

W.I.S.E. Guide



THE WILKES INITIATIVE FOR STUDENT ENGAGEMENT NEWSLETTER

Written by Monica Morrison (AmeriCorps VISTA), Quinn Rodenfeld, & Lizzie Breznay

MAY EVENTS!

May 1st Bowling Buddies

This Sunday, Reading Buddies hosted an end of the year Bowling Buddies celebration at Chakos Family Bowling Center in Wilkes Barre, PA from 1:00 to 3:00pm. Tutors, students from both the YMCA and Heights Elementary, and their families enjoyed a few games of bowling and pizza! Pictured below are the Reading Buddies tutors, ranging from first-year to seniors.



First row (left): Marytere Quintana-Avila, Amelia O'Connor, Arrington Wall, Kayla Eckrote, Emma Freels, Marissa Mateo.
Second row (left): Maddy Kindard, Chloe Karamar, Aimee Groller, Jacob Bauser, and Long Le.

WHAT'S IN THIS MONTH'S ISSUE:

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May 11th United Way Day of Caring

For more information, visit <https://unitedwaywb.org/day-of-caring>

INTERN SPOTLIGHT



Meet Lizzie!

By: Lizzie Breznay

Elizabeth “Lizzie” Breznay is an Intern with the Civic Engagement Office here at Wilkes.



University in collaboration with Step By Step. She graduated summa cum laude from Luzerne County Community College in May of 2021 with an associate degree in Audio/Video Communications. Lizzie is considered non-verbal and uses a Tobii Eye Gaze Communication Device to convey her thoughts. As an inspirational member of the community, Lizzie is an avid supporter and Honorary Board Member of “Dress for Success Luzerne County”, is on the committee for the “Wilkes-Barre Special Needs Playground Project”, is the Ambassador for the “Giving Special Kids Foundation”, and enjoys supporting our veterans as well as various local fundraisers and community events throughout the area. Lizzie loves the excitement and spontaneity of being in front of the cameras during a live television broadcast, and plans to use her degree, talents, and experiences to pursue her dream of carving her own unique path in the broadcasting industry. Her drive and determination are her inspiration to all who know her! In her spare time, Lizzie has fun exploring various crafting projects, computer gaming and social media.

BONNER SPOTLIGHT



Meet Marytere Quintana-Avila!

“ As I grew up in a Mexican American household I learned many lessons in life. One of the most impactful and memorable would be how we take communication for granted. ”

Hometown: Scranton, PA

Major: Political Science on a Pre-Law Track

"I noticed this through my immigrant parents who often struggled immensely with their words. Their frustration was apparent when they weren't able to communicate how they were feeling or even explain the simplest of terms. My father often expressed how blessed I was for being able to speak both English and Spanish, but I never quite fully felt blessed until I was able to open my eyes and see the world around me. At 8 years old I realized that helping the Latin community and anyone who has English as their second language was something I wanted to focus my full attention on. I wanted to commit my time and attention to those who needed it and wouldn't normally receive it. That is why through the Bonner Leaders program, I am able to put my skills and ambitions to the test. Through the program, I was able to attend FAFSA night for Wilkes university as a translator, as well as at the high school. The relief and gratitude on the parent's faces when I translate for them is invaluable. Seeing how appreciative they are when they realize they are heard and can be understood is like nothing before. That is the fire that fuels me and will continue to fuel me. I was blessed to be able to be bilingual and have the ability to fully express myself and communicate with those around me. It is now my goal and dream to help those, like my parents, find their voice in the world. I want to be the voice for those who can not be heard." ~Marytere Quintana-Avila!

BONNER SPOTLIGHT

“ Working in service has always been my outlet, Especially moving to a new community for college, I have gained a new outlook by working with a different community and I am able to share my passions with the community as well. ”



Meet Bhavika Dawar!

Hometown: Sparta, New Jersey
Major: Biology, Pre-Medicine

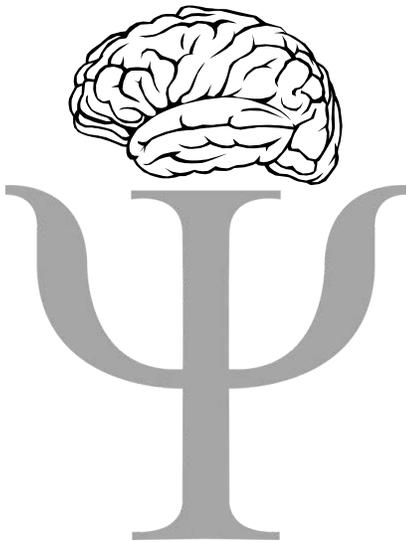
"During my Fall semester at Wilkes, I worked closely with the reading buddies program, where I would tutor children at the local ymca, and I would also go to an elementary school and help with literacy related activities. Also during this time, I volunteered at our university's food pantry, which was super nice to be able to directly help wilkes students with getting access to free resources. As I moved into the spring semester I wanted to start doing service related to the career I want to pursue, which is medicine. I have started volunteering as a medical intern at Volunteers in Medicine, which is a free medical clinic located in Wilkes barre, and I will also be helping the blood drives at the university as well through the red cross. The Bonner Program means everything to me, working with my peers and my advisor Catie, to make the community a better place is definitely a highlight of my academic career, not only does it allow me to do well for my community, rather it pushes me to be the best version of myself." ~Bhavika Dawar

READING BUDDIES COLLABORATE WITH PSI CHI

This month Reading Buddies will collaborate with Dr. Jennifer Thomas and the psychology honors society, Psi Chi, to bring psychology literacy to the students at the Wyoming Free Library on Saturday, May 7th. Dr. Thomas has planned several hands on experiments to teach kids about psychology including topics in sensation and perception, cognition, and neuroscience.

Additional Reading Buddies Updates

- Reading Buddies will finish up tutoring for this semester on May 2nd.
- The program will continue through the summer and is excited to begin collaborating with the Education Club on some future projects and service events.
- Reading Buddies is excited to begin a reading program at the Wyoming Free Library over the summer months.
- Finally, Reading Buddies will continue to recruit students as tutors! For those interested in working with children, building their resume, gaining leadership experience, serving the local youth, or volunteering with the AmeriCorps, contact Monica Morrison.



Literacy & Psychology

**"The only person
who is educated is
the one who has
learned how to learn
and how to change."**

~ Carl Rogers



@WUReadingBuddies

QUESTIONS WITH QUINN

By: Quinn Rodenfeld

QUESTIONS TO THINK ABOUT THIS MAY

- Have I done the best I can academically for where I am at this semester?
- Am I proud with my work?
- Am I treating myself kindly?
- Have I utilized my resources?
- Am I working myself too hard
- How have I scheduled my time?
- Do I know my support systems?

TWO THINGS YOU ARE IN TOTAL CONTROL OF IN YOUR LIFE ARE YOUR ATTITUDE & YOUR EFFORT

What if I'm not where I want to be?

- Attend study sessions and office hours.
- Effectively manage free time.
- Reflect on personal progress.
- Set a goal and list the steps required to reach it.

Remember to...

- Prioritize your health
- Avoid stretching to thin
- Be kind to others
- Eat nutritious food
- Get up and stretch



This May, it's time to prioritize.
Finish strong this semester!

MINDFULNESS WITH MONICA

Do you have Occupational Balance?



RESTORATION

PRODUCTIVITY

PLEASURE



Take the Life Balance Inventory to find out! <http://Minerva.stkate.edu/lbi.nsf>

The key to a good life: Engagement in valued, purposeful, and meaningful activities and occupations. In other words, do things that you enjoy and find fulfilling!

"In my opinion a balanced life is one where..."

Occupational Balance is defined as the just right variation between life activities: Restoration, productivity, and pleasure (Pierce, 2003). Occupational balance can be achieved by taking time daily to practice self-care and engaging with family and friends. Leave work at work and obtain eight to nine hours of sleep each night. If you find yourself experiencing occupational imbalance, assess what is most necessary and what can be cut out.

LIBRA
September 23 -
October 23

Fun Fact

"Libra is the sign of harmony and relationships and strives for balance.

The symbol for libra is The Scales"

~Astrograph, 2022

APPLY TODAY TO AMERICORPS!

Check out some awesome positions that are available to you:

Summer Associate Positions

(Can be current college students!!)

Apply TODAY!!

Make the most of your summer through national service as an AmeriCorps member. This nine-week program, beginning on May 23rd, will allow you to fight poverty as you work with local communities. AmeriCorps looks great on your resume, it helps you grow as a professional, and opens many doors, all while giving back to the community!

Yearlong VISTA Positions

Make the most of a year, by serving as an AmeriCorps VISTA member! This year-long program, beginning on July 18th, will allow you to fight poverty as you work with local communities.

Check out some awesome positions that are available to you. VISTA Positions:

<http://www.compactnypa.org/summer-associates.html>



FIGHT POVERTY
BUILD COMMUNITY
MAKE A DIFFERENCE!



AmeriCorps

Interested in volunteering for a year of service? Ask our very own Wilkes University VISTA, Monica Morrison, what serving in the AmeriCorps is like!

Contact:

monica.morrison1@wilkes.edu



JOIN APO!

Stand out by joining the Alpha Phi Omega fraternity.



AΦΩ

ALPHA PHI OMEGA

BE A LEADER, BE A FRIEND, BE OF SERVICE

Alpha
Phi
Omega

*We personally invite you to
join our fraternity.*

APO is a national service fraternity focused on leadership, friendship, and service. Become part of the inaugural class and help plan service events for the campus.

contact megan.boone@wilkes.edu or anthony.kapolka@wilkes.edu

Join the LEAP-AB Leadership Team

Join the LEAP-AB Leadership teams.

ABC Citizen Schools are now open

Virtual Training

From Suffragettes to Civil Rights to Fair Fight: Voter Justice, Then + Now

**June 9 - 12 OR
June 25 - 28**



Looking to expand your leadership this summer? Join the LEAP-AB Leadership Virtual Training.

Interested? Sessions are Summer of 2022, June 9-12 OR June 25-28

Questions about LEAP-AB process? Contact Megan.boone@wilkes.edu

QUESTIONS

megan.boone@wilkes.edu



LEAP-AB Leaders serve on one of the upcoming AB experiences and are part of the executive board