



New Year New Position

The 2017-18 academic year brings the first year of a full-time Title IX Coordinator.

Laura Riehle-Merrill previously worked in the Center for Community and Civic Engagement (CCCE) for 12 years as the Director for Community Engagement and Student Leadership. In a recent statement to campus, Laura wrote, "The creation of my position as Carleton's first full-time Title IX Coordinator is evidence of our community's commitment to preventing and responding to incidents of sexual misconduct. Student, staff, and faculty voices were crucial in creating the processes and policy we have today. Along with the Title IX Lead Team, I will continue to seek input from our campus community, and I invite you to join me in reaffirming our dedication to keeping our campus safe."

Naomi Borowsky '18 worked with Laura in the CCCE for three years. She says, "Working with Laura as my supervisor in the CCCE was such a joy. She is incredibly smart and organized which made it easy to work with her. She also cares deeply about how the students she works with are doing and is always willing to listen. Her support has helped me to gain confidence throughout my time at Carleton."

In her first months on the job, Laura has been busy reaching out to students, staff, and faculty to make sure they have accurate information about Carleton's sexual misconduct policy and response, recruiting additional staff to serve as sexual misconduct support advisers, and working with Carleton's Title IX Lead team to develop a strategic planning process.

Student Life is proud to welcome Laura back to the division!



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A Message from the Dean

Dear Colleagues,

Since 2001, Carleton College has partnered with the national Posse Foundation to identify public high-school students who have extraordinary academic and leadership potential, and who may have been overlooked by the traditional college selection process. Carleton works with the Posse Foundation to extend an opportunity for these students to pursue personal achievement and academic excellence by placing them in supportive, multicultural teams, or "posses," of ten students.

Carleton is a stronger institution because of the Posse Program. This month, we celebrate a milestone. We have successfully completed fifteen years of Posse here at Carleton, having hosted groups from Chicago and Houston. Many of our graduates have gone on to do great things.

We have invited our Posse students and scholars, and those they have influenced, to return to Carleton during October 20-21 to help us celebrate. Deborah Bial, founder of Posse, will be the Convocation speaker on that Friday afternoon. Other events will be scheduled during the weekend and are listed at <https://apps.carleton.edu/posse/reunion/>.

On those two days, I ask you to help us celebrate Posse at Carleton. Enjoy the month of October.

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



Staff Highlight



Tammy Anderson
Assistant to the Dean
Dean of Students Office

A part of the Carleton community for the past 17 years, Tammy started as a part-time staff member in Residential Life.

While there, she worked at the front desk, serving as a first point of contact, as well as handling meal plan and housing issues among other things. After a few years, she joined the Dean of Students Office in 2004 as their Senior Administrative Assistant to the Associate Deans, citing the move as "a good way to learn more about Carleton, an increase in hours, and good opportunities for advancement."

Tammy notes that "there's a great sense of office unity" at DOSO, and that there's "something new to learn everyday, from both staff and students," which is what keeps her engaged and interested.

In May 2016, she transitioned to Senior Assistant to the Vice President and Dean of Students, where she works very closely with Dean Livingston, keeping her calendar, managing the Emergency Funding account, and countless other things that make up the day-to-day experience in the office. One of her favorite things about the job is all the interaction and personal communication with students. "They'll sometimes show up just to say 'Hi!', just to give you a hug!", allowing her to form relationships with "so many wonderful students."

When not at Carleton, some of Tammy's other interests include gardening, exercise ("It's what keeps me sane."), camping, and spending time at their cabin in Wisconsin with friends and family.

TRIO/Student Support Services hosted its First Year Retreat on 9/23 and TRIO Awareness Week from 10/2-10/6.

The **Office of International and Intercultural Life**

(OIL) Retreat was an amazing experience! We had 54 students and 8 staff join us for the weekend. Our purpose was to help set a foundation for community building and understanding. Our OIIL Tea Times have also been spent in great company. Both SHAC and the GSC have had the opportunity to engage with our students and have conversations around diversity, community and resources that are offered to our students.

The **Gender and Sexuality Center (GSC)** has been working hard on our fall term series entitled Telling Our Journey which is our programming around gender and sexuality. We also wanted to thank all offices who promoted our Sex-Positivity and Consent event with their students. That event was really successful, and we had a number of students really interested in continuing these discussions.

The **Math Skills Center** is busy. Prefects are supporting 23 classes with a total enrollment of 677. The **Writing Center** has seen 135 appointments through September 26. Our aquatic mascot, Larry Gouldfish, has advanced to swimming through a tube.

Dacie's started off the new year with an incredible amount of enthusiasm. Our first brunch before classes began was over 125 students. We have now gotten to a more manageable brunch at 70. The guestroom has also been very busy. Luckily our House Residents this year have much combined experience working in restaurants and cleaning for AirBNB and were not completely done in by the numbers nor the guests.

The **Office of Health Promotion** is kicking off the Garrett Lee Smith suicide prevention grant with some exciting interactions with students: two sections of Happy Hour and one section of Mental Health First Aid are all off and running for the term. We are also working closely with Res. Life to deliver hall programming to help first year students identify strategies to manage and think differently about their stress. Finally, we are working with four (FOUR!) SWA dogs this fall. Anyone can sign up to receive a weekly schedule of when the dogs will be on campus by visiting the Office of Health Promotion website.

Career Center staff kept busy the first three weeks of fall term assisting students with their externship applications which were due on Monday, Oct. 2nd. The Career Center continues to keep busy with informing students of upcoming job/internship application deadlines and equipping students with strategies for getting noticed by hiring managers. The Student Career Assistants offered a Resume Workshop for Sophomores as part of Sophomore Week. The event provided second-year students with the opportunity to meet one-on-one with a Student Career Assistant to receive help with developing a resume or to receive individualized feedback on their current resume.

Student Activities Office (SAO) - We had a busy September here in SAO. We would like to welcome our new Student Activities Programming Board (SAPB) student staff as well as SAO's new Administrative Assistant, Elliott Courchaine. In addition to welcoming new staff, we hosted a couple traditional fall events. This year, the Student Organization Fair had 220 involvement opportunities represented by student leaders and campus partners. SAPB also coordinated buses to Fireside Orchard where hundreds of students enjoyed fresh apples and donuts.

DEPARTMENT UPDATES

FALL TERM RETREATS

On second weekend, OIIL and TRIO hosted retreats for students.

OIIL held their annual Retreat at Camp Friendship in Annandale, Mn. OIIL's retreat included a variety of students, and staff. Fifty-four students took the two hour bus ride north to build community, have discussions about their identities, and discuss how, as a collective, we can support each other. Through a variety of activities and meals shared, this was a time to build a foundation in order to continue the conversations as the term and year move on.

Eight staff members joined the retreat to build relationships with students and help bridge gaps between students and their offices on campus.

The highlights of the weekend were our bonfire Friday night and our caucus conversations, which focused on identities chosen by our students.

TRIO's first-year class retreated to Johnson House to make connections, learn about campus resources, enjoy lunch, and explore TRIO's new initiative, the "First Year Passport." Visitors, including Assistant Dean, Joe Baggot; Business Office representative, Candace Koen; and Dean of Students, Carolyn Livingston, stopped by to welcome the group and share advice.

One highlight of the half-day event included TRIO's own version of the Amazing Race, in which Peer Leaders led mentees across campus to visit SHAC, GSC, Writing Center, Math Skills Center, OCS, Fellowships, and the Career Center. Students raced to gather valuable information from each stop and emerged with tips on everything from applying to externships to securing \$1200 for study abroad with the Iseminger Scholarship.

Thanks to everyone who participated in either retreat--we've made good memories and are looking forward to next year when the retreats will *not take place at the same time!*



BIO FEEDBACK TRAINING FOR STRESS MANAGEMENT

Stress and anxiety can limit one's ability to study, sleep, engage in social interactions, and do other things that you would like. SHAC is happy to be piloting a new Biofeedback Training program starting this term to help students better manage their body's responses to stress!

While some stress is beneficial and helps us to work and play at our best, too much (or too little) can hamper our daily lives. Biofeedback means "feedback from the body," and training can help users learn how to calm down quickly and easily, increase awareness of how stress and tension impact the body and mind, and develop the ability to bring the stress response under greater conscious control.

In order to begin using this new service, students will need to attend a 40-minute orientation session to learn about the software, sensors, and how to begin practicing biofeedback. After the orientation, students may begin coming into SHAC to check out the biofeedback equipment for self-guided sessions of 20-30 minutes each. No sign up is necessary and orientation sessions are held each Thursday during Fall Term from 12:10-12:50pm in Davis Hall 03. There are also other orientations at various times throughout the term. Visit go.carleton.edu/shac and click on our 'Events' calendar for a complete listing of times and locations. And if an interested student absolutely cannot attend one of the scheduled orientation times, they should contact SHAC to see what other options may be available.

Come learn how to teach your body not to stress out over the little (and sometimes not so little) things!

UPCOMING EVENTS

- **Happy Hour: Skills to Flourish!—October 10, 11, 17, 18, 24, 25, and 31**
Tuesdays at 10:45am and Wednesdays at 3:10pm at Leighton 301
- **Real Talk: Feminism, Masculinity, & Activism, October 19**
12:00-1:00pm at Sayles Hill Lounge

ONGOING EVENTS

- **Time to Meditate—Tuesdays and Fridays during the term**
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.
12:10—12:50pm on Tuesday, 8:15-8:45am on Friday, Buddhist Meditation Room in Skinner Memorial Chapel
- **LGBTQA+ Tea Time—Fridays**
4:30 - 5:30pm in Clader House/Gender Sexuality Center
- **Popcorn Fridays—Fridays**
Stop by for free popcorn every Friday during the term and learn about upcoming events.
10:00am—2:00pm, Student Activities Office Sayles Hill Room 160
- **Happy Hour Course—Tuesdays or Wednesdays Week 2-10**
Register at go.carleton.edu/ohp
10:45-11:50am on Tuesdays or 3:10-4:20pm on Wednesdays, Location TBA
- **Mental Health First Aid Training—Thursdays (9/21, 9/28, 10/5, 10/12)**
Register at go.carleton.edu/ohp
1:15-3:15pm, Location TBA

Division of Student Life Newsletter October 2017



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