



ALANA STAFF:

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Anthem

SEPTEMBER / OCTOBER 2019

Loyola Celebrates Latino Heritage Month

Bienvenidos estudiantes de Loyola. Welcome back Loyola students!

Another academic year starts and Latino Heritage Month (LHM) is soon upon us. Every September, ALANA Services offers the Loyola community programs and events to celebrate Latino heritage, nationally known as Hispanic Heritage Month.

Programs and events during National Hispanic Heritage Month take place from September 15th to October 15th.

The significance of September 15th is to recognize the anniversary of independence of five Latin American countries: El Salvador, Costa Rica, Guatemala, Nicaragua and Honduras. For Mexico, Chile and Belize, the month of October also carries great value since these nations celebrate their independence days.

Today, National Hispanic Heritage Month seeks to recognize the contributions made and the important presence of Hispanic and Latinx Americans to the United States. Therefore, we hope to celebrate Latinx and Hispanic heritage and culture. Please join us in this annual tribute by learning about the generations of Hispanic Americans who have positively influenced and enriched our lives and this nation.

To celebrate this year's LHM, ALANA and the Association of Latin American and Spanish Students (ALAS) have programmed events and activities.

Latino Heritage Month Keynote Speaker featuring **Eric Villatoro** creator of Okay Latino October 2nd from 7-8pm in the 4th Floor Program Room.

ALAS Noche de Baile an evening of dancing and food to celebrate Latin and Hispanic culture, September 21st from 10 pm-1pm in the 4th Floor Program Room.

ALAS Being Afro Latinx Panel A panel on being Black and Latinx 7-8pm in the 4th Floor Program Room

Latin Fest, ALAS' celebratory event for Latino Heritage Month, October 11th from 6-9pm in McGuire Hall.

Be sure to check out the events!



Director's Corner

Greetings from ALANA Services! I hope that this message finds you rested and ready for the coming semesters. We welcome the class of 2023 into the Loyola Community, and we say welcome back to the classes of 2020, 2021, and 2022.

From campus-wide programming to other cultural events, the ALANA Staff has been planning all summer for your arrival. Part of this planning included our new renovations to the Center for Intercultural Engagement. We expect the CIE's facelift to create a more welcoming space for the entire Loyola community to use our resources, engage in difficult dialogues, and learn to celebrate diverse cultures at Loyola. We hope to see you all learn and grow this year in ways that enrich yourselves and our community.

Have a prosperous year!

Raven Williams

Latino Heritage Month Speaker



Eric Villatoro is the founder of social media platforms Okay Latino, based in the Maryland/Washington D.C area that aims to preserve, support, and develop Latin culture through media and experiences and New Brxnd-- which unites, creates, and inspires through media.

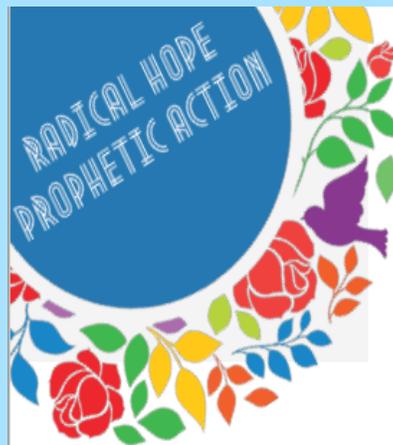
Make sure to see him live in the 4th Floor Program Room on Tuesday, October 2nd from 7-8pm!

Words from



""We would like to announce the theme for this upcoming academic year 2019-2020: Mi Familia!

Our academic and personal success is rooted in hard work, determination, and diligence. However, we should not forget where we were taught those fundamental skills. We must remember those special individuals who supported us in dark times and maintained a strong and unconditional love for us. "Nuestra Familia" or "Our Family" were always there for us, and A.L.A.S wants to celebrate the people who have molded us into the people we are today. The dynamic of a traditional Latin American and Spanish household is rooted in unconditional love and care and it is an aspect of our Identity that should be celebrated at Loyola University Maryland."



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IGNATIAN FAMILY TEACH-IN FOR JUSTICE

**NOVEMBER 16-18, 2019
WASHINGTON, D.C.**

**LEARN FROM MOVEMENT LEADERS &
ADVOCATE FOR JUSTICE ON CAPITOL HILL**



ALANA MENTORING PROGRAM

ALANA based Mentoring: While college is a fun and rewarding experience, in one way or another, the transition can be challenging for everyone, whether it is the workload or finding your place at Loyola. Through the ALANA Mentoring Program (AMP) you will have the opportunity to be placed with a mentor who has gone through a similar experience as you.

The Perks: Through AMP, you will have the opportunity to go to on campus events and off campus outings where you will have the opportunity to meet new people and make new connections. AMP events in the past have included going to the movies, going to Skyzone, or enjoying food at a Potluck dinner.

The Program: You will be paired with a well-qualified upperclassman who will support you through daily check-ins, meetings, and social interactions. You will have the privilege of fostering a special bond with someone who will do everything in their ability to assist with your adjustment.



Here are some of the students who were ALANA Mentors last year!

If you have any questions, contact Michelle Mencia at mmencia@loyola.edu

GUESS THAT FLAG

Country Word Bank:

Dominican Republic | Cuba | Chile
Columbia | Argentina | Bolivia

Ignatius Scholars Program

Each year since 2013, the Ignatius Scholars Program (ISP) has given cohorts of 30 students an advantage above their peers who arrive in the fall. The program is coordinated by the Office of Student Development, ALANA Services, and the Academic Advising and Support Center (AASC). Participants in the program primarily include students of color, students who demonstrate significant financial need, and first-generation college students.

From August 11th to August 25th this year's ISP students, or I-Scholars, cultivated *eloquentia perfecta*, or the Jesuit tradition of exhibiting effective speech and writing, through

courses in math, reading, and writing. They also discovered Loyola University Maryland's (LUM) supportive services through a series of workshops. Through cultural excursions and a day of service with York Road Initiative at Lake Evesham and Govans Urban Forest, I-Scholars acquainted themselves with residents and community leaders.

I-Scholars constructed their supportive networks through team-building exercises, academic advisory meetings, and visiting their professors. During each week of the fall semester, I-Scholars will be held accountable for utilizing The Study and attending weekly meetings with AASC to track their overall transition to LUM. For more information, please visit www.loyola.edu/join-us/ignatius-scholars.



INTERNATIONAL FESTIVAL
 Come out for our International Festival

Where
 McGuire Hall

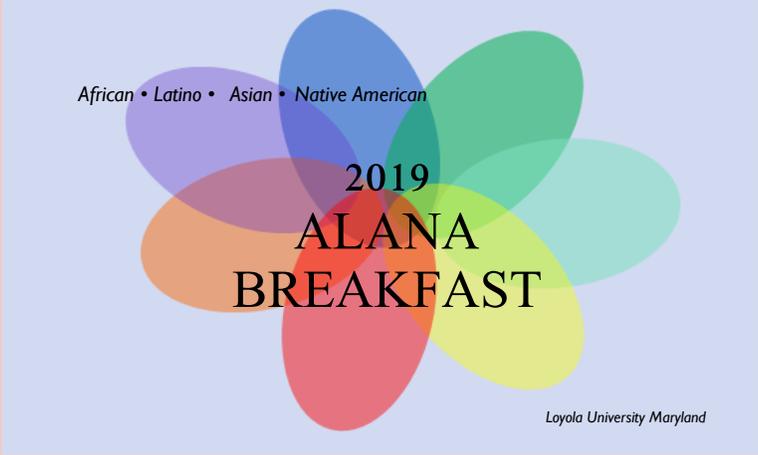
When
 Friday, November 1st, 3-5pm

More than just food
 Massages, traditional henna tattoos, and much more!

Want to participate?
Contact:
 Giovanna Baisie-Arthur: gabaisie-arthur@loyola.edu
 Knekiya Harper: [@loyola.edu](https://twitter.com/loyola.edu)
 Michelle Mencia: [@loyola.edu](https://twitter.com/loyola.edu)

26th Annual ALANA Breakfast

Saturday, September 28, 2018
 8:00am ~ 10:00am
 McGuire Hall
 To register please visit
www.loyola.edu/alana



Have You Met Our GA's Yet?!

Knekiya Harper is the new Academic and Career Enrichment Graduate Assistant for ALANA Services. She received her Bachelor of Science degree in Psychology with a focus in Life Sciences and a minor in Rehabilitation and Human Services from The Pennsylvania State University. Knekiya will be starting her first year in the Master's of Clinical Professional Counseling Program at Loyola University of Maryland.

As the Academic and Career Enrichment Graduate Assistant, Knekiya will be responsible for implementing programs and workshops designed to advance students success in the classroom as well as professionally. In addition, Knekiya will be the graduate liaison for the Black Student Association (BSA) as well as the Caribbean Students Union (CSU).

In her spare time, Knekiya enjoys traveling to new places to experience different cultures and food. In addition, Knekiya enjoys the performing arts, especially film and theatre, as she has been apart of many productions.

Knekiya is extremely excited to start her journey at Loyola University of Maryland and to have a wonderful academic year!



Michelle Mencia is the new Research and Retention Graduate Assistant for ALANA. She graduated from Loyola University Maryland in 2019 studying Psychology and Theology and is now enrolled in the Psy.D program for Clinical Psychology at Loyola. She currently lives in Jacksonville, Florida, but her family is from Santo Domingo in the Dominican Republic. ALANA services and the

cultural groups on campus have always had a huge impact on her time as an undergraduate and she is excited for the opportunity to continue to cultivate the values of leadership, academic success, and diversity on campus. Some of her job responsibilities include being involved with ALANA's mentoring program (AMP) and being involved with student run clubs and student outreach. Outside of school and working at ALANA, she loves to run, read, and hang out with friends. She is always excited to meet new people and is here to help students feel comfortable at Loyola. Please, feel free to stop by the office and

Giovanna Baisie-Arthur is ecstatic to be returning this fall as the Leadership Development Graduate Assistant in ALANA Services. As the Leadership Development GA she will be responsible for working closely with student leaders and their organizations to coordinate programs and events for the Loyola community. She will also assist students with the development of their leadership skills, leadership styles, and communication skills with each other and other organizations and campus resources. She is very excited to continue working with

ALANA services and looks forward to an awesome school year!

This year, she will be the graduate liaison for the Association of Latin American and Spanish Students (ALAS) and the African Student Association (ASA) and is delighted to continue working with both organizations

Giovanna is entering her second year in the Clinical Psych program. She hopes to further stimulate and deepen the connections between herself and the student organizations in ALANA.



Summer Reflection

We asked an ALANA student to share some of their experiences from the summer. Ahmed Jackson 21' has always been a part of the ALANA family. In the last school year, Ahmed served as president of BSA (Black Student Association) and was an ALANA mentor.

Over the summer, Ahmed has been working as a camp counselor at his old middle school Saint Ignatius Loyola Academy and also serving as a teaching assistant. He is responsible for leading his own advisory of students, coordinating activities and assisting with overnight camping. As a teaching assistant he has assisted in preparing students for the upcoming school year.

While Ahmed has had a busy summer with work, he is also preparing to study abroad in Leuven, Belgium for the upcoming school year.

Besides being a camp counselor this summer, Ahmed said he had the opportunity to go hiking and spend time with his family and friends.

This year, Ahmed will be studying abroad in Leuven, Belgium for the full school year. He is most looking forward to becoming a global learner, and having the opportunity to learn from individuals of all walks of life.

When asked what advice he would give to incoming first-year students, Ahmed had to say, "Get involved early on and don't stress. Get a feeling of what being a student leader on campus is all about. Don't stress because times get tough, breathe and open your eyes to new opportunities, and be sponges. Learn from those who are in a position you want to pursue in the future."



Loyola Lingo: LUM Core Values

Welcome class of 2023!

One of the first things that you may notice coming to campus is the strong emphasis on Jesuit values. And while you may have heard about Jesuit values often since familiarizing yourself with Loyola, it may be unclear what that is. These



are foundations that Jesuits believe are a fundamental part of the goals and ideals that you strive for, both in life and also as a student. **Academic excellence** is promoted through Loyola being an institution of learning and exploration, while at the same time protecting those academic freedoms. Another ideal promoted throughout the university is **diversity**, which seeks to provide an inclusive environment for those regardless of race, gender expression and identity, religion, ethnicity, sexual orientation, or disability, which is done through offices, like ALANA Services. The **focus on the whole person** is another concept exemplified by Loyola to provide services to help individuals strive to good health, well-being, and spiritual value, through services such as, the Counsel-

ing Center, the Center for Community Service and Justice (CCSJ), and Campus Ministry. There are many more Core Values that LUM abides and it is essential to understand how each of these function on campus.

These ideas are not mutually exclusive, and are meant to provide students, faculty, and administrators with a sense of community as they step onto this campus.

How do these values relate to your personal ideals?

<http://www.loyola.edu/about/mission-vision-values>

September 2019 *Latino Heritage Month*



Special Dates

- } September 6th - **ALANA Block Party**
- } September 24th - **Culture Shock Panel**
- } September 28th - **ALANA Breakfast**
- } October 2nd- **Latinx Heritage Keynote**
- } October 09th- **Being Afro Latinx Panel**
- } October 11th - **Latin Fest**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Fall Welcome Week-end Residence Halls Open	2 Labor Day (University Closed)	3 Fall Semester Begins	4	5	6 ALANA Block Party (3-5pm, 3rd Floor Common Space))	7
8	9 Hora de Café con Leche Lower (CIE, 12-1pm) ASA GBM (CIE, 6-7pm)	10	11 Hora de Café con Leche Advd. (CIE, 12-1pm) Man2Man (CIE, 5-6:30pm)	12 Sister to Sister (CIE, 5-6:30pm)	13	14
15	16 MESA GBM (CIE, 6-7pm)	17 CSU GBM (CIE, 6:30-7:30pm)	18 ACE Workshop (CIE, 12-1pm) ACA GBM (CIE, 6-7pm) BSA GBM (CIE, 7:30-8:30pm)	19 ALAS GBM (CIE,7-8pm)	20	21
22	23 Hora de Café con Leche Lower (CIE, 12-1pm) ASA GBM (CIE, 6-7pm)	24 Culture Shock Panel (CIE, 6-7pm)	25 Hora de Café con Leche Advd. (CIE, 12-1pm) Man2Man (CIE, 5-6:30pm)	26 Sister to Sister (CIE, 5-6:30pm)	27 <i>Family Week-end</i>	28 ALANA Breakfast <i>Family Weekend</i>
29	30					

October 2019 *Latino Heritage Month & Caribbean Heritage Celebration*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 CSU GBM (CIE, 6:30-7:30pm)	2 ACE Workshop (CIE, 12-1pm) ACA GBM (CIE, 6-7pm) BSA GBM (CIE, 7:30-8:30pm) Latinx Heritage Keynote (4th Fl Rm, 7-8pm)	3 ALAS GBM (CIE, 7-8pm)	4 ALAS Dance Night (McGuire East, 8:30-10:30pm)	5
6	7 Hora de Café con Leche Lower (CIE, 12-1pm) ASA GBM , (CIE, 6-7pm)	8 MESA GBM (CIE, 6-7pm)	9 Hora de Café con Leche Advd. (CIE, 12-1pm) Man2Man (CIE, 5-6:30pm)	10 Sister to Sister (CIE, 5-6:30pm)	11 Latin Fest (6-9pm, McGuire)	12
13	14	15 CSU GBM (CIE, 6:30-7:30pm)	16 ACE Workshop (CIE, 12-1pm) ACA GBM (CIE, 6-7pm) BSA GBM (CIE, 7:30-8:30pm)	17 ALAS GBM (CIE, 7-8pm)	18 Mid-Semester Holiday	19
20	21 Hora de Café con Leche Lower (CIE, 12-1pm) ASA GBM , (CIE, 6-7pm)	22 MESA GBM (CIE, 6-7pm)	23 Hora de Café con Leche Advd. (CIE, 12-1pm) Man2Man (CIE, 5-6:30pm)	24 Sister to Sister (CIE, 5-6:30pm)	25 <i>Homecoming Weekend</i>	26 <i>Homecoming Weekend</i>
27 <i>Homecoming Weekend</i>	28	29 CSU GBM (CIE, 6:30-7:30pm)	30 ACE Workshop (CIE, 12-1pm) ACA GBM (CIE, 6-7pm) BSA GBM (CIE, 7:30-8:30pm)	31 ALAS GBM (CIE, 7-8pm)		

ALANA SERVICES

ALANA Services Mission Statement

ALANA (African, Latinx, Asian, and Native American) Services is committed to providing support, services, and programs that facilitate the success of all ALANA students at Loyola University Maryland.

Through intentional programming and a spectrum of services, we foster the academic, cultural, personal, spiritual and leadership development of ALANA students. Furthermore, we seek to create and maintain an environment of respect and awareness, while advocating for ALANA students and responding to their needs.

Loyola University Maryland

4501 North Charles Street

Andrew White Student Center E313

Phone: 410-617-2310

Web: <http://www.loyola.edu/>

2019-2020 ALANA Organization Presidents

African Student Association
Camryn Williams

Asian Cultural Alliance
Charles 'Charlie' Lewin-Smith & Vivian Nguyen

**Association of Latin American
& Spanish Students**
Genesis Romero

Black Student Association
Matthew Dorsey

Caribbean Student Union
Natalie Rosado

**Middle Eastern South Asian
Alliance**
Syed Kazmi & Erica Bagheri

Let's Talk

The Counseling Center

Moving Beyond the Imposter Phenomenon

Being in college brings lots of excitement and new opportunities! College can also bring on different challenges related to balancing academic and social demands. For some students, it may seem like a lot of pressure and expectation to perform well at this stage in your academic journey. There may be some thoughts about overall ability that pop into our minds from time to time that accompany the desire to perform well. Do you ever question your ability to succeed? Do you often think that luck was the reason you did well on an exam or paper? If you answered yes to the questions above and have experienced them more often than not, then you may be experiencing what is commonly called the Imposter Phenomenon. Imposter Phenomenon is when someone questions their intellectual ability, attributes success to only external factors, and fears that their accomplishments will be exposed as fraudulent. Imposter Phenomenon is a common experience that students face and can have impacts on mental health, such as depression, anxiety, and self-esteem.

Below are some warning signs to be mindful of and quick tips on how to manage the feelings of Imposter Phenomenon.

Warning Signs of Imposter Phenomenon

- Fear of being exposed by others
- Tendency to credit your success to luck instead of your own hard work and intelligence
- Doubting your abilities despite evidence of success
- Having a hard time accepting your achievements

How to Manage Imposter Phenomenon

- Connect with a mentor and reach out for support
- Respond with compassion in moments of struggle/frustration
- Reflect on all that you have done and accomplished so far
- Reframe failures as opportunities for growth and new learning
- Get connected with people who can give you positive reality checks

We Care. We're here to help. Let's talk.

The Staff of the Counseling Center

410-617-CARE · www.loyola.edu/counselingcenter ·

M-F, 8:30-5:00, in Humanities 150