APRIL

The Scholar’s Corner
A Hudson & Holland Scholars Program Newsletter

Upcoming Events

HHSP Wellness Opportunity - Mindfulness Tools

Mindfulness is the practice of being in the present, not the past or future. Use of mindfulness-based techniques is linked to reductions in anxiety, physical pain symptoms, and depression. This psycho-educational workshop will use graduated experiences and repeated practice to cultivate a greater capacity to focus mindfully on the present. These techniques can be an important component of stress management, allowing you to live your life with less turmoil. These workshops are FREE and we encourage you to attend as many as you wish.

**When:** Every Week  
**Time:** 10am-11am (Monday/Tuesday) & 2pm-3pm (Wednesday/Thursday)  
**Where:** IU Health Center CAPS Floor

To learn more about the event go to: [https://beinvolved.indiana.edu/organization/iuhealthcenter/calendar/details/1189495](https://beinvolved.indiana.edu/organization/iuhealthcenter/calendar/details/1189495)

HHSP Wellness Opportunity - Meditation

Join us for some HHSP relaxation techniques!

**When:** April 5th  
**Time:** 6:30pm-7:15pm  
**Where:** TBD - Will receive location after registration

Register Here: [https://www.surveymonkey.com/r/W8B3RVL](https://www.surveymonkey.com/r/W8B3RVL)
HHSP Spring 2017 Wellness Reflection Due

Answer this question: Reflect on your freshman year. Please tell us what you learned about holistic health and state two health goals for the summer. *These responses need to be in full sentences and no less than two paragraphs to receive credit.

When: April 28th
Time: 11:59pm
Submit Here: https://docs.google.com/a/iunet.edu/forms/d/e/1FAIpQLScHjYDwVFACJESafIRAX4ru796MCwyCB-Pzju53wi1YR8hcYQ/viewform

Eta Sigma Gamma

National Health Education Honorary wants you!

Interested in promoting health at school and in the community? Email Rachel Boveja directly and I will get you on the list serve! You can receive LEAD credit!

When: April 17th
Time: 7pm-8pm
Where: School of Public Health, Room C103

IUSF Little 500 Race

The Little 500 is the largest collegiate bike race in the United States. Modeled after the Indianapolis 500, riders compete in four-person teams around a quarter-mile cinder track at Bill Armstrong Stadium. The men’s race is 200 laps — 50 miles — and the women’s race is 100.

More than 25,000 fans flock to the campus in Bloomington, Indiana, each April to be a part of IU’s storied tradition. And who can blame them? The excitement, the competition, the pageantry — Little 500 is an experience like no other.

The excitement doesn’t begin and end on race day. Check the IUSF Events Calendar to gear up for Little 500 throughout the year.

When: April 21st (Women’s Race), 22nd (Men’s Race)
Time: 4pm (Women’s Race), 2pm (Men’s Race)
Where: Bill Armstrong Stadium
Learn More: http://www.iusf.indiana.edu/little500/fans/
Get Involved

CAPS Office - Let’s Talk Program

As a student, you may confront issues in and out of the classroom that affect your ability to succeed in both your personal life and the classroom. Often it can help to talk to a willing ear. Other times, you may need more advanced help. Either way, Let’s Talk has you covered with its two programs.

- **Let’s Talk Now** is a free and confidential informal conversation with an emphasis on self-understanding and finding solutions to your problems. In addition to your walk-in conversation, Let’s Talk Now connects you to other accessible campus resources, both informal and formal.

- **Let’s Keep Talking** is for when you do need more than just a friendly chat. Professional counselors are available to meet and address any more complex issues.

CAPS Office - Wellness Opportunities

It includes learning how to:

- Eat healthy foods to fuel your body
- Be physically active
- Control your weight
- Get enough sleep
- Enjoy good relationships with friends and romantic partners

Ask us anything. Yes, even that. You’re probably living away from home for the first time. A lot of the decisions your family used to make are now up to you. We can help. We are, first and foremost, educators. We’re here to answer any questions you have and give you the information you need. And we offer free programs on everything from eating a healthy diet to choosing the right birth control. Learn more about our services.

HHSP Student Organization Opportunities

Seeking to become more involved in the campus community? Get connected with one of the student groups through HHSP; engage in activities which foster leadership development, civic engagement, and social wellness. Below is a list of HHSP student groups and contact information for further details:

- HHSP Student Ambassadors, for more information contact Associate Director Jennifer Poe (jeapoe@indiana.edu)
- HHSP Link, for more information contact Student President Lexi Castaneda (alexcast@umail.iu.edu)
- HHSP Read to Succeed, for more information contact Student Representative Alex Eady (aceady@indiana.edu)
APRIL Wellness
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The Finish Line

The month of April is filled with many beginnings. The flowers are blooming and the air is warming up. However, this month also marks the end of the school year. This is a great time to take all of the wellness suggestions and apply them to each part of your life. Your holistic health management will serve you well as you race to the finish line and complete all of your projects, events, and finals. This is the last leg of the race this school year. See you at the finish line!

Helpful Information!

Study Tables

Need extra help or a quiet place to study? Stay tuned for study table hours leading up to finals. Take advantage of this time and organize your schedule so that you can be at your best during finals week!

Inspriational Quote

“Wake up with determination, go to bed with satisfaction”
– Anonymous

Spring Wellness Information: CAPS Schedule

<table>
<thead>
<tr>
<th>Rep: Jessica David</th>
<th>Rep: Kenio Miller</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>Time: 5:30-7:30pm</td>
<td>Time: 1:00-4:00pm</td>
<td>Neal Marshall Black Cultural Center (NMBCC)</td>
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Hi Scholars,

It’s Dixie again, your lovable Chihuahua mix and semi-official HHSP mascot and therapy dog. I can tell spring is coming because I am shedding… like a dog. I am also noticing there are many more of my dreaded squirrel tormentors running around the yard gathering nuts or whatever it is the little vermin do for fun when it gets warmer.

But the coming of spring is a sign that the semester is actually coming closer to an end and that means another 4-5 frantic weeks of academic work until everyone drifts away for the summer. But for some of you it means graduating from IU and moving on to new adventures. If you are graduating, then on behalf of the HHSP staff, I want to say congratulations and thanks for your participation in our scholarship program. We are proud of everything you have accomplished during your tenure here.

As a dog, I am usually pretty upset when people leave. Who knows if they will come back and if they don’t, who will give me a treat? But as a graduating senior, you can alleviate my anxiety and help us stay in touch with you by completing the Senior Exit survey and joining HHSP LinkedIn. See links below.

For Graduating HHSP Seniors:

Complete the “Senior Exit” survey:
https://www.surveymonkey.com/r/QMWCLZD

Join the HHSP Alumni LinkedIn group:
http://www.linkedin.com/pub/hudson-holland-scholars-program/94/805/275/

I know you juniors will be coming back but your final year is coming up and soon you will be transitioning into life after IU as well. Many of you are already considering options – graduate school, employment, travel and more. If you are heading into your senior year then we ask you please fill out a brief survey that asks you to consider what post-graduation planning you might need to think about over the summer. So, if you plan to graduate in fall 2017 or spring 2018 please complete the survey below.

For HHSP Juniors going into Senior Year:

Complete the “Senior Plan for Juniors” survey:
https://www.surveymonkey.com/r/2017_Plan_For_Juniors
APRIL

HHSP Takes The Track

Scholars & The Little 500

Natalie Ferguson
Sophomore

What is your role with the Little 500 this year?
This year I am a Little 500 rider for my sorority, Gamma Phi Beta.

What aspect of the Little 500 is your favorite or holds the most meaning for you?
The community that is formed within the riders is one of my favorite aspects of the race so far. This is my first year participating in Little 500, and the amount of support that everyone gives each other is amazing.

What inspired you to race/volunteer for the Little 500?
I was inspired to race in Little 500 because one of my best friends participated last year and had an amazing experience. Another reason I decided to ride is because I grew up playing sports. After coming to college, I wanted that competition again and I realized biking would be the perfect challenge. The main reason that I decided to be a rider is to be a part of the Indiana University tradition that is Little 500.

Elly Rutkowski
Sophomore

What is your role with the Little 500 this year?
I am a rider for Alpha Delta Pi. I have been training with the team on the road and on the track and hope to race in the Little 500.

What aspect of the Little 500 is your favorite or holds the most meaning for you?
As a first year rider, I have enjoyed immersing myself in a new sport and learning about cycling and have been able to see lots of improvement with my endurance and times. I also love being apart of my team! We stayed in Bloomington over spring break and pushed together through low temperatures and unideal track conditions, but we still made it fun.

What inspired you to race/volunteer for the Little 500?
I saw the race my freshman year and I really missed competing. The time commitment of being involved with the bike team was daunting, but it has been so worth it!