

MSAs: Thriving During Quarantine

About US: MSA National

Vision

All Muslim students have a safe space in which to build a closer relationship with God and their community.



Mission

Serve Muslim students and alumni and facilitate their efforts to establish, develop, and maintain professionally-supported chapters of Muslim Student Associations. Emphasis is placed on the spiritual, religious, social, civic growth and well-being of students.

Agenda

1

About us

MSA National
Partners
Speakers

2

An Introspective Look

We will look at the individual challenges and mental health during quarantine and share tips and resources

3

Leadership in Quarantine

We will discuss major challenges and share inspiring stories, tips and resources



Our Amazing Partners!



The Family & Youth
Institute



Midwest Muslim
United Student
Association



MSA Lone Star
Council



MSA West



Adnan Perwez
MSA National, Student
Director
MA candidate at Harvard
University



msa
NATIONAL



Hanan Hashem
The Family & Youth
Institute
PhD candidate at UT



Ziyad Dadabhoy
Co-founder, MMUSA
Masters from Illinois Tech





Ameera Khan
Chair, LSC
MPH candidate at Texas A&M
University



Hasna El-Nounou
IVP, MSA West
Pursuing BS at UC Davis



Maryam Awwal
EVP, MSA West
Pursuing BA at Zaytuna
College





Part 1: An Introspective Look

“Love For Brother, What You Love For Yourself”

-Prophet Mohammad (SAAWS)

Hanan Hashem, M.A.

Family & Youth Institute



The Family & Youth Institute

Internship Opportunities

- <https://forms.gle/hy5wU3LGnkrAfUeN6>

Ramadan Resources

- <https://mailchi.mp/4bc30b29c8c6/fyidailyarticleshare>

Join the conversation- LIVE

- @TheFYI_org

RESEARCH *issues*

EDUCATE *individuals*

EMPOWER *communities*



Major Challenges Facing Students

Mental

Spiritual

Physical

Social

Financial

If you don't come out of this quarantine with:

- A new skill
- Your side hustle started
- More knowledge

You never lacked time, you lacked discipline.

If you don't come out of this quarantine with:

- ~~A new skill~~
- ~~Your side hustle started~~
- ~~More knowledge~~

You never lacked time, you lacked discipline.

You are doing just fine.

We are going through a collective traumatic experience.

Not everyone has the privilege of turning a pandemic into a something fun or productive.

Just stay healthy.

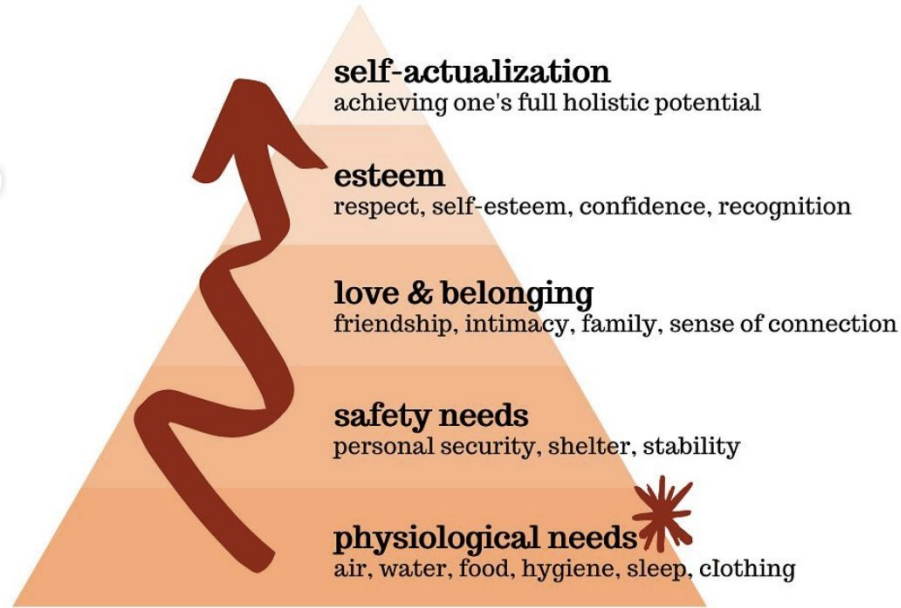
[Share your story](#)



Maslow's Hierarchy of Needs

bottom - up approach:

- must tend to bottom layers before moving up
- can go back to lower layers if need additional tending to



Tips to Thrive: Physical and Mental Health

Take care of your body

- Sleeping and Eating
- Connect with nature

Take care of your mind

- Talk to someone you trust, who is your senior
- Self-compassion

Set and track goals

- Add activities you enjoy!
- Concrete and achievable

What do I do for self-care?

2015-03-18c

- | | |
|--|--|
|  Get plenty of sleep |  Tidy |
|  Enjoy sunshine |  Read |
|  Cook |  Read about people whose lives are more complicated |
|  Write or draw (think out loud) |  Garden |
|  Talk to myself |  Get a hug |
|  Cuddle cats |  Talk to select people |
|  Walk or bike (esp in a park) | |

Tips to Thrive: Spiritual Health

Control

- Make a list of what you can and cannot control in your life right now

Dua

- Make specific duas about all of them
- Make specific dua for another person each day

Ramadan Prep



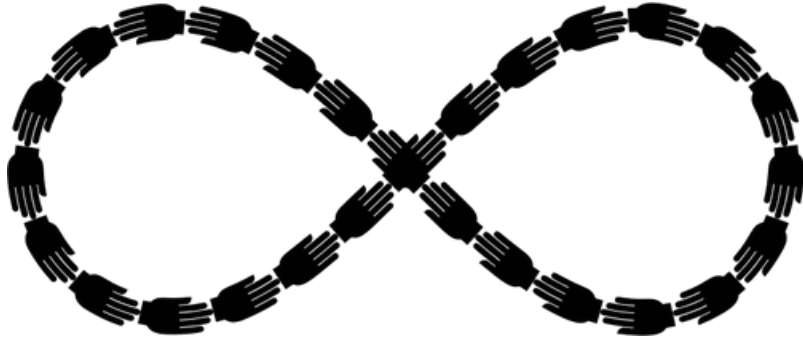
“If anyone constantly seeks pardon (from Allah), Allah will appoint for him a way out of every distress and a relief from every anxiety, and will provide sustenance for him from where he expects not.”

Tips to Thrive: Maintaining Relationships

Turn your attention to helping others!

Find new ways to connect:

- Pray together
- Eat together
- Start conversations
 - [Yaqeen Institute-Conversations](#)
- Decorate for Ramadan together
- Family game/trivia night



Tips to Thrive: Media and Staying Connected

Everything we do and consume impacts us

- Listen to that internal voice telling you your limits
- List certain times during the day you will intentionally be internet free
- List 3 questions MAX you want answered about the pandemic
- Choose 1-2 news sources to rely on for information



Tips to Thrive: Daily Routine

Have a daily routine

- Consistent wake/sleep time
- Make “productive space” and relaxing space
 - Be creative!
- Set productive hours AND relaxing hours

| Suhoor | Rest | School | Friends & Food | Family & Iftar | Strong Finish |
|--|--------------|---|---|--|--|
| 4:00-6:15 AM | 6:15-9:00 AM | 9:00 AM 2:00 PM | 2:00-6:00 PM | 6:00-8:30 PM | 8:30-10:00 PM |
| Tahajjud Dua Suhoor Fajr Read Quran Pray Sunnah | Sleep | Wake Up Morning Routine Class 1 Break Pray Duhr Class 2 Study | Go for walk Call friend Cook Pray Asr Set Table Clean Up | Prepare for Iftar Work Out Make Wudoo Break Fast Maghrib Complete Meal Clean Up Family Time | Tarweeh with Family Night Time Routine Reflect on Day Night time Routine Sleep |

Resources: Mental Health

Trials and Tribulations

- <http://shaykhamza.com/transcript/17-benefits-of-tribulation>

3 Good Things

- Daily habit of writing down three good things that happened before sleeping

[Extremely powerful in increasing your levels of happiness](#)

Mental Health Apps

- Mindfulness
- Calm
- Headspace
- Virtual Hope Kit
- Smiling Mind

The FYI

- Well-being in the Time of Corona
- Ramadan in the Time of Covid-19
 - Sign up for updates!



Remember!



Website: www.thefyi.org/
Facebook: @thefyi.org
Twitter\FB: @thefyi_org

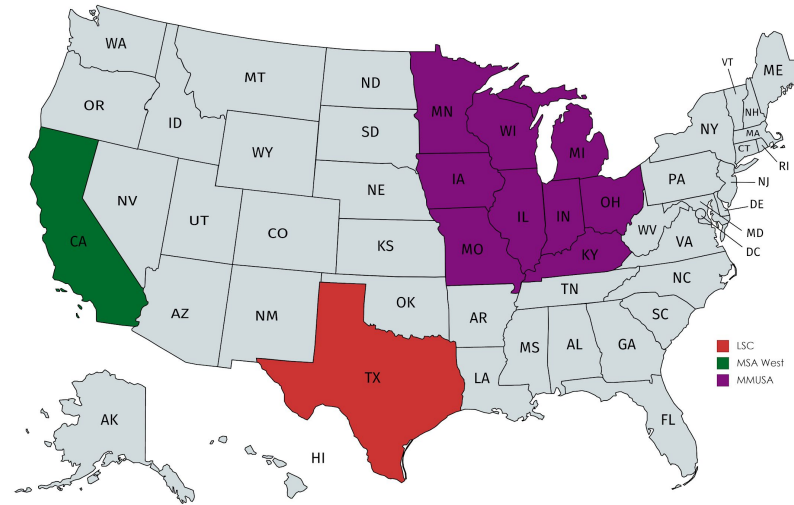


Part 2: MSA Leadership

Major Challenges Facing MSA Leaders

- Spring General Body Meetings Cancelled
- Major Events such as Islamic Awareness Week Cancelled
- Officer transition?
- What is next year going to look like?
- Instability in the world
- Spring Fundraising Cancelled
- No celebrations
- Fellow officers struggling

What is an MSA Regional Council?



MSA Regional Councils are organizations of Muslim students and alumni aimed at unifying MSA Chapters and ultimately Muslim students across a geographical region. There are many across the nation. The map indicates the three councils that are presenting.

Ziyad Dadabhoy

Midwest Muslim United
Student Association

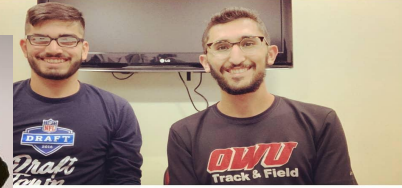




About

- MMUSA is a grassroots organization comprised of Midwest MSAs from Illinois, Wisconsin, Minnesota, Iowa, Missouri, Kentucky, Ohio, Michigan, and Indiana. We believe these MSAs have a substantial amount of knowledge and expertise to offer the wider community
- MMUSA aims to help connect and maximize the impact that can be made. MMUSA is built on three key pillars: Social, Service, and Civic. The implementation of these pillars is guided by our core values.
- Above all else, MMUSA is for the sake of Allah (SWT) and we testify there is no Lord but Allah (SWT) and Prophet Muhammad (S) is His last Messenger.

Services



Civic



MSA Highlights

OSU MSA



ZOOM WITH THE HOODS

MSA OSU
MUSLIM STUDENTS' ASSOCIATION
AT OHIO STATE

JOIN SISTERHOOD AND BROTHERHOOD FOR A WEEKLY NIGHT OF FUN FROM 8-9 PM

| | Sisters | Brothers |
|-------------|--|-------------------------|
| 4/16 | YOGA NIGHT | BONDING W/ THE BROTHERS |
| 4/22 | GROUP GAME NIGHT: MAFIA, CHARADES, AND MORE! | |

UKY MSA

- Ramadan Panel on Zoom in partnership with university and Islamic Studies Department
- Virtual Fastathon
- Donation drive for Covid Victims and those affected

UIC MSA

AN EVENT SPONSORED BY DESIGN MOVEMENT, NEIGHBORLY FAITH, MSA, AND VERITAS FORUM

CORONAVIRUS: WHAT'S FAITH GOT TO DO WITH IT?

A discussion between Muslim, Christian, and Hindu leaders on finding hope in the midst of crisis

Mon. April 13, 8-9:30 pm (Eastern), 7-8:30 (Central)


<https://tinyurl.com/CoronavirusAndFaith>



SHEIKH TARIQ MUSLEH **PASTOR TONY THOMAS** **CHIEF PRIEST SASTRYJI VITHALA**

UMN MSA


Tuesday (4/7) **MONTHLY HALAQA:**



The Life and Legacy of Imam Ahmed Ibn Hanbal (r)

6:30-7:30pm Zoom ID: 735-649-587


Wednesdays (4/1, 4/8, 4/15, 4/22, 4/29)



A Sea of Tears: Imam Ibn Al-Jawzi

4:30-5:30pm Zoom ID: 356-553-808

Saturdays (4/4, 4/11, 4/18, 4/25)



Community Conversation w/ Our Chaplain

6:30-7:30pm Zoom ID: 172-029-759



FB/Twitter/Instagram: @midwestmsa

Email: info@midwestmsa.com

Ameera Khan

MSA Lone Star Council





About

LSC is an umbrella organization connecting collegiate MSAs across Texas for the sake of Allah. We focus on facilitating programming, events, and training of Muslim student leaders, and operate with the understanding that *through cooperation, we can achieve much more than we can individually.*



OUR MSAs



Current LSC Initiatives

Spiritual & Health

- Suhoor Squad
- Strengthening the Soul Halaqas
- Weekly check-ins
- Sharing mental health tips

Social

- Project Sadaqa fundraiser
- GOAT: Showdown Films & watch parties
- Video game & online gaming parties
- MSA MVP Mondays
- Merch: anthology & graduation stoles

From Our Partners

- FACE: Sexual Assault Awareness Month
- Roots: Soul Food & Heartwork
- MPower Change: Virtual Phone Bank
- Sharing ongoing webinars & classes
- Sharing resources & opportunities

MSA Spotlight

Ramadan Prep

- Ramadan Intensive (UT)
- Quran Book Club (BMA)

Spiritual

- Asma'ul-husna (UTD)
- My Dear Beloved Child (SMU)
- Student led khateras
- Sisterhood & Brotherhood online chats

Entertainment

- MSA Podcast (UH)
- Minute to Win It Competition (UTA)
- Board Member TikToks
- Netflix parties



FB/Twitter/Instagram: @msalsc

Email: exec@msa-texas.org



Maryam Awwal & Hasna El-Nounou



About

MSA West is an organization comprised of 31 MSAs across the West Coast, serving 3,000 students.

Mission: Providing resources to develop principled Muslim students as catalysts for change.

Vision: A community invested in producing Muslim excellence.

Values:

student-centric,
knowledge and
responsibility,
Islamic ethos,
research, leadership
development



2019 Survey of MSA West Student Members:
Perseverance in the Face of Adversity



Muslim Student Associations are often an integral space for American Muslims' social, spiritual, and political development. To better understand the perspectives of Muslim students in California, ISPU and MSA West partnered to administer a survey during the annual MSA West Conference at the University of California, Irvine. The results of this convenience sample of MSA West students provide a snapshot of their strengths and struggles. We offer data-driven recommendations highlighting opportunities for funders, university administrations, and campus MSAs to address some of the challenges that were identified in the survey.





Areas of Focus

- Leadership Development
 - Student Leadership Summit
- Spiritual Cultivation
 - Spiritual Advisory Council
 - Tajdeed Retreat
- Advocacy & Community Organizing
 - Islamic Sacred Activism Cohort
- Mental Health & Well-being
 - MSA Listening Sessions
- Academic and Professional Support

COVID-19 Response

linktr.ee/msawest COVID-19
RESOURCES

Variety of resources collected to provide support to our students & anyone in need during the current epidemic.

Basic Needs

Spiritual Care

Legal & Immigration

Mental Health

How to Help



bit.ly/msawcovidsurvey

COMPLETE SURVEY BY SUNDAY

APRIL 12TH

**STUDENT
NEEDS**



Committees:

1. Student needs
2. Advocacy
3. Financial strategy
4. Fundraising
5. Grants
6. Professional development



Key Takeaways

- 40% of respondents mentioned difficulty paying rent
- 40% mentioned parents faced a loss of income
- 45% mentioned they themselves faced a loss in income
- Barriers to student success
 - 20% Positive study environment
 - 23.5% Mental health
 - 23.6% Job/Internship opportunities



Advocacy

1. Supporting and co-sponsoring various webinars.
 - a. 4/15: Law Enforcement and Constitutional Rights
 - b. 4/22: Employment Rights and Benefits
 - c. 4/29: Privacy/Digital Surveillance
2. Campaign advocacy to provide COVID relief for students
 - a. E.g. rent relief/lease breaking
 - b. Supporting Students in Response to the Coronavirus Act

Spiritual Resources

1. Programming
 - a. Family Dynamics webinar with Khalil Center
 - b. Other ideas → Q&As, book clubs, listening sessions
2. Spiritual Advisory council





MSA Constituency Responses

1. Online elections
2. Online halaqas
3. Committee meetings
4. Qur'an reading circles
5. Online cook-offs



Instagram: @msa_west

Facebook: MSA West

Twitter: @MSA_West

Email: evp@msawest.org



Additional Ideas

Financial & Career Resources

BUILD THE PRO

We aim to build a marketplace for career development. Find someone working at the company you're interested in, relates to your experience, or has the job title you aspire to have. Then? Just ask.

Do you have work experience and interested in giving advice? Join as a Professional!



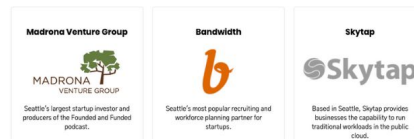
www.buildthepro.com

**BUILD
THE PRO**

Resources: Career Support

**If you've been affected by layoffs,
we're here to support you**

Silver Lining is a non profit initiative launched with support from



www.getsilverlining.com

Resources: Financial Support

Penny Appeal USA

- Financial Hardship Grant: <https://pennyappealusa.org/grants/covid-19-financial-hardship-grant>

A Continuous Charity

- Interest Free Student Loans: <https://www.acceducate.org/>
- Emergency Covid Grants: [acceducate.org/studentrelief](https://www.acceducate.org/studentrelief)

Other Resources

Islamic Livestream List

- tinyurl.com/islamcovid

Bullet Journaling

- ["KonMari for your racing thoughts."](#)

Habit Tracking

<https://www.youtube.com/watch?v=T0Ki3Y-mZ-E>

Block Scheduling

- <https://funcheaporfree.com/the-block-schedule-system-what-it-is-how-it-works-and-how-it-will-change-your-life/>





Creative Initiatives for Your MSA!

Purposeful Initiatives

Strengthen and build relationships

- **Develop Mentoring Groups/Big brother big sister**
 - Group people based on major, career planning, MSA leadership track, hobbies or random
- **Talk to H.S. students in your community. Answer questions about college, help with college applications and/financial aid applications**
- **Celebrate together through no show galas**
 - Eid Banquet
 - Graduation



DATE

At your convenience

PLACE

Comfort of your own home

ATTIRE

Very casual

COST

Donation based on what you might
have spent on an actual event



- No Show Gala is an event that can be used to celebrate and/or fundraise.
- Get dressed up (or don't) and post/share pictures
- Examples:
- [Friends of the Animal Shelter Foundation](#)
- [Casa's No Show Gala](#)
- [The Homeless Families Foundation](#)

Purposeful Initiatives

Serve your physical community

- Blood donation campaign
- Elderly virtual check in
- Hot iftar for a revert, international student, elderly...
- Volunteer for Meals on Wheels
- Help review resumes and cover letters for locals students and adults

Purposeful Initiatives

Spiritual Development

- Quran memorization competition
- Quran completion competition
- Arabic Spelling/Writing Bee
 - [Most common words in the Quran](#)
- Book club
- Trivia night
- Watch live webinars together, then have a post webinar discussion
- Organize Halaqas
- [Conviction Circles-Yaqeen Institute](#)

Purposeful Initiatives

Spread Joy

- Online Paint with Me
- Ladies Zumba
- Send Ramadan Cards
- Book Club
- Arabic Calligraphy Class





Questions?

**Jazakum Allahu
Khair!**

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msanational.org