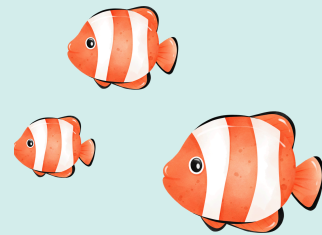


Learning Resource Center Newsletter



August 2026 Issue 75

Learning to BREATHE

Take a moment to pause, breathe, and reconnect. Learning to BREATHE is an evidence-based mindfulness program that teaches practical skills for reducing stress, managing emotions, and responding to life's challenges with greater calm and confidence. Join us for Learning to BREATHE on Tuesday, August 4 at 1pm.



Welcome Back!

The LRC welcomes back all of the students as they start the new year. We hope you'll pop in if you need help with homework or just a quiet study spot.



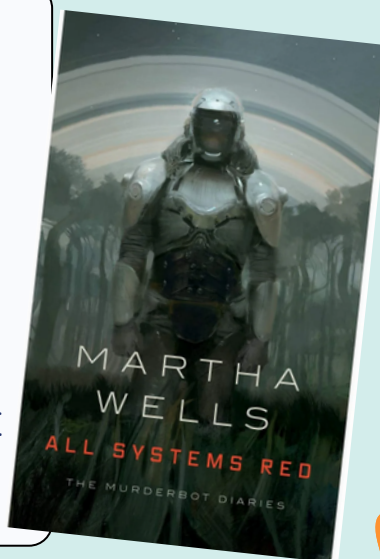
Make-A-Frame

Pop into the LRC anytime the week of August 24–28, 8:30am–4pm and make a fun, back-to-school themed picture frame that will be perfect for preserving those first day of school pictures.



Book Club

Our August book is All Systems Red by Martha Wells. Contact the LRC to sign up and reserve your copy. Book Club meets on the last Friday of the month, August 28, online. Members who attend the meeting will get a copy of the book to keep



July Recap

- July 1–Paws and Paint with a Therapy Dog
- July 8–The Center for STEM at SIUE Inflatable Planetarium
- July 14–Zen and Zest Mindfulness Retreat
- July 15–Paws and Paint with a Therapy Dog
- July 17–Kid’s Corner: Pipe Cleaner Flowers
- July 22–Paws and Paint with a Therapy Dog
- July 24–Brunch and Learn with a viewing of the Race Riots in America documentary
- July 29–Paws and Paint
- July 31–Book Club: Born a Crime by Trevor Noah
- All Month–Movies at 9am and 1pm, Monday–Thursday

Contact Info



@SIUE_ESLC_LRC

siue.esl.library@siue.edu
618-874-8719

@siue.esl.lrc.1



Hours of Operation
Monday–Friday
8:30am–4:30pm

Kid’s Corner

Join us in August for a DIY Time Capsule. Celebrate a new school year with creativity and reflection. A time capsule is a great place for special memories, letters to your future self, and setting goals for the year ahead.



Tuesday, August 11 at 11am

PERFECTING YOUR RESUME

Join us for an hour-long workshop designed to help you perfect your resume and stand out to employers. Learn essential tips and tricks to highlight your skills, experience, and achievements effectively!



Thursday
August 20, 2026

11:00 a.m.-12:00 p.m.



Learning Resource Center
601 James R. Thompson Blvd.
East St. Louis, IL 62201
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618-874-8719



THE LRC IS MADE POSSIBLE BY
A GRANT FROM ICCB.

**CAREER
BOOST**

**JOB-READY
SKILLS**

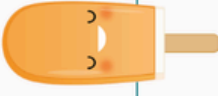
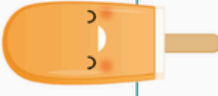
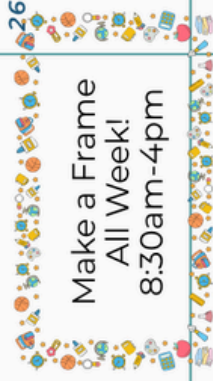
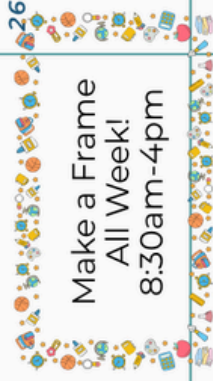
**RESUME
MASTER**

SOUTHERN ILLINOIS UNIVERSITY
EDWARDSVILLE

AUGUST 2026

SOUTHERN ILLINOIS UNIVERSITY
EDWARDSVILLE

Learning Resource Center Hours
Monday-Friday 8:30am-4:30pm
Sunday/Saturday-Closed

MON	TUE	WED	THU	FRI
3	4 Learning to BREATHE 1pm 	5 	6   	7 
10 BACK TO SCHOOL	11 Kid's Corner: DIY Time Capsule 11am 	12	13 Come grab a popsicle anytime we're open; while supplies last!	14
17	18	19	20 Perfecting Your Resume 11am  	21
24	25 Make a Frame All Week! 8:30am-4pm 	26 	27	28 Book Club 12pm 
31				

SUMMER SUDOKU

Challenge

9	3	7	5				8	
		6		2				3
1	5	2			9			
		1	3		5	2	4	7
		5	6			8		9
		8		4				
					8			
					6	7	3	4
2	6		7	1		9		

EASY DIFFICULTY

Can you solve this summer sudoku by putting the numbers 1-9 in each of the boxes making sure no number is repeated in every row, column, or mini grid?