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

WEAKLY AIM ACTIVITIES

MONDAY
- Full Spectrum Fitness
  9:10:30 am - MAC
- Career Path: Freshman 3 pm - Sullivan 1
- Career Path: Juniors 3 pm - Sullivan 3
- Cooking 6:30 pm
  Mercy Bid
  BBST 4-5:30 pm
  MH1425

TUESDAY
- Pickleball 2 pm
  Rec Center

WEDNESDAY
- Full Spectrum Fitness
  9:10:30 am - MAC
- PETS 1 pm - Sullivan 1
- Healthy Relationships Class
  for Sophomores 1 pm - Sullivan 3
- Career Path: Seniors
  3 pm - Main 29
  BBST 6-7:30 pm
  Juhl 307

THURSDAY
- BBST 3-5:30 pm
- Zumba 5 pm - Rec Center

FRIDAY
- Drum Circle 5 pm
  Inside of People Chapel

SATURDAY

SUNDAY
- BBST 5-7:30 pm
- MH1425

Director's Note

Happy spring, everyone! It's a time not only for seasonal milestones but also for many important academic ones. We are over halfway through the semester; please check Blackboard or Self-Service for your midterm grades. Now is the time to see how you are doing in your classes. If you are happy with your grades, keep up the great work! If your grade isn't where you'd like it to be, your student support coordinator can connect you with resources and create a plan to work toward improvement or help you withdraw from classes. Reach out to us; we are here to help you!

Take time to enjoy Easter break with your family and friends! We wish you a happy, safe holiday! - Amanda
Student Spotlight

Meet Emily Del Valle
Emily is a senior Criminal Justice major. She would love to follow in the footsteps of her older brother, Nick, who pursued a career working with children. Emily has been an outstanding student, often landing on the Dean’s list through her diligence and hard work. She also maintains a consistent work schedule at home, balancing life’s challenges well. Some of Emily’s favorite things to do are trying out new baking recipes and reading and writing letters in her spare time. Some of Emily’s future goals are getting married, having kids, and working within a school system. Emily has been a fantastic addition to our program, and we are proud to introduce you to her!

Important Dates

Fall 2024 Registration - if you have not registered yet, please see your support coordinator.
• Easter Break: March 27 - April 1
• Last Day to Withdraw from Spring Classes: April 19
• Spring Classes End: May 3
• Finals Week: May 6 - 9
• Graduation: May 11

AIM in the News!

Ryan Palm, the Executive Director of the Brad McGarry Center for Neurodiversity at Mercyhurst University, was featured last night on JET24’s newscast. This conversation highlighted Mercyhurst’s commitment to our AIM students and the role of neurodiversity, where we are proud to be a leader.

WATCH INTERVIEW

Autism Initiative at Mercyhurst Virtual Information Session
Wednesday, March 27 | 7 p.m.
Register here: mhurst.st/aim-info

Join us on 3/27 at 7 p.m. to learn more about the Autism Initiative at Mercyhurst and the CREATE summer program. Please share this information with anyone you think might be interested in our program! mhurst.st/aim-info

Vocational Trip to Washington, D.C.

Executive Director’s Note

What an incredible trip we had
During spring break, seven adventurous students and three dedicated staff members took a vocational trip to Washington, D.C. The trip included a few stops at career opportunities - National Institutes of Health and KPMG, some advocacy experiences with the National Autism Coordinator and the Organization for Autism Research (hosted by our alumnus Ben VanHook), a visit with Senator Bob Casey’s policy aide, and of course sightseeing and lots of good food!

These trips give our students an incredible opportunity to experience a new community, see first-hand what life is like in a big city, learn about employment opportunities, and build social community amongst AIM students and staff.

Special thanks to all who generously hosted us on this trip. We are truly grateful for your time and attention to our students!

(AISEV)

On Monday, April 8, 2024, at 3:16 p.m. Erie, PA will experience the rare phenomena of being in the path of totality of a total solar eclipse. Mercyhurst is opening our gates to the community with lectures and activities, plus an opportunity to view the eclipse from our campus. Activities include educational talks, glasses and glow-
ECLIPSE INFO

Cooking & Camaraderie

Two weeks ago, in honor of St. Patrick's Day, we made Sheppard's pie with crescent rolls and ready-to-bake cookies.

For Cooking and Camaraderie this week we enjoyed a dinner of Cheeseburger Helper and homemade brownies. The students all pitched in to make this quick meal, that was enjoyed by all! We often also talk about how pre-made meals and mixes can be added to in order to fancy them up or make them semi-homemade. Our goal is to meet the students at their interest level and taste buds alike. (IS)
Full Spectrum Fitness is still going strong. We have several regulars, along with those who drop in as they are able. This program is personalized to each participant and is all about building core strength, just like the college athletes here at Mercyhurst. Coach Tyler calls it Pillar Prep as we go through the strength and conditioning programming. The students get to know one another, the coaches/interns, and their bodies as we meet on Mondays and Wednesdays 11-12:30 in the MIC. AIM students are always welcome; it is just one more area of our lives that we want to keep in great shape! (ISE)
Pickleball has been up and running for half the semester now. Our attendees have learned the rules, the ins and outs of scorekeeping, and how to get extra movement in their lives. This program is a great stress reliever as the semester winds to a close. With Finals coming, feel free to come over and get your Pickleball game going at 2 pm on Tuesdays in the REC. Everyone is welcome! (ISE)
Career Path Update

On Wednesday, March 13th, Senior Career Path students had an excellent live virtual speaker, Emilee Ballaro Despagni, a Mercyhurst alum and recruiter in New York City. She shared incredible tips to help seniors create and strengthen their LinkedIn profiles and hone their professional networking skills. We are so thankful for outstanding alums like Emilee who take the time to guide our students!
Upcoming Campus Activities

Free Haircuts from Local Barber
The Mercyhurst Men’s Collective will host a free haircut day in partnership with a local barber. Dapper Don’s Styling Lounge will provide free cuts (no wash, no style) to any Mercyhurst student who presents their student ID on Monday, March 25, from noon to 4 p.m. Cuts are offered at 2527 Peach Street on a first-come, first-served basis. Transportation is available. To sign up for a ride or more information, contact Deonte Cooley at dcooley@mercyhurst.edu.

Nominate an Educator for 2024 Teaching Excellence Award
The Teaching Excellence Award, established in 1990, is presented annually to outstanding full-time faculty members in recognition that Mercyhurst’s primary institutional priority has always been, and still is, exceptional teaching inside and outside the classroom setting. Students, alumni, and faculty are encouraged to submit nominations by Wednesday, April 3.

23rd Annual Walk for Autism
Join us for the 23rd Annual Walk for Autism! This empowering two-mile walk aims to raise awareness about Autism while funding crucial programming and activities for individuals with Autism in our community. All proceeds, a full 100%, remain here in our local area.

Join Mercyhurst AIM for the 23RD ANNUAL WALK FOR AUTISM APRIL 27, 2024
Please join the Mercyhurst team by clicking on the link below
https://autismsocietynwp.app.neoncrm.com/AIMatMercyhurst

Team Captain Michele Garvey mgarvey@mercyhurst.edu
Coffee and Bagel Commuter Pop-Up.

March 25 | 11:30am
Commuter Lounge

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HOW TO STUDY EFFECTIVELY

COME TO BOOST
Sunday: 5pm–7:30pm – Hirt M213
Monday: 3pm–5:30pm – Hirt M213
Wed: 5:30pm–8:00pm – 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 times 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

PICKLEBALL
Open Class

TUESDAY
2 PM

@ THE REC CENTER
Trying to find something to do on campus?

Go to: mercyhurst.presence.io
Login with your Mercyhurst credentials
Download "Modern Campus Presence" on the App Store

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 BERG@LAKERS.MERCYHURST.EDU FOR MORE INFORMATION
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 way to ignite your body and soul. Please join me for various styles including pop, hip-hop, belly dance-inspired routines, and more! This is an all-inclusive session. The format is taught as a progressive workout for all. Join the party! You won't regret it!

ZUMBA.COM

CO-SPONSORED BY CAMPUS MINISTRY AND THE COUNSELING CENTER

THE ANCHOR GROUP
TOGETHER THROUGH THE STORM

A student support group for those navigating grief and loss of a loved one.

Contact Marissa mbailey@mercyhurst.edu to get involved
**LAKER LIFE HACKS**

Having trouble adulting?!?!?

Join Counseling Center and Residence Life staff in Warde Hall Lounge on April 10, 2024 5-6 pm for Balancing Home/work/school!

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**READY FOR SOME STRESS RELIEF?!!**

**JOIN THE COUNSELING CENTER & THERAPY DOGS UNITED**

**DEPRESSION SCREENING EVENT**

3/25/24 @ WARDE HALL LOUNGE 5-7 PM

HANDOUTS PROVIDED, JENGA COMPETITION, COLORING PAGES

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**AUTISM ACCEPTANCE DAY**

Special guest: Kerry Magro

April 12th 2024

At Mercyhurst University
