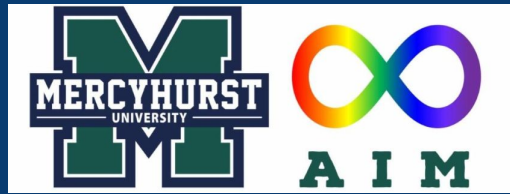


The AIM Advance

02/16/2024



AIM Updates

AISE-V DOMAIN KEY

Opportunities AIM creates or supports are focused on the AISE-V Domains. The events listed may fall under a variety of domain areas (A,I,S,E,V).

A - ACADEMIC

I - INDEPENDENT LIVING

S - SOCIAL

E - EMOTIONAL

V - VOCATIONAL



WEEKLY AIM ACTIVITIES

MONDAY

- Full Spectrum Fitness 11-12:30 pm - MIC
- Career Path Freshman 3 pm - Sullivan 1 - biweekly
- Career Path Juniors 3 pm - Sullivan 2
- Cooking 4:30 pm Mercy 100
- BOOST 3-5:30 pm Hirt M213

TUESDAY

- Pickleball 2 pm Rec Center

WEDNESDAY

- Full Spectrum Fitness 11-12:30 pm - MIC
- PEERS 3 pm - Sullivan 1-2
- Healthy Relationships Class for Sophomores 3 pm - Sullivan 2
- Career Path Seniors 3 pm - Main 211
- BOOST 5:30-8 pm Zum 207

THURSDAY

- BOOST 3-5:30 pm Hirt U305
- Zumba 5 pm - Rec Center

FRIDAY

- Drum Circle 3 pm Prince of Peace Chapel

SATURDAY

SUNDAY

- BOOST 3-5:30 pm Hirt M213

Director's Note

It's hard to believe we are almost halfway through the semester. Today was the spring semester involvement fair, where students could "Fall in Love" with Mercyhurst clubs and organizations. All AIM students must be involved in at least two campus clubs, activities, or organizations. [Research](#) indicates that involvement in college makes a difference in academic performance, cognitive development, well-being, leadership, and multicultural awareness.



The newsletter has many resources linked below, including Laker Launchpad, which lists all campus clubs, events, and organizations. Take time to get involved on campus today! You can do it!



Student Spotlight

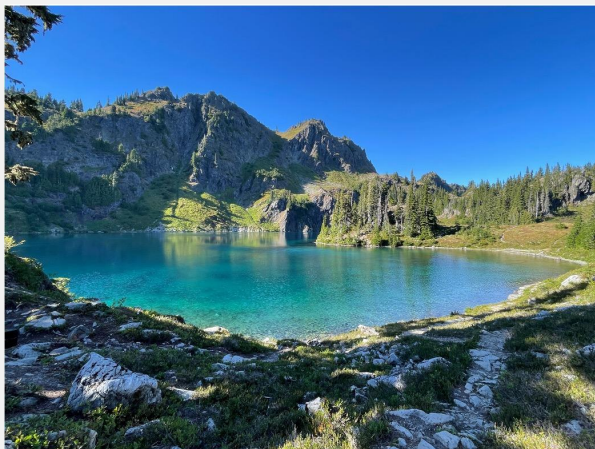
Meet Alex Hall

Alex Hall is a freshman from Shaker Heights, OH. Alex is studying Art Therapy. She is involved in Art Therapy Club, AIM Cooking, and AIM's Pickleball initiative. Alex is joining AIM in our upcoming trip with the Renaissance Club to Ohio State. Alex has shown great improvements in her organization and executive functioning since coming to Mercyhurst. We are so proud of Alex's commitment to her grades and getting involved on campus and in AIM!

Upcoming Experiential Trip

We are happy to announce an experiential trip for AIM students to the Seattle, Washington, area from May 13-18, 2024. This trip is open to all current AIM students. It will include a vocational and sightseeing day in Seattle, a visit to a lavender farm, hiking in Olympic National Park, and hiking in Crescent Lake Temperate Rainforest. It is a custom trip designed for our group and will include two professional hiking guides. The trip will cost \$3250 per person, including flights, hotels, meals, hiking guides, and transportation. Please contact [Amanda Mulder](#) or [Ryan Palm](#) to learn more about the trip. (AISE-V)

[Click Here for More Information](#)



Career Path



The future depends
on what you do today.

-Mahatma Gandhi

Executive Director's Note

We are continuing to expand the reach of AIM into the community and beyond! Our staff is working with some local business leaders to present during Career Path courses, and we are lining up a field trip later in the semester! Are you interested in particular topics? Let your Career Path facilitator know! And if you are a parent or alumnus reading this and want to get involved - please contact [Ryan Palm](#) for more details! (AISE-V)

Mercy Market

The goal of the Mercy Market is to be socially merciful and compassionately hospitable by serving students facing food insecurity, lacking access to basic necessities, unable to afford new books every semester, and/or in need of professional wardrobe items.

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THE MERCY MARKET

The goal of the Mercy Market is to be socially merciful and compassionately hospitable by serving students facing food insecurity, lacking access to basic necessities, unable to afford new books every semester, and/or in need of professional wardrobe items.

OUR SERVICES

MUI Food Pantry
If you have a shortage of non-perishable food and personal care items, we invite you to reach out to the MUI Pantry for assistance.

Swipe Out Hunger
This program can support you by supplying you with up to 20 meal swipes each month, if approved.

Book Swap
Swap last semester's books for this semester's books with students. \$1 fee applies if you don't have a book to swap.

School Supplies
Stock up on your semesterly needs. Have access to notebooks, folders, writing utensils, organizational items, and so much more.

Clothing Closet
Gain access to our professional clothing inventory for work, interviews, any formal gathering and more.

Contact Us: mercymarket@mercyhurst.edu

More Information: tinyurl.com/mercymarket

COME SEE US!
3809 BRIGGS AVE, APT. 6

1 PM - 3 PM
M/W
1 PM - 3:30 PM
T/TH
Or by appointment



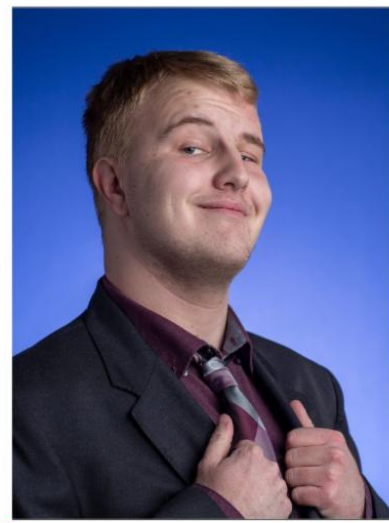
On Monday, February 5th, Carolyn Jeppsen, CEO from BroadFutures, spoke to freshmen and junior career path classes.

BroadFutures is a training, mentoring, and paid internship program for young, neurodivergent people between 18 and 26. Students accepted into the BroadFutures program not only have a paid internship experience in the greater DC area but also receive support, mentorship, and job coaching guidance from BroadFutures staff.

Many of our AIM alumni and current students have had life-changing experiences in this program. (V)

[Mercy Market Home Page Click Here](#)

[Click to Learn More](#)



Professional Headshots taken at Juice Pharma, NYC

Cooking & Camaraderie

Last week we cooked breakfast for dinner! Students learned how to scramble eggs, make bacon, biscuits, and gravy! This week, we had a “red” night for Valentine’s Day. We made homemade meatballs which we served over heart shaped pasta. For dessert, we made red velvet cupcakes. Stay tuned for new recipes coming soon! (15)

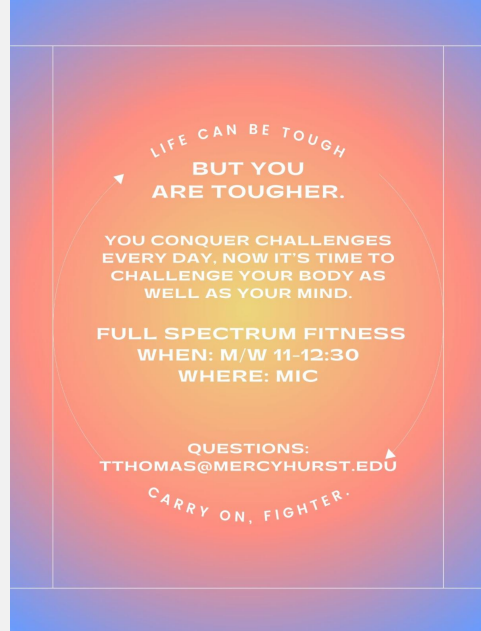


Full Spectrum Fitness

As we continue with FSF, Tyler Travis, Director of Strength & Conditioning, relays that students are focusing on movement literacy through training patterns that

emphasize stability (motor control) before adding load for strength. Mobility is trained through controlled flexibility at the beginning of each training session during movement preparation.

Travis remarked, "The best part of the program so far has been developing the coach-student relationship. We have been fortunate to have a couple interns and volunteer student athletes from our women's hockey team join us which provides a better coach to student ratio. I am really excited about the progress of the students. I think they're having fun so far."
(ISE)



Upcoming Events

Campus-Wide Events

- Wednesday, Feb. 21, 5 pm - 6 pm, Ryan Hall Lounge: *Laker Life Hacks - Time Management*, hosted by Counseling Center (AISE-V)
- Saturday, Feb. 24, 7 pm - 9 pm, Student Union Great Room: *Chinese Lantern Festival*, hosted by Multicultural & Student Activities Council (MAC/SAC) (IS)

Want to Be a Laker Leader?

The Campus Involvement Center is excited to provide the Laker Leader program as an opportunity for current students to give back to the University, show their school spirit, and welcome a new class of Lakers to MU!

They assist in the implementation of Summer Orientation, Welcome Week, the iMU program and other programs sponsored by the Division of Student Life.

Applications are due March 1st.

[Application Form](#)
[Student Hub Information](#)


HOW TO STUDY EFFECTIVELY

COME TO BOOST

Sunday: 5pm-7:30 - Hirt M213
Monday: 3pm-5:30- Hirt M213
Wed: 5:30-8:00 pm - Zurn 207
Thursdays 3:00 - 5:30pm- Hirt U305

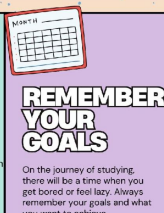
We have BOOST monitors Jordan and Soren to help you with the following:

- Study strategies and note-taking
- Reading for comprehension
- Organizing ideas for writing assignments
- Prioritizing and study planning for the weekends




REMEMBER YOUR GOALS

On the journey of studying, there will be a time when you get bored or feel lazy. Always remember your goals and what you want to achieve.



MAKE A STUDY SCHEDULE

The first thing you can try is to make a study schedule. Decide a perfect time and study at the same time every day. It will practice your brain as well.



GET MOTIVATED AT THE STUDY STUDIO

CAE 311
4:00PM - 8:00PM

WEDNESDAYS & THURSDAYS

- COLLABORATE WITH PEERS
- LEARN MORE STUDY SKILLS
- STUDY INDEPENDENTLY
- EARN ANCHOR POINTS

Trying to find something to do on campus?



LAKER LAUNCHPAD
MERCYHURST UNIVERSITY

Go to: mercyhurst.presence.io

Login with your Mercyhurst credentials

Download "Modern Campus Presence" on the App Store


Sponsored by Multicultural Student Services

BLACK HISTORY MONTH

February 2024



2/8	Movie Night	@4PM	Multicultural Lounge
2/9	Step Dance Class	@4PM	REC Dance Studio
2/21	Trivia Night	@6PM	The Roost
2/22	Karaoke Night	@7PM	Great Room
2/29	Soul Food Festival	@11am	Grotto and 501 Grille
2/29	Confidence Workshop	@5PM	Multicultural Lounge



LET IT MOVE YOU™

Amanda Mulder
Zumba Dance Fitness Class
REC Center
5:00 - 6:00 PM
Thursdays starting January 25, 2024!

My Zumba classes are the hottest music to lighten your feet and spirit. Please join me for various salsa, merengue, pop, Afro-punk, hip-hop, belly dance-inspired routines, and more! No experience is necessary, the class is taught as a progressive workout for all! Join the party! You won't regret it!

For class details, contact your nearest Zumba® instructor.

ZUMBA.COM

PICKLEBALL

Open Class

TUESDAY
2 PM

@ THE REC CENTER



Spring 2024 Semester At-a-Glance Calendar							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January		14 <i>Spring and Mini 3 begins</i>	15	16	17	18 <i>Last day to Add/Drop Spring and Mini 3</i>	19 <i>Weekend Classes Begin</i>
	21	22	23	24	25	26	27
	28	29	30	31	1	2	3
February	4	5	6	7	8	9	10
	11	12	13	14	15 <i>Last day to Declare P/F: Mini 3</i>	16	17
	18	19	20	21	22 <i>Last day to withdraw: Mini 3</i>	23	24
	25	26	27	28	29	1	2
March	SPRING BREAK - Monday, March 4 - Sunday, March 10						
	3	4 <i>Mini 4 begins</i>	5	6	7	8 <i>Last day to Add/Drop: Mini 4</i>	9
	10	11	12	13	14	15	16
	17	18 <i>Registration: Graduates, Seniors, and Juniors</i>	19	20 <i>Registration: Sophomores</i>	21	22	23
	24	25	26	27 <i>Easter Break - No Classes March 27-April 1</i>	28	29	30
	31 <i>Easter Break - No Classes</i>	1 <i>Academic Freshman Moving Day No Classes</i>	2	3	4	5	6
April	7	8	9	10	11 <i>Registration: Freshman</i>	12 <i>Last day to declare P/F: Spring and Mini 4</i>	13
	14	15	16	17	18 <i>Last day to withdraw: Spring and Mini 4</i>	19	20
	21	22	23	24	25	26	27
	28	29	30	1	2	3	4
	5 <i>Weekend classes end</i>	FINALS WEEK - Monday, May 6- Thursday, May 9				9	10
May	12	13	14	15	16	17	18
	19	20	21	22	23	24	25
	26	27	28	29	30	31	
	Mercyhurst University Office of Academic Support 1st Floor Egan Hall (Bldg) 824-2291						

free alternative **SPRING BREAK 2024**



SCAN QR CODE OR SIGN UP AT
<https://bit.ly/ASBsp24>

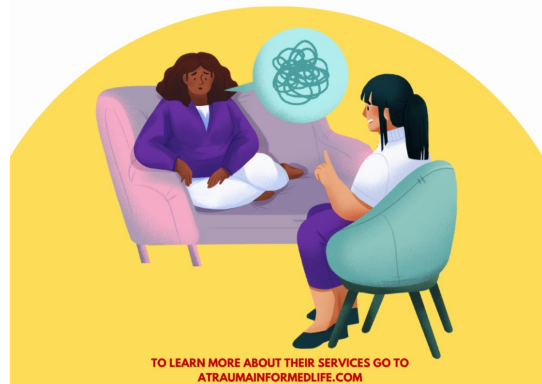
QUESTIONS? CONTACT DEONTE AT
DCOLEY@MERCYHURST.EDU

Mental Health Conversations

WITH JOURNEY TO A TRAUMA INFORMED LIFE

FEBRUARY 28TH, 2024

AT THE MULTICULTURAL LOUNGE IN THE STUDENT UNION @5PM



TO LEARN MORE ABOUT THEIR SERVICES GO TO
ATRAUMAINFORMEDLIFE.COM

NAVIGATING COLLEGE CHALLENGES: A HOLISTIC APPROACH TO PERSONAL GROWTH

JOIN US TO LEARN ABOUT SELF LOVE, BUILDING SELF ESTEEM, AND SOCIAL MEDIA SURVIVAL

Monday, February 19th

8:00pm in Zurn 114

Hosted by:



Drum Circle

TUNE INTO HEALING: GROUP MUSIC THERAPY SESSIONS

FRIDAYS • 3:00PM-3:50PM • PRINCE OF PEACE CHAPEL



**EVERYONE IS WELCOME,
NO EXPERIENCE REQUIRED.**

* PRINCE OF PEACE CHAPEL IS LOCATED ON THE SECOND FLOOR OF THE STUDENT UNION

EMAIL BECKY AT rfergu94@lakers.mercyhurst.edu FOR MORE INFORMATION

2024 Internship Programs



BroadFutures serves young people who:

- Are between the ages of 18 and 26
- Have diagnosed learning disabilities and/or ADHD
- Have a high school diploma and are either headed to college, in college, or taking a break from academics
- Are highly motivated
- Are vaccinated against COVID-19

Program Details:

- **Initial Training:** 1 week of training. Curriculum incorporates workforce preparedness, professionalism and effective communication, and stress reduction tools. We incorporate the arts and wellness.
- **Paid Internships:**
 - 7 weeks of paid internships
 - 20 hours a week, Monday through Thursday
- **Friday Trainings:** Guided peer-to-peer reinforcement of initial training skills and discussion of areas of success/opportunities for growth. Game based learning, speakers & more!!!

PROGRAM DATES:
Winter: Jan. 29 - April 19
Application Deadline: Nov. 15, 2023
Summer: June 10-Aug. 9
Application Deadline: March 1st, 2024

COST:
Winter: \$7,820
Summer: \$6,325
Full & Partial Need-Based Scholarships

HOW TO SIGN UP:
Fill out application & reference release form on our website [here](#).

Apply now to our holistic training, mentoring, and paid internship program!

www.broadfutures.org | (202) 521-4312 | info@broadfutures.org

Featured Employers

County of Erie
City Year
American Red Cross

MARCH 14TH
12pm - 3pm
MERCY HERITAGE ROOM



HUMAN SERVICES CAREER EXPO

PSYCHOLOGY, SOCIOLOGY, PUBLIC HEALTH, AND OTHER MAJORS ARE WELCOME

Counseling Corner

How Do I Know if it's Depression?

Everyone feels sad sometimes. Sadness, crying or wanting to be alone for a little while is a natural response when you are going through difficult times or feel stressed. When a sad mood last for 2 weeks or more and makes it hard for you to do daily activities, you might be depressed.



Depression can be very treatable - so reach out and let those of us at the Counseling Center know so we can help!

Symptoms of Depression May Include:

- Feeling sad or irritable most of the day
- Loss of interest in things you used to enjoy
- Isolating yourself
- Skipping classes because you can't get motivated or can't leave your room
- Difficulty concentrating
- Tired all the time, no energy, sleeping too much or can't sleep
- Decreased or increased appetite
- Thoughts of suicide or death (*Seek help immediately!)

When and How to Seek Help:

Call the campus Counseling Center at 814-824-3650 to make an appointment. If your concern is urgent and can't wait until an appointment, we offer a walk-in hour Monday - Friday from 2:30 - 3:30. We provide a brief session, and a follow-up plan as needed. If a student needs a community referral, we can assist with that.

Emergency mental health assistance (ex. feeling suicidal, bad panic attack):

Daytime:
8:30 - 4:30, M-F - walk over to the Counseling Center immediately and let the receptionist know this is an emergency.

Evening/Weekends:

Mercyhurst can help students connect with afterhours emergency assistance. Call Campus Police & Safety (814-824-3911) or reach out to your RA.

(Please note the Counseling Center is not open during holidays and breaks when students are gone. However, Police and Safety and Residence Life are).

Depression Screening Events on Campus:

Keep an eye out for Depression Screening Events on campus. Students can complete a 5-minute survey and review results with a counselor. Counselors can help connect students to resources.



MERCYHURST

UNIVERSITY

AUTISM INITIATIVE AT MERCYHURST

Phone: (814) 824-2000

Address: 501 East 38th Street
Erie, Pennsylvania 16546

Autism Initiative at Mercyhurst University | 501 E 38th Street, Erie,
ERIE, PA 16546-0001

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