



Student Affairs

September 24, 2021 Newsletter

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IMPORTANT REMINDER TO STUDENTS: Use your IMSA email address for any and all IMSA purposes. Using another email address will delay your communication and may cause confusion.

IMSA 2021-2022 STUDENT PARENT HANDBOOK

2 PAGE ACADEMIC CALENDAR

IMPORTANT DATES

- September 27 to October 2 - Homecoming Week (agenda link below)
- October 7 - Early dismissal for extended weekend Residential Halls close at 5pm
- October 11 - Residential halls open at 3pm for students to return to campus
- October 12 - Classes convene

IDs MUST BE WORN ON A LANYARD AT ALL TIMES
IF YOU DO NOT HAVE A SCHOOL ID YET, SEE MINERVA RATSAMY IN
STUDENT AFFAIRS



STUDENT ACTIVITIES

ALMA LATINA X PME X
OFFICE OF DIVERSITY EQUITY AND INCLUSION
PRESENTS OUR

HISPANIC HERITAGE MONTH

CELEBRATION

SEP.
25



MOVIE ~ LIVE DJ ~ FOOD TRUCK ~ MICHEAL
REYES

COCO MOVIE
WILL BEGIN
AT 3:00 PM
AT THE
AUDITORIUM

ALL OTHER EVENTS FROM

1:00 TO 3:00 PM AT THE WHITE OUTDOOR TENT!

We will promote the history, culture, and
contributions of Hispanic and Latinx heritage
people.

[IMSA Idol: Live Band Karaoke Registration](#)

[Homecoming Agenda](#)

IMSA IDOL

Live Band Karaoke!

SUNDAY, SEPTEMBER 26

3:30-5:30PM @ OUTDOOR TENT

Combining the silly fun of karaoke with the energy of a live rock band, Live Band Karaoke allows anyone to fulfill their rock and roll fantasy.

Singing is only half the fun! Watching others performing their unique renditions of the world's greatest songs also contribute to the hilarity. Some singers really belt out the tunes, while others make up for a lack of singing ability with dazzling stage presence. Either way, the irony and humor work on many levels as the band rocks out the songs true to the original recording. Band members can also contribute as backup vocalists and help out with forgotten lyrics.

Pre-registration STRONGLY PREFERRED for all performers. Link provided in email. Contact Brittney Walker (bwalker1@imsa.edu) if you have question.



Mindfulness in your day: Every particle of you is a miracle

By: Saudamini Agarwal (Counseling Intern, IMSA)

When I think about mindfulness, I think meditation or yoga, and the image that comes to mind is that of an ascetic sage in the Himalayas. I wish I had the ability to practice the discipline and the life of peace devoid of modern technology as they do, to truly experience the world mindfully. A wish, I do not think will come true; neither do I want it to. Because, the more I research about mindfulness, the farther I walk from the idea of this concept being feasible only in the Himalayas living a secluded life. I love the modern world, the technology, increased quality and quantity of life.

What if I told you, that you do not have to be a sage to practice mindfulness- would that be a mind baffling discovery? To be mindful means to be in the moment, and fully aware of one's current state, emotionally, physically, and mentally. Mindfulness is something we all naturally possess, but practicing it can help us access it effectively and quickly. Mindfulness has been linked to many long term benefits to a person's health and happiness. Research shows monumental impact of mindfulness in decreasing depression, anxiety, stress levels, and burnout. Mindfulness also involves self-acceptance and compassion. Which may include sitting with our thoughts and feelings nonjudgmentally, allowing ourselves to think and feel how we do in the present.

Mindfulness is woven into the intricate fabric of positive psychology, and has been a staple since the founding of the field. Presented as a self-care tool, positive psychology scholars believe mindfulness to be a practice that serves the very core condition of human life. Enhancing life satisfaction and self-regulation, and strengthening relationships. Meditation, yoga, and breathing exercises are some of the most widely used mindfulness activities. However, the field of mindfulness is vast with endless possibilities.

Here are some non-traditional mindfulness activities:

The body scan- take a deep breath and nourish your body with fresh air. Feel the different parts of your body responding to this deep breath starting from your toes up to your head. Continue to focus on how each body part feels while deep breathing.

The observer meditation- Seat yourself comfortably and picture yourself leave your body. Observe yourself from the outside. Pay attention to every little detail about yourself as you observe yourself from the "outside."

I hope you take the time to connect with yourself and nourish yourself in this unique way. Almost everything will work

again if you unplug it for a few minutes- including yourself!

References

Keng, S. L., Smoski, M. J., & Robins, C. J. (2011). Effects of mindfulness on psychological health: A review of empirical studies. *Clinical psychology review*, 31(6), 1041–1056. <https://doi.org/10.1016/j.cpr.2011.04.006>

Behan, C. (2020). The benefits of meditation and mindfulness practices during times of crisis such as COVID-19 *Irish Journal of Psychological Medicine*, 37(4), 256-258. doi:10.1017/ipm.2020.38

RESIDENTIAL LIFE

Service Learning:

Hello Students! Don't forget that 200 service learning hours are required for graduation. Please check Helper Helper to make sure all of your hours are listed correctly, verified and validated. You may need to reach out to your site coordinator to nudge them to approve your hours. It is also important to make sure that the contact name and email address are correct for the site coordinator. PowerSchool will be updated soon!

Seniors, don't procrastinate on getting your hours. Need help? Please email commserv@imsa.edu. Also, check out the [service learning](#) page for ideas on how to get hours.

Laundry Cards:

If you are a sophomore or junior, an initial laundry can be provided to you in your RC office. If your initial card is lost or misplaced, it is your responsibility to purchase a new one. Seniors should still have their laundry cards. If they have been lost or misplaced, it is your responsibility to purchase a new one. For students who do not yet have access to a permanent laundry card, there is a "loaner" card in your RC office which you may borrow and you must return.

To load your laundry card with money, use the machine located under the IRC staircase, or the machine in the 1504 hall commons.

PAC UPDATES

PAC MEETING: The next PAC general meeting is on **Saturday, September 25th from 10:00 am to 11:30 am** via Zoom. We will share updates from the PAC board and committees. Representatives from IMSA will also share updates from their respective areas. There will be an opportunity to ask questions during the meeting. The Zoom link is <https://imsa.zoom.us/j/99420306727>.

SPEAKER SERIES: The speakers for this month's speaker series are from Lexington, who are the food service providers for IMSA. They will share information about their services and there will be an opportunity to ask questions during the session. The speaker session is on **Saturday, September 25th from 11:00 am to 11:30 am** (immediately following the PAC general meeting). The Zoom link is <https://imsa.zoom.us/j/99420306727>.

FRIDAY FEST: The first Friday Fest of the school year will be held **Friday, September 24th** in the evening. It will be a modified Friday Fest serving desserts only outside each of the halls. A great big thank you in advance to all of our parent and student volunteers and everyone who was able to donate treats for the event!

DOWNSTATE BUS: The PAC Transportation Committee arranges transportation for students to central and southern Illinois over the 6 extended weekends. This service is paid for by the families of the students that use the service. The cost depends on how many families participate. Please fill out the following survey with full payments by **Noon on Saturday, September 25th**: <https://imsapac.wufoo.com/forms/imsa-bus-registration-2021/>. This survey is open to any family that wants to register. A meeting was held to communicate downstate bus related information to the families that pre-registered for this service. Here is a [link to the video recording](#) of the meeting. The material that was shared can be found at [this link](#). Please contact IMSAPACBus@gmail.com for more information.

MULTICULTURAL COMMITTEE: The Multicultural Committee is interested in learning from students and staff who are already doing work on campus related to multicultural issues, diversity, equity, and inclusion. We will be doing a fall "listening tour," sharing conversations and hearing more about efforts already in place, as well as ongoing challenges. The goal is for the committee to be better informed and in touch with existing efforts, so that we can support them as parents. If you have a suggestion of an individual or group we should talk to, let us know at wilsonahlstrom@gmail.com. The next meeting will be **Tuesday, September 28th from 7:00 pm to 8:00 pm**. The Zoom link for the meeting is <https://imsa.zoom.us/j/91271060771>. Thanks!

PARENTS OF SOPHOMORES: Parents of sophomores, join the bi-weekly meeting coordinated by the Sophomore Parent Representative, Piyush Swain. The first meeting will be held on **Wednesday, September 29th from 7:00 pm to 8:00 pm**. Check your email for more details.

SENIOR BANQUET COMMITTEE: Join us for a Senior Banquet Committee meeting on **Sunday, October 3rd from 7:00 pm to 8:00 pm**. We will discuss what the banquet is all about and how we will be making it happen this year! Parents of sophomores and juniors, this is a great way to get involved! The Zoom link is <https://imsa.zoom.us/j/93439538613>. Contact imsapacseniorbanquet@gmail.com if you have any questions.

VOLUNTEER OPPORTUNITIES WITH THE PAC: We need you! The PAC is only as good as its volunteers. Our committee chairs have been working hard to plan some wonderful events and activities for the school year. Let us know where you would like to help out by [filling out this form](#).

CALENDAR OF EVENTS: Check out our [calendar of events](#) (it will be continuously updated as new events and meetings are added). More information about events, meetings and activities will be listed on the calendar.

PAC RESOURCES:

- [PAC website](#)
- [PAC contact list](#)
- [PAC parents' Facebook group](#) (note: this is the official parents group of the IMSA PAC)
- [PAC calendar of events](#)

Email TheIMSA PAC@gmail.com if you have any questions.

imsa.edu

