Parent Pride
NEWS FROM LMU-PARENT AND FAMILY PROGRAMS
November 12, 2020

STUDENT AFFAIRS
You’re Not Thin. We Value Diverse Stems

LMU CARES Online
Virtual Fitness Classes

STUDENT AFFAIRS
Parent and Family Programs is here to help create and maintain a relationship with LMU so that you may support your student fully during their tenure at the university. Please do not hesitate to call us at 310.338.1798 or during their tenure at the university. Please do not hesitate to call us at 310.338.1798 or [email protected] to opt-in or opt-out of the next phase of Parent Pride for continuing families.

STUDENT AFFAIRS
Student Psychological Services

STUDENT AFFAIRS
Student Psychological Services (SPS) offers confidential individual and group therapy; walk-in consultation to students, faculty, staff, or parents; community-based programs; and psychological assessment through its Psychological Evaluation Team. SPS also offers psychological and academic services to student athletes through Student Psychology Services for Athletes.

STUDENT AFFAIRS
Virtual Student EXP

STUDENT AFFAIRS
The Virtual Student EXP is a hub of all the information your student will need to navigate life outside the classroom. We want students to create their own Student.EXP experience by using the hub to stay connected, get involved, meet new people, experience new things, learn, and grow.

STUDENT AFFAIRS
LION FAMILY WEEK

LION FAMILY WEEK
Lion Family Week offers a series of virtual events that will uplift important justice work at LMU and beyond. These events are aimed at putting the “social” back in “social justice”, and gather students from all around campus for an evening of socializing and social justice. These are informal, intimate events that will uplift the experiences of those who are concerned about a student. There is no charge for SPS services.

STUDENT AFFAIRS
Afternoon Inspirations

STUDENT AFFAIRS
Inscription Inspirations is a series of talks and workshops that will help you navigate the journey of being a parent or family member of a college student. These are informal, intimate events that will uplift the experiences of those who are concerned about a student. There is no charge for SPS services.

STUDENT AFFAIRS
MLK Virtual Panel Discussion

STUDENT AFFAIRS
In collaboration with the Center of Service and Social Justice, Student Affairs hosts a Justice on Tap series framed around Racial Justice and other social justice issues. The month’s event on + Racial Justice will be a virtual panel discussion on “Racial Justice and Intersectional Solidarity.”

STUDENT AFFAIRS
Justice on Tap: Ignatian Heritage

STUDENT AFFAIRS
In this event, we will explore the interplay between Jesuit values, Ignatian spirituality, and justice. We will hear from John Sebastian, Vice President of Mission and Ministry, and Lola Daniels, Director of Faith and Violence, as well as student speakers: Simran Porwal ’22 and Alexander Salonga ’23.

STUDENT AFFAIRS
Virtual Student Exp

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STUDENT AFFAIRS
Get involved, meet new people, experience new things, learn, and grow.

STUDENT AFFAIRS
Intramural Sports

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Intramural Sports offers a variety of virtual challenges for students to get involved in. These events are aimed at putting the “social” back in “social justice”, and gather students from all around campus for an evening of socializing and social justice. These are informal, intimate events that will uplift the experiences of those who are concerned about a student. There is no charge for SPS services.

STUDENT AFFAIRS
TrueDesk Support and Advocacy

STUDENT AFFAIRS
TrueDesk is a confidential space for your support and advocacy. TrueDesk is available from 9 a.m. to 5 p.m. Monday through Friday. TrueDesk can be reached by email at [email protected] or by phone at 310.338.1798.

STUDENT AFFAIRS
Schedule for a variety of group exercise classes? Are they ready to start muscle? Then they should check out the Live Virtual Zoom Group Fitness classes. Find the class that suits them. Then they should check out the Live Virtual Zoom Group Fitness classes. Find the class that suits them.

STUDENT AFFAIRS
Virtual Fitness Classes

STUDENT AFFAIRS
Virtual Fitness Classes are available every day from 9 a.m. to 6:30 p.m. The following classes are available:

- Group Yoga (15 minutes)
- Zumba (30 minutes)
- Golds Strength (30 minutes)
- Golds Cardio (30 minutes)
- Golds Sculpt (30 minutes)
- Cardio Blast (30 minutes)
- Pilates (30 minutes)
- Les Mills (30 minutes)

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