Division of Student Life
April 2017 Newsletter

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A Message from the Dean

I am fascinated with history. As an African-American studies minor and sometimes faced life-threatening violence to desegregate restaurants in the South, led marches in the streets of Selma to stand against injustice, and sacrificed their mental and physical health to integrate schools in Little Rock. Listening to the director of the National Voting Rights Museum and Institute describe his training to march in the streets of Selma when he was twelve years old was another highlight.

Our students candles many of their highlights in a blog, and I invite you to read their experiences at https://apps.carleton.edu/campus/dos/communications/northfieldtoselma/

Enjoy the warm weather. Spring is here.
Carolyn H. Livingston

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UPCOMING EVENTS

- Happy Hour Course—Tuesdays and Wednesdays during Spring Term
  3:10—4:10pm in Leighton 303, sponsored by Office of Health Promotions
- LGBTQ&A Tea Time—Fridays
  4:30—5:30pm at the Gender and Sexuality Center/Slater House
- Undocumented Student Awareness Week—April 17—20
  Sponsored by OIL
- Chili Night, Undocumented Students Awareness Week, April 18
  6pm in Alumni Guest House Meeting Room, Sponsored by OIL
- Class Act—April 21
  4:30—5:30pm in the Great Hall, Sponsored by TRIO - SSS
- TRIO Senior/Faculty Luncheon—April 27
  12:00 pm, Great Hall
- 36th Annual Spring Concert—Saturday, May 20
  3:00 pm—4:00 pm Behind the Rec Center
- Green Dot Facilitator Training—July 31—August 4
  Great Hall

SHAC Reflects on Two New Workshop Series

Clinical Psychologist Drew Weis and Counseling Psychologist Nate Page recently unveiled two new workshop series for Carleton students, faculty, and staff: Resilient: Body, Mind, Spirit and Procrastination and Perfectionism. Both workshops grew out of past presentations for the community or at other institutions.

These workshops address a real need on college campuses. According to Nate, “Meta-analyses show that between 50-95% of college students report procrastinating schoolwork on at least a semi-regular basis (e.g. Steele, 2007).” Other research estimates 30% of the US population would meet criteria for perfectionism, and that it is closer to 80% in “gifted” children.

Drew and Nate enjoy the “ah ha” moments that occur in workshops. Drew points to “sharing a framework on depression and anxiety that is neuroevolutionary (meaning that they are viewed as adaptive mechanisms we all possess but that can go awry). I think this is a less shaming or stigmatizing and more hopeful view that motivates students to take resilience more seriously. I think this is a less shaming or stigmatizing and more hopeful view that motivates students to take resilience more seriously.”

If you missed the Procrastination and Perfectionism series winter term, you can attend a modified 3 part series this spring. Also look out for ideas from the Resilience Consortium (http://resilienceconsortium.org). Eventually, both series will also be available on SHAC’s website.

Kathy Sommers
Administrative Assistant for TRIO/Student Support Services

Prior to Carleton, Kathy worked for Hennepin County for several years, first as a welfare client and then in child support services. The bulk of her career was with Minneapolis Public Schools, starting in the elementary schools and ending in the central administrative office. Her final job was as a tutor assistant, working with the state education office and school districts throughout the state.

After retiring, she wanted “something to keep me busy,” so she signed up at both St. Olaf and Carleton to work as a temp. Late in the 2009 school year, she received a call from the Director of TRIO to work as a temporary, part-time administrative assistant. When the school year ended she was given the opportunity to become permanent, and she accepted, “so long as it remained part-time, because I still consider myself to be retired.”

Kathy helps maintain student records and the federal grant and budgets for the TRIO program. She also helps with the lending library that is available for TRIO students. Noting that she attended college as a low-income first generation student herself, she says “so I understand students needing a support system when they pursue a college degree. I love the students and the staff. I hope that I make them feel welcome and comfortable at TRIO house. It has been the perfect retirement job for me.”

When not at work, she enjoys traveling with her husband, reading mysteries, and spending time with family. Since she’s part-time, she’s able to volunteer in her daughter’s classroom where she teaches first grade. She also volunteers with the local DFL party, and both she and her husband work with the Cannon Valley Elder Collegium.

Carolyn H. Livingston
Northfield to Selma Spring Break Trip

During Spring Break, Dean Livingston and 20 students embarked on a 10-day journey across the US, exploring historical sites themed by key moments of the civil rights movement. “Northfield to Selma” participants stopped in Cincinnati, DC, Atlanta, Montgomery, Selma, Birmingham, and Memphis.

Highlights of the trip included several museums and memorials, restaurants that were significant during the times of the past, and meaningful interactions with several alumni along the way.

Travelling east, the students toured the National Underground Railroad Freedom Center where they learned how Cincinnati played a part of the network for freedom of many slaves. After a few days in DC with time at the Frederick Douglass house, the Smithsonian, and a park ranger-led tour of the Martin Luther King Jr Memorial, the group drove south to Atlanta to see the birthplace of MLK and the National Civil and Human Rights Center. Next on the trip was Alabama with stops in Montgomery, Selma, and Birmingham.

Besides visiting many museums, they were able to cross the Edmond Pettus Bridge, the site of Bloody Sunday in 1965. Their final tour in Memphis was the National Civil Rights Museum and Lorraine Motel, the place of MLK’s assassination. Full days and amazing southern food, made the trip certain to be a memorable one.

2017 Scholars Programs: Bay Area Careers in Tech & Twin Cities Careers in Communications

The Career Center’s Scholars Program consists of exploratory industry tours aimed at introducing students to a variety of organizations within a particular field of interest. The program also includes an on-campus symposium, site visits, panel discussions, a networking workshop and reception, and related mandatory curricular components to facilitate students’ learning and career development.

The Bay Area Careers in Tech Program exposed 15 sophomores and juniors in all majors to careers in tech. Students traveled to California over spring break to visit Evernote, Google, Facebook, Vevo, and Cloudera, and to connect with alumni working in tech at these and other organizations.

The Twin Cities Careers in Communications Scholars Program gave 10 Carleton students (from all class years and majors) the opportunity to explore careers in communication – including marketing, advertising, and public relations – in both the corporate and non-profit sectors. Students traveled to St. Paul and Minneapolis over spring break to visit Weber Shandwick, Fusion Hill, Coffee House Press, Minnesota Philanthropy Partners, and Cargill, and to connect with alumni working in communications at these and other organizations.

Not only did students who participated in these two programs learn a great deal about their field of interest, but they walked away with the contact information of seasoned professionals who are willing to continue a personal dialogue about how best to pursue various career paths.

Gettysburg Leadership Program

A group of 11 Carleton sophomores participated in a three-day seminar in Pennsylvania that introduced students to the concepts of leadership and team building in the context of liberal arts and business careers. Led by Carleton alumnus Jeff Appelquist ’80, author of Sacred Ground: Leadership Lessons from Gettysburg & Little Bighorn, this seminar provided students with an opportunity to gain a better understanding of their own unique leadership qualities at one of the most historically important locations in the United States, Gettysburg National Military Park & Battlefield. By applying a historical framework, students walked away with tools that will enable them to effectively lead within a constantly changing environment, and a personal commitment to their continuous leadership development.

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April proves to be a busy month for TRIO/Student Support Services. We’re hosting workshops for the sophomore writing portfolio and summer career development. We’re also presenting a joint Class Act with OILL to welcome accepted students in celebrating our seniors with our annual Senior Faculty Lunch-eon.

Residential Life has had a successful RA Selection process this year. Around 30 returning RAs have been placed, with approximately 40 new RAs to be hired later this month. As a result of our new ‘LEAD’ campaign, our re-envisioned marketing strategy and nomination process resulted in a 71% increase in RA applications, compared to last year. The office will continue interviewing candidates, with the final new RA offers scheduled to go out on April 20. We are also interviewing for a new Area Director for the 2017-2018 year, and we appreciate the support we’ve received from all other offices through this process.

Student Activities Office (SAO) assisted several student organizations in coordinating spring break trips in March. These trips included a camping trip to Utah with CANOE, a dance competition in Boston with the West Coast Swing Club, and an ultimate frisbee tournament in South Carolina with Hot Karls. The office anticipates a busy spring term which will include student staff selection, campus-wide events like Spring Concert, and planning for New Student Week.

The Office of Intercultural and International Life’s (OILL) calendar in April is packed full of events. We will start and finish the hiring process for three areas: Peer Leaders, Office Assistants, as well as filling the Cultural Houses. We are also co-hosting Class Act & Community Dinner with TRIO during Admitted Students Days. Last but not least, OILL will host it’s annual International Festival 5th weekend. With the help of CSA, the international festival committee, and Bon Appetit. We hope to put on another amazing event for the Carleton & Northfield Community.

The Office of Health Promotion is excited for spring term which brings the opportunity to host SWA dogs on campus 4-5 days per week; sign up on our web page to get a weekly email with the dog visitation schedule. We are also ready to launch a new alcohol program we call CUES. We hope to pilot this program with at least five athletic teams this spring in an effort to spark conversation about alcohol norms on campus.

In order to help new (and returning) students better navigate their way around managing their own health care, Student Health and Counseling (SHAC) has created a series of tutorial videos demonstrating some of the many features of the mySHAC patient portal. There are also videos detailing how to complete requirements for incoming students. mySHAC allows Carleton students to manage much of their campus healthcare online anytime, including scheduling certain appointment types, sending/receiving secure messages, cancelling appointments, accessing required pre-visit forms and more! Check out the videos by clicking on the “mySHAC” tab at go.carleton.edu/shac.

The application deadline and interview process for Student Career Assistant positions (for the upcoming 2017-2018 academic year) took place in March. Student Career Assistants are an integral part of the Career Center since they promote upcoming career events and application deadlines, as well as help their peers prepare their application materials so they stand out from other applicants. Students will be notified of their application status at the beginning of April. April 5th is the deadline for all internship funding applications, both domestic and international. Applications are evaluated on the basis of merit and financial need.
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The GSC is excited to welcome Out After Carleton (OAC) back to campus for their annual spring term retreat. We always appreciate this opportunity to connect with OAC alumni and to strengthen community between our alums and current students.

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A Message from the Dean

I am fascinated with history. As an African-American studies minor at N.C. State University, my coursework focused on civil rights history and its leaders, student protest movements, the Middle Passage, and the Reconstruction era.

During spring break, I had the opportunity to spend ten days with a group of talented, thoughtful students and staff on a journey to Selma, Alabama, to learn more about history by visiting civil and human rights museums, parks, churches, and restaurants. I’ll mention just a few takeaways from the trip.

There is a gap between what students learn in school and what they learn on their own. Many of our students shared that they did not know as much as they wished they had about key figures, such as Frederick Douglass, Emmett Till, and Harriet Tubman. Many of these students had been strongly discouraged to visit the south due to its tainted history; however, much of the richness of civil rights history is in the south.

The opportunity to gather during a meal still serves as a prime opportunity to engage in thoughtful discourse. As seen in the movie Selma, meals at civil rights leaders’ homes and strategic restaurants presented an opportunity to tackle pressing issues of the time. We visited Ben’s Chili Bowl (Washington, DC), the Four Way restaurant in Memphis, Pascal’s in Atlanta, and Lannie’s BBQ in Selma. Hearing the history of Ben’s Chili Bowl from founder and owner Virginia Ali was a highlight of the trip for many of us.

Young people have always played a key role in movements. Young people sat at counters and sometimes faced life-threatening violence to desegregate restaurants in the South; led marches in the streets of Selma to stand against injustice, and sacrificed their mental and physical health to integrate schools in Little Rock.

Listening to the director of the National Voting Rights Museum and Institute describe his training to march in the streets of Selma when he was twelve years old was another highlight.

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