

Newsletter May 12, 2020

WE ARE AND WILL CONTINUE TO BE HERE FOR YOU

Things may be different, but it is going to be okay. In this newsletter, we will continue to focus on how WE can support YOU remotely. The Student Life team is working and available via email Monday thru Friday 8am to 3pm. You can contact the RC on duty by calling the hall office phone number Monday through Friday from 3pm to 9pm and 12pm to 6pm on the weekend. Also, please continue to read your emails or visit our website at [COVID-19 website](#) for updates.

For most up to date information about COVID-19 including how to protect your self and what to do if you are sick visit the Centers for Disease Control and Prevention (CDC) website [CDC - Coronavirus Disease \(COVID 19\)](#).



IMSA's PAC Community Thank You Kudos board link

The Parents Association Council (PAC) invites you to share positive comments, accolades and notes of appreciation to IMSA! The kudos board is open until the last day of classes.

<https://www.kudoboard.com/boards/9WRv3F5z>

DATES TO REMEMBER

May 14, 2020

Senior Transition Program - 6:00 pm

May 15, 2020

Senior Recognition Assembly - 4:30 pm

<https://www.youtube.com/watch?v=SlbOspknE8w>

May 15, 2020

Senior Virtual Prom - 8:00 pm (hosted by SCC)

May 18, 2020

DEADLINE - Submission of senior video/photo
Part of the 'virtual' ceremony will include a video (or photo) of IMSA graduates in their cap/gown. (If you have not received your cap/gown, please email Colleen Geihm, cgeihm@imsa.edu). Senior photos will be used, if no video (or photo) is submitted. Video or (photo) can be done with a smartphone or digital camera. The video does not need to be longer than 30 seconds, and does not need any dialogue. Try to make your video (or photo) the highest quality possible with good lighting.

To ensure your photo/video is included in our ceremony, upload to <https://drive.google.com/open?id=1skVTc4Tixdots7bATI2Tily7pfDmRLZR>
Make sure to include your name.

May 22, 2020

Commencement practice - 9:00 am - 10:30 am

May 30, 2020

Commencement - 3:30 pm

<https://www.youtube.com/watch?v=rogzmyrn3RpE>

IMPORTANT PLEASE READ

2020-2021 IMSA Student Registration

The registration process has changed due to IMSA using a new platform. Please refer to the email sent to both parents and students on May 7, 2020 from mratsamy@imsa.edu. The email includes specific instructions for each individual student, please read carefully. Registration forms must be complete and submitted by May 31, 2020 to avoid the late fee of \$50.00. If you have any questions or concerns please email [Minerva Ratsamy](mailto:Minerva.Ratsamy) or call (630)907-5009.

If your student is NOT returning for the 2020-2021 school year please call me immediately at (630)907-5009.

Move-Out Information

Move-out from the residence halls will take place May 20-29. Each move-out time period is 90 minutes in length. All move-out emails have been sent. Please visit imsa.edu/moveout for important information and updates.

If you have not received an email or have any questions about the move-out process, please email [Dana Ginnett](mailto:Dana.Ginnett@imsa.edu), Associate Director of Student Affairs, as soon as possible. Thank you for your cooperation.

Chef Don prepares a student favorite, Orange Chicken, from scratch.

<https://www.wevideo.com/view/1654188342>



Residence Life

Service-Learning: Notice to all seniors, the deadline to submit service hours for graduation is Wednesday, May 20th!

Peer Tutor Liaisons (Resident Counselors): As we finish up our 2019-2020 academic year, we send special thanks to all of our IMSA peer tutors! You spent countless hours explaining course material to your fellow students. Tutoring services became even more essential as students adapted to the remote learning environment. As a result of our move to remote learning, many of you stepped up and met the challenge of providing online tutoring.

Tutors possess a valuable credential to include as they seek scholarships, internships, employment, and much more. You have shown that you work well with others and can communicate clearly. You understand how to listen well, and you possess self-confidence. You have developed valuable leadership skills. In other words, we hope tutoring your peers has helped you to further develop your creative, ethical, scientific mind to advance the human condition! Thank you!

Streamline interviews for Peer Tutor positions for 2020-2021 have concluded and decisions will be released soon. Thank you to all those who conducted interviews for nearly 100 applicants.

Connecting with RCs: RCs continue interacting with students through weekly communication via phone calls, emails, chats or Zoom. RCs will be working throughout the week and will be available via email. You may also reach an RC on duty by calling the hall office number Monday through Friday from 3pm to 9pm and 12pm to 6pm on the weekend.

Student Activities

[Did you miss Casa de Alma 2020? No problem- you can view it here!](#)

Student Council recently held elections for Student Council Cabinet. The following students were elected for the 2020-21 school year.

President: Eric Pan
CAB Director: Jaelynn Abdullah
Vice President: Amanda Chen
Treasurer: Brenna Christoffel-Skelcher
Senior-at-Large: Melena Braggs
Junior-at-Large: Jakob Bachhausen

Student Council Senator elections will take place on Tuesday, May 19th via Qualtrics at 4:30pm.



School Counselors

How the school counselors can help

The school counselors will be available for virtual 1:1 meetings, as well as group counseling. Due to HIPAA and confidentiality concerns, we will not be using Zoom for counseling services. Instead, the counselors will be using thera-LINK as the online counseling platform. Students will have the ability to sign up and then log into the thera-LINK scheduler to choose which counselor, date, and time you would like to schedule a virtual appointment. This will allow for a streamlined way to meet with students and have minimal disruption to services. All scheduling and meetings will be done virtually, so please go to the IMSA School Counseling webpage for more information about signing up for counseling services: <https://www.imsa.edu/student-life/counseling-services/>

Decreasing the Strain on your Relationships During the Pandemic

This has been modified from an outside resource to better fit for our community.

Even healthy relationships are experiencing strain and stress during this pandemic. If you are sheltered-in-place, you are certainly spending more time with your family than you have before. While it is great to have support and comfort during these difficult times, the stressors can also increase the likelihood of arguments and confrontations. While confrontations do not have to be negative, they can be for many. When physical and emotional space is limited, even trivial complaints or disagreements can become exacerbated. Family members may take on much of each other's anxiety, anger, and fears.

A study published in the Journal of Personal and Social Psychology found that relationships exposed to high stress for long periods of time become strained, regardless of how strong the relationship skills are. The study recommends for each person to identify successful ways to manage stress to discuss, so you can bring the best you to each interaction. Additionally, work on identifying the positives around being at home with family, which can allow people to focus on your relationship by reconnecting and working together.

If you are noticing that there is some strain in your relationships at home, here are some suggestions:

1. Voice your needs clearly and kindly. Remain calm and resist the temptation to blame. It is important to pause, reflect, and to understand how you are feeling and express what you need in a respectful manner.
2. Listen to each other with respect, patience, and kindness. Try to find the common ground in conversations. Try to express what you are worried about or how you are experiencing things. Avoid discussing "what ifs," as they can increase anxiety and lead to additional conflict.
3. When things get heated, take time to calm down. Identify when you are stressed and work to take a step back. Acting in an unhealthy fashion is increased when you are upset. You might become critical, irritable, short-tempered, or break down. Work on not snapping on others, and expressing if you need time to relax or space to think. Remember, you do not want to regret things you said later on.
4. Work on expressing gratitude with each other. This can build connections with each other and allows others to feel appreciated.
5. Take care of yourself and your needs. Work on taking care of your body by sleeping, eating healthy, exercising, and connecting with friends/family. Attempt to develop new hobbies or invest in things that are talents/skills, like meditation, art, or writing.

Emergency Relief Fund, please reach out to Mrs. Tami Armstrong at tarmstrong@imsa.edu.

* All K-12 schools will provide meals to IMSA students through their local school distribution plans.

* If you are in need of services during this taxing time, call **2-1-1**. Live specialists are on hand 24 hours a day, 7 days a week to discuss your needs and concerns and connect you to a wide range of local and state-wide resources. This includes food, shelter, help with aging parents, legal assistance, domestic abuse and much more. This also includes the most accurate and up-to-date information regarding the Coronavirus from our most reliable and trusted local and national experts. Calls are confidential and help is available in over 150 languages. Learn more about 2-1-1 here. Alternate toll-free number: 888-865-990.

* [**Providers offering FREE WiFi or special accommodations for 60 days**](#)

* **Safety Concerns**

Linden Oaks Behavioral Health: 630-305-5027

National Suicide Prevention Hotline: 1-800-273-8255

Crisis Text Line: Text START to 741-741

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