

MARCH 2022

W.I.S.E GUIDE:

THE WILKES INITIATIVE FOR STUDENT
ENGAGEMENT NEWSLETTER

Presented by The Office of Civic Engagement

NEWS

VISTA Updates
p.2

AmeriCorps Week
p.3

Spring Break
p.4

**Showing Support
for Ukraine**
p.5

Health and Literacy
p.6

Be Mindful with Monica
p.7

Bench Project
p.8

Big Event
p.9

Welcome March!



We have made it nearly halfway through the semester already! COVID cases are rapidly decreasing and spring is approaching. Spring break plans are being settled and our spring semester is in full swing. Read to find out about spring updates within the Office of Civic Engagement. #BeColonel

Office of Civic Engagement

236 S. River Street

Wilkes Barre, PA, 18766

(570) 408-5905

READING BUDDIES UPDATES

This Month's Activities

This month Reading Buddies planned several fun literacy activities for our buddies. We started off the month with some mindful poem activities, a candy competition to celebrate Valentine's Day, and ended the month with a lesson about the creator of the supersoaker, Lonnie Johnson to celebrate Black History Month!

National Reading Day

National Reading Day is Tuesday, March 2, 2022! In honor of this holiday, I challenge you all to set aside the social media, netflix binges, and pick up a new book to read. While you are reading, spend a few quiet moments to notice how you feel and what you are drawn to as you flip each page.

Literacy Fact of the Month

"Long Beach, CA was ranked the country's most illiterate city, followed by Mesa, AZ, and Aurora, CO." (Hess, et al., 2014)*

IMPACT Conference

The annual IMPACT Conference was held on February 25, 2022. Members of Civic Engagement attended this truly powerful conference virtually and would like to share some of the resources they received! We challenge you to #DoTheWork and join us in this 30 Day Challenge and call to action. Please visit

<https://mailchi.mp/rachelcargle/dothework-course-all-30days> to learn more!

IMPACT
CONFERENCE
service | action | advocacy
www.impactconference.org

@WUReadingBuddies



CELEBRATING AMERICORPS WEEK

Meet the AmeriCorps VISTA at Wilkes!

Celebrate National AmeriCorps Week with our VISTA, Monica! Stop by our table near Starbucks on campus on Monday, March 14th from 11:00-1:00 or Wednesday, March 16th from 11:00-1:00 in the SUB to celebrate and learn more about the AmeriCorps!



Happy AmeriCorps Week! It's time to celebrate what's possible when we unite in service and find solutions to our nation's most pressing problems. Let's encourage more Americans to put on the @AmeriCorps **A** and make a difference every day! Learn more about how you can join in and help get things done for America: AmeriCorps.gov/Serve
#WeAreAmeriCorps #AmeriCorpsWeek

Happy AmeriCorps Week!

Celebrating the millions who wear the **AmeriCorps A** and serve communities across the US. *Together, We are AmeriCorps.*



SPRING BREAK MARCH 6-12TH

Service Trips

For more information about each trip and the following service sites, contact megan.boone@wilkes.edu.

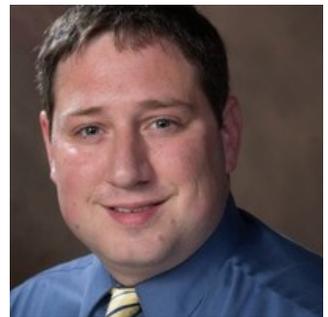
Tennessee

- The Tennessee trip will focus on house repair projects with Mountain T.O.P. Outreach Project. Service volunteers at this site will work on helping families in rural Tennessee. The mission of Mountain T.O.P. Outreach Project is "Through Christian community and faith-based relationships, we help meet the physical, spiritual, social, and emotional needs of all the people we encounter" (2022).
- The advisors for TN are Alicia Govers and Dylan Womelsdorf.



Florida

- The Florida trip will focus on Give Kids the World where students will help to give a magical and FREE vacations to critically ill children and their families. The goal of Give Kids the World is "To provide everything these deserving families need to make their trip the vacation of a lifetime." (GKTW, 2022).
- The advisor for FL is Ben Toll.



Washington D.C.

- The Bonner Scholars will take on Washington D.C. where their service will focus on reducing food insecurity in the D.C. area.
- The advisors for this trip are Catie Becker and Megan Pitts.



GATHERING FOR PEACE

Showing Support for Ukraine

On Tuesday, March 1, 2022 members of the Wilkes community gathered at the Veterans Memorial Court, the flagpoles at the center of the Fenner Quadrangle, to show their support for peace in the Ukraine. Afterwards, in a panel presentation by Andreea Maierean, assistant professor of political science, Jonathan Kuiken, associate professor of history, and Andy Miller, associate professor of political science, we reflected on the unrest and gained an understanding of an issue that is physically far away but very close to our hearts and our community. We must do our part to build a more informed campus and support our neighbors in the Ukraine. Pray for peace and stand up for democracy!



PEACE

LITERACY & HEALTH PROMOTION

Happy Birthday Occupational Therapy!

March is known as Brain Injury Awareness month and the birth of the profession of occupational therapy! The birthday of occupational therapy is celebrated on March 15th, 1917 making the profession is now a little over 100 years old.

What is Occupational Therapy (OT)?

Occupational therapy is "The therapeutic use of everyday life occupations with persons, groups, or populations for the purpose of enhancing or enabling participation" (American Occupational Therapy Association [AOTA], 2020).

In other words, occupational therapy is a rehabilitative, preventive, restorative, and adaptive service meant for all people. Occupations give purpose and meaning to life. OTs use occupations as a means to adapt and to improve an individual's quality of life using a person's existing capacities to adapt and function as independently as possible.

How Does OT Relate to Literacy?

OTs can help in many areas of an individual's life. Literacy is one of those areas as it is a crucial skill for being a student, employee, employer, or simply engaging in leisurely activities. To improve literacy skills, an OT may help one develop skills including attention, motivation, interest, and engagement. Some OT literacy activities include: Lego literacy, Play-Doh words, and bubble wrap word pops.



LEGO Literacy Activities



how to use
BUBBLE WRAP
math literacy fine motor



MINDFULNESS WITH MONICA



10 Benefits of Mindful Meditation

- *Manage stress*
- *Improve sleep*
- *Emotional balance*
- *Increase memory*
- *Increase self-awareness*
- *Become present*
- *Inspire creativity*
- *Reenergize*
- *Shift perspective*
- *Reduce negativity*

(MAYO CLINIC, 2020)

Start the morning right!

Try this guided morning meditation and come to work feeling refreshed and reenergized.

https://www.youtube.com/watch?v=VjA_x8iLlFc



Mindful Activities for Parents and Children!

- Try a yoga class together
- Read a poem and discuss what it means to you
- Color and reflect on the colors you chose
- Create a thankfulness jar
- Highs and Lows of the Day
- Recite positive affirmations
- Cook a new recipe from a different culture together
- Go for a walk and point out every living thing that needs care and nourishment for life
- Daily emotional logs or check ins
- Take a few deep breaths and allow the imagination to be creative

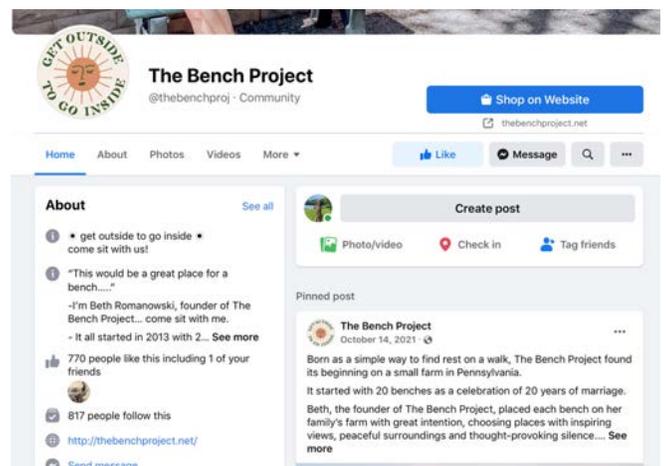


COMING SOON TO CAMPUS

Civic Engagement's Bench Project

The Mindfulness Bench Project is coming to campus! We will soon have three designated benches on campus with electronic tags to promote mindfulness journaling. You will be able to choose a beautiful spot on campus to sit down, soak in some sunshine, and experience a cathartic release of emotions by engaging in some therapeutic journaling for the day. Keep an eye out for our new benches just in time for spring! #ComeBeMindfulWithCivicEngagement!

Check out these photos from their Facebook page @thebenchproject



To learn more be sure to check out their facebook page @thebenchproject!

UPCOMING EVENTS

Save the Dates

March 15th: APO Meeting!

Interested in joining Alpha Phi Omega? APO is a co-educational intercollegiate service organization that teaches through the principles of *Leadership*, *Friendship*, *Service* that we are architects of our own ambitions and that each of us has the opportunity to develop ourselves to be whatever we seek to be.

Join Megan Boone Valkenburg for our club interest meeting from noon to 1 p.m. on Tuesday, March 15, via Zoom.



March 28-April 1st: CEO Service

Join Civic Engagement in a day of volunteering at CEO Food Bank from March 28th to April 1st! Volunteers are needed from 9-noon or 1-4pm. We can take up to 5 people per shift per day. Bring your friends, coworkers, teammates, or clubs for a bonding service experience! Email megan.boone@wilkes.edu if interested in signing up!



April 30th: Big Event

Save the date for our Big Event Day on campus on April 30th! Join Student Government, Civic Engagement, Student Development, Wilkes Athletics, and all of the Wilkes community as they take on a big day of community service and volunteering!