

BEAR POWER

April 2024

Monthly Newsletter



IPSE Day!

Join us in raising awareness about inclusive postsecondary education for students with intellectual disability. Let's make sure everyone knows that college is an option for everyone! #Inclusion #HigherEducation #ThinkCollege #DisabilityRights



Bear POWER invites you to celebrate #IPSE2024 Day on May 1, 2024! IPSE Day (Inclusive Postsecondary Education) is a day that celebrates inclusive secondary education for students with varying ability levels! This day also spreads awareness and advocates for individuals with disabilities to have access to college and universities. Come by Hill Hall 216 on May 1st to learn more!

1. Use Social Media to spread awareness:

- I support #IPSEDay2024 because [include your reason here] #InclusiveHigherEd
- Snap a photo or take a video and share it on social media with #IPSEDay2024
- Did you know that college is an option for students with #IntellectualDisability? #IPSEDay2024 #InclusiveHigherEd
- Students with #IntellectualDisability can continue to learn after high school, just like their peers and their siblings. #IPSEDay2024 #InclusiveHigherEd

Leadership Retreat

Potential Bear POWER students and their supporters joined us on campus, April 26th for our Leadership Retreat. Potential students participated in a wet scavenger hunt across campus - learning about services and supports available, performed a service-learning project potting flowers to be donated to a memory care facility, created vision boards of their wants and things they don't want, and finally presented their vision boards to the group that included their parents and supporters. Potential students will be receiving their invitation letters soon to become a Bear POWER student!

We are thankful of our supporters, Graduate Assistants, current Bear POWER students, and Bear POWER Ambassadors, and staff from Abilities First that helped make the day a success!



UPCOMING EVENTS

- May 1st - IPSE Day - come by Bear POWER (all day event)
- May 3rd - Study Day - come by Bear POWER and get help with your homework or come relax before finals!
- May 9 - End of Finals!
- May 11 - Move out by 10 am!



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ACADEMIC SUPPORT AND INTERNSHIP SEMINAR

As we transition to the end of the school year we acknowledge stress levels are higher than normal. Students are studying for finals, completing papers, finalizing group projects, etc. During this time our students have asked to transition from less lecture-based courses to more workshop days. Students completed the ARC Self-Determination Scale. They completed it early in Fall 2023 and we'll be comparing their growth since then. During this past month, students are reflecting on their internship experience and creating a presentation. This presentation is to provide an overview of their internship (where they interned, what tools and skills were necessary, and their duties), identify their strengths and areas of growth, and to strengthen their presentation/public speaking skills. They are also building skills with technology as they create the slide show and add images or graphics. We are proud of the students this semester - they all have done a great job in their classes and internship!

Self-Care!

With the semester wrapping up, finals approaching, and summer just around the corner, this can be a stressful time for students. Remembering to take care of yourself is crucial for completing the last week of school. Here are some stress management tips to help guide you to the end of the semester...

1. Dedicate one hour a day to doing something you enjoy! Some ideas include going for a walk, watching your favorite show, and attending a fun event on campus.
2. Give yourself enough time to study for finals- don't wait until the night before to look over your notes!
3. Make sure you are getting enough sleep each night
4. Try to be active for 30 minutes a day to give yourself a brain break
5. Study with friends, your ambassadors, or your graduate assistants to make studying more enjoyable!

SUPPORT BEAR POWER

We couldn't help support students and give them opportunities to engage on campus without donor's financial support. If you can help support our program, please scan the QR code or go to <https://securelb.imodules.com/s/1691/foundation/interior.aspx?sid=1691&gid=2&pgid=1053&cid=1991> to make a donation!



Thank You!



A big thanks to the 417 Professionals networking group for your donation to support Bear POWER!

