

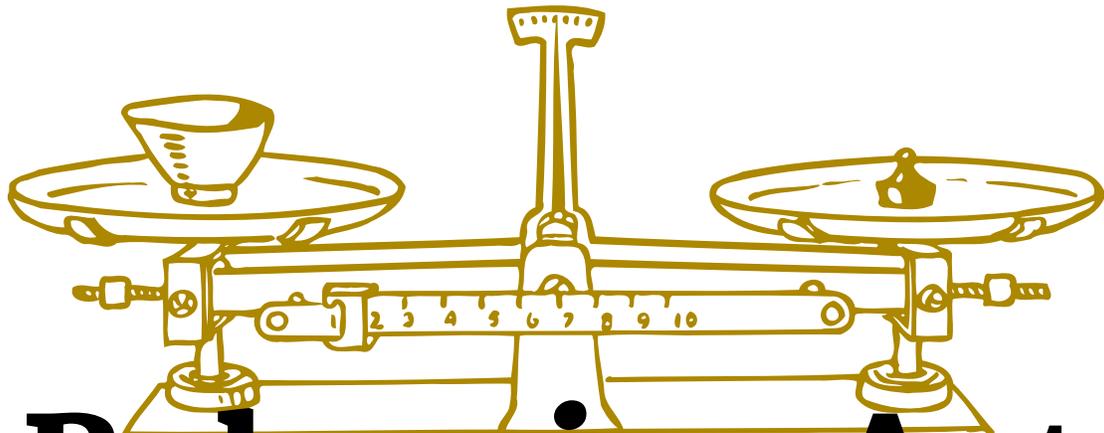


You Belong

newsletter for students
of unique backgrounds



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



Balancing Act

Written by Dani Massey

As you know, the world is a total mess. Everything and everyone seem so chaotic that you might be wondering how anything will be restored to something resembling a world for a stable future. In fact, I know that many of you have been wondering this, myself included. How can anything be normal? The dreaded winter term has just begun, and nothing seems right anymore. You're not alone. You also have some things within your control and recognizing them will help you feel a little bit better even if it's just a micrometer of hope.

Being alone doesn't mean you have to be lonely. Since we live in the Internet Age, we have nearly unlimited access to tools to help us connect with other people. If you haven't already found a way that works for you, now is always a good time to start. At Lawrence, most if not all social programming including clubs have moved to a distanced format. They usually meet over Zoom or Microsoft Teams, so reach out to organizations you're interested in to get more information. The Lawrence website has a list of contacts for clubs on the student organizations page, for example. You can play video games over the internet while chatting on a Discord server which a great way to stay connected with friends who live far away or meet someone from across the world. Making calls back home can add extra support if you are homesick, want to check on loved ones, or see your pets over FaceTime! Take some time to explore what interests you and helps keep you motivated

Technology does a great job of keeping us connected, but sometimes it just isn't helpful. You might have heard of the term doomscrolling (this word hasn't been added to the dictionary yet, but it might be added soon!).



For those who might not have heard this term, it is the act of continuously scrolling through social media and news outlets on the internet that provide a consistent flow of negative information about current events and topics that you subscribe to. Doing this may significantly increase your stress which may lead to anxiety and obsessive news-checking behaviors that just create a cycle of negative thoughts. If you can manage your use of technology, you may be able to avoid doomscrolling before it starts or at least catch yourself in the act. Mindfulness may help you gain awareness of how you are using technology which is likely more than ever before.

“How are you using your technology?” is a great question to ask when assessing where you’re at in your relationship with technology and social media. If answering this question is hard, consider taking a look at your phone or computer’s usage stats which are often located near your battery settings. Be sure to add both devices’ time to get a more accurate picture! Another way to check in is to evaluate the kind of content you are consuming most regularly. Does it leave you feeling anxious and holding your breath? Or, is it empowering and productive? If you don’t like the answer to these questions, remember to forgive yourself first and then make concrete plans to alter your habits. One tactic to revising your habits is to limit your time on upsetting websites and apps. There are apps such as Forest which can block distracting sites for a length of time that *you* set (plus you get to plant little trees!). Another tactic of managing your digital stress is to spend more time away from technology altogether. Solitary activities can be highly rewarding and refreshing when done often.

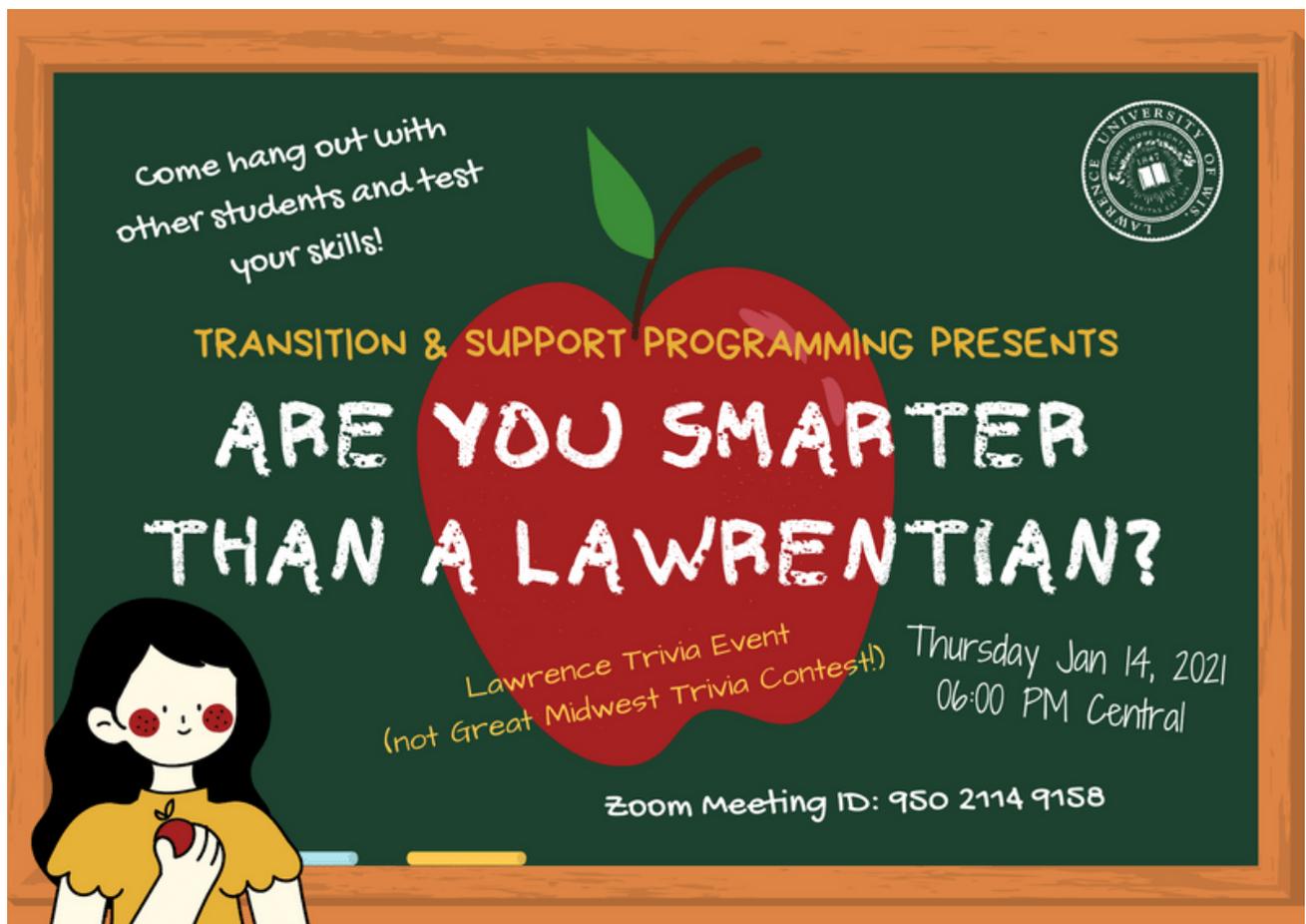
To manage your time alone, there are many ways to occupy yourself that do not include doomscrolling. There are benefits to taking time for solitary activities that improve your wellbeing in a variety of ways. Some of which are stress reduction, lowered blood pressure, increased circulation, better sleep, anxiety management, and improved performance in school and work. So, what can you do alone that doesn’t feel totally isolating? More than I can list here! The first and most obvious thing is keeping up with your studies. No one ever thought of that before. You can also: learn to play a musical instrument, indulge in personal projects, exercise, keep your room clean, build LEGO, explore your spirituality or religion, or read an extra book, and much more. When you want to pick up a new hobby, be sure to give it plenty of time by doing it regularly. By this I mean simply doing a little bit every day. If you do this, then you will find that it is more rewarding, and you’ll make progress faster. I can’t wait to see what you’ll do with newfound interests!



Welcome Back!!

There are lots of new events and content made just for you this term with some surprises upcoming next term. Check back here for announcements about bi-monthly events and more!

This week: Lawrence Trivia
Thursday 01/14/2021
6:00PM Central Time
Zoom Meeting ID: 950 2114 9158



Say What?

Poll of the week

Come back next week to see the results

What are you looking forward to most this term?

Use the code to submit your answer!



SCAN ME



Lawrence Lingo

The what's what and who's who on campus

The Rock

No, not Dwayne "the Rock" Johnson. It's just a rock, honestly, but Lawrentians love it.

The Rock hangs out on Main Hall Green where it has been since at least the 1960s. It gets painted and decorated throughout the year by students. Be on the lookout for your class color!

Pictured is a graduation photo from 1960 courtesy of the Lawrence archives.

Your Questions Answered

Anonymously asked, proudly answered.

Do you have a burning question about how to do college stuff?



Look no further! You can submit a question at any time and we will answer it here. Want to know more about financial aid, or maybe just looking for some anonymous advice? Anything goes!

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

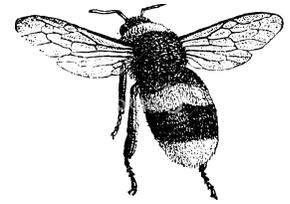




Get Connected



People & Places



In all emergencies dial 911.

Appleton police department: (920) 832-5500

National Suicide Prevention Hotline: 800-273-8255

Accessibility Services: 920-832-7206,
joanna.morey@lawrence.edu

Associate Dean of Students, Rose Wasielewski:
920-832-7203, rose.wasielewski@lawrence.edu

Campus Safety: 920-832-6999

Center for Academic Success: (920) 832-6530,
CAS@lawrence.edu

Tutoring: 920-832-7022,
julie.a.haurykiewicz@lawrence.edu

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

Wellness Services: 920-832-6574,
wellnessservices@lawrence.edu

