DESTRESS FEST
DEC 10 | 11AM - 2PM
TRAIL MIX, SOUP & CRACKERS, THERAPY DOGS, FREE MASSAGES
BALLROOM MEMORIAL UNION

PARTNERS:
UND Financial Wellness, UND Women’s Center, University Counseling Center, Student Success Center, Mortar Board SHAC

Meet, Eat, & Learn
December 3, 2014 from 12:00 pm to 1pm
at the International Centre

Learn About Stress Management
Erin Martin, PhD student in Counseling Psychology currently works as an intern at the University Counseling Center. Erin works with individuals and groups on a variety of mental health concerns including anxiety, depression, stress, relationship concerns, and academic/career issues. She will be sharing information and tips related to stress management especially as it relates to test taking and concerns that individuals may have as they get to the end of a semester.

Meet, Eat, and Learn is a monthly presentation where you can learn something new and interact with others.

Free Lunch!
Everyone is Welcome

Stop by the Women’s Center
Hours:
Monday-Friday
8:00am-4:30pm

Or visit our website at: www.und.edu/student-life/womens-center

Or email us at: und.womenscenter@email.und.edu
Kay Mendick, Director
Patty McIntyre, Program Associate

Important Dates:
De-Stress Fest
December 10th

Reading and Review Day
December 13th
No Classes

UND Graduation
December 19th
No Classes

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December—A Time to Celebrate

Many people celebrate Christmas, a holiday celebrating the birth of Jesus Christ, irrespective of whether they consider themselves to be religious or spiritual. Many of us get so wrapped up in the Christmas spirit that we tend to forget that not everyone celebrates this holiday. The following provides a glimpse at other holidays and celebrations in December. (Please note that this list is not exhaustive.)

**Bodhi Day**

Bodhi Day is a Buddhist holiday that commemorates the day in which Siddhartha Gautama was recognized as Buddha. Bodhi Day is observed every year on December 8th. Siddhartha Gautama was a sheltered, Nepalese prince who left his family at the age of 29 to discover the meaning of life. After 6 years, Siddhartha still had not found what he was looking for, even though he had been witness to much sickness and suffering. Siddhartha decided that he would sit under a Bodhi tree until he got the answers he was looking for. Siddhartha meditated and fasted under the tree for 8 days when he made several realizations that are central to Buddhism today.

Colored lights and candles are used as decorative symbols to represent Buddha’s day of enlightenment. In addition, Ficus trees can be decorated with lights, beads, and ornaments. A meal of rice and milk is very symbolic on this holiday because it is the first meal Buddha ate after he experienced his enlightenment.

**Hanukkah (or Chanukah)**

Hanukkah is a Jewish holiday celebrating the victory of the Maccabees, a Jewish military, against the Greek Syrians in 165 BCE. This year’s Hanukkah celebration will commence at sundown on Sunday, December 21st and will continue until December 29th.

One main tradition associated with Hanukkah is the lighting of a menorah, a special candlestick with nine branches. On the first night of Hanukkah, the first candle is lit and with each day, an additional candle is lit. The middle candle holder of the menorah is used to light the other candles. By the eighth night of Hanukkah, all 8 candles are lit to pay tribute to the miracle that occurred when the Maccabees reclaimed a Jewish temple that had been overtaken by the Syrians and were able to keep a lamp burning for eight days with only one day’s supply of oil.

Once the menorah is lit, families can play a game of chance with a dreidel, a special spinning top. Dreidels have four-sides and each side has a Hebrew letter representing whether a player will receive tokens, give an extra token, or do nothing on that turn. (Instead of tokens, coins or food such as candy or raisins can be used.) Each player has a bunch of tokens and takes turn spinning the dreidel to have it land on one side. Who ever has the most tokens wins.

Traditional Hanukkah foods tend to be oil-based to represent the oil that the Maccabees used to light the lamp in the temple. The most popular Hanukkah foods include latke, a potato pancake with onions and sufganiyot, jelly doughnuts without a hole in the middle.
**Kwanzaa**

Kwanzaa is an African American holiday celebrating family, community, and African culture. Kwanzaa is also identified as a Pan-African holiday, meaning that this holiday is not restricted to Americans and is celebrated all over the world. Contrary to other December celebrations, Kwanzaa is not a religious holiday because Maulana Karenga, Ph.D., the creator of Kwanzaa, wanted to avoid divides that could occur due to religious differences. Kwanzaa was first celebrated in 1966, a time associated with the Black Freedom Movement. Kwanzaa is a week-long holiday, celebrated each year from December 26th to January 1st.

The name Kwanzaa was inspired by the phrase “matunda ya kwanza” which means “first fruits” in Swahili, the most widely spoken African language in the world. “First-fruit” (or harvest) celebrations have a long-standing history in many different African cultures and it is from these celebrations that Kwanzaa is rooted. Maulana Karenga created Kwanzaa from five themes common to many African “first-fruit” celebrations: ingathering, reverence, commemoration, recommitment, and celebration. Each night of Kwanzaa, families get together and a child will light the Kinara, a candleholder used during Kwanzaa. The lighting of the Kinara opens discussion of one of the Seven Principles Nguzo Saba). These principles reflect values that are foundational to African culture. In English, the principles are: unity, self-determination, collective work and responsibility, cooperative economics, purpose, creativity, and faith. (For explanations of these values, see: www.officialkwanzaawebsite.org/NguzoSaba.shtml)

Each family’s Kwanzaa celebration will differ and may include various African traditions such as song, dance, drumming, storytelling, and poetry. Karamu, a traditional Kwanzaa feast is held on December 31st.

**Al-Hijra**

Al-Hijra is the Islamic New Year and will be celebrated this year on December 29th. The Islam calendar has 354 days and is based on the revolution of the moon. Therefore, Al-Hijra will not fall on the same day from year to year in the Western calendar. Al-Hijra is celebrated quietly through reflection, prayer at mosque, and readings.

**References:**
- www.holidays.net/dates2008b.htm
- www.doityourself.com/stry/bodhi-day
- www.history.com/minisites/hanukkah/ (on menu, click on History, Traditions)
  - www.judaism.about.com/od/chanukah/a/abouthanukkah.htm
  - www.officialkwanzaawebsite.org/index.shtml
- www.history.com/minisites/kwanzaa/ (on menu, click History)
- www.socialstudiesforkids.com/articles/holidays/islamicnewyear.htm

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**Do You Need Help?**

If you have experienced violence, a sexual assault, or harassment of any kind, there are a number of places that can help.

- University Police: 701-777-3491
- Community Violence Intervention Center: 701-746-0405
- UND Women’s Center: 701-777-4300
- Grand Forks Police Department: 701-787-8000
- Dean of Students: 701-777-2664
- Altru Emergency Room: 701-780-5280
- UND Counseling Center: 701-777-2127
- Suicide Prevention Lifeline: 1-800-273-TALK
- Equal Employment Opportunity/Affirmative Action: 701-777-4171
- The Trevor Project (crisis and suicide for LGBTQ youth): 1-866-4-TREVOR
7 Study Tips for Finals Weeks

1. **Take Time to “Time Manage”:** Organize what you need to study and create a routine.

2. **Set Realistic Study Goals:** Don’t overwhelm yourself and give yourself plenty of time to study for each exam.

3. **Take Lots of Breaks:** Try not to study for more than an hour at a time.

4. **Plan Where You Will Study:** Make a plan for where and when you will be studying.

5. **Don’t Bring Food with You:** Food can create distraction. Bring a beverage to keep you hydrated and focused.

6. **Reward Yourself:** Once you have mastered a chapter, book, etc. treat yourself to a movie, lunch, something other than studying.

7. **Ask for Help:** If you aren’t getting the material, ask your professor or classmate to help explain it to you prior to the exam.

http://www.simmons.edu/blogs/300thefenway/2011/12/7-awesome-study-tips-for-finals.php

Have a SAFE & HAPPY Winter Break!!!

The University of North Dakota Alumni Association & Foundation raises and manages funds that support programs and educational opportunities for UND’s students, such as the Women’s Center. To support the Women’s Center, go to [www.undalumni.org](http://www.undalumni.org) and designate your donation to “Women’s Center” in the comments.

Where to Find Us:

UND Women’s Center
305 Hamline Street
Grand Forks, ND 58203