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Today's Headlines

January 11, 2019

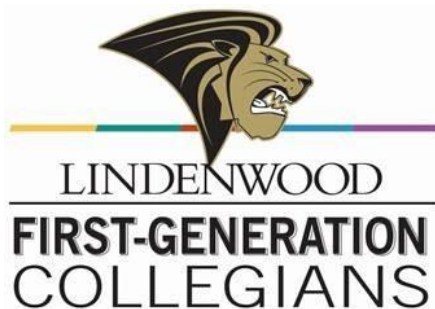
Q2 Training Coming Up on Jan. 23

Lindenwood University is embracing a new culture. In July, a team of four Lindenwood University representatives traveled to Florida to take part in the Disney Institute-Quality Service program. They used this expert advice to develop a service excellence program for Lindenwood. The team is offering the program to all employees through the Lindenwood Learning Academy over the next 12-18 months.

As a welcome back for the spring semester and a kickoff for the new Lindenwood culture, Q2 will host a University-wide [Q2 social on January 23, 2019](#). This event will begin a new era for the University and a focus on service excellence at Lindenwood. Please join us for this exciting time at Lindenwood!

[RSVP to the Q2 Kickoff \(St. Charles \)](#)

First-Generation Collegians Program



The Office of Student and Academic Support Services (SASS) support first-generation students through the First-Generation Collegians program. Were you the first in your family to attend college? Are you a faculty or staff member who self-identified as a first-generation student?

The program is designed to engage first-generation college students and provide academic, social, and support opportunities. This year, we are building a network

of faculty and staff who self-identify as first-generation college graduates to support, mentor, and network with current first-generation Lindenwood students. We are having a first meeting and session the last full week of January and are looking for more first-generation mentors.

The program objectives are

1. to identify first-generation faculty and staff who are interested in assisting SASS in efforts to support first-generation students and future programming;
2. to provide students with a support system and engagement with faculty and staff who can guide and equip students with social capital and insight into diverse areas of the academic environment; and
3. to develop relationships between first-generation students and successful first-generation Lindenwood University professionals.

If you are interested in sharing your first-generation story, would like to help develop future program events, or be a part of this social network, please email Sarah Leassner at SLeassner@lindenwood.edu for additional details.

Academic Technology Services Spring Catalog Now Available

The Academic Technology Services [spring catalog](#) is now available. The catalog lists all Academic Technology Services workshops available to faculty and staff.

Interactive Health Will Be Here to Kick Off Your Health for 2019!

Join Interactive Health and the LindenWell team to jump start your wellness 2019 goals! The first set of wellness sessions will address any questions/concerns that you have, why IH was implemented and how it will work with Lindenwood's health program, scoring, the importance of wellness, and a demo of how the program will work in your personalized LindenWell dashboard! Please join us on one of the following dates and times to get acclimated with your health (participants only need to pick one session to attend):

- Wednesday, January 16 at 11 a.m. in the Lindenwood Learning Academy (LARC 9)
- Thursday, January 17 at 9 a.m. in the Lindenwood Learning Academy (LARC 9)
- Thursday, January 17 at 12:30 p.m. in the Lindenwood Learning Academy (LARC 9)

Lindenwood Students and Alumna Publish Article

Three current and former Lindenwood students recently published an article titled, [*Nutritional and Supplementation Strategies to Prevent and Attenuate Exercise-Induced Muscle Damage: a Brief Review*](#), in the peer-reviewed journal, Sports Medicine-Open. Patrick Harty, a current graduate student; Megan Cottet, a former graduate student and current instructor; and James Malloy, a current undergraduate student in the School of Health Sciences were authors on the paper in addition to Chad Kerksick, Associate Professor of Exercise Science and Director of the [*Exercise and Performance Nutrition Laboratory*](#).

This review currently stands as the most up-to-date and comprehensive review of nutritional strategies to mitigate the muscle damage and soreness that arises following intense, challenging exercise. Congratulations to all three for their important contributions!

Dissertation Defense

Ronald E. Joyner

Dissertation Chair: Dr. Robert Steffes

Title: A Mixed-Methods Investigation of the Turnaround Model in a Midwestern Public High School

Date, Time, & Location: January 18, 2019; 9:00 a.m.; Roemer 219

LIBRARY SERVICES WILL BE CLOSED
MONDAY, JAN.21
IN HONOR OF MARTIN LUTHER KING JR. DAY

FRIDAY, JAN. 18	7:30 A.M. - 8:00 P.M.
SATURDAY, JAN 19	9:30 A.M. - 6:00 P.M.
SUNDAY, JAN. 20	2:00 P.M. - 8:00 P.M.
MONDAY, JAN 21	CLOSED

LINDENWOOD



Previously in the Digest

First-Year Programs Seeks Freshman Seminar Proposals

The office of Student and Academic Support Services – First-Year Programs (SASS-FYP) is currently accepting proposals to teach one of our Freshman Seminars. The concept of the Freshman Seminars is to connect our incoming students to full-time faculty members through creative and innovative seminar topics. Each seminar will be unique to the individual instructor, who will have an opportunity to pass on their passion for their particular area of study. We are looking for seminars that represent a broad range of degree programs. [Read more](#)

Summer Camp/Conference Facility Requests

If you are interested in hosting a camp or a conference on campus this summer, please view the [Summer Facility Request Guidebook](#) and then submit a proposal to [Samantha Kennedy](#) no later than March 2, 2019. Proposals are handled on a first come, first serve basis so room availability is limited. Additional questions and internal pricing sheet requests can be directed to Samantha Kennedy.

Request for Computer Science Projects

As the primary part of a Computer Science course (CSC43000 -Senior Projects) that I will be teaching this Spring, students are required to work on a "real world" group programming project. In order to facilitate this, I would like to gather several potential projects from campus sources. So, if you have a potential computer programming project, I'd like to hear about it. Some things to keep in mind: [Read more](#)

Student Research Conference Submissions Now Accepted

It is that time of year again, everyone: The [2019 Student Research Conference submission portal](#) is open and is accepting faculty recommendations and student submissions.

Students who are working on or who have completed original research papers or creative projects can be nominated by a faculty member to participate in the Student Research Conference. Students can either display a poster or give a presentation of their work at the conference. [Read more](#)

Events and Deadlines

- Tuesdays and Thursdays: Power Hour training, 11 a.m. - noon, Fitness Center
- [Spring 2019 Group Exercise schedule](#), Evans Commons Rec Center
- Jan. 22: LARC Theatre – [Diversity Dialogue: Cultural Sensitivity](#), 3:30 p.m.,
- Jan. 23: Sibley Chapel – [MLK Prayer Service](#), 4 p.m.,
- Jan. 24: LARC Theatre – [MLK Speaker featuring The Honorable Michael Noble](#), Circuit Judge 22nd Judicial Court, St. Louis, MO, 3 p.m.
- Feb. 5: [Second Annual Adjunct Instructor Fair](#); [RSVP link](#)

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