

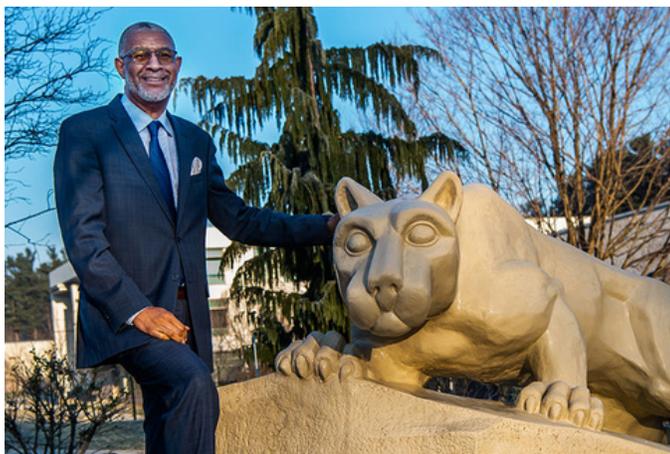
# THE LION'S ROAR



The monthly newsletter for Penn State Berks

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## Our Chancellor Welcomes You!

Dear Penn State Berks Students,

We Are ... very excited to welcome incoming and returning students to Penn State Berks in 2022! This is the beginning – or continuation – of an exciting journey for you as you learn more about your interests, your dreams, and yourself as an independent young adult.

I encourage you to get involved and make the most of your time at Penn State Berks. There are many opportunities for students -- from conducting research with faculty members to serving the Greater Reading community. The college offers 12 NCAA Division III sports teams, as well as intramural and club sports, and more than 50 student clubs and organizations. There's a team, club, or organization for virtually any interest at Penn State Berks.

Penn State Berks offers a welcoming community for students, faculty, and staff of all cultures and backgrounds. The college embraces diversity and we are committed to fostering an inclusive campus that celebrates the unique strengths of all cultures. Students, faculty, and staff have been hard at work on initiatives that embrace social justice and racial equity for all.

I look forward to meeting many of you in person and I hope you have a successful and enjoyable semester.

Sincerely,  
Dr. George Grant, Jr.  
Chancellor





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## DID YOU KNOW?

### Returning to Campus:

COVID Testing Requirements for Return to Campus - check for most up to date info by [clicking this link!](#) 



**In need of a FREE planner?  
Stop by Franco 161 and get organized today!**

## HOUSING UPDATE:

**Student move-in will begin January 9th!**



*Bookstore Hours:* Starting Jan. 3rd: Monday-Thursday 9:00-5:00; Friday 9:00-3:00

## Student Disability Resources:

Students who are seeking services at Penn State must self-disclose the need for academic adjustments, auxiliary aids, and/or services to the Student Disability Resources office at Penn State Berks.

To learn more about Student Disability Resources, please visit [this website.](#) 

## *Important Dates:*

**Jan 2- Jan 24:** File Intent to Graduate (in LionPATH)

**Jan 7:** Leave of Absence for Spring 2022 Deadline

**Jan 10:** Spring 2022 classes begin

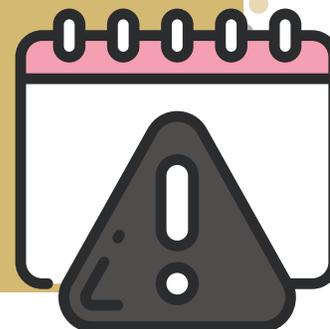
**Jan 12:** Club Rush - 107 Perkins from 12:15-1:15pm

**Jan 15:** Regular Drop deadline (11:59PM EST)

**Jan 16:** Regular Add deadline (11:59PM EST)

**Jan 16:** Late drop begins

**Jan 17:** Martin Luther King Jr. Day (no classes)



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## Academic Advising Announcements!

Prior to the start of the semester, check your schedule in Lionpath for accuracy. If you have questions, please reach out to your adviser or contact the advising center office.

### General Advising Assistance

Students in DUS (Division of Undergraduate Studies [i.e. undecided]) who want to schedule a Zoom or phone appointment with a DUS Adviser can do so on [Starfish.psu.edu](http://Starfish.psu.edu). 

**Non-DUS Students** should contact their assigned academic adviser. Find your assigned adviser listed in LionPATH. *Note, Non-DUS students are welcome to schedule an appointment with DUS advisers. Please email or call to schedule.*

**For Quick Advising Questions:**  
Email [bkadvisingcenter@psu.edu](mailto:bkadvisingcenter@psu.edu)



**To Schedule an Appointment:**  
Call 610-396-6280

### Drop/Add Advising Assistance

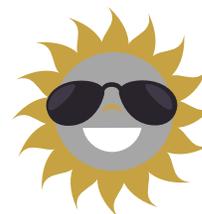
The Academic Advising Center will see students on a "Drop-In" basis both in-person and via Zoom from **Mon. Jan. 10 - Fri. Jan. 14** from 8:00 AM – 4:00 PM.

**In-person:** The office is located at 160 Franco   
**Zoom link:** <https://psu.zoom.us/j/91299467848>

If you need to create a full schedule, please contact the advising center office by phone at 610-396-6280 starting Jan. 3.

### Spend your summer with us!

Registration for Summer will open on February 2



### Free Tutoring!

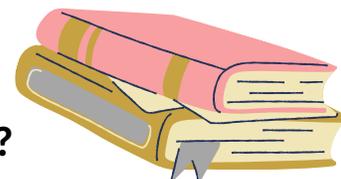
**Peer tutoring for Spring 2022 starts on Jan. 18!**

#### 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](#) 



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## Financial Aid REMINDERS\$

**IMPORTANT NOTE:** Spring 2022 (January through April), Nettie Matz will be the **only** Financial Aid Counselor in the office. Because of this, she can only meet with students by appointment. We ask for your understanding and patience as it may take a week or more for her to respond to voice messages, emails, and/or to meet with you. If you need immediate assistance with Financial Aid that cannot wait for Nettie, please call the Office of Student Aid at 814-865-6301. Thank you.

### 2022-2023 FAFSA

File your 22-23 FAFSA [by clicking here!](#) 

- Remember to use 2020 tax information!
- PA residents: Submit **BEFORE** May 1st, 2022 to be considered for PHEAA PA State Grant!

If you already completed the 2022-2023 FAFSA, you may see verification requests. The requests will be for the aid year of "2023" in LionPATH To Do List. For questions about verification, [learn more here.](#) 

### Are you making SAP?

#### What is SAP?

Satisfactory Academic Progress is reviewed yearly and determines a student's Federal financial aid eligibility.

#### SAP: Two Key Factors

- Cumulative GPA of a 2.00 or higher
- Completion rate of 67% or higher. *This means passing 67% of the TOTAL credits (not courses) you have ever attempted at Penn State.*

For more information on this policy, [click here.](#) 

### Summer Courses 2022

If you are planning on taking summer courses and want to know if you will have aid, you can contact our office. *It all depends on if you have used all your aid in the fall and spring semesters and how many credits you are taking in the summer so there are many variables to that answer.*

### Drastic Change of Household Income

If there has been a drastic change of household income from 2020 (the tax year used on the 2022-2023 FAFSA) to 2021 household income, please contact our office at 610-396-6070 or [Berksfinaid@psu.edu](mailto:Berksfinaid@psu.edu). You may be able to complete a special circumstance review to see if you are eligible to receive (and potentially increase) financial aid funds.

This is also true for the 2021-2022 FAFSA. If there was a drastic change between 2019 household income and 2021 household income, please contact our office,

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## Martin Luther King Jr. Day of Service

A DAY ON, NOT A DAY OFF

**We must remember that intelligence is not enough. Intelligence plus character—that is the goal of true education. – Dr. Martin Luther King, Jr. (Morehouse College), 1947**



In 1994, Congress passed the King Holiday and Service Act designating the Martin Luther King Jr. Federal Holiday as a *National Day of Service*. This National Day of Service takes place each year on the third Monday in January. The National Day of Service aka MLK Day of Service calls for all Americans to **work together** to provide solutions to our most pressing national problems and to **move us closer** to Dr. King’s ideal respectful and empowered community.

Consider participating in the MLK Day of Service by engaging in campus or community events that move us closer to Dr. King’s vision. <https://kinginstitute.stanford.edu/king-papers/documents/purpose-education>

# Join Us!

**The Penn State Berks Diversity Committee invites you to attend the annual MLK Jr. Awards Banquet: The Road Ahead**

**WHEN:** January 17, 2022 at 6:00 p.m.

**WHERE:** Perkins Student Center Multipurpose Room (MPR)

The event is **FREE** and open to the public but space is limited. **Tickets are required.** RSVP to attend the event using this link. <https://forms.office.com/r/rPcnaBRrXi>



To learn more about opportunities to serve Berks County please contact Autumn Fritz, Assistant Director of Community Development, Office of Campus Life:  
9C Perkins Student Center, 610-396-6098, amr40@psu.edu



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**NO BAKE ENERGY BITE RECIPE:** You are in for a healthy **treat** with this tasty recipe!

**Ingredients:**

- 1 cup old-fashioned oats
- 2/3 cup toasted shredded coconut (sweetened or unsweetened)
- 1/2 cup creamy peanut butter
- 1/2 cup ground flaxseed
- 1/2 cup semisweet chocolate chips (or vegan chocolate chips)
- 1/3 cup honey
- 1 teaspoon vanilla extract
- **OPTIONAL:** 1 tablespoon chia seeds



**Instructions:**

1. Stir all listed ingredients together in a large mixing bowl until thoroughly combined.
2. Cover the mixing bowl and place in the refrigerator for 1-2 hours, or until the mixture is chilled. (This will help the mixture stick together more easily.)
3. Roll mixture into 1-inch balls.
4. Serve and enjoy immediately!
5. Refrigerate in a sealed container for up to 1 week, or freeze for up to 3 months!

**STIR. CHILL. ROLL. ENJOY.**

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## Mental Health Corner: Beat the Winter Blues

The holidays are over and it's cold and dark. If you're feeling tired, unmotivated, and/or sad, you're not alone! The Winter Blues are a real thing, but the strategies below can help you to banish those blahs!

- **Eat to feed your brain:** Include lean proteins and foods high in vitamin D (fatty fish, fish oil, and vitamin D-fortified foods like milk, orange juice, cereal, and yogurt). Eat fruits and vegetables and limit added sugars.
- **Get enough sleep:** Try keeping the same sleep schedule every day and limit electronics at bedtime.
- **Get some sun and physical activity** every day!
- **Spend time with supportive people:** Family, friends and supports around campus.
- **Limit your screen time**, especially the news!
- **Boost your mood** by listening to some upbeat music!
- **Plan an outing or vacation** (something to look forward to).
- **Volunteer your time** or do something to help others.

*If your sadness persists longer than a few weeks or feels intense, please contact the Counseling Center for additional tips and help.*