



## IME Newsletter Week 5



Happy Monday! We hope everyone is staying warm and dry as we head into a new week. Please don't forget that the IME Suite is open Monday through Friday 9am-5pm for a study space or a space to decompress.

See below to learn about how IME is honoring Hispanic-Latine Heritage Month, and check out our heritage month events that are coming up! Additionally, we are gearing up for LGBTQ+ History Month, so be on the lookout for events that celebrate our LGBTQ+ community!

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

- First - Gen Imposter Syndrome Workshop
- IME x OEI Power in Being
- Minute To Win It Game Tournament
- Indigenous Peoples Day Weekend

### Hispanic-Latine Heritage Month

- HLHM Events
- El Tigre Fest Volunteer
- Community Cookout Dinner

### More Events and News

- Winter Break Immersion Trip Applications Are Now Open!
- Graduation Application Workshops
- Upcoming Law School Admissions Panel
- Halo Halloween!
- New Inside-Out Prison Exchange class EN ESPAÑOL in Spring 2026: Writing Justice in the Americas with Prof Magalí Rabasa
- Study Skills Workshops with OSA
- Please take our short survey about meditation!

## IME Events and News

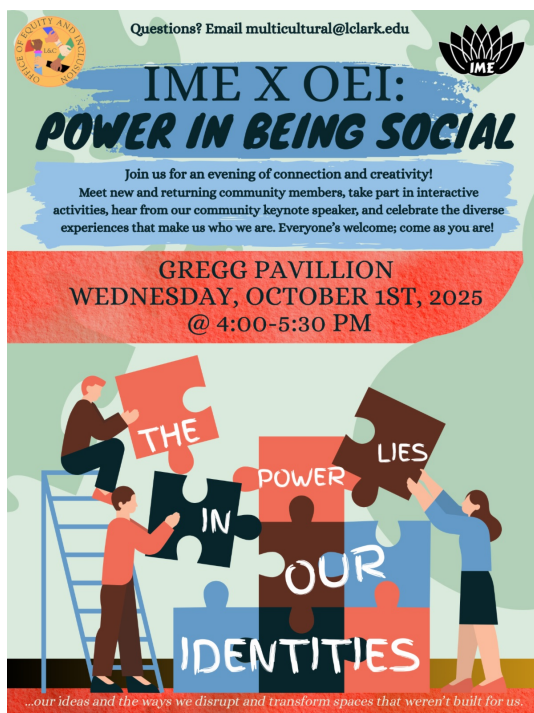
### First - Gen Imposter Syndrome Workshop

Wednesday, October 1  
5:00-6:00pm  
Fowler 225

By this point in the semester, a lot of students start questioning if they really belong at LC or if they're doing enough—and that's totally normal.

This relaxed, judgment-free workshop is all about imposter syndrome: what it is, why it shows up, and how to deal with it. Come hang out, get some helpful tips, and remind yourself that you do deserve to be here!

All are welcome to join!



### IME x OEI Community Social: Power in Being

Wednesday, October 1  
4:00-5:30pm  
Gregg Pavillion

Join Inclusion and Multicultural Engagement (IME) and the Office of Equity and Inclusion (OEI) for an evening of connection and creativity!

Meet new and returning community members, take part in interactive activities, hear from our community keynote speaker, and celebrate the diverse experiences that make us who we are. Everyone's welcome; come as you are!

## Minute To Win It Game Tournament

Wednesday, October 8

3:30-5:00pm

Council Chamber

Need a break from all the studying and stress? Come blow off some steam at our Minute to Win It Game Tournament! Compete in a series of fast, fun, and wacky one-minute challenges—solo or with friends—for the chance to win prizes and bragging rights.

No experience needed, just bring your best energy and get ready to laugh. It's the perfect way to recharge and have a good time!



## Indigenous Peoples Day Weekend

Join Portland Indigenous Marketplace (PIM) on Saturday, October 11, and Sunday, October 12, for a celebration hosting 50–100 Indigenous and Black artists and entrepreneurs, promoting cultural resilience, and honoring Indigenous heritage through art and community.

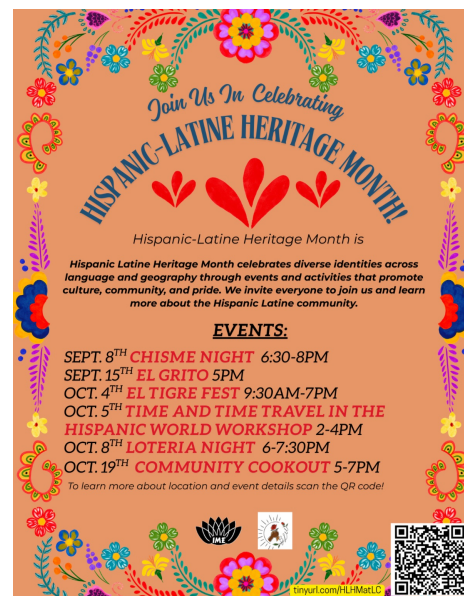
[Learn More Here](#)

## Hispanic-Latine Heritage Month

### Hispanic-Latine Heritage Month Events

Hispanic Latine Heritage Month celebrates diverse identities across language and geography through events and activities that promote culture, community, and pride. We invite everyone to join us and learn more about the Hispanic Latine community.

[Click to Learn More](#)





## El Tigre Fest Volunteer

Sunday, October 4

Cook Family Park

RSVP by September 27

Join us for an incredible opportunity to be part of El Tigre Fest! Volunteers will be able to celebrate the Latine & Hispanic culture at our IME table while engaging with community members in arts & crafts. We hope to connect and empower community members to learn about higher education, gain access to resources, and engage in arts and crafts.

RSVP to  
Volunteer

## Community Cookout Dinner

Sunday, October 19

Holmes Residence

RSVP Monday October 13

We are excited to invite you to our community dinner, where we aim to foster a sense of togetherness by sharing and savoring favorite dishes from different Hispanic and Latine cultures. This event provides a wonderful opportunity for individuals to showcase their culinary heritage while also experiencing the richness and diversity of Hispanic and Latine cuisine.

RSVP  
Here



## More Events and News

### Winter Break Immersion Trip Applications Are Now Open!

Join the Center for Social Change for a week full of service, learning, cultural immersion, and more!



RSVP  
Here



## PLANNING TO GRADAUTE IN MAY 2026?

**PRIORITY DEADLINE: OCT. 1**

**FINAL DEADLINE: OCT. 15**

(Submit by Oct 1 for feedback before spring  
class registration in November)

### GRAD APPLICATION WORKSHOPS

**MONDAY, SEPT. 29 @ 3PM**  
JR HOWARD 123

**TUESDAY, SEPT 30 @ 3PM**  
MILLER 305

Come to a workshop to get your questions answered  
immediately and complete your grad application.

**BRING A LAPTOP!**

### Graduation Application Workshops

Monday, September 29 at 3:00pm in JR  
Howard 123

Tuesday, September 3:00pm at in Miller  
305

The College Advising Center and the  
Registrar's Office are co-hosting two  
workshops before the deadline to assist  
seniors with their graduation applications.

Come to a workshop to get your  
questions answered immediately and  
complete your grad application!

\*\*\*BRING A LAPTOP\*\*\*

### Upcoming Law School Admissions Panel

Tuesday, September 30

6:00pm

McCarthy room 2

L&C Law Campus

Please join us for this valuable  
opportunity to learn more about the law  
school application process from an expert  
panel, including faculty and current  
students at Lewis & Clark Law School.

PRESENTED BY LEWIS & CLARK'S  
PRE-LAW PHI ALPHA DELTA CHAPTER



## LAW SCHOOL ADMISSIONS PANEL

POSE QUESTIONS TO AN EXPERT PANEL ABOUT LAW  
SCHOOL APPLICATIONS AND LIFE IN LAW SCHOOL

JOIN US IN

**MCCARTHY ROOM 2 ON THE  
L&C LAW CAMPUS**

**SEPTEMBER 30<sup>TH</sup> AT 6:00PM**

BRING YOUR QUESTIONS AND CURIOSITY



EMAIL LC23-0372@LCLARK.EDU  
WITH QUESTIONS OR CONCERNS

RSVP HERE:



The poster has a purple background with green wavy patterns at the top. At the top center is a yellow sun with a face and a rainbow. Below it, the text 'Kapamilya Filipino Student Club presents' is written in a white, cursive font. The main title 'HALO-HALO WEEN' is in large, bold, purple block letters. Below the title, a white box contains the text: 'Hang out and enjoy Filipino shave ice dessert with toppings like ube ice cream, coconut jelly, red bean, and leche flan!'. To the left of this box is an illustration of a glass of halo-halo dessert. Below the white box, the text 'WEDNESDAY, OCTOBER 1' is in bold white letters, followed by '7:00 TO 8:30 PM' and 'TAMARACK (NEAR FOREST)' in bold white letters. At the bottom center, it says 'We are looking for volunteers to help out with this event! Fill out the RSVP or contact us.' in white. At the bottom right is a QR code with the text 'Scan to RSVP!' above it. The bottom of the poster has a black background with the email 'kapamilya@clark.edu' in white.

## RSVP and Volunteer

INFO SESSION ON OCT 6!

This course, CONDUCTED IN SPANISH, explores various forms used to write about and for justice in the Americas from the 1960s to the present. Students will also produce their own testimonial narratives about their personal experiences with the concept of justice. This is part of the Inside-Out Prison Exchange Program and include 15 L&C students and 15 incarcerated students.

**Apply  
Here**

## INSIDE-OUT PRISON EXCHANGE CLASS

**Writing Justice in the Americas**  
PROFESSOR MAGALÍ RABASA

This course, **conducted in Spanish**, explores various forms individuals and groups have used to write about and for justice in the Americas from the 1960s to the present. Using the Latin American literary genre of *testimonio* as a starting point, we will examine classic testimonios and contemporary examples of different forms of expression activated to convey personal and collective narratives about systems, structures, and movements for justice. Students will also produce their own testimonial narratives about their personal experiences with the concept of justice.

This course is part of the Inside-Out Prison Exchange Program. The class will include 15 incarcerated students and 15 L&C students, and will be held at Columbia River Correctional Institution, a 30-minute drive from campus. Students can drive, carpool, or take public transportation. Factor in travel time when considering whether this class will work with your schedule.

## REQUIREMENTS

**REQUIREMENTS**  
Sophomore standing + Advanced level reading, writing, and speaking in Spanish

*ELECTIVE CREDIT for Latin American & Latino Studies, Ethnic Studies, Gender Studies, and Hispanic Studies.*

**GEN ED CREDIT** for Creative Arts, Culture Power Identity, and Global Perspectives.

## INFORMATION SESSION

Monday October 6

2:00-3:00pm

Miller 211 - ILC

Email with questions:  
mrabasa@lclark.edu

**APPLICATION IS REQUIRED**

Class registration is by permission only. 

SCAN QR CODE  
FOR APPLICATION

DUE BY OCT 22

## Study Skills Workshops with OSA

Albany 207

OSA's Study Skills Workshops are a recurring series of workshops designed to help you maximize your studying



### Do you want to:

- ★ Take amazing notes you'll actually use?
- ★ Learn how to manage large projects?
- ★ Study better for exams?
- ★ Learn tips to help you stay focused?

Check out the Office of Student Accessibility's

### Study Skills Workshop Series!

Every Tuesday in October

4:00pm in Albany 207

To learn more & sign up, visit our website:



[tinyurl.com/osaworkshops](https://tinyurl.com/osaworkshops)

Questions? Email Stephanie: [stephanietm@lclark.edu](mailto:stephanietm@lclark.edu)

effectiveness. The series is open to all Lewis & Clark students on all three campuses. Snacks are provided!

RSVP for Notetaking  
Workshop

Learn More About Study Skills  
Workshops

### Please take our short survey about meditation!

Students are carrying out a study of the effects of meditation/mindfulness/present-moment-focused activities! We need LC undergrad students who engage in these kinds of activities, and others who do not, to answer our questions. So, you can participate whether or not you do these things! It only takes about 10 minutes to complete our survey!

Meditation Survey

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 Monday at 9am or they will be put in the next week's newsletter.

Submit to the IME  
Newsletter

Stay Connected with IME





Try email marketing for free today!

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