

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!](#)**

**ATTENTION STUDENTS**

As we prepare for the upcoming Spring 2022 semester and sending out billing statements, we want to make sure all mailing addresses are up to date to avoid returned statements. In order to make sure we have the correct billing address, please follow this [link](#) and add the correct address to the billing line. This address change will then be sent to the appropriate offices for updating. Should you have any questions, or just wish to confirm that the address on file is correct before completing a new submission, please contact the Business Office at 314-889-1405.

### Fontbonne Thanksgiving Dinner

Join the LACE Center and Aladdin for Thanksgiving Dinner on **Thursday, November 18 from 4:15-6:30 PM in Ryan Dining Hall**. Please bring a non-perishable food item or two to donate to the Griffin Market - please no expired products, no glass jars, and pop-top cans if available. Meal swipes will be used for dinner - those without meal swipes will be covered for the night; so we hope everyone will consider stopping by! Contact [Joel Hermann](#) with questions.

#### Thanksgiving Dinner Hosted by Faculty and Staff

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 this evening. Students will be notified this week about who they are paired with for dinner or how to pick-up your to-go meal.

### Get excited for Snowcoming 2021!

University Programming and Omicron Delta Kappa want you to save the date for our annual Snowcoming Concert - back in person on **Friday, December 3 at 7 PM in the AMC**. The event will feature Grayson DeWolfe live on stage and will have great snacks, holiday cheer, a photo booth, and more! Learn more about our headliner by checking out this [Spotify Playlist](#) that will surely set the season. Contact [Maya Gravagna](#) or [Bethany Littlejohn](#) with questions.

### Fontbonne for Families

This Holiday Season, Fontbonne Campus Ministry is collecting children's toys ages newborn-teenager and gift cards (\$15-\$20) to ALDI and Gas Stations. If you, or your department, student organization, or group of friends/ family would like to participate please email, [Amy Ingold](#) to receive your assignment. Present drop-off will be **Thursday, December 2nd in the DSAC Lobby 3-5 pm**. If you

need to coordinate another, drop-off time before December, Email Amy to coordinate. Happy Holidays!

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## ANNOUNCEMENTS & REMINDERS



### 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](#).

Want to learn more about studying abroad in  
May?

This 10-day study is open to employees as well  
as students.

Contact [JDaugherty@fontbonne.edu](mailto:JDaugherty@fontbonne.edu) or join us  
November 30 from 11:30am - Noon (AB109) for  
an info session



### Fontbonne Community Connection

Do you have a dream project and need funding to get it started? Begin planning NOW to submit an [application](#) for a Fontbonne Community Connection 2022 Award. For more information view [Dreams Made Real](#). Preliminary Applications Due: **Thursday, December 15, 2021**, Final Applications Due: **Wednesday,**

**February 16, 2022.** Review the FCC Application Information [online](#) including the application guidelines and recommendations. [Email](#) us with questions.

### **Joanna Boyd-Wilhite named Director of Campus Ministry**

Effective January 2022, Joanna Boyd-Wilhite will officially assume the title of Director of Campus Ministry. This change from Interim Director to full-time Director speaks to the great work that Joanna has done in Campus Ministry as well as work with mission and heritage throughout the university overall. We are excited for her continued work in spiritual development and mission-driven and faith-based programming through her creative and collaborative lens.

#### **Griffin Market Update**

Griffin Market (East 109) is open from **11:00 am - 12:30 pm on M/T/W** and **12:30 - 1:30 pm on Tues.** We have lots to offer in the coming month - meal kits, recipe ideas, and outreach tables. Look for more updates to come and let us know how we can best serve you or your students. Email [Jamie Daugherty](#). Donations can be dropped off at East 109. We are in need of non-perishable proteins: peanut butter, Nutella, tuna packets, canned chicken as well as cereal, oatmeals, easy to cook grains, granola bars, canned fruits, and toiletries.

**[Fill out this survey about Griffin Market for a chance to win a \\$30 Amazon Gift Card!](#)**

### **Thanksgiving Food Drive**

In preparation for Fontbonne's Thanksgiving on November 18th. Please donate any of the following items that will be donated to the Griffin Market:

- Tomato Products or Spaghetti Sauces and Pasta
- Frozen Vegetables or Fresh Vegetables
- Applesauce
- Dried Fruit, Fresh Fruit, or Canned Fruits
- Fruit Juices
- Canned Beans, Canned Chicken, or Canned Fish
- Nut Butters and Jellies
- Oatmeal or Breakfast Cereals (Non-Sugary)
- Rice, Crackers
- Canned Soup or Chili
- Snacks
- Microwaveable foods
- Spices, Herbs, or Cooking Oil
- Laundry Detergent, Toilet Paper, Deodorant, Toothpaste, or Toothbrush

No expired products, no glass jars, and pop-top cans if available. Drop off at **AMC, 1st Floor Ryan, Library, or 2nd Floor East**. Questions, email [Amy Ingold](#).

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### Why I Got Vaccinated: Student Spotlight

My name is Jody Ezekiel and I am a Junior studying Nutrition, I decided to get vaccinated because I wanted to keep my parents safe and healthy. I got the vaccine not only to protect me, but others around me since I was going to be coming back to school for in-person classes and going to events like games and concerts.



[COVID Safety Guidelines](#)

[Upload Your Vaccine Status Here](#)

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# FONTBONNE STRONG

FROM  
COUNSELING AND WELLNESS



Visit the [Counseling and Wellness](#) page on MyFontbonne for More On:

- **Online Suicide Prevention Training**
- **Mental Health Resources**
- **Recovery Corner:** Tips for quitting/cutting back alcohol or drug use

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## 8 Tips for Finals Week

1. Know your schedule - taking the time to look up your test schedule will help you get organized and may ease test anxiety.
2. Make a study plan - make notecards and quizlets; take a 10-minute break in between study sessions.
3. Clear your space of distractions - put your phone away; resist the urge to browse websites not related to course material.
4. Change your study space - dorm room; library; lobby of dorm; etc.
5. Eat right - 3 balanced meals with snacks, and stay hydrated.
6. Sleep hygiene - getting 7 to 8 hours of sleep per night is crucial.
7. Consider study groups - studying with others can deepen your understanding of the content.
8. Don't forget self-care! - take lots of breaks and don't pull all-nighters.

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

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## 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!