

Have news to share in an upcoming issue of this mailer?
Submit your content using [this form](#) by Noon on Thursday!

FONTBONNE UNIVERSITY WEEKLY MAILER

WHAT'S HAPPENING ON CAMPUS?

To know more about
campus events & activities,
[click here!](#)

All Saints Day Mass Today 12:00 p.m. - 1:00 p.m. in the Chapel!

Do you have plans for Thanksgiving?

Students - do you have plans for Thanksgiving? If not, and you would like to be paired with a staff or faculty volunteer to join them for Thanksgiving Dinner in their home, or to receive a "to-go" style meal on Thanksgiving day, please complete this brief [questionnaire](#) by no later than **Monday, November 15th**. Students will be notified the week of November 15th about who they are paired with for dinner or how to pick up your to-go meal.

In Remembrance

If you experienced the death of a loved one during this time, please [submit](#) the name(s) and they will be remembered in prayer during November.

Strengths Discovery Workshop

Students have the opportunity to take the StrengthsQuest assessment to measure talent themes and help develop those themes into your 5 top strengths. Please arrive by Noon to take the assessment. Already taken the StrengthsQuest assessment? No need to re-take but you're welcome to do so as a refresh! **Join us on November 19, 2021, from Noon-3 pm in the LACE Center (4th Floor of Medaille).** Lunch provided from Noon-1 pm. [Register here](#) by **November 17 at Noon**. For questions, email [Sarah Bauman](#).

ANNOUNCEMENTS & REMINDERS



The Center for Bosnian Studies is looking for a 10hr/week Project Intern

CBS is digitizing SabaH, a Bosnian-language newspaper published in St. Louis. Send a cover letter and resume with current contact information to bshuman@fontbonne.edu by November 8.

Want to be a WING Leader? - Mandatory Info Session on November 8

Students new to the WING Team will meet in the DSAC cafe at 7 pm.

Potential Returning WING Leaders should arrive at 7:45 pm. Please email [Caitlin Keohane](mailto:Caitlin.Keohane@fontbonne.edu) with questions.

Fontbonne Community Connection

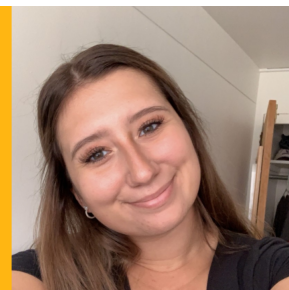
Faculty, Staff, Students, and Student Organizations, do you have a dream project and need funding to get it started? The Fontbonne Community Connection (FCC) has provided over 1.7 million dollars for more than 200 projects at Fontbonne University. Begin planning NOW to submit an [application](#) for a Fontbonne Community Connection 2022 Award. For more information view [Dreams Made Real](#).

COVID SAFETY



Why I Got Vaccinated: Student Spotlight

Selena Dulic The reason I got vaccinated was to be able to see my grandparents with less of a risk and be able to attend practice one day without masks. Overall, I did it for my health and being able to live without the constant worry of becoming sick from covid.

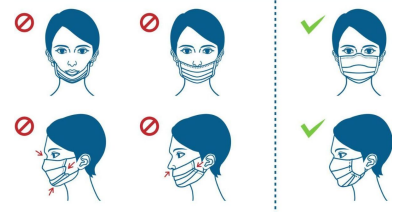


Are you wearing your mask properly?

Masks should be of a type and fit as recommended by the [CDC](#).

Cloth masks should have two or more layers of fabric, **completely cover your nose and mouth**, fit

snuggly against your face without gaps, and should not have exhalation valves, gaps, holes, or mesh that would allow virus particles to escape.



[COVID Safety Guidelines](#)

[Upload Your Vaccine Status Here](#)

FONTBONNE STRONG

FROM
COUNSELING AND WELLNESS

Online Suicide Prevention Training

All Fontbonne students and staff have access to this training at no cost. Click [here](#) (select Fontbonne from drop-down).

Want to learn more about Mental Health? Check out National Alliance on Mental Health by visiting <https://www.namastl.org/>. Fontbonne students also have on-campus resources available to them as needed. Contact Counseling and Wellness via [email](#).

Recovery Corner

Are you interested in quitting or cutting back on alcohol or other drug use? Click [Here!](#)

Seasonal Affect Disorder

"Strategies to Reduce Seasonal Affect Disorder" and then bullet point instead

- Get as much natural sunlight as possible - it's free!
- Exercise regularly - can be as effective as medication
- Reach out to family or friends - let them help
- Monitor diet - eat well-balanced meals
- Take steps to deal with stress - incorporate coping skills

Need some extra support? Contact [Counseling and Wellness](#).

QUICK LINKS



[Dining Menu](#)

[Fine Arts Gallery Schedule](#)

[24/7 Library Live Chat](#)

[Library Newsletter](#)

[Campus Ministry](#)

[Instagram Submissions](#)

The Charles Jeffers Glik Testing Center provides proctored examinations by appointment only.

Appointments should be scheduled at least 48 hours in advance via [email](#) or call 314-889-4682.

Kinkel Center appointments for writing support including resumes and cover letters, peer academic coaching, student accommodations, and tutoring in math, computer science, biology, and chemistry can be made [online](#).

Online tutoring in other subject areas can be accessed 24/7 through Thinking Storm in Canvas.

Having trouble viewing this email? View [online](#) here!