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

Upcoming Events

HHSP Share Your Story Project

Scholars we want to feature you on the HHSP website! HHSP has created a new project that will focus on highlighting the experiences and stories that our scholars would like to share with each other and with HHSP!

To be featured on the HHSP website, all you would need to do is email Bria at davis217@umail.iu.edu to set up a time for you to get a picture or short video taken, as well as answer a couple of brief questions about the wonderful and amazing things that you are involved with and have experienced during your time with HHSP!

HHSP Social Mixer

Are you an HHSP scholar and a School of Public Health student? Are you a scholar interested in getting into the School of Public Health? Come to the SPH & HHSP Social Mixer! Enjoy free food while getting informed and getting connected to students and resources within the School of Public Health!

**When:** February 2nd, 7pm – 8:30pm
**Time:** 4pm – 5pm
**Where:** Neal-Marshall Black Culture Center, Bridgewaters Lounge

HHSP Wellness Opportunity - CAPS Mindfulness Based Stress Management

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:** February 6th, 13th, 20th, 27th
**Time:** 10am – 11am
**Where:** IU Health Center CAPS Floor

To learn more about the event go to: https://beinvolved.indiana.edu/organization/iuhealthcenter/calendar/details/1189343
Upcoming Events

HHSP Wellness Opportunity - CAPS Help Me Sleep!

Can’t fall asleep? Waking up tired? We can help you sleep better! Improved sleep increases your concentration and balances your mood. Wilson Hsaio, Ph.D., will teach you ways to change how you sleep.

**When:** February 6\(^{th}\)
**Time:** 4pm – 5pm
**Where:** Wells Library, Room E159

To learn more about the event go to: [https://beinvolved.indiana.edu/organization/iuhealthcenter/calendar/details/1149483](https://beinvolved.indiana.edu/organization/iuhealthcenter/calendar/details/1149483)

Cupid Shuffle

Valentine’s Day weekend is around the corner! Come out with friends to enjoy outstanding musical performers and free food, participate in a fun game show and speed dating, and more!

**Who:** Women of Color Leadership Institute (WOCLI), HHSP Link, and Kappa Alpha Psi Fraternity, Inc.
**When:** Thursday February 9th, 7:00pm-9:00pm
**Time:** 7pm-9pm
**Where:** Neal Marshall Black Cultural Center: Grand Hall

International Human Cadaver Prosection Information Session

Are you pre-med or interested in gaining relevant experience within the medical field? Come to this information session to learn about this awesome summer program that takes place at the IU Northwest medical school!

**When:** Thursday February 9th, 6:30pm-7:30pm
**Time:** 6:30pm-7:30pm
**Where:** Ballantine Hall, Room 244
Upcoming Events

**HHart 2017 Showcase**

HHart is a unique student and staff collaboration that organizes arts events for students from all majors. Our biggest event is the HHart Showcase held every February, a night filled with art galleries, live performances, and good food. We provide opportunities for general members to volunteer at arts events, and we hope that all students join us in celebrating the arts.

**When:** February 17th  
**Time:** 7pm – 10pm  
**Where:** Hutton Honors College

To learn more about the event go to:  
https://beinvolved.indiana.edu/organization/hihart/calendar/details/900930

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**HHSP Wellness Opportunity - CAPS Help Me Sleep!**

If you’re feeling overwhelmed, burnt out, or “blah”, this workshop is for you. Luciana Guardini, LCSW will help you learn skills to change the way you manage stress and take care of your stressed-out body!

**When:** February 20th  
**Time:** 4pm – 5pm  
**Where:** Wells Library, Room E159

To learn more about the event go to:  
https://beinvolved.indiana.edu/organization/iuhealthcenter/calendar/details/1149483
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 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)
Hi everyone. It is me again, Dixie, your HHSP mascot Chihuahua. I wanted to take the opportunity to wish all a great spring semester and a happy 2017 – if possible. I know many students are concerned by recent political events and not sure how to process or respond to the recent executive orders that have emanated from your new president - such as the recent immigration ban. I am just a dog with stubby little legs who lives abnormally close to the ground and therefore I cannot say I have the best perspective on the new political order. So, all I will say is “May you live in interesting times!”

If you are not familiar with the phrase, it conveys the idea – somewhat ironically – that time of social, political chaos and upheaval is more interesting and engaging to live through than are eras of social and political accord and stability. People often attribute that expression to Confucius or other Chinese philosophers but they are wrong. However, there is a Chinese expression that translates as "Better to be a dog in a peaceful time, than to be a human in a chaotic (warring) period" and that does seem to make some basic sense though, in my opinion, it is just better to be a dog regardless.

But, as a human, you are living in an “interesting time” whether you like it or not so I hope you will care, get involved and publically stand up for what you believe in. I would stand but even on my hind legs I elevate only about 10 inches off the ground. As for the recent immigration ban, I will leave it to the humans to figure out how to forge ahead and create the kind of society that celebrates the value of immigrants and their important contributions to America. Look at me, like many of you I am the descendant of immigrants as well and can trace my canine ancestry in this country going back more than 10 generations – all the way back to 2010. Though my voice won’t be heard the loudest, I believe we must encourage respect for all – even those we disagree with – but most importantly I believe it is a culture of openness and a welcoming of a diversity of voices that makes America great. Woof!
Emotional Health

In the United States, the month of February is the month of love because of the Valentine’s Day holiday. However, one of the things that enhance all of our close relationships is our relationship with ourselves. Throughout this time, take a moment and check in with YOU! Your overall well-being can be greatly enhanced by how well you show yourself love. This self-care will positively translate to every other part of your life! This February, be kind and loving to yourself as well as others!

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

Helpful Information!

Self-Compassion

We always show others compassion, but we forget about ourselves. Remember to take it easy on yourself just as you would do for others. Compassion is for us ALL.

Happy You!

What makes you happy? It is never too late to go within and determine what authentically fulfills your life. The happier you are, the more joy you will find in everyday life. Likewise, finding something that makes you happy each day can also do wonders for your emotional health!

INSPIRATIONAL QUOTE

“Create a life that feels good on the inside, not one that just looks good on the outside.” – Anonymous

Fall Wellness Information: CAPS Schedule

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<td>11:00-4:00pm</td>
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Time: 11:00-4:00pm
Day: Thursdays