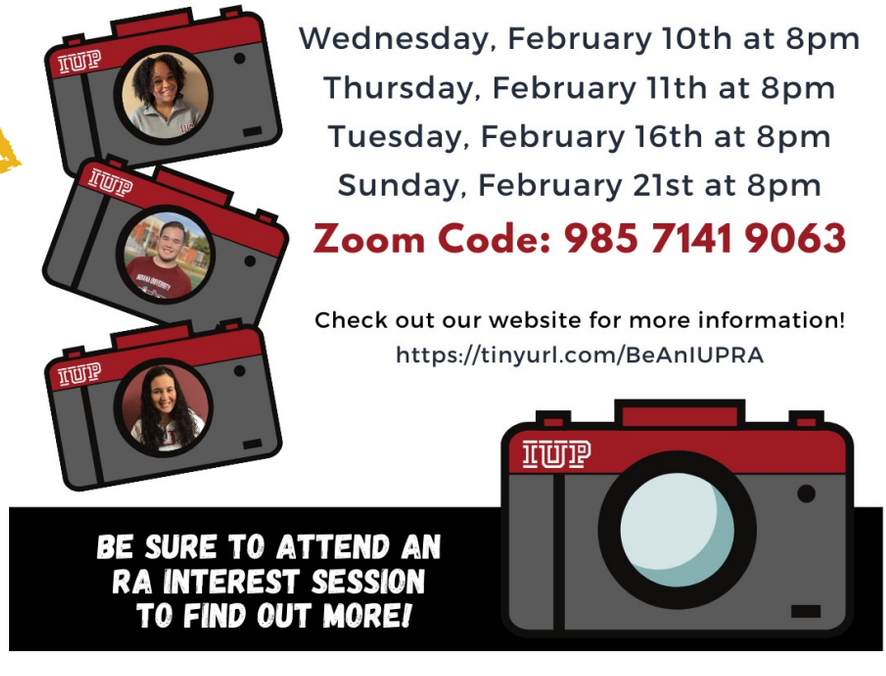
- HUB, M-F, 6:30 a.m.-11 p.m.
  Saturday, 8 a.m.-11 p.m.
- Fitness Center, M-F, 6:30 a.m.- 6 p.m.
  Saturday, 11 a.m.- 4 p.m.
- Book Store, M-F, 10 a.m.-4 p.m.
- Computer Lab, M-F, 10 a.m.- 7 p.m.

Student Study Spaces

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

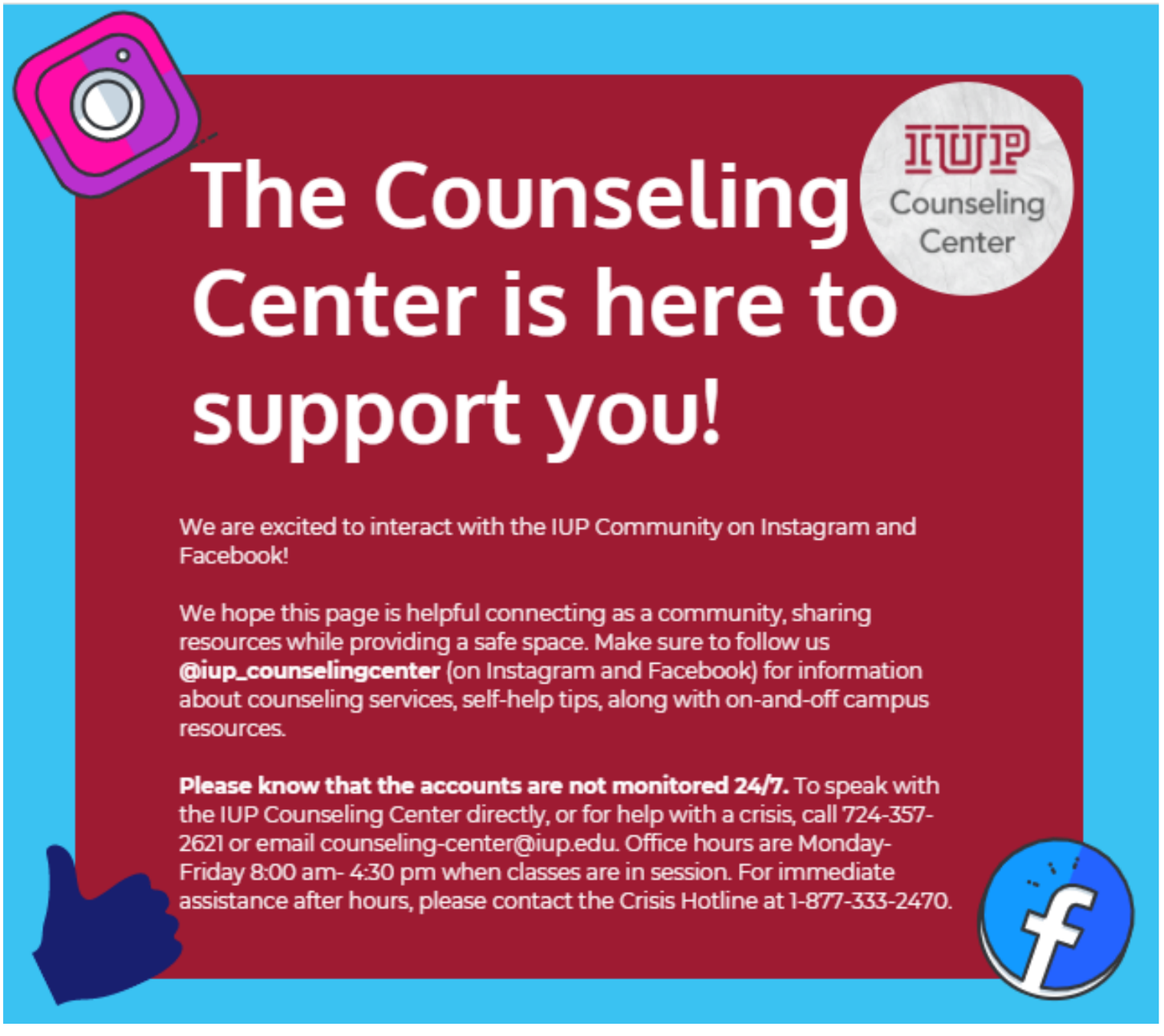
- **Folger Student Center: M-F, 11 am-10 pm**
- **Library: Sunday-Friday, 8 am-4:30 pm**
  Starting Monday, 2/8, M-Th, 8 am-7pm
  Friday, 8 am-4:30 pm
  Sat, Closed
  Sun, 12-8pm
- **Elkin Hall: M-F, 8 am-9 pm**
- **Residence Hall Study Spaces: Close at 8 pm for non-residents**

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



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!



Hello,

Do you know of a student stressed about buying food and paying for heating bills?

They may be eligible to receive aid to help pay for their groceries, heating bills, and more.

Have your student contact the IUP Counseling Center Clinical Case Manager, Susan Graham, by calling 724-357-2621 or emailing counseling-center@iup.edu to schedule a confidential appointment to see if they qualify for assistance and to get connected with resources.

Attention faculty! Extra credit opportunities are available through the Haven Project. Faculty, staff, and advisors, please feel free to share this information with your students. The Haven Project is willing to provide attendance vouchers if you would consider any of our presentations for extra credit. If notified, we can provide student attendance emails as well. Emails can be sent to haven-project@iup.edu. Thank you and we look forward to working with you and your classes/groups/organizations.

Upcoming Events

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

Guess Who

Health and Wellness Promotion presents "Guess Who with Prominent Black Figures Throughout History." The event will take place from 5:30-8:00 p.m. in the Folger Student Center. There will also be information about intellectual health, goal-setting, and how to discover new interests.

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 p.m.
The last session is on Wednesday, February 17- "Supporting LGBTQIA Community: Addressing Substance Use Issues."

What's love got to do with it?

The Haven Project will present "What's Love Got To Do With It" on Tuesday, February 16, from 5:30 p.m. to 6:30 p.m. All are welcome. Join via Zoom (https://iupvideo.zoom.us/j/99455840819).
This presentation is open for anyone interested in attending. Learn about healthy versus unhealthy relationships, love styles, love languages, and signs of dating and domestic violence. Attendees will listen to songs and identify the love styles of those songs and take the love language quiz to learn about their own love languages. If you have concerns about a relationship, there are resources that are available to help. Proof of attendance is available upon request.

YOU ARE NOT ALONE

We are about...
strength, compassion &
actively moving forward
together

ACTIVELY MOVING FORWARD

Zoom
TUESDAY, FEBRUARY 16
3-4PM

You are not alone. Actively Moving Forward (AMF) is a community of students coming together to support and empower each other. Actively Moving Forward provides grief support for students grieving the illness or death of a loved one. This is a safe place to chat and bond. Wherever you are in your grief journey, AMF is here for you.

Email tttx@iup.edu
or httx@iup.edu
for more
information

www.activelymovingforward.org

OneLove Couplets

On Thursday, February 18, the Haven Project invites you to learn the difference between a healthy relationship and an unhealthy one with help from the "OneLove Couplets." The presentation will be from 5:00 p.m. until 6:00 p.m. via Zoom (https://iupvideo.zoom.us/j/99455840819). By identifying the signs of unhealthy behaviors, you can prevent an unhealthy relationship from becoming abusive. Relationship abuse is a serious problem. Help is available.

Just Paws with the Therapy Dogs

Every Monday from 6-7:30 p.m., the Therapy Dogs will be in the Folger Student Center. For students who are missing home, feeling low, or want to give scritches, 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 a Popsicle Stick Hexagon Shelf

Join Nash Peters as she shows you how to make a hexagon shelf using popsicle sticks. 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

Every Thursday at 7 p.m., 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 Center for Multicultural Student Leadership and Engagement

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/

IUP

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 on Monday, February 15, at 6:00 p.m. 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!

6 O'Clock Series: Behind the Post

Billions of photos are posted to social media every day, but you can't always see the big picture through the small ones, especially when it comes to unhealthy relationships. Discuss social media's influence on our relationships, explore the ten signs of unhealthy relationships through the film "Escalation," discuss healthy vs. unhealthy relationships, and learn how to start a conversation to address relationship concerns with friends at this presentation on Monday, February 22, at 6:00 p.m.

Join us via Zoom (https://iupvideo.zoom.us/j/98051597074). All are invited!

JOIN US FOR A WATCH PARTY OF

ONE NIGHT IN MIAMI...

Watch a movie with us in the Elkin Great Room or from home using this link: https://amz.onl/7kptFYd

TUESDAY, FEBRUARY 16TH, 7 PM

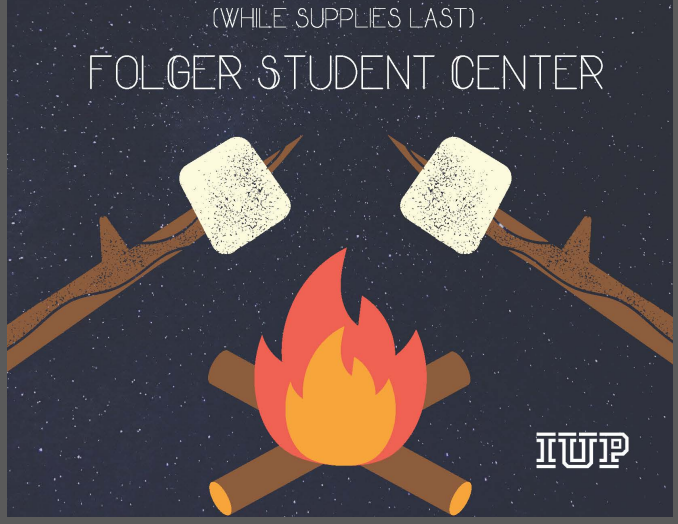
One Night in Miami follows the story of one night where icons Muhammad Ali, Malcolm X, Sam Cooke, and Jim Brown met to discuss their roles in the civil rights movement in the 60s.

Sponsored by Fraternity and Sorority Life

THE CENTER FOR MULTICULTURAL STUDENT LEADERSHIP AND ENGAGEMENT PRESENT:

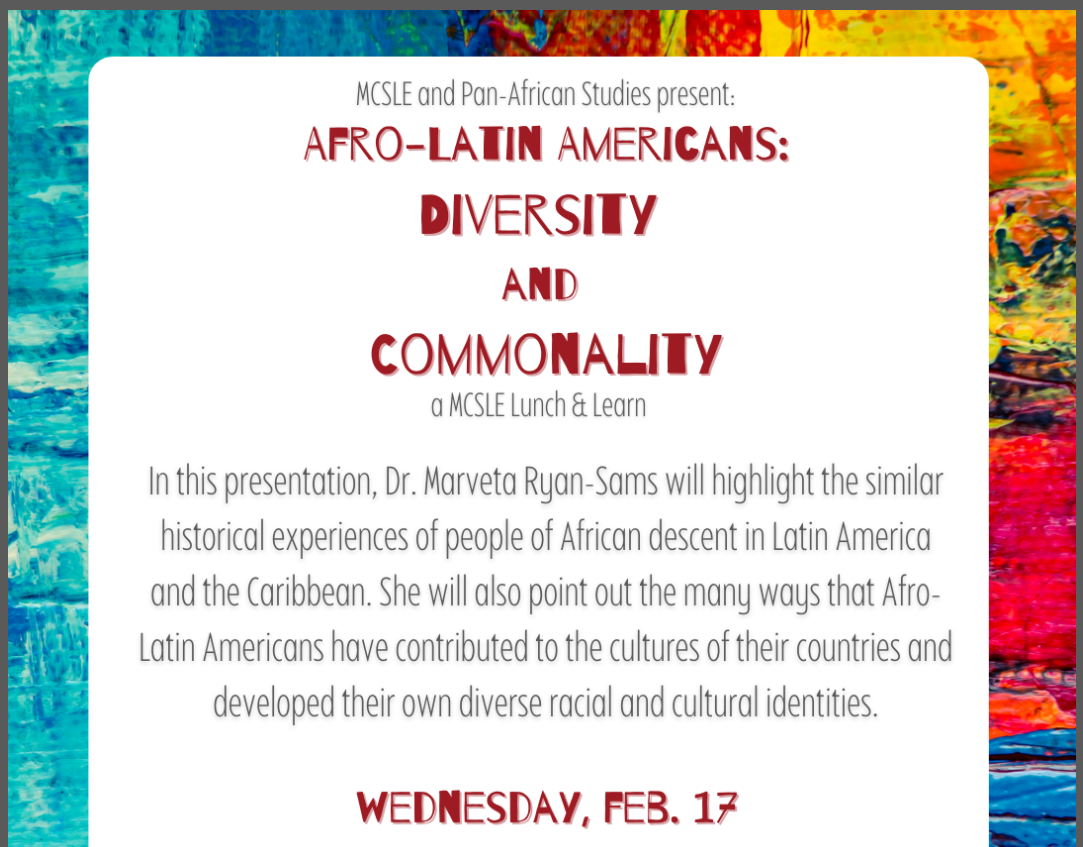
S'MORES GALORE

FEBRUARY 19TH
8 PM - 10 PM



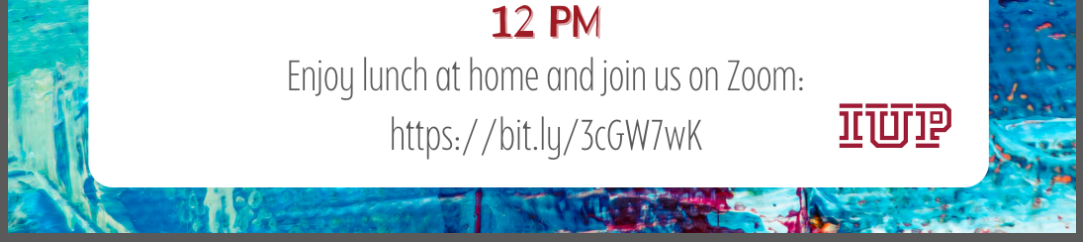
Queer Conversations

"Relationship Prosperity Through The Pandemic" will be presented as part of the Queer Conversations series on Tuesday, February 16, from 5:00 p.m. to 7:00 p.m. in the Elkin Great Room. RSVP by emailing haven-project@iup.edu, as limited seating will be available. The program is brought to you by LGBTQIA Support and the Haven Project. Attendees will discuss healthy and unhealthy relationships along with how the pandemic is impacting LGBTQIA college students, learn about boundaries and respecting one another's space and ideas, talk about LGBTQIA online dating profile creation, and identify some self-care tips during this challenging time. After the presentation, attendees are welcome to stay and create a craft that is stress-free. This presentation is open to anyone interested in attending and proof of attendance is available.



Meet-Up

All students are invited each Friday evening from 8-11 p.m. 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!



JEDI

MCSLE is continuing its social justice programming through the implementing of a JEDI (Justice, Equity, Diversity, and Inclusion) series. JEDI is a five week initiative that will challenge students to think more deeply about creating a more socially justice society. The first program is on Thursday, February 18, at 3 p.m. We will be discussing activism and civil disobedience. You can join the MCSLE team via Zoom (https://iupvideo.zoom.us/j/94719872967).

IUP Celebrating Black Excellence Series

The program will feature IUP Black Alumni who, during 2020, serviced their communities, excelled in their professions, and represented IUP as graduates. They will have an opportunity to share their stories and experiences with attendees. And, we will get the chance to show our appreciation on behalf of IUP for their contributions in making the world a better place. The event will take place on Thursday, February 18, from 6:30-7:30 p.m. via Zoom (https://iupvideo.zoom.us/j/91430765293).

From the Student Cooperative Association (Co-op)

Spring Trivia Night 1

Calling all brainiacs, Einsteins, pop culturists, and Wikipedia-lovers! It's a TRIVIA NIGHT at IUP! STATIC proudly presents its first monthly Trivia Night of the Spring 2021 semester! We'll provide the host and sleek trivia platform, cash prizes, and everything else you need to have a blast. All you have to bring is yourself and your teammates! Join in on the fun on Tuesday, February 16, via Zoom, from 8:00 p.m. to 9:30 p.m. Register here.

Live at IUP: An Evening with Brittany Broski & Sara Schauer

Join STATIC as we present web superstars and BFF roommates, Brittany Broski and Sarah Schauer, live via Zoom, on Friday, February 19. The Zoom waiting room will open at 7:45 p.m., with the event beginning promptly at 8:00 p.m.!
THIS EVENT IS COMPLETELY FREE and OPEN TO THE ENTIRE IUP COMMUNITY. No preregistration is required. The Zoom link is forthcoming!

AXperience

There's an axeciting 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/.

From the Office of Housing, Residential Living, and Dining (OHRLD)

Love Is...

The event, scheduled for Sunday, February 21, will take place from 1-3 p.m. Residents from the Central Quad will be able to pick up a bag of supplies to create a sculpture depicting what they think love is.

Lovefest in Central Quad

The Central Quad Area (Putt, Delaney, Ruddock, and Suites on Maple East Halls) is hosting a Lovefest on Tuesday, February 16, at 8 p.m. in the lobbies of each floor in Putt Hall and Ruddock Hall! This event will include different activities on each floor to maintain social distancing. Some of the activities include writing a love letter to yourself or a friend, a candy bar, love language button, a gallery highlighting influential Black couples, and vision boards. If students go to the activities on each floor, they can be entered to win a Valentine's Day-themed basket!

Contact Us

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universitystudentaffairs-vpsa@iup.edu

https://www.instagram.com/iupstudentaffairs/

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