



The Currents

A Newsletter for Student Organizations

VOLUME 5, ISSUE 29

MAY 1, 2009

Check out this week's announcements !!!

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Get Ready, Get Set, Involvement Fair!

Does your organization want in the Involvement Fair? It's time to start preparing! In order to be accepted into the Involvement Fair, student groups will need to re-register. To re-register your organization, visit http://www.studentactivities.uconn.edu/inv_fair.html and fill out the form. The Student Activities website will not reflect the changes until July 1, 2009. Reservations for the fall Involvement Fair have begun!



Reservation requests must be received by **Friday, August 14, 2009 at 5 p.m.** to be considered. Any groups that have not completed their SOLID training will be waitlisted. All new executive officers need to complete their respective SOLID workshops by **Sunday, August 30, 2009** for their group to be allowed into the fair.

Fun Run Registration Now Online!

Club Sports Council will be hosting the 5th Annual Fun Run on **Sunday, May 3, 2009 from 10 a.m.—11 a.m.** Registration starts at **9 a.m.** in the Student Union Lobby. Costs include: \$10 for students; \$12 for non-students; and race day registration is \$15. Prizes will be given out to the first five male finishes and first five female finishers at 11 a.m. Proceeds will go to Gaylord Rehabilitation Center and Connecticut Sports Foundation. To register, visit <http://www.clubsports.uconn.edu/>.



EcoHusky Sponsors: Give & Go Program!

The University of Connecticut is running a move-out program, "Give & Go." This program will capture gently used materials that would have otherwise been discarded by students vacating the residence halls and donate them to a range of local non-profit organizations and town agencies. In past years, the University has generated an additional 60-80 tons of solid waste during move-out week and this waste carries significant environmental impacts in addition to being socially irresponsible and wasteful. We're looking for lots of volunteers! Volunteers will be responsible for staffing collection locations during the program and logging in donations as they come. We need volunteers from **Tuesday, May 5, 2009 to Sunday, May 10, 2009 from 10:00 a.m.—6:00 p.m.** Volunteer shifts are in two hour time blocks but we'd encourage you to consider volunteering for multiple blocks if you can! You can sign up to volunteer at: http://www.studentactivities.uconn.edu/co_csd_individual.php. If you are part of a group and group members would like to sign up together, please call **Gina DeVivo-Brassaw** at 486-2806. General inquiries can also be directed to **Jennifer Sayers** at 486-5773.



Featured Advisor of the Week: Melissa Arroyo

Melissa Arroyo works in the Programs Office of the Student Activities Department and she is the Programs Advisor. She is an advisor to SUBOG and to Dance Works. Melissa says that campus involvement gives students the opportunity to become a part of the whole community. The passion that students bring to organizations and the networking that takes place helps them build valuable leadership skills that they will continue to use in life. She most enjoys meeting, mentoring, and working with students as well as helping them achieve goals they've set for themselves and their organization. The most rewarding part of being an advisor for Melissa is seeing her students achieve a goal, no matter the size, and watching them celebrate that victory. Her advice to other staff members and students who are considering being an advisor is, "Go for it!! It is such a rewarding and fun experience —both for you and the students!"



A Minor Wants to See You There!

Come see the a cappella group A Minor perform live in concert at the Student Union Theater on **Saturday, May 2, 2009**. The doors open at 5:30 p.m. and the show starts at **6 p.m.** Admission is free. Seven members are graduating so make sure to come see your favorite songs while you still can. They will also be releasing their brand new album so stop by to pick up your copy!



Tip of the Week: Mental & Emotional Health Issues

Depression. According to the National Institute for Mental Health, three or more of the following symptoms persisting over two weeks can characterize depression:

- Feelings of guilt, worthlessness, helplessness, hopelessness, and pessimism.
- Persistent sad, anxious or "empty" moods
- Restlessness, irritability or excessive crying
- A loss of interest or pleasure in activities, including sex
- Appetite and/or weight loss or overeating and weight gain
- Decreased energy, feelings of fatigue or "slowing down"
- Sleeping too much or too little; awakening in the early morning
- Persistent physical symptoms such as headaches, chronic pain and digestive disorders that don't respond to treatment
- Thoughts of death or suicide and/or suicide attempts
- Difficulty concentrating, remembering or making decisions

From PaperClip Communications, Inc.



Have a great summer everyone!



"The horizon leans forward, offering you space to place new steps of change."

Maya Angelou

University of Connecticut

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