Dear Colleagues,

Opportunities for Self-Care.

As the winter term comes to an end, I’m kindly reminding myself of a nice catchphrase that I learned a long time ago: “Counselors need counselors, too.” The need to engage in self-care is great. As we spend countless hours with students, faculty, staff, alumni, and other members of the community, sometimes we lose track of the hour and the day and the need to rejuvenate our spirits and ourselves.

It can be quite difficult to engage in self-care. The demands of work and life often compete for our time and space. We can provide a limitless number of excuses for not engaging in self-care. Sometimes our excuses undermine our ability to be effective in a variety of settings.

We love our jobs and the work we do. And certainly, self-care means different things to different people. Have you thought lately about what you are doing to care for yourself?

Some people use the following for self-care: taking deep breaths, going for a long walks, giving yourself permission to feel upset and frustrated—and permission to overcome these feelings, structuring your day to ensure it includes leisure time, going to a movie, hugging your pet, thinking about what makes you feel happy or soothed or comforted. Make a note of them so you can remember to add those things to your list of self-care strategies.

As we approach spring term, please remember that self-care is important. All the best for a great March.

Carolyn

What’s Coming Up

A brief selection of Student Life events...

OIL Study Break—3/10 at 9 p.m. in Stimson House

Halls and Houses close after winter term—3/15 at 2 p.m.

Halls and Houses open for spring term—3/26 at noon

Dacie Moses House hosts a brunch every Sunday morning from 10 a.m. to noon at Dacie Moses House.

Remember Daylight Savings Time starts on March 13! Spring forward!

Staff Highlight: Martin Olague

Martin Olague, Assistant Director of Intercultural in Intercultural and International Life, has been at Carleton for 4 1/2 years. Drawn to Carleton because of his Northfield past (he’s a graduate of St. Olaf) the chance to work directly with students, and its activist history involving people like Paul Wellstone, Martin jumped at the opportunity to work here.

Martin explains, “As a college student, I was very much involved with issues of race and class. So I always wanted to work in an office that deals with these issues.” He enjoys the ability to drive important conversations and develop programs that get people to think about significant issues. Also rewarding is building relationships with students, seeing them grow, and expanding their wings to do wonderful things.

Martin credits his amazing wife for his personal growth. Thanks to her support, he’s able to work on a variety of interests. Before coming to Carleton, he served as a precinct chair for the Democratic party in Apple Valley, where he organized fundraisers, met with other precinct chairs, knocked on doors, made phone calls, and led caucuses.

Now he spends his time being a stage dad for his son, who is a baby model. You can see him at your local Target on the box of Up brand diapers, size 1!
Department Updates

Academic Support Center: Thanks to an anonymous gift from an alumnus, the Writing Center is partnering with ITS to provide access to and training for all students interested in using certain assistive technologies. (Imagine listening to a course reading or writing a paper by speaking!) The Writing Center is also partnering with the Dean of Students Office, OCS and CCST in hosting The Global Experience Travel Writing Contest, with submissions due April 15. For more info., contact Kathy at kevertz.

Alcohol & Other Drug Prevention: The Carleton Coalition on Alcohol & Marijuana is excited to be in the strategy selection stage of our Partnerships for Success grant. Some of best evidence-based strategies we are considering include Brief Alcohol Screening & Intervention for College Students (also known as BASICS), Marijuana-Wise (an online-based course), and Small-Group Injunctive Norms sessions. We’ll finalize strategies and submit them to the grant for approval at the end of March.

Career Center: We are excited about our upcoming spring break programs. The Twin Cities Careers in Medicine Program will expose students to a variety of medical careers by meeting with alumni and touring the Mayo Medical School and the University of Minnesota Medical School. The Twin Cities Careers in Non-Profits Program will kick off with an on-campus symposium featuring alum Megan Haddock ’01, International Research Projects Manager at John Hopkins Center for Civil Society Studies. The Gettysburg Leadership Program for Sophomores, an intense, three-day seminar led by Carleton alumnus Jeff Appelquist ’80, will introduce twelve Carleton students to the concepts of leadership and team building in the context of liberal arts and business careers.

Dacie Moses: We collaborated with Firebellies to host a wonderful Valentine’s Day Brunch for 120 students, community friends and alumni. We are in the process of recruiting for house residents for next year and welcome your help with identifying students who would be great at this live-in position.

Disability Services: We are planning substantial changes in the coming months to improve both the quantity and quality of resources, but we’re not at a point where we can make any announcements. Student and faculty response to the online accommodation management system has been overwhelmingly positive.

Gender & Sexuality Center (GSC): We were excited for our first production of “Stripped.” Our community-based alternative to Eve Ensler’s The Vagina Monologues, “Stripped” is an all-gender- and all-sexuality-inclusive production that centers around our experiences of our bodies, covering topics ranging from virginity to athletics to intersectionality. This production was produced, directed and performed entirely by students. We also trained another ten students in the Green Dot Bystander Intervention program and hosted the second part in our LGBTQ+ Community Forum to identify some priorities for Carleton as we consider a strategic plan for education and support around LGBTQ+ identities at Carleton.

Intercultural & International Life (OIIL): We hosted a variety of successful events in the month of February, including our Black History Month Convocation with Kevin Powell, Chili Night, and Tropical Night, with co-sponsorship from TRIO. We look forward to spring term in our new space located in the basement of Laird across from the Registrar’s Office.

Residential Life: We have been busy preparing for the selection of new and returning RAs for the 2016-2017 year. We are also currently surveying students to determine if we need more quiet and sub-free spaces, and to gauge interest in a first-year-only community. Northfield Option offers have been sent out and students have until March 1st to accept.

Student Activities Office (SAO): We had a busy February. Events hosted by SAO and the Student Activities Programming Board (SAPB) include the 36th annual MidWinter Ball, laser tag, and ice skating, which was a partnership with Academic Relations. We also support Carleton’s academic teams—Model UN, Debate/Forensics, and Mock Trial—which have won many awards in their respective competitions this term.

Student Health & Counseling (SHAC): We are in the process of hiring a new full-time clinical psychologist to provide even greater access and care to students. We are happy to welcome Jere Chapman as one of our new On-Call Staff Counselors. Jere (pronounced like “Jerry”) is a Licensed Psychologist with more than thirty-five years of experience in the mental health field. Prior to coming to Carleton, Jere worked at MidWest Center in Burnsville and for various health care clinics, spending time in Nebraska, California and Massachusetts, gaining valuable mental health experience.

TRIO: The TRIO peer leaders led a Class Act discussion on "Debt." Tropical Night, a collaborative event with OIIL, was held on February 19. Upcoming events include the TRIO Resource Fair on Wednesday, April 6 and the TRIO Sophomore Retreat on April 15-16.
Meet the TRIO Office!

Since 1981, Carleton College has hosted a federally funded TRIO/Student Support Services program. Every five years, the College must renew its grant with the Department of Education and, through a collaborative effort of grant contributors, the program has consistently been renewed. In 2016, we celebrate our 35th year! This year brings a new staff to the TRIO community:

Trey Williams (Director): Trey is originally from Pensacola, FL. He earned his bachelors’ degree from St. Olaf College and completed his Master’s from Saint Mary’s University in Winona. Trey has been involved with TRIO for over a decade, first as a student and then in a professional career. “I am a firm believer that as educators we need to support the whole student, not just in the classroom but also outside of the classroom.” He, his wife (Jamie) and daughter (Avery) live in St. Paul. In his free time, Trey is an avid college football fan! He also enjoys spending time exploring pizza venues with his wife and spending time outside with his daughter. Trey started at Carleton in November.

Melanie Cashin (Assistant Director): Melanie joins us from Minnesota State University, Mankato where she was the Assistant Director in the Center for Academic Success. She is originally from Bellingham, Washington but currently resides in Faribault with her husband, Matt, her two sons, Will and Eli, and her cat, Stewart. In her free time, Melanie enjoys movie nights, skiing, biking and golfing with her family, and making progress (one class at a time!) on her MFA in Creative Nonfiction. Melanie started at Carleton in January.

Kristen O’Connell (Quantitative Skills): Kristen will join the TRIO community in March as she makes the transition from the Science Education Resource Center. She has been working at Carleton since 2011 and, as an alumnus of Carleton, she brings valuable insights in understanding the perspectives of both students and staff. Kristen lives five blocks from campus with her husband, Jon. She is excited to join the TRIO staff and be more directly involved in assisting students on their road to success.

Kathy Sommers (Administrative Assistant): Kathy has been working at Carleton since 2009. She joined the TRIO staff in the summer of 2010 and has been a valuable contributor since then. Kathy lives five blocks from campus with her husband, Dale. In her free time, Kathy is active in Northfield community through volunteering with a variety of organizations. She enjoys spending time exploring and watching her grandchildren grow.

Student Life Volunteer Committee: Making Community Connections

We won’t make you dump a bucket of ice water over your head, but we will challenge you!

Student Life Division departments recently started challenging one another to participate in the first project launched by the Volunteer Committee, and competition is heating up!

The Volunteer Committee was recently formed to create opportunities for division staff to give back to the Northfield community, which supports our students in countless ways, from providing volunteer experiences to just being good neighbors. The goal of committee members Cathy Carlson, Kari Scheurer, and Jan Foley is to make it easy for the division to identify needs and make the necessary connections to help meet those needs.

Our first project is in response to a request from HealthFinders to contribute gift baskets for the silent auction at their April Gala fundraiser. Our division chose the following themes for our baskets: Family Game Night; Wellness—Mind, Body and Spirit; and Kids’ Books/Quiet Time for Kids. Any new item related to these themes is appreciated and can be dropped off in Cathy’s office any time before spring break.

HealthFinders is a free clinic serving the medical and dental needs of uninsured and underinsured residents of Rice County. There are clinics in Dundas and Faribault, with the Dundas clinic moving in April to the Sterling Drug building in Northfield. Many Carleton students are involved with HealthFinders as volunteer interpreters, health educators, child-care helpers, etc.

If you have an idea for a future service project, please contact any member of the Volunteer Committee.