

# BEAR POWER

April 2023

Monthly Newsletter



## IPSE Day!

Join us in raising awareness about inclusive postsecondary education for students with intellectual disability. Let's make sure everyone knows that college is an option for everyone! #Inclusion #HigherEducation #ThinkCollege #DisabilityRights



Bear POWER invites you to celebrate #IPSE2023 Day on May 1, 2023! IPSE Day (Inclusive Postsecondary Education) is a day that celebrates inclusive secondary education for students with varying ability levels! This day also spreads awareness and advocates for individuals with disabilities to have access to college and universities. Come by Hill Hall 216 on May 1st to learn more!

1. Use Social Media to spread awareness:

- I support #IPSEDay2023 because [include your reason here] #InclusiveHigherEd
- Snap a photo or take a video and share it on social media with #IPSEDay2023
- Did you know that college is an option for students with #IntellectualDisability? #IPSEDay2023 #InclusiveHigherEd
- Students with #IntellectualDisability can continue to learn after high school, just like their peers and their siblings. #IPSEDay2023 #InclusiveHigherEd

## Internship

Riley is completing her internship at the Child Development Center on campus. The Child Development Center's first floor of the facility includes an infant activity area, a toddler activity area, a two-year old classroom, a kitchen, and support areas. The second floor includes the preschool program, offices, and conference room. The Child Development Center can serve up to 88 children from 6 weeks to 5 years of age. They are cared for and taught by highly qualified teachers. Practicum students, under the supervision of faculty and staff, complete field experiences at the Child Development Center.

Here's what Riley says- What I do at my practicum:

I observe the kids

I play with him and interact with them

I learn and grow with them



## UPCOMING EVENTS

- May 1st - IPSE Day - come by Bear POWER (all day event)
- May 1st - Insomnia Cookies Social (Meet at Hutchens at 2:45 pm)
- May 12th - Celebrate the end of the semester! Hill Hall 2 pm: yard games and popsicles!



Monthly Newsletter

# ACADEMIC SUPPORT AND INTERNSHIP SEMINAR

As we transition to the end of the school year we acknowledge stress levels are higher than normal. Students are studying for finals, completing papers, finalizing group projects, etc. During this time, the feedback we have received from our students is to transition from less lecture-based courses to more workshop days. During these last months, students have worked with Caleb to create a rubric for their internship. This presentation is to help students advocate for what they want on a rubric and what they want to present, strengthen their presentation/public speaking skills, critically think and ask the presenter questions, help with interview questions, etc. Some of the items on the rubric consist of: "What new 3-5 skills have you developed while working at your internship", "What skills do you want to increase at your internship (e.g. area of growth/weakness), and how you are creating solutions for overcoming this area". We are proud of the students this semester - they all have done a great job in their classes and internship!

## Self-Care!

With the semester wrapping up, finals approaching, and summer just around the corner, this can be a stressful time for students. Remembering to take care of yourself is crucial for completing the last few weeks of school. Here are some stress management tips to help guide you to the end of the semester...

1. Dedicate one hour a day to doing something you enjoy! Some ideas include going for a walk, watching your favorite show, and attending a fun event on campus.
2. Give yourself enough time to study for finals- don't wait until the night before to look over your notes!
3. Make sure you are getting enough sleep each night
4. Try to be active for 30 minutes a day to give yourself a brain break
5. Study with friends, your ambassadors, or your graduate assistants to make studying more enjoyable!

## 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, 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> to make a donation!



## FALL 2023

We are currently accepting applications for the next cohort! **Only 2-3 spots left!** Please visit this website for further information and directions on how to apply! DEADLINE is June 1, 2023!

<https://www.missouristate.edu/BearPOWER/first-steps.htm>