



IME Newsletter Volume 24



Two more weeks until Spring Break, you can do this! We understand that midterms are right around the corner, so we encourage you to take care of yourself before and after your exams! Feel free to come by the IME Suite to study and prepare or just to chill! IME wishes you the best of luck!

Check out our Podcast of the week!

Podcast Recommendation of the Week!

For PDF versions and archives, visit the [IME website](#) or click [this link](#).

What's Happening

In this week's IME Newsletter:

IME Events and News

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- Everything... Everywhere... All at Once... Skills & Strategies for Managing Overwhelm
- LC Ethnic Studies Presents: The Anti-Racist Education of an Ordinary White
- Immigration Illustrated Interest Form
- ADHD Peer Connection Group
- 2025 LSAT Scholarship Application
- Student Counseling Center Group for Survivors of Unwanted Sexual Experiences

IME Events and News



Introducing IME's Lending Library!

Need a book for class? Or a book to read for fun! Stop by IME to see our inventory of books to borrow! You can check them out for a weekend or for the entire semester. You can also use the link to check out our inventory online.

Suite Library!

LAST DAY! I.D.E.A Catalyst Nomination Form

The I.D.E.A. Catalyst Awards honors and celebrates undergraduate students, staff, and faculty who have demonstrated immense dedication to engaging and leading initiatives toward a more inclusive, diverse, equitable, and accessible (I.D.E.A.) L&C community. Those nominated have demonstrated their commitment through their actions, leadership pursuits, everyday conversations, and values.

I.D.E.A Catalyst Awards

I.D.E.A catalyst is someone who enacts change using an Inclusive, Diverse, Equitable, Accessible framework

The Emerging Leading Honor

The Excellence In Advocacy Leadership Honor

Ray Warren Outstanding Senior Honor

Kristi Williams Staff & Faculty Leadership Honor

URL: <https://tinyurl.com/IMEIDEA25>

Nominations are Due Monday, March 10th by 11:59 PM

Questions and/or Concerns?? Email: multicultural@clark.edu

Nominate
Here



IME x OEI Spring Social: Community Constellation

Join us for an evening of connection, creativity, and celebration. This is an informal gathering to bring together new and returning community members.

Come meet and mingle with friends, enjoy delicious appetizers, and take part in interactive activities that highlight the beauty of our diverse experiences. All are welcome!

When? Thursday, March 13, 2025

Where? Stamm West

Time? 5:00 PM

RSVP Here!

2025 IME Banquet

You are all invited to join IME in celebrating our peers, honoring 2025 graduates, and presenting our inclusive, diverse, equitable, and accessible (I.D.E.A.) Catalyst award recipients!

Date of the Event: April 10th, 2025

Time: 5-7PM

Where? STAMM, CAS Campus

Graduates: RSVP by March 17th

General Attendees: RSVP by Tuesday, April 8th

We currently ordered a select amount of individual pho bowls for people to eat at the Banquet. *Please make sure that you RSVP to secure a spot to receive a Pho bowl.*



RSVP Here!



Nintendo Night GEM Gathering

Come and enjoy some game play on Nintendo consoles. We will have the nostalgic Wii console available and the Nintendo Switch. There will be a tiny competition for both Mario Kart and Just Dance so come prepared to win a prize!

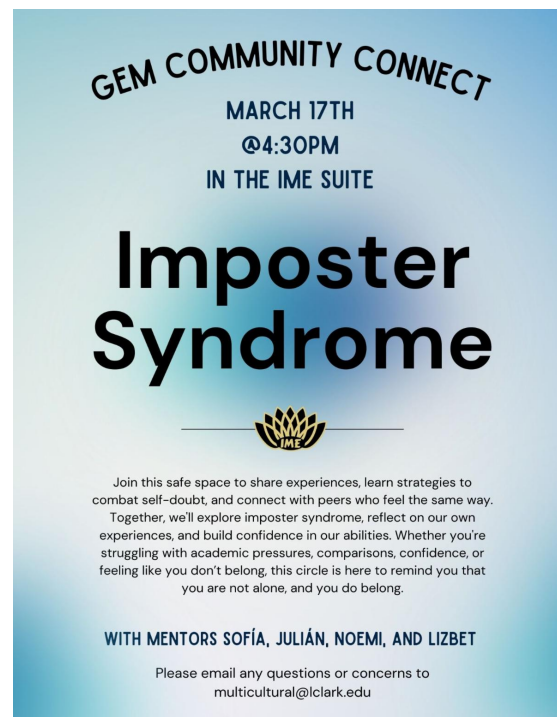
Where? IME Suite

Date? Tuesday, March 11

When? 6:30-8:00pm

GEM Community Connect: Imposter Syndrome

Join this safe space, with GEM Mentors, to share experiences, learn strategies to combat self-doubt, and connect with peers who feel the same way. Together, we'll explore imposter syndrome, reflect on our own experiences, and build confidence in our abilities.



More Events and News

Nest Grand Opening Ceremony

Come join Seed and the Centre for Social Change for the opening of the 'Nest' in Roberts 115. The nest is a community resource hub for everyone to come hang out, study, visit the food pantry and collect



information and resources from different offices and clubs around campus. The opening event will be a dinner and panel discussion featuring guests whose work helps people secure access to food and housing. Join us to learn about housing and food insecurity and ask our panelists questions. See you there!

Date: Mon, March 10th

Time: 5:00pm-7:00pm (dinner provided)

Location: Roberts 112

[Sign Up Here!](#)

Teacher of the Year Nomination

Do you have a professor who goes above and beyond to inspire, educate, and support students? Now's your chance to recognize their dedication and excellence! Nominate a professor for Teacher of the Year!

WE ARE ACCEPTING NOMINATIONS!!

TEACHER OF THE YEAR AWARD

Do you have a professor who goes above and beyond to inspire, educate, and support students? Now's your chance to recognize their dedication and excellence!

DEADLINE: TUESDAY, MARCH 18TH

QUESTIONS? CONTACT AWALCOTT@LCLARK.EDU

Scan the QR code to access the nomination form.

Follow us @pamplin_fellowslc

SCAN ME

Molecules & Mocktails

Student Alumni Association (SAA) invites you to our Molecules & Mixers event, where alum from Biology, Chemistry, and Biochemistry majors come to speak about career and education after college, research interests, and more!

OLIN LOUNGE

11 MARCH

6 PM - 7 PM

MOLECULES & *Mocktails*



BIOCHEMISTRY & MOLECULAR BIOLOGY
BIOLOGY,
CHEMISTRY ALUMNI.

Student Alumni Association



RSVP

Where: Olin Lounge

When: March 11th

Time: 6-7pm

RSVP Here!

Addressing Gun Violence through Art & Activism

Join us in Analyzing the systemic causes of gun violence and explore visionary thinking to imagine a safer society in our two-part workshops held at the **South Chapel on the Graduate Campus.**

Reflection and presentation on March 13th OR March 20th from 3-6

Collective ACTION

WHAT WE CAN IMAGINE...
WE CAN CREATE.



Addressing Gun Violence through art and activism

Part 1: January 23 or February 6
Part 2: March 13 or March 20

Optional studio time to work on art
Jan 25, Jan 30, Feb 8, Feb 13,
Feb 20, Feb 22, Feb 28th and Mar 6

**Will conclude with a public exhibition
May -Nov 2025**



Lewis & Clark
Graduate School of
Education and Counseling



Build-Your-Own-Bún Thịt Nướng-Bowl

Hello everyone! VSA has an exciting event where students can try one of Vietnam's most popular dishes, Bún Thịt Nướng on **Tuesday, March 11th from 5-7** in the Odell Kitchen. This dish has rice vermicelli, grilled pork skewers, fried egg rolls, fresh herbs and vegetables, and a variety of other delicious toppings. You don't want to miss out so please rsvp ASAP!

Where: Odell Main Lounge

When: March 11

VSA PRESENTS

Time: 5:00pm-7:00pm



RSVP Here!

Everything... Everywhere... All at Once... Skills & Strategies for Managing Overwhelm

The Student Counseling Center is offering three opportunities to practice skills and talk about strategies to manage the chaos of "all the things". These are being offered three times, please join us as often as you like.

Where: Odell Lower Level #003

When: Wednesday, March 12; Tuesday March 18

Time: 5:00pm-6:00pm



RSVP Here!

LC Ethnic Studies Program: The Anti-Racist Education of an Ordinary White

Join renowned historian of labor, race, and class, David Roediger, for a lecture and

The LC Ethnic Studies Program Presents

The Anti-Racist Education of an Ordinary White


DAVID ROEDIGER

Join renowned historian of labor, race, and class, David Roediger, for a lecture and dialogue about his intellectual and political evolution and the stakes of movements in defense of education and for racial justice.

THURSDAY MARCH 13 2025
7:00pm
Council Chamber
Fowler Student Center
Lewis & Clark College

Co-sponsored by:
 Ethnic Studies, History, Philosophy,
 General Education, Sociology/Anthropology,
 Center for Social Change & Community
 Involvement, Inclusion & Multicultural
 Engagement, Office of Equity & Inclusion,
 LC Endowment for the Humanities

INFO: ETHNICSTUDIES@LCLARK.EDU



dialogue about his intellectual and political evolution and the stakes of movements in defense of education and for racial justice.
Thursday, March 13th at 7pm, Council Chambers.

Where: Council Chambers

When: March 13

Time: 7:00pm

Immigration Illustrated Interest Form

Immigration Illustrated is a project created for the TH 285 - Playing at the Border class. We aim to collect stories of refugees and immigrants on the Lewis & Clark campus and turn them into a comic book collective. We value the importance of art as a tool for social change, and we hope that with your willingness to tell your stories of immigration, we can increase awareness of immigrants in our community and their unique experiences.

Share Your Story
Here!

Lewis & Clark College
Case Management

Virtual ADHD Peer Connection Group

Join L&C peers to connect on the ADHD experience

Case Management is hosting virtual meetings each week for students to talk about experiences of ADHD and to share strengths, challenges, and coping strategies.



TUESDAYS • SPRING 2025
4:30 PM TO 5:15 PM

EMAIL FOR MORE INFO:
AMBERBERGER@LCLARK.EDU

ZOOM LINK


Lewis & Clark College
Case Management

Virtual ADHD Peer Connection Group

What:
 This is a weekly group meeting for students to share experiences with attention deficit hyperactivity disorder (ADHD) and talk about strengths, challenges, or coping strategies. Each meeting will focus on a topic to help direct shares, but you are welcome to share anything you like. Anyone with an interest in the subject and an open mind is welcome to join.

Why:
 These meetings will give people an opportunity to share and connect with each other, to learn from each other, and to feel supported.

Additional Info:
 To keep everyone safe, each meeting will follow some ground rules:

- Keep an open mind when listening and avoid criticizing or judging
- What is shared in meetings stays in meetings (confidentiality)
- Share your own perspectives and experiences (speak from "I")

Each meeting will be facilitated by Amber Berger, Master of Social Work graduate student interning with Lewis & Clark Case Management.

TUESDAYS • SPRING 2025
4:30 PM TO 5:15 PM

ZOOM INFO
[HTTPS://GEORGEFOX.ZOOM.US/j/3787064244805](https://georgefox.zoom.us/j/3787064244805)

ZOOM LINK


ADHD Peer Connection Group

Case Management is hosting virtual meetings each week for students to talk about experiences of ADHD and to share strengths, challenges, and coping strategies. **Meetings**

Contact Amber Berger at amberberger@lclark.edu for more info.


2025 LSAT Scholarship Application!

The Multnomah Bar Association's Equity, Diversity & Inclusion Committee seeks to foster and expand diversity in the Multnomah County legal community and the state of Oregon. To achieve this goal, the committee awards scholarships for LSAT preparation courses to law school applicants whose future involvement in the law will enhance the diversity of our bench and bar. **Applications Due March 21!**

Sign Up Here!

Student Counseling Center Group for Survivors of Unwanted Sexual Experiences

"Healing from Unwanted Sexual Experiences" group. Requires a pre-group appointment with group leader Melanie Langlois, LPC, during which you will meet 1:1 to review the structure & purpose of the group. The group starts early February so contact Melanie to schedule an appointment before the end of January! Email melanie.langlois@lclark.edu or call 503-768-7160. No cost. **Student Counseling Center, Lower Odell**



Spring Semester
2025

Healing from Unwanted Sexual Experiences


What: Weekly therapeutic and educational group for people who have experienced sexual trauma

When: TBD (starting in early February 2025)

Where: Student Counseling Center, Lower Odell #012

This confidential, no-cost group is open to all LC students inclusive of gender identities, sexual orientations, races/ethnicities and abilities. Survivors will have the opportunity to connect with each other in a safe, non-judgmental space and explore ways they have been impacted by and are healing from sexual trauma. We will use discussion, information and activities to share experiences, increase self-awareness and self-compassion, expand coping skills, and build resilience. *Requires a pre-group appointment (30min) to discuss the structure and purpose of the group.*

For more information or to schedule a pre-group appointment, please contact Melanie at melanie.langlois@lclark.edu



Visit the IME Suite on the 3rd floor of Fowler: 9-5pm Monday to Friday

Interested in submitting something to be added to the IME Newsletter?

If you would like to submit something to be added to the IME newsletter, please fill out the form below. The IME newsletter goes out every Friday morning. All submissions to make it into the weekly newsletter must be done by Thursday at 8am or they will be put in the next week's newsletter.

Submit to the IME
Newsletter

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Lewis & Clark College | 0615 SW Palatine Hill Rd. | Portland, OR 97219 US

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