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

Upcoming Events

CONGRATULATIONS DECEMBER GRADUATES!

HHART Arts Showcase and Gala
Calling all artists! Every February the Hudson & Holland scholars join forces with the Hutton scholars for the HHART Celebration of the Arts Gala.

Priority Deadline is December 5th, 2016

To learn more about the event go to https://beinvolved.indiana.edu/organization/hhart

Dead Week Study Tables
Need a quiet and comfortable place to study during dead week? Come by the HHSP Student Lounge on Tuesday, December 6th and Wednesday, December 7th between 12pm and 5pm to study in peace. There will be snacks provided to help fuel your brain! Pizza will be served on Tuesday and sandwiches on Wednesday between 12-2pm.

Stress Free Zone
The FASE Mentoring Program will host its annual Stress Free Zone. This event is to help you defeat the stresses that mid-terms can bring on. Come and take a well-deserved break. There will be destressing activities, games, and instruction for “self-message” techniques! Study Tables will take place in Eigenmann Hall 621. Games and destressing activities will take place in the Eigenmann Hall Game Room and Formal Lounge.

WHEN: Wednesday December 7, 6pm – 8pm
WHERE: Eigenmann Hall Game Room and Formal Lounge Pizza and Wings served!
RSVP: https://www.surveymonkey.com/r/57KRYKL
Upcoming Events

HHSP Link’s Diversity Toy Drive
Help celebrate diversity and the holiday season with HHSP Link’s Diversity Toy Drive and fundraising event!

**Who:** HHSP Link is partnering with the Middle Way House and Black Graduate Student Association (BGSA) to donate gently used winter items, books, and toys to those in need this upcoming holiday season.

**Where:** Drop-off locations are currently being held in the HHSP Building, Neal Marshall Black Cultural Center, GLBT Student Support Services and Multi-Cultural Greek Council.

**When:** Now until December 14th

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.
Get Involved

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 Organizations 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)

Follow us on Facebook and Twitter
Winter Reboot

Winter break is upon us and it is a time to reflect on the past semester. Over the course of the semester, students have reflected on many domains of health. The ultimate goal was to begin practicing taking care of holistic health needs. Winter break is the perfect time to visualize how you want to gauge your health throughout the spring semester. Ponder on what worked, what needs to change, and how all of this work impacted your academics. This winter break, take time to truly take care of YOU! You deserve it!

Remember to stay tuned for more announcements and sign-ups through canvas and our HHSP Wellness bulletin board!

Fall Wellness Information: CAPS Schedule

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<tr>
<td>Jessica David</td>
<td>Keino Miller</td>
<td>Neal Marshall Black Cultural Center (NMBCC)</td>
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<td>Time: 5:30-7:30pm</td>
<td>Time: 11:00-4:00pm</td>
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Helpful Information!

Campus to Home Transitions

Winter break is the first big break after arriving on campus. You have grown in many ways since stepping foot onto campus. This can make transitions back home interesting as you are presenting a new you. Take time to reflect on your path and share this wonderful growth with your families.

Small and Large Victories

Pat yourselves on the back for a job well done. You have officially made it past your first semester. Although there are many more to go, take stock in your small victories because they lead to the large ones!

INSPIRATIONAL QUOTE

“We don’t learn by doing, we learn by reflecting on what we’ve done” – Zenworks

More Information:
http://healthcenter.indiana.edu/counseling/services/letstalk.shtml
Hey, HHSP Scholars, my name is Dixie and I am currently Hudson & Holland’s unofficial mascot and therapy dog. Do I have any qualifications to be a therapy dog – let alone a mascot? Maybe not but I don’t recall being asked to prove how adorable and therapeutic I am. If you look like a wobbling, over-stuffed burrito with a face that resembles the top of a blueberry muffin, well, you can pretty much do as you please.

You can sometimes find me wandering the halls of Hudson & Holland – I don’t enjoy being stepped on so much so be careful! If you do see me, feel free to tell me how cute I am or, better yet, feed me. I plan to be a regular contributor to the newsletter and hope you might find some of my advice or up-dates helpful. Minimally, I hope you enjoy holding me.

I wanted to post this picture of me at the HHSP Post Election Night meeting we had in the lounge on November 10th. Yeah, I am the little princess in the middle. I can easily identify the difference between different kinds of dog treats but I don’t really “get” politics so much. But, because I claim to be an amateur therapy dog, I will say that I sensed some students were feeling confused and down about the results of the election. I think there was some useful discussion that helped people process the results of the election but not exactly sure because the only English word I pay attention to is “food.”

Next week is “dead week” here at IU and while that sounds grim to me, I hope to come in a few days in the afternoon during that time and see as many students as possible who come in to HHSP to get some food and fellowship before finals. Hope to see you there and help you take a break and destress!
Dear Hudson & Holland Graduates!

Congratulations on reaching such an important milestone in your lives. I like to think of graduation as a rite of passage that moves you from the holy to the divine. You may wonder what the difference is between holy and divine. Holy in its most basic form means, blessed. By grace we are all blessed, but being divine takes it to a whole different level. When you are walking in your gifts and slaying dragons to reach your dreams, you are divine! All of the obstacles you have overcome, struggles you have managed, and the fears you have had the courage to look in the face and walk through, make you divine – godlike, heavenly and supreme. It is my hope that you continue to rise and fight for what you want and need in this life. I am so proud of you! I’ll leave you with one of my favorite quotes by Steve Jobs:

Don’t let the noise of other’s opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary.

- Steve Jobs

Live long and prosper and take good care.
Love, Marsha Currin McGriff