



Work by Jossalyn Dolan '26, Illustration.

Upcoming Events

Nov. 18-22 Stress Relief Week (*see full schedule and signups below*)

Nov. 19 Friendsgiving, 11:30 am to 1 pm, The LookOut

Nov. 20 Connections hosts Painted Shoe Project, 11:30 am to 12:30 pm, CoLab (*see below*)

Nov. 20 Guided session to sign up for free UWill teletherapy and telehealth program, 3:15-4:15 pm, Hayden Gallery (*see below*)

Nov. 21 Senior Show Branding Competition, 11:30-12:30, The LookOut

Nov. 29 Lancaster City Tree Lighting, 5-8 pm, Penn Square

Dec. 5 Dance-Off-the-Stress party, 5-7 pm, basement of Richards Hall

Dec. 6 Lancaster First Friday.

Dec. 6 *As It Is* senior Fine Art exhibition, opens at The Demuth Museum, 5-8 pm (*see below*)

Through Dec. 13 *Monologues of Being Seen* in Main Gallery (*see below*)

If you have news, an event, or an announcement you'd like to share, please email Jen Kopf, at jkopf@pcad.edu.

Massages, yoga, Friendsgiving, doggies, and more! Stress Relief Week is finally here!

Don't fret; Stress Relief Week is here all week:

Monday, Nov. 18

Yoga with Black Cat Yoga

Location: Atrium

Time: 11:30 am to 12:30 pm

Description: Sign up for yoga here! NO limit on attendance and NO cost. Limited mats available so please bring your own if you have one! [Sign Up Here!](#)

Tuesday, Nov. 19

Friendsgiving

Location: LookOut, 4th floor

Time: 11:30 am to 1 pm

Description: Join us for our annual Friendsgiving meal for the PCA&D community! And see below for details about the PCA&D Food Pantry Food Drive also happening today!

Wednesday, Nov. 20

Tai Chi with Black Cat Yoga

Location: Atrium

Time: 11:30 am to 12:30 pm

Description: Come enjoy some zen & energy flow with this short Tai Chi session with Jenny from Black Cat Yoga. [Sign Up Here!](#)

Thursday, Nov. 21

Self-Care Packages & Massages

Location: Atrium

Time: 11 am to 2 pm

Description: We'll have two professional massage therapists available to give 10-minute massages. You'll sign up in advance here so they're first come, first serve! We'll also have supplies available for a make-your-own care package. [Sign Up Here!](#)

Coffee Cart & Sweets

Location: Around all the studio classrooms and designated studio spaces!

Time: 7-8 pm * or until pastries and coffee run out!

Description: Student Affairs will bring around a cart with coffee, hot cocoa, pastries, and granola bars to support your late-night studio sessions!

Friday, Nov. 22

Puppies & Pizza

Location: Atrium for puppies & CoLab for pizza!

Time: 11 am to 1 pm

Description: Volunteers are bringing in their pups for support! There will be two groups of dogs in the Atrium and pizza available upstairs in the CoLab to keep food separate from the doggos.

Rant Night & a movie with The Flock

Location: Atrium

Time: 4-8 pm

Description: The Flock is hosting a rant night starting at 4 pm followed by a movie night starting around 6 pm in the Atrium! Snacks and good vibes abound. **And don't forget, you can help pick the movie we watch!** [Click here](#) to go to the movie suggestion form -- a decision won't be made until the event begins!

Food Security Council X Friendsgiving!

Tuesday, November 19

Bring in canned / dry storage goods to the Friendsgiving gathering in the Lookout between 11:30am - 1:30pm

Support the Food Pantry at PCA&D!



Two ways to donate to PCA&D's Food Pantry

The Food Security Council is hosting a **FOOD DRIVE** for the Food Pantry in the CoLab during Friendsgiving. Any pre-packaged, pantry items are very welcome! Since we have a refrigerator and freezer, you're welcome to bring cold items as well. Fresh vegetables tend to be overlooked and thrown away so these are not recommended. A few folks from the community have requested the option to donate to the Food Pantry financially, so we do now have [a Paypal account](#) you can donate to in order to help fund the food pantry shopping trips which take place every 3 weeks.

Transgender Day of Remembrance event Wed.

Connections (LGBTQ+ Education and Support) will be hosting an open-to-all activity this Wednesday, Nov. 20, in the CoLab, during the lunch hour (11:30 am to 12:30 pm), in honor of International Transgender Day of Remembrance.

Participate in the Painted Shoe Project, where we decorate shoes in honor of individuals who have been murdered as a result of transphobia. The Painted Shoe Project aims to honor and celebrate the lives of transgender individuals who have been murdered within the last year. Through research and artistic expression, we honor those who have lost their lives.



Finalists from the 2024 Senior Show Branding Competition.

Senior Show Branding Competition Thursday

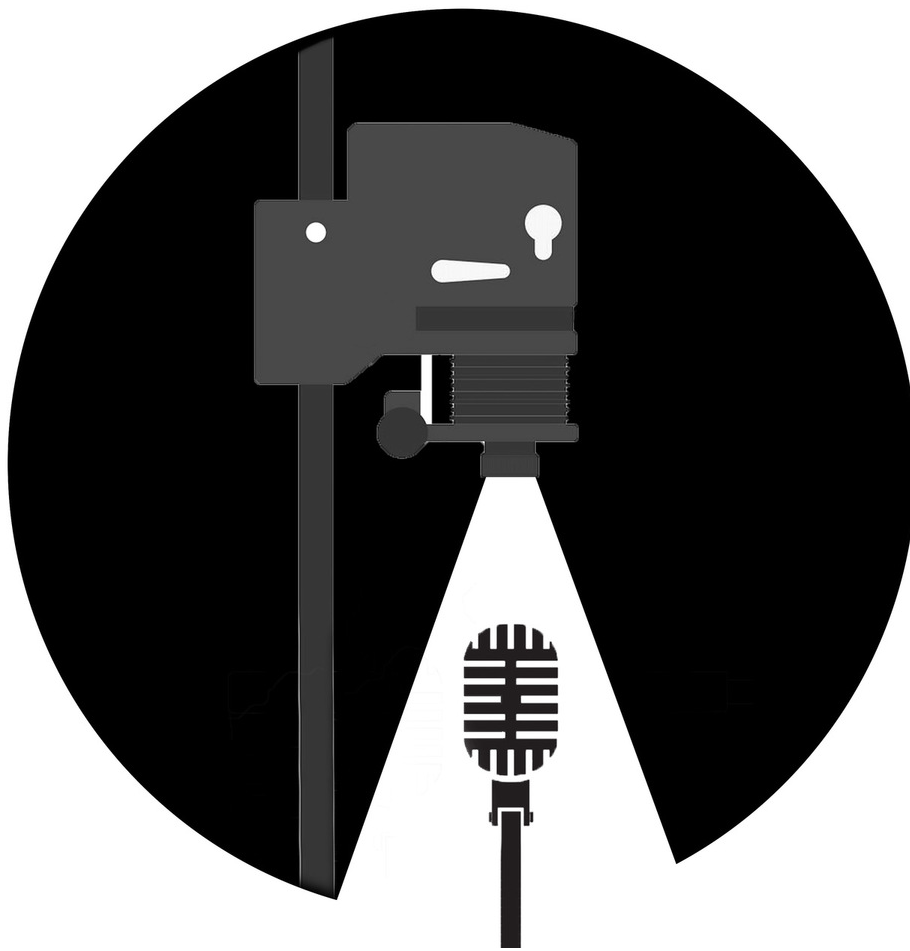
Come to The LookOut Thursday from 11:30 am -12:30 pm to see Graphic Design seniors compete to be the designer of the 2025 Senior Show & Celebration. Each senior will present their concept to a panel of judges from the local creative community. The winner will be announced at the end of the competition and will go on to develop the collateral for the annual event.

Here are PCA&D's calming resources to help

This time of the year can be challenging for many reasons, whether it's managing the pressures of academics, finances, relationships, or seasonal shifts. This is just a reminder about some of the support resources that Student Affairs has available to you.

- UWill: Free virtual therapy that can be regularly scheduled or available immediately in a time of crisis. Telehealth appointments and online wellness programming is also available, including yoga, meditation, mindfulness, and nutrition. [Register with Uwill here](#) so you have it ready to go when you need it. **If you're unsure how to register with Uwill, a guided session will be held this Wednesday, Nov. 20, from 3:15-4:15 pm in the Hayden Gallery next to the Atrium.**
- Connect Counseling Referrals: Not interested in virtual therapy? **Maggie Harbord**, a counselor at Connect Counseling, is available in person to make recommendations to local counseling services that offer in-person appointments. Maggie will be available in the Quiet Room Tuesdays, Thursdays, and Fridays with rotating hours. Check the [Student Life Instagram](#) and the Quiet Room door for weekly postings on availability!
- Lyceum: A peer support group led by licensed counselors that meets every Tuesday from 7-8 pm in the 4th-floor conference room near the elevators. There are signs that guide you and dinner is provided!
- Quiet Room: Located in the CoLab, down the hall by the bathrooms, is a small room/office that is available for student use when in need of a private, short-term space to rest. This can be used to help when you're in sensory overload, needing a moment alone to decompress generally, or taking a virtual appointment that requires privacy. Student Affairs does their best to unlock this door each morning, but if the door is closed and marked as "available," you can go to security and ask them to unlock the space.
- Student Success Advisor: Student Affairs team member **Dana Jain** is here to help remove boundaries for students when they encounter challenges to their success, in and out of the classroom. She can help with things like time management, tutoring referrals, and resource recommendations. You can stop by her office in the Learning Commons to schedule an appointment or email her at djain@pcad.edu.
- Pop-up listening sessions will be scheduled in the PCA&D Housing Communities (see your Community Assistant for date/time details) and with Bridge Mentor **Sam Schindler**. Bridge Mentor drop-in hours are Wednesdays and Fridays, 10 am to noon in Room 305, and in the Learning Commons Tuesdays and Thursdays, 11:45 am to 2 pm.

You are not alone! Check out the [Student Portal](#) or stop by the Student Affairs office in the CoLab if you are ever in need of help and aren't sure where to start.



New *Into the Darkroom* episode: Alex Colon

Alex Colon, the owner of "[The Ripple Effect](#)", is a Lancaster-born artist who has built his own company from the ground up. On top of being an amazing company owner he is also an R&B musician, who goes by *World Wide Wednesday*. During this episode of *Into the Darkroom*, the PHV Department's podcast, he elaborates on the journey that he took from Lancaster to Miami, and back to Lancaster. Lancaster is happy to be a landing space for his company. Take a listen at the link below!

INTO THE DARKROOM

Weekly Academic and Studio support schedule

Looking for a little extra Academic or Studio support to get through the sprint to the end of the semester? Here's the weekly schedule -- all take place over the Monday-to-Friday lunch hour from 11:30 am to 12:30 pm in the second-floor Learning Commons, and there are some remote extras by appointment!

Additional support sessions can be scheduled through the [academic support form](#)

- **Monday:** Joanna Becker (FD & ILL) & Writing Center Tutor
- **Tuesday:** McKenna DiComo (AGA), Writing Center Tutor, & Assistant Coordinator of Writing Programs Laura Gaughan

- **Wednesday:** Jason Ward (Traditional Materials, FA, & ILL), & Writing Center Tutor
- **Thursday:** McKenna DiComo (AGA), Writing Center Tutor, & Assistant Coordinator of Writing Programs Laura Gaughan
- **Friday:** Joanna Becker (FD & ILL) & Writing Center Tutor

ONLINE:

Frankie Reed (GD Remote, by appointment)

Daniel Cardona (AGA Remote and in person by appointment)

ART EXHIBITION
116 E KING ST, LANCASTER, PA **2024**

AS IT IS
DECEMBER 6TH, 5-8 PM

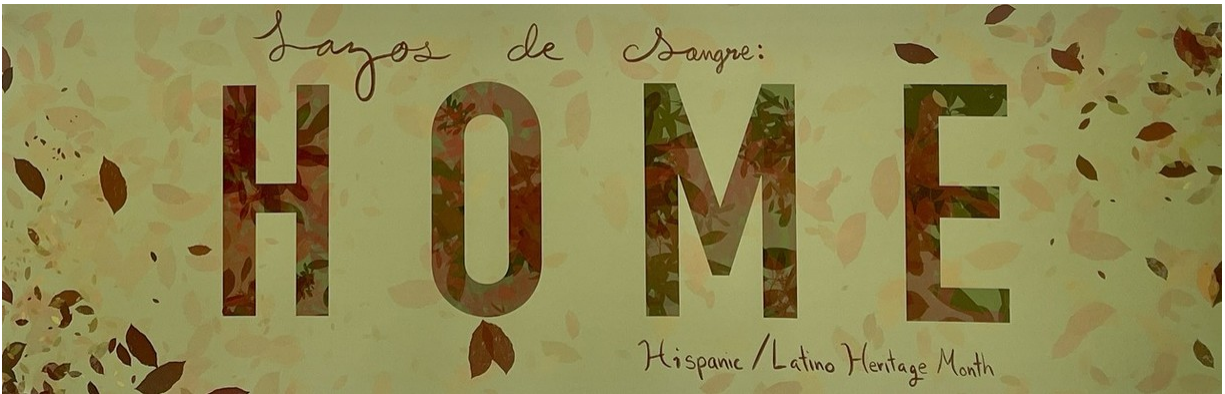
THE Demuth MUSEUM

SYDNEY BEARD **CHARLIE BOYCE** **KRISTA CANOLES**
ELIZABETH GREGORY **MICKEY HESS** **ADANYA JOHNSON**
QUINN KNEPPER **LEXY SILLES-SCHUELER** **KATHERINE HESS**

Senior Fine Art's *As It Is* opens December 6-8

As It Is, a group exhibition featuring the Class of 2025 Fine Art majors, opens Friday, Dec. 6, 5-8 pm, at The Demuth Museum, 116 E. King St. The show will also be open to the public Saturday, Dec. 7, from 10 am to 4 pm, and Sunday, Dec. 8, from noon to 4 pm. Work featured has been created during the first semester of their senior year and

consists of beginning explorations of their senior studio and thesis work, which they'll continue to develop next semester in advance of the Senior Show in May.

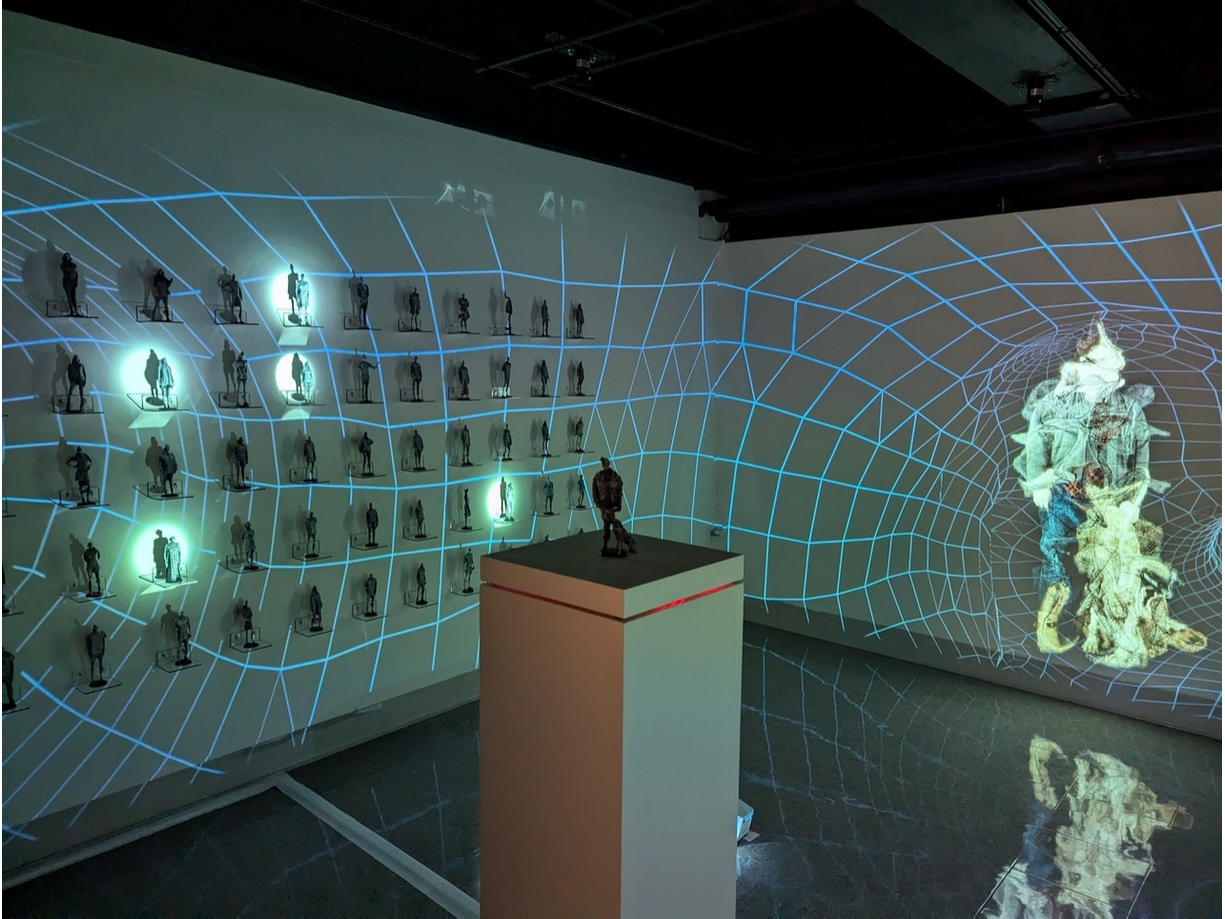


Lazos de Sangre: Home now in CORE Gallery

The Mezzanine-level student-led CORE Gallery now features *Lazos de Sangre: Home*, a celebration of Hispanic/Latino Heritage Month organized by Mi Gente at PCA&D. In a statement by **Yadiel De Jesus**, Mi Gente Club president, DeJesus ('27, AGA) writes that the show's theme translates "To Bloodlines or Blood ties, which is interpreted in many different ways in this exhibition. Some see it as their family members, alive and/or ancestors long before, others see it as their ties to the environment or homeland, and some took it to mean their culture. Whatever way you interpret *Lazos de Sangre*, here you will find the artworks of people who create their own interpretations on what it means to them, and how this may connect to their idea of Home."

Lazos de Sangre: Home features the work of:

Yadiel De Jesus '27, AGA; **Onix Guadalupe-Rivera** '25, Illustration; **Lianna Martinez** '28, AGA; **Laura Perez** '28, Fine Art; **Valeria Perez-Sanchez** '27, Illustration; **Shay Thomas** '26, Graphic Design; **Anthony Torres-Rutherford** '27, Fine Art; **Isabella Vera** '27, Illustration.



In the PCA&D Gallery, the work of artists Andrea N. Baldwin, Heidi Henderson, and Sangyoon Lee.

Now in the Gallery: *Monologues of Being Seen*

PCA&D is excited about the return of artists **Andrea N. Baldwin**, **Sangyoon Lee**, and **Heidi Henderson** with the *Monologues of Being Seen* exhibition. The group visited PCA&D during the spring semester, hosting an artist talk about the project and accompanying workshops involving movement and 3-D scanning. Students, staff, and faculty who participated in the scanning will be represented in the show in miniature, along with hundreds of other participants from the past decade.

This multimedia, interactive exhibition prompts viewers to think about perception individually and collectively. Through Dec. 13, in the College's Main Gallery.

Looking for a student club? Check list here

Want to get involved with student clubs? **Check out [this year's roster of clubs](#)** and get in touch with club members! Several are still deciding on their meeting dates, times, and locations based on their club's needs.

Study Tables: Drop in Monday through Friday

This semester, drop-in sessions for Study Tables will be held every lunch hour Monday through Friday, from 11:30 am to 12:30 pm in the Learning Commons. What will you find there? Help transitioning to PCA&D's art and design school life and classes; assistance with overall academic challenges; feedback and help on your writing assignments; research assistance, and more. To request these services, come to Study Tables and/or fill out the [Academic Support Form](#) . Additional tutoring beyond Study Tables takes place by request, so do not hesitate to reach out through the form.

Stop by any Study Tables session and get pointed in the right direction. Even when you're on top of your game, Study Tables offer a great way to get some real-time feedback and guidance on your assignments and projects to make them even better.



How to access 24-7 counseling with Uwill

Feeling a little extra-stressed, or interested in finding a way to bring some professional counseling into your life? PCA&D provides students FREE access to 24-7 counseling

through Uwill for a wide variety of topics, from short- and long-term support, to crisis counseling, telehealth for common acute symptoms, and on-demand wellness programming like meditation, mindfulness, nutrition, and yoga. Again, it's free, and you have access to it year-round, even during school vacations.

To schedule teletherapy appointments:

- [Create a profile](#) with Uwill
- Choose a therapist based on your preferences including *availability, issue, gender, language, and ethnicity*.
- Choose a time that fits your schedule with *day, night, and weekend availability*.

If you need any assistance, you can refer to [Uwill FAQ](#), Student [User Guide](#), or reach out directly to **Uwill** at support@uwill.com. **More questions? Contact Student Services**, at studentlife@pcad.edu.

Your web resource: The Student Portal

The College's Student Portal webpage provides links to some of the most-needed information. **You can find [this link to the Student Portal](#) at the very bottom right corner of the homepage at PCAD.edu.**

There, you'll find official College dates, such as holidays; class times; research links; links to academic support and counseling help; and much more.



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