
JANUARY 2022

W.I.S.E GUIDE:

THE WILKES INITIATIVE FOR STUDENT
ENGAGEMENT NEWSLETTER

Presented by The Office of Civic Engagement

Fall 2021

-
- AmeriCorps VISTA Reading Buddies Program activities, highlights, and 2022 goals



Welcome back for this month's January News. Read about our VISTA's Fall 2021 accomplishments, literacy activities, and goals for the spring semester. Next, discover some self care and mental health boosting activities as we conquer another round of virtual reality. Last, catch a head's up on upcoming events for our 2022 spring semester!

Office of Civic Engagement

236 S. River Street
Wilkes Barre, PA, 18766
(570) 408-5905

January Events

-
- MLK Day of Service
 - Feb 15th Blood Drive
 - Spring break 2022

VISTA '21 ACCOMPLISHMENTS

Improving Literacy One Buddy at a Time

Hello! I am the AmeriCorps VISTA at Wilkes University. I am proud to say the first semester of tutoring with Reading Buddies was a success! We recruited 22 students of various years and majors to be trained as literacy tutors. Each week students carpoled to Heights Elementary and the YMCA to engage in various literacy and mindfulness activities with our local youth. Feedback from staff and teachers was excellent and the children were always excited to see us from week to week. Each week tutors arrived back on campus with drawings and artwork the kids made for them. Listed here are just some of the activities and games that myself and the tutors have created!



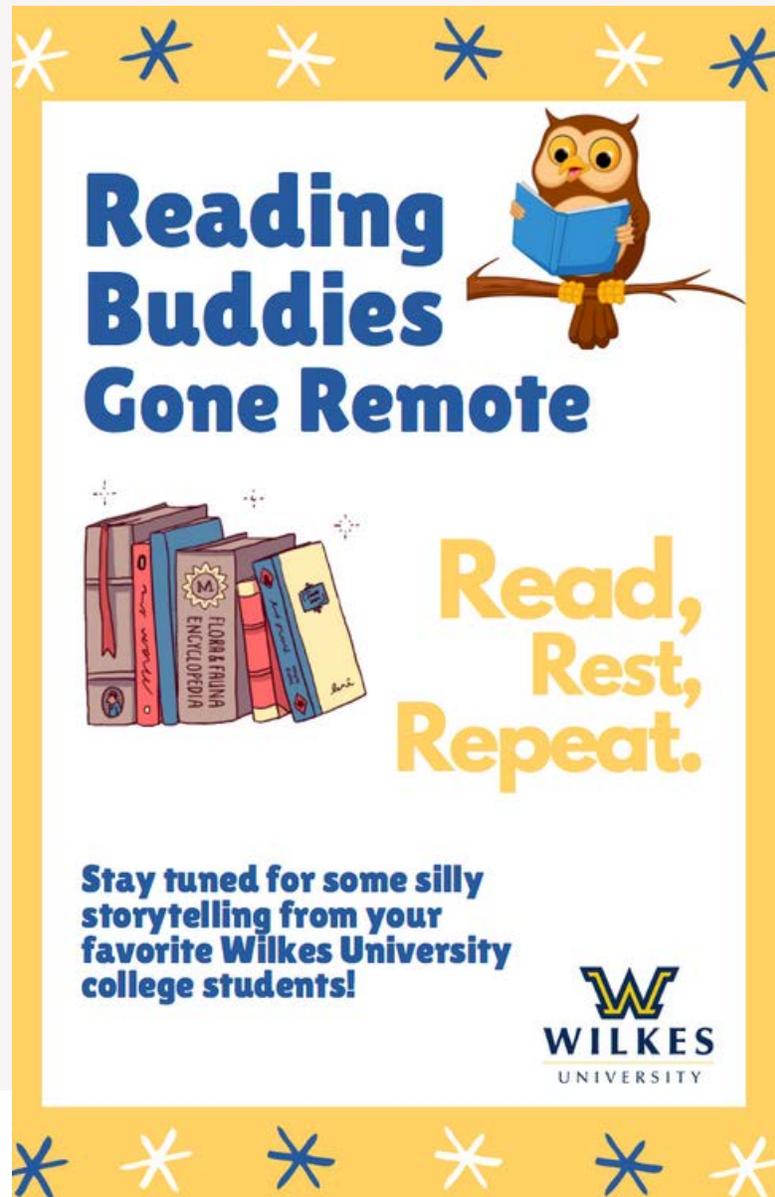
LITERACY ACTIVITIES

Sound Bug Smash
Reading Charades
Mindfulness Stretching
Red Light Green Light Reading
ABC Exercises
Sense-itivity
Beach Ball Blends
ABC Go Fish
Word Scramblers
Simon Reads
Snowball Spelling

VISTA GOALS FOR 2022

Reading Buddies Gone Virtual!

Reading Buddies is now taking on Facebook! While the first two weeks of the spring semester will be spent online, our Reading Buddies will continue their work from home! Visit our facebook page @WU Reading Buddies to hear our students read their favorite childhood stories in virtual read alouds. If you would like to participate, contact monica.morrisoni@wilkes.edu for more information.



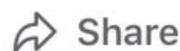
WU Reading Buddies

7 hrs · 🌐

Reading Buddies has gone virtual for now! Listen to our very own students tell their favorite childhood stories. Make some hot coco, grab a snack, and find a cozy blanket to listen to some silly stories! Stayed tuned for more!



1 Comment 1 Share



UPCOMING EVENTS

FEBRUARY 15TH Blood Drive

URGENT! Help Needed!

BLOOD DRIVE

Join us in the MAC

February 15th

Donations are urgently
needed at this time!



SPRING BREAK!

Learn more about all options for alternative spring break 2022! Contact megan.boone@wilkes.edu or visit www.wilkes.edu/campus-life/student-development/civic-engagement for more information!

GETTING INVOLVED IN 2022

Use your free time to make a difference!

 Wilkes University Office of Civic Engagement
2h · 🌐

Virtual Volunteer Ops! Our partner at Give Kids the World in FL loves to send cards to the kiddos who stay with them.

Message megan.boone@wilkes.edu to get addresses to send birthday cards.

Send Birthday Cards to Give Kids the World Kiddos

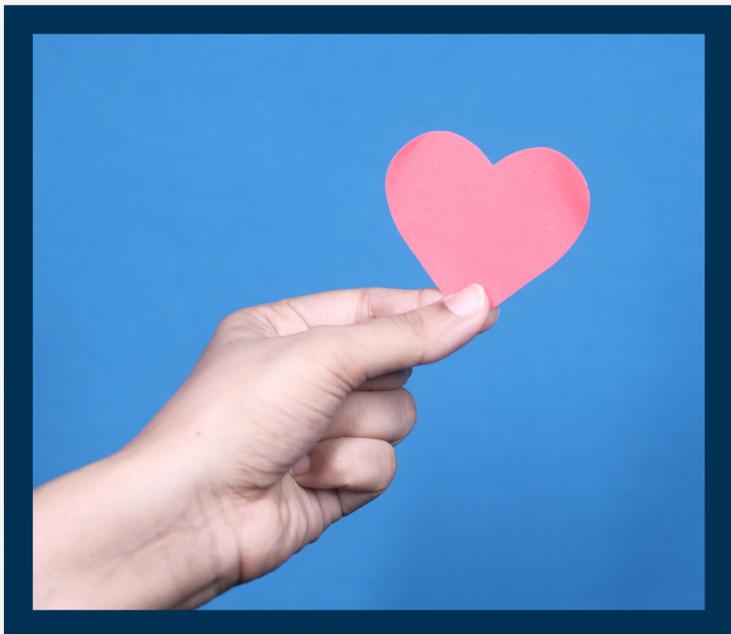


Email megan.boone@wilkes.edu in the Civic Engagement Office for addresses!



 Wilkes University Office of Civic Engagement
2h · 🌐

On Jan 17th The National MLK Day of Service join the country in celebrating Betty White by making a donation to your favorite animal welfare organization. Physical donations may be dropped off to the Civic Engagement Office 236 S. River (Rear of the Career Services Offices)



REMOTE RESTORATION

Read, Relax, Restore, Repeat.

As we continue to battle the Coronavirus, it is important to focus on the things we can control: how we are treating our mind and body. Setting aside some time each day to practice self-love will minimize frustration, boost mood, improve energy levels, and increase quality of life.

Self Love Practices

Make a new healthy recipe

Start a grateful list

Take a walk

Observe nature

Move your body

Get sunlight

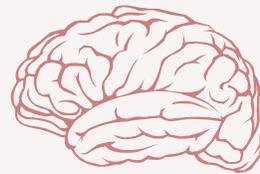
Read a new book

Take a nap

Meditate



Changing Your Brain with 5-Minute Happiness Hacks



DOPAMINE

Celebrate a little win

Complete a task

Eat a snack

Organize

Laugh

Dance

Sing

SEROTONIN

Get some fresh air

Walk in nature

Get Starbucks

Take a nap

Movement

Sunshine

Meditate

OXYTOCIN

Give a compliment

Practice empathy

Play with a dog

Do a good deed

Hold a hand

Give a hug

Smile