THE BRIDGE
Opportunities from the Rochester Center for Community Leadership
December 2013

IN THIS ISSUE:
1. Featured Programs
   a. RCCL Study Break Open House
   b. Learning and Exploring at Play (LEAP) Recruiting
2. Community Leadership Opportunities
   a. Bring a Smile to the Kids in our Community
   b. The Inspiration Project: Call for Volunteers!
   c. Propose a Davis Project for Peace
3. Leadership Tip: Taking Time to Re-center
4. About the Center for Community Leadership

Featured Programs

RCCL STUDY BREAK OPEN HOUSE
Monday, December 16, 4:00-6:00 p.m.; 107 Lattimore Hall
Take a break from studying for finals and come to the Rochester Center for Community Leadership Open House. Enjoy refreshments and coffee while meeting others and learning about ways to get involved with the community and develop your leadership skills. Open to students, staff and faculty. Also, the office will remain open to students as a quiet study area during business hours (9:00 a.m.-5:00 p.m.) throughout the first week of finals (December 16-20), with free coffee while supplies last!

LEARNING AND EXPLORING AT PLAY (LEAP) RECRUITING
Accepting applications on a rolling basis.
RCCL is seeking new tutors for the Learning and Exploring at Play program! LEAP is now recruiting federal work study eligible tutors for Spring 2014. Tutors are responsible for working on a team of fellow college students with kindergarten and first grade students at a local elementary school. For more information about the program or an application please check out our website or contact Ebony Harrison, Graduate Assistant for Community Service.

Community Leadership Opportunities

BRING A SMILE TO THE KIDS IN OUR COMMUNITY
Drop off an unwrapped gift at the Interfaith Chapel by Dec 12, 8 am – 10 pm, 1 floor down, Rm. 211. Your donations are given to the children at Rochester School #17, The Baden St. Settlement, Eastern Service Workers Association, Hillside & Crestwood Children’s Foundation and the Andrews Center.

THE INSPIRATION PROJECT: CALL FOR VOLUNTEERS!
In conjunction with CP Rochester, the Inspiration Project matches University of Rochester advanced writing students with mentally and physically disabled adults. Students meet once a week on a one-to-one basis with adults from CP Rochester. Meetings will be held in Rush Rhees Library on the University of Rochester campus. During these meetings, students conduct interviews with the guests, transcribe responses, and develop new questions to help give the narrative shape. Together, the CP guests and students edit the interviews, with the goal of producing a finished story, a memoir, or a set of poems. The 2014 session will run through the spring semester on Thursday evenings, 6:45-8:00 pm, from the beginning of February to the end of April. The finished work will be presented in a public reading in April and gathered into the fourth volume of our
project anthology. Students interested should contact Professor Joanna Scott, Professor Deb Rossen-Knill, or Jenny Boyar.

**PROPOSE A DAVIS PROJECT FOR PEACE**
Campus deadline: January 6, 2014.
Davis Projects for Peace Initiative invites undergraduates—including seniors—to design grassroots summer projects that promote peace and address the root causes of conflict among parties. Successful applicants will be awarded $10,000 to use their creativity to design projects and employ innovative techniques for conflict resolution, reconciliation, building understanding and breaking down barriers that cause conflict, and finding solutions for resolving conflict and maintaining peace. Submit application materials and a resume for each applicant via email to Belinda Redden, Director of Fellowships, at fellowships@rochester.edu.

**Leadership Tip of the Month**
**TAKING TIME TO RE-CENTER**
Leadership entails involvement in the community. Whether that’s the on-campus community, the Rochester community, your study-abroad host site, or some other community, you will often find yourself pulled in many—sometimes conflicting—directions at once. Keep in mind that effective leadership requires individual integrity, which means that you need to take time out to restore yourself, re-focus on your own identity, and renew your commitment to the community. Here are some suggestions for how to accomplish this.

- Establish a regular exercise schedule. Whether outdoors or in the fitness room at Goergen, physical activity can provide your mind and body with a useful opportunity to re-focus.
- The Interfaith Chapel and its faith communities provide space and various opportunities for meditation, prayer, and quiet time.
- The M.K. Gandhi Institute for Non-violence sponsors activities that can help provide context to help you make sense of your place in the community.
- Listen to some of your favorite music. Better yet, if you have musical skills, play an instrument or sing in one of the music rehearsal rooms on campus.
- Keep a journal. Writing for 10-15 minutes a day can provide vital time for reflection. The primary audience for your journal should be your future self. Blogging or Facebooking is not the same, as those media have an external audience.
- Visit the top floor of the stacks in Rush Rhees and get some perspective on the UR and Rochester.
- Take a walk along the beautiful Genesee River! The cadence of the human gait is a natural rhythm that can clear your mind and restore your soul.

**About the Rochester Center for Community Leadership**

*Better Yourself ~ Better Your Community!*

The Rochester Center for Community Leadership is a unit in the office of the Dean of Students at the University of Rochester. The Center challenges students to become engaged citizens and leaders capable of creating positive social change in their communities. We envision a world in which people of diverse backgrounds and perspectives collaborate to transform their communities.

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