



# STALL SEAT JOURNAL

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## Upcoming Events

### Stay ‘Drated Table

Find out tips, tricks, and ways to keep yourself hydrated! Also win a water bottle from Wellness Promotion!  
*Mon, March 26th, 12pm-1pm*  
*Rec Center Lobby*

### Islamophobia in Perspectives Speaker Series: Islam, Black Feminism, & Islamophobia

How do contemporary black Muslim women continue protesting both racial and gender injustices?  
*Tues, March 27th, 2pm-3:30pm*  
*Sykes Ballroom C*

### Wish Week Zumba

*Tues, March 27th, 6pm-7pm*  
*Rec Basketball Courts*

### It’s On Us Art Gala

This brunch kicks off April as Sexual Assault Awareness Month. The Art Gala serves to highlight WCU student experiences of or ideas about rape culture on our campus.  
*Wed, March 28th, 11am-1pm*  
*Philips Autograph Library*

### Mock-It: Interview Tips & Practice

*Wed, March 28th, 10am-4pm*  
*Sykes Room 115*

### Trans Visibility Day

Dedicated to celebrating transgender people and raising awareness of discrimination faced by transgender people worldwide.  
*Saturday, March 31st*

### Brothers of Excellence Conference

Providing multicultural male students with the knowledge, motivation, confidence, and skills necessary to make positive decisions regarding their personal growth.  
*Saturday, March 31st*  
*Sykes Student Union*

### 48-Hour Film Race

Team up with friends and produce a short film – write it, shoot it, edit it, and produce it...all in just 48 hours!  
*Fri, April 6th — dubcfilmrace.com*

### Title IX Brown Bag

Have questions about Title IX and Sexual Misconduct?  
*Mon, April 9th, 12pm-1pm*  
*Sykes 115*

### Etiquette Dinner

No idea what to do at a lunch meeting? Come get a refresher on what interviewers might expect!  
*Tues, April 10th, 5:30pm-7:30pm*  
*Sykes Ballrooms*

### Rams After Hours:

<i>March 23</i>	Magic Night ft. Ben Seidman
<i>March 30</i>	Paint Night
<i>April 6</i>	Condom Casino
<i>April 20</i>	Drag Show

## Get Yourself Tested!

Did you know one in two sexually active persons will contract a sexually transmitted infection (STI) by age 25? Chlamydia and Gonorrhea are among the most reported STIs, especially amongst college students. Both can cause serious complications if untreated.

Symptoms of Chlamydia or Gonorrhea:

- Burning sensation when urinating
- Abnormal discharge
- Vaginal bleeding between periods
- Painful or swollen testicles
- Pain in the lower abdomen

Some people who are infected may not experience symptoms, which is why testing is so important. Just like you would get treated for strep throat, you can get treated for an STI. Take care of you at GYT:

*Wed, April 4th, 10am-2pm, Sykes Ballrooms*  
*\*free t-shirt to the first 300 people\**

## Looking for a job on campus?

We’re hiring! All majors accepted. Apply to be a Wellness Ambassador at:  
*wcupa.edu/wellness*  
*\*deadline is March 31st\**

## America Reads Youth Mentoring Program @ WCU

Do you enjoy working with children, empowering kids to learn, having a positive impact on your community, and strengthening your professional skillset?

If so, apply to be a mentor! Through this program, you’ll dedicate 6-10 hours per week to mentoring youth living at or below the poverty line through after school and childcare programs.

*For more information email Caitlin Silver (CS768113@wcupa.edu) or visit: wcupa.edu/americareads*

## Stop and Smell the Roses: WCU's Gordon Natural Area

West Chester University owns approximately 135 acres of completely preserved land on south campus!

WCU has protected this natural habitat since 1971 as well as developed multiple trails for people to utilize to enjoy the great outdoors.

Take advantage of this resource that’s right on our own campus and go see the beautiful native plants and local wildlife on a warm spring day!

## “FREE Cece!” Documentary Screening and Panel Discussion

CeCe McDonald survived a brutal attack, only to be incarcerated for defending her life. After an international movement to free her, CeCe emerged as a leader to interrogate the prison industrial complex and inspire women to fight back.

Come meet CeCe, LGBTQIA Equal Rights & Womyn Activist, along with filmmaker Jac Gares.

*Wed, April 11th, 4:30pm-7:30pm*  
*Sykes Theater*

## Camp Abilities PA @ WCU

Camp Abilities aims to empower youth with visual impairments through sport, physical activity, and wellness education.

Want to be a volunteer coach? All coaches will be trained and paired one-on-one with an athlete, and will spend an awesome week at camp.

*Register by 3/31 and impact the lives of young athletes with visual impairments at: campabilitiespa.org/coach*

## What is WISH Week? Well-being. Interests & Strengths. Success & Mindset. Happiness.

WISH Week is a week-long set of events, activities, presentations, etc. devoted to helping students recognize the importance of each area in achieving all-around success and to develop skills associated with each of the themes.

Mon 3/26 Well-Being Day  
Tues 3/27 Interests & Strengths Day  
Weds 3/28 Success/Mindset Day  
Thurs 3/29 Happiness Day  
Fri 3/30 Engagement Day/Lunch Party

*More info: wcupa.edu/studentsuccess*

