



You Belong

newsletter for students
of unique backgrounds



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



Slow and Steady

Written by Dani Massey

If you grew up in the United States or other westernized parts of the world, you have probably heard of Aesop's fable titled "The Tortoise and the Hare." The folktale tells the story of two unlikely competitors in a race, an ambitious but arrogant hare and a meek and witty tortoise. They are pitted against one another in a competition that seems to have an obvious winner from the get-go, the speedy hare. However, the hare assumes that he will win the race no matter what he does, so he takes a nap to prove his point. In the time the hare snoozes away, the tortoise gains on him little by little, eventually winning the race. The loss is tragic for the hare who was so close to winning but did not use his strengths to his advantage. Instead, he is humiliated by his pride that caused him to lose to a slow and steady tortoise.

Similarly, we frequently sabotage ourselves in academia... and in life. Procrastination that results in binges of work that trips us at the very end of our deadlines, overloading our schedules with fun or work that causes us to lose out on important developmental activities like hanging out with friends in college, and ignoring our mental and physical needs in order to compete with our perceptions of the Lawrence Busy which greatly diminishes our quality of life are all things that we might be doing right now that harms our wellbeing and potential to do great things as students, faculty, citizens, members of humanity. These things hurt us not because we are competing with our peers and colleagues but because we create cycles of stress that become habits, fueling our bodies with higher levels of stress hormones and projecting unhealthy expectations on our time and our bodies. If we live like this constantly, our habits become like the hare who binges work which results in unrealized potential and harmful behaviors toward ourselves and others...

... So, what's the big deal about stress hormones and high expectations? Isn't being busy a sign you are involved in life? Research suggests that sleep deprivation causes sleep-wake dysregulation that decreases your performance, resulting in slower response times, decreased cognitive ability, and higher levels of low moods as expressed as depression and anxiety (Pilcher et al). There are also new emerging views on stress that people can become addicted to business and stress in cycles that we can create for ourselves through overexerting ourselves and procrastination. We like the reward and stress hormones that get released when we put ourselves in situations that we perceive as "dangerous," "rushing," or "thrill-seeking." You might even think to yourself that you do your best work when you are "under pressure" at the last minute. The problem with such chronic stress includes risks of high blood pressure, heart disease, obesity, and diabetes among many, many others. College students are known to use higher levels of caffeine and develop substance use disorders in addition to more sleep deprivation and chronic stress compared to other age groups. Later down the road, even more health issues may appear from sleep deprivation and chronic stress. Take a moment to identify what might be a sleeping hare in your life. You will need to be specific about your tendencies, views, and habits.

What makes a habit healthy? Most of it has to deal with mindset! There is a twofold process to sort out what may be causing your self-sabotage. The first is to develop a growth mindset about your ability to change and learn at any age and stage in life. Cutting edge researchers Angela Duckworth and Carol Dweck have written entire books and given compelling TED Talks on the topics of GRIT and resilience that say time and time again that changing your perspective on failure to a positive one is the thing that sets successful people apart from those who never recover from disaster. The second helpful step is to approach your goals from a process-centered perspective. Process thinking is a philosophy that emphasizes "the process" of completing your goals that organizes your time, resources, and thoughts into steps that allow you the time and space to realistically solve each puzzle. With process thinking, you will often spend more time planning and preparing the execution of the project. For example, you will study for little bits all term rather than binging your work right before exams (which also hypes up your stress levels).





Here are some tips to manage your stress as you begin practicing growth mindset and process thinking, to become like the steady tortoise. *Lean into the present moment*, celebrate your successes, and honor your losses. *Observe your needs and respect them*. Are you tired or hungry? Have your other needs been met such as social or spiritual practices? *Learn when you need to say no*. No one has all the time in the world, so you might limit your commitments. Are you being realistic about what makes you self-actualized? *You may need to ask for help*. There are probably others who can pick up tasks that you can't do. There's no need to be a martyr. If you're finding your routine to be stale, you can *diversify your daily rituals* by finding a new hobby, taking a healthy risk, or indulging in something you have been wanting to do. However, this won't help if you use it as a means to procrastinate. It also won't help if you are worrying the whole time because that is not a true mental rest. *Don't take yourself too seriously!* Be sure to rest, laugh at mistakes, and goof around with your friends sometimes. It will help reduce your blood pressure, make you more creative, and develop healthier relationships. You can always retake a class, respond emails later, and take more time to finish your degree. The world will still be there for you to save when you are finished taking care of yourself first. Remember that no grade, honor, or cv line is worth your physical and mental health.

If you feel overwhelmed with tasks to the point that you don't know where or want to start, then it may be time to discuss this with someone who can help. Identifying a problem might be tricky, so here are some issues others face that you might relate to: Feeling hopeless or helpless about your situation; Stress that you feel you can't handle; Thoughts of dropping out of school; Consistently bad or dropping grades; Thoughts of self-harm or suicide; You don't enjoy things that you normally do; Trouble focusing; Sleeping too little or too much (it might even happen during class); Feeling that everything is out of control; Reading and writing fatigue; New shyness and self-isolation. There are resources on campus that are here to help you, including counselling, academic counselling, tutoring, and accommodations. Find more in the **Get Connected** section of this newsletter.

"Why waste time proving over and over how great you are, when you could be getting better?" – Carol S. Dweck



Say What?

Poll of the week

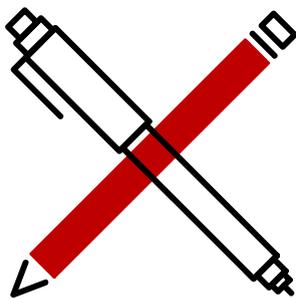
Come back next week to see the results

Lawrence Lingo

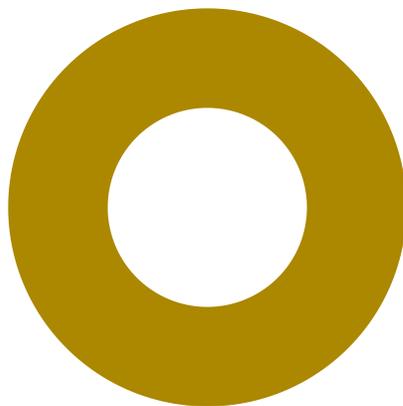
What's what and who's who on campus

What do your finals look like?

Use the code to submit your answer!



How do you study with friends while honoring the pledge?



I've taken to studying alone: 100%
 Virtually: 0%
 Outside: 0%
 Other: 0%

Wriston Turnaround

Take a trip off campus to run errands at nearby shops with the Shopping Shuttle!

The Wriston Turnaround is located between the Wriston Art Center and Mudd Library. Each day of the week you will be able to meet here to take a trip to town. Be sure to bring a mask and socially distance.

Your Questions Answered

Anonymously asked, proudly answered.

Anonymous asked:
How do we deal with financial aid when we simply aren't getting enough?



That's a great question, anon! There are some options that you might not have considered. You should definitely speak to your financial aid counselor first. They can double-check to make sure that all of your awards are applied to your account and make case-by-case recommendations for you. If you have already exhausted your federal, state, and institutional aid, you may want to apply to external scholarships found through organizations such as your high school, professional affiliations, and favorite companies. You may also be eligible for academic grant monies which have many unclaimed funds through non-profits, government orgs, and university partners.

Lawrence offers the opportunity of applying paychecks directly to your student account for students who work on campus. Having a job on campus can be very rewarding if you have the time to work. Lastly, the Lawrence community is here for you no matter your economic background. Know that there are resources available to you if, after all this, you still can't make ends meet. I would contact Financial Aid and the Dean of Student's office if this ends up being your situation. If you would like yet

more advice, please feel free

reach out to us again!

-- The Transition &
Support Team

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

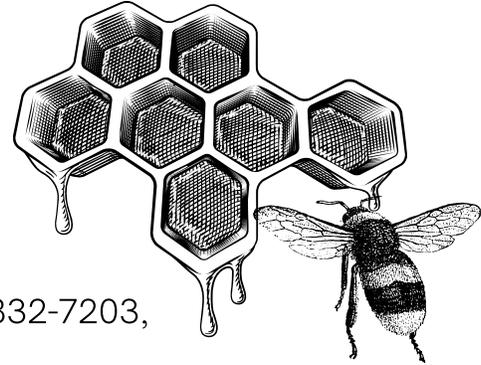
Campus Safety: 920-832-6999

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, wellnesservices@lawrence.edu



Upcoming Events

11/10 @ 11:15AM - 12:00PM CST

Physically -distanced Yoga (GYM)

@ 4:30PM - 6:00PM CST

Black Art & Black Lives Matter in Germany
Roundtable Discussion (Zoom)

11/11 @ 5:00PM - 5:45 CST

Physically-distanced Yoga (Esch Hurvis
Studio)

11/12 @ 11:15AM - 12:00PM CST

Physically -distanced Yoga (GYM)

@ 4:00PM - 5:30 PM CST

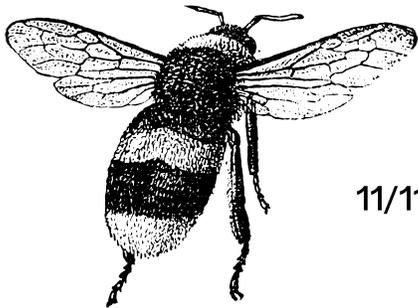
Guided Meditation (Sabin House)

@ 6:00PM - 7:00PM CST

Native American Heritage Month Event
(Zoom; ID: 979 1361 3231)

11/13 @ 4:00PM CST

Fiber Arts and Chat (Zoom; Contact: Holly
Tuyls, holly.a.tuyls@lawrence.edu)



Source:

June J. Pilcher, Allen I.
Huffcutt, Effects of Sleep
Deprivation on
Performance: A Meta-
Analysis, Sleep, Volume
19, Issue 4, June 1996,
Pages 318-326,
<https://doi.org/10.1093/sleep/19.4.318>