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)

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 or school supplies every semester, and/or in need of professional wardrobe items. (IEV)

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)
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! (IS)

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

Monday: 6pm-9pm, 9pm-11pm
Tuesday: 9am-11pm
Wednesday: 9am-11pm
Thursday: 9am-11pm

REMEMBER YOUR GOALS

- Study strategies and note-taking
- Reading for comprehension
- Organizing ideas for writing assignments
- Mind-mapping and study planning for the week

MAKE A STUDY SCHEDULE

The first thing you can do is make a study schedule. Decide what you need to study the next day. Do the same thing every day. It will pay off in the end.

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

BLACK HISTORY MONTH
February 2024

2/8 @4PM
Movie Night
Multicultural Lounge

2/9 @4PM
Step Dance Class
REC Dance Studio

2/21 @6PM
Trivia Night
The Roost

2/22 @7PM
Karaoke Night
Great Room

2/29 @11am
Soul Food Festival
Grotto and SOI Grille

2/29 @5PM
Confidence Workshop
Multicultural Lounge

LET IT MOVE YOU

Amanda Mulder
Zumba Dance Fitness Class

REC Center
5:30 - 6:30 PM
February 24, 2024

TUESDAY 2 PM
@ THE REC CENTER

PICKLEBALL OPEN CLASS
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.