UMaine Office for Diversity and Inclusion_ Happy last week of classes Black Bears! Email

University of Maine Office for Diversity and Inclusion

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Happy December Everyone! As the winter semester comes to a close, with this week being the last week of classes, and the winter holiday season approaches, many students are eager and excited to have a break from academics and spend this festive season with loved ones.

In addition to the many holidays during this time of year, for some, the end of the year means celebrating Kwanzaa: an annual celebration of African American Culture that begins on December 26th and ends on January 1st. The end of the year also indicates a time of reflection where many students pause to acknowledge the events they experienced during 2021, learn from their actions, and determine the lessons they would like to carry into 2022. While this process of healthy reflection looks different for everyone, it can be an insightful and introspective time where students envision and learn about the type of person that they are striving to become and appreciate where they are at in their progress of discovering themselves.

Some fun things to look forward to this week is to help you make it through the week:

Starting this Tuesday, December 7th, to December 16th, we are going to place boxes in the Multicultural Student Center, Rainbow Resource Center, and Intersectional Feminist Resource Center, as well as, outside of the Bear’s Den, to give students the chance to participate in our Shredding Away 2021 program. Join us in writing down something that you wish to leave behind in 2021 as a first step to starting off the new year the way that you want to!

On Wednesday, December 8th, at 5pm in the Multicultural Student Center presents a great opportunity to learn about, appreciate, and engage in conversations regarding the experiences of international students here at UMaine in our Global Dinner and Dialogue. This event is meant to reserve a space for intentional conversation among all students where we can foster a sense of community by bonding over similarities and appreciating one another’s differences that are part of each student’s lived experiences.

December 6th, 8th and 10th, the Rainbow Resource Center will do some study break programming! So join us from 4pm - 7pm on those dates to hang out, play games, colors or just watch TV!

We hope that everyone has a lovely last week of classes! Please see below for some programming and support group opportunities that our student workers and other student organizations have meaningfully organized to celebrate, educate, and support the identities of one another! We highly recommend that you...
check out some of these programs. Let's learn, grow, and appreciate the experiences of one another together!

Take care,

Jennifer Costa (she/her)
Graduate Assistant for the Office for Diversity and Inclusion
"The University of Maine is an equal opportunity/affirmative action institution."

**Unwind Before Finals**

- Board games
- Card games
- TV
- Coloring
- Snacks & More!

**December 6th, 8th, & 10th**

4PM-7PM

Rainbow Resource Center

(Room 224 Memorial Union)
University of Maine System Mail - Happy last week of classes Black Bears! https://mail.google.com/mail/u/0/?ik=483c7a7ff8&view=pt&search=all

HEAL
Health Equity Alliance

POPP UP TESTING

DECEMBER 8TH
10 AM - 2 PM

UMaine Orono,
Memorial Union, Outside
Office of Diversity &
Inclusion Room 225

FREE HIV and Hepatitis C
Rapid Testing, Sexual
Health Supplies, and
Educational Resources

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actions institution."
LET'S FEAST!

DINNER AND DIALOGUE: A CONVERSATION WITH INTERNATIONAL STUDENTS ABOUT THE CULTURE SHOCK THEY FACE.

DINNER'S ON US

Dec. 8 2021 | 5PM
Room 312, Multicultural Student Center,
Memorial Union 3rd floor

If anyone wants to be a part of the discussion please contact shreyash.parajuli@maine.edu.
Buddy the Elf's Spaghetti!

Come make the famous spaghetti from the Will Ferrell movie, Elf!

Thursday, December 9th
From 11:30 a.m. to 1:30 p.m.
In the Multicultural Student Center, Room 312
In the Memorial Union

"The University of Maine is an equal opportunity/affirmative action institution"
THE WILSON CENTER
THURSDAY MEDITATIONS PRESENTS:

HOW MEDITATION CHANGES YOUR BRAIN
AND THE WORLD

Thursday Dec. 9th 6-7pm

Led by Jack Leopold

67 College Ave, Orono
Indoors, Masked, with Air Purifiers
wilsongorongon@gmail.com
ALL are welcome!
FINALS WEEK
AT THE WILSON CENTER

JOIN US FOR STRESS-REDUCING
AFTERNOON ACTIVITIES

STARTING @ 4:30 PM:

MONDAY | ACROYOGA WITH TRAVIS
TUESDAY | DANCE PARTY WITH SONJA
WEDNESDAY | YOGA WITH JESS

ALL ARE WELCOME!
WILSONCENTERORONO@GMAIL.COM
MENTAL HEALTH TIP

WHEN YOU ARE AT YOUR STRESS LIMIT, TRYING TO FEEL BETTER BY PUSHING YOURSELF TO DO MORE OR THINKING YOUR WAY THROUGH THE DISCOMFORT MAY NOT BE WHAT YOU NEED.

INSTEAD:

- BE PATIENT WITH YOURSELF JUST AS YOU WOULD FOR A FRIEND
- ACKNOWLEDGE HOW YOU FEEL & PERMIT YOURSELF TO MEET YOUR NEEDS DIFFERENTLY
- SIMPLIFY & SLOW DOWN
- ACCEPT YOUR LIMITS & ASK FOR HELP
- RETURN TO WHAT GROUNDS YOU
- RECONNECT WITH THE MEANING IN YOUR LIFE
- STOP EVERYTHING, REST, CIRCLE BACK
ON CAMPUS!

Join the Wilson Center Board at the Memorial Union North Pod for free dinner & conversation about wrapping up 2021 & looking ahead to 2022!

6 PM DINNER | 7 PM DIALOG
DEC 8, 2021 | ALL ARE WELCOME!

Sponsored by the Wilson Center & the Office for Diversity and Inclusion
Questions? Email us at: wilsonscenterorono@gmail.com
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WE ARE HIRING!

SCAN QR CODE TO ACCESS
APPLICATION OR REQUEST
APPLICATION FROM
KATHERINE.MCCARTHY@MAINE.EDU

POSITION INCLUDES:

- PROGRAMMING AND EVENT MANAGEMENT
- ADVERTISING
- PROFESSIONAL DEVELOPMENT
- COMMUNITY BUILDING
- COLLABORATIVE AND CREATIVE WORK SPACE
- REQUIREMENT: FEDERAL WORK-STUDY FUNDS

APPLICATION DEADLINE: 1/10/2022
Fidget Toy making program Wednesday, November 17th at noon! We will be providing beads and yarn to make a woven type of fidget toy, to relieve stress and anxiety during Fall Break and Finals Week!

JOIN US WEEKLY ON WEDNESDAYS AT 3PM ON ZOOM FOR LGBTQIA+ SUPPORT GROUP

Starts on September 29th, 2021

SIGN UP BY EMAILING JULIA TANER AT JULIA.TANER@MAINE.EDU

This group is in partnership with the Office for Diversity and Inclusion and the University of Maine Counseling Center. This group is a private, non-confidential support group.

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THE WILSON CENTER
INVITES YOU TO OUR WEEKLY

MEDITATION GROUP

Thursdays 6-7PM at The Wilson Center
67 College Ave. in Orono

please bring a mask
all are welcome, beginner and expert

RSVPS APPRECIATED - ZOOM OPTION AVAILABLE BY REQUEST
WILSONCENTERORONO@GMAIL.COM
CALL FOR ARTISTS!
$100 REWARD!

Your artwork could hang in the Rec Center and/or Maine Bound for years to come!

Design a banner to showcase the spirit of campus recreation and its diversity, equity, and inclusion values.

https://umaine.edu/campusrecreation/diversity-inclusion/callforartists/

Questions?
beth.jackson
@maine.edu
AMERICAN INDIAN STUDENT ORGANIZATION
An opportunity to learn and teach about the Indigenous Peoples of America

1st and 3rd Tuesday of the month
4:30 PM
Corbett 210

Contact Sage Neptune (sage.neptune@maine.edu) for more information
SOLIDARITY MEETING

A SAFE PLACE TO FIND SOLIDARITY! A PLACE TO SHARE AND SUPPORT EACH OTHER AS STUDENTS OF COLOR AT UMAINE

MEETING WILL BE HELD BI-WEEKLY STARTING 9/15/21 AT 2PM SIGN UP VIA ATTACHED LINK

This meeting is offered online for the time being. Students must be physically in Maine to attend.

The University of Maine is an equal opportunity/affirmative action institute. Students should request accommodations a week in advance.
AMERICAN SIGN LANGUAGE CLUB

MONDAYS 6PM-7PM

WHAT'S OUR PURPOSE?
The purpose of American Sign Language (ASL) Club is to get club members comfortable with signing, introducing who they are/where they come from in order to feel prepared to engage in conversation with deaf or hard of hearing people. Students will be a part of bridging the gap between hearing and Deaf cultures; they will gain new perspective. This preparedness will also come through learning about Deaf culture and the proper use of ASL.

WHERE?
We are currently meeting in front of the bear statue (on the opposite end of the library). When it gets too cold, we will relocate inside!

CONTACT:
Please direct any questions to our President, Morgan Oehler, or Vice President, Shanna Scribner. Morgan.oehler@maine.edu, Shanna.scribner@maine.edu

The University of Maine is an equal opportunity/affirmative action institution.
Seeking Survey Participants

Earn a $20 Amazon gift card

Are you from Maine?
Are you LGBTQ+?
Did you leave your rural hometown to live elsewhere?

Zach Davis, Dr. Jessica Leahy and Dr. Kathleen Bell are seeking study participants for one hour Zoom interviews in the Fall of 2021.

Follow this link to an eligibility survey, or scan the QR code:
https://bit.ly/2X4h1ka
University of Maine System Mail - Happy last week of classes Black Bears!

https://mail.google.com/mail/u/0/?ik=483c7a7ff8&view=pt&search=all...
University of Maine System Mail - Happy last week of classes Black Bears!

Asian STUDENT ASSOCIATION
6 - 7 PM every other Friday at Room 312, Memorial Union

WHO WE ARE
We are a student organization who welcomes everyone from different backgrounds to join us for our events.

WHAT WE DO
Join our general meetings for fun games, movie nights, cooking and study sessions. Have fun and make friends along the way!

CONTACT
annapurna.leung@maine.edu
anna.bishop@maine.edu
obigail.novak@maine.edu

FOLLOW US
Facebook: University of Maine Asian Student Association
Instagram: @asa_umaine
Tired of paying hundreds for textbooks and selling them back for pennies?
Check out UMaine's new student-to-student

FREE TEXTBOOK LIBRARY!
TAKE A BOOK - LEAVE A BOOK - PAY IT FORWARD

Hosted @ the Wilson Center
67 College Ave. in Orono
Donation bin on the front porch
Are you passionate about spiritual exploration and multifaith dialogue?

Join the UMaine Interfaith Group!

MONDAYS @ 6PM
WILSON CENTER, ORONO

Email dominique.dispirito@maine.edu with questions! We hope to see you there!

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