



# StateLines

For and about FSU people

A publication of Communications and Media Relations

Volume 53, Number 29, May 8, 2023

Copy deadline: noon Wednesday, Candis Johnson at [cvjohnson@frostburg.edu](mailto:cvjohnson@frostburg.edu)

For all events, FSU is following CDC guidance based on current area conditions. For current health and safety guidelines, visit [www.frostburg.edu/COVID19](http://www.frostburg.edu/COVID19).

## FSU Celebrates Class of 2023 Grads at 162nd Commencement



From left, student speakers Savannah Kent, Elias Baroudi and Jalon Sommers

FSU will celebrate the achievements of its spring 2023 graduating class at the 162nd Commencement scheduled for **Saturday, May 20**, during two ceremonies in the Cordts PE Center Main Arena.

FSU President **Dr. Ronald H. Nowaczyk** will confer degrees and present diplomas to the graduates of the Colleges of Liberal Arts and Sciences, Business and Education.

The College of Liberal Arts and Sciences ceremony will start at 9:30 a.m. and will feature student speaker **Savannah Kent**. The Colleges of Business and Education ceremony will begin at 2 p.m., featuring student speakers **Elias Baroudi**, College of Business, and **Jalon Sommers**, College of Education.

Kent, of Edgewood, Md., graduates with a bachelor's in liberal studies, with a concentration in visual arts. She has taken a rigorous academic load, including honors coursework, and successfully maintained a cumulative GPA of 3.61, consistently making the Dean's List at FSU. Kent is very interested in social sciences, art and photography and had the opportunity to work with FSU's social media marketing team as an event photographer for the past three years. She was active in several organizations across campus, including the Black Student Alliance and the National Council of Negro Women. Kent was selected for the Sloop Leadership Institute and for participation in the ECHOSTARS program. Kent currently operates her own freelance photography business.

Baroudi, of Frederick, Md., graduates with a bachelor's in business administration, with a concentration in finance. While at FSU, Baroudi has maintained a cumulative 3.97 GPA and always took his academics very seriously, consistently striving for excellence. Baroudi made the Dean's List every semester at FSU. He was a member of several highly selective national honor societies and served as a resident assistant and vice president of finance for the Residence Hall Association. After graduation, Baroudi has plans to work for Textron Systems, an aerospace and defense development and manufacturing firm and Fortune 500 company based in Baltimore.

Sommers, of Salisbury, Pa., graduates with a bachelor's in elementary/middle school education. Throughout his time at FSU, Sommers has maintained excellent grades, culminating in an overall GPA of 4.0 and making the Dean's List every semester. He gained invaluable teaching experience serving as a teacher apprentice, teacher assistant and, most recently, a teacher intern. During Sommers' internships, he had the opportunity to create and teach lessons in English language arts and figurative language. He was a Teacher of Promise nominee in 2023 as well as the recipient of the Hattie M. Strong Scholarship and the McKaig Scholarship. Sommers was also a member of the National Honor Society of Leadership and Success at FSU.

**Dr. Traki L. Taylor**, provost; **Dr. Michael Mathias**, dean of the College of Liberal Arts and Sciences; **Dr. Sudhir Singh**, dean of the College of Business; and **Dr. Boyce Williams**, dean of the College of Education, will present candidates for degrees.

Tickets are required to attend the 162nd Commencement. For info, visit the Frostburg Commencement webpage at <http://www.frostburg.edu/events/commencement>. The ceremony will also be livestreamed. For the livestream link, visit the FSU home page at <http://www.frostburg.edu> on the day of commencement.

## Help for Students

### Tutoring Information

Tutoring will continue through **Thursday, May 11**. Math and natural sciences tutoring will take place in Pullen 139 and business, computer science and writing tutoring in Pullen 151.

#### Appointment-Based/One-to-One Tutoring Courses

Students use TutorTrac to make appointments. Courses include ACCT 211/212, Academic Skills (textbook strategies, study skills, time management and notetaking), BIOL 109/149/160/161, CHEM 150/201/202, COSC 100/101/240/241, DVMT 095/099, ECON 200/201/202, GEOG 103, MATH 104 (or contact Kim Kurek in the PASS Office at [kmkurek@frostburg.edu](mailto:kmkurek@frostburg.edu) or 301-687-4442), MATH 109 (or see walk-in offering), MATH 118/119/120/236/237, PHYS 261/262 and Writing.

#### NetTutor (Online Tutoring)

For classes not listed under appointment-based, this is a 24/7, third-party, online tutoring platform accessible via Canvas. Students should send an email to [msmith@frostburg.edu](mailto:msmith@frostburg.edu) to gain access. Information about NetTutor is posted outside of Pullen 151.

#### Walk-In Offerings

Walk-in offerings are as follows: CHEM 202, **Wednesdays**, 5 to 6 p.m., Compton 358; Organic Chemistry and Biochemistry, **Wednesdays**, 4 to 5 p.m., Compton 339B; MATH 109, **Thursdays**, noon to 1:30 p.m., Gira Center 237; PHYSICS 216/261, **Mondays**, 3 to 5 p.m., CSC 236, **Tuesdays**, 11 a.m. to 1 p.m., CSC 236, **Wednesdays**, 2 to 3 p.m., 2 to 4 p.m. and 3 to 4 p.m., CSC 124, and **Thursdays**, 11 a.m. to noon, CSC 236; PSYC 155, **Tuesdays**, 3 to 4 p.m., Guild 123; PSYC 201, **Mondays**, 2 to 3 p.m., Guild 204; PSYC 301, **Wednesdays**, 2 to 3 p.m., Guild 204.

## Music

### Music Majors in Wind Studios Present Recital

FSU's Department of Music will present the Wind Studios Recital on **Monday, May 8**, at 7:30 p.m. in the Pealer Recital Hall of FSU's Performing Arts Center. This event is free and open to the public. The recital will also be livestreamed; the link will be posted at [www.frostburg.edu/concerts](http://www.frostburg.edu/concerts).

The recital will feature students studying clarinet with *Dr. Mark Gallagher*, euphonium and trombone with *Joshua Bishop*, flute with *Dr. Eftihia Arkoudis*, saxophone with *Dr. Brent Weber* and trumpet with *Dr. Donald Albrecht*.

For info, contact FSU's Department of Music at 301-687-4109.

## Special Events

### Pirates Ahoy Coming Again This Summer!



Ahoy mateys! Mark your calendars for the 17th annual Pirates Ahoy, which will be held this year on **Saturday, July 8**, at City Place on Water Street in Frostburg. Join the Children's Literature Centre for a day of scallywagging fun, beginning with registration at 9 a.m. at City Place. This event gives children the opportunity to play pirate games, make pirate crafts and hear a presentation from illustrator Lee Harper, who will share his book, "Turkey's Santastic Beach Day," at 9:30 a.m. at Hotel Gunter.

So gear up in your best swashbuckling attire and come out for Pirates Ahoy! Buccaneer activities, including art crafts and a treasure hunt, will take place throughout the day. This event is free and open to the public.

For info, contact the Children's Literature Centre at 301-687-3133 or [clc@frostburg.edu](mailto:clc@frostburg.edu).

## Webinars

### Women's Forum Webinar – 'Impostor Syndrome and Triggers to Mental Health'



The Hon. Sarah Wolek, left, and Dr. Maria Luz Berbery

The University System of Maryland Women's Forum invites you to join the next free zoom webinar, "Impostor Syndrome and Triggers to Mental Health," on **Wednesday, May 10**, from noon to 1 p.m. Two professional experts, the Hon. Sarah Wolek, University of Maryland faculty and delegate to the Maryland General Assembly, and Dr. Maria Luz Berbery, training director and staff psychologist, University of Maryland, will share their knowledge, best practices and tips to overcome the syndrome and the triggers to mental health.

Imposter syndrome is the condition of feeling anxious and not experiencing success internally, despite being high-performing in external, objective ways.

To RSVP, click <https://usmd-edu.zoom.us/meeting/register/JUlc--spjwuGNE7klfiCSICEu9baUOke-e#/registration>.

## Exhibits

### FSU's Roper Gallery Features Spring 2023 Senior Exhibition, 'Fervor'



FSU's Department of Visual Arts is hosting the spring 2023 Senior Exhibition, "Fervor," at the Stephanie Ann Roper Gallery in FSU's Fine Arts Building through **Saturday, May 20**. This event is free and open to the public.

The following art and design students will exhibit their artwork:

**Dylan Brown** will graduate from FSU with a bachelor's in art and design, with a dual concentration in graphic design and illustration. After graduation, he will open his own car-wrapping business, wrapping cars and selling his own custom wraps.

**Taylor Carroll** will graduate with a bachelor's in art and design, with a concentration in graphic design. After graduation, she plans to get a job in her field, where she will continue to do what she loves and experiment with her art.

**Samina Clark** is a tenacious, passionate and resilient student at FSU who will graduate with a BFA, with a minor in graphic design and a concentration in sculpture. After graduation, she hopes to solidify a career where she is inspired by her work, involved in her community and making meaningful changes.

**Yuhao Deng (Terry)** is an international student from China. Deng will graduate with a bachelor's in art and design, with a minor in graphic design. His focus area is sculpture. After graduating, Deng will work toward his MFA.

**Dannielle Francis** will graduate with a BFA, with a dual focus in illustration and graphic design and a minor in art history. She hopes to become a successful artist and continue to produce various forms of art, from illustrations to taxidermy.

**Madison Manalansan** is a student athlete who played for the Women's Field Hockey team at FSU. She is graduating with a BFA, with a concentration in graphic design. After graduation, she plans to continue freelancing and coaching her high school field hockey team as a goalie coach.

**Andy Matthews** is a transfer student from Hagerstown Community College with an associate degree in visual art. They will graduate with a bachelor's in art and design, with a dual concentration in illustration and sculpture and a minor in art history. After graduation, Matthews plans to earn a master's in teaching at FSU, then pursue a career as an art educator.

For this show, the Roper Gallery is open **Mondays through Fridays** from 11 a.m. to 5 p.m. For graduation day, **Saturday, May 20**, the gallery will also be open from 11 a.m. to 5 p.m.

For info, contact the Department of Visual Arts at 301-687-4797.

### Ort Library Display in Honor of Casper R. Taylor Jr.



In honor of Casper R. Taylor Jr., who served in the Maryland House of Delegates from 1974 to 2003, the Lewis J. Ort Library is featuring a display of photographs and memorabilia spanning his legislative career. A native of Cumberland, Taylor is best known for his dynamic and productive leadership while Speaker of the House (1994-2003). In that position, he was able to use his voice and influence to bring attention and funding to economically distressed areas of Maryland, with particular attention to Western Maryland.

He sponsored a range of bills and championed projects that improved access to the rural mountains, encouraging tourism and economic development. Among the projects he helped create, fund or complete are Interstate 68, the Rocky Gap State Park Lodge and Jack Nicholas Signature Golf Course, Canal Place and the Canal Parkway, Western Maryland Scenic Railroad, the AES Warrior Run Electric Cogeneration Facility and the federal (FCI Cumberland) and state (North Branch Correctional Institute) prisons in Cumberland.

The materials on display are from the Casper Taylor Collection, housed in the J. Glenn Beall Archives. The exhibit is located on the fifth floor of the Ort Library.

## Presentations

### Spring Fling Is Coming

#### Frostburg Spring Fling 2023

The Frostburg Spring Fling 2023 will be held on **Monday, May 8**, from 8 a.m. to noon in the Cordts PE Center.

The 2023 Wellner Scholar, Dr. Michelle Grenier, will discuss "Universal Design for Learning in Physical Education" from 8 to 11 a.m. Grenier, professor emerita at the University of New Hampshire, is an internationally recognized expert in the field of adapted physical education. She is the co-author of "Universal Design for Learning in Physical Education," a 2020 text from Human Kinetics. Grenier is also a past president of the National Consortium for Physical Education for Individuals With Disabilities, having served as president from 2020-2022. In 2021, Grenier was awarded the prestigious Julian U. Stein Lifetime Achievement Award by SHAPE (the Society of Health and Physical Education) America.

The Lillian M. Wellner Guest Lecture Fund is a restricted fund provided through the FSU Foundation. *Lillian Wellner* served FSU for 32 years as a faculty member and registrar. She established the fund upon retirement to support lectures and presentations by nationally acclaimed scholars.

Two outstanding professionals from the state of Maryland, Amy Falls and Deborah Marcus, will present “Adapting PE Assessments for All Learners” from 11 a.m. to noon. Falls is the adapted physical education resource teacher in Anne Arundel County Public Schools. She is a National Board-certified teacher, past president of SHAPE Maryland and a 2019 Simon McNeely Award winner. Marcus is the adapted physical education teacher specialist in Anne Arundel County Public Schools. She is a National Board-certified teacher, 2018 William Burdick Award winner and SHAPE Maryland’s 2012 Adapted Physical Education Teacher of the Year.

## AL Watershed Moments Next Generation Series to Feature Research of Recent Alum

### Dr. Stephanie Siemek: “Navigating the Waters of Arid Lands”



*Dr. Stephanie Siemek* will present “Navigating the Waters of Arid Lands” online via Zoom on **Thursday, June 1**, at 6:30 p.m. Once registered, attendees will receive Zoom instructions via email sent closer to the event date.

Siemek will share the challenges of working as a hydrologist in the United States Southwest, where water is scarce and the competition for it is high. Hear about the hardships and challenges of making every drop count and find out what it takes to sustain habitats for threatened and endangered species in desert lands that have been extensively engineered to support human activities. Furthermore, learn how Siemek acquired her position at the U.S. Fish and Wildlife Service, as well as other approaches on how to secure a permanent position in the

Department of the Interior.

Siemek, a hydrologist for USFWS, Division of Water Resources, in the Southwest Region, graduated from UMCES in 2021 with a doctorate in environmental science. Her pursuit of environmental science stems from her love for animals and fascination with the natural world.

This event is free and open to the public but registration is required. Learn more and register at [www.umces.edu/watershed-moments](http://www.umces.edu/watershed-moments). Contact Rhonda Schwinabart, coordinator of Outreach, at 301-689-7102 or [rschwinabart@umces.edu](mailto:rschwinabart@umces.edu) with any event-related questions.

## Points of Pride

### FSU Student Joins USM Langenberg Legacy Fellows Program

#### Sophomore Jamie Roberts Selected to Begin Year-Long Civic Engagement Projects



FSU student *Jamie Roberts*, of Bryantown, Md., has been selected to join student fellows across the University System of Maryland institutions in this year’s cohort of the Langenberg Legacy Fellows Program. The Langenberg Legacy launched in 2022 to stimulate student leaders’ pursuit of micro-level civic engagement projects that will lead to solutions to broader issues threatening justice, human rights and the environment.

Over the course of this yearlong fellowship, Roberts and her peers will work collaboratively to build partnerships and connections and share best practices to make the biggest impact on their communities and beyond.

Roberts said she intends to host a series of workshops that include topics such as voting, bias media, volunteering and climate change, and her goal is to reach the students who are not typically involved in this manner such as athletes, Fraternity and Sorority Life, and technology and science majors.

Roberts is well-poised for success in this program. She is a sophomore double majoring in law and society and political science, and she holds several leadership positions at FSU. She is the vice president for Community Outreach for the Student Athletic Advisor Council, the president of the International Relations Club and a member of the National Society for Leadership and Success. In addition, she has been charged with reestablishing a Maryland Student Legislature group on campus. Roberts is also a member of the FSU Softball team.

Roberts will have the opportunity to attend a meet-and-greet with other fellows and program sponsors soon. At the conclusion of her fellowship, USM will publish her final project reports, along with the reports of her fellows, in their annual publication available on the USM website.

### FSU Student Acknowledged on 2023 ALL IN Student Voting Honor Roll

#### Rachael Michalski One of 175 College Students Recognized for Nonpartisan Democratic Engagement Work



FSU and the ALL IN Campus Democracy Challenge recently announced that *Rachael Michalski* has been recognized as part of the 2023 ALL IN Student Voting Honor Roll. The ALL IN Student Voting Honor Roll awards college students doing outstanding work to advance nonpartisan democratic engagement at participating campuses.

Michalski joins a group of 175 students recognized for their voter registration, education and turnout efforts ahead of last year’s historic midterm elections.

During the 2021-2022 academic year, Michalski and **Patrick O'Brien**, FSU director of Civic Engagement, worked together to plan her Langenberg Legacy fellowship that was focused on democratic engagement and the continuation of FSU's high rate of student voters. Then, in the 2022-2023 academic year, Michalski carried out her fellowship where each week she encouraged her peers to vote in the recent Maryland election. She organized civic dialogue events, hosted voter registration drives and served as a student moderator at gubernatorial and congressional candidate forums hosted by FSU.

The ALL IN Campus Democracy Challenge empowers colleges and universities to achieve excellence in nonpartisan student democratic engagement. With the support of the ALL IN staff, campuses that join the ALL IN Campus Democracy Challenge complete a set of action items to institutionalize nonpartisan civic learning, political engagement and voter participation on their campuses. The ALL IN Campus Democracy Challenge currently engages more than 9.8 million students from more than 965 institutions in all 50 states and the District of Columbia.

## ODEI Salutes Student Angel Young

The Office of Diversity, Equity and Inclusion recognizes student **Angel Young**, a senior psychology major who is completing a full-time internship and graduating this month. During her internship, Young has met all of her goals, including increasing her knowledge of the interconnectivity between racism/race relations and mental health (accomplished through extensive reading and research); increasing her experience in facilitating workshops and presentations (accomplished through co-facilitating a Safe Zone workshop, presenting to the Introduction to African American Studies class and participating in the spring 2023 symposium); and spreading cultural awareness and promoting diversity, equity and inclusion on campus (through social media postings, posters and flyers, and working with other students and student organizations). Additionally, as a member of the Delta Sigma Theta Sorority, Inc., Young has done an excellent job of representing the sorority and FSU.

Young was also selected from thousands of members across the country to participate in three programs: the Leadership DELTA Conference; Delta Days in Annapolis, during which Young was chosen as the social action chair of her chapter to represent the Kappa Psi Chapter of Delta Sigma Theta; and the Kenya-Dubai Delta International Initiatives Trip.

After graduation, Young plans to continue her studies and pursue a doctorate in clinical psychology.

## Campus Race to Zero Waste Competition Results Are In!



A big thank you goes out to FSU's recycling coordinator **Erick Kasecamp** for spearheading FSU's involvement in the recent Campus Race to Zero Waste Competition.

Results are now in and can be viewed at <https://campusracetozero.org>. For details, click on Scoreboard and 2023 Results.

### 2023 Competition Highlights

This summary is provided by Campus Race to Zero organizers:

3.4 million students, faculty and staff reached

200 colleges and university participants from 40 U.S. states and Canada

29.4 million pounds of waste donated, composted and recycled

205 million single-use plastics kept out of the landfill

Prevention of the release of 29,108 metric tons of carbon dioxide equivalent, which is equal to avoiding the annual emissions from 6,128 cars

In the per capita Classic category, FSU finished 13 out of 107 reporting schools, collecting 18.083 pounds per capita. In the Diversion category, FSU finished 37 out of 91 reporting schools, with a diversion percentage of 35.683 percent.

Kasecamp also welcomed students to FSU's Recycling Center during Focus Frostburg.

If interested in visiting FSU's Recycling Center, contact Tracy Edwards at 301-697-7699 (text preferred) or [tedwards@frostburg.edu](mailto:tedwards@frostburg.edu).

## Take Note

### Marijuana Legalization – New Webpage



With the legalization of cannabis in Maryland (July 2023), it is important to stay informed about the changing social and legal environment. The SAFE Office has launched a new webpage that offers valuable information on the effects of marijuana, Maryland laws, FSU policies and practices, and resources for those seeking more information or support. The goal is to provide a comprehensive guide to help students make informed decisions about marijuana use. Information about treatment and 12-step support groups will be added before the 2023 fall semester.

For info, visit <https://www.frostburg.edu/student-life/campus-services/safe-office/MarijuanaCannabis%20Information.php#alc>.

## Sustainability Studies Reception



Join Sustainability Studies students for a reception on **Monday, May 15**, from 6:30 to 8 p.m. in Gunter 208 as they share their experiences in sustainable action

efforts over the past year, focusing on their campus and community partners in spring 2023: Chartwell's, Food Recovery Network, Wholesome Harvest, Weis, PAWS Pantry, Evergreen Heritage Center, Rocky Gap State Park, Jane Gates House, FSU Ecobrickers and more.

If interested in FSU's Sustainability Studies minor and/or FSU's sustainability-related student organizations, and you want to get involved with these campus and community efforts next year, be sure to attend the reception.

For info, contact Tracy Edwards at 301-697-7699 (text preferred) or [tedwards@frostburg.edu](mailto:tedwards@frostburg.edu).

## Call for Applications – Elkins SoTL Fellowships: Center for Teaching Excellence

The Kirwan Center for Academic Innovation announces this call for applications for the newly established Elkins Fellowships for the Scholarship of Teaching and Learning (SoTL). Up to 10 Elkins SoTL Fellowships of \$1,000 each will be awarded for AY2023-24.

Proposals are due to Dr. Zakiya Lee at [zlee@usmd.edu](mailto:zlee@usmd.edu) by 11:59 pm on **Monday, May 22**, for work to begin in the subsequent academic year.

For info, visit <https://frostburg.instructure.com/courses/5571/files/2898661?wrap=1>.

## Iris and Peter Halmos Collection Exhibition and Sale



The C. William Gilchrist Museum of the Arts at 104 Washington St. in Cumberland will showcase the Iris and Peter Halmos Art Collection **through Sunday, June 4**.

The late Iris and Peter Halmos were known for their strong support of the arts. Their extensive and varied collection of paintings and sculpture acquired locally and throughout their travels will be available to the public for viewing and purchase at the Gilchrist Gallery. More than 200 unique art pieces of all media will be showcased. Portions of the

proceeds from the sale will go to the Gilchrist, the Remember the Holocaust School Trip Fund, the Allegany College of Maryland Foundation and the **Cultural Event Series at FSU**.

The Gilchrist Museum is open for visitors during the length of the exhibition on **Fridays, Saturdays and Sundays** from 1 to 4 p.m.

For info, visit [www.gilchristgallery.com](http://www.gilchristgallery.com) or call 240-580-1070.

## Application Period Open to Join Bridging Differences in Higher Education Learning Fellowship

The application period is open to join the Bridging Differences in Higher Education Learning Fellowship, an eight-month facilitated virtual learning community running **from fall 2023 through spring 2024**, hosted by UC Berkeley's Greater Good Science Center (GGSC). The experience will center on the GGSC's Bridging Differences free online course, giving participants a common reference point that is based on science. Applications are due by **Monday, May 22**.

The opportunity is open to any leader in higher education who wants to foster more constructive dialogue and understanding across group lines on college campuses in the United States, including lines of race, religious faith, politics or beyond. Participants will learn from each other at the same time that they're gaining research-based skills and insights from the GGSC's online course and companion playbook. Over eight months together, they will connect around the successes, challenges and questions that come up for them as they try to bridge differences on their campus. There is no cost to participate in the Learning Fellowship, nor does it provide recipients with any financial support.

To apply, visit

<https://docs.google.com/forms/d/e/1FAIpQLSf2f1gFmzfIgVUXwTmOA2HFJRCvWSasTbdlTkfUQuE0uaKfyQ/viewform>.

For info, go to

[https://ggsc.berkeley.edu/who\\_we\\_are/news/announcement/applications\\_open\\_learning\\_fellowship\\_to\\_bridge\\_differences\\_in\\_higher\\_education](https://ggsc.berkeley.edu/who_we_are/news/announcement/applications_open_learning_fellowship_to_bridge_differences_in_higher_education).

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## Thank a Teacher Week

### Send a Thank-a Gram!



The Center for Teaching Excellence invites FSU students and the campus community to celebrate Thank a Teacher Week (**Monday, May 8, through Friday, May 12**) by sending Thank-a-Grams to your favorite teachers, mentors or teaching/learning assistants who have helped you learn and made a difference to you.

Handwritten postcards are available to submit at locations across campus, including the Ort Library, Lane Center and Help Desk. To submit online, fill out the form at <https://forms.office.com/r/u8mWNYLrdh>.

Thanked teachers will receive their Thank-a-Gram with your message after the exams and grading period have ended.

For info, contact the FSU Center for Teaching Excellence at [cte@frostburg.edu](mailto:cte@frostburg.edu).

## Join the Fight for Equality!



The FSU Network for Intersectional Feminism is building a community engaged in the dismantlement of patriarchal systems of oppression using an intersectional approach.

Action priorities include serving as a resource and partner for all feminist faculty, staff and students; improving the climate for gender diversity in institutional leadership roles; providing feminist mentoring and advocacy for matters related to gender issues, including Title IX; hosting events and programming to support reproductive justice, queer and trans liberation, sexual assault awareness,

gender equity, ending period poverty, gender diversity in academia and other related topics; and partnering with other community groups that share these priorities.

Interested in donating to the group? Go to [www.frostburg.edu/makeagift](http://www.frostburg.edu/makeagift) then put “FNIF” or “feminism” under Designation.

Sign up for the mailing list at <https://forms.gle/xaAWSHjtb53J9s5C7>.

## Benefits Walk-in Hours

The Office of Human Resources is offering Benefits Walk-in hours **Wednesdays**. Employees can stop by Hitchins 330 to meet with *Lee Ann Nightingale*, manager, Benefits and Wellness Program, regarding employee benefits on a first-come, first-served basis. The walk-in schedule is intended for questions about benefit-related matters that can be covered during a brief 15-minute meeting; all other meetings are by appointment only. The walk-in schedule is emailed to employees on **Tuesdays**; check your email for the weekly announcement.

## Last Science Saturdays for Spring 2023

Science Saturdays feature space news, a sky tour and a full-dome movie. Telescopes are available afterward for viewing the moon and planets when the weather is favorable. The last shows will take place on **May 27**.

Shows are free, tickets are not required and anyone is welcome to attend. They start at 5 and 7 p.m. and last about an hour.

For info, visit [www.frostburg.edu/mlc](http://www.frostburg.edu/mlc).

## ‘Pens and Pixels: Generative AI in Education’ Online Conference

Sponsored by the University of California, Irvine and the Spencer Foundation, a national online conference, “Pens and Pixels: Generative AI in Education,” will be held on **Thursday, July 13**, from 9 a.m. to 3 p.m. PST. This event is free.

For info, and to register, visit <https://www.pensandpixels.org>.

## Save the Date for Homecoming

Homecoming 2023 will be held **Thursday, Oct. 5, through Sunday, Oct. 8**.

For info, check out <https://www.frostburg.edu/alumni/homecoming.php>.

## Jobs

### The Lane Center Is Hiring!



The Lane University Center and Event Services is hiring for summer and fall positions. Applications are being accepted and reviewed, and interviews will continue until all vacancies for the summer and fall semesters are filled. The center expects to be fully staffed for the summer and fall by **Wednesday, May 10**. Apply at <https://www.frostburg.edu/lane-university-center/student-employment-home/index.php>.

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## Summer 2023 Employment

The center is seeking enthusiastic and reliable student employees for the Event Services assistant position to assist with the planning and execution of conferences and camps from **Sunday, May 21, through Saturday, Aug. 5.**

Free on-campus housing and a meal plan are included!

## Fall 2023 Employment

The center is seeking dedicated and enthusiastic student staff for the fall semester and is hiring for the following: building manager, guest services and tech crew.

## Upward Bound Summer 2023 Program Employment Opportunity

The Upward Bound Program at FSU is seeking a head resident (bachelor's degree required – May 2023 graduation acceptable) for the Upward Bound Summer Program 2023.

Upward Bound is a federally funded program for qualified Allegany County high school students who plan to enroll in college.

Upward Bound provides fundamental support to participants in their preparation for college entrance. The program provides opportunities for participants to succeed in their precollege performance and ultimately in their higher education pursuits.

The head resident supervises all residential staff and is responsible for all activities that occur outside of the classroom.

Benefits include:

- Room and board for the duration of the program (three to five weeks plus training week)

- Supervisory experience

- Working with academic professionals

- Improving problem-solving and conflict-resolution skills

To learn more about the Upward Bound Program at FSU, visit [www.frostburg.edu/upward-bound](http://www.frostburg.edu/upward-bound). For info, call Cassie Weese, assistant director, Upward Bound, at 301-687-4994 or email [upwardbound@frostburg.edu](mailto:upwardbound@frostburg.edu).

## Deadlines

### Graduate Grade Changes

The last day for graduate grade changes, including the removal of incomplete grades for the fall 2022 and Intersession 2023 semesters is **Thursday, May 11.**

## Health and Safety Messages

### Exam Preparation: Ten Study Tips



Give yourself enough time to study.

Organize your study space and try and get rid of all distractions.

Use flow charts and diagrams. Getting your ideas down in a brief format can help you to quickly recall everything you need to know during an exam.

Practice on old exams. One of the most effective ways to prepare for exams is to practice taking past versions.

Explain your answers to others. That will help you to get it clear in your head and highlight any areas where you need more work.

Organize study groups with friends.

Take regular breaks.

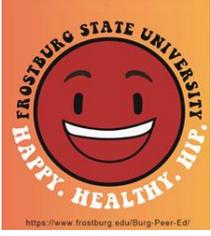
Snack on brain food, nutritious foods that have been proven to aid concentration and memory, such as fish, nuts, seeds, yogurt and blueberries.

Plan your exam day. Check all the rules and requirements, and plan your route and journey time.

Drink plenty of water. Being well-hydrated is essential for your brain to work at its best.

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# Happy, Healthy, Hip Tips From the BURG Peer Education Network



Mental Health Monday Tip: Small Ways to Make a Large Impact

<https://www.self.com/story/best-mental-health-tips>

Tell Yourself Tuesday Tip: Mantras for Success

<https://motivationping.com/college-students-affirmations-quotes>

Wacky Wednesday Tip: Make Studying Fun

<https://www.skooli.com/blog/9-study-tips-funny-gifs-final-exam-season>

Thankful Thursday Tip: Take Time to Remain Mindful During College Life

[https://www.gonzagabulletin.com/opinion/under-gratitude-take-time-to-remain-mindful-and-thankful-during-college-life/article\\_b3333004-a0eb-11ed-ab9e-33e43fe987d5.html](https://www.gonzagabulletin.com/opinion/under-gratitude-take-time-to-remain-mindful-and-thankful-during-college-life/article_b3333004-a0eb-11ed-ab9e-33e43fe987d5.html)

Fun Friday Tip: Things to Do in Frostburg: Town Planner

<https://www.townplanner.com/frostburg/md>

Social Saturday Tip: How to Manage Social Media FOMO, Jealousy and Anxiety

<https://damselindior.com/how-to-manage-social-media-fomo-jealousy-anxiety>

Self-Love Sunday Tip: How to Use the Emotion Wheel to Get to Know Yourself

<https://www.betterup.com/blog/emotion-wheel>

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## VALUES AND VISION: FROSTBURG STATE UNIVERSITY IN 2023

### CORE VALUES

Frostburg State University is a place where every student can experience a myriad of opportunities both in and out of the classroom, fostered by a sense of inclusion and close mentoring relationships with faculty and staff.

Frostburg State University is committed to developing cultural competence and cultivating understanding of and respect for a diversity of experiences and world views that encourage each person's ability to "take the perspective of the other."

Frostburg State University is committed to a system of shared governance that allows faculty, staff and students to learn about the issues the University confronts and that provides a structure for meaningful input into University decisions.

### OUR VISION FOR FROSTBURG STATE UNIVERSITY IN 2023

Frostburg State University is a regionally acclaimed and nationally recognized academic institution that provides distinctive programs to support state and regional workforce needs. Faculty, staff and students foster collaboration in a welcoming and inclusive campus culture.

Students value the opportunities open for them at FSU and form close mentoring relationships with faculty and staff, who are committed to their success and well-being. Students apply knowledge and skills learned in the classroom to internship, civic engagement, study abroad and research experiences to meet the challenges of a complex and changing global society.

The University is integrated into the fabric of the community as a valued and respected regional asset. We are committed to making changes that secure our future while celebrating the values that reflect our history.

### STRATEGIC GOALS

Focus learning on the acquisition and application of knowledge.

Provide engaging experiences that challenge our students to excel.

Expand regional outreach and engagement.

Align University resources – human, fiscal and physical – with strategic priorities.

To view FSU's Strategic Plan 2018-2023 online, visit [www.frostburg.edu/strategicplan](http://www.frostburg.edu/strategicplan).