Greetings from ALANA Services! I hope that this message finds you rested and ready for the coming semesters. We welcome the class of 2022 into the Loyola Community, and we say welcome back to the classes of 2019, 2020, and 2021.

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 expansion to create a more welcoming space for the entire Loyola community. So that the students can use our resources, engage in 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!

Dr. Rodney L. Parker
Bobby Gonzales is a New York based Latin lecturer, storyteller and poet. Born and raised in the South Bronx, he grew up in a bicultural environment. Gonzalez pulls from his Native American (Taino) and Latino (Puerto Rican) heritage to present a distinctive repertoire of readings, performances, and discourses that celebrate his bicultural roots.

Gonzalez’s repertoire of programs include Reconnect to Your Roots: Create a Powerful Future by Drawing on Your Heritage, Why Latinos are Not ‘Spanish’: The Cultural/Racial Diversity of Hispanics, The Taino: The Native American Who Discovered Columbus, and many more. Gonzalez has also presented at Carnegie Hall, Yale University, etc.

His two latest books titled Taino Zen and The Last Puerto Rican Indian: A Collection of Dangerous Poetry reflect upon the five centuries of dramatic turmoil and heroic triumphs of Native Peoples from the North, Central & South America and the Caribbean.

Make sure to see him live in the 4th Floor Program Room on Tuesday, October 23rd from 7-8pm!

We would like to announce the theme for this upcoming academic year 2018-2019: LatinXcellence!

Success is the product of setting goals, hard work, and determination. While many of us think success is mainly academically oriented, we tend to forget an important attribute to excellence: cultural identity.

One’s cultural identity is the foundation of a person’s life, our parents and family traditions instilled these education goals which were paramount to our success. Through rigor, and determination these are the elements as to why we are at Loyola University Maryland.

Latinx excellence everywhere should celebrated, and noticed especially within the Loyola Community. To promote an environment of constant achievement, and to reach out to those who are struggling, Association of Latin American and Spanish Students has chosen this year’s theme to be, LatinXcellence.

By joining us for our events, together we will gain better insight towards the current issues at hand. We can learn to walk together, in unity.
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 on outings, like going to the movies, going to Skyzone, or going to a Potluck, where you will have the opportunity to meet new people and make new connections.

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.

If you have any questions, contact James Willey: jewilley@loyola.edu

ALANA MENTORING PROGRAM

Here are some of the students who will be ALANA Mentors this year!
Ignatius Scholars Program

Each year since 2013, the Ignatius Scholars Program (ISP) has given 6 cohorts of 30 students an advantage above their peers who arrive in the fall. The program is coordinated by 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 13th to August 28th, this year’s ISP students, or I-Scholars, cultivated eloquendo 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 a local elementary school, I-Scholars acquainted themselves with residents, community leaders, and historic landmarks of “Charm City.”

I-Scholars constructed their supportive networks through teambuilding 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 for a minimum of 10 hours 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 2nd, 3-5pm
More than just food
Massages, traditional henna tattoos, and much more!
Want to participate?
Contact:
Taylor Butts: tsbutts@loyola.edu
James Willey: jewilley@loyola.edu
Giovanna Baisie-Arthur: gabaisie-arthur@loyola.edu

25th Annual ALANA Breakfast
Saturday, September 29, 2018
8:00am ~ 10:00am
McGuire Hall

To register please visit www.loyola.edu/alana
Have You Met Our GA’s Yet?!

Hi! My name is **Taylor Simone Butts** and I am currently a full time Graduate Student on track to receive a Masters in Education with a concentration in School Counseling. I was born and raised in Chesapeake, VA and moved to Baltimore by way of the beautiful Winchester, VA where I obtained my Bachelor’s in Music Performance with a concentration in Voice and Piano from Shenandoah University.

Since joining the ALANA family and meeting some of the passionate and dedicated staff and students, I’ve been thrilled to work alongside them as the Graduate Assistant of Academic and Career Enrichment. With this title I have been able to plan and implement programming that highlights our various backgrounds and cultures while setting a precedence for excellence and preparing students to thrive academically while here and Loyola and in their various career paths in the years to follow once they leave this institution. This position is in line with my own career goals and passion for helping people become an even better version of themselves. My interests include spending time getting to know new people, relaxing with friends and family, singing, dancing, studying the bible, listening to live music, and going to see a nice theater production or movie just to name a few.

I’m so excited to be a part of ALANA services for another year and cannot wait to meet everyone new people and exchange stories as we strive for greatness together.

**James Willey** is extremely glad to be back for a second year as the Research & Retention Graduate Assistant for ALANA Services. His position entails helping to oversee the ALANA Mentoring Program (AMP) and helping to develop and make improvements to already existing institutional retention programs for students of color.

This year, James is continuing to look forward to spreading awareness for AMP and facilitate focus groups and research projects for ALANA Services. He is also elated to be back as the GA liaison for the Asian Cultural Alliance. For the upcoming year, James is also looking forward to helping incoming students of color find their home at ALANA and to continue to promote the meaningful programs that ALANA offers.

Outside of working for the office, James loves watching movies, hanging out with friends, and going to concerts. He is currently finishing his second year of the Master’s of Clinical Psychology program, with plans to start a doctorate program shortly after. Although he is sad to be graduating in the Spring, he is grateful for his time in ALANA.

**Giovanna Baisie-Arthur** is ecstatic to be beginning 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 be working with ALANA services and looks forward to meeting with the ALANA students and leaders.

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 begin working with both organizations. Giovanna is beginning her first year in the Clinical Psych program. She hopes to further stimulate and deepen the connection between herself and the student organizations in ALANA.
Welcome class of 2022!

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 Counseling 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

Summer Reflection

We asked an ALANA student to share some of their experiences from the summer. Jeni Rosales ‘19 has always been a part of the ALANA family. In the last school year, Jeni was an ALANA mentor, and served as president of ACA (Asian Cultural Alliance).

Over the summer, Jeni has been working as an Office Assistant for Student Life and has been doing research at Johns Hopkins University with the Child and Adolescent Psychiatric Ward. And while Jeni has had an extremely busy summer already with just work, she has also been taking time to study for the GREs. When asked about what Jeni had done over the summer besides her work obligations, she said she has taken the time to become close friends with a lot of people she had only know as acquaintances. These were people that she said, “would see around before, but the summer gave them the opportunity to hang out”. This year, Jeni will still be doing research for Johns Hopkins University, but will be looking forward to new opportunities, such as being a Peer Mentor Coordinator for the ALANA Mentoring Program, being a member of Dance Crew, and wants to become more involved in community service her last year at Loyola. It is never too late to get involved in new things!

When asked what advice she would give for incoming first-year students, Jeni had to say, “college is a time where you are supposed to be uncomfortable. You can’t experience growth if you aren’t comfortable”. That uncomfortableness can be anything from meeting someone drastically different from you or just trying something new. Either way, college is a time for you to have new experiences and learn more about yourself, so take advantage of that!

Loyola Lingo: LUM Core Values

Welcome class of 2022!

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 Counseling 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 2018

**Special Dates**
- **September 7th** - ALANA Block Party
- **September 10th** - BSA Kickback
- **September 21st** - Noche de Baile
- **September 29th** - ALANA Breakfast
- **October 12th** - Latin Fest
- **October 23rd** - LAHM Keynote

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<td>Labor Day (University Closed) 4 Fall Semester Begins</td>
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<td>BSA Kickback (3-5pm, Flannery O'Connor Field) 11 BSA Meet &amp; Greet (12-2pm, Boulder) 12 BSA GBM (7:30-8:30pm, CIE)</td>
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<td>Mass of the Holy Spirit 17 ASA GBM (7-8pm, CIE)</td>
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# October 2018

**Latino Heritage Month & Caribbean Heritage Celebration**

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Let's Talk

The Counseling Center

College and Sleep

Sleep can seem so easy. So natural. Except, when it isn’t.

College life is probably increasing your exposure to major causes of poor sleep:

- Staying up late
- Noisy/disrupted sleep environment
- Irregular schedule
- Caffeine
- Not enough physical exercise
- Alcohol
- Stress
- Screen time

And poor sleep leads to other problems, like:

- Decreased concentration
- Faulty memory
- Low energy
- Low mood
- Irritability
- Anxiety
- Oversleeping

--none of which is good for academic performance or for getting to class or for anything, which then leads to more stress and more pressure to stay up late and to resort to alcohol and caffeine, which further disturbs your sleep—and, you get the idea.

So, obviously, the sooner you establish good sleep habits for your college environment, the better. Here are a few basic tips (for more, go to www.loyola.edu/sleep)

- Develop sleep routines. Do the same things in the same order before going to bed to cue your body to slow down. Give yourself a half hour or hour of low-key stuff before bed: read a book for leisure (not for class), listen to quiet music, write in a journal.
- Exercise. Brisk walking, swimming, jogging, squash, etc. promotes deeper, more restorative sleep.
- If you tend to worry at night, make a “to do” list of things you want to do or to worry about. If you think of something else, in bed, jot it down. Then let the thoughts go. There will be no need to lie awake worrying about remembering anything.
- Cut down on alcohol. Alcohol might help you fall asleep, but it often results in shallow sleep and early morning awakening.
- Avoid routine use of sleeping pills or other sleep aids, which reduce sleep quality and can be addictive.
- Reduce your intake of caffeine. If you like studying with coffee, try decaf, or an herbal tea.

When Should I Seek Help?

If poor sleep continues for several weeks, talk with a medical practitioner or a therapist. Treating insomnia often entails treating the condition that’s causing it (e.g., stress, depression, conflicted feelings) and relearning healthy sleep habits. The Counseling Center is a good place to start. Call us, at 410-617-CARE (2273), or stop by Humanities 150—up the tower opposite Starbucks.