



# You Belong

newsletter for students  
of unique backgrounds



*Created by Dani Massey  
in collaboration with the Transition & Support Team  
of Lawrence University*



# Bigger Than You, Bigger Than Us

*Written by Dani Massey*

What is a community? The answer to this question might seem obvious, but like many things is quite nuanced. In reflection of our MLK Day of Service, you might be wondering why what the big deal is that you and the campus body contribute to various causes. If tons of people already help out, why do you need to? Frankly, one could go on a long time as to why one person makes a difference. First, there is the idea that if we all assumed that we have no responsibility towards others, then nothing would get done at all. Second, each person has unique reach to groups and resources that may not otherwise be included in social servitude which leads to neglect of specific populations in an area. Third, people who engage in a cause, tend to see upward trends in self-esteem, self-efficacy, belongingness, and satisfaction with one's own work. But in short, your participation matters in building and maintaining a community.

Participation can be any act that increases the wellbeing of the people in your surrounding area or those of underrepresented groups. For some people, participation looks like volunteerism. One might tend the local public garden, keep the elderly company, manage a housing project, run an event at a public library, or tutor a student in need. For other people, participation looks like political and grassroots activism. One might moderate a conversation about difficult topics, attend protests for important issues, donate time or money to a cause, or host debates about local and global issues...



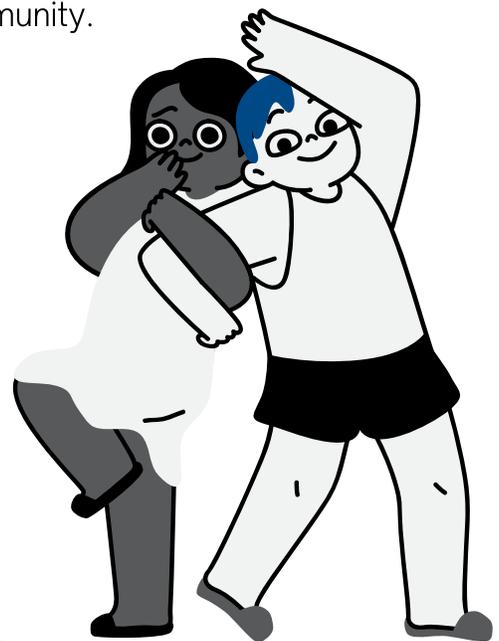
... Volunteerism and political activism are not the only things you can do. Often, participation in your area takes creativity that stems from getting to know your community well. After all, your area needs other enrichment such as the arts and sciences which do not just appear on their own; teams of people work very hard to attain such programming in their area. There is a need for all skills and personalities to get this work done.

The best way to get involved is to develop relationships with others in your area. Attending events held by local organizations, supporting new developments, and networking with those who live and work in the area are but a few examples of involvement that can get you connected to people and groups that open opportunities that allow you to use your interests and skills to help others nearby. When you get involved you might find a new passion, a new friend, or a new problem that call to you to be solved. This can serve as a great motivation to return to help your cause of choice. From there you may begin to form connections with others doing the same thing as you. What is a community but individuals who care about the same things?

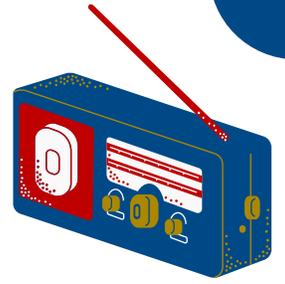
The other component of successful community building is consistently giving your time and voice to the cause. That is not to say that occasional acts of goodwill do nothing or are not important, they very much are. But, to ensure that the needs of a community are met, there must be dedicated individuals who will contribute to its continuation. Such individuals keep consistency and progress alive within each project. You can be a valuable resource to your community.

**"Life's most persistent and urgent question is, 'What are you doing for others?'"**

*– Martin Luther King Jr.*



# Say What?



## Poll of the week

Come back next week to see the results

## Lawrence Lingo

What's what and who's who on campus

## Will you be playing The Great Midwest Trivia Contest, Jan. 29 - 31?

Use the code to submit your answer!



SCAN ME

## WLFM

WLFM is LU's student radio, located in the basement of the Music and Drama Center.

It's been running since 1956 and is the home of The Great Midwest Trivia Contest. It used to be an FM station, but has moved to online streaming.

You can even host your own radio show!

## Last week's results:

What are you looking forward to most this term?

**Talking with professors**

**Creative writing with Professor Segrest!**



# Special Opportunity

## *The Lawrentian* is hiring new writers and photographers!

Lawrence's longest running student publication is looking for fresh perspectives from students just like you.

No experience required.  
All majors welcome.  
Paid gig.

You will get to work in a passionate and supportive environment with other students who care about student voices on and off campus.

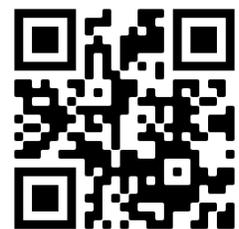
Learn more about your own writing style, journalism, and photography while gaining exposure and getting published.

Send questions and concerns to [lawrentian@lawrence.edu](mailto:lawrentian@lawrence.edu)

Apply online at <https://bit.ly/2LB8L5D>

Or scan code for application.

We can't wait for you to join us!



# Your Questions Answered

Anonymously asked, proudly answered.

Anonymous wrote:

"Just failed an exam :/  
but I can retake luckily"



Failing an exam can be hard, but it isn't the end. We're glad to hear that you can retake it! Sometimes, when we get a second chance at a test, we take it again the same way as before. If you failed an exam, class, test, or whatever, you probably need to change the way you approach the problem and find one that works for you. Easier said than done, right? Especially if your grade is on the line, it can be quite stressful.

You may want to evaluate your study habits and time management before starting over. You might be surprised what slips under the radar when you're under pressure to perform well. Take the time to review content and make a test-taking plan, whether it's test anxiety or not remembering the content there are ways to compensate for whatever is causing your difficulty. We recommend learning about your obstacle and checking in with a tutor to confirm your mastery before taking the exam again. And, just as a reminder, your mental health is always more important than test scores so take care of that first. You are never defined by your grades, learning is very hard to quantify and doesn't always show up on a test. Good luck!

Scan the code to  
submit a question.  
You can leave your  
email for a direct  
response too.





# Get Connected

## Upcoming Events

01/19 @ 11:30AM CST

01/21 Blood Drive Sign-up @ Warch CC

01/19 @ 4:00PM CST

Take a Hike, First Year Event @ Esch Hurvis Center for Spiritual and Religious Life

01/20 @ 5:00PM CST

Physically distanced yoga @ Esch Hurvis Studio in Warch CC

01/20 @ 7:00PM CST

LU Read-Aloud @ Mudd Library

01/21 @ 11:15AM

Physically distanced yoga @ Buchanan Kiewit Wellness Center

01/21 @ 5:00PM CST

First Year International Dinner @ Somerset Room Warch CC

01/22 @ 4:00PM CST

Mudd Library Fiber Arts and Chat @ Zoom

01/22 @ 7:00PM CST

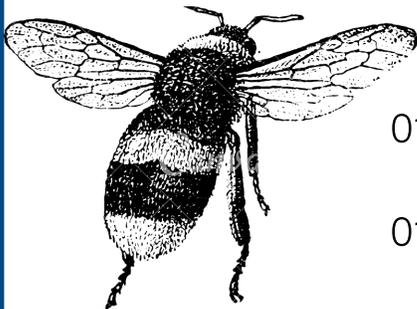
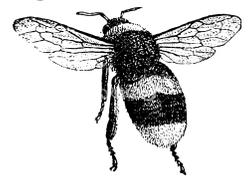
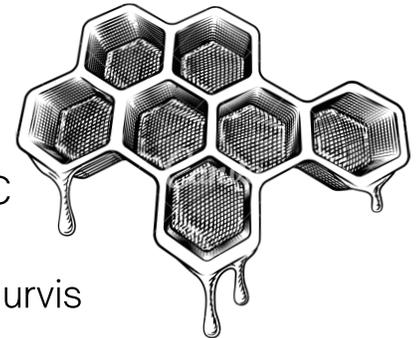
SOUP Craft Event @ Somerset Room Warch CC

01/23 @ 7:00PM CST

SOUP movie night "Onward" @ Memorial Chapel

01/23 @ 9:30PM CST

SOUP movie night "Onward" @ Memorial Chapel





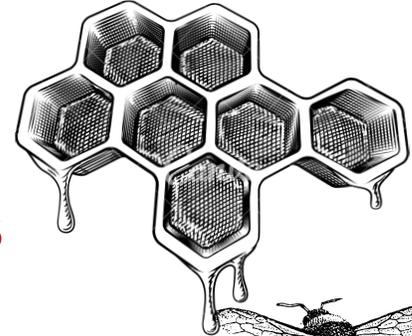
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## People & Places

**In all emergencies dial 911.**

Appleton police department: (920) 832-5500

National Suicide Prevention Hotline: 800-273-8255

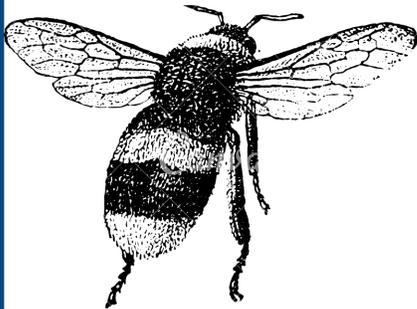


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SafeWalk: 920-419-8398, 920-832-6999

Wellness Services: 920-832-6574,  
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