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 IMSAI. 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=1skVTc4Tidxdots7bATl2Tily7pfDmRLZR 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=rogzmyn3RpE

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 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, Associate Director of Student Affairs, as soon as possible. Thank you for your cooperation.

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Chef Don prepares a student favorite, Orange Chicken, from scratch. [https://www.youtube.com/watch?v=1654188342](https://www.youtube.com/watch?v=1654188342)

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**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.

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**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.
6. Create space to work. If possible, try to use different rooms for each other to work. Use noise-cancelling headphones. For parents, work with each other around shifts if you have multiple children and need to tend to childcare and household tasks.

7. Talk to each other about individual time/space. We all need quiet time or an escape, so talk with each other about breaks and when to be together. If you communicate, the chances that feelings are hurt is lessened.

8. Work together. Plan projects with each other and work as a team. You will feel more connected and one person does not have to tackle everything alone.

9. Make small gestures to brighten each other up. Tell people you care about them. Make them a card. Cook a special dinner. There are many things you can do to surprise someone and make them feel special.

10. Respect differences. You and your family likely cope differently with this. Parents may be worried about finances, students may be worried about school/friends, and everyone may be worried about family members. Try to express what you need but also be understanding of some of the family struggles. Use your skills of empathy to attempt to accept and not judge.

If you and your family would like to share some things you are doing with us, we would be happy to share them with the community, anonymously or not. Please feel free to email us, as we would be happy to compile a community idea list to share with each other.

A friend of the counseling department is putting on free support groups for various topics. They are not affiliated with IMSA, but may be a resource you are interested in utilizing. Please feel free to check out Lighthouse Emotional Wellness Center out of Arlington Heights: https://lighthouseemotionalwellness.com/

Below is a link to sign up for their free Monday evening support group on coping with anxiety: https://zoom.us/meeting/register/tZUpduqvqz8pej-pN0JQhc0EmNsIxzzlaQ?fbclid=IwAR2IcVRE4ZnMeEug5QdxFc1VMMqGU4eCgEcE_p4WkpB-64Lxa_GR6YXeDFY

They also have an open free support group around anything COVID-19 related on Tuesdays and Fridays: https://zoom.us/meeting/register/vJQsdeitrz0u6cT20UY3CLhAKh3QQ0kGcw?fbclid=IwAR3NjqM2TXtFhT17iSaiE6XY07NC31YWNjH9AQiUc4C-To4NZk8Jj0b65i4

Important Reminder:
Please call Attendance at (630)907-5029 if your student is sick and/or can not attend class. Please provide details including symptoms or diagnosis if available.

Resources:
* IMSA Student Emergency Relief Fund Not only has IMSA’s alumni, Sam Yagan ’95 and Jessica Droste Yagan ’95, committed to supporting the IMSA Student Emergency Relief Fund in a major way to bring the $100,000 goal in reach, the successful power couple want to send their support to all IMSA students, especially seniors, during these challenging times.

Jessica, managing partner and CEO of Impact Engine, LLC, an investment firm with a mission to bring more capital to a market where financial returns are linked to positive social and environmental impacts, holds a Bachelor of Arts in Public Policy from Haverford College, an MBA from the Stanford University Graduate School of Business, and a Master of Public Administration from the Harvard University Kennedy School of Government. Prior to Impact Engine, Jessica led the creation of McDonald’s Corporation’s global and U.S. sustainable sourcing strategies.

Sam, who hails from rural Bourbonnais, IL is the son of Syrian immigrants and best known as the co-founder of SparkNotes and Ok Cupid. He is currently the CEO of Chicago-based ShopRunner, an e-commerce network that provides free two-day shipping and returns across multiple merchants. Sam holds a bachelor's degree in Applied Mathematics and Economics from Harvard University and an MBA from Stanford University.

Applications to the Student Emergency Relief Fund are ongoing and provide assistance for basic essentials, including food, rent, utilities and access to remote learning technology. Preference is given to Tier 1 and Tier 2 families, but all families are eligible to apply. If you have any questions about the Student
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