

Student Affairs

Newsletter April 23, 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. All Student Life office staff 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 \(COVID 19\)](#).

Illinois Mathematics and Science Academy

Sophomore & Junior Parents Town Hall

Please join President Dr. Jose Torres, Principal Dr. Bob Hernandez and Chief Student Affairs Officer Katie Berger for a town hall meeting to provide updates to sophomore and junior parents and answer your questions as we navigate the remote IMSA experience during the COVID-19 global pandemic. We look forward to "seeing" you!

Saturday, April 25, 2020 • 12:00 - 1:00 pm

HOSTED ON ZOOM

Join at <https://imsa.zoom.us/j/93847717060>

Zoom Meeting ID: 938 4771 7060

or Join Us by Phone: +1 (312) 626-6799



Illinois Mathematics and Science Academy

Senior Parents Town Hall

Please join President Dr. Jose Torres, Principal Dr. Bob Hernandez and Chief Student Affairs Officer Katie Berger for a town hall meeting to provide updates to senior parents and answer your questions as we navigate the remote IMSA experience during the COVID-19 global pandemic. We look forward to "seeing" you!

Saturday, April 25, 2020 • 10:00 - 11:00 am

HOSTED ON ZOOM

Join at <https://imsa.zoom.us/j/94171485727>

Zoom Meeting ID: 941 7148 5727

or Join Us by Phone: +1 (312) 626-6799



STEM Pathways Coaching

One-on-one professional coaching on resume writing, interviewing, professional branding, networking, etc. for students seeking guidance in STEM careers & opportunities.

By appointment only | [Calendly.com/meetbhart](https://calendly.com/meetbhart)

Tuesday, Apr 28th, 5pm – 6pm

Register HERE: [Get@Me 0428](#)

Thursday, Apr 30, 5pm – 7pm

Register HERE: [ImprovYourCommunication 0430](#)

Chef Don prepares fresh hummus similar to what you'd find at the IMSA salad bar! <https://www.wevideo.com/view/1653831618>



Residence Life

Student Leadership Hiring: If you applied to be a Peer Tutor, RSL, LEAD Facilitator, Orientation Leader, and/or SEAMS/EXCEL tutor, Interviews will take place in the evenings during the week of April 27th. Decisions will be emailed out to students around the time housing information for next year comes out.

LEAD: Student Leadership Exchange event is on Wednesday, April 29th from 10:00am until 12:00pm **MANDATORY ATTENDANCE FOR ALL SOPHOMORE STUDENTS.** The event will be a modified format with a shortened schedule. Sophomore students will present virtually on projects they have been working on all semester.

Housing: *Students, please remember the housing application is open. The applications will close May 1st!* We know that many of you have had questions about IMSA's housing process for the next academic year. Due to COVID-19, and the current stay at home order, we will be shifting to a completely online process. Some of you may have turned in your paper form to your hall of choice already. If this is the case, **please note** that EVERYONE will need to fill

out this online form. On Monday, April 13, 2020, the housing form was sent out to students with specific steps to take before completing the form. At this time, housing assignments are scheduled to be released on May 22, 2020. Below are other dates to pay attention to depending on where you might be in securing a roommate. If you have any questions or concerns, contact [Jerami Johnson](#), Assistant Director of Residence Life.

Service-Learning: As we look forward to May to I would like to recognize all of the service efforts our students have been putting in this year. Recently IMSA has had 46 students receive a National Service Recognition Award for their work serving various communities this year. Sixteen of our students received Merit level awards (at least 20 hours), six students received Honor level awards (at least 40 hours), and twenty-four students received an Ambassador level award (at least 100 hours). These 46 students have completed over 10,000 hours of service this year so be sure to them congratulations! Be sure to get those service hours in for next year's application cycle. You can view our winners [here](#).

Additionally, I would like to recognize any and all students that have stepped up to serve their communities. Whether it be through tutoring, making face masks or advocating for those in need our students have put themselves aside to help some of our most vulnerable population and to those students we say thank you for being servant leaders.

Peer Tutor Liasons (Resident Counselors): Virtual Peer Tutoring is in full swing with over 90 IMSA student tutors. All students have access to the list of virtual peer tutors, their availability and contact information. Thank you to Amy Keck, Linda Hefferin ,Karen Gholson , Rafael Gonzalez, Robyn Norton, FreddyMay AbiSamra, Ethan Castro, Ben Lepak, Pooja Haney, Mansour Baalabaki and Erin Ryan for all their hard work!

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.

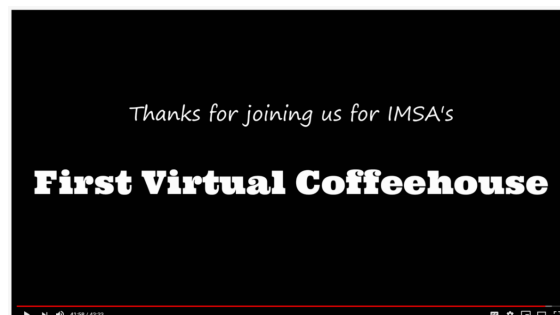
Student Activities

This past week the Campus Activities Board put on it's first large scale event; a virtual escape room! Students joined together in teams to see who could figure out how to "escape" the fastest. Next week, prepare to put your creative cap on, because CAB is bringing you Art Week! We'll be talking about many different types of art such as painting, music, fashion, and dance! Join us in appreciating art by engaging in our posts on IMSA Virtual Campus, and we'll put all of the participants in a raffle to win a prize at the end of the week. As always, we'll be releasing our weekly riddle as well. "See" you online!

Image from escaperoom.com

ALMA LATINA: This year for Alma Latina's cultural show, Casa de Alma, we would like to present on the Latinx traditions that can be found in the homes of our IMSA community. If you have an item of cultural significance in your house that also pertains to Latinx culture, we would greatly appreciate if you would share them with us in a short 20-30 second video. This item can be a piece of art, clothing, food, song, or even a dance. If you do wish to participate, please submit your video to [Latinx Traditions](#) by 11:59 on April 24th (this Friday). If you have any questions, please feel free to reach out to me (abautista@imsa.edu) or Natasha Rossi (nrossi1@imsa.edu). Thank you, Alma Latina Board

SMAC (Spreading Music Across Campus) recently debuted its first virtual coffeehouse featuring 12 IMSA students. It was a success with 150 views at time of publication! Great job SMAC!



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/>

IMSA Community,

I received a wonderful document from a local colleague and have modified the information to better suit our community. I hope you are able to find it both easy to use and brief!

SELF-CARE CHECKLIST

Remember, you are having normal human emotions and reactions and are not going "crazy." These are common responses to stress:

1. Acknowledge reactions. Allow yourself time to reflect on what you are feeling and how you may be reacting to any fears or uncertainties regarding the future.
2. Maintain your daily normal activities and outlets, as possible.
3. Create Meaning. Think about what would represent accomplishment for you at the end of the day. You will likely feel better about doing something that holds meaning for you versus if you wasted time.
4. Have fun. Don't forget to integrate fun into your schedule. Put together music playlists that you can vibe to for different situations (while exercising, while studying, while relaxing, etc); post fun photos with your friends on social media; play online games (many students are hosting D&D days virtually); challenge yourself with a puzzle or create a fun/silly dance on TikTok.
5. Keep Balance. Work on balancing your classes, homework, physical activity, connecting with others, helping friends/family, sleep, and fun activities. Believe it or not, this can be a great skill for returning back to IMSA next year or for transitioning to college. IMSA does not have to be a place where you are stressed, overloaded, and not sleeping is the norm.
6. Grow. Your life experiences matter. What is meaningful to you and what can you do to add something positive to your life? Choose to develop a skill or talent, work on relaxation, invest in counseling or mindfulness.
7. Stay Connected. Call or video chat (not just text or message) one person each day. Contact people who you usually do not connect with because you are busy. Write a thank you letter to someone who has helped or impacted you. Express gratitude to our healthcare workers by sending them a letter. Watch the same movie with friends via Facetime, start a book club and meet to discuss, cook with friends, or go for a walk and share the experience with others.
8. If you must, look for accurate information about what is going on. Use the Center for Disease Control and Prevention (CDC) to follow.
9. Stay away from negative or fear-producing outlets. Often, they are not factual and only bring us down.
10. Reach out to counselors and support services. Check in with your counselor/therapist, make an appointment to speak with our team, or check in with your trusted medical professionals.
11. Use the supports and IMSA resources. Reach out to family and friends, teachers, counselors (CACs, school, and RCs), and academic supports. If you are struggling to keep up or there are personal things going on, now is not the time to be alone. Please let someone know, and we will assist you.

The counseling team sent out some Mental Wellness App suggestions to students last week. In addition, here are some other resources:

1. Podcasts/Videos: Some Good News (SGN) with John Krasinski, Ten Percent Happier, Stuff You Missed in History Class.
2. Follow Active Minds on Insta, Twitter, and via their blogs
3. Exercise--Free YMCA classes via ymca360.org or Core Power Yoga at corepoweryogaondemand.com/keep-up-your-practice
4. Color! Download coloring sheets at coloringnature.org
5. Virtual Tours: Shedd Aquarium Live Cam at shedd Aquarium.org/exhibits/underwater-beauty-exhibit
Brookfield Zoo's "Bring the Zoo to You" at czs.org/BringTheZooToYou
Art Institute of Chicago at artic.edu/visit-us-virtually



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**](mailto: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

[**imsa.edu**](https://imsa.edu)

