



IME Newsletter Volume 25



Final push before Spring Break! You can do this! With midterms bombarding your schedule, we encourage you to take some time to practice self-care. Please feel free to come to IME if you need resources or a chill study spot. We at IME hope you have a wonderful Spring Break! Treat yourself, you deserve it.

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

- IME's Lending Library
- 2025 IME Banquet
- GEM Community Connect: Imposter Syndrome

More Events and News

- Sign Up to be a Quincenera/o!!!
- 4th Annual Transformative Action and Abolition Symposium
- Teacher of the Year Nomination
- Addressing Gun Violence through Art & Activism
- 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!

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

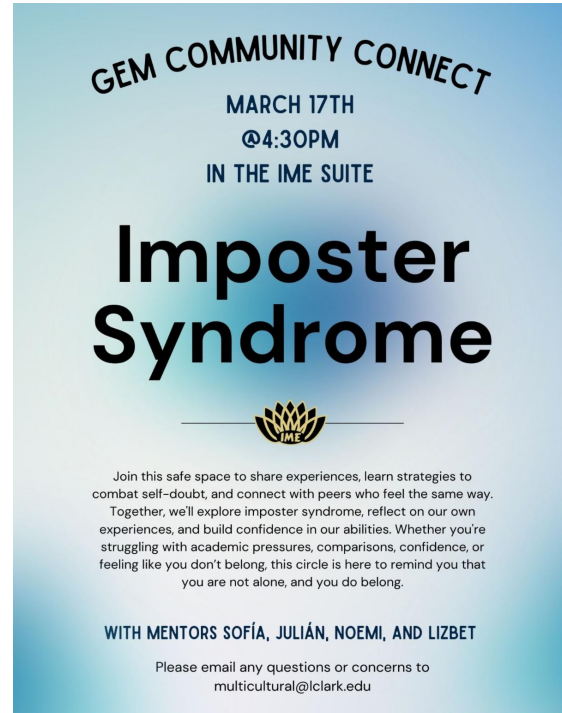
We currently ordered a select amount of

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!

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

Sign Up to be a Quincenera/o!!!

Gente Latina Unida is hosting our annual Quinceñeara this year and are gathering interest for Quinceñera/os. Fill out the attached form if you're interested in being one. If getting appropriate attire is an obstacle keeping you from signing up, we can help you! We strongly encourage Latine students to sign up. We'd love to have you!!!



[Sign Up Here!](#)



4th Annual Transformative Action and Abolition Symposium

March 17th-19th: In our 4th Annual Transformative Action & Abolition Symposium, titled "Room for Everyone," Prison Abolition Club hopes to explore themes around accessibility in leftist organizing, how marginalized people can take up and take back space from oppressive systems, and the room that prisons hold in our society. Check out our website for more information about specific events!

[More Info 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!

 PAMPLIN SOCIETY



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



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

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!



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 will take place on Zoom, Tuesdays from 4:30pm to 5:30pm.**

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**



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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