From the desk of our director

By Michiko Nakashima-Lizarazo
Director | mnakashima@weber.edu

As we are embracing the seasonal changes with the changes in color, falling of leaves, and the brisk-chilled wind, the Multicultural Student Center (MSC) is also experiencing changes. With the recent hiring of two staff members (Areli and Mike); implementation of an enhanced Student Intake system; the continuation of training and employment of our dynamic STEPS program (student employees); financially supporting scholarship and leadership recipients; and a recently painted suite with new furniture on the way, we are truly delighted to help guide, advise, and mentor those who visit us.

I recently had a discussion with an insightful and dedicated group (our student employees-STEPS). "Trust" is an exceptional trait that we must cultivate. I trust that our administration will continue to support the MSC in its mission and goals. I trust that our community will continue to mentor, lead, and hold us accountable. I trust that our students will obtain and seek out the opportunities that are offered to them. I trust that these same students will ask questions, get advice, follow through, visit us or other support services, and flourish in their collegiate experiences. Please stop by and visit!

Our student employees have put together another wonderful newsletter full of flavor and life! Feel free to forward the attachment to friends and family interested in information about our department. We wish you and your families a relaxing holiday from all of us at the MSC!

Native American Heritage Month

By Sergio Benson
Peer Assistant | sergiobenson@weber.edu

In November we are celebrating Native American Heritage. Below are a list of events staff, students and the public can attend.

November 6th, 2014 12:00 p.m. - 2:00 p.m.
Nino Reyes will be speaking, playing the flute, and pow wow dancing in the Union Building Atrium. Miss Indian WSU, Kamiah Lansing will be speaking at the event as well.

November 12th, 2014
WSU 9th Annual Native Symposium (Ceremonies, Songs and Prayers) with keynote speaker Chief Arvol Looking Horse.
Sunrise Ceremony: 7:00 a.m. near Browning Center
Keynote address:10:30 a.m. in Wildcat Theater
Round Table Discussion & luncheon: 11:30 a.m. in Ballroom C
RSVP required for Luncheon- Free and open to public
For more information contact teresaholt@weber.edu or call 801-626-6957

November 14th, 2014
"Rock Your Mocs" - On this day students are highly encouraged to wear moccasins in celebration of Native American Heritage Month.

November 24th, 2014 12:00 p.m. - 2:00 a.m.
Carrie Dallas will be speaking and pow wow dancing in the Union Building Atrium. Miss Indian will be speaking. Miss Indian WSU, Kamiah Lansing will be speaking at the event.

Multicultural Student Center
Student Service Building, Suite 150
Monday-Friday | 7:30am - 4:30pm
801-626-7330
multicultural@weber.edu
www.weber.edu/multicultural
Newsletter: Ana Reyes
Five Tips to Combat Stress

During Finals Week

By Maria Huerta
Peer Mentor | mariahuerta@weber.edu

That dreadful time of the semester is approaching us once more. Finals weeks is closer than we expect, and the stress and anxiety that come will pile up. So here are 5 different things we can do to minimize this stressful time.

**TIP #1 STUDY NOW RATHER THAN WAITING UNTIL FINALS WEEK**

Not only will this minimize stress, due to the fact that you won’t have to pull an all nighter, but you will actually learn the material better and retain it. It is scientifically proven that students whom spread their study time will remember the material for longer. This techniques helps transfer information from short-term memory to long-term memory. This will give you more time to review and won’t be as stressed because you haven’t gone over the material.

**TIP #2 MAKE A STUDY GROUP WITH OTHERS IN YOUR CLASSES.**

If you study with others in your class it will help your comprehension on the material. Others in your class may have understood the material better than you did. This way they can explain the subject to you in a way you can understand, or they may be struggling with the a concept you understood fairly well. This is a great way to study as well as helping others in your class.

**TIP #3 TRY TO GET SOME TYPE OF PHYSICAL ACTIVITY DONE DURING THAT WEEK.**

The American Heart Association recommends that American adult exercise for 30 minutes, 5 times a week, to be healthier and in shape; not to mention that it also helps us be less stressed. This way you can focus better and understand the materials you learn. You will be less tired, have more energy to study, and can do other tasks without burning out. Try going to the Swensen Gym, it’s free to all students.

**TIP #4 TAKE TIME TO RELAX**

It is also important to take time for yourself, whether it be just staying at home and watching a movie or going shopping with friends. Not everything should be school and work, because that can add more stress that isn't needed. It is best to take a break once in a while without compromising your grades. So go out and have fun but be safe!

**TIP #5 VISIT THE STRESS RELIEF CENTER**

If you have built up stress then you should go to the WSU Stress Relief Center. This is also a free service paid by student fees, which means that we should take advantage of it. You can be relaxing while studying or just go in there and do nothing else than relax. They have cool machines like the inverse table, light sound machine, massage chairs, chi machine and others that help relieve stress. It is located in the Swensen Complex in rooms 60 and 61. Hours are Monday-Friday from 8:00am-4:30pm.

International Week

By Juhi Dubal
Peer Mentor | juhidubal@weber.edu

The International Student Center is hosting a weeklong event featuring cultures from all around the world. There will be educational speakers, a World Cup soccer tournament, game show, dance performances, and so much more! This will happen the week of November 17th from 11-1 PM in the Union Building. The purpose of having International Week is to bring cultural awareness to the campus. It is crucial in this day and age to learn and respect different cultures, but have a fun experience learning about them. All students are welcome to enjoy what is offered! If you are interested in participating in any events or would like to find out more about it, please contact Senator Hasan Nezam at hasannezam@weber.edu or Senator Juhi Dubal at juhidubal@weber.edu.
By Chelsea Bybee
Peer Mentor | chelseabybee@weber.edu

Each fall break, Weber State University’s Leadership Team puts together an annual leadership conference that features keynote speakers and faculty presenters. On October 16-17th, 2014, dozens of students participated in this event, including a few of the Multicultural Student Center’s student employees. This two-day event provided an opportunity for students to discover their inner leader by developing qualities that will enhance their natural leadership style. From enchanting speakers, exciting activities, and delicious food, this fun-filled event gave an everlasting impression to those in attendance. Weber State University Student Association’s (WSUSA) Leadership Team is one of the many student leader programs offered through the department of Student Involvement and Leadership. If you would like to know more information about how to get involved with WSUSA, please visit the department of Student Involvement and Leadership located in the Shepherd Union Bldg. in room 326.

Works Cited

By Ana Reyes
Web Master | anareyes1@weber.edu

Asian Area Council

By Juhi Dubal
Peer Mentor | juhidubal@weber.edu

We are having such a great semester and we hope you are as well! Our Council helped sponsor the BSU Dead Man’s Dance. AAC is also helping the event of International Week. The Dead Man’s Dance accepted canned food donations to give back to the community. International week will be featuring cultures around the world in ways of game shows, soccer, and dance. Next semester we are working on having a social! This will be open to everyone and it is going to be a blast! There are several themes that are being considered and any ideas are welcome. We will also be participating in the International Banquet that features several talent performances through the night with amazing food. If you would like more information or would like to get involved, contact Senator Juhi Dubal at juhidubal@weber.edu.

By Sujely Mendoza
Peer Assistant | sujelymendoza@weber.edu

Hispanic Area Council

For the month of October, HAC set up the Altar De Muertos display on the Shepherd Union and volunteered at the Ogden Cemetery. HAC is planning a soccer fundaising event for the Spring semester. To find out more about HAC and their meeting times please contact the hispanicareacouncil@gmail.com.

Tasty Thursday

By Sujely Mendoza
Peer Assistant | sujelymendoza@weber.edu

Tasty Thursday is an event that we offer at our center to all students. It is to give students different perspectives of other cultures and a tasty cuisine. We bring free delicious samples of food one Thursday of each month. Our goal is to interact with students and have them be aware of our center. We want students to know what our center has to offer. Our last Tasty Thursday in October was a huge success. More than one hundred students came and enjoyed food from Brazil and Argentina. We had empanadas, Brazilian rice (feijoada) and caipirinha. Students also engaged in a fun activity which was making flowers for Dia de los Muertos. Most students did not know about the making of the flowers but really enjoyed it and had a great time.

We are excited to announce that next month we will be celebrating Africa. Keep a look out for next semester. It is still in the process of planning, but we guarantee it will be great. In January we will be celebrating Asia; in February, we are introducing Europe; March is Australia, and in April we are celebrating Antarctica. We are looking forward to seeing everyone come and support our events while enjoying delicious foods and cultural enrichment activity from around the world.
Dead Man's Party

By Niesha Miller
Peer Mentor | nieshamiller@weber.edu

Black Scholars United would like to thank collaboration organizations, Asian American Council, Hispanic Area Council, TOA, Spanish Club, Harambee Network, Greek Life, and WSUSA Senate for throwing our successful, 2nd Annual Dead Man’s Party. It was entertaining, energetic, and very interactive. The event was held on October 31st at the Union Shepherd ballroom. There was a costume contest and a DJ battle. The DJs were DJ Joune and Z-Jax. Over hundreds cans were donated to Weber Cares Food pantry. Thank you again!

BSU will also be a part of three conferences, “Expect the Great”, held November 8th, Village campus tour which is scheduled for November 12th, and BSU’s first trip in Lincolnshire, Illinois to attend the National Black Student Union Conference. This conference will be held November 21st- 23rd and will help us gain leadership, unity, and how to face real life challenges. For our Village Campus tour, we ask for volunteers to help give our youth a grand experience here at Weber State University, and hope that our campus suits them enough to become future Wildcats! For any information, please contact Niesha Miller at nieshamiller@weber.edu or Michael Suttle at michaelsuttle@weber.edu.

Calendar

Martin Luther King Jr.

When: November 5
Time: 3:30 PM - 4:30 PM
Where: Center for Diversity and Unity
kelseytaulbee@mail.weber.edu

Nearly Naked Mile

When: November 7
Time: 5:00 PM - 11:00 PM
Where: Shepherd Union Ballroom
www.weber.edu/races

Turkey Triathlon

When: November 8
Time: All day event
Where: Stewart Bell Tower Plaza
www.weber.edu/races

Veterans Day Celebration

When: November 11, 2014
Time: 9:00 AM - 3:00 PM
Where: Davis Campus D3 Ballroom
jgrandi@weber.edu

Asian Film Series

When: November 12
Time: 7:00 PM - 9:30 PM
Where: Wilcat Theater
glewis@weber.edu

10th Annual Native American Symposium

When: November 12
Time: 9:30am - 1:00pm
Where: Wildcat Theater
tracijacobson@weber.edu

Power by Pizza

When: November 12
Time: 11:00 AM - 2:00 PM
Where: Shepherd Union Sky Room
indianielsen@weber.edu

Taboo Talks: Body Image: Set Up for Failure

When: November 20
Time: 12pm - 1pm
Where: Center for Diversity and Unity
codybrown2@mail.weber.edu

Tasty Thursday

When: November 13
Time: 11pm - 2pm
Where: Multicultural Student Center
www.weber.edu/multicultural

Issues Trial ADP - Gender Equity

When: November 19
Time: 11:30am - 12:30pm
Where: Wildcat Theater
tracijacobson@weber.edu

Stay in contact with the Multicultural Student Center