

Language & Intercultural Learning Center Newsletter

February 2025



LINC Week of Wellness, February 17– 21

Students - midterm exams and papers are almost here! Support your own wellness through movement, music, play, connection, and more. LINC hosts several programs this week to encourage you to take a break as you prepare for the midterm season. All activities take place at LINC in ASB 240.

Relaja Tu Mente – Yoga in Spanish

Mon., Feb. 17 (6 - 7 pm)

Mahjong and Mint – Learn how to play mahjong & enjoy a minty sweet treat

Wed., Feb. 19 (10 - 11 am)

Brazilian Percussion Demo – Learn rhythm patterns, try an instrument

Thur., Feb. 20 (3 - 3:45 pm)

Meet Rayne – Hang out with VUPD's therapy dog

Fri., Feb. 21 (12 - 1 pm)

Check out [Rayne](#) on Instagram!



[Wellness events](#)

Intercultural Perspectives on Wellness

Every few weeks, LINC shares a new prompt to invite students to think about intercultural perspectives. This week, we're considering the ways in which wellness practices are cultural. Stop by ASB 240 and share your thoughts on one of these prompts:

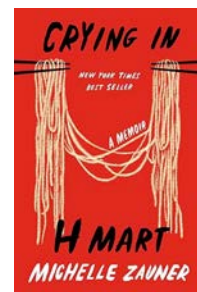
- Do you follow a particular wellness practice that comes from your own cultural heritage?
- Have you adopted a wellness practice that comes from another cultural group?
If so, how has this practice made an impact on you?



If you contribute an anonymous response within the center, be sure to complete the LINC check-in form for a chance to win a mini crochet mug!

Spring Reading Group for Staff and Faculty

In addition to student-focused support, LINC facilitates groups for staff and faculty. The next reading group will meet to talk about the memoir [*Crying in H Mart*](#) by Michelle Sauner. The discussion will take place on Monday, March 31, at 3 pm in ASB 240. For details, contact Carol Goss, LINC Director, at carol.goss@valpo.edu.



[More about groups for staff and faculty](#)

Spring Language Groups

LINC hosts five student-led language groups for ASL, Modern Greek, Japanese, Korean, as well as a Spanish table. All groups meet in ASB 240 and most meet weekly. No matter your level, you are welcome to join, even if you are a beginner!

[More about language groups](#)

Connect and Collaborate

The [Language and Intercultural Learning Center](#) is eager to deepen connections with people and units across campus. For more information about LINC, or to talk about potential collaborations, contact Carol Goss, LINC Director, at carol.goss@valpo.edu.

LINC is located at ASB 240, on the main level of the Arts & Sciences Building.

- Visit us online: [LINC](#)
- Follow us: [valpolinc](#)
- Email us: linc@valpo.edu