UPCOMING EVENTS

- **Career Center Internship Reflection Poster Session** — Friday, October 12th
  3:30 pm - 5:00 pm - Wetzel Commons
  All academic departments, faculty, students, and community members are invited to attend the poster session.

- **OHP Mental Health First Aid** — Tuesday, October 16th & 23rd (must attend both sessions to be certified)
  1:00 pm — 5:00 pm, Leighton 304
  In the Mental Health First Aid course, you will learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help.
  Register here: https://goo.gl/forms/b0Q4hGJIAUJD00w1

- **Comfort Food Friday** — Friday, October 19th
  4:30 pm - 5:30 pm - TRIO house
  Celebrate the end of week 6 with tasty eats and good company at TRIO!

- **Carleton Haunted 5k Run** — Friday, October 26th
  Check-in: 4:30 pm
  Race Start: 5:30 pm
  The Goodhue/Events RA Staff will be hosting a Halloween 5k run! Mile walk. Enjoy an evening run through the Cowling Arboretum. Open to faculty/staff/student. Sign up: https://tinyurl.com/ya4ly2d8

- **Goodhue Trick or Treat** — Sunday, October 28th
  4:00 pm - 6:00 pm
  All community members are welcome to attend! Bring your kids in costume for trick-or-treat right in Goodhue Hall!

- **OIL Talk** — Tuesday, November 6th
  5:00 pm - 6:30 pm
  Join the Office of Intercultural and International Life for dialogue around issues of diversity and inclusion. Everyone is welcome!

ONGOING EVENTS

- **Happy Hour Course** — Wednesdays throughout the term
  Wednesdays, 12:10 pm — 1:00 pm
  Are you interested in learning more about your mental well-being? Struggling to find a ‘mental health exercise regimen’ that works for you? Curious as to what positive psychology skills you can use each day? Sign up here: https://apps.carleton.edu/healthpromotion/mental-health/happyhour/

- **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 pm — 8:45 am, Alumni Guest House Library
  There will be Time to Meditate this fall! 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 Chanarath (Chaplain’s Associate), Nate Page and Betsy Lane-Getaz (OIL Coordinators).

A Message from the Dean

Dear Colleagues,

I look forward to Friday mornings, when, as often as my schedule allows, I join fellow members of the Carleton community at Convocation from 10:50–11:50 a.m. in Skinner Chapel. I usually attend the Convocation luncheon, as well, where the speakers provide additional insights into their life work to a more intimate audience.

Convocations have challenged my thinking, stretched my curiosity, and affirmed my belief that tomorrow will be better than today. Isabell Wilkerson’s discussion of the Great Migration and how one decision influences future generations struck a personal chord. Fred Hagstrom reminded us that we could all do a better job of thanking those who remove the trees after a tornado, ensure the grass is kempt, and prepare food in the dining halls. Darryl Davis used his voice and his piano to tackle hate groups that I knew all too well growing up in the American South. Pakou Hang shared her efforts to create a unified Hmong American Farmers Association committed to building community wealth among Hmong farmers and their families. I share my fondness for Convocation during New Student Week, telling first-years that, at the end of each academic year, a major regret of graduating Carls is that they did not take advantage of Convocation. In my travels, alumni often share the same sentiments. Even in discussing Convocation with faculty and staff, I hear similar lamentations. In many circumstances, individuals say that “busyness” keeps them from experiencing one of Carleton’s most special traditions.

Convocation is an opportunity for all of us to sit together and learn from speakers who have been inspired to take risks to make a difference in their own or others’ lives. Whether you agree with a speaker or not, I encourage you to cherish these Friday times and make the most of the opportunity to refocus, challenge, and reenergize your knowledge and thinking, both individually and as a community.

Carolyn H. Livingston, Ph.D.
Vice President for Student Life and Dean of Students

Staff Cohorts Encourage Professional Development

Last school year, Student Life embarked on a journey to expand professional development through the creation of divisional cohorts as a way to broaden social awareness. Cohorts include facilitators and a limited number of staff participants from a wide range of departments. Participants commit to two or more meetings as a group and often read about, watch videos on, or discuss topics of interest.

Recent cohorts have included “Safe Spaces, Brave Spaces, & Ground Rules;” “Perfection and Resilience;” the book group “But I’m Not Racist: Tools for Well-Being Whites;” and “Navigating Carleton: My First Five Years.”

Additional cohorts have explored topics ranging from growth mindset to Generation Z student characteristics. Bringing together divisional staff with varying personal, professional, and educational experiences enriches the learning environment and contributes to a stronger community in Student Life.

Melanie Cashin of TRIO notes, “I enjoy the time with my colleagues, and I appreciate the encouragement to keep learning. I’ve opted into four cohorts so far, and I’ve taken ideas back to my day-to-day work each time.”

More information about Student Life cohorts is available on the divisional website.
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Dacie Moses’ House had a very active summer with volunteer gardeners including: a pie baking contest serving 72 people, several ice cream social events, hosting 40 students for a pizza night, and housed numerous students from various summer programs. They kicked off fall by hosting several NSF events; baking and game nights for about 80 students. NSF brunch was at an all-time high of 134 students. Their first brunch of the fall term featured stuffed grape leaves and other very healthy dishes prepared by their student workers and house residents. At Dacie’s, they are having fun! “We wish everyone a good fall!”

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Koru: Time to (Learn to) Meditate
By: Betsy Lane-Getaz

We all know students who feel overwhelmed by academic and social challenges, who seek tools to calm a racing or ruminating mind, who have trouble sleeping, who are very self-critical, or who simply yearn for more focus and calm in their lives. This term SHAC will offer a class with these students in mind, Koru Mindfulness: Time to (learn to) Meditate. A Koru (Māori for “loop”) is a spiral-shaped fern frond symbolic for balanced growth and stability. The class offers an evidence-based introduction to mindfulness and meditation skills which can be helpful for students who are feeling stressed and pressured, or who just want to get more satisfaction from their college experiences. Participants will learn a variety of mindfulness skills to practice both in and outside of this 4-week class, ideally leading to better management of emotional stress and experiencing healthier lives.

I had the pleasure of attending a training on the Koru curriculum in the redwoods just south of San Jose, CA, from September 16-19. I was impressed by the thoughtfulness and integrity reflected in the class design, delivery and content, refined over 10 years by Holly Rogers, MD, a psychiatrist at Duke University, Margaret Maytan, MD and Libby Webb, LCSW. (See https://korumindfulness.org/ for more information.) They all work with iGen students and they get what we are dealing with.

As you may know, there have been thousands of studies on the effects of mindfulness and meditation. We learned about a few of these studies that seem particularly salient for our Carleton community. One study, randomized and controlled, looked at the effects of the Koru program itself (https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4016159/). Findings include a medium to large effect on 4 metrics: Mindfulness, Self-compassion, Perceived Stress and Sleep. As I said to my SHAC colleagues upon my return, “If something with these effects were in powder form, it would be in the water.”

Here are some findings of other recent studies of the impact of brief mindfulness training:
- a 2 week mindfulness training was correlated with a 16% increase in GRE reading scores and reduced mind wandering (2013).
- brief mindfulness training reduced the negative outcomes associated with stereotype threat (2012).
- a brief mindfulness meditation practice reduced implicit race and age bias (2015).
- mindfulness practice reduced aggression in college students (2016).

(Citations available on request)

All these outcomes would contribute to the equitable, inclusive, and supportive community we aspire to be here at Carleton.

I returned home in the wee hours of Thursday, September 20. Around 7 o’clock that evening, we had lost dozens of trees around our house - some snapped off mid-trunk and others completely uprooted. My family (humans and animals) were not injured and the 100+ year old farm house still stands. As I sit among much tree debris I am grateful for the mindfulness practices that support me and I am reminded of an adage that has humbled me more than once as I’ve ventured into teaching from time to time – we teach that which we need to learn.

Koru: Time to (learn to) Meditate
- Attend four 75 minute classes
- Receive a book to use in class
- Complete 10 minutes of homework (meditation!) per day
- Notice what happens!
- To register: https://dashboard.korumindfulness.org/web/index.php?r=course%2FSignup&id=1404
- Watch for a new session to open for staff/faculty over the break! Another session for students will be offered next term.

Questions? Contact betsylangetaz@carleton.edu

Time to Meditate will continue on a drop in basis, Tuesdays, 12:10-12:50 in the Chapel and Fridays 8:15-8:45 am in the AGH Library.

All this and more is on the SHAC website: go.carleton.edu/SHAC
RUNNING KEEPS ME BALANCED  By: Steve Schauz

I can no longer recall why exactly I started doing it, but what I do remember clearly is strapping on my sneakers during dewy sunsets and running laps around my suburban neighborhood, every house looking identical, until I managed to run just a little bit further with each passing day: to the fire hydrant, to the cul-de-sac, to the end of the road itself. It was not easy. With each run, my lungs learned how to stop burning, my feet cracked and calloused. But there was something about meeting your limit and then dashing straight past it without pause that far outweighed the discomfort for me. I was 15 years old when I first started running, and it has been 10 years of miles since then.

Even in my teenage years, I recognized something in my running that no one could take away: peace and balance. Once I became more practiced in my stride, more confident in my form, I noticed that the whole world would drop away as I ran. All the worries, anxieties, tensions. The wondering about life and my place in the world (I read too much existential literature so I stewed in misguided angst often). It felt like an avalanche would somehow slam to halt. And when I finished running, I would feel accomplished and happy. I have defended running as my spiritual centering practice for years: turning down a number of offers to compete on teams or market products. Running was for me.

Later in life, I was informed by counselors that I experience depressive tendencies with a nice sugar-coating of anxiety, and maybe even a dash of PTSD. At this stage in my life, I did not have access to consistent care...but there were plenty of roads laid out before me. In his book, Running is My Therapy, Scott Douglas examines the ways that running empowers folks to cope with a variety of mental health challenges, especially focusing on anxiety and depression. In short, the science behind this has something to do with the release of chemicals in our brain and neural networks and all of that good biological jazz that, while important and valid, I think many of us cannot fathom. It is coated in that familiar scientific veneer: we know logically that our bodies work this way, but that is not how we often make sense of our reality. Electrical signals feel too sterile; maybe that is why we use words like love, joy, misery, contentment instead.

What I know is: when I run, I am aware of my body. It is mine, and I am measuring my breath, feeling the muscles pulse in my legs, and sensing every impact of my footfalls on the earth - grounding my stride, myself. What I know is: when I run, all those things that frustrate me, all those voices saying I’m not enough, shut up for a while. When I run, I connect back to myself and I am free. The journey to healing is a marathon, not a sprint; it can be painful, arduous, endless, but it can also be liberating, exhilarating, joyous. Running has taught me this.

My Journey to Becoming a SWA
By: Caroline Mather ‘19 (Physics, she/her)

My first year at Carleton, I didn’t really think or talk much about mental health on campus. I was generally doing well and I was happy with my new environment. Towards the end of my sophomore year, I started to realize the effect mental health had on me and my community. The first thing to really bring this to my attention was when two members of the Women’s Cross Country team created an athlete-specific mental health resource card that they made available to all the varsity teams on campus. This was really the first time I had thought about how mental health can impact athletics and all the people on my athletic team who may have struggled with their own mental health in the past while also trying to balance athletics and academics. These resource cards were a great step towards raising awareness about mental health in sports and were the first thing to get me interested in advocating for mental health on campus.

Around the same time, I got introduced to the Mental Health Awareness Collective (MHAC) through a friend and I was so excited to see that there was a group on campus so dedicated to bringing awareness to this issue. Winter term of my junior year I heard about a workshop for QPR (an online training for suicide prevention). Without really knowing anything about it, I agreed to be one of the students to participate in the initial workshop. The leader of MHAC and a Student Wellness Advocate (SWA) were both leading the workshop. Through the hour-long training I learned how simple it is to get involved. Just the small action of taking this training made me feel so much more connected to the campus. I felt like I could actually make a difference in changing how Carls think and talk about mental health.

The more time I spent in environments where mental health was talked about openly, the more comfortable I felt talking about it. I also started to reflect on how my own mental health had an impact on every aspect of my life – my schoolwork, relationships, athletics.

I’ve always been kind of aware of the work the SWAs and the Office of Health Promotion do and I had considered getting involved before, but I never felt like I had the time in my schedule to actually apply. By the end of my Junior year, I realized that talking about and advocating for mental health wasn’t just something that I could think about when I had the time after all my other commitments. It was something that was necessary for me to do in order for me to enjoy my other commitments. And it was necessary for me to get involved if I wanted to actually make a difference. Talking about mental health isn’t always easy. There’s still a lot of stigma surrounding it, but the only way to change that is to just start the conversation. Working for the OHP has given me the opportunity and the voice to start important conversations about mental health on campus, and I’m so excited to continue to bring awareness to campus during my last year here.
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  Friday 8:15 am — 8:45 am, Alumni Guest House Library
  There will be Time to Meditate this fall! All are welcome to drop in at 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 Betsey Lane-Getz (SHAC Clinicians).

**Staff Cohorts Encourage Professional Development**

Last school year, Student Life embarked on a journey to expand professional development through the creation of divisional cohorts as a way to broaden social awareness. Cohorts include facilitators and a limited number of staff participants from a wide range of departments. Participants commit to two or more meetings as a group and often read about, watch videos on, or discuss topics of interest.

Recent cohorts have included “Safe Spaces, Brave Spaces, & Ground Rules: Perfection and Resilience,” the book group "But I’m Not Racist: Tools for Well-Being Whites," and “Navigating Carleton: My First Five Years.”

Additional cohorts have explored topics ranging from growth mindset to Generation Z student characteristics. Bringing together divisional staff with varying personal, professional, and educational experiences enriches the learning environment and contributes to a stronger community in Student Life.

Melanie Cashin of TRIO notes, “I enjoy the time with my colleagues, and I appreciate the encouragement to keep learning. I’ve opted into four cohorts so far, and I’ve taken ideas back to my day-to-day work each time.”

More information about Student Life cohorts is available on the divisional website.

**A Message from the Dean**

Dear Colleagues,

I look forward to Friday mornings, when, as often as my schedule allows, I join fellow members of the Carleton community at Convocation from 10:50-11:50 a.m. in Skinner Chapel. I usually attend the Convocation luncheon, as well, where the speakers provide additional insights into their life work to a more intimate audience.

Convocations have challenged my thinking, stretched my curiosity, and affirmed my belief that tomorrow will be better than today. Isabell Wilkerson’s discussion of the Great Migration and how one decision influences future generations struck a personal chord. Fred Hagstrom reminded us that we could all do a better job of thanking those who remove the trees after a tornado, ensure the grass is kempt, and prepare food in the dining halls. Darryl Davis used his voice and his piano to tackle hate groups that I knew all too well growing up in the American South. Pakou Hang shared her efforts to create a unified Hmong American Farmers Association committed to building community wealth among Hmong farmers and their families.

I share my fondness for Convocation during New Student Week, telling first-years that, at the end of each academic year, a major regret of graduating Carls is that they did not take advantage of Convocation. In my travels, alumni often share the same sentiments. Even in discussing Convocation with faculty and staff, I hear similar laments. In many circumstances, individuals say that “busyness” keeps them from experiencing one of Carleton’s most special traditions.

Convocation is an opportunity for all of us to sit together and learn from speakers who have been inspired to take risks to make a difference in their own or others’ lives. Whether you agree with a speaker or not, I encourage you to cherish these Friday times and make the most of the opportunity to refocus, challenge, and reenergize your knowledge and thinking, both individually and as a community.

Carolyn H. Livingston, Ph.D.
Vice President for Student Life and Dean of Students