**Upcoming Events**

**Midterm Study Tables**

Do you need a quiet place to study for your midterms? Come study in the HHSP Student Lounge! We also have good study snacks for you!

**When:** October 2nd - 6th  
**Time:** 9:00 am - 5:00 pm  
**Where:** HHSP Student Lounge

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**IUPUI Mentoring Symposium**

**When:** October 7th  
**Time:** 9:00 am - 5:00 pm  
**Where:** IUPUI Campus Center - CE 450

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**Wellness Cafe**

Nothing like a relaxing morning! Come and join HHSP for coffee and refreshments to ease your morning.

**When:** October 18th  
**Time:** 9:00 am - 11:00 am  
**Where:** HHSP Lounge
Upcoming Events

18th James P. Holland Memorial Lecture

Internationally recognized research scientist, Dr. Vanessa Ezenwa, to give talk “Worms, germs, and buffalo: a co-infection story”

This year’s guest speaker is Dr. Vanessa Ezenwa of the University of Georgia, Athens, where she holds joint appointments in the Odum School of Ecology and the College of Veterinary Medicine’s Department of Infectious Diseases. She is known internationally for her research investigating the ecology of infectious disease in wild animals. Dr. Ezenwa is fascinated by the world of parasites and uses an interdisciplinary approach in her research, drawing from various disciplines such as ecology, evolutionary biology, immunology, and physiology, to understand how parasites interact with wild animal hosts. Dr. Ezenwa works with graduate and undergraduate students in her research, and has even taken students with her for field research in rural Kenya.

For more information go to page 4 of Newsletter!

Luncheon
When: October 23rd
Time: 11:45am - 1:00 pm
Where: Myers Hall - Room 130

Lecture
When: October 23rd
Time: 4:00 pm
Where: Myers Hall - Room 130

Pumpkin Carving

Fall is officially here! Come join HHSP for pumpkin carving and delicious fall snacks!

When: October 26th
Time: 6:00 pm - 8:00 pm
Where: HHSP Lounge

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 Shantel at shanfran@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!
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. **NOW available on Mondays between 12 - 2pm, right here in the HHSP Office!**

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

- **What’s the First Step?** Drop in to talk informally with a Let’s Talk Now consultant about anything at all. Counselors are available to talk and there’s no pressure to continue beyond this free and confidential initial conversation.

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](mailto:jeapoe@indiana.edu))
- **HHSP Link**, for more information contact Student President Mariah Kirksey ([mlkirkse@indiana.edu](mailto:mlkirkse@indiana.edu))
- **HHSP Read to Succeed**, for more information contact Student Representative Alex Eady ([aceady@indiana.edu](mailto:aceady@indiana.edu))
Many of us look forward to fall festivals, apple cider, autumn foliage, pumpkins, and Halloween during the month of October. Since the year 2000, October also brings the much anticipated Luncheon and Lecture Series, named in honor of the late Dr. James P. Holland. Dr. Holland taught for 31 years in IU’s biology department and was much loved by his students. To honor his legacy of teaching, scholarship, and service, the Holland Luncheon and Lecture Series were established to recognize the achievements of underrepresented minority scientists.

This year’s guest speaker is Dr. Vanessa Ezenwa of the University of Georgia, Athens, where she holds joint appointments in the Odum School of Ecology and the College of Veterinary Medicine’s Department of Infectious Diseases. She is known internationally for her research investigating the ecology of infectious disease in wild animals. Dr. Ezenwa is fascinated by the world of parasites and uses an interdisciplinary approach in her research, drawing from various disciplines such as ecology, evolutionary biology, immunology, and physiology, to understand how parasites interact with wild animal hosts. Dr. Ezenwa works with graduate and undergraduate students in her research, and has even taken students with her for field research in rural Kenya.

This year’s Holland Luncheon will be held on Monday, October 23, 2017, 11:45am-1:00pm in the IMU Federal Room (located on the 2nd floor of the Indiana Memorial Union). The luncheon is free and open to the public, but attendees need to RSVP by October 13th: https://doodle.com/poll/pzdxoi8nrk4prggu.

At the luncheon, Dr. Ezenwa will discuss her career trajectory and engage in Q&A with students. For those interested in learning more about her research, Dr. Ezenwa will give her lecture “Worms, germs, and buffalo: a co-infection story” later in the day in Myers Hall 130 on Monday, October 23, 2017 at 4:00 p.m. The lecture is open to the public.

Attendance at the Holland Luncheon and/or lecture satisfies the HHSP L.E.A.D. (Professional Development Exploration) requirement for Hudson & Holland freshmen, sophomores, and juniors!
HHSP Link is an organization initiated and run by Hudson & Holland Scholars to connect students in HHSP through social and community service events as well as professional development programming. The idea for HHSP Link was born in April 2015 when a group of Hudson & Holland Scholars, mostly graduating seniors, held a series of meetings in Starbucks and Buffaloie’s on Kirkwood Avenue to discuss their concerns about the lack of a strong connection among students in the scholars program. For many students, the only opportunity to meet and bond is in the Hudson & Holland freshman seminar. Until recently, there were no other opportunities for Scholars to meet one another except the annual L.E.A.D and Diversity Leadership conferences, which have not been offered since November 2014. Thus, this group of forward-thinking and motivated students back in April 2015 started HHSP Link in order to address this issue. In its first year, HHSP Link had only two student leaders. Fast forward more than two years later, and HHSP Link is led by a new group of eight motivated students who are committed to providing fun social events, impactful community service opportunities, and professional development activities for the benefit of Hudson & Holland Scholars and the community at large. HHSP Link’s executive board this year include Lauren Bustamente (President, senior), Makayla Kirksey (Vice President, senior), Joshua Uduehi (Treasurer, junior), Mariah Kirksey (Secretary, senior), Andrea Serrano (Marketing Chair, senior), Faith Fyffe (Social Media Chair, sophomore), Eries Smith (Community Service Chair, sophomore), and Rachel Gruss (Fundraising Chair, junior).

Some examples of HHSP Link’s successful events include visits to the Bloomington Farmer’s Market and de-stress activities organized each semester prior to final exams. HHSP Link has formed partnerships with several other student organizations, including the Women of Color Leadership Institute and Alpha Chapter of the Kappa Alpha Psi Fraternity, Inc, to host the Cupid Shuffle Valentine’s Day party. For their community service event last year, HHSP LINK exceeded its goal by collecting 154 items for the Diversity Toy Drive.

It is not too late to get involved in HHSP Link, which has several exciting events coming up later in the semester. HHSP Link events are a great way to not only meet and form connections with other Scholars but also satisfy L.E.A.D. requirements. **HHSP Link’s upcoming events for October all satisfy the HHSP L.E.A.D. Community Engagement requirement for freshmen, sophomores, and juniors! For more information go to HHSP Link’s Facebook page [here](#)!**
Social Wellness

It's homecoming and halloween season coming up -- what more can you ask for? This is the perfect time to socialize safely with your peers, build meaningful friendships, and respect yourself.

Tips
1. Call a loved one.
2. Attend football games with a friend or two.
3. Check social media for upcoming events and get involved.

Campus Resources

Union Board

Motivation
"Keep pushing, the semester is almost over"
National Hispanic Heritage Month, which started this year on September 15th, continues this month until October 15th. There are many great events on campus and the Bloomington community in celebration of Hispanic culture, including First Thursday Festival, films, music, food, dancing, and more!

Attendance at the Holland Luncheon and/or lecture satisfies the HHSP L.E.A.D. (Diversity) requirement for Hudson & Holland freshmen, sophomores, and juniors!

To see the National Hispanic Heritage Month calendar of events, visit http://www.indiana.edu/~lacasa/programs/NHHM%202017%20Calendar.pdf.