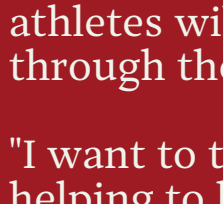


Student Affairs: Weekly Digest

Volume 2, Issue 5
Week of Oct. 5- Oct. 9

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Feature: IUP Athletics Announces Speaker Series for Student-Athletes

The Department of Athletics announced a five-part speaker series for the 2020 fall semester. The series will provide virtual programming for IUP student-athletes with the goal to improve their skills, knowledge, and overall well-being outside of sports. The speaker series was developed by IUP Athletics and will promote positive life skills, mental health and wellness, inclusion, and other educational topics that are important in our current society.

"We are very proud to announce this speaker series and provide a unique way for our student-athletes to continue to engage in a positive atmosphere in the current climate," said director of athletics, Todd Garzarelli. "As we adapt to these ever-changing times, it is critical for our department to provide our student-athletes additional tools to be successful."

As IUP Athletics navigates through a fall semester without sports, student-athletes will have this exclusive opportunity to connect with professionals through these open discussions.

"I want to thank Scott and Liz Weigner, great friends of IUP Athletics, who are helping to bring these speakers to our student-athletes," said Garzarelli. "They have been working with some of our coaches with input from our student-athletes on topics that are important to our department."

The virtual speaker series kicks off Tuesday, October 6 with Dr. Logan Edwards, Assistant Professor and Health Education/Teacher Education (HETE) Program Coordinator at the University of Wisconsin-Whitewater. Dr. Edwards also assists the Whitewater athletics department with student-athletes' overall health and well-being to help aid their sport performance.



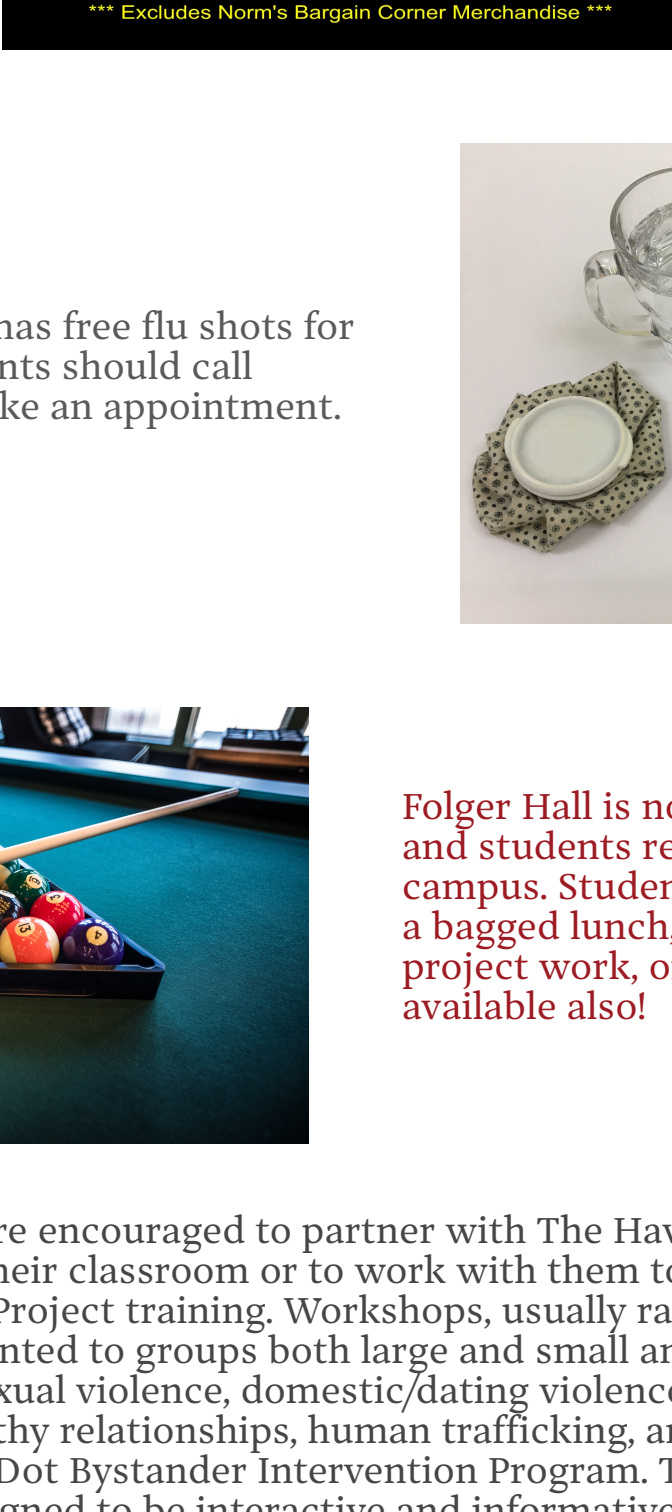
"Dr. Edwards is a home run and a great way to lead off our speaker series," said Garzarelli. He's dynamic, captivating, and will bring a great deal of knowledge and experience that our student-athletes can learn from."

Dr. Edwards has taught undergraduate and graduate courses in personal health; health behavior and equity; health education and promotion; stress management; and health behavioral theory. He has recently developed new courses on mental health and well-being, nutrition and fitness, and taboo topics in health education covering topics such as drugs and mental illness.

He received his Master's degree in Education from Indiana University's School of Education, and his Bachelor's degree in Health Education from Indiana State University. Dr. Edwards worked as a university-based health educator and a high school and collegiate track and field coach. He also competed as an NCAA Division I track and field athlete for ISU in the 200m dash, 400m dash, 4x100m and 4x400m relays.

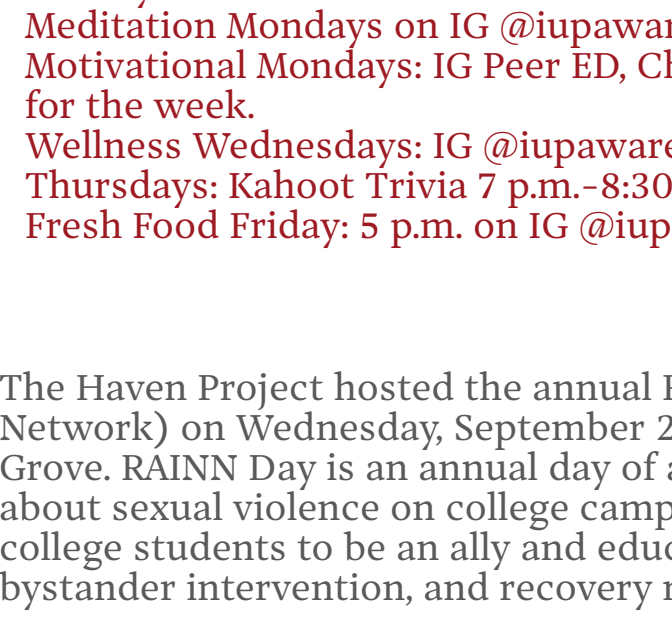
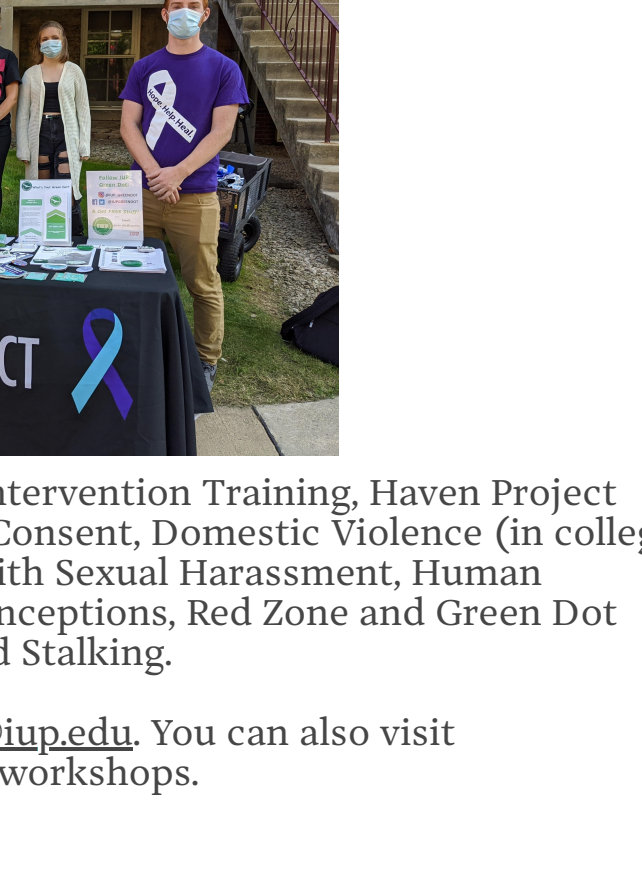
Announcements on future speakers and additional information on this speaker series will be made when available.

Updates



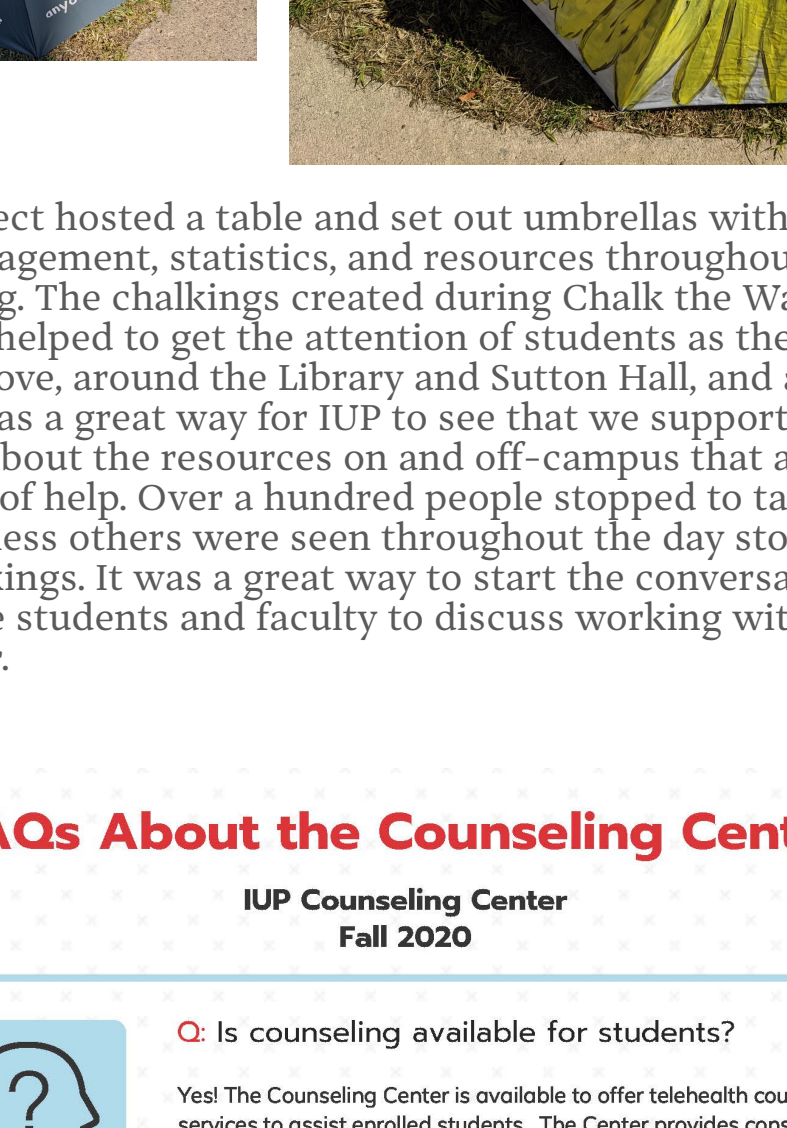
September 26 thru October 11
20 to 50% OFF
ALL IUP Gifts & Apparel
IUPSTORE
*** Excludes Norm's Bargain Corner Merchandise ***

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 off-campus. Students can stop in and grab a bagged lunch, relax, engage in group project work, or shoot pool. Vending is available also!

Faculty members are encouraged to partner with The Haven Project to bring a presentation into their classroom or to work with them to offer extra credit for attending a Haven Project training. Workshops, usually ranging from one to two hours, can be presented to groups both large and small and can cover a range of topics related to sexual violence, domestic/dating violence, stalking, and consent, healthy and unhealthy relationships, human trafficking, and bystander intervention through the Green Dot Bystander Intervention Program. The Haven Project workshops are designed to be interactive and informative and can be tailored to meet the needs of individual groups.



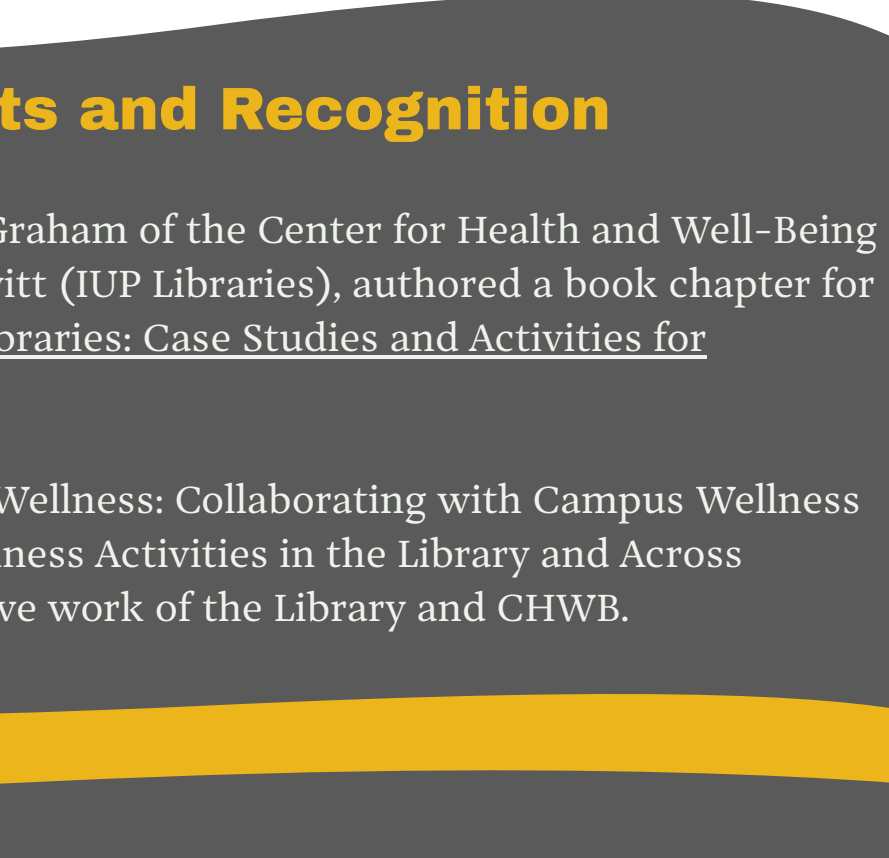
Available workshops: Green Dot Bystander Intervention Training, Haven Project Overview, Healthy Relationships, It's On Us, Consent, Domestic Violence (in college, combined with other topics), How to Deal with Sexual Harassment, Human Trafficking, Men as Victims, NO MORE Misconceptions, Red Zone and Green Dot Presentation, Sexual Violence Awareness, and Stalking.

To request a program, email haven-project@iup.edu. You can also visit www.iup.edu/haven to learn more about the workshops.

IUP Health and Wellness Promotion is proud to announce that its series of weekly offerings have seen an increase in student participation and engagement. They encourage anyone interested in participating to do so.

Weekly Events from HWP:
Meditation Mondays on IG @iupaware - 1 p.m.
Motivational Mondays: IG Peer ED, Charles Coleman providing some uplifting tips for the week.
Wellness Wednesdays: IG @iupaware
Thursdays: Kahoot Trivia 7 p.m.-8:30 p.m. (Zoom ID: 920 4031 6527)
Fresh Food Friday: 5 p.m. on IG @iupaware

The Haven Project hosted the annual RAINN Day (Rape, Abuse, and Incest National Network) on Wednesday, September 23, from 10 a.m.-4 p.m., in and around the Oak Grove. RAINN Day is an annual day of action to raise awareness and educate students about sexual violence on college campuses. RAINN Day is a day designed to empower college students to be an ally and educate their peers about sexual violence, bystander intervention, and recovery resources.



The IUP Haven Project hosted a table and set out umbrellas with the messages of support and encouragement, statistics, and resources throughout the Oak Grove and around North Dining. The chalkings created during Chalk the Walk from the previous night also helped to get the attention of students as they were walking through the Oak Grove, around the Library and Sutton Hall, and around North Dining and McElhaney. It was a great way for IUP to see that we support survivors of sexual violence and learn about the resources on and off-campus that are available to assist if anyone is in need of help. Over a hundred people stopped to talk with our group at the table and countless others were seen throughout the day stopping to read the umbrellas and chalkings. It was a great way to start the conversation about sexual violence and engage students and faculty to discuss working with the Haven Project throughout the year.

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 HIPAA 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.

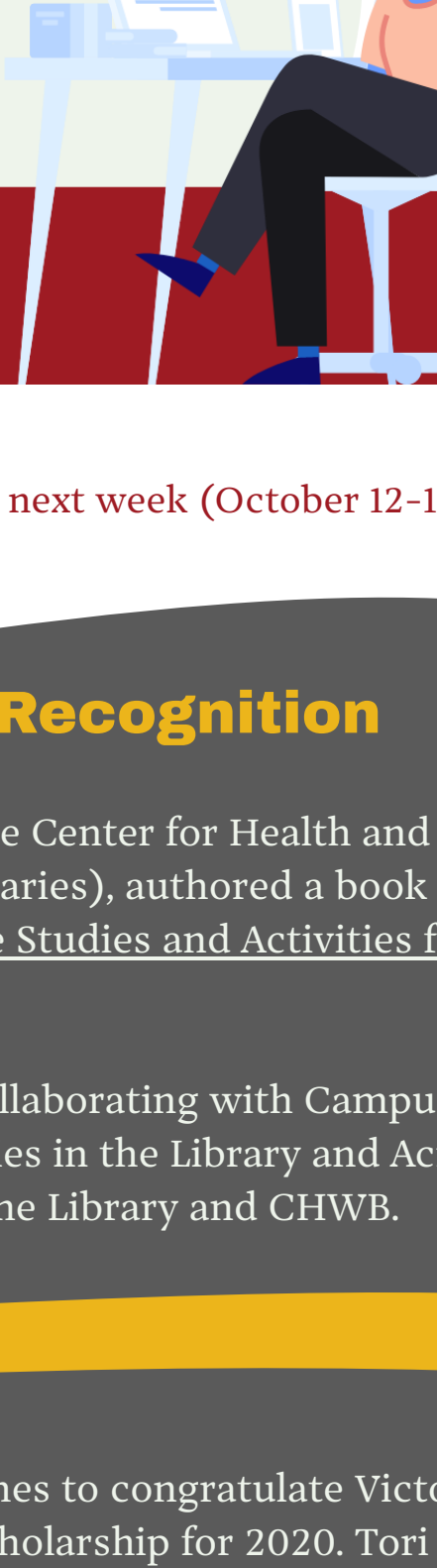
Living in the Suites just got Sweeter!

Live on campus and enjoy the many advantages—like the \$1000 you'll save with our new housing scholarship for 2021-22. Live on campus again the following year, and we'll renew it. That's \$2,000 in your pocket over two years.

To receive the scholarship, sign up for your 2021-22 campus housing soon—

- Oct. 30, 2020, for upperclassmen
- May 1, 2021, for incoming freshmen

Questions?
Call us at 724-357-2696 or email iup-housing@iup.edu



The Student Affairs Digest will take a brief hiatus next week (October 12-16). We will be back the following week. Thanks for reading!

Achievements and Recognition

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 on Student Wellness and 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," speaks to the collaborative work of the Library and CHWB.

The Office of Housing and Residence Life wishes to congratulate Victoria 'Tori' Campbell on receiving the Nancy Newkirk Scholarship for 2020. Tori is the Graduate Residence Director in Suites on Pratt and a graduate student in the Student Affairs in Higher Education Program.

The Newkirk Scholarship is awarded to deserving second-year SAHE graduate students who demonstrate outstanding contributions to college students, student affairs activities, the SAHE department, and the broader higher education community. Congratulations Tori!

The Haven Project to Host Tabling Events for Domestic Violence Awareness Month

The Haven Project will host numerous Table Events (weather permitting) throughout the month of October for Domestic Violence Awareness Month. Stop by and talk with a member of the Haven Project and learn about all the resources that are available on campus and in the community for survivors of domestic and dating violence.

- Wednesday, October 7, 12:30 p.m. – 1:30 p.m. outside Folger Hall
- Monday, October 12, noon – 1:30 p.m. outside near North Dining
- Friday, October 16, 12:15 p.m. – 1:15 p.m. outside Folger Hall
- Wednesday, October 21, noon – 2:00 p.m. outside Stephenson Hall
- Wednesday, October 28, 11:00 a.m. – 12:30 p.m. outside Stephenson Hall
- Friday, October 30, 11:00 a.m. – 1:00 p.m. outside near North Dining

"What's Love Got To Do With It?"

On Thursday, October 8, from 6:30 p.m. – 7:30 p.m., Haven Project will host a Zoom (360 193 7028) program entitled "What's Love Got To Do With It." Learn about healthy versus unhealthy relationships. Discover how different love styles and knowing how to determine your partner's love language can impact your relationship. A second "What's Love Got To Do With It" training will take place on Monday, October 19, from 6:00 p.m. – 7:00 p.m. via Zoom (360 193 7028). Anyone is welcome to attend!

Silent Witness Display

The Haven Project will set up a rotating Silent Witness Display in the residence halls through October. Silent Witnesses are wooden silhouettes of people containing the true stories of someone who was killed in an act of domestic violence in the U.S. The displays will be open for viewing in each of the residence halls two to four days in October in the main or first floor lobbies. The Silent Witness stories contain descriptive themes of sexual and domestic violence, including child abuse, so we ask people to please not read the stories if such topics trigger you or make you upset. A table with resources will also be available with the displays.

MCSLE PRESENTS. KAHOOT! NIGHT!!

JOIN US TO PLAY A FUN GAME OF KAHOOT!

Are you a fan of trivia? Join MCSLE for a game of Kahoot to put your knowledge to the test!

October 9, 2020 at 5pm on Zoom!
Zoom Link: <https://rb.gy/huhhix>
Topic: Culture and Diversity!
Any questions? Email zcjw@iup.edu

STATIC 2020

FALL SHOOT TUTORIALS AND VIDEO TUTORIALS	OCT 25
NETFLIX INSIDIOUS	OCT 26
NETFLIX PARASITE	OCT 27
NETFLIX IT	OCT 28
NETFLIX IT 2	OCT 29
HALLOWEEN DJ DANCE PARTY	OCT 30
NETFLIX KARATE KID	NOV 5
IUP CONQUER THE MIC	NOV 6
NETFLIX CHOPPED & COOKING TUTORIALS	NOV 8
NETFLIX TAYLOR TOMLINSON	NOV 11
IUP LIVING AJR	NOV 12
TRIVIA NIGHT 3	NOV 17
SPELLING BEE	NOV 18
NETFLIX A BEAUTIFUL DAY IN THE COUNTRY	NOV 19
DIY SPA TUTORIALS	DEC 2
NETFLIX THE GROOMING	DEC 3
LIVE AN EVENING WITH JOSH PECK	DEC 5

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 p.m., MCSLE will be offering a "Meet-Up," which will give students of color the chance to get to know each other and draw deeper, more meaningful connections to IUP.

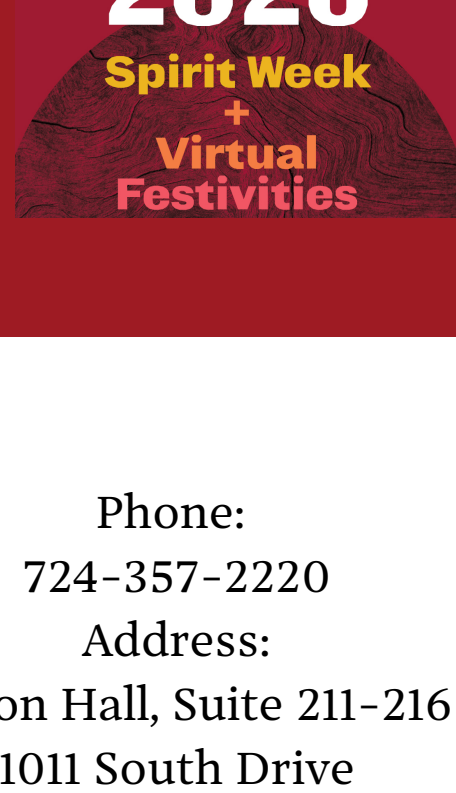
BINGO!

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.

Homecoming

There is so much going on for IUP Homecoming that we don't have room to list all of the events and activities. We invite you to check out the website to find out how you can participate. Go Hawks!

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



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/>

