



Loyola Marymount
University

Parent Pride

NEWS FROM LMU PARENT AND FAMILY PROGRAMS

November 12, 2020



STUDENT AFFAIRS

You've Got This: Lion Wellness Online

At LMU, our Jesuit values emphasize the education of the whole person. That includes a commitment to the wellness of each student – mind, body, and soul. The Lion Wellness website will connect students to services, activities, groups, and events that help students juggle the demands of life in the virtual environment and make self-care a priority. [Learn more.](#)



CAMPUS RECREATION

Virtual Fitness Classes

Does your student miss taking group fitness classes? Are they ready to start burning more calories and building more muscle? Then they should check out the LIVE Virtual Zoom Group Fitness Schedule for a variety of group exercise classes completely online. [Learn more.](#)



INTRAMURAL SPORTS

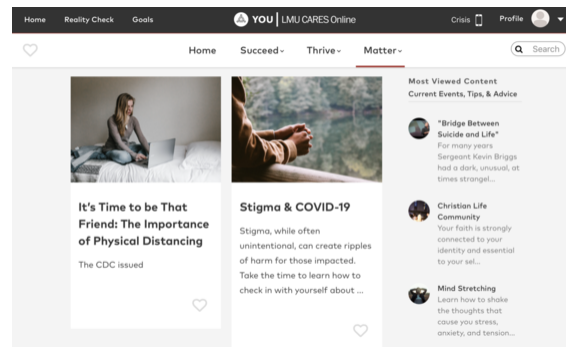
Virtual Intramural Teams

Intramural Sports offers a variety of virtual fantasy sports leagues and bracket challenges for students to get involved in and meet new students who share their same interest in fun online competition.

[Learn more.](#)

LMU CARES Online

This is a confidential space for your student's well-being. From mental and physical health to friends and finding balance, it's all there for them. Your student can access resources related to the three pillars of wellness: academic and career success (Succeed), physical and mental well-being (Thrive) and purpose and campus connections (Matter). [Learn more.](#)



Student Psychological Services

Student Psychological Services (SPS) provides confidential individual and group therapy; walk-in consultations; emergency psychological services; and psycho-educational outreach programming. SPS also offers psychological consultation to students, faculty, staff, or parents who are concerned about a student. There is no charge for SPS services. [Learn more.](#)



STUDENT AFFAIRS

Virtual Student EXPerience

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 by using the hub to stay connected, get involved, meet new people, experience new things, learn, and grow. [Read more.](#)



ACADEMIC AFFAIRS

Student Online Learning Hub

Your student will find all the resources and services they need to support your transition to a successful and engaging online learning experience. Please check out this helpful hub as another tool to support your student. [Learn more.](#)



EVENT SPOTLIGHT: STUDENT EXP

Justice on Tap: Ignatian Heritage + Racial Justices

In collaboration with the Center of Service and Action, Student Affairs hosts a Justice on Tap series framed around Racial Justice and other social justice issues. The month's event on **Nov. 17 from 6-7:30 p.m. PST** will focus on the intersections between Racial Justice and

Ignatian Heritage. We will hear from John Sebastian, Vice President of Mission and Ministry, as well as student speakers: Simran Porwal '22 and Alexander Salonga '23. 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 important justice work at LMU and beyond. [Join online here.](#)



PARENT AND FAMILY PROGRAMS

Save the Date:

Lion Family Week 2021

Family Week is an opportunity for families of all class years to personally experience the academic, service, and social values their Lions experience daily at Loyola Marymount University. Lion Family Week offers a series of virtual

FOR CONTINUING FAMILIES

Please Opt-In to Parent Pride

Should you want to continue receiving information from LMU Parent and Family Programs, please [click here](#) to opt-in or opt-out of the next phase of Parent Pride for continuing parents and families, change your email address or add a new one to the distribution list.



HOW CAN I BE HELPFUL?

Lisha Maddox, Director of Student Success

My job is to answer all the questions you have about LMU and its resources so that you can help your student be successful at LMU. 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 me at 310.338.1798 or [email](#) with any questions or concerns.

If you have any questions or concerns, please [email us](#).

Visit our [Parent and Family Programs website](#) for additional resources!



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