

# QC ROCKY REVIEW

*The latest news and announcements*

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**Please remember to download PDF to access all links**

# FREE WEBINAR



## A Leadership Development Conversation & Workshop

**Wednesday, June 29**

**12:00-1:30 pm CST**



## Featured Speaker

### Dr. Joshua Fredenburg

Author and National Speaker  
R.E.D. Leadership: 15 Strategic Keys to Retaining, Engaging, and Developing More Culturally Diverse Leaders of the Emerging Generations

Register Today!



**Western Illinois University**

COLLEGE OF EDUCATION & HUMAN SERVICES



QUAD-CITIES GRADUATE STUDY CENTER

## SUMMER CAMPUS HOURS

BEGINNING JUNE 6TH THROUGH JULY 29TH, WE WILL HAVE THE FOLLOWING HOURS:

MON. / WED. / FRI. 8 AM - 5 PM

TUES. / THURS. 8 AM - 8 PM

# NEWS & UPDATES(CON'T)

REGISTER  
NOW FOR



## SUMMER & FALL COURSES



## Follow Us on Social Media



Let's Get Connected for Our Latest News & Updates



on Twitter @WIUQuadCities



on Facebook @WIU.QC



on Instagram @wiuquadcities



on LinkedIn Western Illinois  
University - Quad Cities

#WIUQC



### DON'T GET CAUGHT OFF GUARD BY FEES!

*Choosing not to opt-out will result in a \$795 fee PER semester!*

#### DEADLINE TO WAIVE INSURANCE COVERAGE IS SEPTEMBER 2, 2022.

1

##### HOW TO WAIVE:

If you **already have your own health insurance coverage**, you will need to electronically provide proof of other coverage, as Western Illinois University **requires** students to have health care insurance.

2

##### LOG ON TO:

Academic HealthPlans:  
<https://www2.academichealthplans.com/school/197.html>

Your **WIU ID#** is the login and your birthdate (MMDDYYYY) is the password.

3

##### SUBMIT FORM:

This form must be approved and on file in the Student Health Insurance Office by the **10th day of Fall and Spring Semesters** and the **6th day of Summer Semester**.

If you have any questions, contact the  
**WIU Health Insurance Office** at (309) 298-1882.



# NEWS & UPDATES(CON'T)



Four Quad-Cities colleges – Black Hawk College, Eastern Iowa Community Colleges, St. Ambrose University and Western Illinois University – are teaming up for **What's Your 22?**

**What's Your 22?** is a campaign to bring awareness of veteran suicides.

You can help by answering the question, “What’s your 22?”

Come up with a way to do 22 things in the year 2022. For example, do 22 pushups, volunteer 22 hours at a homeless shelter, donate \$22 to this campaign, read 22 self-help books, or give up potato chips for 22 days. The list is endless!

**The money raised by this campaign will be used for projects and programs for the Quad Cities Student Veterans Advocacy Group.**

If you are in crisis and would like to talk to someone, call the National Suicide Prevention Lifeline at 800-273-TALK (8255) or text “HOME” to the Crisis Text Line at 741741. Both services are free, confidential, and available 24/7.



**WHAT IS YOUR 22?**  
Submit a video, photo or link showcasing your challenge. 22 push-ups? 22 days of jogging? Or simply tell us what you're going to do.



**BUY A T-SHIRT:**  
Designed by Black Hawk College art students. Proceeds benefit the 22in22for22 campaign.



**DONATE:**  
Don't have time to participate? You can still donate to the 22in22for22 campaign.



# FOOD AND SNACK OPTIONS ON CAMPUS



**TAMALES FOR HOPE**

WEDNESDAY, JUNE 29  
11AM-2PM  
PRE-ORDER DOZENS BY  
TEXTING 309-428-2424

Western Illinois University  
QUAD CITIES

AMERICA'S  
**SBDC**  
ILLINOIS

UIRA  
Illinois Institute  
for Rural Affairs

**CASH & VENMO! @Maria-Lopez-1318**

3 TAMALES FOR \$6  
12 TAMALES FOR \$20

CHICKEN TAMALES WITH SALSA VERDE  
PORK TAMALES WITH SALSA ROJO  
RAJAS TAMALES (ROASTED PEPPERS & CHEESE)

WESTERN ILLINOIS UNIVERSITY-QC  
3300 RIVER DRIVE  
MOLINE, ILLINOIS 61265  
RIVERFRONT HALL ATRIUM



**TACO THURSDAYS**  
12PM - 7PM  
3300 River Drive  
34th St. Lot  
Moline, IL

**MENU**

**TACOS: \$3 EACH OR 12 FOR \$33**  
(SOFT SHELL CORN TORTILLA WITH MEAT, CILANTRO, ONION)

**QUESADILLAS: \$4.50**

**QUESATACOS: 3 FOR \$10.50**  
(SOFT FLOUR TORTILLA COVERED IN RED SAUCE, MELTED CHEESE, BARBACOA, CILANTRO, ONION, AND CHEESE)

**BURRITOS: \$8.50**

**TORTAS: \$8**  
(SOFT BUN, MEAT, LETTUCE, TOMATO, ONION, AVOCADO, JALEPENOS)

**CARNES/MEATS:**

- ASADA/STEAK
- AL PASTOR/MARINATED PORK
- POLLO/CHICKEN
- CHORIZO/MEXICAN SAUSAGE
- CAMPECHANO/STEAK&CHORIZO
- BARBACOA/SLOW COOKED BEEF (+\$3.25)
- CABEZA/COW HEAD/CHEEK (+\$3.25)

**GORDITAS: 3 FOR \$10**  
(FRIED CORN HOMEMADE TORTILLA STUFFED WITH MEAT, CILANTRO, ONION)

**TACOS DE CANASTA: 4 FOR \$10**  
(CHICARRON Y FRIJOLAS CHORIZO Y PAPAS)

**MEGA QUESADILLA: \$8**

**RICE AND BEANS: \$3**

**ELOTE IN A CUP: \$4**

**DRINKS:**

- CANNED POP: \$1
- BOTTLED WATER: \$1
- JARRITOS: \$2
- HORCHATA: \$3



**NEED A SNACK IN-BETWEEN CLASS?**  
ROCKY'S CORNER SELLS DRINKS, SNACKS, AND MORE!

WESTERN ILLINOIS UNIVERSITY  
**ROCKY'S CORNER**  
APPAREL | SUPPLIES | MORE

**MONDAY - FRIDAY**  
8:00 AM - 4:30 PM





# FINANCIAL AID & SCHOLARSHIPS

## Register to Win!

Register for Fall 2022 Classes and be entered to win grand prizes!

Deadline:  
**June 30th**  
11:59 PM



### Grand Prize 1

Free Domino's Pizza for 1 Year! (\$250 Value)



### Grand Prize 2

\$200 Book Award!



### Grand Prize 3

WIU Backpack & School Supplies!

+ Be entered to win weekly prizes such as gift cards, water bottles, cups, and more!

Must enroll in credit hours **6+**

### Earn Additional Entries by:

- ✓ Filing your 2022-23 FAFSA
- ✓ Signing a Housing Contract
- ✓ Attending a University Event



Western Illinois University  
FINANCIAL AID

To learn more, visit  
[WIU.edu/register2win](http://WIU.edu/register2win)



## Change in Disbursement of Aid Beginning Fall 2022

Beginning with the 2022-23 academic year, federal aid (i.e. Pell, Federal Student/Parent/Grad Direct Loans, Federal Supplemental Education Opportunity Grants, and TEACH grants) will be disbursed and applied to student accounts following the 10th day of the term.

As a result of this delay in disbursement, excess financial aid (federal/state grants, institutional scholarships, and federal direct loans) will be ordered beginning the third week of the semester.

Beginning Fall 2022, all registered students will be allowed to charge up to \$600 each semester at the University Bookstore for required textbooks and supplies (no soft goods) through the 8th day of a term.

Check out the Financial Aid Webpage using the QR Code:



## FINANCIAL AID CONTACT

If you have questions please contact the Macomb Financial Aid Department directly:

Phone: 309-298-2446

Email: [financial-aid@wiu.edu](mailto:financial-aid@wiu.edu)

Call to schedule a virtual appointment

## SCHOLARSHIPS

### How to Search for Scholarships and Grants

Scholarships and grants are basically gifts which you don't have to pay back. They are awarded based on financial need or merit. Searching for scholarships can be easier if you make a list of characteristics about yourself, skills you have, or activities you are involved in.

You can look for scholarships that are awarded for the items on your list. Scholarships can also be awarded based on the career you are pursuing. Other great place to look for scholarships are within your local community, associations or organizations.

### Scholarship Search Resources

Illinois Student Assistance Commission  
College Greenlight  
FastWeb

US Department of Labor Free Scholarship Search Tool  
Scholarship Experts

# FITNESS CENTER


























**WHERE MENTAL MEETS PHYSICAL**



## BREAKFAST SMOOTHIE

THEINDIANSPOT.COM



	=				
GREEN		Kale	Lemon	Pear	Matcha Powder
	=				
BANANA		Oats	Yogurt	Banana	Milk
	=				
RAW COCOA		Honey	Banana	Raw Cocoa	Almond Milk
	=				
MANGO OATMEAL		Mango	Oats	Milk	Honey
	=				
TROPICAL		Yogurt	Pineapple	Mango	Banana
	=				
AVOCADO		Yogurt	Avocado	Chia Seeds	Honey




Western Illinois University  
QUAD CITIES

**SUMMER**  
Fitness Center  
**HOURS**

Monday - Friday  
12:00pm - 5:00pm

Building C, Room 2402



# SUPPORT SERVICES & RESOURCES

## UNIVERSITY COUNSELING CENTER



### Virtual Counseling Services for Quad Cities Students

The University Counseling Center (UCC) provides free, personal counseling services to currently enrolled Western Illinois University-QC undergraduate and graduate students.

To receive virtual counseling services from the UCC, students must:

- Physically be in the state of Illinois
- Be in a private location to ensure confidentiality, spaces are available at Riverfront Hall reception

Steps to receive counseling from UCC:

- Call UCC at 309-298-2453 during office hours (8:00am-4:30pm), explain you are a Quad Cities student interested in receiving telehealth counseling
- A counselor at UCC will give you a pre screening to determine if telehealth is an appropriate format for you to receive services
- If approved for telehealth, you will be scheduled for an intake appointment; your counselor will send you a zoom link before your session

For more information visit: [http://www.wiu.edu/student\\_success/ucc/](http://www.wiu.edu/student_success/ucc/)

Other crisis numbers:

The Illinois warm line number is 866-359-7953 8am-8pm

The Iowa warm line number is 844-775-9276 8 am -8pm

The national suicide hotline is 800-273-8255

or text HOME to 741741

A graphic with a jungle theme. At the top, the text 'HAPPY SUMMER LEATHERNECKS!' is written in a white, slightly curved font against a background of green leaves. Below this, a piece of parchment is held up by a bamboo frame. The parchment contains the text: 'Searching for a job? Lost on how to build a resume? We can help! The Career Center will be available for appointments in-person (Macomb or QC) OR virtually via Handshake all summer!'. In the bottom left corner of the graphic is the LinkedIn logo, and in the bottom right corner is the Western Illinois University 'W' logo. A QR code is located in the bottom left, with the text 'Scan this QR code or go to wiu.joinhandshake.com to make an appointment' next to it.

HAPPY SUMMER LEATHERNECKS!

Searching for a job? Lost on how to build a resume? We can help! The Career Center will be available for appointments in-person (Macomb or QC) OR virtually via Handshake all summer!

Scan this QR code or go to [wiu.joinhandshake.com](http://wiu.joinhandshake.com) to make an appointment

# STUDENT ACTIVITIES



## Chess Club

Tuesday, June 28 @ 6:00 pm  
Riverfront Hall 103/104

### Western Illinois University - Quad Cities

#### Academic Organizations

- Academic Club for Engineering (ACE)
- Counseling Association (CA)
- Communication Student Society (CSS)
- Graduate Experience in Museum Studies (GEMS)
- Interdisciplinary English and Arts Society (IDEAS)
- Liberal Arts & Sciences Student Organization (LASSO)
- Psychology Club
- Society of Human Resource Management (SHRM)
- Student Honors Association (SHA)
- Supply Chain Management Student Association (SCMSA)

## GET INVOLVED

#### Cultural Organizations

- QC Cultural Alliance

#### Leadership Organizations

- Student Government Association (SGA)

#### Social/Support Organizations

- Anime-Manga Organization
- Board Game Club
- Chess Club
- ESports Club

#### Student Publication

- The Edge





# THIS WEEK'S SCHEDULE

## TUESDAY, JUNE 28

6:00 PM

**CHESS CLUB**  
**RIVERFRONT HALL 103/104**

## THURSDAY, JUNE 29

11:00 AM - 2:00 PM

**TAMALES FOR HOPE FOOD VENDOR**  
**RIVERFRONT HALL**

## THURSDAY, JUNE 30

12:00 PM - 7:00 PM

**TACOS AL VAPOR FOOD TRUCK**  
**RIVERFRONT HALL PARKING LOT**



**park view cafe**  
July 2022

coming soon...



**WIU Community Deal:**  
**Monday-Thursday:** 5% Discount with WIU ID  
**Friday-Sunday:** Free Beverage with purchase of a meal

Follow Park View Cafe on [Facebook](#)  
for the latest updates!

**Park View Cafe**  
10 Lincoln Avenue  
Park View, IA 52748



**DON'T MISS OUT ON ANYTHING, CLICK HERE TO FOLLOW WIU-QC ON ALL SOCIAL MEDIA!**



**REMINDER: FOR LINKS, DOWNLOAD THE PDF VERSION!**