



## Externship Student Reflection

*Jez Bigornia '20 shares highlights from his Winter Break Externship experience.*

### Why did you apply to this specific externship?

I applied to be a theater management extern for The Acting Company (also known as the Group I Acting Company) so I'd have the opportunity to experience theater outside of academia in a professional setting—no better place to experience and learn than in New York City! Also, prior to this externship, I had only been exposed to acting and directing; this particular experience would expose me to other theater-related career paths, expanding my awareness of occupations in theater.

### Describe the type of activities that you observed/participated in throughout your externship.

During my time as an extern, I accompanied the Associate Artistic Director where I observed auditions for their upcoming school tour of *Othello*—the cast was condensed to five actors touring approximately 15 middle and high schools across four of the five boroughs. From this experience, I deepened my understanding regarding audition preparation from a director's perspective and how to read and discern strong acting resumes. Though I only observed four auditions, I was grateful that the Associate Artistic Director and I shared similar views and opinions. I also observed board meetings, namely financial and executive. While I found the experience to be challenging at times due to my unfamiliarity with the issues being discussed, I was able to experience the process of a nonprofit organization, specifically, working with a board of directors on issues pertaining to budgets and fundraising plans.

On one particular day, I traveled to Westport, CT, to observe operations of a differ-

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## A Message from the Dean

Dear Colleagues,

Shortly before winter break, I had dinner with Carleton's KRLX board of directors. I reported that Sweet Honey in the Rock was coming to Carleton in January and that I hoped the students would attend. I even pulled out my iPhone and played one of my favorite songs, "Wade in the Water."

The board asked me what was on my playlist. I clicked on my phone's Pandora app and shared with them (yes, I still have Pandora... it's free) my favorite stations.

Dinner Jazz. Each night I sit with my girls as they peacefully drift off to a few jazz songs. Unfortunately, I fall asleep with them and wake up a couple of hours later with a second wind.

Shirley Caesar Radio. I am a big fan of gospel music, and Shirley Caesar is the Queen. Her song "Hold My Mule" is a favorite of mine. One of my greatest regrets is not taking the time to attend Caesar's church in Durham, NC, when I was in college.

Nina Simone Radio. I saw *What Happened Nina Simone?* on Netflix and fell in love all over again with this legend from North Carolina. I was thrilled when Sweet Honey in the Rock sang one of my favorite Simone songs, "Feeling Good," at their Carleton concert.

Corrine Bailey Rae. I saw her in concert when she was up and coming in Atlanta, GA. My favorite song is "Put Your Records On." She has a soulful voice that sounds like a combination of India Arie and Norah Jones.

Kids Radio. My kids are 11, 9, and 6 and, unfortunately, there's just a little too much inappropriate language in some of the original songs they like. Kids Radio is awesome.

New Edition Radio. They are my favorite group of all time. Some of my favorite songs are "Mr. Telephone Man" and "Can You Stand the Rain." They have come out of "retirement" to tour and have sold out everywhere.

Anita Baker Radio. My favorite artist. I can't count how many times I have seen her in concert. She sent a demo to a music producer who rejected her, saying, "Don't call me, I'll call you." The demo was later produced, and now she is a Grammy-producing legend.

Stay warm!

Carolyn H. Livingston, Ph.D.

Vice President for Student Life and Dean of Students



## Staff Highlight



Chris Dallager  
Director  
Disability Services

Chris Dallager, director of Disability Services and Forum co-chair at Carleton, was born in Chicago and grew up in Wheaton, Illinois. His family moved to Winona, Minnesota when he was 16. He now lives in the Twin Cities suburbs where he loves spending time with his wife, daughters, and “disobedient” (but lovable) dog.

Prior to working in Disability Services, Chris’s career included work as a psychotherapist, school psychologist, and program director for group homes working with adults with developmental disabilities and/or severe mental illnesses. These experiences, along with his time in the Disability Resource Center at the University of Minnesota-Morris, have informed his work in disability services in a college setting.

Under Chris’s leadership, Disability Services is actively increasing its capacity to support students. Chris is excited about new initiatives for this year, including regular support for students with learning disabilities and attention deficit hyperactivity disorders through its Disability Services Peer Leaders. Disability Services will also be offering PEERS@Carleton, a group teaching friendship, dating etiquette, and conflict-management skills. The program is an evidence based model developed at UCLA aimed at assisting young adults with some social challenges.

In his free time, Chris says, “I eat too much, exercise too little, and enjoy puns more than I should.... I enjoy hiking. I officiate about 25 track and field and cross country meets each year and serve as a master official in USA Track & Field.”

OIIL started the year off with their Martin Luther King, Jr. Dinner featuring Associate Professor of History, Thabiti Willis. OIIL was also happy to welcome their Black History Convocation Speaker, Hakeem Rahim, who spoke about misconceptions and stigmas about mental illness. His visit was cosponsored by OIIL and OHP.

## DEPARTMENT UPDATES

TRIO has had a busy winter! They brought their first-year class together for a retreat on first Saturday (thanks Steve Schauz and Rachel Leatham for presenting!) and recently hosted a Class Act for Faculty and Staff at the LTC lunch. They’ve been grateful to partner with STEM faculty, the Career Center, OIIL, and TRIO alums for events this term.

The Office of Health Promotion’s Wellness Challenge runs from weeks 3 through 6. There are 4 Wellness tracks that student can choose from: Mindfulness, Sleep, Exercise, and Emotional Skill Building. A variety of facilitated and do-it-yourself activities are available. It is not too late for students to join!

Students returned from winter break eager to search and apply for summer internships. Many generous Carls have provided resources to support all students, regardless of financial means, to intern domestically or abroad. As a result, students can apply for Carleton funding to support an unpaid internship. Summer 2019 funding application deadlines are February 6, the early funding deadline, and April 10 for all others. Visit the Career Center website for application details. Two sections of the Career Kickstarter Workshop Series kicked off in January. This interactive course aims to equip juniors and seniors with professional skills in the following areas: job search strategies, drafting strong application materials, networking, and interviewing skills.

Winter Break at Dacie Moses was busy with hosting Sunday Brunches, a homemade pizza supper, and a movie/games night. Julia along with student Bia Furtado volunteered 3 hours for a community Thanksgiving Day dinner at the Laura Baker School. Student Onelis Cardona also hosted the Business Office with some great Puerto Rican food! Dacie’s co hosted with OIIL an international brunch both during winter break and also winter term. Both brunches were great fun! This brunch created a wonderful space for Brazilian students from Carleton and St. Olaf to meet and talk. Dacie’s also hosted the 136th Birthday Party with a wonderful turnout and visits from area alums along with a performance by the Knights and Gales.

### *Jez Bigornia Continued from page 1*

ent theater company. While *The Acting Company* is an Off-Broadway theater company that focuses on touring, *Westport Playhouse* is a larger regional theater company with a bigger budget. It was interesting to note the similarities and differences of operations and meetings between the two companies.

I assisted with various projects here and there during my time with the Company, too. For example, I wrote a curriculum guide for *Othello*— essentially educating the teachers how to instruct students about Shakespeare plays. Referencing a previous *Julius Caesar* guide provided a blueprint for detailing in-depth themes and history of *Othello*. go in-depth on the themes and history

The most memorable project I did, however, was research. A few years back, the Company produced *X: Or, Betty Shabazz v. The Nation* with great success and outreach among the lower income and nonwhite communities in New York City. This upcoming season, they will be producing an adaptation of *Native Son*; my job was to research any and all summer events such as Harlem Week, Shakespeare in the Park, and African American Day parades. The information that I gathered would be used to promote *Native Son* where large groups of people would be gathering.

### **Post-Externship Reflection: How will this experience impact your time at Carleton/career exploration moving forward, helpful advice received, surprises, other takeaways, etc.**

Prior to this externship, I was solely focused on acting and directing. I had not considered any other jobs in theater to be of interest to me. After this experience, I really want to learn more about theater management and administration. I am in the process of applying for summer opportunities in these two areas. I am excited to develop additional professional skills that will pave the way for success in the theater world— not in the ‘star power’ sense, rather in making art possible and the shows produced accessible for everyone.

# Dacie Moses Brunches with International Appeal



The Dacie Moses House could be described as one of the most treasured places on campus. Designed to be a “home away from home” for Carls, Dacie Moses (also famously known as the ‘cookie house’) is a place where one can always find free cookies, a welcoming environment, and lively conversation during their Sunday brunches. The house is open to all students not just for baking, but also to cook food, sing a capella, and allow student cultural groups to share their food and heritage. One of the lesser-known stories about Dacie Moses was her love of international students. Dacie worked at Carleton College for many years in the Treasurer’s Office and was an advocate for many of the international students, assisting them with delayed payments and helping to make sure that they found a home at Carleton College.

This winter break on the snowiest day of the year when the power was off all over campus for maintenance, Dacie Moses acted as a warm retreat with an international themed brunch open to everyone. Around 30 students, international and domestic alike, enjoyed the traditional baked goods, a Japanese curry dish, Nepali rice and beans, and international finger foods. Attendees enjoyed food, Scrabble, and conversation.



On January 20th, Dacie Moses hosted a Brazilian Brunch which was conceptualized and prepared by Bia Furtado, a Sophomore student with the help of several of her friends and the Dacie Moses staff. There were 90 students and staff in attendance. The brunch dishes included Bobo de Camarao, Queijadinha, Bolo de cenoura com Chocolate, Bolo de Fuba, Pao de Queijo, Tutu de Feijao e Arroz, Canjica, and other traditional Dacie treats. Both international brunches were co-sponsored by the OIIL office. If you are interested in cooking/hosting your own cultural brunch, please reach out to OIIL and/or Dacie Moses House staff.



## PILOT SLEEP PROGRAM AIMED AT STUDENTS GETTING MORE ZZZs

The Office of Health Promotion (OHP) has hit the bigtime with recent acknowledgement in the *New York Times*. The focus? Sleep, and how to ensure Carleton students have the support and tools they need to get enough of it.

Specifically, Carleton is piloting a Sleep Coaching program after conducting a sleep study with athletic teams last year. Study findings identified a positive relationship between a consistent 7+ hours of sleep per night and levels of positive emotions. However, many athletes reported a lack of accountability to meet sleep goals, suggesting that a personalized support system might help more students achieve the desired 7+ hours.

According to OHP's website, Sleep Coaching is a method to guide you through the steps of identifying:

- your regular sleep patterns
- the things that are preventing you from getting enough quality sleep
- steps you can take to improve your sleep

The program is available for any student willing to track their sleep for a week and meet at least twice with one of four trained Student Wellness Advocates (SWAs). The program provides one-on-one support, as well as access to various tools to track and improve sleep. For example, students can borrow fitness trackers to complete the initial sleep log as well as light boxes to help regulate sleep and wake cycles.

Janet Lewis Muth, Director of Health Promotion says, "Our ultimate goal is to help as many Carls as possible learn how to sleep for better physical, mental and academic health. In spring 2018 [according to the College Student Health Survey], nearly 62% of Carls reported getting enough sleep to feel rested on only 3 or fewer nights per week. (To flip it to the positive, only 6% of Carls reported getting enough sleep on 6-7 nights per week.) That number is just not acceptable. We feel like a culture shift is needed, and that sleep coaching (especially done by peers!) is a way to help more Carls recognize and accept that quality, sufficient sleep is not a luxury but a necessity."

## UPCOMING EVENTS

- **39th Annual Midwinter Ball — Saturday, February 9th**  
9:30 pm — 1:00 am, Sayles-Hill Campus Center and Severance Hall
- **Mid-Winter Warmup with OIIL and TRIO — Monday, February 11th**  
12 pm — 2 pm, Cowling Gym
- **Tie Blanket Making for Ruth's House of Hope — Wednesday, February 13th**  
4:30 pm — 6:30 pm, Great Hall  
Sponsored by Res Life and the CCCE
- **Internship Reflection Poster Session — Wednesday, February 20th**  
4:30 pm — 5:30 pm, Great Hall  
Join our funded summer interns (who studied off campus during fall term) as they highlight what they learned through their experience and how Carleton's support enabled these experiences (including significant funding from alums). This event is open to the public.
- **OIIL Talk — Tuesday, February 26th**  
5:00 pm — 6:30 pm, Great Hall  
Join OIIL for a discussion and a meal.

## ONGOING EVENTS

- **Meditation Sessions — Tuesdays and Fridays throughout the term**  
Tuesday, 12:10 pm — 12:50 pm, main floor of the Chapel. If vigil occurring on the main floor, the session will take place Chapel Lounge (basement level of the Chapel)  
Friday 8:15 am — 8:45 am, Alumni Guest House Library  
All are welcome to drop in any time—students, staff and faculty. It's informal with gentle guidance re: breathing, noticing, etc. Bring your curiosity and maybe a friend. Past participants report decreased anxiety, increased calmness and self-awareness, and feeling part of a community. Led by Proud Chanarat (Chaplain's Associate), Nate Page and Betsy Lane-Getaz (SHAC Clinicians).
- **OIIL Cinema and Tea — Thursdays throughout winter term in Sayles 203**  
Thursdays, 3:00 pm, Sayles 203  
Come join OIIL to watch culturally relevant films and enjoy some tea with OIIL Peer Leaders and Staff!