

VOL. 11 | NOVEMBER 2021

THE LION'S ROAR



The monthly newsletter for Penn State Berks



Did You Know? Late Drop Deadline



The late drop deadline is **November 12 2021** at 11:59pm (ET). This is the last date to individually drop one or more courses.

Things to consider when dropping a course

- **Check your syllabus** to see how your final grade is calculated.
- **Speak with your professor:** Is there a way for you to improve your grade in the course with the remaining assignments?
- **Speak with your Academic Adviser:** Ask if the course is required for your major; if the course is a prerequisite for another course; will dropping the course put you behind in your major?
- **Speak with Financial Aid:** Ask if you will lose and/or have to pay back aid if you drop the course; are there financial implications this semester and/or in the future by dropping this course?
- **Review your account** after the course is dropped—be prepared to pay the fee associated with dropping the course.

WHAT'S INSIDE:

- Did You Know?
- Important Reminders!
- Advising Announcements
- Campus Feature
- Financial Aid News
- PSU Berks Resources
- YAMS Feature

IMPORTANT REMINDERS:

Semester Dates:

- Nov. 21-27: Thanksgiving Break
- Dec. 10: Last day of classes
- Dec 13-17: Finals Week*

*Check LionPATH and your course syllabi to determine when your finals take place

WITHDRAWAL

The withdrawal deadline is December 10, 2021, at 5:00 pm (ET). This is the last day to withdraw from all courses. Please consult with an Adviser and Financial Aid before withdrawing from the semester.

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Advising Announcements!

Spring 2022 Course Enrollment: Are you Enrolled?

- Meet with your Academic Adviser to plan your Spring courses!
- View your LionPATH Student Center page for your Enrollment Appointment date.
- Check LionPATH for Holds or To-Do List items that might prevent you from enrolling in courses for the upcoming semester.

Campus Feature: Commuter Council



Name: Jonathan S. Mera, Commuter Council President
Major: Pre-medicine and Forensic Science
Hometown: Elizabeth, New Jersey

Question: What was your motivation for starting the Commuter Student Council?

"I wanted to start an organization that cared about the silent majority of our campus. Too often commuters aren't engaged in campus life, or don't feel included. I wanted to help change that. My dream is that all commuters feel welcomed and take part in all of the campus resources that are available."

Suggestion Poll



Info: Meeting every Monday during common hour in 145 Thun

For questions or to be added to the email list please contact:
Jon Smith @ jj6995@psu.edu.



INTERESTED IN TAKING ON *leadership roles* ON CAMPUS?

Spring courses can help! You can find the full descriptions of these courses in the class search:

- CNED 301 – Develop & strengthen your personal leadership skills
- CNED 304 – Become a mentor for new students
- HIED 302 – Become a Resident Assistant

ARE YOU READY FOR THE END OF THE SEMESTER?

If your midterm grades were awesomeCONGRATULATIONS!

If you aren't sure, or if you'd like to be doing better, be sure to:

- Check for Starfish flags and check in with instructors to see how you can improve
- Ask about any missed assignments and/or extra credit
- Be aware of Late Drop and Withdrawal Deadlines (**Remember** Late Drop is for one or more classes.

Withdrawal is for all classes)

- **Late Drop Deadline** - 11/12/2021, 11:59 pm ET
- **Withdrawal Deadline** - 12/10/2021, 5:00 pm ET
- Check out the Writing Center and/or the Learning Center for additional assistance
- Be sure to check in with your adviser to discuss any concerns



VIRTUAL STUDY GROUP OPTIONS!

Maximize your learning outside of the classroom and with your peers by creating Virtual Study Groups!

- Check out the videos located here to walk you through the several options you have as a Penn State student!



FREE TUTORING AVAILABLE!

Need help with Math, Science or Study Skills?

- Make an appointment with our Learning Center

Tutors here



Need help with a paper, speech, resume or other written material?

- Make an appointment with our Writing Center

Tutors here






Financial Aid REMINDER\$

FAFSA IS OPEN!

REMINDER: FAFSA for 2022-2023 academic year opened October 1st, 2021!

- You can file your 2022-2023 FAFSA by clicking [here](#). 
- If you are a PA resident, submit BEFORE May 1, 2022 to be considered for the PHEAA State grant.
- Have your 2020 tax info handy.
- Before you start, check out this article ([click here](#)) which offers some great tips and common mistakes to avoid.

Check LionPATH!

- Keep your Penn State account in good standing by checking LionPATH for Holds or To-Do List items that might prevent:
 - Financial aid from disbursing
 - Course registration for next semester
 - Access to your official transcript
- Connect with your Academic Adviser, Financial Aid, and/or the Bursar's Office for help!



Join us for the Upcoming November



LIONSIDE CHATS



Nov. 3 at 12:15pm: Common Read "We Are" Series Chat: Grit, Grace and Gratitude

Nov. 8 at 7:00pm: Nontraditional Student Recognition Week: Listen to current adult and veteran learners on how they successfully juggle careers, family responsibilities and classes.

Nov. 12 at 12:15pm: Division of HASS Colloquium: Women's History Students Learn About Race Through Memoir: Anne Moody's Coming of Age in Mississippi



Take a break from your studies ...for a little while!

- Check out the weekly newsletter "This Week at Berks" emailed to you every Sunday night!
- Participate in community events (Fairs, Festivals, and Fun): [Click here for the calendar!](#)
- Calendar for fun around Berks! <https://www.eventbrite.com/d/pa--reading/free--events/>

PSU Berks RESOURCES

- KeepLearning.psu.edu: Offers student support for remote learning, resources for academic advising and tutoring, and contact information.
- VirusInfo.psu.edu: Penn State's primary website. Features links to latest PSU news and answers to frequently asked questions. The site's resources page contains links to:
 - Dedicated resources for students and employees
 - Information on COVID testing, contact tracing, and monitoring for the campus community
 - Classroom and office guidance policies on masking and social distancing
- Learn about Penn State's newest virtual service [YOU@PSU](#): Find tips and tools for everything from your mental and physical health, to friendships and finding balance. [Student leaders are excited to share this resource!](#)
- [WellTrack](#): Interactive Self-Help Therapy
 - WellTrack includes programs that can be completed at a student's own pace with content focused on Resilience, Anxiety and Stress, Depression, and Public Speaking.
- [CAPS Online Mental Health Screening](#): Provides anonymous screening on several areas of mental health
- [CAPS Chat](#): Provides informal drop-in consultations with PSU Counseling and Psychological Services (CAPS)
- [CAPS Virtual Library](#): Informative videos about various mental health topics
- [Life Hack Kits](#): Step by step wellness packages for you!
- [Penn State Berks Digital Wellness Workshop](#): Monday Nov. 29 from 12:15-1:15pm
 - Either in-person in Thun 137 or via zoom. Click on the link above to learn more!
- [Upcoming Study Smarter Sessions](#): Study Smarter Workshops-FA21 | Penn State Learning

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MENTAL HEALTH AND GRATITUDE

YAMS

The Penn State Berks Yoga & Meditation Society (affectionally referred to as YAMS) is a student-run club that is open to all students, faculty, and staff who want to practice mindfulness and self-care. Everyone needs to take a brain break and make their mind, body, and soul's health a priority. Whether you are an experienced yoga and/or meditation practitioner, or have never tried either, it does not matter.

YAMS welcomes everyone! Please join us whenever you want!

Fall 2021 Yoga: Mondays at 11:00am in Room 248 Gaige with instructor Tasha Thomas

Guided meditation (and often chakra energy work): Wednesdays at 4:00pm in Room 11 PSC

****These times and locations will change for Spring 2022 semester**

For questions, please contact:

YAMS President, Artemis Houck at tjw5711@psu.edu

YAMS adviser, Erica Pulaski at eag120@psu.edu or stop by her office Room 14 PSC

Follow YAMS on Instagram for the most up to date information @YAMSpsuberks



Namaste

"Just because no one else can heal
or do your inner work for you
doesn't mean you can, should, or
need to do it alone." - Lisa Olivera

"Gratitude makes sense of our
past, brings peace for today, and
creates a vision for tomorrow."

—Melody Beattie

"When you look at life through the
eyes of gratitude, the world
becomes a magical and amazing
place." – Jennifer Gayle