

FEBRUARY 2022

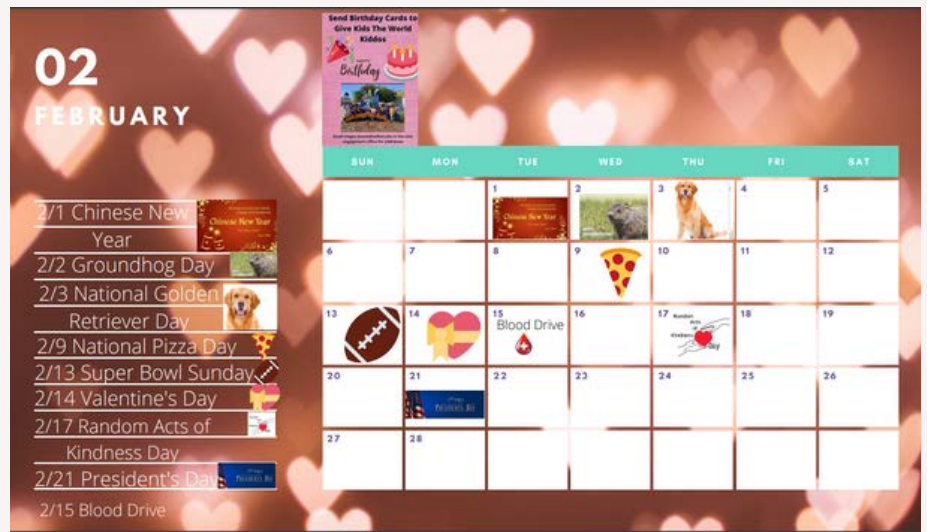
W.I.S.E GUIDE:

THE WILKES INITIATIVE FOR STUDENT ENGAGEMENT NEWSLETTER

Presented by The Office of Civic Engagement

FEBRUARY

- Random Acts of Kindness Week
- Donations Needed
- Volunteer at CEO
- 2022 Spring Break
- Reading Buddies Update
- Bonner Spotlight
- 30 Day Colonel Challenge



WELCOME BACK TO
CAMPUS EVERYONE!

We made it to Spring 2022!
Learn about what we have planned
for the month of February in the
Office of Civic Engagement!

Office of Civic Engagement

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

RAK WEEK

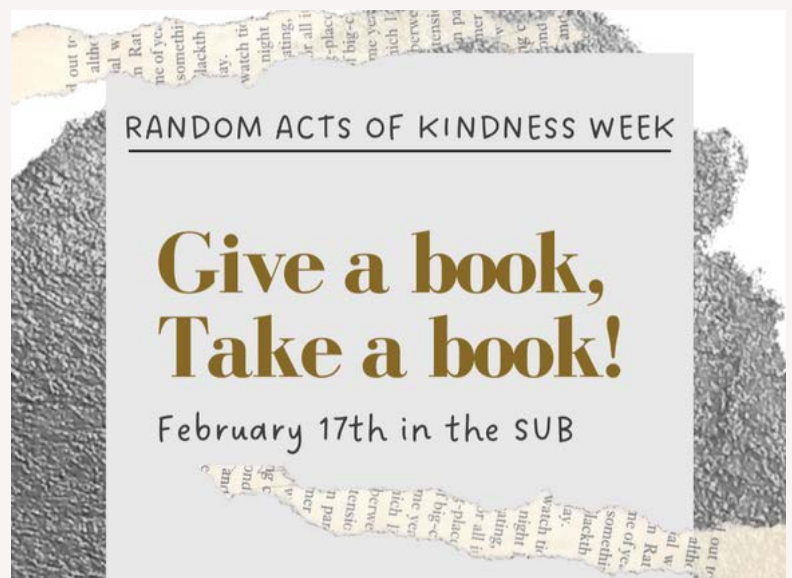
JOIN STUDENT DEVELOPMENT IN
CELEBRATING RANDOM ACTS OF KINDNESS
WEEK IN FEBRUARY

2.14 Wrap Yourself in Love Blanket Give-A-Way

2.15 Blood Drive in the UCOM

2.16 Be Kind To You Body: Pop Up Produce

2.17 Give a Book, Take A Book



DONATIONS & VOLUNTEERS NEEDED

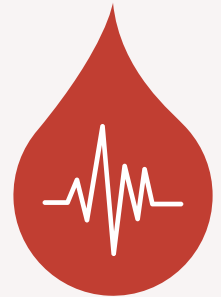


Blood Drive Donations

Where: UCOM/MAC

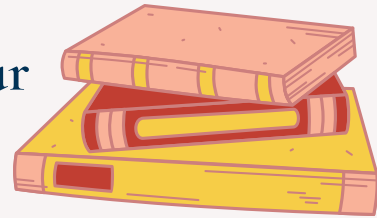
When: February 15th

Donations are urgently needed especially at this time!



Used Book Donations

Looking to get rid of old books and free up some space? We are happy to take your old books off your hands! Drop off locations for used books are in the SUB. Stop by on the 17th and get a new read!



#RAKWeek #GiveaBookTakeaBook

Volunteer with CEO Food Distribution

Join Student Development and Civic Engagement for a day in February packing boxes and helping with the food distribution at CEO Food Bank in Scranton! If you are interested in signing up or for more details, contact Megan Boone Valkenburg at megan.boone@wilkes.edu!



SPRING 2022 UPDATES

Spring Break Trip

Learn about spring break 2022 locations and volunteer opportunities!

- Tennessee
- North Carolina
- Florida

For more information, contact:
megan.boone@wilkes.edu



Reading Buddies

Learn about available Federal Work Study positions!

- Virtual Storytelling and Read Alouds
- Lead tutor coordinators
- Virtual Tutoring
- Be Mindful with Monica
- Mindfulness Activities

Be sure to check out the WU Reading Buddies Facebook page to see what our student tutors have been up to!



BONNER SPOTLIGHT



Meet Ada Soriano!

"Every Thursday is conversation night where as a bilingual I can come to have a mock conversation with the ESL students. Here is where they practice their conversation skills as if in real life. We speak to them in English, but when we notice any signs of confusion we can give them a hint or tip in Spanish."



Hometown: Wilkes Barre, PA

Major: Pre-Pharmacy

McGowan Hispanic Outreach Program at King's College

Ada assists Spanish speakers from the community with their English by providing English as a Second Language class.

Two other programs hosted by Hispanic Outreach are the Middle and High School enrichment programs. The Middle School Mentoring Program offers local children from 7-9th grade the opportunity to receive mentorship from college students after school. "As a mentor, my role is to show the students what benefits arise from receiving an education, and potential interests they can have towards a field of study." Overall, the program is a place where students feel welcome, and an open-space to speak about their goals in life.

Similarly, the High School program is centered towards students in 10-12th grade. Here they are assisted in their decisions on what path they would like to carry on after graduation, whether it be pursuing a higher education or entering the workforce. "A majority of our students have an interest in attending college and as a mentor I prepare them for the transition and the admissions process."

~ Ada

COLONEL CHALLENGE

30 DAY COLONEL

Self-Care Challenge

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Give yourself and someone else a compliment	Attend a trivia night with Megan Pitts	De-clutter and clean your room with the "start clean" buckets from SD	Learn to meditate with Monica	Take a 15 minute walk outdoors for Mental Health Marathon
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
Stretch for 10-15 minutes	Attend a yoga session with Jill	Participate in community service (Give Kids the World)	Join a new club or organization on campus	Spend the day social media free
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
Make time for your favorite hobby	Read a book for 15 minutes	Write a list of short-term goals	Listen to a podcast	Volunteer with Reading Buddies
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
Call someone you love	Go to bed 30 minutes earlier	Make your favorite meal	Take 30 minutes to reflect on your career goals	Listen to your favorite song
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
Watch a movie or series	Write down your thoughts and feelings for the day	Take a long shower or bath	Have a home spa day	Read inspirational quotes
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
Learn to cook a new recipe	Spend 15 minutes outside	Buy yourself something nice	Take a 30 minute break from work	Take a power nap