

MAKE YOUR MISSOURI STATEMENT™

BEAR POWER

September 2023



Events!

Music & Student Showcase

Dr. Chris Craig and his fellow band members of Static in the Attic performed for the community and several students were able to participate! Whether it was behind the scenes or performing, everyone did a great job!



Open House

Thank you to those who came or participated in our Open House! We had great speakers- President Clif Smart, Dean of Education Dr. Barri Tinkler, Dr. Chris Craig, student panelists, ambassadors, internship placements, and faculty!



GRADUATE ASSISTANTS (GA) SPOTLIGHT

Bear POWER has 3 great GAs this year! Alyssa started in January and we welcomed 2 new GAs this fall. Please welcome Lyndsi and Kayla! Lyndsi was previously an Ambassador as well! Alyssa is getting her Master's degree in School Counseling. Lyndsi is getting her Master's in Speech-Language Pathology. Kayla is getting her Master's in Occupational Therapy.



UPCOMING EVENTS

- Homecoming - Oct. 21
 - Parade starts at 9 am
 - Football game starts at 2 pm
 - Reunion! 6-8 pm - Ellis Hall
- Dr. Temple Grandin speaks to students 11/9/23



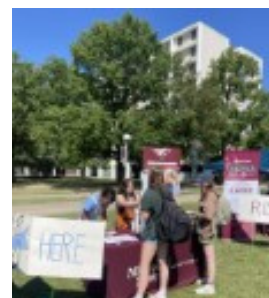
ACADEMIC SUPPORT AND INTERNSHIP SEMINAR

Cohort 3 and 4 have been diving deep into various marginalized identities. This semester we are focusing on "Community Engagement" and how we can organize within our community to help others. Using our advocacy, how can we help the various marginalized identities in our community? We have had guest presenters from our community and campus partners speak on their area of expertise, so far, we have had the following presenters: Religions, Patriarchy, LGBTQIA+, BIPOC (Black, Indigenous, People of Color). The goal of these presentations is for the students to increase their cultural competence which aligns with Missouri State University Public Affairs Mission. We also have been partnering with the Mizzou University Nutrition program to help our students with their nutrition and cooking skills. So far, we have made cowboy caviar, fried rice, and a bean salad. Also discuss the importance of physical activity and how to shop like an expert (e.g., grocery list, don't shop while hungry, coupons, budget, farmers market).

Cohort 5 has been discussing "Reading and Writing Comprehension" and having guest presenters for the "Health and Wellness Series". When students have been studying for their other classes, they have been asked to write down words that are confusing to them. They were then asked to figure out the appropriate grammar and definitions. During class, we have been working together on how to use the new difficult words, grammar, and definitions to build our own sentences. We have also been working on Anticipation and Predication, which is a framework for students to be able to build a scaffolding to understand their various texts. Students have also had the following individuals come and talk to them during "Health and Wellness": Missouri State Library, Missouri State Counseling Center, and Missouri State Foster Recreation Center.

Fresh Check Day

Fresh Check Day is a program through the Jordan Porco Foundation and was coordinated by our Missouri State University Counseling Center. This day is a great day for students to check in with various resources on campus to support mental health and suicide prevention. This day included several interactive booths, each with a different meaning and ways to support college students. A total of 184 individuals visited Fresh Check Day! Bear POWER was able to be a part of the "U Belong Here" booth which is to start a conversation of how to manage stress during college and what resources are out there. Caleb Hatz (Program Coordinator) and Bear POWER Students (Henry, Echo, Desiree, Easton, and Madi) helped talk with students about how important supportive connections are and how to create self-care routines.



SUPPORT BEAR POWER

We couldn't help support students and give them opportunities to engage on campus without donor's financial support. If you can help support our program, and want to make a donation, please scan the QR code or go to <https://securelb.imodules.com/s/1691/foundation/interior.aspx?sid=1691&gid=2&pgid=1053&cid=1991>



Good news!



- Bear POWER was awarded a \$3000 grant from Finley River Community Foundation for a student scholarship!
- The Arc of the Ozarks granted 4 students with scholarships!
- Three students have been hired as student workers at MSU!
- A fundraiser with Pampered Chef has raised over \$264 for us to purchase kitchen tools to use!
- A student was awarded a scholarship from Ruby's Rainbow!

ACCEPTING APPLICATIONS

We are accepting applications for Cohort 6 which will start in the Fall of 2024! Applications are due December 1st, 2023. Applications and information can be found on our website.