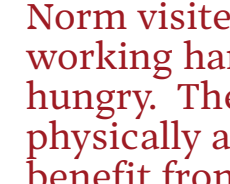


Student Affairs: Weekly Digest

Volume 2, Issue 8
Week of Nov. 2–Nov. 8

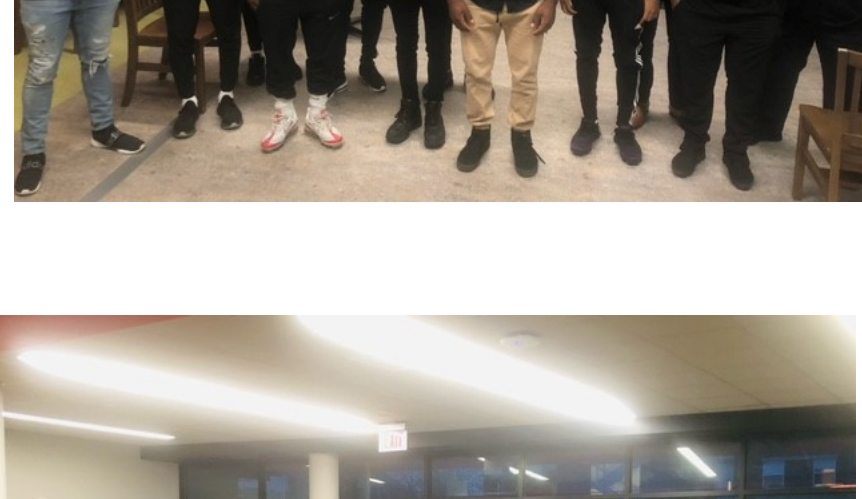
Inside The Issue:

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Updates

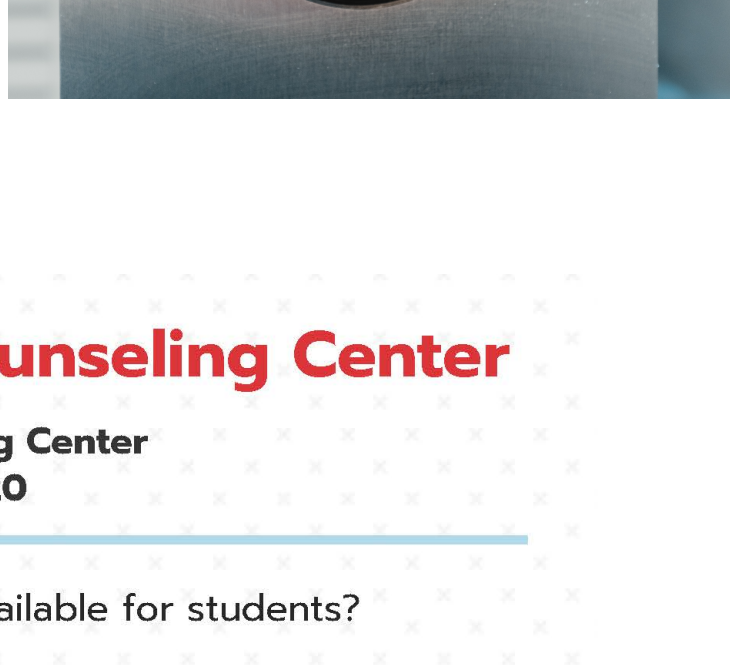
The IUP Food Pantry and Help Center welcomed a very special guest last week. Norm visited the Pantry and even did some shopping! Our students and staff are working hard to make sure that any student facing food insecurity doesn't go hungry. The Food Pantry and Help Center continues its mission to feed students physically and emotionally during this difficult time. Know a student who can benefit from the services provided by the Pantry? Contact them at food-pantry@iup.edu.



UBORA Men of IUP (UMI), a new organization geared towards supporting and empowering Black and Brown undergraduate men at IUP, had their first meeting on Wednesday, October 28. The meeting was a success! Follow UBORA on IG today @uboramenofiup!



The Center for Health and Well-Being (CHWB), in collaboration with IUP Library, Eberly College of Business, Career Service, and IT, presented "Digital Citizenship: What Successful Students Know" on October 27 at 6 pm. The program had 27 students in attendance and focused on educating students about being mindful in their online sharing and searching to enhance their privacy. The program provided tips on how to protect privacy in a cyber world.



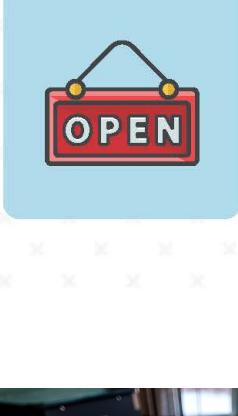
FAQs About the Counseling Center

IUP Counseling Center Fall 2020



Q: Is counseling available for students?

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.



Q: Do you provide consultations for concerned faculty?

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 counseling-center@iup.edu or call 724-357-2621 if you are concerned about a student.



Q: What is a telehealth appointment?

This is an opportunity for the student to meet with a counselor via HIPPA 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.



Q: Can I schedule an appointment for a student?

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 counseling-center@iup.edu. We offer same day appointments if the student calls before 3:00 p.m.



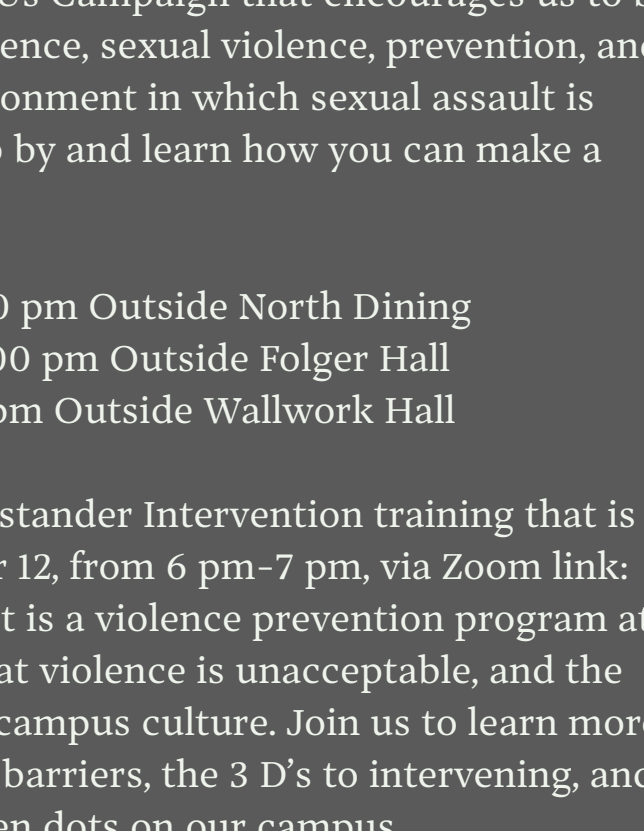
Q: What are your hours?

The Counseling Center provides services Monday- Friday 8:00 a.m.- 4:30 p.m.



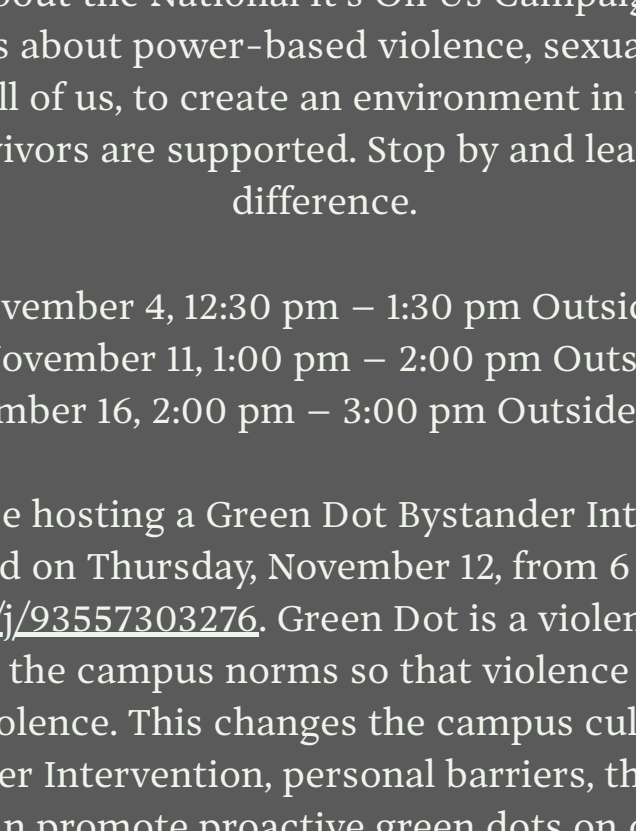
Folger Hall is now open for commuters and students residing both on and off-campus. Students can stop in and grab a bagged lunch, relax, engage in group project work, or shoot pool. Vending is available also!

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)

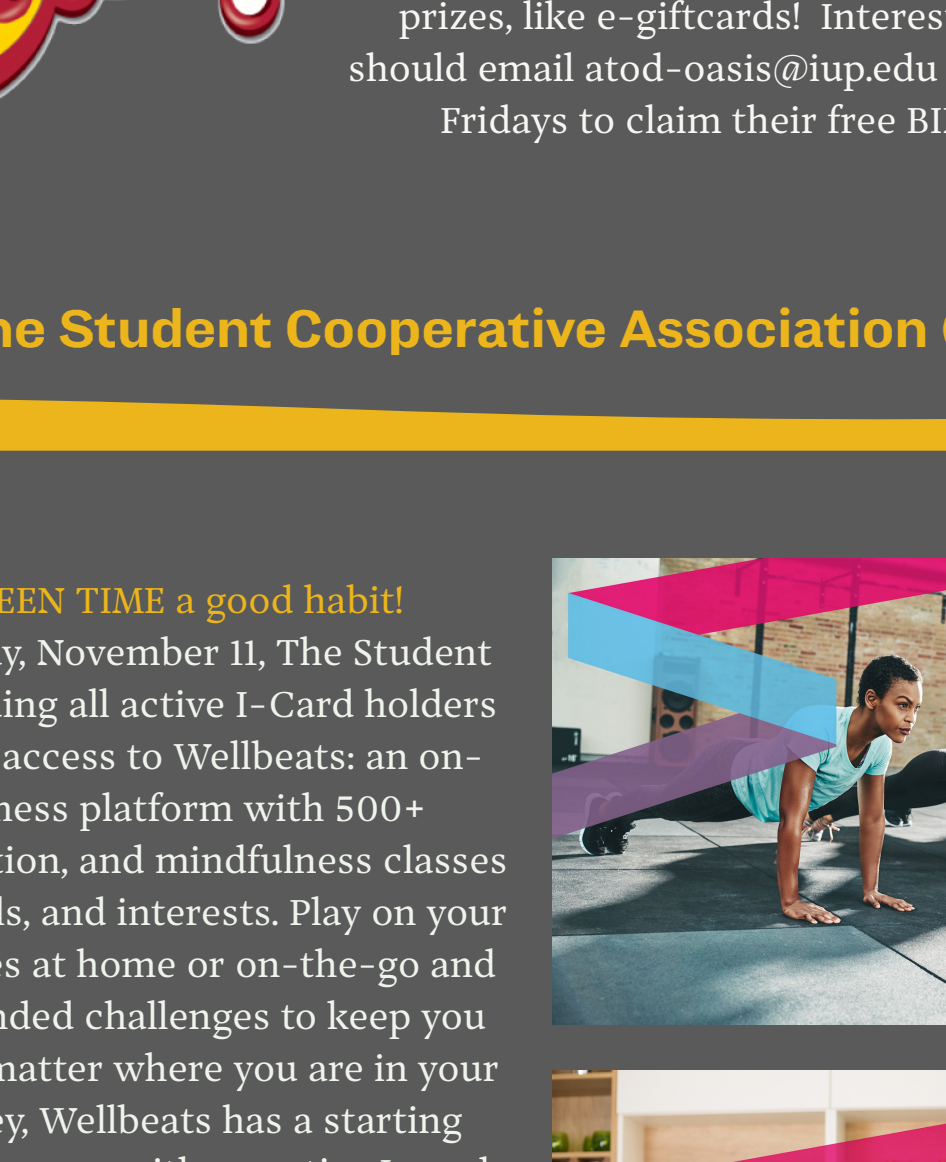


The Haven Project

The Haven Project will host several tables throughout the month of November (weather permitting). Learn more about the National It's On Us Campaign that encourages us to be better bystanders, teaches about power-based violence, sexual violence, prevention, and more. It's on us, IUP, all of us, to create an environment in which sexual assault is unacceptable and survivors are supported. Stop by and learn how you can make a difference.

Wednesday, November 4, 12:30 pm – 1:30 pm Outside North Dining
Wednesday, November 11, 1:00 pm – 2:00 pm Outside Folger Hall
Monday, November 16, 2:00 pm – 3:00 pm Outside Wallwork Hall

The Haven Project will be hosting a Green Dot Bystander Intervention training that is open to anyone to attend on Thursday, November 12, from 6 pm-7 pm, via Zoom link: <https://iupvideo.zoom.us/j/93557303276>. Green Dot is a violence prevention program at IUP. Green Dot changes the campus norms so that violence is unacceptable, and the campus is intolerant of violence. This changes the campus culture. Join us to learn more about Green Dot Bystander Intervention, personal barriers, the 3 D's to intervening, and how you can promote proactive green dots on our campus.



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 before 6 pm on Fridays to claim their free BINGO card.

From the Student Cooperative Association (Co-op)

Make SCREEN TIME a good habit!

Starting Monday, November 11, The Student Co-op is providing all active I-Card holders with exclusive access to Wellbeats: an on-demand fitness platform with 500+ workouts, nutrition, and mindfulness classes for all ages, levels, and interests. Play on your personal devices at home or on-the-go and find recommended challenges to keep you motivated. No matter where you are in your fitness journey, Wellbeats has a starting place for you. Anyone with an active I-card will receive an opt-in confirmation email. Register today! Please refer any questions or concerns to Brandy Ott (b.p.ott@iup.edu) and/or Mike Carnovale (mcarn@iup.edu).

This service is funded by the Student Activity Fee.



STATIC OCT-DEC 2020	
FALL CRAFT TUTORIALS AND PUMPKIN CARVING CONTEST	OCT 25 BPMA ZOOM
NETFLIX INSIDIOUS	OCT 26 BPMA CHROME
NETFLIX AND CHILL: PARASITE	OCT 27 BPMA CHROME
NETFLIX AND CHILL: IT	OCT 28 BPMA CHROME
NETFLIX AND CHILL: IT 2	OCT 29 BPMA CHROME
HALLOWEEN DJ DANCE PARTY	OCT 30 BPMA CHROME
NETFLIX KARATE KID	NOV 5 BPMA CHROME
IUP CONQUER THE MIC	NOV 6 BPMA ZOOM
BPMA ZOOM	NOV 8 IUP CHOPPED & COOKING TUTORIALS
BPMA CHROME	NOV 11 NETFLIX TAYLOR TOMLINSON
BPMA ZOOM	NOV 12 IUP LIVING ROOM CONCERT
BPMA ZOOM	NOV 17 TRIVIA NIGHT 3
BPMA ZOOM	NOV 18 SPELLING BEE
BPMA ZOOM	NOV 19 NETFLIX A BEAUTIFUL DAY AND CHILL IN THE NEIGHBORHOOD
BPMA CHROME	DEC 2 DIY SPA TUTORIALS
BPMA ZOOM	DEC 3 NETFLIX THE LORAX & HOW THE GRINCH STOLE CHRISTMAS
BPMA ZOOM	DEC 5 LIVE AN EVENING WITH JOSH PECK

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

THE MILITARY AND VETERANS RESOURCE CENTER AND DR. CORY SHAY
PRESENTS:
VETERAN TO POLITICIAN
A MCSLE LUNCH & LEARN
Learn about the connection and the long history of those that served the country in both the military and political arenas.
NOV 4, 12:00 PM
Elkin Hall, Great Room
Free Lunch!
LIMITED SPACE; MUST RSVP
RSVP to Julie Weiner kxkcc@iup.edu
Or join from Zoom: <https://bit.ly/35DEmuU>



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

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/>

