



Happy February, Clarkies!

Today, people around the world are celebrating Lunar New Year and the start of the Year of the Tiger. And in the United States, today marks the beginning of National Black History Month.

Each year, the [Association for the Study of African American Life and History](#) (ASALH) sponsors programming around a specific theme — and this year’s focus is Black Health and Wellness. The ASALH Black History Month Virtual Festival comprises events throughout the month, many of which are free and open to the public; [visit the festival website](#) for more information.

Here on campus, visit Goddard Library’s display, “Before the Movement was Mainstream”; participate in the [Alumni and Friends Book Club](#), featuring “[The 1619 Project: A New Origin Story](#)”; and follow [Multicultural and First Generation Student Support on Instagram](#) to celebrate notable figures and learn more about upcoming events.

Student Open Forum

You’re invited to a Student Open Forum at 7 p.m. on Thursday, February 3, in Tilton Hall (or join virtually via Zoom). Dean of Students Kamala Kiem and the Clark Undergraduate Student Council will be joined by University administrators including Provost Sebastián Royo; Margo Forman, vice president and chief officer of diversity, equity, and inclusion; and David Chearo, vice president for planning and strategic initiatives. Bring your questions about the spring semester, COVID-19, and the future of Clark.

Share Your Thoughts about the Bickman Fitness Center

Do you have thoughts about the Bickman Fitness Center, or suggestions to make our gym more inclusive? Please [complete this survey](#), which was designed to gather information about current use of

the Bickman Fitness Center and to explore ways in which this campus resource may be more useful to the student body. This survey was created by Clark Wellness Education and Clark Athletics and Recreation. For more information, please email [email Erica Beachy-Randall](mailto:Erica.Beachy-Randall@clark.edu).

Group Fitness Classes

Interested in group fitness classes on campus? Join us in the Bickman Multipurpose room, inside the Bickman Fitness Center, for these weekly classes — all levels and bodies are welcome!

- Yoga: Mondays, 5 to 6 p.m. and Tuesdays, 7 to 8 p.m.
 - Beginner Boot Camp: Wednesdays, 2 to 3 p.m.
 - Advanced Boot Camp: Thursdays, noon to 1 p.m.
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Sign up for Basketball Intramurals by Thursday, Feb. 3

Intramural sports provide a fun chance make connections on campus and meet other students while staying active. Team and individual registration for 3x3 basketball intramurals will be open until Thursday, February 3. Sign up using [IM Leagues](#). If you already have an account, simply sign in; if not, you will need to create an account using your Clark email address. If you have any questions, contact Intramural Director [Kate Kurzanski](#).

Intramural sports are open to everyone. Whether you are new to a sport or experienced, join with a team of friends or register as a free agent, there's a place for you! Games will take place from 2 to 6 p.m. on Sunday afternoons in the Kneller Athletic Center, beginning Sunday, February 6.

Center for Counseling and Personal Growth Groups for Spring 2022

CPG groups are available for both undergraduate and graduate students. To encourage students to connect fully with one another, all of this semester's groups are being held in person (per Healthy Clark guidelines, masks are required). In addition, some groups may be held in campus spaces outside of the counseling center. We anticipate the following groups will start in early- to mid-February:

- BIPOC Healing Space (contact: [Mikayla Wynter](#))
- My Body My Choice (contact: [Jenni Waldron](#))
- Taming the Spiraling Mind: A Meditation Group (contact: [Shawn McGuirk](#))
- Coping with Grief and Loss (contact: [Leah Manzella](#))
- Without Limits: Autism Spectrum Disorder Support Group (contact: [Leah Manzella](#))
- My Not-So-Perfect Relationships: Understanding Self and Others (contact: [Shawn McGuirk](#))
- Break Free from Anxiety (contact: [Ruby Yarmush](#))
- Lavender Alliance (contact: [Matt Eisner](#))

If you are interested in attending a group, please email the contact noted above. In late January, group leaders will contact students who have indicated interest to gather availability information and

determine the time that accommodate the most students — then the leaders will contact the interested students with the meeting time. For more information, [visit the CPG website](#).

Helpful Reminders from the CARE Team- Self-Care

Three weeks down, 13 more to go! At this point in the semester, your assignments are probably picking up and you are preparing for your first set of quizzes and exams. For many of you, this change in pace can be stressful and cause anxiety as you try to manage expectations. This is where self-care comes in.

Self-care should not be reactive; the best and most rewarding self-care is ongoing and sustainable, even when there aren't major stressors present. Before you become overwhelmed, here are a few tips to prioritize your self-care on and off campus. Please note that self-care does not have to be expensive. There are many free or low-cost healthy activities in which you can participate to bring joy and good into your life.

- [Center for Counseling and Professional Growth](#) (CPG): In addition to individual and group counseling services, CPG also offers a limited amount of psychiatric care, for assessment and prescription management. To set up an appointment, [fill out this short form](#). You can also access CPG After Hours from 5 p.m. and 9 a.m. on weekdays, and 24 hours a day on Saturday and Sunday. To connect with a professional therapist through CPG After Hours, call the counseling center at [508-793-7678](tel:508-793-7678) and select option #2.
 - [Wellness Education](#): Wellness Education provides services and programs to help you increase your education, skills, and supports surrounding your holistic wellness, including various daily activities including meditation, campus walks, and stretching. Follow the office on [Instagram](#) to stay informed about upcoming events.
 - Do It Yourself (DIY) Activities: Mindfulness and meditation exercises, journal, move your body (go for a walk or run, exercise, dance), take a hot shower, eat a nutritious meal, connect with someone you care about, do something creative, take a nap, disconnect from your devices. The [Calm app](#) is one of our favorites. You also can [click here for Journal Prompts](#).
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Study Abroad and Away: Upcoming Opportunities

Benjamin A. Gilman Scholarship Information Session

Tuesday, February 8; 3 to 4 p.m. | Jefferson 320

The U.S. Department of State's Benjamin A. Gilman International Scholarship Program helps students of limited financial means to study or intern abroad. Students must be Federal Pell Grant-eligible and willing to complete a service project upon their return to the United States. Awards can total up to \$7,000, depending on individual need, the prospective program, and application competitiveness. The goal of the program is to provide students with skills critical to U.S. national security and economic prosperity. At this session, Jessica Bane Robert, director of prestigious fellowships and scholarships, and Kuy Howard, study abroad adviser and program coordinator, will go over the eligibility requirements, application process, deadlines, and much more.

TV Show Game Night

Thursday, February 10, 6 to 7:30 p.m.; The Grind

The Office of Study Abroad and Away and the International Center are hosting a TV show-style trivia game night (think “Jeopardy” or “Are You Smarter Than a Fifth Grader?”) This event will help foster community between domestic and international students, who will need to work together in teams to win prizes!

SURJ Peer Review and Copy Editing Applications Have Reopened

The Scholarly Undergraduate Research Journal (SURJ) is an interdisciplinary, student-operated research journal at Clark. We are looking for undergraduate students from all disciplines and years to join our two teams, Peer Review and Copy Editing. Peer reviewers read and review undergraduate submissions and have a say in what pieces get published; copy editors review accepted pieces and hone their structure, grammar, and voice. Joining SURJ is an excellent way to get involved with the undergraduate research community. No experience is necessary to apply. The [google form](#) closes on February 4 at midnight. Any questions can be directed to surj@clarku.edu.

Want to learn more? Join SURJ at our general interest meeting at 3 p.m. on Wednesday, February 2, in JC 106.

College Night at the Worcester Railers

Check out the Worcester Railers hockey team at the DCU Center in downtown Worcester this Friday night — tickets are only \$10 for students with a Clark ID! purchase your [Purchase advance tickets here](#) for the discount.

Student Leadership Applications: Priority Deadline This Week

Interested in being a student leader? Applications are now open for ACE/Connections mentors, resident advisers, and peer mentors for the 2022–23 academic year (**priority deadline is 11:59 p.m. on Feb. 2**). These roles give you an opportunity to support your peers and build community, either in the residence halls or with incoming students through orientation programs. [Fill out the application »](#)

Students who attended an information session and submit their applications by the priority deadline — **Feb. 2, 2022, at 11:59 p.m.** — will be given preference when applications are reviewed. If you have any questions, please feel free to [email Campus Life](#).

A new Earth conversation

A new Earth conversation will host a [Worldwide Teach-in on Climate and Justice](#) from 5 to 8 p.m. on March 18. This event is a project of the Graduate Programs in Sustainability at Bard College, and calls on

colleges and universities, as well as other organizations around the world, to hold teach-ins at the same time to raise awareness and create critical dialogues around climate futures and solutions.

Please let us know if you would like to volunteer with the Climate Teach-in at Clark. We need students to:

- Moderate panels
- Recruit participants (students, faculty, staff, campus groups)
- Get the word out (post flyers, email campus groups)

[Register to participate »](#)

Career Connections Corner

Student Employment

Working on campus is a great way to make connections and develop career-building skills. Check Handshake for available on-campus jobs. For more information on how to build or refine your résumé before you apply, visit our [Student Employment page](#). Questions? [Please don't hesitate to send us an email](#).

Already have a job? Ask your supervisor if you can talk about your performance. Seeking feedback on the job you are doing will not only give you the opportunity to improve, but also to practice receiving and handling feedback, which is important for whatever path you take after Clark. Not sure about how to approach the conversation? [Reach out to us](#).

Career Lab Resources

Drop in to the [Career Lab](#) (ASEC 119) weekdays from noon to 4 p.m. to have your résumé and cover letter reviewed. If you have questions or would like to set up a Zoom review session, [email the Career Lab](#).

Upcoming CCC Events

- **Steinbrecher Fellowship Informational Session**
Wednesday, February 2, noon to 1 p.m.; Register on [Handshake](#)
Join us to learn about the Steinbrecher Fellowship Program. This exceptional program provides support for Clark undergraduates to pursue original ideas, creative research, public service, or enrichment projects. Five to seven Steinbrecher Fellowships are awarded each year, for funding up to \$5,000. The application deadline is February 15 at 11:59 p.m. To see all available awards, please visit the [Funding for Opportunities page](#).
- **Secrets to Interviewing Well**
Thursday, February 2, 4:30 to 5 p.m.; Register on [Handshake](#)
During this 30-minute workshop, we will cover the interview essentials: how to prepare so you will appear as polished as possible; what STAR stories and behavioral questions are, and how you can adapt your experiences to tell compelling stories; what questions to ask so you

can get the information you need to decide about a potential offer; and what to do after the interview so you will leave a positive, unforgettable impression.

- **Life After Clark Conference**

Monday, Feb. 7, through Thursday, Feb. 10

Open to current juniors, seniors, and the Class of 2021

Fill your graduation toolkit! This conference features workshops, guest speakers, and alumni networking opportunities to help you design an amazing life after graduation. [Register on Handshake](#) to check out the complete lineup and get access to the conference brochure with all locations and links.

- **Opportunity Funding Info Session**

Wednesday, February 23, 12:30 to 1:30 p.m.; Register on [Handshake](#)

Grab lunch, and then log in to our info session for a broad overview of funding available to undergraduates for internships, research, and self-designed projects. Students who won awards last year will join us to answer questions and provide the inside scoop on their own experiences!