

# STUDENTS LIVING **CARDINAL, GOLD AND GREEN**

## Ensuring a Recharging Student Experience

Winter break is on the horizon, and students are working hard to finish the semester strong before easing into a well-deserved break. The time off between semesters is the perfect time for students to relax, recharge and return to the things they love. Hobbies, interests and leisure play a crucial role in balancing academic commitments and self-sustainability.

During stressful times, like finals, dedicating time for relaxation through hobbies, community connection or the comfort of home, contributes significantly to helping student recharge. A number of student organizations at Iowa State University exemplify efforts to encourage and support student rest and recharge.

This month's features six clubs that positively influence students' campus rest and recharge, both residentially (National Residence Hall Honorary) and through extracurriculars (Baking Club, Beyond the Pages, Crochet Club, Film Enthusiasts Club and No-Re-Choir-Ment A Capella). Through community connection, shared interests and shared values, these organizations create spaces that allow students to recharge and foster their self-sustainability.

## Sharing Spaces

A supportive living space facilitates rest and recharge by supporting sufficient sleep, safety and leisure activities — all of which allow students to

manage stress, stay grounded and continue to learn and grow.

Having a comfortable and comforting place to call home at the end of the day helps to maintain balance during busy weeks and long semesters.



Image Courtesy of NRHH

The [National Residence Hall Honorary \(NRHH\)](#) Diamond Chapter, a local chapter of NRHH, is a group of student leaders on campus who work to improve the residence hall experience for students. The leaders, numbering no more than 1% of the total on-campus student residential population, are appointed after completing an application process and serve in their roles through the entirety of the academic year.

In ensuring living environments that fulfill students' physical and emotional needs through community connection and supportive living spaces, these student leaders assist in ensure the ability of residence hall residents to sustain their academic motivation.

Callie Lindgren, president of the chapter, said the NRHH recognizes the important role living spaces

have on mental health and continuously works to improve campus life and facilitate student success.

Lindgren added, "Moreover, NRHH aims to help others improve their mental health through social interactions that create social sustainability for all of our members." Noting how a strong community also supports students' rest and recharge.

Through awards like 'Of the Month' and student and faculty nominated 'Rising Stars', the NRHH celebrates and gives a shout out to those who have had a positive impact on campus life.

These student leaders also coordinate service events throughout the semester for on campus residents to participate in to create and nurture a better campus environment. These service events instill connection and building of community that benefits students' ability to rest and recharge with others they care about.



Photo Courtesy of NRHH

To ensure direct connection with students in residents halls, the NRHH also hosts two meetings a month. Lindgren said, "Our

twice-monthly general assembly meetings allow students to connect with student leaders and other residents and feel included in the residence life community."

Being able to talk with student leaders, fellow residents and develop a sense of belonging on campus helps students feel grounded and recharged throughout the academic year. The last meeting of the semester will be held Dec. 7 in the Memorial Union Cardinal Room. Regular club meetings, held every other Sundaay, will resume after break.

With the semester break coming up, the NRHH encourages students on and off campus to stay connected to campus resources like Recreation Services to nurture both physical and mental health over the break. After the semester break, keep an eye out for NRHH posters for events and opportunities to nominate students, faculty and staff for the Rising Star award — recognizing outstanding acts of kindness and caring in the community.

To learn more about the National Residence Hall Honorary Diamond Chapter, visit their [Student Organization Database webpage](#) on the Iowa State University Student Engagement website, [NRHH Iowa State University student chapter website](#) or connect to their [Instagram](#) page (@isu\_nrhh).

**Sharing Interests**  
Sometimes it is hard to prioritize or find time for relaxing and

recharging. By sharing an interest or hobby with others, a club environment can provide support and a sense of value in personal rest and recharge.



Image Courtesy of Baking Club

For students who enjoy creating through food, the [Baking Club](#) provides a welcoming space on campus. The club gives its members a chance to enjoy baked goods while learning new skills and techniques in a low-pressure environment.

Club vice president, Molly Sickles said, "Our group's mission is to give students a space to build relationships and community engagement through baking."

In order to sustain a safe space for students, Sickles said, "We strive for our members to feel stress free and present during our meetings because we know how important it is to take time to do things you love."

Students are allowed to step away from academic stress with the Baking Club and unwind with an extracurricular activity. This stress-free environment established in the club helps students recharge and feel refreshed.

Many members of the club use meetings and events as a space for expression — allowing them to participate in an activity they normally may not be able to.

Sickles said the club "gives you a chance to express yourself in many different ways. Expressing yourself in positive ways through your hobbies sets yourself up for success!" Students who are able to express themselves foster self-sustainability in their routines, creating an outlet that supports rest and recharge.



Photo Courtesy of Baking Club

The Baking club puts on events to promote rest and recharge for its members, including a gingerbread house decorating competition that takes place before winter break. Sickles said, supplies are provided and members just need to "show up and have fun."

Those who are interested in joining the club can connect with members of the club during spring Clubfest, visit their [Student Organization Database webpage](#) on the Iowa State University Student Engagement website or

connect to their [Instagram](#) page (@cyclone\_bakingclub).



Image Courtesy of Beyond the Pages

[Beyond the Pages](#) is a club for all readers alike. Unlike a traditional book club, Beyond the Pages does not assign books to read, but instead hosts events for book related activities.

The unique student organization fosters a love for reading without the requirement of reading an entire book to participate. Book related activities include crafts, snacks, movie showings and discussions surrounding books.

President of the club, Trevor Turner emphasized all readers are welcomed, "from the experienced reader to the high-school-ruined-reading-for-me reader." Club leaders have created a relaxing low stakes space to get involved with books whether students are currently reading any or not.

Beyond the Pages events create a relaxed environment to connect and recharge with peers without the stress of assigned readings. Turner said, "All of our events are designed to foster a safe and inclusive community for all

members," promoting inclusivity and a space for students to unwind and reconnect with what they enjoy.

Turner added that students often feel renewed and recharged after events, feeling more motivated to recreationally read or try a new book, fostering self-sustainability and balance in students' lives.

In creating an environment that aids students in recharging, Turner said, "Mental health is especially important to us. You come first; being a student comes second. To some, campus is a second home, and to all, it's an opportunity to make connections."

Beyond the Pages reinforces this by focusing on community care, promoting social sustainability for students and ensuring they have opportunities to balance responsibilities with rest.



Photo Courtesy of Beyond the Pages

In the absence of club meetings over break, Turner encourages students to use Parks Library and the Ames Public Library as resources to stay connected with books. Both libraries are great

places to relax and recharge in a quiet space with helpful staff.

For more information on Beyond the Pages and its events, visit their [Student Organization Database webpage](#) on the Iowa State University Student Engagement website or their [Instagram](#) page (@crochet\_club\_isu)

Students can also find Beyond the Pages at Clubfest Wednesday Jan. 28, at the Memorial Union and hosting bake sales by Parks Library during spring semester.

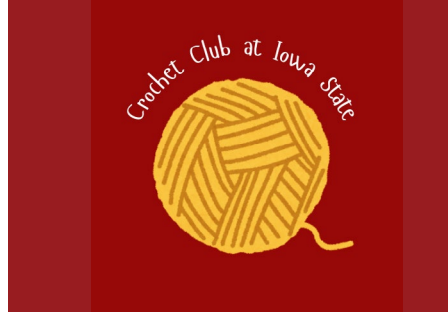


Image Courtesy of Crochet Club

[Crochet Club](#) provides a welcoming space for crocheters to craft, share knowledge and connect with others who enjoy the hobby. The club allows crocheters to work and learn at their own pace in a relaxing environment.

As a craft that engages focus and eases stress, crochet encourages a mindful rest and recharge for club members. From beginners to advanced crocheters, Crochet Club is a close community that supports relaxation and recharge for students.

Vice president of the club, Emma Gerber described crochet as a



mindful practice, that unlike other hobbies, additionally “offers the gratification of the final product,” helping members recharge motivation and inspiration.



Photo Courtesy of Crochet Club

Gerber said the foundation for the club in continuing to grow is, “Having a safe space to remove the judgment, making the space a learning opportunity.”

Gerber further described her personal experience of recharging in being part of the Crochet Club. “Just sitting there in the room, and everyone is chatting in the background, it gives me joy. The community we’ve fostered in a short amount of time is amazing,” she noted.

This community focused club offers students a way to connect and recharge through creativity. The club nurtures an atmosphere of rest and recharge for students to take a breather and practice creative skills with others. Members share materials, knowledge and help each other learn and grow, supporting social and self-sustainability in this recharging club.

Crochet Club invites anyone with an interest in crocheting to attend a club meeting and try out a new

hobby or continue your crafting with others.

For more information, visit their [Student Organization Database webpage](#) on the Iowa State University Student Engagement website or connect to their [Instagram](#) page (@crochet\_club\_isu) where they post meeting dates and times.



Image Courtesy of Film Enthusiasts Club

With streaming services galore, movies and TV shows are a popular pick for relaxation. The [Film Enthusiast Club \(FEC\)](#) shares their love of film media through group movie screenings. Just established in 2025, the club aims to create a community space to share interests and thoughts on film media.

The Film Enthusiast Club not only creates a space to share enthusiasm but also a space to relax and recharge. Olivia Wall, vice president of FEC, said, “It can get super stressful at the end of the semester, so doing something you enjoy is important for your physical and mental well-being.”

Movies allow individuals to step out of their own lives and

potential stressors and get enveloped into the story of the film. Wall said, “Watching movies can be inspiring and motivating, challenging you to change the way you think.” It is this connection through shared interests, diverse opinions and perspectives that creates a relaxed environment for students to recharge.

As students navigate and balance their busy schedules, these movie nights with the Film Enthusiast Club offer a way to wind down and practice rest and recharge, providing a great opportunity for students to practice self-sustainability through what they are passionate about.

Providing an opportunity to rest and recharge before finals week — the Film Enthusiast Club is putting on a holiday themed meeting to close out the semester on Dec. 4 with a holiday movie showing that will include snacks.



Photo Courtesy of Film Enthusiasts Club

Over winter break students can stay connected with film media through Kanopy, a streaming site that is free with a student log-in. Find foreign films, independent films, documentaries and more to enjoy in your free time.

To learn more about FEC, visit their [Student Organization Database webpage](#) on the Iowa State University Student Engagement website or connect to their [Instagram](#) page (@film.enthusiastsclub)



Image Courtesy of No Re-Choir-Ment A Capella

[No Re-Choir-Ment A Capella](#) (NRCM) is a club of a capella singers open to anyone interested. Those with or without previous practice are encouraged to join.

Kyra Howard, president of the club, said, “NRCM is a space for any and all singers, inviting you to pursue a passion in an inclusive and judgment-free environment.” This group creates a comfortable community for students to recharge by doing something about which they are passionate.

This diverse group of students share joy in music and create deep connections that help motivate and recharge their energy throughout the year.

Howard said, “We value community and aim to replenish energy rather than deplete it.” The club has sustained a close-knit community that recharges

singers through support and collaboration, especially during stressful times.



Photo Courtesy of No Re-Choir-Ment A Capella

No Re-Choir-Ment A Capella acts not only as a creative outlet but also as an outlet for personal growth and skill development. In working together as an ensemble, the NRCM community inspires its members to step out of their comfort zone and try new things to build new skills.

With opportunities to try new experiences including solos, leadership roles and voice parts, NRCM puts on performances that allow an additional relax and recharge opportunity for both members and audiences that enjoy the a capella group’s music.

Find out more about upcoming performances, meetings and auditions on their [Student Organization Database webpage](#) on the Iowa State University Student Engagement website or connect to their [Instagram](#) page (@norechoirment\_isu). Videos of past performances can be found on the club’s [YouTube channel](#) (No Re-Choir-Ment A Capella).

Collectively, these student organizations create welcoming environments that allow students to take a step away from academics and find personal outlets to rest and recharge. Practicing self-sustainability through club inspired communities like these helps students develop skills that set them up for success not only through the academic year, but also after graduation and into professional careers in ensuring healthy work-life balance.

The six clubs highlighted in this month’s Students Living Cardinal Gold and Green feature article represent just a few of the many student organizations at Iowa State University that aid in student rest and recharge, and the student-life balance.

Learn more about student organizations at Iowa State University supporting opportunities for rest and recharge by visiting the [Student Organizations webpage](#) on the Live Green website. Explore all student organizations at Iowa State on the [Student Organizations webpage](#) on the Iowa State University Student Engagement website.