


COVID-19 Update:

In accordance with the University's response regarding COVID-19 and out of abundance of caution, the Institute for Leadership and Service has made modifications to our spring programming. We are still dedicated to helping the Valparaiso University community make connections with one another, spend time in intentional reflection, and support one another during this rather unprecedented time.

Spring Changes

Our final Pathways to Purpose Speaker, Jason Wynkoop, will be rescheduled for the 2020 - 2021 school year. Our Out at Work Panel scheduled for April 24, will be canceled and held spring of 2021. Our Bridge/Work Conference, "Climate Change in Your Backyard", will be postponed until spring 2021. Civic Reflections that have already been scheduled have been moved online. We are beginning a Civic Reflection series where we will gather on Google Hangouts every Wednesday at 3pm to hold a reflection. Join us for our first reflection Wednesday, March 25th at 3pm using this [Google Hangouts link](#).

Pathways to Purpose Speaker Jason Wynkoop (April 1st) - POSTPONED TO NEXT SCHOOL YEAR

Bridge/Work (April 24th) - POSTPONED INDEFINITELY

Out at Work (April 22nd) - CANCELED

Civic Reflections Conversation- MOVED ONLINE (GOOGLE HANGOUTS)

Student Aide Interviews- MOVED ONLINE (GOOGLE HANGOUTS)

Watch out for announcements on how to stay involved with ILAS at home!


Spring Break Immersion Trip - "Thirst for Justice"

The first week of spring break, the Thirst for Justice class journeyed to Detroit and Flint, Michigan where they learned about environmental justice and sustainability issues. Students met with community leaders, area Valpo alumni, coalitions, and organizations including the Michigan Environmental Justice Coalition, Flint Urban Renaissance Center, and Boggs Center. Students also took in art and history of Detroit by exploring different museums including the Arab-American Museum, Dabls Mbad African Bead Museum, and Detroit Historical Museum. The class was able to reflect on how they could make a difference in their different disciplines.

Check out more pictures from our trip on our [Facebook page!](#)



APPLY BY APRIL 15



FALL 2020 STUDENT AIDES WANTED

COMMUNICATION PROGRAMMING
 CIVIC REFLECTION
 DEPARTMENTAL INTERNSHIPS



Student Aide Application

Looking for a work study job or internship for next school year? We're hiring student aides! We are looking for responsible, motivated students with excellent communication skills and a willingness to participate in both the creative and logistical sides of programming! Apply on [Handshake!](#) Applications are now due April 15.

Staying Connected at Home

Civic Reflection is moving online! Our first conversation will be taking place on Wednesday, March 25th at 3pm where we will be discussing reactions to COVID-19. Please use [this link](#) to join. Remember that these conversations are meant for people to express their feelings in a safe space as we strive to build bridges of understanding in the midst of differences.

Our second conversation, we will be talking about the effects of poverty in the United States on Wednesday, April 1st at 3pm. Please use [this link](#) to join.

While campus remains open, ILAS staff members will still be around the Helge Center. Please email us to ensure that we are in the office if you want to chat in person. Engage with us online by checking out Podcast Meets Purpose on Spotify, on social media by watching our previous events on our Youtube Channel and looking for updates on our Instagram and Facebook! The links to all our social media accounts can be found at the bottom of this newsletter. Check out the list of podcasts below to incorporate in your daily routine.

PODCAST PLAYLIST

To Stay Up To Date Without Being Overwhelmed

The Daily
NPR's Up First
NPR's Life Kit
The Weeds

To Feel Validated & Inspired

Podcast Meets Purpose
Teenager Therapy
TED Talks Daily
Wow in the World
Poetry Unbound

To Be Entertained & Educated

Flimspotting
Let's Talk About Myths
Getting Curious with Jonathan Van Ness
Stuff to Blow Your Mind
You Must Remember This

Remember social distancing does not mean social isolation. Here are some tips to make the most of your day.

1. Create a schedule for yourself.
2. Set limits on how much time you spend taking in new information.
3. Take breaks during the day to practice mindfulness.
4. Set video calls with friends and family members.
5. Allow yourself to authentically feel your feelings.

Media Representation Survey

Students in the Social Work Department are conducting research on the effects of representation in media on race perceptions on college campuses. Please take 10 minutes to fill out [their survey](#) and you could be entered in a raffle for a \$25 Amazon gift card.

SHARE YOUR VOICE!
WIN A GIFTCARD!

VU students are looking to hear from YOU about your thoughts on "Representation in Media". Follow the link for a chance to win a \$25 Amazon giftcard!

<http://bit.ly/2vsw2hU>

Stay up to date on everything ILAS by following us on social media and [subscribing to our newsletter!](#)

