



LINDENWOOD  
UNIVERSITY

# DIGEST

EMPLOYEE NEWSLETTER

March 8, 2023

CAMPUS-WIDE NEWS BROUGHT STRAIGHT TO **YOUR INBOX.**

## GOOD MORNING

### LINDENWOOD LIONS!

#### Blues Ticket Giveaway!



tickets in the LU section.

Did you miss your chance to buy tickets for LU Night with the Blues on March 15?

Don't worry! We've got you covered. Enter to win a pair of

#### LATEST NEWS

[Read Campus News](#)

#### STAY CONNECTED

[Join LindenConnect](#)

Entries must be received by Monday, March 13 at 8 a.m.  
Winners will be contacted by noon that day.



Enter Here

## March is National Nutrition Month

Sponsored by the Academy of Nutrition and Dietetics, National Nutrition Month encourages individuals to develop healthy eating and activity habits. This year's theme is Fuel for the Future, which focuses on sustainability. Some tips include growing food in a garden, eating plant-based snacks, shopping locally, and creating a realistic meal plan that meets your needs.



 Academy of Nutrition and Dietetics

Need additional healthy snacks to eat during the day? The Academy of Nutrition and Dietetics provided ideas for **adults and teens**, as well as **kids**.

## March Challenge: Sleep Hygiene

According to the CDC, only one in three U.S. adults regularly get enough sleep, and 70 million Americans report having chronic sleep problems. Quality sleep is an essential function that allows your body and mind to recharge and is correlated with better overall health and a higher quality of life. Therefore, this month our wellness focus is on sleep hygiene, the practice of good behavioral and environmental sleep habits that promote persistent restful sleep!

*Our March Sleep Challenge is now available in the **Benefits Wallet** in HealthCheck360. Upload at the end of the month for 20 Lifestyle Rewards (health plan members) and 20 Pride Points (all employees).*

## DEI Speaker Series in Partnership with the St. Charles Regional Chamber

Lindenwood faculty, staff, and students,  
We would like to invite you to join us for the DEI Speaker Series, which we feel will be enlightening, enjoyable, and a great networking opportunity for us as we celebrate diversity and learn from several highly regarded leaders in our community.

The Diversity, Equity, and Inclusion Speaker Series in Partnership with the St. Charles Regional Chamber

Location: Spellmann Center, AB Leadership Room, Fourth Floor Arts & Entertainment

**March 15, 3:30 – 5 p.m.** - Disability Awareness Month Panel – Aimee Wehmeier, president of Paraquad International Awareness; Latoya Chauncey, director of Consumer Directed Services; Anna Corbitt (she/her/hers), advancement manager; and Melissa Brickey, senior director of advancement

**April 12, 3 – 4:30 p.m.** - Arrey Obenson, president & CEO of the Intl. Institute Women in Leadership

**May 9, Noon – 1:30 p.m.** - Jennifer Bardot, Best Selling Author of G.R.I.T. Collection with Contributing authors of the Anthology of “Resilience,” Derlene Hertz, CEO of You Empowers Services; Julie Lawson, CEO of Reins Institute; Emily Pitts, chief diversity officer and director for the Center for Diversity & Inclusion, Lindenwood University; and Susan Stiers, director of human resources, Peoples Savings Bank

**TBA** - Kwofe Coleman, president and CEO of the Munny Theatre – An updated schedule will be sent once Mr. Coleman’s date has been confirmed.



## 2022-23 RISE Awards and RISE Innovator Award are Open

The 2022-23 RISE Awards and RISE Innovator Award are now open for submissions. Submissions are due Monday, March 13. See below for more information about the awards and application instructions. *All LU faculty members are eligible to apply for both the RISE Award and the RISE Innovator Award.*

### RISE Award

The 2022-23 RISE Awards will recognize four faculty members (two adjunct and two full-time) who have achieved excellence in implementing two of the RISE pillars in their courses. Each of the four recipients of the RISE Award will receive a \$500 prize.

To apply, complete **the application form**, which will ask you to discuss how you have implemented two of the RISE pillars in your courses and what impact your implementation of these two pillars has had on your students (350 words maximum for each pillar).

### RISE Innovator Award

The RISE Innovator Award will recognize one Lindenwood faculty member (full-time or adjunct) for exceptional creativity, problem solving, or innovation in implementing the RISE pillars in their courses. The recipient of

the RISE Innovator Award will receive a \$500 prize.

To apply, complete **the application form**, which will ask you to discuss a creative or innovative way that you have implemented RISE in your courses, or how you devised a creative solution to an obstacle to implementing RISE effectively (maximum 500 words).

---

### **Advising Workshop: Motivational Interviewing**

**March 13, 12:15-1:15 p.m.  
Lindenwood Learning Academy, LARC 009,  
and Online**

As we enter the second half of the semester and fall registration season, this timely workshop will provide an overview of how to engage and evoke student's own motivation to change through an evidence-based set of tools.

[Register](#)

### **Mid-Semester Support Workshop**

**March 14, 2-3 p.m.  
Online**

The middle of the semester is an ideal time to evaluate how well students are learning and performing in your class. This information allows you to offer additional support to struggling students or make adjustments to your teaching methods to better suit student needs. In this workshop, participants will explore a variety of strategies for offering support and gathering student feedback. This workshop supports the RISE Pillar of Support.

[Register](#)

---

### **Leadership Development Monthly AVP Sessions**

**March 14, 10:15-11:15 a.m.  
Lindenwood Learning Academy, LARC 009,  
and Online**

Please join us on the third Tuesday of each month to further develop leadership and strengthen our relationships as a team. The discussion topics will differ each month, but the premise of each meeting is to grow both professionally and personally as leaders. **This is a meeting for AVPs.**

[Register](#)

### **Leadership Development Monthly Director/Manager Sessions**

**March 15, 10:15-11:15 a.m.  
Lindenwood Learning Academy, LARC 009,  
and Online**

Please join us on the third Wednesday of each month to further develop leadership and strengthen our relationships as a team. The discussion topics will differ each month, but the premise of each meeting is to grow both professionally and personally as leaders. **This is a meeting for staff directors and managers.**

[Register](#)

---

### **Remember, remember! Retrieval Practice Strategies**

**March 15, 1-2 p.m.**

**Lindenwood Learning Academy, LARC 009**

In this session, we will discuss the importance of retrieval practice for helping students remember essential course content. We will also explore a few strategies for embedding retrieval practice in your class sessions in both synchronous and online courses. This workshop is applicable to instructors teaching in all modalities and supports the RISE Project Pillars of Rigor and Support.

[Register](#)

### **Making Diversity, Equity and Inclusion a Reality, Part 1**

**March 15, 1-3 p.m.**

**Center for Diversity & Inclusion Office,  
Spellmann Center 3085**

The current landscape and climate in our country requires now more than ever, that we stand up and become part of the solution versus being bystanders and hoping change will come or progress will be made. "Hope is not a strategy."

This interactive class will help to establish a foundational understanding of diversity, equity, inclusion, and belonging. We will learn how we can contribute to and benefit from having a more diverse and inclusive culture where everyone can thrive and feel a sense of belonging, while delivering a superior academic experience to Lindenwood students.

[Register](#)



## **SPRING SEMESTER HOURS**

### **LARC/LIBRARY SERVICES**

- Monday- Thursday: 8 a.m. - 10 p.m.
- Friday: 8 a.m. - 5 p.m.
- Saturday: 10 a.m. - 3 p.m.
- Sunday: 2 -10 p.m.

### **EVANS COMMONS REC CENTER**

- Monday - Friday: 6 a.m. - 9 p.m.
- Saturday - Sunday: 11 a.m. - 4 p.m.

### LU BOX OFFICE

- Tuesday-Friday: 12 – 4 p.m.
- Saturday: 10 a.m.–2 p.m.
- Sunday-Monday: Closed

### STARBUCKS

- Monday - Friday: 7 a.m. - 5 p.m.
- Saturday: Closed
- Sunday: 2 - 9 p.m.

### BOYLE FAMILY GALLERY

- Tuesday-Thursday: 12 – 5 p.m.
- Open during Theater and Black Box performances



Lindenwood University | [www.lindenwood.edu](http://www.lindenwood.edu)



Marketing and Communications | 209 S. Kingshighway St., St. Charles, MO 63301

[Unsubscribe\\_phuffman@lindenwood.edu](mailto:unsubscribe_phuffman@lindenwood.edu)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by ludigest@lindenwood.edu powered by



Try email marketing for free today!