



Senior Photos

Seniors — please be sure to check your Clark email for a **message from LifeTouch** to schedule your senior portraits, which will be used in the 2022 Pasticcio and are yours to keep! Portraits are being taken this week in the Persky Conference Room on the second floor of the University Center, and also the week of March 21. **Appointments are required.** [Schedule your appointment online](#) using school code 228, or by calling 1-800-OUR-YEAR (687-9327) from 9 a.m. to 4 p.m., Monday through Friday. Portraits are taken in academic attire (cap and gown) and in your own business attire.

Please check your email for more information and COVID precautions being implemented.

Apply to be a Wellness Ambassador

If you are passionate about health, well-being, and community, check out this opportunity to become a Clark Wellness Ambassador, which includes training as a NASPA Certified Peer Educator. Once you complete the nationally recognized training program, you will be prepared to join the existing team of Wellness Ambassadors in the important task of helping support and educate the Clark community with initiatives that promote health and well-being. All students (undergraduate, SPS, and graduate) are [eligible and encouraged to apply](#). A résumé and short essay are required; applications are due by noon on March 14. Finalists will be invited to 30-minute Zoom interviews.

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 the 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 Erica Beachy-Randall](#).

Rise Up for Racial Justice Programming This Week

The third annual [Rise Up for Racial Justice](#) is taking place this week — there are many ways for students to get involved in the series of virtual events, as well as the culminating in-person event on Sunday.

- **Look to the Future: How Far College Food Pantries Can Go**

Wednesday, February 16; 7:30–9 p.m., via Zoom ([preregistration is required](#))

Join the Food Insecurity Resistance Movement (FIRM) for a fun, informational Zoom session with Angel Rojas '25, Rory Carrara '23, Roanlis Toribio '23, and Luceily Ortiz '23. They will be examining the food pantry at Quinsigamond Community College from two different perspectives and discussing future plans for FIRM at Clark. A Q&A will follow. Bring a recipe to share!

- **Student Panel: Disability Perspectives at Clark**

Thursday, February 17; 4:30–6 p.m., [via Zoom](#) (passcode 966421)

Join us for a mediated student panel discussing disability and accessibility at Clark. We will cover topics such as how our disabilities intersect with our other identities, and how we navigate classes, social lives, and work. We will discuss ideas for physical and cultural changes needed to make Clark more accessible, as well as how we can build community and awareness together. We understand this panel only represents a fraction of experiences with disability at Clark, and we are hoping to hold more events like this in the future.

- **Away from Home: Advocating for International Students**

Friday, February 18; 6–7 p.m., [via Zoom](#) (passcode 426043)

Aanandita Bali '23, Gianfranco Cornejo Gizzi '25, and Kadijha Kuanda '22 will introduce the International Student Rights Coalition to the Clark community for a discussion about our work, accomplishments, and goals, and will facilitate a conversation around being an international student at Clark. We also hope to share some resources and hear more about what changes international students would like to see.

- **GIS Workshop: Mapmaking for Social Change**

Saturday, February 19; 6–7:30 p.m. [via Zoom](#) (passcode 0426284)

THAW (Tenant and Housing Alliance Of Worcester, a tenants' union) will host a crash course in Geographic Information Systems, which are used to map, manage and analyze data and can be a powerful tool for storytelling and social change. This course will use QGIS, a free, open-source GIS program. We will be doing a demo, so please download QGIS ahead of time and come prepared to make your own digital map! No GIS skills are needed (but basic computer skills are). Please provide your email so we can send you the resources and zoom link beforehand.

- **Floetic Information Session and Open Mic and Art Events**

Sunday, February 20; Info Session, 12–1 p.m., and Open Mic and Arts Event, 4:30–7 p.m., both in the Fireside Lounge in Dana Commons

Info Session: Floetic is dedicated to creating spaces where artists of marginalized groups to share their work. In the past, we've hosted open mics, organized workshops, worked with local

Worcester vendors, and curated visual arts galleries. Join us to find out how you can get involved — and to learn about two incredible compensated art opportunities for visual artists from FIRM and CGRAS! Come with your questions and your imagination.

Open Mic and Arts Event: Recognizing that the word “safety” comes from a unique place and may look different from person to person, we encourage a space for every person to live in these meanings. This also includes the origin of “safety” and recognizing the beauty taken from a place of brokenness, discomfort, unfamiliarity, etc. With these different meanings may also come different ways to express yourself. What is your definition of “safety,” and how will you choose to express it? Find additional information and schedule on our Instagram:

[@floeticfridays](#)

Major Exploration Fairs Coming Soon

Save the date for the **Majors Exploration Fair** on Wednesday, March 23, from 1 to 4 p.m., beginning in Academic Commons.

The Fair will be a “hop-style” event where you will be able to travel to all of Clark’s academic departments and gather important information about the majors and minors offered by Clark that interest you.

Choosing a major is serious business — we can help. For more information, contact [Brandon E. Frencic](#) in the Academic Advising Center.

Study Tips and Resources: Helpful Reminders from the CARE Team

Midterms are a few weeks away, so now is a great time to start thinking about how to maximize your study skills, which combine a variety of techniques that help you retain information over time. Being aware of what works for you can contribute to your overall success in your courses. Here are a few tips to improve your study habits:

1. **Get enough sleep.** In addition to providing energy, getting a good night’s rest before an exam also helps with focus, memory retention, and retaining new information.
2. **Eat well and stay hydrated.** Having a nutritious meal before you study helps with concentration, comprehension, and memory recall. Although snacks are OK sometimes, try to eat a healthy variety of food groups, including fruits, vegetables, proteins, and grains. Avoid sugary and high-caffeinated drinks and opt instead for water.
3. **Identify the time of day when you are most productive.** Are you an early bird who likes to study in the morning (e.g., 5 to 8 a.m.) or a night owl who focuses best late at night (e.g., 11 p.m. to 1 a.m.)? Reflect on the time of day during which you feel the most energetic and alert. Everyone differs, so finding what works for you is key.
4. **Consider your surrounding environment.** Do you need background noise or complete silence when studying? What outside factors affect your ability to focus? Try to limit distractions. This may mean putting your phone on “Do Not Disturb” or finding a quiet spot outside of your room to study.

5. **Know Yourself.** How do you absorb information? Do you have to write it down on notecards, read the material aloud repeatedly, or create mnemonics (songs, rhymes, phrases, acronyms) to assist with your memory? Do you absorb information in smaller chunks over a longer period or do you prefer to study it all at one time? Keep in mind that different techniques may be more effective with specific content or coursework.

Finding out what strategies work best for you and your learning style may take some time and effort, but it can improve your performance down the line at Clark and beyond. Do not hesitate to adjust as needed until you find the right balance. *Happy studying!*

Career Connections Corner for Undergraduate Students

- **International students, please provide feedback on Interstride.** The Career Connections Center launched a new platform for international students this year. Have you tried it? [Check out Interstride](#) and watch a tutorial, and [share your thoughts on this survey](#).
- **Get your résumé and cover letter reviewed at the Career Lab.** The Career Lab in ASEC 119 is open for in-person meetings — drop-in hours are 12 to 4 p.m., Monday through Friday (except holidays). [Visit the virtual Career Lab](#) for more information.
- **Upcoming Events**

How to Make Handshake Work for You

Tuesday, February 15, 3–4 p.m.; [register on Handshake](#)

This workshop will help you become a job, internship, and networking platform superuser—opportunities will literally come to you! Discover how to demystify the tools available for your career exploration; build strategies for personalizing your job and internship recommendations; find new connections who can help you on your journey at Clark and beyond; and uncover different approaches for creating a curated feed that reflects your interests and goals.

All Majors Virtual Career Fair

Wednesday, February 16, 1 to 4 p.m.; [register on Handshake](#)

We invite and encourage you to attend the **Just in Time: All Majors Virtual Career Fair**. Register on Handshake and sign up for one-on-one meetings and group info sessions with participating employers. During the fair, you'll discover internship and job opportunities, learn about potential career paths, and build your professional network.

Career Exploration Weeks: Government, Law, and International Affairs

Monday, February 21, through Friday, February 25; [register on Handshake](#)

Open to all majors and class years, this weeklong (mostly virtual) event offers webinars, workshops, and panels to help you explore career paths in government, law, and international affairs. Meet employers, connect with alumni and industry professionals, and learn from peers who have landed internships in these fields. Register on Handshake for as many events as you'd like, including:

- Career Conversation with Jonathan Hack '09: Bridging Public Policy and Academia
- U.S. Attorney's Office, Worcester Branch: Information Session
- Opportunity Funding Info Session: Learn how to apply for funding for your internship or project

- Students in International Development, Humanitarian, and Conservation Fields (Student Panel)
- Career Conversation with Melanie Orhant '92: Is Law School Right for Me?
- International Rescue Committee: Information Session
- Careers in Law: Specialties with Your JD (Alumni Panel)