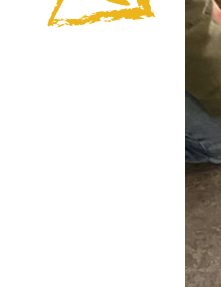


Student Affairs: Weekly Digest

Volume 2, Issue 17
Week of March 8–March 12

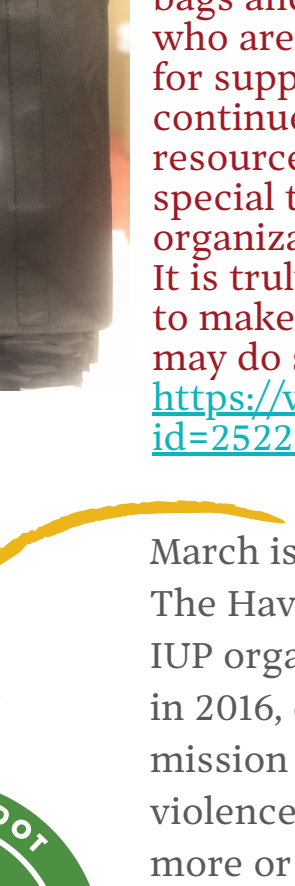
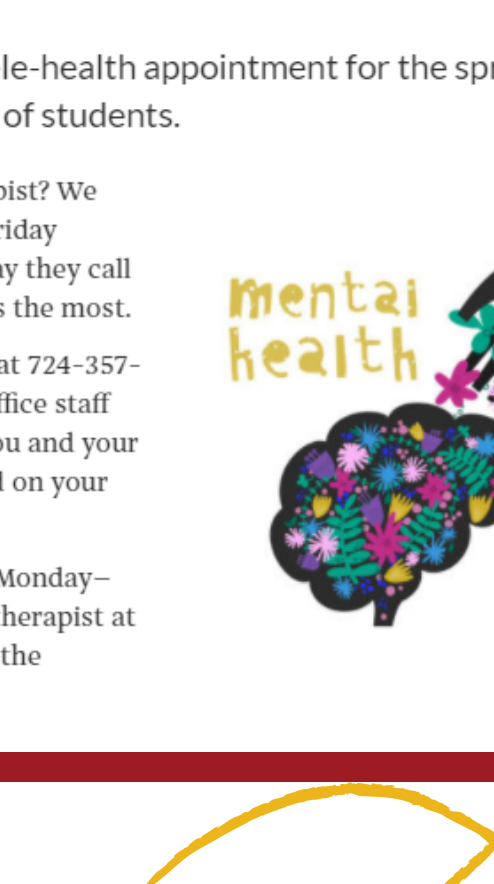
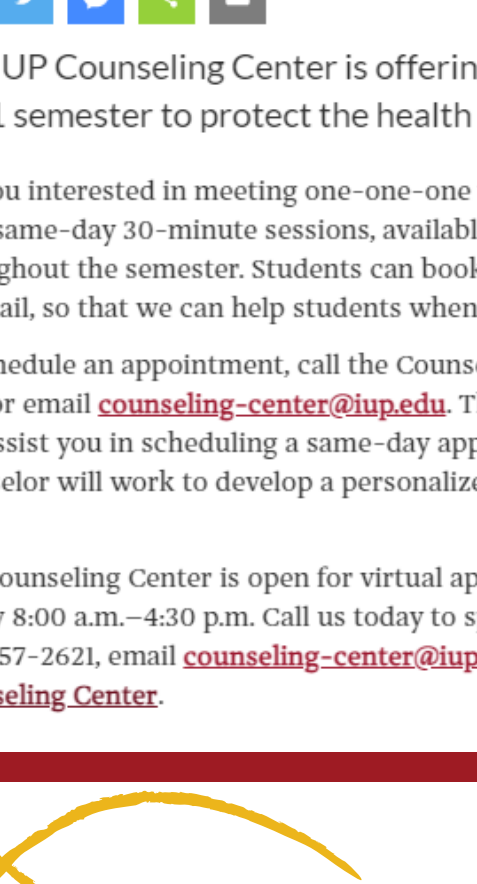
Inside The Issue:

Updates
Achievements and Recognition
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Updates

Still growing! On Monday, March 1, Just Paws had 74 student attendees! Students have enjoyed playing and cuddling with the pups, as well as interacting with the HWP staff. In fact, walk-in numbers during the week have risen, with students wanting some more time to hang out with IUP's own therapy dog Ranger and to sit and talk with HWP staff. One sentiment echoed over and over again from students is that "It is just nice to converse and laugh with someone in person." So, if you know if a student who could benefit, send them our way by contacting Sara Dillon at sdillon@iup.edu.



#IUPLEADS Green Bandana Project

Green Bandana Project: Interested in reducing the stigma around mental health? Set up a training for yourself, your organization, or your class. Be a part of the IUP community working towards building solidarity and letting our students know that they are not alone! Contact Sara Dillon at sdillon@iup.edu to schedule a training.

SPRING 2021 SERVICES AVAILABLE AT COUNSELING CENTER

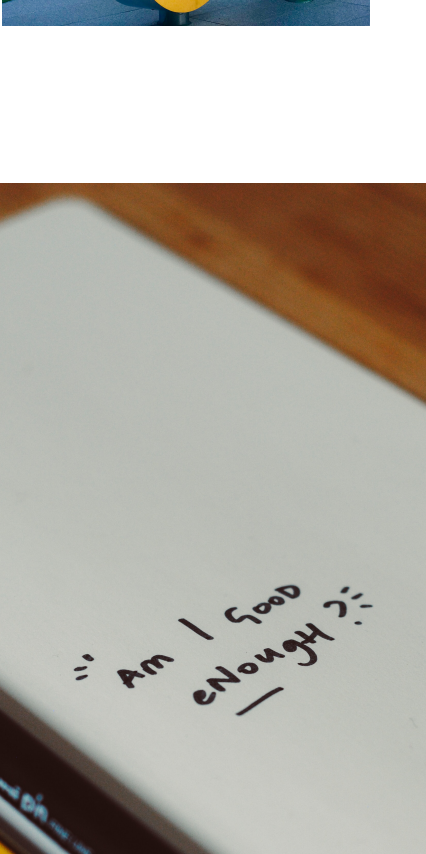
Posted on 2/5/2021 3:12:15 PM

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

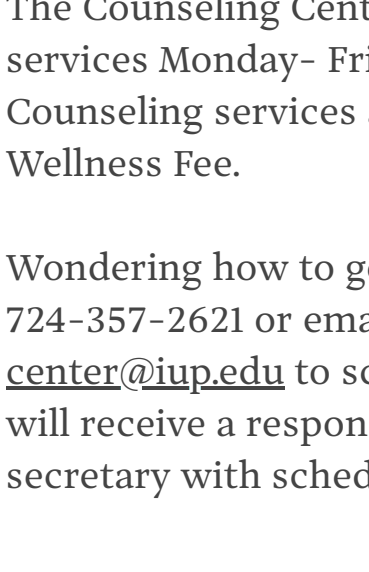
Are you interested in meeting one-one-one with a therapist? We offer same-day 30-minute sessions, available Monday–Friday throughout the semester. Students can book the same day they call or email, so that we can help students when they need the most.

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 Food Pantry and Help Center (FPHC) is open this semester on Tuesdays and Thursdays from 2–7 p.m. and Wednesdays from 1–7 p.m. This semester, the FPHC is making snack bags and full food bags for students who are living in isolation. Thank you for supporting The Pantry, and please continue to send students down for resources. We'd also like to send a special thanks to the departments and organizations who have donated items. It is truly appreciated. If you would like to make a donation to The Pantry, you may do so via this link: <https://www.iup.edu/fund.aspx?id=52222>.



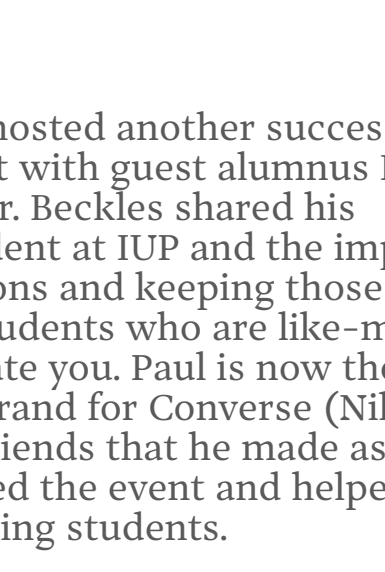
March is Green Dot Bystander Intervention Awareness month. The Haven Project will present Green Dot training to several IUP organizations this month. Since Green Dot's launch at IUP in 2016, over 1,000 people have been Green Dot trained. The mission is to have fewer people hurt by power-based personal violence. If you know of an organization that would like to learn more or schedule a training, email green-dot@iup.edu. Everyone's individual choices matter. We believe that by equipping our students, faculty, administrators, and staff with information about barriers to action and realistic solutions, we can mobilize our campus and community. Everyone can do green dots. What's your Green Dot, IUP?

IUP Green Dot is on social media. Follow Green Dot for all the latest information:

- Facebook: IUP Green Dot
- Instagram: @iupgreendot
- Twitter: @IUPGreenDot



Health and Wellness Promotion (HWP) held a successful Safer Sex Olympics in Folger Student Center on Wednesday, March 3. Students learned about safe sex practices, STIs, and more while participating in a variety of hands-on events.

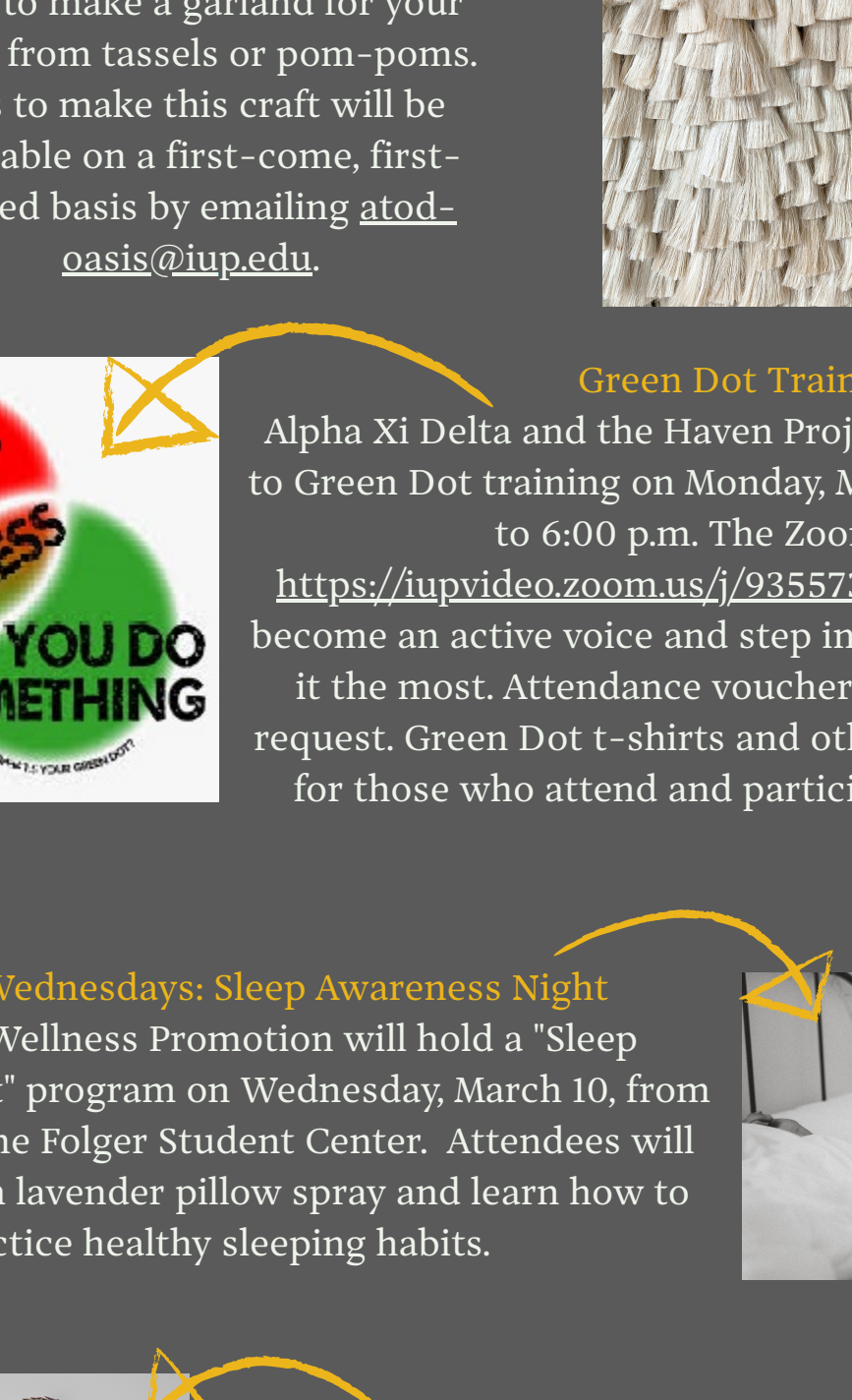
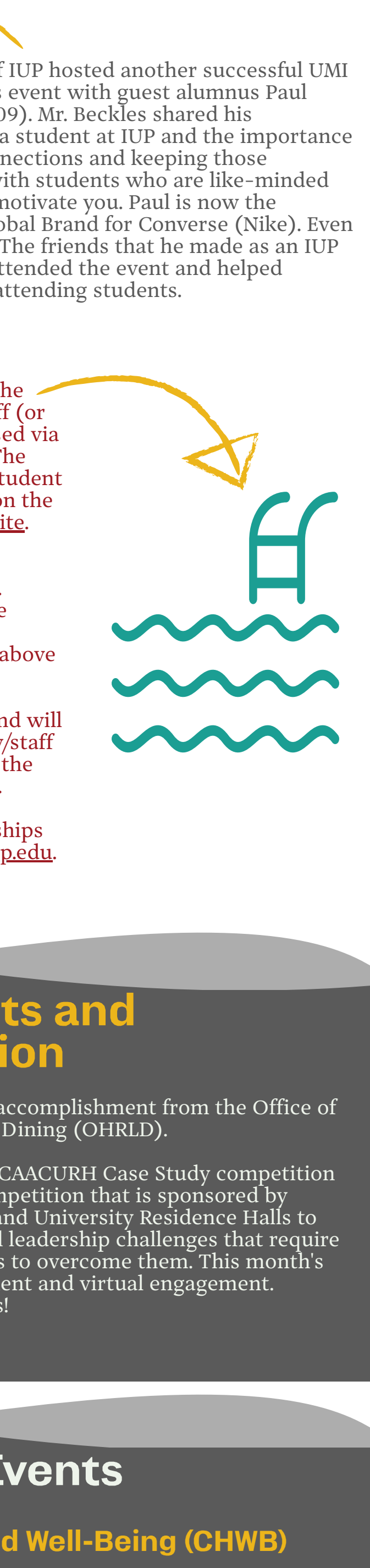


Students have so much going on! With today's technology and constant communication, it is easy to become overwhelmed with which app to choose for mental health. [Check out the list of fun apps the faculty at the Counseling Center has compiled!](#) Suggestions range from mindfulness and stress reduction to sleep and mood trackers, along with online resources.

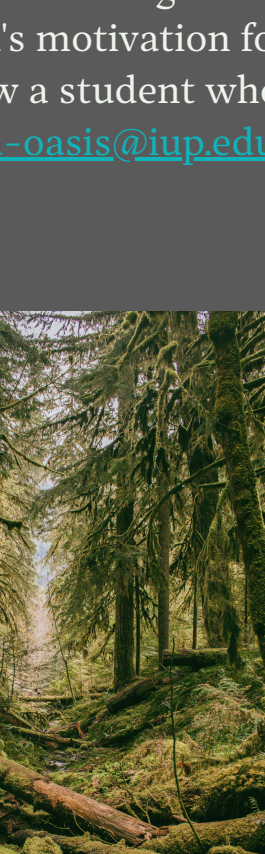
Keep up-to-date on the latest self-help tips and resources by following the Counseling Center on [Instagram](#) and [Facebook](#).

The Counseling Center provides tele-psych services Monday–Friday from 8 a.m. – 4:30 p.m. Counseling services are included in the Student Wellness Fee.

Wondering how to get started? Give us a call at 724-357-2621 or email counseling-center@iup.edu to schedule an appointment. You will receive a response from the department secretary with scheduling options.



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.



UBORA Men of IUP hosted another successful UMI Speaker Series event with guest alumus Paul Beckles (IUP '09). Mr. Beckles shared his experience as a student at IUP and the importance of making connections and keeping those connections with students who are like-minded and who will motivate you. Paul is now the Director of Global Brand for Converse (Nike). Even more special? The friends that he made as an IUP student also attended the event and helped to encourage attending students.

Lepley pool is open to students, faculty, staff, and the public. Day passes are required for faculty and staff (or the community) and memberships can be purchased via the [IUP marketplace](#). Students are free to attend. The pool is now run by Athletics and the Division for Student Affairs. Lepley Natatorium is located in Zink Hall on the ground floor. All information is listed on our [website](#).

Hours are as follows:
Monday–Friday, 11 a.m. – 1 p.m. and 7 p.m. – 9:30 p.m.
(Beginning Tuesday, March 9, the hours will change to 6 p.m. – 9:30 p.m.)
Wednesday 6 a.m. – 2:30 a.m. in addition to the hours above
Saturday/Sunday, 8 a.m. – 4:30 p.m.

Parking (for faculty/staff) is located behind Zink and will enter through the loading dock doors. Non-faculty/staff must obtain an appropriate parking permit or use the pay-by-space between Pierce and the Field House.

Questions regarding pool use, rentals, or memberships can be sent directly to Adam Stoner at astoner@iup.edu.



Achievements and Recognition

This week, we continue to recognize an amazing accomplishment from the Office of Housing, Residential Living, and Dining (OHRLD).

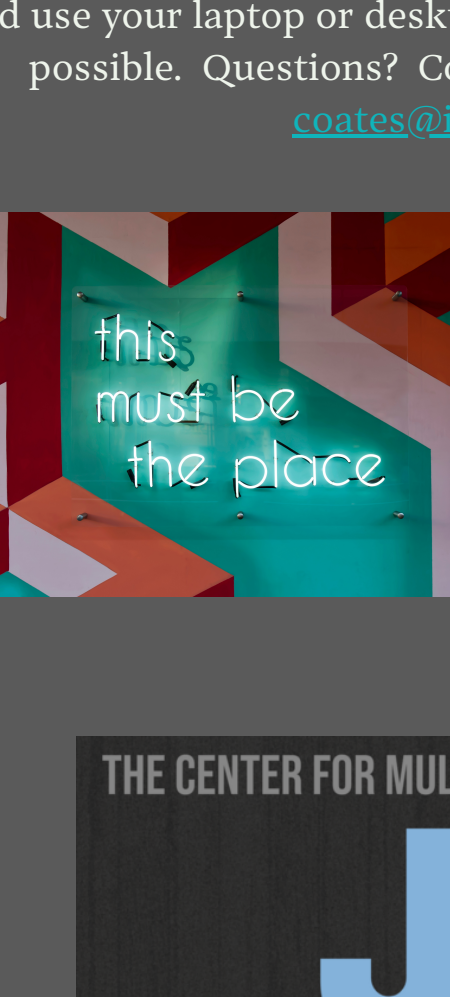
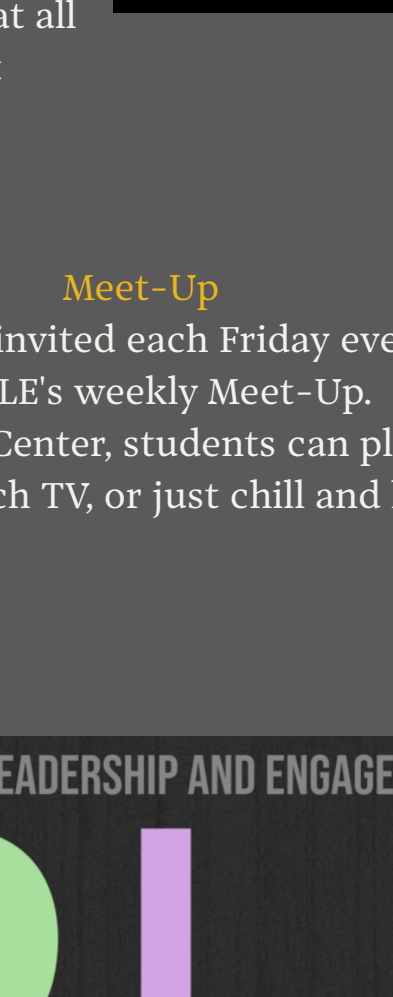
The Residence Hall Association recently won the CAACURH Case Study competition for January. The case study is a Monthly competition that is sponsored by CAACURH–Central Atlantic Affiliate of College and University Residence Halls to develop leadership skills by posing developmental leadership challenges that require each chapter to identify the challenges and ways to overcome them. This month's challenge focused on membership recruitment and virtual engagement. Congratulations!

Upcoming Events

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

How to Make a Tassel or Pom Pom Garland

Join Nash Peters as she shows you how to make a garland for your room from tassels or pom-poms. Kits to make this craft will be available on a first-come, first-served basis by emailing atod-oasis@iup.edu.

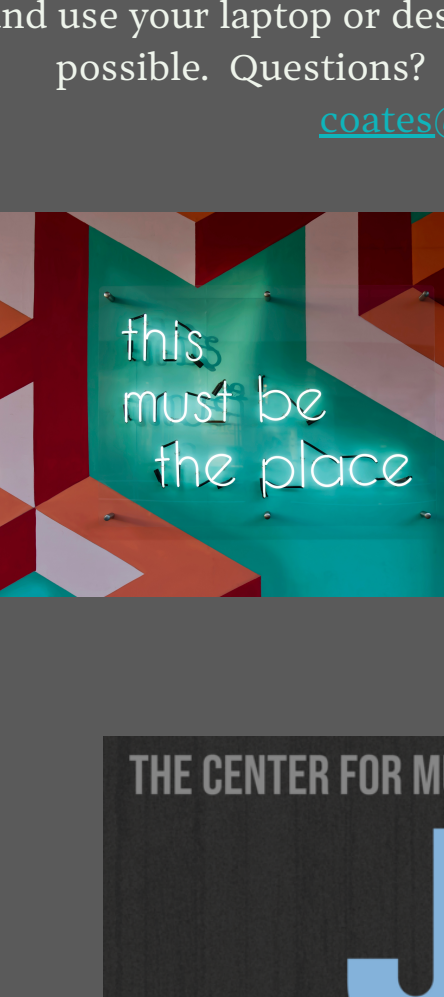
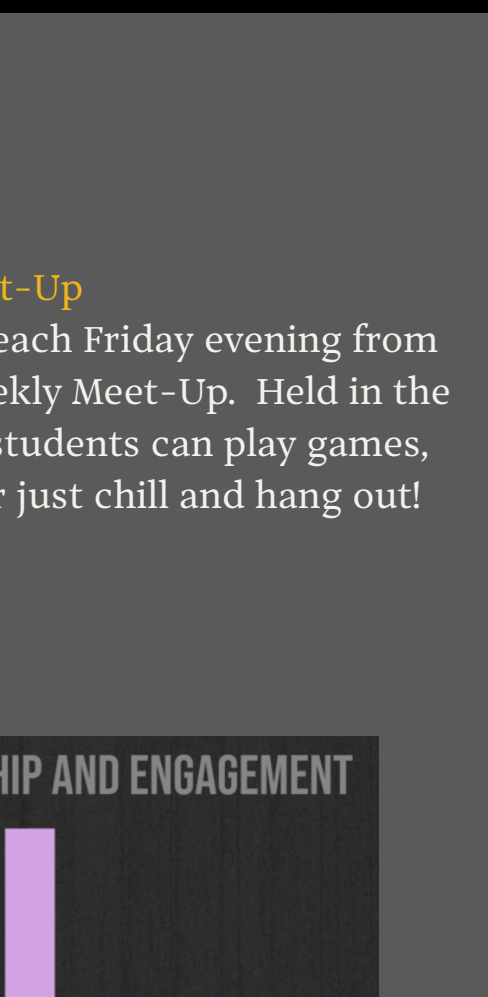


Green Dot Training

Alpha Xi Delta and the Haven Project invite all students to Green Dot training on Monday, March 8, from 5:00 p.m. to 6:00 p.m. The Zoom link is <https://iupvideo.zoom.us/j/93557303276>. Learn how to become an active voice and step in when someone needs it the most. Attendance vouchers are available upon request. Green Dot t-shirts and other items are available for those who attend and participate in the training.

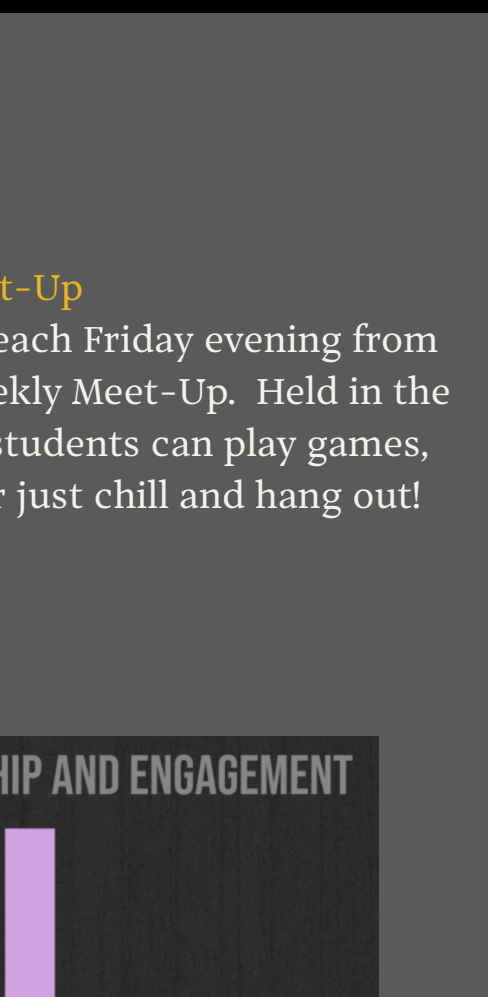
Wellness Wednesdays: Sleep Awareness Night

Health and Wellness Promotion will hold a "Sleep Awareness Night" program on Wednesday, March 10, from 6–7:30 p.m. in the Folger Student Center. Attendees will make their own lavender pillow spray and learn how to practice healthy sleeping habits.



Student Wellness and Engagement: Helping Hawk

The presentation, "Being a Helping Hawk," is designed to teach the principles of Motivational Interviewing, which includes the art of reflective listening and building a skill set to help increase and sustain a person's motivation for making changes in their life. If you know a student who may be interested, have them email atod-oasis@iup.edu.



Self-Care, Personal Growth, and Value-Based Living

The presentation, brought to you by Student Wellness and Engagement, includes information, tips, and psychological research on each of the three subjects (self-care, personal growth, and valued-living), as well as 20–30 minutes for participants to complete a reflection exercise about each subject. If you know a student who may be interested, have them email atod-oasis@iup.edu.



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 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 @IUPRANGER. You can follow Health and Wellness Promotion @IUPAWARE, too!



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.



BACCHUS ZOOM BINGO! NEW TIME!

Fridays 9:30 PM - WIN! Giftcards!
To get a card and the zoom address, email atod-oasis@iup.edu by 6:00pm on the Friday of the event.
BINGO DATES: January 22, 29;
February 12, 19;
March 5, 12, 19, 26
April 2, 9, 16, 23, 30

Meditation Sessions

HWP Graduate Assistant, Michelle Puerta, is leading Meditation sessions on Zoom (ID: 293 2292 1235) each Thursday at 1 p.m. All are invited to join in for a moment of relaxation and clarity.



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

Six O'Clock Series: International Women's Day Panel

This event, on Monday, March 8, at 6:00 p.m., is in celebration of International Women's Day, which occurs every year on March 8, to celebrate the achievements of women worldwide and advocate for gender parity.

Our panel of accomplished international women from Morocco, Brazil, Taiwan, and Botswana will join us from abroad to share unique successes and challenges for women in their countries. Join us via [Zoom](#). All are invited!



Six O'Clock Series: Following Your Dreams

America's Best Dance Crew's Donnetta "LilBit" Jackson

On Monday, March 15, at 6:00 p.m., professional Chicago dancer Donnetta "LilBit" Jackson will tell her story of how she started, being a kid from the hood that "made it," and how important it is to network and make connections. Ms. Jackson performed with a dance group on MTV's "America's Best Dance Crew" and was a featured dancer for Chance the Rapper. Join us via [Zoom](#). All are invited!

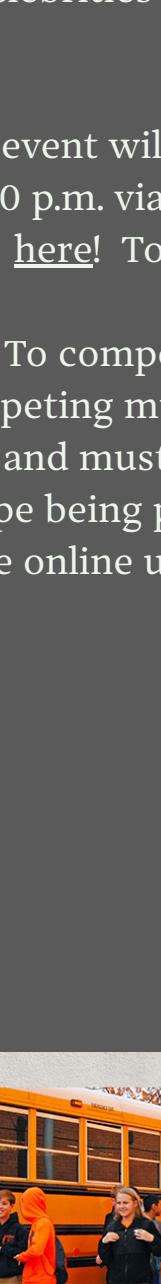
Building Bridges: Women, Leadership, and Excellence

What are the elements of essential leadership in today's time? As a woman, leadership is defined in different ways and is unfortunately viewed differently than men's leadership. Crystal McCormick will address being a woman leader in Pittsburgh, Higher Education, and in the Pittsburgh Region. She will discuss what tools and characteristics are needed to be a leader in today's world. Join us on Thursday, March 11, at 6:30 p.m. via Zoom (<https://iupvideo.zoom.us/j/94582988689>).



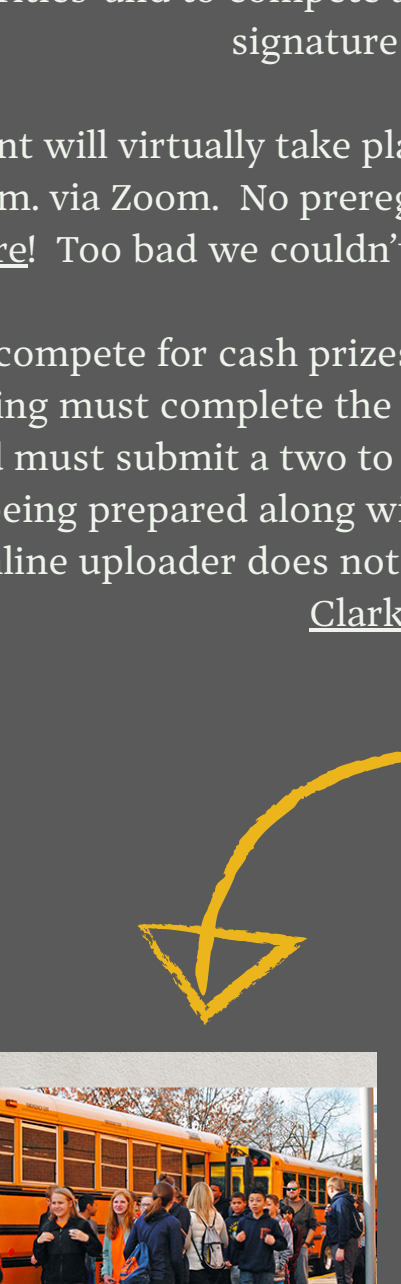
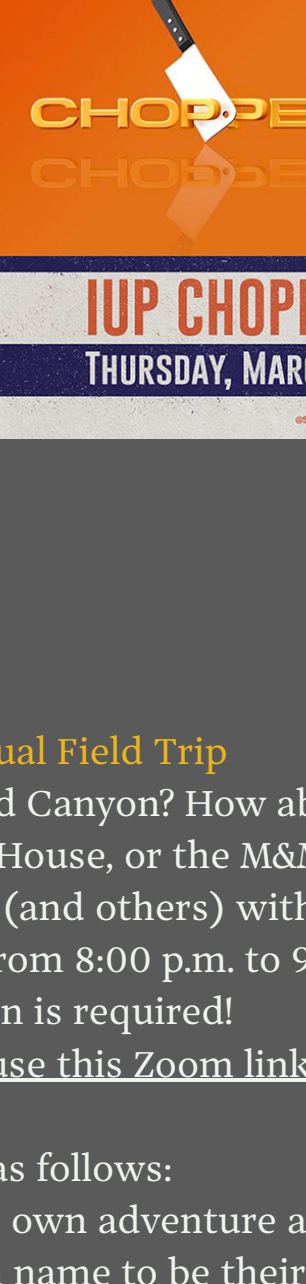
Queer Conversations: The Lavender Scare

Tuesday, March 9, from 5–7 p.m. via Zoom (ID: 913 2363 1243)



LGBTQIA Support Grad Group

For all graduate students (and senior undergraduate students) to meet and support one another. Sunday, March 14, from 6–8 p.m. via Zoom (link TBD)

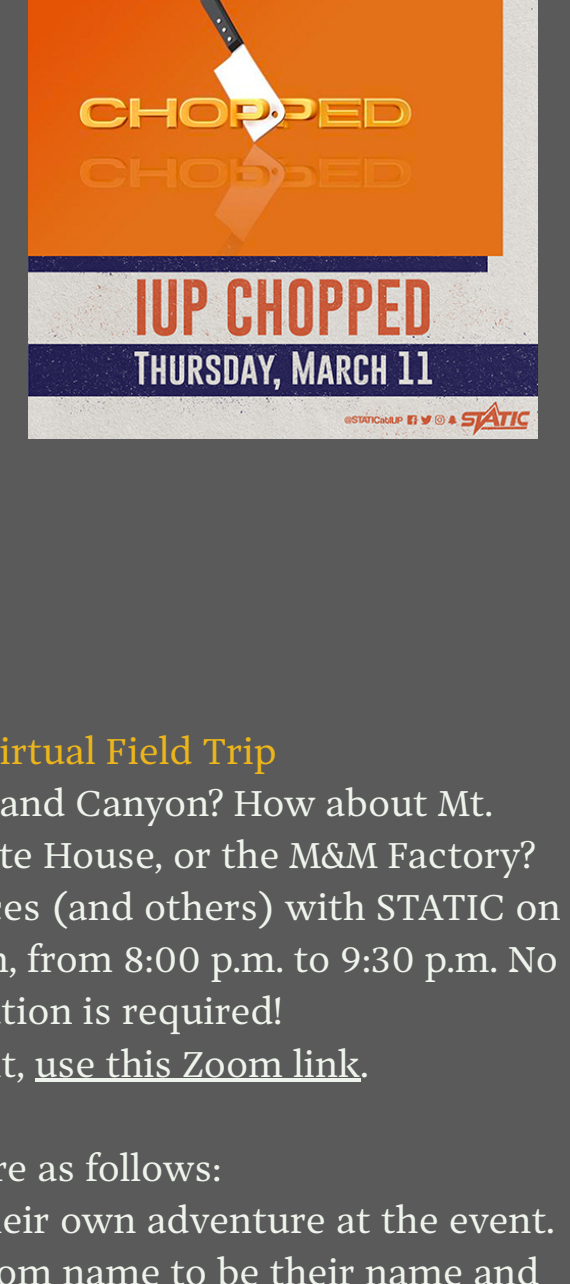


International Women's Month Kahoot

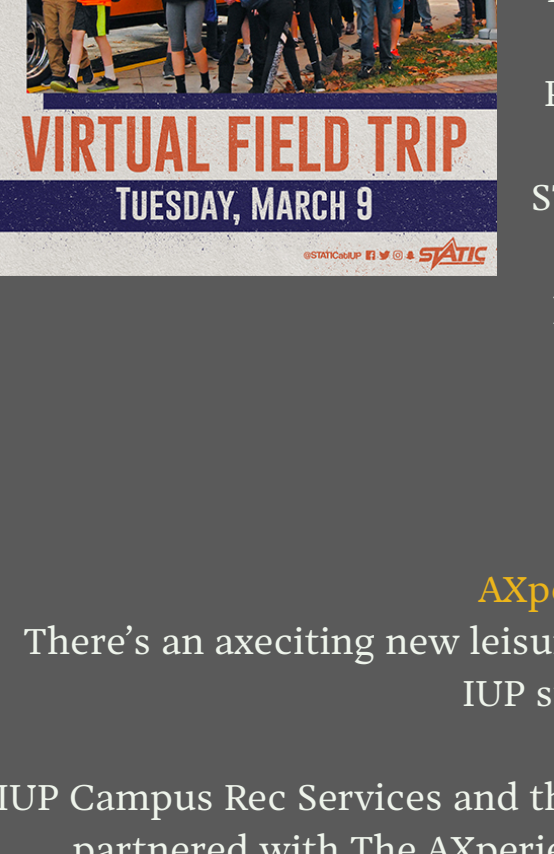
Join us Saturday, March 20, at 5 p.m. on Zoom (Code: 945 476 59187) to participate in a fun and educational game of Kahoot! Trivia! The event is in celebration of International Women's Month. All are welcome.

D2L Rescue

MCSLE is hosting this session intended to assist any student experiencing difficulty with basic D2L navigation. Join Ms. Nancy Evans from the College of Education and Communications and Mr. Jeremy Risinger from University College in this informative and engaging [Zoom](#) session on Wednesday, March 10, at 4:00 p.m.

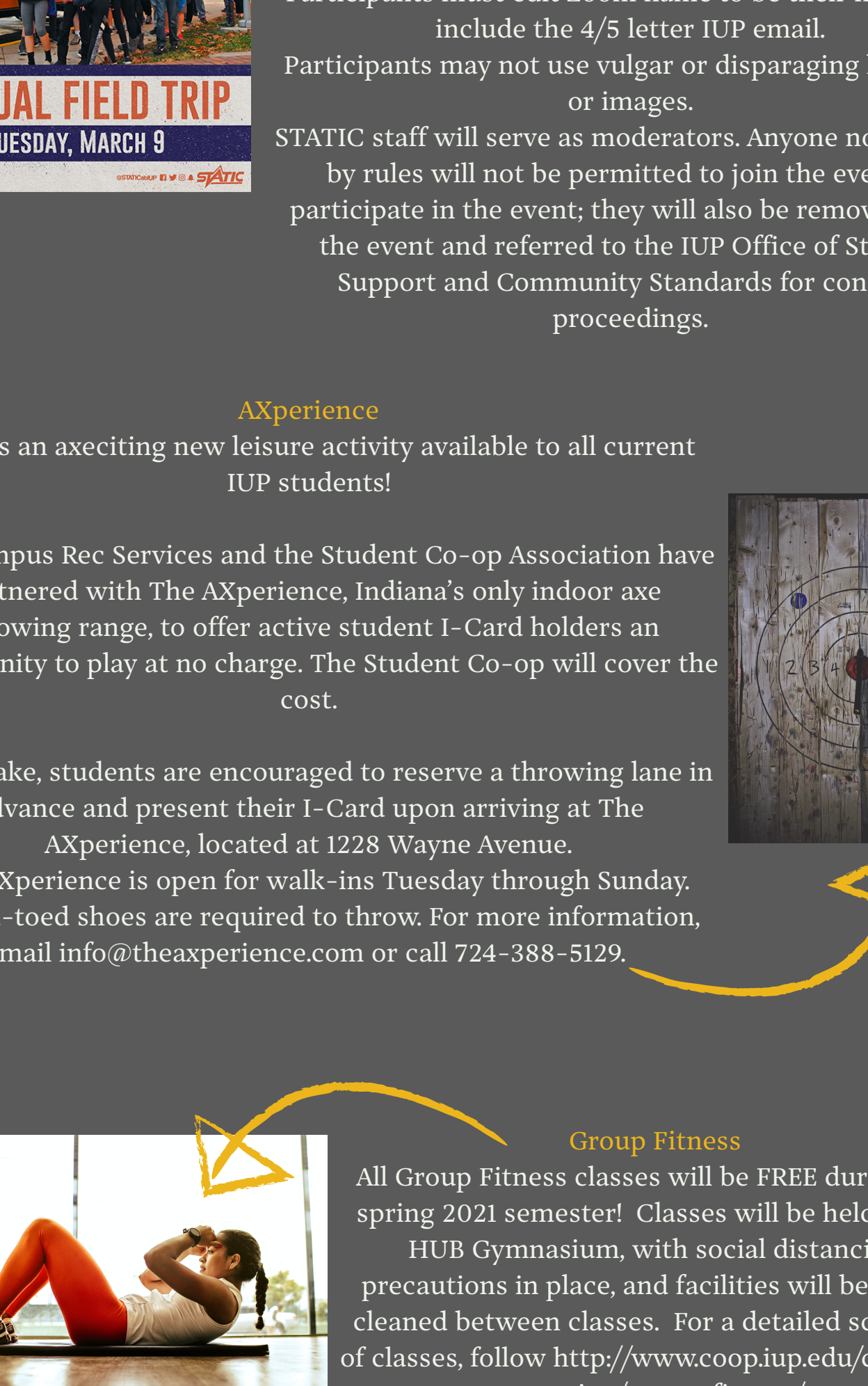


We recommend that you join us on your phone or tablet and use your laptop or desktop to follow along, if at all possible. Questions? Contact Leslie Coates at coates@iup.edu.



Meet-Up

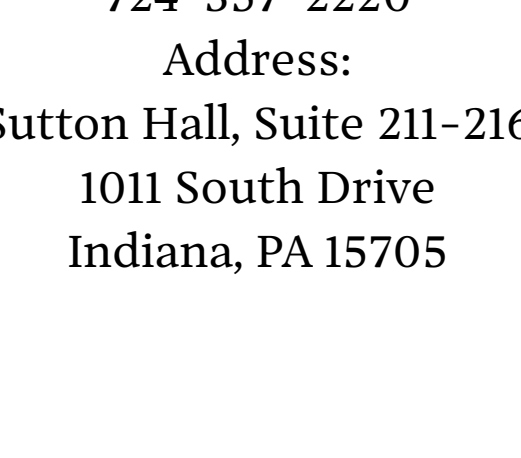
All students are invited each Friday evening from 8–11 p.m. for MCSLE's weekly Meet-Up. Held in the Folger Student Center, students can play games, shoot pool, watch TV, or just chill and hang out!



From the Student Cooperative Association (Co-op)

STATIC's IUP Chopped: Cooking Competition, Round 2

Join STATIC on Thursday, March 11, to check out some amazing culinary specialties from various local IUP 'celebrities' and to compete against others with your signature dish!



The event will virtually take place between 8:00 p.m. and 10:00 p.m. via Zoom. No preregistration is required. [Join here!](#) Too bad we couldn't get Gordon Ramsey.

To compete for cash prizes, [register here!](#) Those competing must complete the registration application in full and must submit a two to five minute video of their recipe being prepared along with the finished product. If the online uploader does not work, please email Zach Clark.

STATIC's Virtual Field Trip

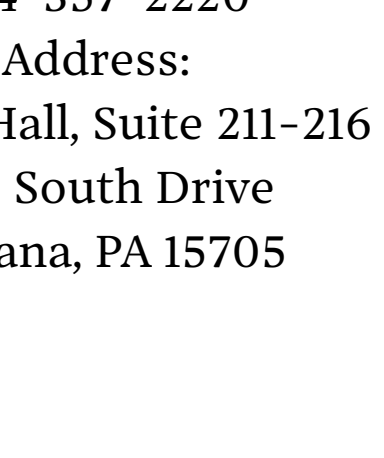
Want to explore the Grand Canyon? How about Mt. Everest? Perhaps the White House, or the M&M Factory? Come check out these places (and others) with STATIC on Tuesday, March 9, via Zoom, from 8:00 p.m. to 9:30 p.m. No preregistration is required! To join the event, use this [Zoom link](#).



Rules are as follows:
Participants can choose their own adventure at the event. Participants must edit Zoom name to be their name and include the 4/5 letter IUP email.
Participants may not use vulgar or disparaging language or images.
STATIC staff will serve as moderators. Anyone not abiding by rules will not be permitted to join the event or participate in the event; they will also be removed from the event and referred to the IUP Office of Student Support and Community Standards for conduct proceedings.

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

Website

<https://www.iup.edu/studentaffairs/>

Email

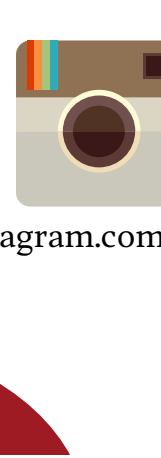
universitystudentaffairs-vpsa@iup.edu

Phone:

724-357-2220

Address:

Sutton Hall, Suite 211–216
1011 South Drive
Indiana, PA 15705



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

