INSIDE THIS ISSUE
Meet the PMCs 1
Planning & Prep. Events 1
First Year Engagement Fair 2
Spring Panther Camp 2
Department Spotlight 3

IMPORTANT DATES:
**Due to Hurricane Irma, the academic calendar has been revised.**

- 11/6: Last day to drop with a DR grade or withdraw with WI grade
- 11/10: Veterans’ Day (No classes)
- 11/23-11/25: Thanksgiving Break (No classes)
- 12/11-12/14: Final Week of the Semester
- 12/19: Grades posted

First Year Newsletter
FLORIDA INTERNATIONAL UNIVERSITY FAL 2017

Meet the PMCs!

The Peer Mentor Coordinators (PMCs) are seasoned Peer Mentors who work with our office to put together events for the Peer Mentors in SLS classes! They help to organize our socials, professional development events, and our “How To” series. These students are truly the “Big Three” of First Year Programs as the all stars who help our events run smoothly!

For more information on our office’s programs, please visit fyp.fiu.edu.

Planning & Preparation Events

The Office of First Year Programs offers workshops and exploratory panels on a variety of topics related to college success. They are open to all students and do not require advanced registration. The workshops and panels are all free!

- 10/19: Biological & Environmental Sciences and Health Sciences Exploratory Panel | 3:30p-4:45p | GC 150
- 10/25: Breaking Down Class Registration | 12:00p-1:00p | GC 316
- 11/2: Global & Social Sciences and Humanities & Arts Exploratory Panel | 3:30p-4:45p | SASC 352
- 11/9: Making a Major Decision | 11:00a-12:00p | GC 316
- 11/16: Administration & Management and Physical Sciences & Engineering Exploratory Panel | GC 316
Upcoming Signature Fall Event

First Year Engagement Fair:

The First Year Engagement Fair is perfect for new students who are looking to piece together different components to experience the “big picture” when it comes to college. Academics, career development, networking, institutional pride, and campus involvement are all important components to being successful and we want to make sure you have access to all the tools you need. The First Year Engagement Fair will include representation from many offices that are looking to connect with you! We will also include information and resources to help answer questions you may have about the university setting. The Fair will take place on Tuesday, October 31st in the GC Ballrooms. Join us in helping you put all the pieces together to create the big picture of your college experience!

VIP URLs FYI: Get Connected!

https://fyp.fiu.edu
https://orgsync.com
http://opir.fiu.edu
https://calendar.fiu.edu
http://phonebook.fiu.edu
http://catalog.fiu.edu

Upcoming Opportunity — Spring Panther Camp

At FIU, we build traditions and reputations quickly. One of the programs closest to the hearts of many of our students is Panther Camp. Students can only attend Panther Camp during the Summer before starting at FIU but the Orientation and Parent programs Office is offering this unique opportunity available only to freshmen students who have begun taking class at FIU in the Fall 2017 semester or to transfer students who have begun at FIU within the last year.

Panther Camp allows students to learn more about themselves, FIU and their upcoming college experience, all during one weekend while having a great time meeting other fellow Panthers. This experience has helped students find their niche at FIU and has also helped participants in being successful once classes start.

Students who have attended Panther camp in the past have said:

“Panther Camp is a place where students get to make long-lasting memories, see the diversity that’s within the university and experience the acceptance that so many Panther Camp Facilitators and the campers have for who they are. We empower students to believe that they can be anyone they want to be at FIU.”

-Boanerges “Bo” Grande,
2015-2016 Panther Camp Facilitator

For more information on Panther Camp and scholarship opportunities, please visit the office, located in GC 189 or visit their website: go.fiu.edu/pcamp.
Department Spotlight: Counseling and Psychological Services (CAPS)

By: Wendy Ordonez, Coordinator of Outreach and Educational Media for CAPS and VEP

Physical health is just as important as mental health! Counseling & Psychological Services at FIU provides a myriad of resources for students who may be looking for information or resources to alleviate things such as stress, anxiety, depression, or who may be going through/gone through sexual assault, relationship violence or stalking. Another goal is for us to get rid of the stigma of seeking help, that is why our mascot “Kiwi the Alien” was introduced. It has since become the emblem of our department giving students a friendly, approachable image that reduces the fear of coming forward to look for impartial, professional help.

As a student, you are on the front line meeting other students who may be struggling with some of the above-mentioned concerns or perhaps you are going through some of this stuff yourself. First of all, know that it is normal to feel overwhelmed sometimes, and even more importantly: there is help!

Here are some helpful things you should learn about, either for yourself or a friend:

- **Free workshops/presentations** for the FIU Community (not just for students, but faculty and staff!). You can request these by using the “Request a Workshop” button on our homepage!

- **Group therapy**: We have a bunch of different groups guided by our professional therapists where you can process information and hear from people that are in a similar situation. Some of the ones we have include but are not limited to our men’s group, women’s group, LGBTQ group, and “Defy your Fears” group.

- **Couples therapy** (if both people are FIU Students)

- **Individual therapy**

- **Online Self-Help**: Free online screenings, informational quizzes on a variety of topics and access to modules on depression, anxiety, anger management, etc. Available on our website under “Online Self-Help.”

- **Dr. Q&A**: Anonymous mailbox to ask those questions that you would be too shy to ask face to face. Answers are published on our social media. You can find the mailbox on our website: caps.fiu.edu > Dr. Q&A. We will also be posting an archive all of our answers on the Dr. Q&A section of our site very soon!

- **Heartmath**: Learn how to reach coherence between your heart and your lungs in order to improve your mood and relieve stress. Simply pass by our office and ask the front desk for the iPad and the heart rate monitor. No need to make an appointment!

- **Peer Education Program**: Earning money, getting involved on campus and making a difference? That is a win-win combination! You can become a part of an elite group of students on campus that educate students on mental health and victimization. Simply visit vep.fiu.edu and send us your information under Programs > Peer Education program if you are interested in learning more. We recruit once a year!

- **Coming up! Kiwi Cares cards**: It can be difficult talking about topics such as depression or anxiety face to face, so we are hoping to provide a means to help start a conversation or show a friend you are concerned about them in a more passive way. One of the latest initiatives to be implemented by our center will be to offer pre-made cards that students can obtain from our center (and hopefully lots of other places around campus in the near future) with a caring message and resources available to them on campus/online. Look for them starting the beginning of the Spring semester!