## **Student Affairs: Weekly Digest**

Volume 2, Issue 9 Week of Nov. 9-Nov. 13

### **Inside The Issue:**

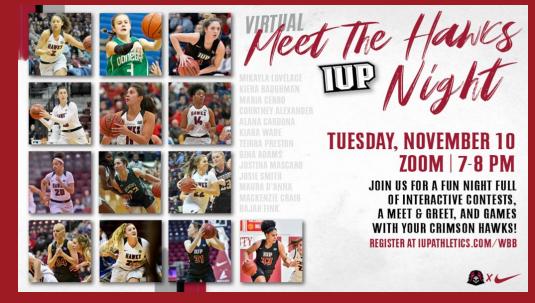
**Feature Updates Achievements and Recognition Upcoming Events Contact Us** 

## Feature:

### **Athletics Hosts "Meet the Hawks Night"**

IUP Women's Basketball and head coach Tom McConnell will host a "Meet the Hawks Night" Tuesday, November 10. The annual event will occur virtually as fans, friends, and supporters of the program are encouraged to meet the team via Zoom from 7-8 pm.

<u>Scheduled</u> for the virtual hour are interactive contests, a meet and greet with players and coaches, and games with members of our IUP women's basketball team.



In order to join, you must register in advance at this link >> <u>https://us02web.zoom.us/meeting/register/tZIlfu-</u> grzgsE9BYgcSAm4I1mkKzn7LYH-HL. After registering, you will receive a confirmation email containing information about joining the event.

If you have any questions, please contact assistant coach <u>Brad Henry</u> by emailing him at <u>bhenry@iup.edu</u>.

Follow: For up-to-date game information, visit IUPAthletics.com and follow IUP women's basketball on Twitter @IUPCrimsonHawk and @IUP\_WBB.

### Updates

OHRLD held a door decorating contest last month. Here is the winner from the South Area (Stephenson Hall and Suites on Pratt) of campus. Congrats to "Iris" on their creativity. Look at all those post it notes!



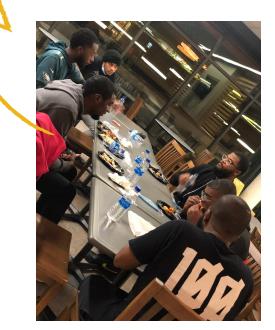
Health and Wellness Promotion (HWP) held a pumpkin carving contest. We think the winner is perfect!







UBORA Men of IUP (UMI) had their first Sunday Dinner event in Folger Hall. The executive board (left) and the rest of the group enjoyed their meal. Big shoutout to ARAMARK for the delicious food and great service! The group would also like to thank the Office of Social Equity for their sponsorship and partnership. Follow UBORA on IG today @uboramenofiup!





South Area's Residence Hall Council delivered over 80 candy grams to residents over Halloween weekend! Residents were able to send notes of encouragement to their peers or to themselves throughout the month of October. These were then assembled and delivered by Hall Council.

Students living on campus can now sign up for November break housing. This semester, all Indiana campus suite buildings will remain open and students will be staying in their current assignment if they sign up for break housing. Punxsutawney students can sign up for break housing and will be housed at the Indiana campus. Please note all dining services will be closed for the November break.

The steps for signing up are as follows:

- 1. Log onto MyIUP 2. Click Campus Services
- **3.** Click Housing Services
- 4. Click Forms at the top of the page

5. Complete the November break stay request

The deadline to sign up is Friday, November 13, 2020, at 4:00 pm (no fee). Students signing up after the deadline will be charged a \$35 per night fee.

Any questions can be directed to <u>iup-housing@iup.edu</u>.

### Updates from Health and Wellness Promotion (HWP)

- The Therapy Dogs program is going well. We have a therapy dog on campus every day of the week, except Fridays. We are now offering WALK-IN's during these times, as we are adapting to the needs of our students. We recognize that the students need the comfort of home brought to them by the dogs. And, sometimes, this need is immediate.
- We highly recommend that students follow us on IG and Twitter @iupaware and @iupranger1 for all our postings and event announcements. • Check out the IUP CHWB YouTube channel:
- https://youtube.com/channel/UC xccihYVt5l ak3At6BB w There are new videos being posted on a regular basis covering a wide variety of health topics and even information on "What's there to do in Indiana?"...these feature staff, Peer Educators, therapy dogs, and other pets.





### 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 counselingcenter@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.

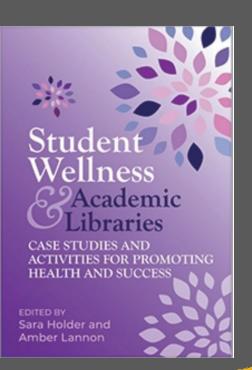


Health Service now has free flu shots for IUP students! Students should call 724–357–2550 to make an appointment.

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



# Achievements and Recognition



It's on the shelves! Ann Sesti, Sara Dillion, and Susan Graham of the Center for Health and Well-Being (CHWB), led by Dr. Theresa McDevitt (IUP Libraries), authored a book chapter for <u>Student Wellness and</u> Academic Libraries: Case Studies and Activities for Promoting Health and Success.

The chapter entitled, "Welcoming Wellness: Collaborating with Campus Wellness Programs to Promote Student Wellness Activities in the Library and Across Campus," is now officially published and in bookstores!

### **Upcoming Events**

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



The Haven Project

The Haven Project will present "It's On Us" on Monday, November 9, 2020. The presentation will take place from 6:30 pm to 7:30 pm via Zoom (ID 994-5584-0819). Learn more about the National Campaign that encourages all of us to be better bystanders and teaches us about power-based personal violence, sexual violence prevention, and more.

It's On Us IUP to...

<u>Recognize</u> that non-consensual sex is sexual assault

Identify situations in which sexual assault may occur

Intervene in situations where consent has not been given

<u>Create</u> an environment in which sexual assault is unacceptable and survivors are supported

Statistics:

Among undergraduate students, 26.4% of females and 6.8% of males experience rape or sexual assault through physical force, violence, or incapacitation. – RAINN.org • Male college-aged students (18-24) are 78% more likely than non-students of the same

age to be a victim of rape or sexual assault. – RAINN.org

23.1% of TGQN (transgender, genderqueer, nonconforming) college students have been sexually assaulted. -RAINN.org

Everyone is welcome. Learn how you can make a difference!

### Green Dot Training

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: <u>https://iupvideo.zoom.us/j/93557303276</u>. Green Dot is a violence prevention program.



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.

From Health and Wellness Promotion

- Meditation Mondays: 1 pm each Monday Zoom Meeting ID: 980 6363 9075. Join HWP G.A., Michelle Puerta, while she leads a meditation session and helps you become mindful of your surroundings.
- Motivational Mondays: HWP Peer Educator, Charles Coleman, welcomes in the new week each Monday on Instagram @iupaware.
- Wellness Wednesdays: Peer Educator, Charles Coleman, provides wellness tips each Wednesday on IG @iupaware. Fresh Food Fridays: Join HWP Peer Educator, Sierra DeMarsh, to learn to cook new and healthier recipes. She will have these posted at 5 pm each week on Fridays.
- HWP is hosting its first VIRTUAL Talent Show on Wednesday, November 11, from 6-8
- pm on Zoom. Students can register by emailing <u>sdillon@iup.edu</u>. The Zoom ID for this event is 985 6979 2701. We will have the therapy dogs and a table at a residence hall for a Self-Care event on
- Thursday, November 12, from 7–8:30 pm.

 $\cdot$  Virtual Sex Jeopardy: Join Sara Dillon and Peer Educator, Sierra DeMarsh, every Tuesday at 6 pm for a fun-filled game of jeopardy to win prizes. Zoom ID: 960 8303 2990

· Kahoot Trivia - HWP style: Join in for a night of fun and a chance to win prizes. Every Thursday night from 7-8:30PM on Zoom. Zoom ID: 920 4031 6527



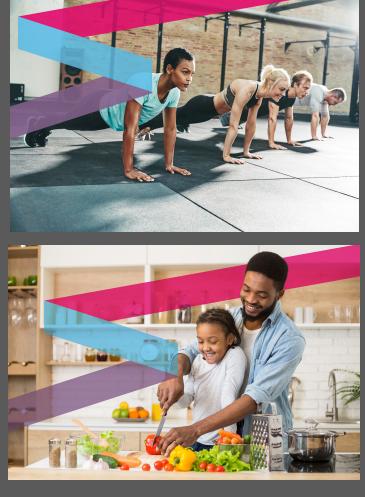
All students are invited to this ever-popular event. Hosted by ATOD and BACCHUS, students can enjoy a night of gaming from their own

#### **BINGO!**

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 ondemand 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 Brandyn Ott (<u>b.p.ott@iup.edu</u>) and/or Mike Carnovale (<u>mcarn@iup.edu</u>). This service is funded by the Student Activity Fee.





|   | CT-DEC  |
|---|---|
| SATC  | 020   |
| FALL CRAFT TUTORIALS AND<br>PUMPKIN CARVING CONTEST |   |
| NETFLIX INSIDIOUS                                   | OCT 26 CHROME   |
| NETELLE PARASITE                                    | OCT 27 🐰  |
|   | OCT 28 🔉  |
| AND CHILE IT 2                                      |   |
| HALLOWEEN DJ DANCE PARTY                            | OCT 30 ZOOM   |
| NETFLIX KARATE KID                                  | NOV 5 CHROME  |
|   | NOV 6 200M  |
| SPM NOV 8 IUP CHOPPE                                | D & COOKING TUTORIALS   |
| CHROME NOT  | A UR  |
|   | NIGHT 3   |
| BPM NOV 18 SPELLI                                   | NG BEE  |
|   | EAUTIFUL DAY<br>HE NEIGHBORHOOD                                       |
| B BPM DFC 2 DIY SP                                  |   |
| BPM DEC 3 NETFLIX THE<br>CHROME DEC 3 NETFLIX THE   | LORAX S<br>V THE GRINCH STOLE CHRISTMAS<br>IING WITH <b>JOSH PECK</b> |
| BPM DEC 5   |   |

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



#### MCSLE's 6 O'clock Series to Honor Veterans In honor of Veterans Day, join us on Monday, November 9, at 6:00 pm for our program to honor those who have served and are currently serving our nation. This event will feature Retired Colonel Steve Abel. Colonel Abel is an IUP distinguished Alumni and ran the veterans program at Rutgers for a number of years.

Join us via Zoom:

### 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.



Website

**Contact Us** 

Email https://www.iup.edu/studentaffairs/ universitystudentaffairsvpsa@iup.edu

Phone: 724-357-2220 Address: Sutton Hall. Suite 211-216 1011 South Drive Indiana, PA 15705

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