Student Affairs: Weekly Digest

Volume 2, Issue 19
Week of March 22-March 26

Inside The Issue:

Feature
Updates
Upcoming Events
Contact Us

IUP

Feature: Paige Mikesell Wins National Title

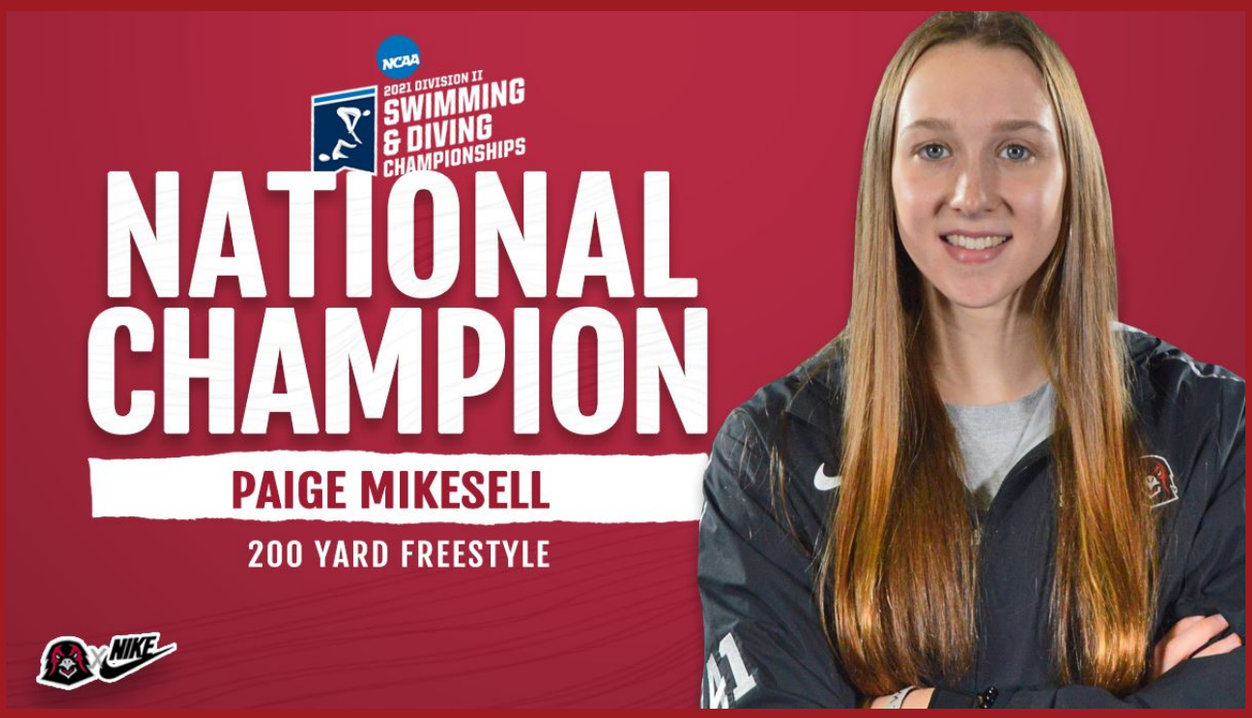
IUP junior Paige Mikesell captured the national championship in the 200 yard freestyle on the second day of the 2021 NCAA Division II Swimming and Diving Championships at the Birmingham CrossPlex.

It was the highlight of what could be the most decorated single day in IUP swimming program history.

Mikesell's winning swim set a new IUP record in the event with a time of 1:48.36. Entering the championships seeded 30th of 35 scheduled competitors, Mikesell shaved nearly four seconds off her previous best time of 1:52.02 while swimming in the first of four heats.

Mikesell's time edged second place Lexie Baker of Queens (N.C.), who touched the wall in 1:48.52.

This marks IUP's first individual national champion since Jackie Hynson won the 200 butterfly with a Division II record time of 1:58.84 back in 2012.



What makes Mikesell's performance even more impressive, is that it came after severe weather Wednesday in Alabama altered the schedules of the first two days of the championships. With Wednesday night's finals moved to Thursday morning, today's events consisted of timed finals without prelims.

Although Mikesell's title was the highlight of the day, it wasn't the only standout performance for the Crimson Hawks.

IUP totaled four All-American performances and set four new school records.

Thursday started with the women's 200 medley relay team earning honorable mention All-American honors, posting an 11th place finish with a record time of 1:43.28. The order consisted of Paige Mikesell, Rachel Johnson, Claire Mikesell and Iliana Oikonomou.

The same quartet then earned first team All-American honors in the 200 freestyle relay with a record time of 1:34.14. The eighth place finish was the highest by a relay at the national championships in 15 years under head coach Chris Villa.

Mikesell nearly grabbed two national titles in the same night, posting a second place finish in the 100 butterfly earlier in the evening. Entering as the third seed in the event, she broke her own school record with a time of 53.63, just .60 seconds shy of winner Lucia Martelli (53.03) of Delta State.

Also competing individually on Thursday were Rachel Johnson and Luke Mikesell.

Johnson finished 23rd overall in the timed 400 IM finals, touching the wall in 4:28.46. Mikesell, a freshman competing in his first NCAA event, finished 17th in the men's 200 freestyle with a time of 1:38.40.

Written by Ryan Rebholz, Director of Sports Information at IUP

Updates

#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 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 Food Pantry and Help Center (FPHC) is open this semester on Tuesdays and Thursdays from 2–7 p.m. and Wednesdays from 3–7 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. 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=252222.

March is Green Dot Bystander Intervention Awareness Month. Since February, eight campus organizations have been trained. IUP Haven Project hosts Green Dot training throughout the semester to teach students, faculty, administrators, and staff how to be active bystanders. We believe that by equipping everyone with information about barriers to action and realistic solutions, we can mobilize our campus and community. Everyone can do green dots.
Email us at green-dot@iup.edu to learn more or to schedule a 1-hour training for your organization or class.

Survivor Stories Needed! The Haven Project is preparing for April which is Sexual Assault Awareness Month. We are looking for survivors who want to share their story. Survivor stories from students, faculty, staff, and the administration are needed for the success of the What Were You Wearing Exhibit and the Virtual Speak Out. The deadline to submit a story is Monday, April 5. We see you. We hear you. We believe you. We support you!

The Haven Project and the Fashion Merchandising program are partnering together for the “What Were You Wearing?” exhibit at IUP, which brings awareness to the issue of victim-blaming and helps to dismantle the myths about sexual violence occurring due to what a person was wearing when the assault occurred. This display will be set up the week of April 12–April 16 in the Stapleton Library near Java City. For more information and to submit your story, anonymously, use the following link: https://forms.gle/VSf8xjArhAnxYdKM8.

Even though we can’t be together for Take Back the Night 2021, survivors of sexual violence are invited to share their stories anonymously so we can hold a virtual Speak Out. The Haven Project will read the stories on April 14 via social media. We want to continue to show our support for victims and survivors of sexual assault.
For more information and to submit your story, anonymously, use the following link: https://forms.gle/eWAeT6hAbosxj4UV7.

For questions, email haven-project@iup.edu.

Follow IUP Haven Project and Green Dot on social media for all the latest information.

- Facebook: IUP Haven Project and @IUPGREENDOT
- Instagram: @IUPHaven and @iup_greendot
- Twitter: @IUPHaven and @IUPGreenDot

There's still time to submit a video and to serve as an IUP masked celebrity! Talent not required. And, it's super easy! Email Zach Clark if you'd like to participate. Just record a short video or voice recording of you singing with your identity hidden. Then, at the end of the video, reveal your identity. Videos are due by Tuesday, March 23, so get to singin'!

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.

#MCSLEWOMENSHISTORYMONTH

In honor of Women's History Month, MCSLE invites you to tell us about a woman who inspires you. Whether she's a favorite celebrity, historical figure, relative, friend, or professor, tell us who she is and how she's impacted your life!

From now until the end of March, write a post about her on your public instagram and tag @IUP_MCSLE and #MCSLEWomensHistoryMonth, and we'll share it on our Instagram story!

You can also send us your post on this Google form: https://bit.ly/3dWZAbf, and we'll post on our Instagram!

ALL ARE WELCOME TO CONTRIBUTE!

Questions? Email kxkcc@iup.edu

IUP

Upcoming Events

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

Green Dot Training

All students who want Green Dot training are invited to join the Haven Project on Tuesday, March 23, at 5:30 p.m. This one-hour training will be online via Zoom (https://iupvideo.zoom.us/j/93557303276). Green Dot is a violence prevention program at IUP. Join us to learn how you can help make our campus safer for everyone. Green Dot t-shirts and other items are available for those who attend and participate in the training.

IUP GREEN DOT
IUP
EVERYONE, EVERYDAY

Meditation Sessions

HWP Graduate Assistant, Michelle Puerta, is leading Meditation sessions on Zoom (ID: 923 2292 1235) each Thursday at 1 p.m.
All are invited to join in for a moment of relaxation and clarity.

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!

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 addresse, 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

How to Make a Tissue Paper Jar

Join Nash Peters as she shows you how to decorate a jar with tissue paper. Kits to make this craft will be available on a first-come, first-served basis by emailing atod-oasis@iup.edu. Join in on the fun on Monday, March 22, from 5-6 p.m. via Zoom (https://iupvideo.zoom.us/j/9162184098#success).

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

Six O'Clock Series: Entrepreneurship Before COVID, During COVID, and Post-COVID

On March 22 at 6:00 p.m., Dr. Lawrence Willis will discuss business and conditions prior to COVID, how he sustained and survived during the pandemic to keep his business afloat as others ceased operations, and his view of a world forever changed post-COVID. How do we need to pivot and plot our next moves?

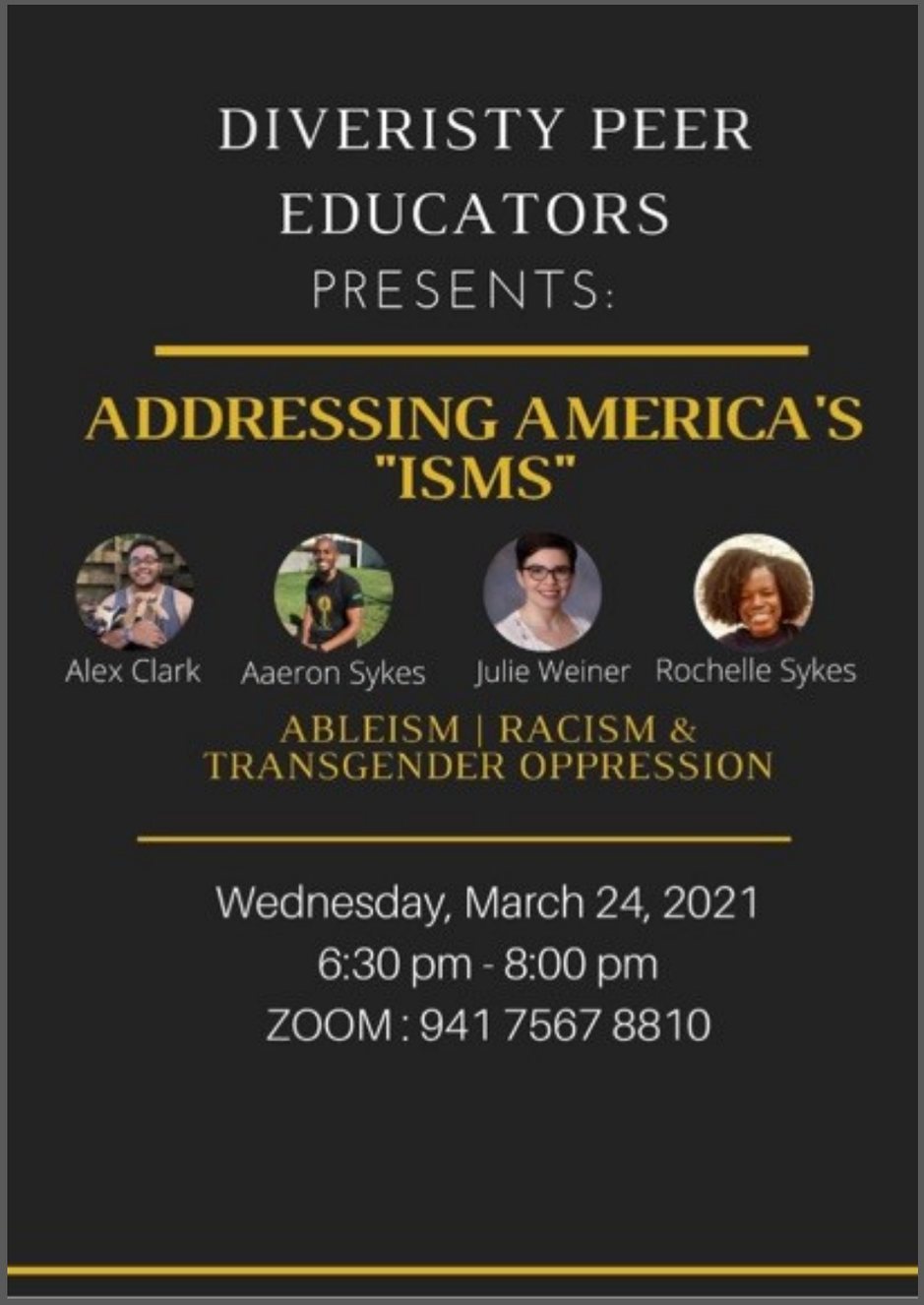
Join us via Zoom (https://iupvideo.zoom.us/j/95797564969#success). All are invited!

6:00 PM SERIES

Six O'Clock Series: Student Poetry Slam

Are you a poet? Interested in performing spoken word? Join us for a poetry slam on March 29 at 6:00 p.m.! You'll get a chance to practice and perform over Zoom if you've ever been hesitant to perform on stage.

Prizes will be available for winners! Join us via Zoom. All are invited!



Vitalant Blood Drive

We will be hosting a blood drive on Thursday, March 25, from 12-5 p.m. in the Folger Student Center. We kindly thank you for your donations!

Building Bridges: The Viewpoint-
Women Graduates Navigating Higher Ed. in a Pandemic

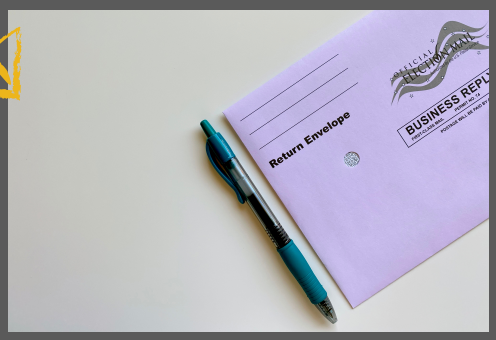
Join us on Thursday, March 25, from 6:30-7:30 p.m. via Zoom (https://iupvideo.zoom.us/j/94582988689). This discussion will highlight the perspectives of three women from the IUP SAHE program who are about to transition into the higher education workforce. These future professionals will give valuable insight on adapting to the changes of higher education (COVID-19). Some questions that will be considered are what jobs are available to me in a pandemic and how to brand myself/network in a virtual space?

Queer Conversations: Body and Gender Dysmorphia

Join the Queer Conversations Workshop Series on Tuesday, March 23, from 5-7 p.m. to discuss body and gender dysmorphia as it relates to the LGBTQIA community. The session will be held on Zoom (https://iupvideo.zoom.us/j/91323631243).

Voter Registration Drive

We will be tabling in the Oak Grove and North Dining Hall to provide information about registering to vote. Stop by either location on Thursday, March 25, from 9 a.m.-12 p.m. to learn more.



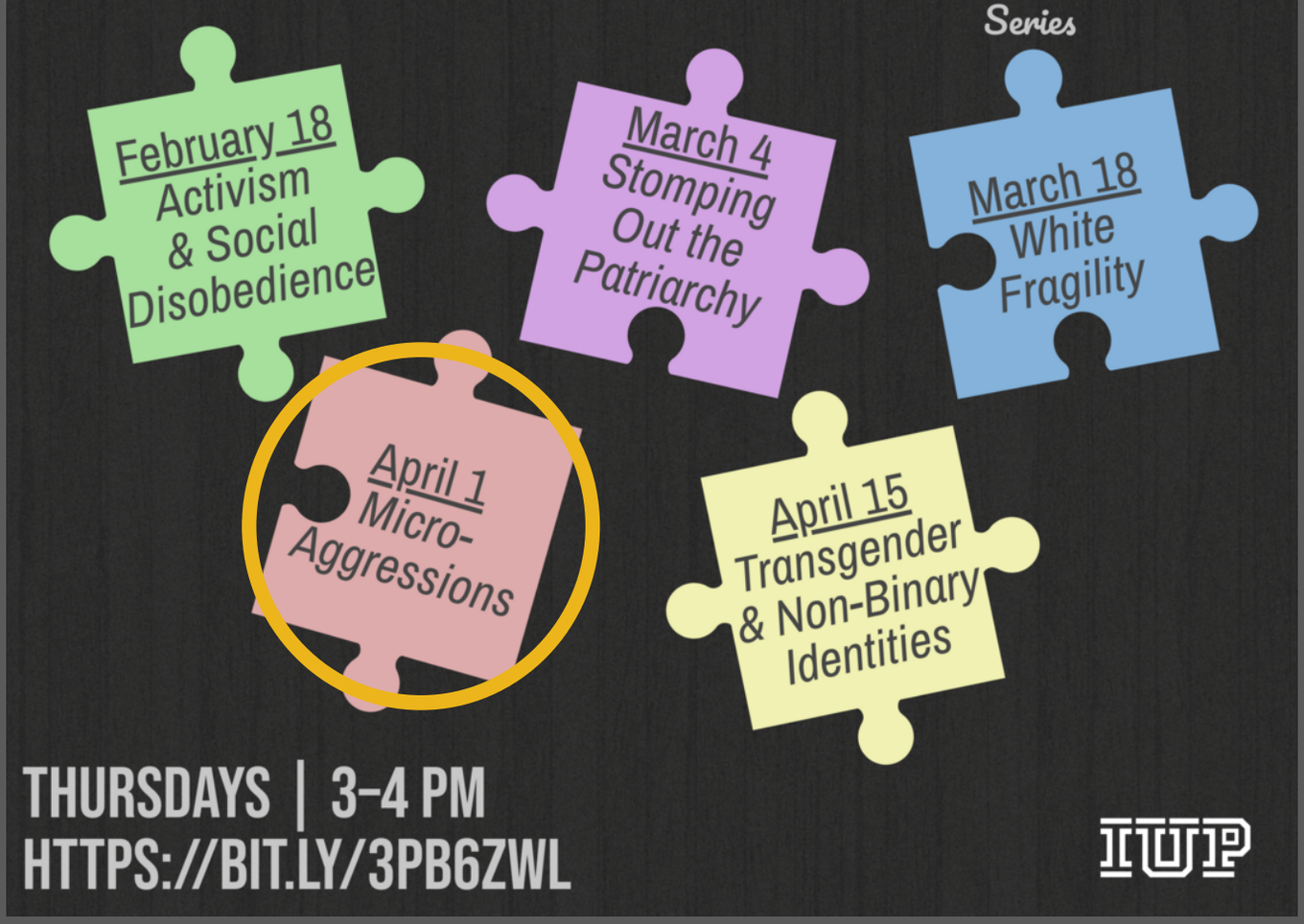
Meet-Up

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!

THE CENTER FOR MULTICULTURAL STUDENT LEADERSHIP AND ENGAGEMENT

JEDI

JUSTICE EQUITY DIVERSITY INCLUSION



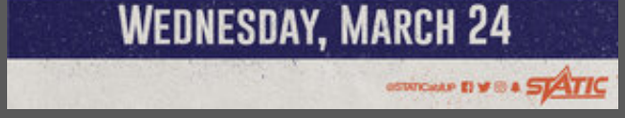
LGBTQIA Support Grad Group

For all graduate students (and those senior undergraduate students) to meet and support one another. Join us on Sunday, March 28, from 8-11 p.m. via Zoom (https://iupvideo.zoom.us/j/94429909950).

From the Student Cooperative Association (Co-op)

IUP Masked Singer 2

Join STATIC as we again host our IUP virtual version of the hit game show, Masked Singer, on Wednesday, March 24, at 8:00 p.m., via Zoom! Try to figure out which local IUP 'celebrities' are behind the mask and performing just for you! Players with the most correct guesses win some pretty amazing prizes! No preregistration required!



Netflix and Chill: First Comedy Night!

On Friday, March 26, STATIC hosts a virtual Netflix & Chill movie night featuring your favorite blockbuster comedy! Event begins at 8:00 p.m.

Spring Fling: DIY Craft Tutorials & Egg Dyeing

Join STATIC on Sunday, March 28, to celebrate the season at its first annual Spring Fling! The event will virtually take place between 5:00 p.m. and 7:00 p.m. via Instagram and Zoom. Link forthcoming. STATIC will offer spring-themed craft tutorials and some awesome springy egg dyeing. Register here!

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 Military and Veteran's Resource Center (MVRC)

CrowdFunding for the MVRC

The Military and Veterans Resource Center (MVRC) engages 900 veteran and military-affiliated students by providing opportunities to connect and receive help when they need it the most. Your support of the MVRC Crowdfunding project will provide critical resources and ongoing assistance for our students. The funds raised in this project will go to three areas.

- 1/3 of the funds will go to IUP's Veterans Assistance Fund. This fund provides military-affiliated students with emergency funds to help them during a financial crisis. In the past, the MVRC used the Veterans Assistance Fund to help students buy books, purchase class supplies, pay for utilities and rent, purchase food, and other financial needs.
- 1/3 of the funds will go to improve the services we provide in the MVRC for our students.
- 1/3 of the funds will go to provide additional programming for current military-affiliated students and to connect with alumni through programming and an enhanced Veterans Day celebration.

The MVRC's mission is to provide personalized and caring support to IUP student veterans during their transition from military service to college life. The MVRC helps veterans and military-affiliated students navigate IUP and aid with VA educational benefits, as well as give veteran students the tools to succeed academically and personally.

For those wishing to make a donation, visit the website at https://securelb.imodules.com/s/894/15/index-1col.aspx?sid=894&gid=1&pgid=951&cid=1644&bledit=1&dids=435&appealcode=AFCRWDFE.

Housing and Dining

Arts Post-COVID Panel

All students are invited to this panel discussion from OHRLD focusing on how the arts have changed since COVID. IUP Art faculty will provide career advice and general support for students considering the arts as a major or career choice. The Panel will take place on Thursday, April 1, from 11:30 a.m. until 12:30 p.m. via Zoom (ID: 979 9831 0929).

Contact Us

Website

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

Email

universitystudentaffairs-vpsa@iup.edu

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

Phone:
724-357-2220

Address:
Sutton Hall, Suite 211-216
1011 South Drive
Indiana, PA 15705

IUP