



Carleton

Division of Student Life

January 2020 Newsletter

Benefits of Lightbox Therapy

As we find ourselves well into winter we certainly notice the shortening daylight. More subtle is the ever lowering transit of the sun along the horizon. These changes in light duration and intensity impact some of us, especially the farther we live from the equator. Our bodies use natural light to maintain our circadian rhythms, a set of biological processes that affect us subjectively in terms of energy/metabolism, concentration, motivation, and mood. The changes in natural light, often from October through March, affect some of us so intensely that we find ourselves with lower energy, concentration, motivation, and mood. At its most intense, we call this Seasonal Affective Disorder (SAD), a disorder meaning that the effects cause significant distress or compromise in day-to-day functioning. Some question the validity of SAD, and others wonder if the steady rise of depressive symptoms in the general population is partly due to the decrease of outdoor time in the general population, producing SAD-like symptoms year round for some of us. Either way, for those of us affected by seasonal changes in light, we have a ready resource.

Light box therapy consists of morning exposure to full-spectrum light for 30 to 90 minutes a day. This suppresses melatonin production for much of the day, which protects serotonin levels. Serotonin is an inhibitory neurotransmitter that at adequate levels helps us be more easily contented and more readily able to bond. When its levels are low, most people report less interest or pleasure or both in activities and



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A Message from the Dean

Dear Colleagues,

In 2016, Joe Baggot (Associate Dean of Students) and Julia Strand (Associate Professor of Psychology) led a group of faculty, staff, and students to explore challenges and opportunities for low-income and first-generation students at Carleton. The working group's final report included a set of thoughtful and practical recommendations, including creating a more transparent and robust emergency funding process, providing a mechanism for students to have laptop loaners, and enhancing academic break resources for students. The full report may be found at https://apps.carleton.edu/campus/dos/assets/LIFG_working_group_report_2016.pdf



In the past three and a half years, many of these recommendations have been realized. Through a new online emergency funding process, we have distributed more than \$215,000 to nearly 300 students. This emergency funding has assisted with such expenses as medical and dental bills, winter gear, and emergency travel to and from home. In partnership with ITS, approximately 60 laptops have been loaned to students.

Finally, for the past three years, more than 80 faculty and staff have hosted nearly 100 meals for students during winter break. Because of the generosity of faculty, staff, and alumni, the Carleton Cupboard has served more than 300 students and distributed nearly 4,000 pounds of food to Carls.

I am grateful to Joe and Julia for their vision as we continue to implement the recommendations of their working group,

With gratitude for all you do,

Carolyn H. Livingston, Ph.D.

Vice President for Student Life and Dean of Students

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Staff Highlight



Chad Ellsworth
Career Center

In addition to being the Program Director for Employer Relations in the Career Center, Chad is an author, professional keynote speaker, entrepreneur, and a life coach for all things career and leadership. Chad draws on his past experiences college and Greek life to explore new and better ways of empowering others to become the best versions of themselves.

As a college junior, Chad challenged his fraternity chapter's culture of hazing, after which he was forced to move out in the middle of the night. Chad left the experience consumed by the idea that there is a better way: to bring members into organizations; to create and deliver challenging, meaningful, and positive experiences; and to provide them with the confidence, knowledge, and skills to be authentic, empowered, and values-driven in their personal and professional lives.

In graduate school, Chad conducted and published an original research study on perceptions of hazing, receiving national recognition for his work, which led him to serve as President of the Board of Directors for the non-profit organization HazingPrevention.Org. As a result, he was asked to create and deliver two presentations at the Theta Chi Fraternity's 2010 National Convention and School of Fraternity Practices. The second presentation, "Building Heroes," changed his life and led to the creation of Caped Coaching, LLC.

At Carleton, Chad enjoys the strong sense of community and the willingness of alumni, faculty, and staff to come together to help students. In his role, Chad finds meaningful work in helping students find ways to leverage their academic interests and personal and professional talents in their future workplaces. He also strives to equip and prepare students for opportunities with great companies, competitive academic and professional graduate programs, and highly impactful non-profit/public organizations.

Chad grew up in Lincoln, Nebraska and is a huge Huskers fan. He completed his bachelor's degree from the University of Nebraska in 2001, and his master's degree from the University of Maryland in 2004. In his free time, Chad enjoys all things superhero (think Hulk huge), Harry Potter (Chad is a Slytherin), and being with his family: wife, Kristin, two boys, Joey (12) and Paulie (8), Blitz the cat and Barry the dog. Chad resides in St. Paul, Minnesota.

DEPARTMENT UPDATES

The **Student Activities Office** spent the holiday season supporting and engaging with students residing on campus over winter break. There were several events and multiple opportunities for students to interact with others in their community, including faculty and staff. Additionally, the Student Activities Office coordinated the Carleton Cupboard (food shelf) for students impacted by food insecurity. Approximately 80 students visited the Cupboard during the break, totaling nearly 600 visits. A huge "thank you" to the Carleton community for donating over ONE TON of non-perishable food items.

Residential Life housed over 200 students in campus housing during all or part of the Winter Break period. During this time Cassat Hall, Evans Hall and James Suites were home to students working at campus jobs, preparing for Comps, participating on athletic teams and enjoying the Minnesota winter.

The **Gender & Sexuality Center** is excited to bring students to the annual MBLGTACC (Midwest Bisexual Lesbian Gay Transgender Asexual College Conference) Conference in Kalamazoon, Michigan. The conference is "held to connect, educate, and empower queer and trans+ college students, faculty, and staff around the Midwest and beyond."

Office of Intercultural and International Life (OIIL) collaborated with Dacie Moses House over winter break to provide warm meals and community with the Mujaddara Dinner, Hot Pot night, and a New Year's Dumpling making party.

Winter term means the **Career Center** will be eagerly planning the Gettysburg Leadership Seminar and our two Scholars Programs, Kaleidoscope for Emerging Professionals of Color happening in Chicago and Arts in America happening in New York City. The Weitz Fellowship will also be recruiting during the winter term, with a deadline of February 9. Additionally, they are still in the process of hiring for the Program Director for Alumni Coaching & Career Collaborations position. They look forward to bringing candidates to campus mid-January.

Winter break was a busy time at **Dacie Moses House**. With the wonderful help of our house residents, Alex Zhai and Naseem Dillman-Hasso we hosted students for Sunday Brunch and a bagel pizza event. We also had the joy of collaborating with OIIL for a mujadara supper, hotpot supper, and Chinese dumpling making event. Thanks to Shenshen Wang who worked with us on these events. Dacie's also hosted students for a Christmas Eve supper and trip to Valley Grove and Keller's Christmas farm (a cultural event) and Christmas day breakfast. We hosted over 250 students, staff, alumni, and community friends during break for brunch and events. And as always, Dacie's was a warm place for students to come bake cookies and hang out.

TRIO/Student Support Services staff attended the annual EOA (Educational Opportunity Association) conference and the COE (Council for Opportunity in Education) Proposal Writing Workshop in November and December. Our office is working closely with Corporate and Foundation Relations and Institutional Research and Assessment to write our 2020-2025 grant, which is due later this month.



Student Life Gives Back the Northfield Community

Each year the Student Life Special Events Committee coordinates a Give Back to the Community project for the staff in the Division of Student Life to participate in. This year the Division gathered donations for the Rice County Department of Social Services Family Center.

The Family Center is one of the newest additions to the Child and Family Services Program for Rice County Social Services. It is a supervised and safe place for families to gather and visit with their children and it is used as a place to support parents while also being a safe place for Social Workers to take children to in an emergency. The Family Center is used seven days a week and in the winter months it is a busy hub of activity.

The Division of Student Life gathered and donated numerous boxes of diapers and baby wipes, dozens of puzzles and games, multiple toys, and even a kids' kitchen and workbench. Additionally cash donations and gift cards were used to purchase additional items requested by the center. Rice County Department of Social Services Family Center was very appreciative of the partnership!

Winter Break 2020 Events IN PICTURES

Although campus may slow down during break there are still a lot of activities for students to engage in. Here are some highlights of activities hosted by Student Life Offices.



Hot Pot event hosted by OIIL at the Dacie Moses House



Dumpling making event hosted by OIIL at Dacie Moses House



Students hang out at events hosted by Residential Life including, game night with coco and making gingerbread houses while watching classic holiday films.



Mujaddara Dinner hosted by OIIL at Dacie Moses House



Winter Break Meals hosted by Carleton faculty and staff

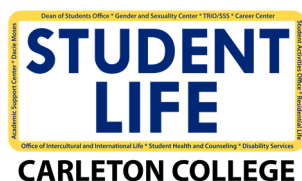
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relationships once fulfilling. A chronic discontent and disengagement ensues. Low-light exposure due to seasonal changes or lack of time outdoors causes chronic low-level melatonin production which can diminish serotonin stores and bring on depressive symptoms. Light box therapy can prevent this.

The light-box loaner program at Student Health and Counseling (SHAC) gives students an opportunity to see if light-box therapy would be helpful. A 10-day trial with a light box is typically enough to see if low light is the issue with depressive symptoms. We loan out for three weeks so students have adequate time to purchase their own after a successful trial before needing to return the loaner light-box. The Office of Health Promotion (OHP) also has light boxes available to students. Students curious about borrowing a lightbox can contact us at SHAC or OHP to learn more.

An important note: Lightboxes work via the rods in the lower half of the eyes, so eyes need to be open to benefit from light-box use. Napping with a light box is just napping. Sorry.

Author: Drew Weis, Clinical Psychologist at SHAC



UPCOMING EVENTS

- **Time to Meditate—Mondays and Fridays throughout the term**

Mondays: 3:10-3:40 pm, Chapel Sanctuary

Fridays: 8:05-8:25 pm, Alumni Guest House Library

Gently guided mindfulness meditation. Notice the present moment without judgement. You are welcome to drop in as you are able: students, staff, and faculty with or without previous experience. Bring your curiosity and maybe a friend.

- **OIIL Talk — Thursday, January 30 and February 18**

5:00 pm, Great Hall

Join OIIL Peer Leaders for a conversation around aspects of equity and inclusion. Food will be provided and all are welcome!

- **First Generation Faculty Panel — Friday, January 31**

4:30 pm — 6:00 pm, Great Hall

Hear from Carleton faculty about their college experience as first generation students.

- **The 40th Annual Midwinter Ball — Saturday, February 8**

9:30 pm — 1:00 am, Sayles, Great Hall, Severance Tea Room

Come dance the night away with fellow students, faculty, and staff. Semi-formal attire is requested.

- **Comfort Food Friday — Friday, February 28**

4:30 pm, TRIO House

Celebrate the end of week 8 with tasty eats and good company at TRIO!

**Weitz Fellowship Applications
are DUE on February 9!**

Find out more
information at go.carleton.edu/career

**Northfield Option 2020-21 Applications
are DUE on February 10!**

Find out more
information at go.carleton.edu/reslife



Kudos to Russ Petricka!

Supervisor of the Math Skills Center, spent two weeks during winter break in Tanzania participating in Project Zawadi's English Bridge Program. He taught Conversational English to upper primary school students making the transition from Standard Seven to Form I of Secondary School (where the language of instruction changes from Swahili to English), as a volunteer in a Tanzania NGO (Non-Governmental Organization), named Project Zawadi. Then, on the last day of his stay in Tanzania, he visited the Secondary School (Old Moshi Secondary School) where he taught Mathematics for two years (1965, 1966) as a member of the Peace Corps.