LETTER FROM Lyn

The recent celebrations of Martin Luther King Jr. Day and MLK Day of Service have caused me to pause and reflect not only on the importance of service, but also on the value of persistence, education, and growth. It was only 36 years ago that, with the dedicated support of individuals, Congress passed the bill to legally recognize the achievements and legacy of Dr. King. Even with that bill being signed into effect in 1983, the first national Martin Luther King Jr. Day was not celebrated until January 18, 1986.

Today, nearly a half century after the work to recognize Dr. King began, the day has evolved and promises to continue its evolution. This state of change serves as a powerful example to us in Student Affairs—an example of what can be achieved through persistence, education, and growth. At the core of any university is a desire to actively engage students in these pursuits. Persistence is key to achieving higher education, which ultimately empowers our students to grow and prepare for the rest of their lives. I know that the work you do in Student Affairs is integral, and directly related, to this development of students at ISU.

When I look at our programs, it is clear that each of you contribute to this fundamental development of our students. Counseling and Testing helps students to overcome their challenges, provides them with resources to make informed decisions, and offers the tools to persist. University Housing provides our students with a community, introduces them to diversity, and provides a broader perspective of the world through encouraging cooperation. The Career Center opens horizons for growth, presenting students with opportunities to develop in a direction they may have never considered.

These interactions are not unique to specific departments and can be seen across the division of Student Affairs. I am proud to work with each of you as I look at what you help our students achieve. Together, we are developing leaders who will shape our future.
In 1994 Congress dedicated Martin Luther King Jr. Federal holiday as a national day of service. To further this commitment of service each year, on the third Monday in January, the MLK Day of Service is observed as a "day on, not a day off." MLK Day of Service is intended to empower individuals, strengthen communities, bridge barriers, create solutions to social problems, and move us closer to Dr. King's vision of a "Beloved Community." With these goals in mind the Leadership, Orientation, and Service team invited students and the ISU community to participate in this national day of service. Thirty-four students, three staff members, and one faculty member participated in service projects at either the Idaho Foodbank, Idaho State Veterans Home, or Caring Hearts Assisted Living.

Those who participated at the Idaho Foodbank worked to prepare backpacks for students in school district 25. The Idaho Foodbank’s Backpack program ensures that students who are chronically hungry have access to adequate food over the weekend by providing them with a backpack full of nutritious, kid-friendly food every Friday during the school year.

Volunteers at the Idaho State Veterans Home helped to organize the library and facilitated a game of bingo, which is a long-standing tradition for the residents. At the Caring Hearts Assisted Living center volunteers interacted with residents and also participated in games, coloring, and piano playing. In a self-reflection survey many volunteers noted they felt they had helped, learned more about their own personal strengths, and made an impact that was appreciated. Another noted that volunteering helped them step outside themselves and lift others up.

Brooke Barber, Director of Leadership, Orientation, and Service concurs with the sentiments of these students. She expressed that participation in the MLK Day of Service allowed participants to move beyond themselves and gain a different perspective of the world. She noted that those who participate in the MLK Day of Service not only honor the legacy of Dr. King, they also strengthen Bannock County.

There is no shortage of facilities in need of volunteers. If you are looking for experiences to develop your staff, volunteering can provide a unique opportunity to connect with one another, while serving a greater good. To find out about volunteer opportunities in our community, please email lead@isu.edu.
Counseling and Testing

RESPOND Mental Health Training for Faculty and Staff
Feb. 8, 8:30 AM-4:30 PM, Idaho Falls Campus (Full Day Session)
Feb. 28 & Mar. 1, 1:00 PM-4:30 PM, Pocatello Campus (Two Half Day Sessions)

QPR: Suicide Prevention Training for Faculty, Staff, and Students
Feb. 7, 3:00-4:30 PM, Rendezvous 122
Mar. 6, 3:00-4:30 PM, Rendezvous 122

Trainings are offered free of charge. Please contact Counseling & Testing to RSVP as space is limited. For more information, visit us online or call 208-282-2130.

Career Center

Spring Career Fair-February 20, 2019, Pond Student Union Ballroom 9:00 AM-2:00 PM. With over 50 employers attending the Career Fair, this event promises to benefit students and alumni by providing career, internship, and networking opportunities. The Career Center can help students get the most out of this fair through resume reviews, “elevator speech” prep, and other tips.

Students interested in Career Fair preparation can make appointments through Handshake or by calling the Career Center at 208-282-2380.