

## whatittakes

For All Students

November 10, 2024

## ThanksStudentsGiving is Tuesday

Happy November, students,

As the semester begins to wind down, most of us look for opportunities to refuel our body and mind before that final sprint. One of my favorite examples takes place this week, and I hope you will accept my personal invitation to this annual tradition we host just for you.

ThanksStudentsGiving Tuesday 11 a.m. to 2 p.m. International Ballroom, Walb Student Union

What is ThanksStudentsGiving? It's a full Thanksgiving feast: turkey—tofurkey, too mashed potatoes and gravy, stuffing, cranberry sauce, green beans, and of course, pie. Better yet, it's all free for students!

This meal is a great way for our team in the Division of Enrollment Management and the Student Experience to say "thank you" for being the greatest part of this campus community. As long as we have seats open, you are welcome to come anytime during the 3-hour window of opportunity.

Please plan accordingly as we ask that you do not take food out of the International Ballroom. This is intended to be a family-style program where we sit together to eat, enjoy meeting new people, and share with each other all that we're thankful for. Be sure to add what you are most thankful for to the Wall of Thanks while you are there and view what others have shared. I am looking forward to seeing you!

While ThanksStudentsGiving is a fun, family atmosphere, food insecurity is not a laughing matter, and we take it very seriously. Hunger and food insecurity affect thousands of people nationwide, every day. At Purdue Fort Wayne, we are committed to ensuring that all students have access to the resources they need. If you're facing challenges in accessing enough food, please know that support is available.

offering a little extra help so they can focus on their academic success. Its hours of operation are:

- Thursdays: 10 a.m.-2 p.m. in Walb Student Union, Room G36
- Mondays and Tuesdays: 4–7 p.m. in the Cole Clubhouse at Student Housing on the Waterfield Campus

The pantry is open weekly, year-round, to serve you. The hours are adjusted a little during the summer.

If it's your first time visiting, simply stop by during open hours; no appointment or registration is needed. If you have any questions, please reach out to Eric Manor, associate chief of campus and community wellbeing, at **manore@pfw.edu**.

## **Positive Practices**

**Prioritize self-care.** Maintain and build on your natural resilience by prioritizing self-care. Make time to eat well, get good sleep, stay active, and do something you enjoy daily. Building resilience helps you recover from challenges, setbacks, and adversity.



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