



Week 15: You Got This!



Happy last week of classes! With finals coming up, we are opening the IME Suite for extra study hours this weekend. See below for more information. Additionally, we have lots of destress events happening throughout the week, so be sure to check those out when you need a study break. Congratulations for making it to the end of the semester! See you in the New Year!

For PDF versions of archived, visit the [IME website](#) or click [this link](#).

What's Happening

Here's what's in this week's IME Newsletter:

MLK Week

- MLK Week: Do Good Trouble
- Pre-register for events

IME Events

- IME Study Halls
- End Semester Check-In: Come make Gratitude Cards and Chat
- The Let Out
- Essential Needs Program
- Join the 2024-25 IME Team!

More Events

- Make care packages for yourself or a friend before finals!

- Sweets and Chill Study Break
- Winter Break Hours and Swap Spot
- Neurodivergent Necessities Fund is NOW OPEN!
- Meaningful Care Conference; Surviving and Thriving: Beyond Resilience

MLK Week



MLK Week: Do Good Trouble

Our annual MLK Week events will take place during the first week of the Spring semester, from January 15th to January 20th, 2024.

Events will include a service project with the Blanket House, a Creating Good Trouble Summit on activism, and a workshop discussing Music as a Tool for Justice.

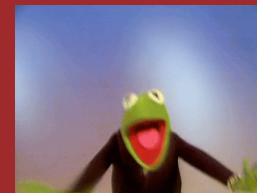
Pre-register to participate in our Volunteer Day, Do Good Trouble Summit and Music as a Tool For Justice Conversation Project!

Do Good Trouble
RSVP

Volunteer Day RSVP



IME Events



IME Study Halls

Friday, Dec. 15 - Sunday, Dec. 17

COME STUDY IN THE IME SUITE (FINALS VERSION)

Looking for a change of scenery? IME is extending our hours so come study in the IME suite!



Friday Dec. 15th from 5-9pm



Saturday, Dec. 16th from 1-9pm



Sunday, Dec. 17th from 1-9pm

Questions/accommodations email
multicultural@lclark.edu



IME Suite (3rd Floor Fowler)

The IME suite will be open for extended hours for study space! Come study in the suite on Friday, December 15th until 9pm. The suite will open again from 1-9pm on Saturday the 16th, and Sunday the 17th! If you need a change of scenery, or just need a quiet place to study close to the dorms, come on by!

End Semester Check-In: Come make Gratitude Cards and Chat

Thursday, December 14

2:00-4:00pm

IME Suite (Fowler 325)

End of semester check-in and make gratitude cards for your friends, professors, staff, or family before you head out on break. We can chat about how your semester is going and what you are looking forward to during break (or anything else that comes to mind).

End of Semester Check-in

Come make gratitude cards and chat about:



- ☐ Changing/uncertainty about major
- ☐ Returning home for the first time for a long break
- ☐ How was your first semester
- ☐ Successes and Improvements
- ☐ Whatever else you'd like to chat about

Join us in the IME Suite (Fowler 325)

Thursday Dec. 14th from 2-4pm

Hot cocoa and cider will be provided

Questions/accommodations email
multicultural@lclark.edu



The Let Out

Thursday, December 14

5:30-6:30pm

IME Suite (3rd Floor Fowler)

The Let Out is a safe space where BIPOC students can talk about mental health issues with a professional.

The last Let Out session of the semester with Christabel will be a Trivia Night! Come learn, be in community, and dine over pizza. There will be prizes!

IME is launching a new initiative that provides fill-ins for essential items we recognize can be costly. Please take what you need guilt-free!

These items will be available in a basket during IME working hours. Items include toothbrush, toothpaste, body wash, deodorant, and lotion.

For more resources, check out the ReUse Room and the EIJC Grant.

If you need an item that is not provided, please email multicultural@lclark.edu



Essential Needs Initiative
Take what you need
Don't feel guilty!

- IME is launching a new initiative to provide fill-ins for essential items we recognize can be costly
- If you need an item we don't provide, please contact us!

Items include
Toothbrush,
Toothpaste,
Body Soap,
Deodorant,
& Lotion

Need more resources? Check out
ReUse Room Hours:
Wednesday, Friday
from 2pm - 5pm
EIJC Grant:


Find these supplies in the IME Suite
questions? email
multicultural@lclark.edu



Join the 2024-25 IME team

IME STUDENT STAFF
(HOURLY)
[TINYURL.COM/2425IMESTAFF](https://tinyurl.com/2425IMESTAFF)

GEM MENTOR
(STIPEND)
[TINYURL.COM/2425GEMMENTOR](https://tinyurl.com/2425GEMMENTOR)

QUESTIONS? CONCERNS? EMAIL US!
[MULTICULTURAL@LCLARK.EDU](mailto:multicultural@lclark.edu)

Join the 2024-25 IME Team!

IME is hiring for next academic year! Consider joining our IME staff team or becoming a Great Expectations Mentorship (GEM) Mentor!

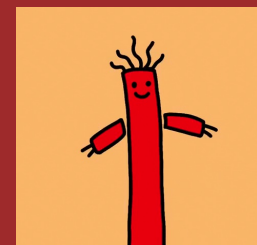
Applications for staff closes on January 28th! Applications for GEM Mentors closes on February 11th! You can apply to both!

Student Staff
Application

GEM Mentor
Application



More Events



Make care packages for yourself or a friend before finals!

Tuesday, December 12



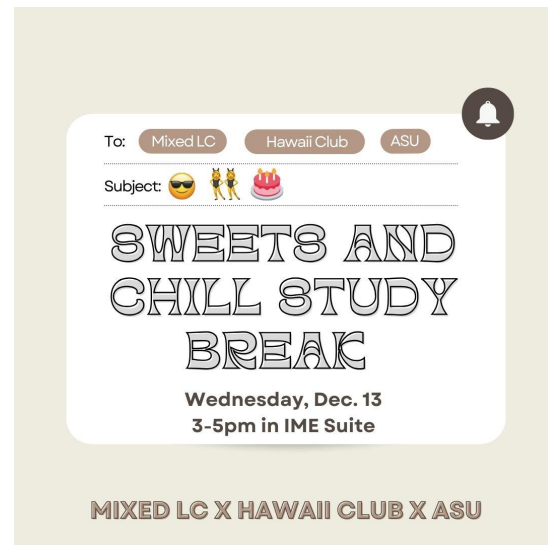
4:00-6:00pm
Fowler 244

Join the Third Culture Kids Club for an evening of self care packages. Candy, stress balls, stickers, pencils, chapstick, hand lotion, instant coffee, and face masks available as supplies last!

Sweets and Chill Study Break

Wednesday, December 13
3:00-5:00pm
IME Suite (3rd Floor Fowler)

Join Mixed LC, Hawaii Club, and Asian Student Union for a collab study break social this Wednesday! We'll have mini bundt cakes, cookies, and hot chocolate!



Winter Break Hours and Swap Spot

December 11 - January 3
Open 8am-8pm
Roberts 112

Roberts 112 (formerly Maggie's) will be open during Winter Break! There will be the opportunity to get food, swap clothes, and get other necessities or household items for those staying on campus during the break.

Neurodivergent Necessities Fund is NOW OPEN!

We are proud to announce that Neurodivergent Student Union is officially launching our Neurodivergent Necessities Fund!

Our fund will cover anything under \$50 that falls under neurodivergent needs (except for medical expenses like doctor appointments or prescription medications). More details can be found at the beginning of the form for applying.

Please email us at neurodivergent@lclark.edu with any and all questions!



The Neurodivergent Student Union
The Neurodivergent Necessities Fund
is OPEN for 2023-24!

Need financial support for an expense related to a learning difference or other neurodivergence?*



APPLY NOW!
No diagnosis or membership necessary
Questions? email neurodivergent@lclark.edu
bit.ly/NDFund2324

*the Neurodivergent Necessities Fund is not able to cover medical costs at this time.

Apply
Here

Meaningful Care Conference; Surviving and Thriving: Beyond Resilience

The 2024 Meaningful Care Conference is the effort of a group of 2SLGBTQ+ focused community programs and individuals. The goal is to provide healthcare provision, utilization, satisfaction, and outcomes for 2SLGBTQ+ consumers. **Event is on March 27, 2024, in Portland, Oregon.**

Email rgreim@orpc.org AND erin@bbbcollective.org

Visit the IME Suite on the 3rd floor of Fowler: 9-5pm Monday to Friday

Interested in submitting something to be added to the IME Newsletter?

If you would like to submit something to be added to the IME newsletter, please fill out the form below. The IME newsletter goes out every Monday morning (or Tuesday if Monday is a holiday). All submissions to make it into the weekly newsletter must be done by Monday at 9am or they will be added to the following week's newsletter. ***For the Spring 2024 semester, please complete this Google Form by Friday at 5pm to ensure it gets included in the following Monday's newsletter.***

Newsletter Submission



Lewis & Clark College | 0615 SW Palatine Hill Rd., Portland, OR 97219

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