



You Belong

**newsletter for students
of unique backgrounds**



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



Loved From Afar

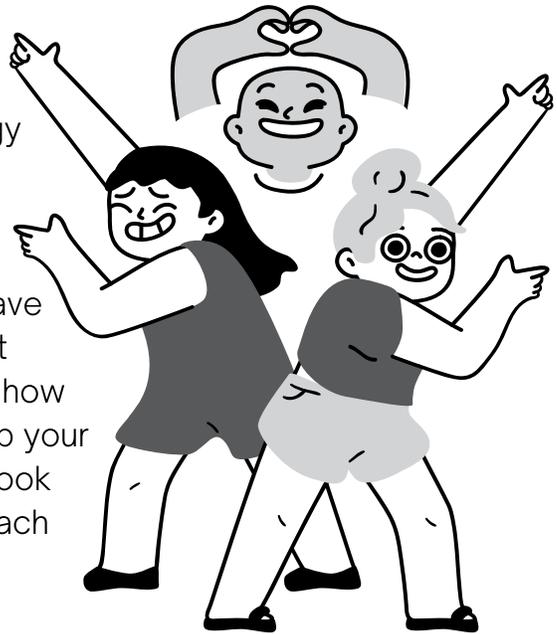
Written by Dani Massey

With Valentine's day having just passed, you might be thinking about love, romance, belongingness, and connection. This year it may even feel more bittersweet or confusing with distance between good friends and families kept apart by hundreds of miles. As young people, our relationships play a huge part in the formation of our identities whether it's a continuation of traditions from your family's culture or breaking free to find a place in the world that accepts you for you. We rely on the help of mentors and feuds with our rivals to shape our thoughts, beliefs, morals, and future relationships. So, it's no wonder we care so much about keeping company during this period in our lives. We are discovering ourselves with every joke, flirtation, and sarcastic comment. Our world is feeling very lonely right now and we have every right to acknowledge that.

But for as isolated as we feel, we are not alone. You have an entire generation who is going through exactly what you are. That in of itself is grounds for connection and community. We will come out of quarantine with more appreciation for each other and hopefully use that as motivation to make a better world. In the meantime, though, it may feel like you are the only person in the world, sitting alone in your room day in and day out with very little contact with others. Baking bread, playing video games, and trying out casual hobbies have lost their appeal and now you only wish you could see your loved ones' smiles through their cloth-covered faces several paces away. You might even feel forgotten about, ignored, and unloved. Although those feelings probably feel like an undeniable truth since the voice in your head is mostly your own these days, that couldn't be further away from being a real truth...

... People are missing you right now! Like you, they think about you and wish they could see you as soon as they can. There are people out there who care about you very much and are loving you from afar even if they aren't the same folks you might have had in your life a year ago. You are loved and missed.

Now is the time to open up communication more than ever before. It's tough to pull off though if you're someone who get fatigued from technology easily. Sometimes work and classes are the only things you can do in a day and that's okay. You don't have to be connected all day every day in order to maintain your relationships, but you do have to be vulnerable sometimes, and very very honest about your feelings. It's important to show others how you feel about this situation, that you want to keep your connections. It's hard on all of us and it might all look differently. But what's important is that you do reach out to remind your friends that you care. Although they might be far, keep them close to your heart.



"What should young people do with their lives today? Many things, obviously. But the most daring thing is to create stable communities in which the terrible disease of loneliness can be cured."



— Kurt Vonnegut



Say What?

Poll of the week

Come back next week to see the results

What did you do over reading period?

Use the code or link to submit your answer!

<https://forms.gle/Es6xR4rGzi8rh2VY7>



SCAN ME



Happy Lunar New Year!
It's the year of the Ox!

Lawrence Lingo

What's what and who's who on campus

Prez Ball

Every year LU hosts a giant formal dance complete with a live jazz band and chocolate fondue. Students and faculty show up for this night of fun music and socializing.

This year the event will be held in a tent on Boldt Way weather permitting. Otherwise, it will be moved to Somerset where it usually takes place.

Check out **Get Connected** for more event info.

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.

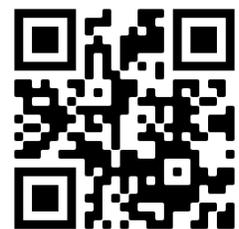
Learn more about your own writing style, journalism, and photography while gaining exposure and getting published.

Send questions and concerns to lawrentian@lawrence.edu

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:

I'm currently struggling with actually identifying my breaking point. I'm stressed (for sure!), but I'm also getting things done and doing a lot. At what point do I say it's too much, though?



This is a great question, Anon! Balance is so tricky! The Lawrence Busy can be a very real stressor. Academics, clubs, jobs, volunteering, socializing, and taking care of your personal life are but a few things most students deal with on a day-to-day basis here. Don't get even get us started if you play a sport or do extracurricular research! That's enough to make anyone's head spin. It sounds like you do a lot, Anon, and you should be proud of your accomplishments. This might just be your starting point to finding balance.

I would change one thing about how you phrased this question, though. You mentioned committing up to your 'breaking point.' It might be helpful to view this in a different light. Instead of thinking about at the point at which you might break, you might want to think of the right level of activity that will keep you busy enough to be enriched, and perhaps a little challenged. If you always aim for your breaking point, you don't actually give yourself the space you need to grow. Since you are constantly at odds with yourself, you also don't get to enjoy your experience as much either. (Who wants a miserable college experience?) This is a great way to get burnout. So instead of asking yourself when you will break, try asking yourself at what level of activity do you feel most yourself, that is, happy, healthy, challenged, and still curious. Try putting that into practice and let us know what you think. ...

Your Questions Answered

Anonymously asked, proudly answered.

... With this new mindset in mind, let's address some common issues.

Time management:

Maybe it's time to step back from an activity or two. Even though we spend most of our time in front of a computer screen these days, doesn't mean it takes less energy to attend to all of our responsibilities despite what we might tell ourselves. Schedule in breaks and blocks of time where you don't have anything—you'll figure out a way to spend this time, trust me.

Learn to say no. As Lawrentians we love to compete and help even more. Whether it's just one more task for a friend every now and then, those do add up sooner than you might expect. Maybe it's time to take a step back from helping so much. And no, saying no doesn't make you a bad person.

If things seem all over the place, have someone else take a look at your schedule. Friends can give great feedback if you just need a fresh pair of eyes to see what's going on. Sometimes you need someone a little more experienced. You can reach out to a professor you trust, an advisor, or an academic counselor at any time and they will be more than happy to help you figure out a solution that will help you reach your personal and academic goals.

Quality versus quantity:

Are you someone who just wants to do as many things as you can, either because you want to experience everything or make your resume look as good as you? If this is like you, you are bubbling with enthusiasm to try new things, but this approach might actually be detracting from you more than it's benefitting you. If you find yourself in this position, you might not be giving individual engagements very much time at all which leaves you with no more evidence than your name on a roster for showing up. Graduate programs, internships, and employers typically value quality over quantity and will choose candidates that have something to show as a result of their involvement. Are you contributing to something you're proud of? ...

Your Questions Answered

Anonymously asked, proudly answered.

... Are you happy with the work you're doing? If you're not, it might be time to reevaluate your priorities. You've got no need to worry if you need to step back from a couple activities to give the time to make something rich with quality. Make sure it's something you actually want to be doing.

Stress management and mental health:

How do you react to stress? Are you a doer, freezer, avoider, feeler, people-pleaser? We all express stress in different ways and if you're not in touch with how you deal with it, it might be actively working against you. Take some time to do some self-exploration to identify how you can tell when you're feeling stressed out besides the eruptive feeling of frustration and wanting to quit. Once you've reached that point, you've probably maxed out your stress for a while already. For example, one of our team members feels stress in their body. It causes them a lot of pain and fatigue. They've learned that when they start to feel stressed out, it usually starts with a bad headache so when that happens, they have learned to take a break, breathe, walk around, and talk to friends to lower the level of stress that has entered a threshold amount. It takes time to discover just what works for you, but it so worth it to know how to take care of yourself.

If you are feeling like stress might be affecting areas of your life such as your ability to work, go to classes, or enjoy time off with friends, then it might be time to talk to a counselor to see if maybe this is a bigger problem. Anxiety, ADHD, depression, bullying, homesickness, feeling socially isolated, and many other issues can cause big disruptions in your daily life which can make it hard to focus, plan, stick to commitments, or get in the way of you being satisfied with your life. If this sounds like you, consider seeking out additional support for longer-term solutions. ...

Did you know you can take a whole class on your academic wellbeing? UNIC 117 runs every term and is only 3 units. It's perfect for any schedule!

Your Questions Answered

Anonymously asked, proudly answered.

... You are among many who struggle (and thrive) with the Lawrence Busy. This community is teeming with bright, curious, and involved people who want to get the most out of life by participating in academics, service work, and just about anything that seems interesting. If it's any consolation, you're not alone by any means. I bet you can find more than a couple friends who can relate to this. Thanks for reaching out, Anon. Reaching out is an important step in managing whatever is causing problems for you. If you'd like to connect one-on-one, feel free to shoot us an email at rose.wasielewski@lawrence.edu.

Scan the code or follow the link to submit a question.

You can leave your email for a direct response too.

<https://forms.gle/MEJsEUUEg3Qi9Uad6>



*Lawrence students
and a girl from the
Appleton community
race tricycles at
Winter Carnival,
1979.*

Lawrence University Archives

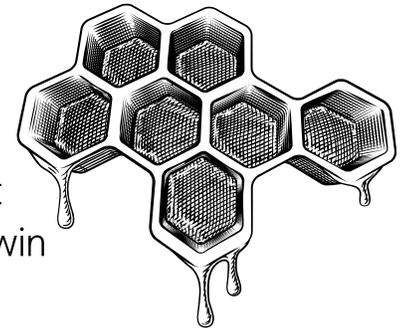


Get Connected

Upcoming Events

02/15 @ 11:30AM - 1:00PM CST

It's on Us Week of Action Kick-off (meet campus advocate, Allison Bohlen, and win prizes) @ Warch CC

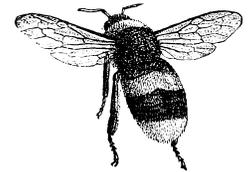


02/15 @ 4:30PM CST

Virtual Meditation
@ Zoom, Meeting ID: 398759940

02/16 @ 11:15AM CST

Physically Distanced Yoga
@ Wellness Center Gym

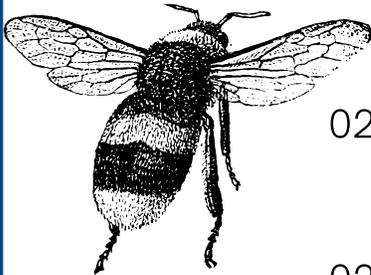


02/16 @ 11:30AM CST

It's on Us Week of Action Resource Meet-up (meet campus advocate, Allison Bohlen) @ Warch CC

02/16 @ 3:00PM CST

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



02/16 @ 6:00PM CST

Q&A discussion of the film Talking Black in America @ Zoom, ID: 99761727746

02/17 @ 12:00PM CST

TRX Live on Zoom,
@ Zoom, Meeting ID: 89173062450

02/17 @ 5:00PM CST

Physically Distanced Yoga
@ Esch Hurvis Studio, Warch CC

02/17 @ 5:45PM CST

Tai Chi @ Weyerhauser Lobby, Warch CC





Get Connected

Upcoming Events

02/17 @ 7:00PM CST

LU Reads

@ Zoom, Meeting ID: 97059080502

02/17 @ 7:00PM CST

It's on Us Week of Action: Mindfulness, Healing,
and Self Compassion Workshop with Megan Parker

@ Zoom, Meeting ID: 95208402503; Passcode: 253140

02/18 @ 11:00AM CST

It's on Us Week of Action: Know your Title IX

@ Zoom, Meeting ID: 98935311553

02/18 @ 11:15AM CST

Physically Distanced Yoga

@ Wellness Center Gym

02/18 @ 3:00PM CST

It's on Us Week of Action: Know your Title IX

@ Zoom, Meeting ID: 93828184563

02/18 @ 4:30PM CST

In Person Guided Meditation

@ Esch Hurvis Studio, Warch CC

02/19 All day

Survivor Support Day (wear teal!)

02/19 @ 4:00PM CST

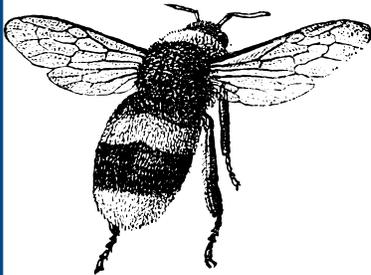
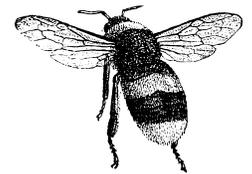
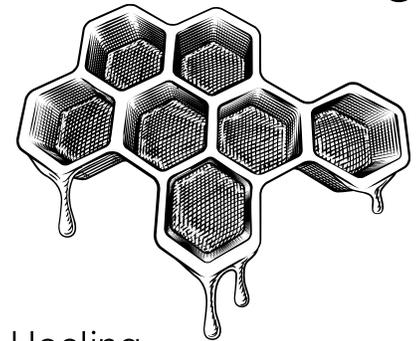
Mudd Library Fiber Arts and Chat

@ Zoom, Meeting ID: 91889764762

02/19 @ 7:00PM CST

S.O.U.P. Live Music

@ Cinema, Warch CC (capacity 44)





Get Connected

Upcoming Events

02/20 @ 2:00PM - 6:30PM CST

Ping Pong Tournament
@ Esch Hurvis Studio, Warch CC

02/20 @ 2:30PM CST

Setting Up for Success (improve your study skills
and tips for practicing self-care)
@ Zoom, Meeting ID: 92797216343

02/20 @ 3:30PM CST

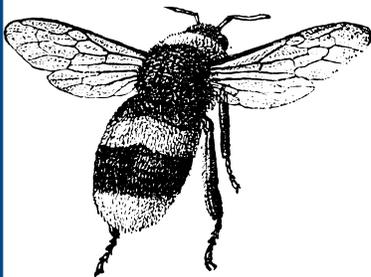
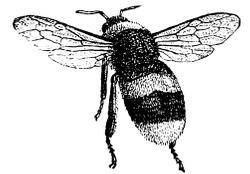
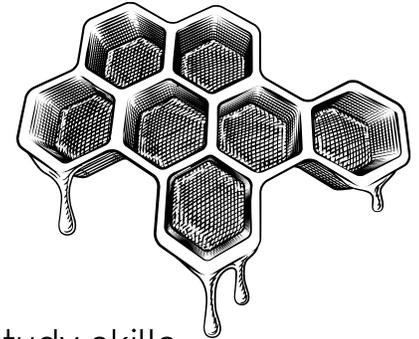
LU Swing Club: Distanced Line Dance
@ Somerset Room, Warch CC

02/20 @ 7:00PM - 11:00PM CST

President's Ball (reimagined)
@ Boldt Plaza (or Somerset Room, Warch CC)

02/20 @ 10:00PM CST

Delta Tau Delta and JDRF Bonfire
@ Gilboy Fire Ring (near SLUG gardens)



Can't get enough of our content?

Find us on the web!



Sophomore, Transfer,
& First Gen Resources



@StudentLifeAtLU



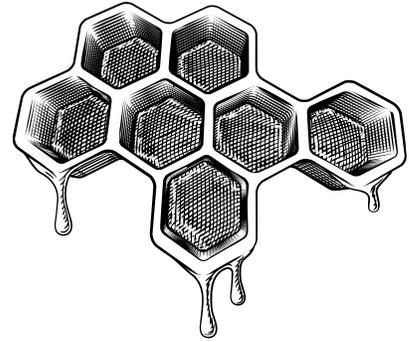
Get Connected

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

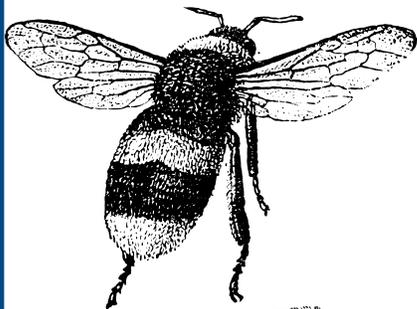
Associate Dean of Students, Rose Wasielewski: 920-832-7203,
rose.wasielewski@lawrence.edu

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

