



DO YOU WANT TO WIN A FREE FONTBONNE SWEATSHIRT?

Read to the end of this email for more information how you can win some free Fontbonne gear!



Hispanic Heritage Month: September 15-October 15

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This heritage month is an opportunity to recognize and celebrate Hispanic Americans' diverse culture and contributions that have helped shape the social, economic, and cultural landscape within the U.S. Sept. 15 has special significance across Latin America, as it marks the anniversary of independence for Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. Similarly, Mexico celebrates its independence on Sept. 16 and Chile on Sept. 18. In

support of our students that identify with the Hispanic culture, we are happy to announce the Association of Latin American Students (ALAS) as a new student organization. ALAS aims to create a space that nurtures and celebrates different identities under the Latinx/Hispanic community. For more information about ALAS, contact president, Perla Zaragoza.

FAFSA is now open!

The 2023-2024 FAFSA is now open! As always, make sure to file before the priority deadline of February 1st. Visit www.studentaid.gov to submit your FAFSA today using Fontbonne University's school code of 00246400. Questions or need help filing? Contact Financial Services at 314-889-1414."

Domestic Violence Awareness Month

In honor of Domestic Violence Awareness Month, we as a campus community want to help create a space of awareness, solidarity, and support for individuals and families impacted by domestic violence in the St. Louis region. We hope to accomplish this mission by "turning St. Louis purple" during the month of October. Why purple? Because it is the color tied to raising awareness for domestic violence and has long been associated with bravery

Stop by Ryan Hall and meet staff from Safe Connections to learn more about intimate partner violence on October 4, 2022, between 11 a.m. and 1 p.m.

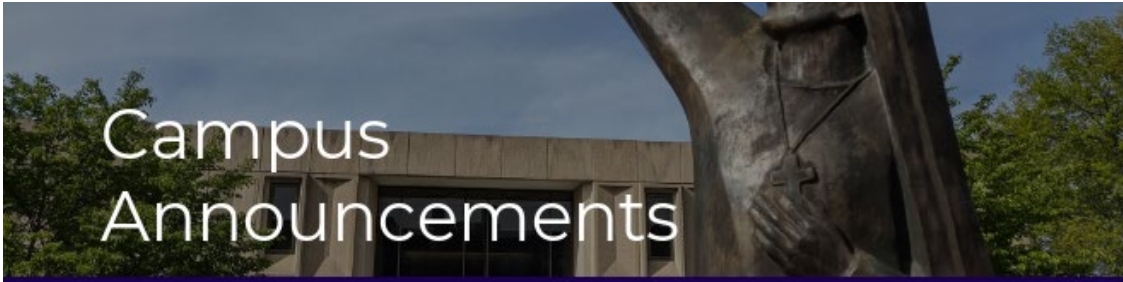
18th Annual Carondelet Lecture: Fr. Dennis Holtschneider, President, Assoc. of Catholic Colleges and Universities

Fontbonne welcomes Fr. Dennis Holtschneider to give a centennial lecture, "Fontbonne at 100: It's Place in Catholic Higher Education"

Thursday, October 27, 7:00-8:30PM

Library - Lewis Room

Reception following the lecture



President Nancy H. Blattner Leadership Scholarship

As announced at Convocation, President Blattner has created a new scholarship for undergraduate students. Students interested in applying for the scholarship can [click here](#), read the prompts below, and submit via the online form.

Select one of the topics and write an essay of 1000-1500 words in response to the essay prompt below.

Topic One: There have been many people and events in your life that have influenced you, that have shaped the person you are today. Please select one or two of those people or events and describe them in detail. Then, explain the impact each has had on your life and what you have learned from the person or event you have chosen for the subject of the essay. How has this person or event affected or changed you? Be specific as you describe this impact.

Topic Two: Fontbonne's mission speaks to providing a transformative educational experience. How specifically has your experience at Fontbonne or the people you've met while on campus transformed you? Give multiple specific examples of ways that you have changed due to your experiences or interactions with people on campus as you've been educated to think critically and act ethically to create a more just world.

Submissions will be reviewed on responsiveness to the chosen topic on organization and specificity of content as well as grammatical correctness.

Names of those submitting the essays will be removed before they are read in order to ensure anonymity of the writer and lack of bias in evaluating the submissions. Two \$1000 scholarships will be awarded for the spring 2023 term. Winners will be notified by November 15, 2022

BJC Healthcare Season FLU Shot Clinic

As recommended by the CDC, the seasonal flu shot will help protect yourself and the people around you from the flu. This year getting the flu shot is more important than ever, as experts are predicting a severe flu season. The flu shot is recommended for those ages 6-months and older. All flu vaccines are free of latex and preservatives.

All clinics are by appointment only, so please [schedule an appointment](#).

If none of the dates BJC offers work for your schedule and you need assistance in finding another local free flu shot clinic if you reach out to please reach out to campus nurse, [Maddie Ford](#).

Fitness Classes are now open for registration

New fall fitness classes start on October 1st. See attached flyer for more information.

To sign up, contact Coach [Ryan Good](#).

Bias Incident Reporting Form

The Bias Incident Reporting Form is now available on [myfontbonne](#). The purpose of the Bias Incident Response Policy is to receive reports of bias incidents, ensure that affected individuals receive resources and support, and

coordinate an appropriate response to promote accountability, learning, healing and growth. Students may submit a bias incident form if they have experienced or witnessed a form of bias. Our definition of bias is below.

Bias is prejudice in favor of or against someone or something that is harmful to the university's commitment to diversity, equity, inclusion, and belonging.

Biases can be conscious or unconscious – explicit or implicit. Biased behaviors or actions can be intentionally or unintentionally directed towards individuals or groups. In addition, bias can be institutionalized into policies, practices, and structures.

For questions or concerns, contact [Deanna Williams](#) or [Deanna Jent](#).

Campus Safety and Community Standard Reminders

In an effort to keep your vehicles safe and prevent theft, please make sure that you lock your doors when you leave your car park on the campus parking lots. There are reports in the St. Louis area of car thefts and we have received reports of students who have had items taken from their unlocked vehicles. Please be diligent in protecting your vehicle and personal items.

Please assist in keeping our campus beautiful! If you are in common spaces and move the furniture or have items to trash, please be aware to clean up after yourselves and put the space back in the way you found it.

Meet the Counseling and Wellness Staff



Therese Jacques

Therese Jacques is a Licensed Professional Counselor (LPC) who earned a Master's degree in Counseling from Saint Louis University, and a Bachelor's degree with a double major in Psychology, and Industrial and Organizational Psychology from Washington University in Saint Louis. She provides culturally sensitive care with a commitment to diversity, equity and inclusion. She serves as a primary point of contact and advocate for survivors in the University community affected by sexual violence. Ms. Jacques is SafeZone trained and an ally to the Fontbonne LGBTQ community. Ms. Jacques has expertise in treating trauma and a strong background in generalist skills. Some issues include depression, anxiety, suicide/crisis intervention, physical, sexual, and emotional abuse, and relationship issues. Her clinical orientation leverages therapeutic evidence-based approaches including Cognitive Behavioral Therapy, Cognitive Processing Therapy, and Solution Focused Brief Therapy. Ms. Jacques approaches treatment from a humanistic viewpoint and believes in supporting students with a wraparound philosophy in order to reach their full potential. She has a reputation for integrity, stalwart for ethics and compliance, and high-quality, confidential counseling services. She is a member of both the American College Counseling Association (ACCA) and American Counseling Association (ACA). She is a native New Yorker.



Alex Stewart

Alex Stewart graduated this past May from Lindenwood University with her Master's degree in Clinical and Mental Health Counseling. This is her 3rd academic school year serving Fontbonne students at the Fontbonne University Counseling and Wellness Center. Alex enjoys coming along side students to optimize not only their experience at Fontbonne, but life as a whole. Some common issues that Alex works with are interpersonal relationships and boundary setting, self-esteem and self-love, and time management-- as well as broader issues like anxiety and depression. She utilizes a combination of person-centered, cognitive-behavioral and solution focused approaches in order to help students reach their goals.



Desirae Martinez

Desirae Martinez is passionate about her work here at Fontbonne University's Counseling & Wellness Center. Understanding the importance of trauma informed care, she utilizes skills and techniques from cognitive behavioral therapy, person centered therapy, and solution focused therapy. She helps assist students in working through challenges such as unresolved traumatic experiences, issues in their interpersonal relationships, life transitions, academic stress, and day to day stressors. She views her work from a systematic lens, knowing that feeling emotionally and mentally overwhelmed has the power to impact one's ability to function both academically and personally. Desirae obtained a bachelor's degree in Biology and Psychology. She is a second-year graduate student at Lindenwood University pursuing a Master's in Clinical and Mental Health Counseling.

ENTER NOW FOR A CHANCE TO WIN!

Complete the [Dean of Students message form](#) by answering a few questions about the content of this email and be entered to win one of five Fontbonne

sweatshirts!

Form must be completed by October 7th. Winners will be emailed individually and recognized in the next newsletter!

[Student Resources](#)

[Student Support Services](#)

[Diversity, Equity, Inclusion, and Belonging](#)

[Financial Services](#)

[Questions and Concerns](#)
