



The Currents

A Newsletter for Student Organizations

VOLUME 6, ISSUE 3

SEPTEMBER 18, 2009

Check out this week's announcements !!!

In this issue of The Currents:

- Upcoming USG Funding Session!
- Metanoia on Preventing Violence Against Women!
- International Center Coffee Hour!
- AACC Hosts Welcome Back Soul Food Dinner!
- Hazing Lecture!
- UConn Foundation Launches Our University. Our Moment!
- Featured Advisor: Steve Kremer!
- Tip of the Week: Anxiety Disorders

"Everyone thinks of changing the world, but no one thinks of changing himself."

Leo Tolstoy

University of Connecticut

Department of Student Activities

Involvement Office

Student Union Room 302

www.getINVOLVED.uconn.edu

Phone: (860) 486-6588

Metanoia on Preventing Violence Against Women!

Thanks to a committed and persistent group of student leaders, the University is holding a Metanoia on Preventing Violence Against Women the week of **Sunday, October 4th** beginning at 4 p.m. through **Friday, October 9th**. Students asked and received approval for this Metanoia after the highly publicized sexual assaults on the Storrs campus last Fall. The date for the Metanoia is the 30 year anniversary of a Metanoia on violence in the community. While UConn has made significant progress on the programs and services that are available in the community to address violence against women, this event is an opportunity for us to have a more critical, reflective, and engaging dialogue about the behaviors, attitudes, and sometimes more subtle biases that contribute to sexual assault, dating/domestic violence, stalking, and sexual harassment. In addition, events are being planned at all of the regional campuses, and collaborations are taking place with the Schools of Law, Social Work, and Medicine. Information about all of the events will be available at the Metanoia website, www.metanoia.uconn.edu.



As we have been talking with various student groups on campus, we have asked four things from them (and would ask the same from you!):

- 1) Check out the website often for information and updates.
- 2) Attend the activities that are planned during the Metanoia.
- 3) Plan activities and programs with their student groups as part of this week.
- 4) If you don't see these discussions on your syllabus for the week of **October 4th**, ask your instructor about it.

Any questions or requests for additional information can be forwarded to metanoia@uconn.edu.

Attention Greek Life! Hazing Lecture.

Travis Apgar will be speaking on "Hazing: The Fallout," on **Thursday, September 24, 2009 at 7 p.m.** in Jorgensen Auditorium. It is an open and free event, so anyone is welcome to attend. This is a mandatory event for fraternity and sorority students and is sponsored by the UConn Greek councils. For more information on Travis and his program, visit: <http://www.campuspeak.com/speakers/apgar/>.

Featured Advisor of the Week: Steve Kremer



Steve Kremer is the Assistant Vice President for Student Affairs. His responsibilities include overseeing Residential Life, Dining Services, and the Student Union! When he's not occupied with occupational duties, he advises the student group, GUARD Dogs. Steve believes that student involvement and leadership are important in a student's life! He says that these two experiences are essential because "they provide students with a sense of belonging, an identity, and a way to contribute. Involvement and leadership are motivating forces in a person's academic life." Steve loves being an advisor because it gives him an opportunity to do something outside of his duties as Assistant Vice President for Student Affairs. The most rewarding aspect of advising this group for Steve is when he sees students learn to problem solve. This is a vital skill that students will take with them throughout life after UConn. Steve's advice to any staff or faculty considering becoming an advisor to a student group is, "Don't hesitate to take on this role and feel honored to be asked to advise. Advising is not as demanding as you might think."

Showcase Your Advisor!

The Currents is looking to highlight exceptional advisors. If you would like to feature your advisor in The Currents please send your advisors name to student0884@ad.uconn.edu.

Deadline for the next issue of The Currents

The next issue of the Fall 2009 semester will be released on Friday, September 25, 2009. Please have all inclusions for the next issue sent to Michelle at student0884@ad.uconn.edu by Thursday, September 24, 2009 at noon.

Upcoming USG Funding Session: Monday, September 21, 2009

To apply for funding from the USG, your organization **must** be a Registered SOLID Tier II Organization and your COO or CFO must attend a **USG Informational Session** once per academic year.



Funding packets are always due one week before the session. Monday and Thursday sessions are at 11 a.m. and Tuesday and Wednesday sessions are at 2 p.m. All sessions are in SU 221.

Feel free to contact the Funding Board Chairperson or the USG Office with any questions at 860-486-3708 or email at info@usg.uconn.edu.

International Center Coffee Hour!

On Wednesday, **September 23, 2009**, the International Center located on the third floor of the Student Union room 307 will be hosting one of many coffee hours to come this semester! All students are welcome. Students will have the opportunity to network with other students, International Center representatives, and learn about trips, sign up for trips, play games, and have refreshments! Some weeks will include a presentation and some weeks will be holiday-themed! Coffee Hour begins at 2 p.m. If you have any further questions, please contact Laurie Tompkins at laurie.tompkins@uconn.edu. For more information, visit <http://disp.uconn.edu>.

Welcome Back Soul Food Dinner and Affiliated Organizational Info!

The African American Cultural Center (AACC) will be hosting a Soul Food Dinner to welcome students back to school! There will be tables



set up by groups who are affiliated with the AACC for students who might be interested in getting involved and are not sure where to turn. This is a great way to meet other students, faculty and staff and enjoy performances! Dinner will be served **tonight** at from **6 p.m.—9 p.m.** in the Student Union Ballroom (330 & 331). For more information, please contact **Amanda Cannada** at Amanda.cannada@uconn.edu or call **486-2070**.

UConn Foundation Launches Our University. Our Moment.

The Campaign for UConn invites you to join us at a Campus Ice Cream Social on Friday, **September 25, 2009 at 12:30 p.m.** on Fairfield Way near the Student Union (rain location in atrium of CUE). The Campaign for UConn promises to take the University of Connecticut to a higher platform, continuing its rise to become one of the top 20 public research universities in the country. The goal of this multi-year campaign is \$600,000,000. To date, \$190,000,000 has been raised. All students are invited to join us, and are encouraged to wear UConn or student organization gear!



Tip of the Week: Anxiety Disorders

The most common mental illness in America, anxiety disorders impact over 23 million people each year. Here are several types, as researched by the National Institute for Mental Health:

- **Phobias.** Social phobia is when people are disabled by an overwhelming fear of scrutiny, humiliation or embarrassment in social situations.
- **Panic Disorder.** When intense fear strikes without warning, someone may be experiencing a panic attack. Symptoms include dizziness, shortness of breath, chest pain, heart palpitations, feelings of unreality, a fear of dying and abdominal distress.
- **Obsessive Compulsive Disorder (OCD).** About 3.3 million Americans suffer from OCD each year. Recurrent, unwanted obsessions or compulsive rituals that sufferers feel are out of their control mark this disorder.
- **Generalized Anxiety Disorder.** Sufferers experience consistent, exaggerated worries about everyday events and activities, expecting the worst even when there's no rational reason to do so.
- **Post-Traumatic Stress Disorder.** People who have experienced a traumatic event such as a natural disaster, car crash, child abuse, etc may have flashbacks, nightmares, or numbing of their emotion.

From PaperClip Communications, Inc.