

Student Affairs: Weekly Digest

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Week of May 10 - June 11

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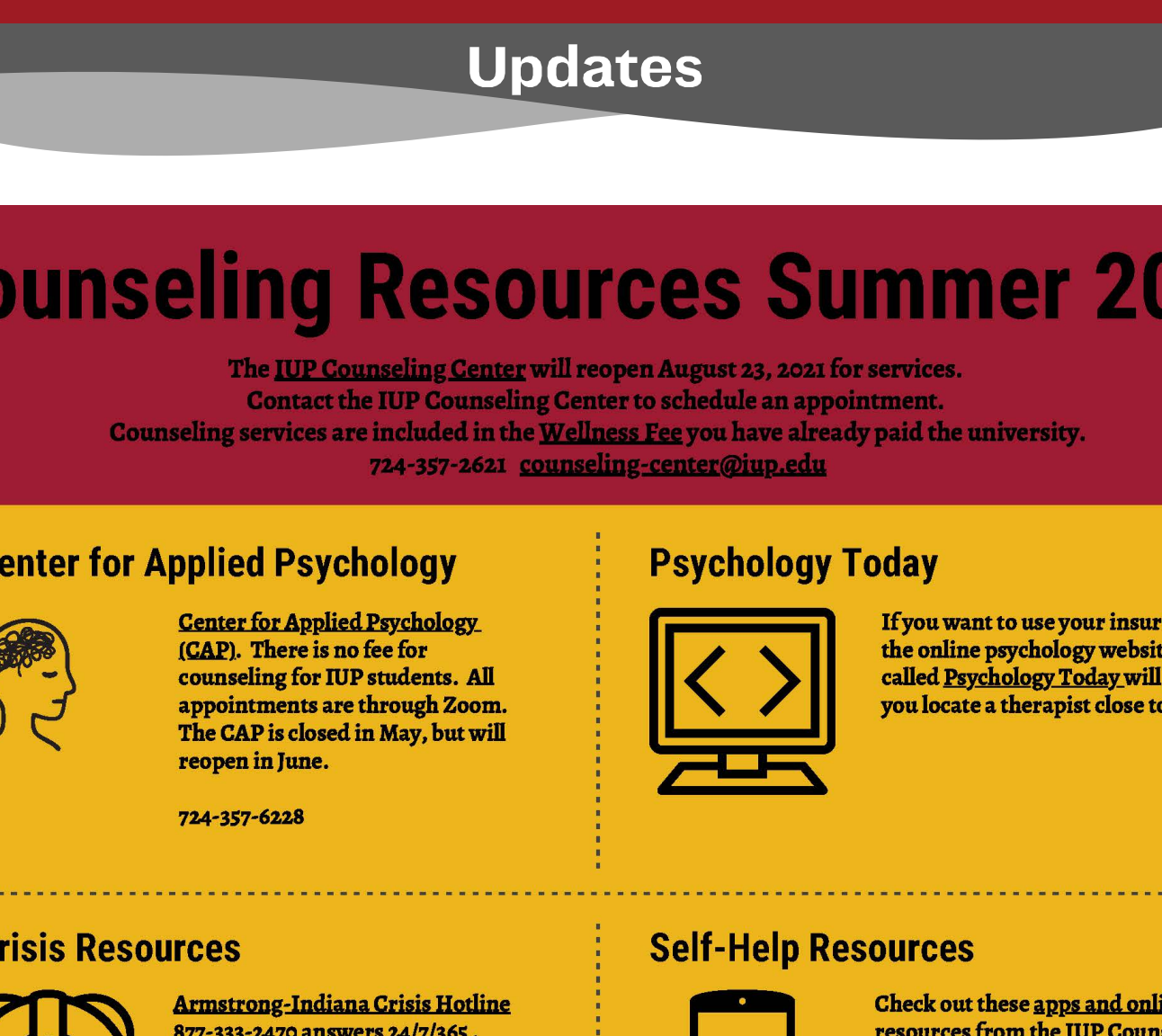
Feature:

Women's Tennis Advances to NCAA Quarterfinals

For the first time in program history, the IUP women's tennis team has advanced to the quarterfinals of the NCAA tournament as the Crimson Hawks defeated Charleston 4-2 at the Schoenbaum Tennis Courts.

The Crimson Hawks pushed through the Atlantic Region and on to the final NCAA championship site for the ninth time in program history, all since 2011. This is the first year the final site will consist of eight teams, as normally two teams from each region advanced. IUP has never been among the final eight tournament teams.

IUP improved to 20-12 all-time in the NCAA tournament, including 18-0 in regional play since 2011.



It was considered an upset by small proportions, as Charleston was the top seed in the quarterfinals and served as the host, while the Crimson Hawks were the No. 2 seed in the region. It also served as a bit of revenge for IUP with Charleston winning the regular season meeting 4-3 in West Virginia on April 10. That was the only top-10 regional loss for the Hawks this season.

IUP earned the doubles point by cruising to wins at the Nos. 2 and 3 spots. Karolin Kirchtag and Katy Graydon picked up their 13th straight victory with a 6-1 win at the two, while Joanna Stralka and Laura Dunarova earned a 6-3 win at three. IUP's top pairing of Idoia Huerta and Lydia Vlachou were held to a 5-5 unfinished draw with the 25th-ranked team of Julia Lit and Prinkle Singh.

Vlachou gave IUP a 2-0 lead by picking up a 6-3, 6-1 win at No. 5 singles. Charleston then fought back, as Prinkle and Alexiann Drouin grabbed wins at the top two singles spots to tie the match at 2-2.

Graydon broke the tie at No. 4 with a 6-3, 7-6 (7-1) victory before Dunarova clinched the match at No. 6 with a 6-2, 6-2 win.

The victory was the seventh straight for the Crimson Hawks, who head to the quarterfinals in Sur prise, Arizona with a 15-3 overall record.

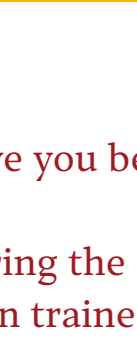
Written by Ryan Rehbolz, Director of Sports Information

Updates

Counseling Resources Summer 2021

The IUP Counseling Center will reopen August 23, 2021 for services.
Contact the IUP Counseling Center to schedule an appointment.
Counseling services are included in the Wellness Fee you have already paid the university.
724-357-2621 counseling-center@iup.edu

Center for Applied Psychology



Center for Applied Psychology (CAP). There is no fee for counseling for IUP students. All appointments are through Zoom. The CAP is closed in May, but will reopen in June.

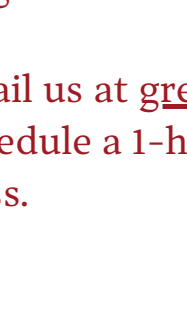
724-357-6228

Psychology Today



If you want to use your insurance, the online psychology website called **Psychology Today** will help you locate a therapist close to you.

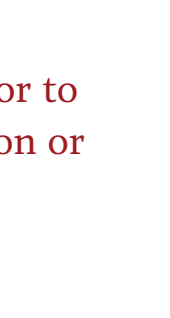
Crisis Resources



Armstrong-Indiana Crisis Hotline (CAPI). There is no fee for counseling for IUP students. All appointments are through Zoom. The CAPI is closed in May, but will reopen in June.

Crisis Textline answers 24/7/365 exclusively by text. Just text HELLO to 741741.

Self-Help Resources



Check out these apps and online resources from the IUP Counseling Center for more information, exercise, and activities.

Have you been Green Dot trained yet?

During the Spring semester, 461 individuals have been trained in the Green Dot Bystander Intervention Program. 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.



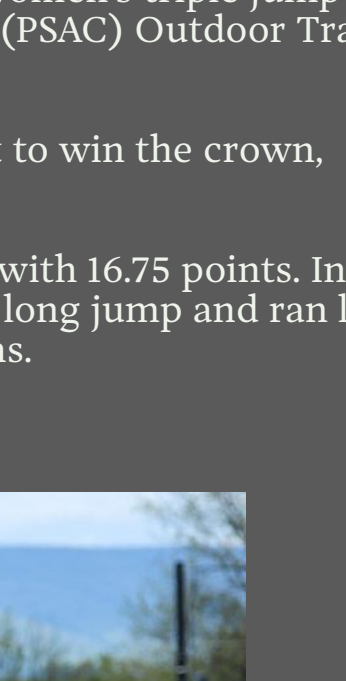
Email us at green-dot@iup.edu to learn more or to schedule a 1-hour training for your organization or class.



The Haven Project is hiring Peer Educators for the Fall 2021 semester. If you know of a student who is interested in creating content to advertise our programs and gaining experience in presenting and spreading awareness on the topics of sexual assault, domestic and dating violence, healthy relationships and more, please have them email us at haven-project@iup.edu.

April was Sexual Violence Awareness Month. The Haven Project wants survivors to know that they matter, they are heard, they are supported, and that they are not alone. If you missed the What Were You Wearing Campaign, Virtual Speak Out, or the IUP Supports Survivors video, you can still view them at the following...

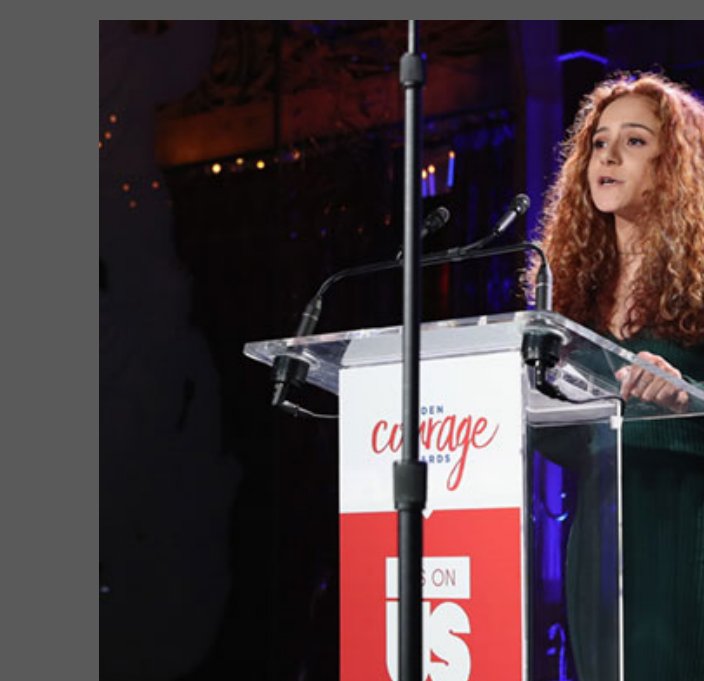
- IUP Supports Survivors video: www.iup.edu/haven
- Virtual Speak Out: www.iup.edu/haven/awareness-campaigns/take-back-the-night/
- What Were You Wearing Campaign: www.iup.edu/haven/awareness-campaigns/what-were-you-wearing/



Sexual assault is a difficult topic, so we want to provide resources if anyone would need to reach out.

- **The Alice Paul House*** (24/7 hotline) - 724-349-4444
- **The Haven Project** - 724-357-3947 (closed May 15 - August 8)
- **IUP Counseling Center*** - 724-357-2621 (closed May 15 - August 8)
- University Police - 724-357-2141
- The Office of Student Support and Community Standards - 724-357-1264
- Title IX Coordinator - 724-357-3402
- LGBTQIA Support - 724-357-2598

*confidential resources



Co-op Hours of Operation (Summer)

Fitness Center
Monday-Friday: 6:30 a.m. - 6:00 p.m.
Weekends: Closed

Co-op Store
Monday-Friday: 10:00 a.m. - 4:00 p.m.
Weekends: Closed

The Co-op Store will be holding an online Memorial Day sale on Thursday, May 27, through Tuesday, June 1. Check out their website at www.iupstore.com.

The Haven Project is returning in the Fall 2021 semester and looks forward to partnering with you! If you are interested in educational programming for your class, department, office, or organization, please reach out.

Programs focus on sexual violence, domestic/dating violence, stalking, consent, healthy and unhealthy relationships, human trafficking, and the Green Dot Bystander Intervention Program. Presentations, trainings, and workshops can be individualized based on the particular needs of the audience.



Requests for presentations and workshops can be made by visiting www.iup.edu/haven or by emailing haven-project@iup.edu.

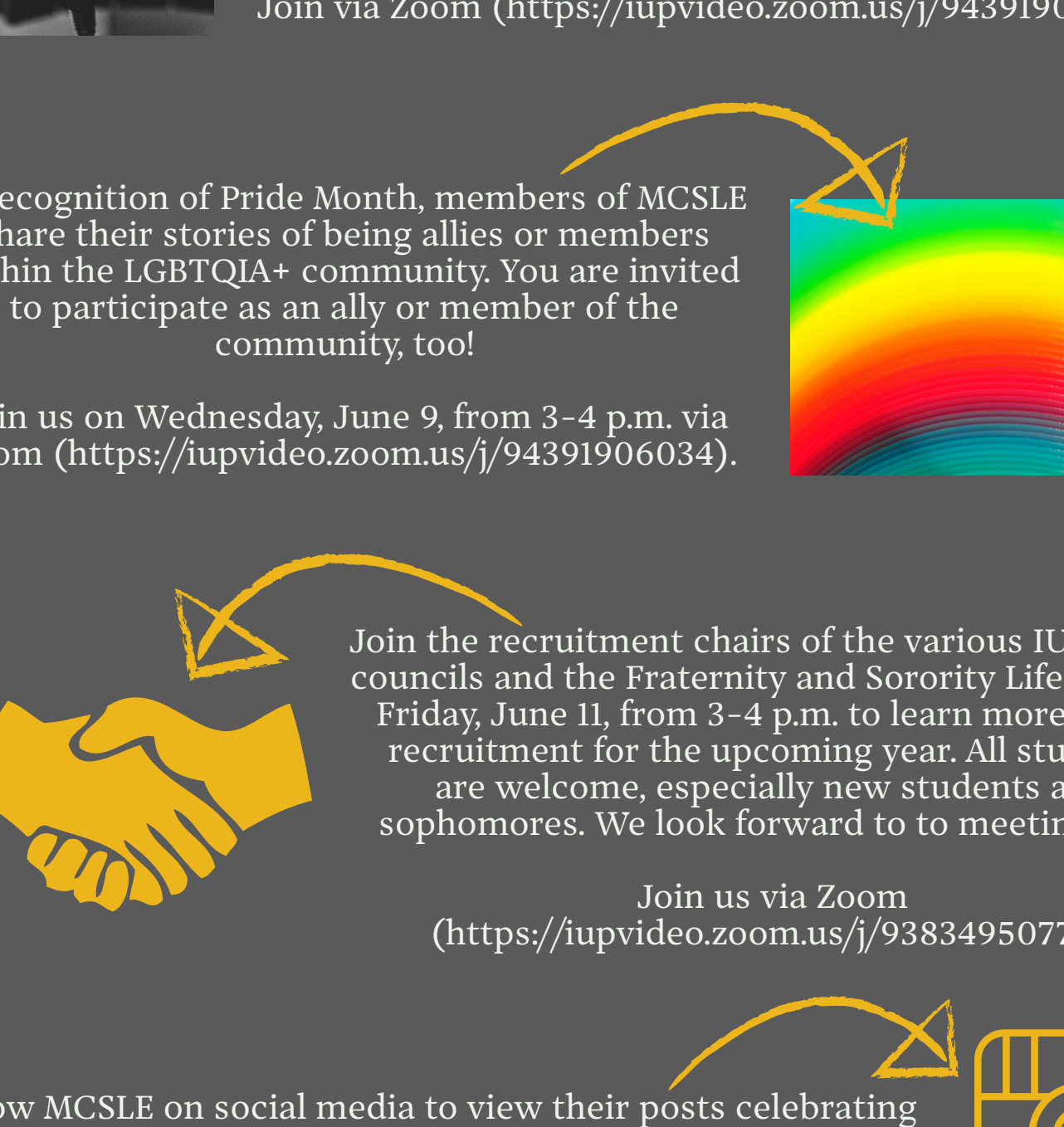
Achievements and Recognition

Nickeela Austin successfully defended her title by winning the women's triple jump on the final day of the 2021 Pennsylvania State Athletic Conference (PSAC) Outdoor Track & Field Championships at Shippensburg University.

Austin posted a leap of 11.81 meters (38'-09") on her final attempt to win the crown, eclipsing Cal U's Aaliyah Lewis by four inches.

Austin was IUP's highest scorer at the championships, finishing with 16.75 points. In addition to her win in the triple jump, she finished fourth in the long jump and ran legs on the third place 4x100 relay and eighth place 4x400 relay teams.

Way to go, Nickeela!



The Haven Project and Green Dot would like to congratulate Adrianna Branin on accepting a position with "It's On Us" as their new assistant director of training in Washington, DC.

Adrianna was the recipient of the 2019 Biden Courage Award for preventing a student from being sexually assaulted. During her time at IUP, she has been heavily involved in educating the IUP campus on a variety of topics, including sexual violence, domestic/dating violence, stalking, and the Green Dot Bystander Intervention program among many other topics. Haven looks forward to working with Adrianna in her new capacity at "It's On Us."



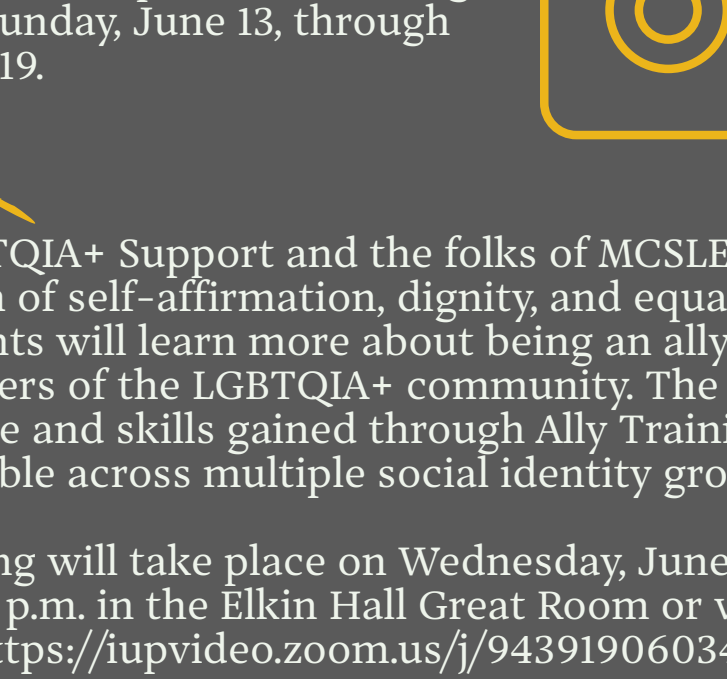
Upcoming Events

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



May is Asian American and Pacific Islander Heritage Month.

June is LGBTQ Pride Month.



Join MCSLE on Wednesday, June 2, at 6 p.m. for the first of their "Diversity Research Presentation Series."

This session, featuring Jeremy C. McCool, is entitled "The Miseducation of Hip-Hop; Exploring Influence, Violence, Nuance & Racial Bias within The Perceptions of Rap Music." This quasi-experimental study and research investigates how racial bias may impact how audiences perceive hip-hop and politically driven rap lyrics.

Join via Zoom (<https://iupvideo.zoom.us/j/94391906034>).

In recognition of Pride Month, members of MCSLE share their stories of being allies or members within the LGBTQIA+ community. You are invited to participate as an ally or member of the community, too!



Join us on Wednesday, June 9, from 3-4 p.m. via Zoom (<https://iupvideo.zoom.us/j/94391906034>).

Join the recruitment chairs of the various IUP Greek councils and the Fraternity and Sorority Life staff on Friday, June 11, from 3-4 p.m. to learn more about recruitment for the upcoming year. All students are welcome, especially new students and sophomores. We look forward to meeting you!

Join us via Zoom (<https://iupvideo.zoom.us/j/93834950773>).

Follow MCSLE on social media to view their posts celebrating Juneteenth. Posts will occur from Sunday, June 13, through Saturday, June 19.



Join LGBTQIA+ Support and the folks of MCSLE in celebration of self-affirmation, dignity, and equality. Participants will learn more about being an ally to members of the LGBTQIA+ community. The knowledge and skills gained through Ally Training are applicable across multiple social identity groups.

The training will take place on Wednesday, June 23, from 3-4 p.m. in the Elkin Hall Great Room or via Zoom (<https://iupvideo.zoom.us/j/94391906034>).



Contact Us

Website

<https://www.iup.edu/studentaffairs/> universitystudentaffairs-vpsa@iup.edu

Email

Phone:

724-357-2220

Address:

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1011 South Drive
Indiana, PA 15705



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

