



April Is Disability Awareness Month

April marks the first Disability Awareness Month sponsored by Disability Services at Carleton. Chris Dallager, Director of Disability Services, and Andy Christensen, Assistant Director, have overseen many changes in the office in the past year. While the office continues to facilitate accommodations for students, advocate for accessibility on campus, and educate campus staff and faculty on best practices, Disability Services is also increasing its visibility.

Last summer, the office introduced Disability Peer Leaders to mentor students and plan programming. In December, Disability Services moved to its new space in Henry House, which was previously occupied by Student Financial Services. Now, Disability Services is rolling out a month of increased awareness of disability at Carleton. Disability Awareness Month will feature posters around campus highlighting information on invisible disabilities, as well as personal stories and messages about disability through local media. Additionally, TRIO--whose mission is to serve low-income, first-generation, and students with disabilities--is excited to focus on the intersections of socioeconomic status and disability at their spring Class Act on Friday, April 20 from 4:30-6 p.m. in the Great Hall.

To learn more about the role Disability Services plays on campus, visit [Disability Services at Carleton College](#)



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A Message from the Dean

Dear Colleagues,

I recently attended the annual conference of NASPA—Student Affairs Administrators in Higher Education, which was celebrating its 100th anniversary in Philadelphia. I co-chair the 2018 M. Ben Hogan Small College and University Institute and am a member of the Small College and University Advisory Board.

Sonia Sotomayor, Associate Justice of the Supreme Court, was one of the featured keynote speakers. Her talk was thoughtful, insightful, and inspiring. While many of her stories resonated with me, one in particular stood out.

Justice Sotomayor completed her undergraduate studies at Princeton University. While there, she was tapped to join the prestigious Phi Beta Kappa honor society, which, like many similar organizations, requires an initiation fee. As a low-income student from the Bronx who had no money to spare, Sotomayor wondered to herself, if this is such an honor, why do I have to pay to receive it? She decided to decline the honor. A friend, however, convinced her that she should invest in it. Justice Sotomayor later said that membership in Phi Beta Kappa played a major role in her future job opportunities and her successful career path.

This story reminded me of my own experience as a low-income undergraduate student at N.C. State University. I applied for and eventually went on a study-abroad trip to Ghana, West Africa, but it was only after faculty and staff convinced me that it was okay to trek across the globe and experience the world. Many of my family members had never flown on a plane or traveled out of the country. I had not gone out of state until I went to college.

Navigating impostor syndrome became a part of my daily routine, and it was not until I went to graduate school that I felt as if I had a grip on those feelings. Some Carleton students today are experiencing the same feelings that Justice Sotomayor and I faced in college.

Carolyn H. Livingston, Ph.D.

Vice President for Student Life and Dean of Students



Staff Highlight



Ana Sontag
Assistant Director
Student Activities Office

Ana came to Carleton in the spring of 2014 as the Assistant Director in the Student Activities Office (SAO). She is originally from Minnesota and was excited to move back to the state for the position after living away for a few years. Ana completed her undergrad at Saint Mary's University of Minnesota and master's degree at the University of St. Thomas. Within SAO, Ana supervises/advises members of the Student Activities Programming Board (SAPB); assists student organizations with event planning and budget management; and supports the CSA officers and Senate.

When asked about the most rewarding aspect of her role, she shared, "Seeing students build confidence in their leadership skills over time is such an awesome process to observe. Additionally, it's really fun to watch students influence the rest of the group from within even if they don't hold a formal leadership position."

When she's not working, Ana spends a lot of time with family and friends; explores new podcasts; takes her dog Georgia on walks in local state parks; and practices the piano (a new skill she's just starting to learn).

Highlights for **Dacie Moses' House** included spring cleaning with our break student worker, Bia, hosting many bakers, 30 girl scouts, and a homemade pizza event with s'mores and about 65 students attending. Sunday brunch is always the constant presence during term and break.

The **Gender and Sexuality Center (GSC)** has been busy planning events for Accepted Student Days. On April 12th, the healthy sexuality team hosted a workshop on Decolonizing Sex Positivity.

Office of Health Promotion (OHP) created a newsletter recapping all of our activities from winter term. You can find it on our website!

The **Student Activities Office (SAO)** had a busy winter term. The Student Activities Programming Board (SAPB) hosted the 38th annual Midwinter Ball, bus trips to a Minnesota Timberwolves game and United Noodles, and funded six student-led trips with the Student Leadership & Involvement Grant. SAO is looking forward to another great spring term. SAO also welcomed Jonah Shaw '18 back to the staff in March. Jonah graduated a term early and will be a temporary office assistant in SAO throughout spring term.

Encourage sophomores to use the **Writing Center** as they're putting together their writing portfolios! We can help students shape the reflective essay, select and revise papers so they meet the evaluation criteria, and settle their worries about the portfolio. Encourage seniors who still have to give comps talks to practice beforehand with our fantastic speech consultant, Jenny Portis! Additional information can be found on our website: <https://apps.carleton.edu/campus/asc/>

TRIO/Student Support Services recently returned from our second annual All-Class Retreat. We're busy this month with two all-campus events: the First Generation Faculty Panel (a collaboration with SAO) and Class Act.

Office of Intercultural and International Life (OIL) is happy to announce that we are planning Skin: Identity, Biology, and Self-Care, a collaboration with the Office of Health Promotion, SHAC, and the Biology department, which will take place May 8-10. Charles E. Crutchfield, MD '82 will join our offices to create a trio of events related to skin care including an OIL Talk on "My Skin Identity," a talk on ethnic skin care, and a DIY skin care treatment session. All are welcome to attend.

The **Office of Residential Life** is getting ready for an exciting spring term and have welcomed back 180 students who were not here for winter term. In addition to approximately 35 returning RAs for next year, we had 87 new RA applicants. We are currently working on both the RA selection process and gearing up for room draw.

Following the Disability Services move to Henry House, **Student Health and Counseling (SHAC)** has begun converting the former testing rooms into Meditation and BioFeedback rooms. While definitely a work in progress, we're hoping to have two fully outfitted spaces for Meditation and/or BioFeedback usable in the coming weeks and completely online by Fall 2018! SHAC's numerous therapy groups are up-and-running again this term-- be sure to check out our website for a complete list of offerings designed to help with a range of issues. And while our "Loaner Lightbox" program saw robust usage during Winter Term, we'd like to remind students that lightboxes are available throughout the academic year. It's not like Spring 'kind of' arrives (it IS Minnesota) and SAD symptoms immediately disappear. If you've never used one before and are curious, check one out today!

DEPARTMENT UPDATES

Alumni Of All Generations Play A Part In The Career Center's Scholars Program

The Career Center's Scholars Program is an experiential learning opportunity for students to explore career options, make connections with alumni, and hone their networking and professional skills. Students from all majors are introduced to a specific industry area by incorporating skills acquired through the career readiness component (weekly assignments leading up to the site visits

and a networking workshop led by Lee Caraher '86) prior to attending an on-campus symposium, exploratory site visits to a variety of companies/organizations, and an alumni networking event during spring break. This year, students explored careers in public policy and sustainability.

The Careers in Sustainability Program provided an opportunity for nine students from all class years to learn about careers in sustainability – in both non-profit and corporate sectors. Students traveled to the Twin Cities during spring break and visited the following sites: Cargill (Kirk Weidner '85), City of Minneapolis (Miles Mercer '98), Fresh Energy (Will Nissen '05), Jeff Paulson Law (Jeff Paulson '78), the Wedge Co-op



Scholars, along with Will Nissen '05, touring the Senate building on the State Capitol campus



Department of Commerce visit with Peter Davidson '84

(Josh Resnik '92), and toured

the newly renovated State Capitol. In addition to actively engaging in Q and A discussions with alum at each site, students capped off their site visits by attending an alumni networking event at an establishment founded by two Carls; this final event provided the students with the opportunity to establish connections with alumni and learn more about sustainability and life-after-Carleton.



Scholars at Google with alums Andrew Ladner '07 and Hiba Kamal-Grayson '08

The Careers in Public Policy Scholars Program provided an opportunity for 13 students to learn about careers in public policy. Students traveled to Washington D.C. and connected with alumni and friends of Carleton at the following sites: U.S. Department of Commerce, U.S.

Department of Justice, the

Urban Institute, Google, the Federal Transit Administration, the CIA, and the American Association for the Advancement of Science. Each site visit provided the students with an opportunity to learn more about the organization and possible career paths. Students further honed their networking skills at an alumni networking event hosted by Don Frost '83 and Carolyn Ferrari '83 at their residence.



...at the Urban Institute with alums Margaret Simms '67, Laura Wheaton '86, and Alice Mei '16

GLS Grant Assists Office of Health Promotion with Suicide Prevention

Have you heard of the Garrett Lee Smith Suicide Prevention Grant?

In the spring of 2017, Carleton was awarded the Garrett Lee Smith Suicide Prevention Grant (GLS Grant) to address suicide risk and overall mental health on campus. The GLS Grant is funded by the Substance Abuse and Mental Health Services Administration (SAMHSA) to support suicide prevention work. The purpose of this grant is to facilitate a comprehensive public health approach to prevent suicide in institutions of higher education. The grant is designed to help college campuses with building essential capacity and infrastructure to support expanded efforts to promote wellness and help-seeking of all students.

One specific goal of the grant is to increase all Carleton community members' skills in recognizing suicide risk and responding appropriately. QPR (Question, Persuade, & Refer) is just one strategy in the Office of Health Promotion's plan, but we hope that it will be a starting point for any Carleton student, staff or faculty looking to understand suicide, decrease stigma around suicide, and provide appropriate help and support for anyone who may be experiencing suicidal thoughts or behaviors. The 45-minute online training is available to all students, staff, and faculty who have a Carleton email address. Additionally, throughout spring term, the Office of Health Promotion will be piloting QPR Workshop sessions. This workshop is intended to serve as a follow-up in-person training session so participants have the opportunity to practice the skills learned through the online QPR training. A link to QPR can be found on the Office of Health Promotion website:

[go/carleton.edu/ohp](http://go.carleton.edu/ohp)

Any questions, contact Jenny Ortiz jortiz@carleton.edu, the GLS Suicide Prevention Coordinator.

UPCOMING EVENTS

- **Class Act — Friday, April 20**
4:30 — 6:00 pm, Great Hall
The TRIO--sponsored Class Act is meant to bring awareness to socioeconomic issues at Carleton. Dinner provided. Everyone is welcome!
- **First Generation Dessert Reception — Thursday, April 26**
4:00 pm — 5:00 pm, Great Hall
- **International Fest — Saturday, April 28**
12:00 pm — 2:00 pm, Weitz Commons
Come explore different foods and cultures at our annual celebration
- **Senior Showcase — Thursday, May 3**
10:00 am — 4:00 pm, Great Hall
The Senior Showcase allows graduating seniors to take care of all their pre-grad needs in one place at one time! This includes graduation caps and gowns, class rings, diploma frames, and important information about Alumni Affairs!
- **OIIL Talk: My Skin Identity — Tuesday, May 8**
5:00 pm — 6:30 pm, Weitz
OIIL, SHAC, OHP, & the Bio Department have teamed up with Charles E. Cruthcfield, MD '82 for a series on skin, identity, biology, and self-care.

ONGOING EVENTS

- **SHAC: Time to Meditate—Tuesdays and Fridays during the term**
Tuesdays at 12:00pm in the Chapel Sanctuary and Fridays at 8:15am in the Alumni Guest House Library
Practice mindful, moment-to-moment awareness. Open to all levels. Led by Betsy Lane-Getaz and Nate Page; co-sponsored by the Chapel and SHAC.
- **OPL Tea Time—Thursdays**
3:00—4:00pm, Laird/OIIL Office
- **LGBTQA+ Tea Time—Fridays**
4:30—5:30pm, Clader House/Gender Sexuality Center
- **Happy Hour Course: Skills to Flourish!—Wednesdays Week 2-10**
12-1pm, Sayles-Hill 253
Are you interested in learning more about your mental well-being? Join HAPPY HOUR!
Register at go.carleton.edu/ohp

