

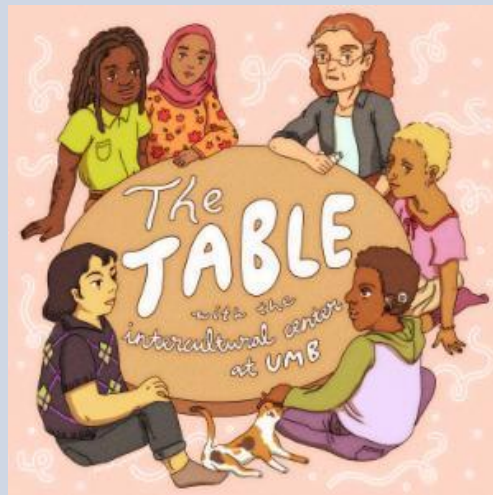


The Intercultural Center Newsletter

The Intercultural Center newsletter includes insights, events, and initiatives that promote intercultural education at the University of Maryland, Baltimore.

Our newsletter is released every first Wednesday of the month.

The Table Podcast



Social Media and Social Movements

The Arab Spring, Black Lives Matter, and Me Too are examples of modern movements in the 21st century that brought together large collectives to protest social, political, and economic institutions. What made these movements unique compared to those of the past was the use of an emerging digital space to share stories and spread information. Social media sites such as Facebook, Twitter, and Instagram may not have had their roots in social activism, but they quickly became

fertile grounds for people from across the globe to connect, learn about various social issues, and figure out how to get involved. In this episode, we feature **Ki-Yong Park**, a School of Nursing student, to discuss his experiences learning about and engaging with social movements via social media.

We'll be releasing this episode soon, so watch [our webpage](#) for updates and subscribe where ever you get your podcasts!

Upcoming Intercultural Center Events



The Table Dialogue: Spirituality in Graduate School

December 14 | 12 pm | [Register Here](#)

In this month's dialogue, we will have interfaith dialogue on spirituality and its significance while navigating graduate and professional school.

The Table is a monthly dialogue series where UMB students, staff, and faculty are invited to discuss current issues and unpack questions regarding race, ethnicity, culture, and norms.

UMB Student Pantry



UMB Student Pantry

All UMB students are eligible to place an order from the UMB Student Pantry. [Click on this link](#) to complete the form. Once your order has been bagged for you, you will receive an email with pick-up instructions. The current pick-up location is the SMC Campus Center, located at 621 W. Lombard Street.

UMB Student Pantry Pop-Up

The Student Pantry will be distributing cost-free bags of food items. All students at UMB are welcome to pick up a bag.

Wednesday, December 7, 2022

Time: 12 - 1 pm

Location: 1st floor - SMC Campus Center

SNAP CHEF Initiative

Through a grant from the Maryland Higher Education Commission, the Intercultural Center is introducing the SNAP on Campus & Hot Eats Fund (SNAP CHEF) initiative. SNAP CHEF provides a monthly supplemental hot and ready-to-eat food award for eligible students.

To learn more and find out if you are eligible, please visit the [application website](#).

Learn more about food access resources [here](#).

Save the Date for Spring Events



Holistic Wellness for Student Parents and Caregivers

January 30 | 5:15 pm | [Register Here](#)

As a parent and/or caregiver, your health matters! Navigating school and caregiving can be stressful. Please join URecFit and Wellness and the Intercultural Center to learn a multi-faceted approach to health that considers the whole person-body, mind, and spirit. We will explore the dimensions of health, healthy habit formation, and goal setting. No matter what your current state of health, you can make small everyday choices to improve your level of well-being.



Intercultural Center's Lounge Warming Event

February 6th | 5 - 6:30 pm | [Register Here](#)

The Intercultural Center warmly invites students, staff, and faculty at UMB to its recently renovated lounge area. This physical space at the SMC Campus Center will be available for workshops and meetings, and also serve as a place for students to connect and unwind. Join us to learn more about the Intercultural Center, build community with others engaged in anti-oppression work at UMB, and enjoy light refreshments!



Black Professionals on the Rise Social
February 9th | 6 - 8 pm | [Register Here](#)

The Black Professionals on the Rise Social is an opportunity for Black students at UMB to meet and connect with recently graduated professionals from across the University's professional and graduate schools.

Co-hosted by the United Students of African Descent (USAD).

Campus Partner Events



Stressbusters is a nationwide college health program that helps students rediscover relaxation. At UMB, we are committed to spreading awareness about stress and anxiety, creating supportive programming, and providing resources designed to help students in academic success. [Learn More Here.](#)

Writing on the Wall
*December 5 - 16 | All Day | SMC
Campus Center Lobby*

Seated Chair Massage
*December 7 | 11:30 AM - 6 pm |
SMC Campus Center Lobby*

Self Serve Stress Relief
*December 12 | All day | SMC
Campus Center Lobby*

Winter Cheer
*December 13 | 3 pm - 6 pm | SMC
Writing Center*



Virtual Face to Face: College Admissions and Racial Equity
December 15 | 2 PM | [Register Here](#)

Roger J. Ward, EdD, JD, MSL, MPA, provost, executive vice president, and dean of the Graduate School, will lead a conversation on How Race Plays a Role in College Admissions. Listen in as UMB leadership discuss racial equity and how university policies impact students during this discussion.

Visit Our Virtual Office Hours



Courtney Jones Carney (she/her)
Director of the Intercultural Center

Meet with Courtney (Zoom Link)
Mondays, 10 - 11:30 am
Wednesdays, 12 - 1 pm



Rosemary Ferreira (she/her)
Associate Director of the
Intercultural Center

*Rosemary will be out of the office
after December 16th*

Meet with Rosemary (Zoom Link)
Tuesdays, 3 - 4:30 pm
Thursdays, 9 - 10 am
Fridays, 1 - 2 pm

Submit Events & Announcements to the Intercultural Center Newsletter

[Submission Form](#)

Submit your events or announcements related to diversity, equity, and inclusion.
The form must be submitted **before the last Wednesday of the month** to be
included in the following month's newsletter.



Founded in June of 2020, the Intercultural Center is diligently working toward the continuation of existing Student Affairs initiatives and the creation of new initiatives.

[About Us](#) | [Contact Us](#)

