

Wednesday, November 8, 2017 at 1:09 PM Central Standard Time

Subject: Take a Break!

Date: Wednesday, November 8, 2017 at 1:09 PM Central Standard Time

From: Kimberly A. Barrett

To: STUDENT-L, FACULTY-L, STAFF-L

Hello Lawrence Students, Faculty and Staff,

I am writing to encourage you to take a short break from the end of term busyness by participating in two upcoming opportunities for personal and professional development or by simply making time for some structured relaxation.

Upstander Training

November 13, 2017 - RSVP by November 10

Somerset Room (WCC), 4:30 pm - 8:30 pm*

This training is open to ALL Lawrence Students, Staff and Faculty Members. The Upstander training will help you build the skills to interrupt bullying or other harmful behaviors and comments. Learn how to become an agent for change and co-creator of positive narratives about race and other identities. Participants will unpack real-life scenarios to enable them to effectively challenge prejudice in our community. Those who plan to attend are asked to commit to be present for the entire training session. Please RSVP at div-inclusion@lawrence.edu by November 10.

**There will be pizza for dinner, and light refreshments available during the training.*

Powerful Ways to Respond to Microaggressions, Stereotypes and Isms

Cultural Competency Lecture Series. November 16, 2017

Esch Hurvis Room (WCC), 11:30 am - 12:30 pm

This interactive session will discuss ways that targets of microaggressions, stereotypes and 'isms' can respond to bias in ways that are self-affirming and empowering. Social Science research will be reviewed to inform participants' understanding of concepts related to microaggressions and stereotypes. Participants will also engage in case study and role play to practice powerful ways to respond in these situations. Please RSVP by November 13th by emailing us at div-inclusion@lawrence.edu

Visit the Wellness Center or Sabin House

To rest your body and mind as part of your ongoing routine of self-care, I recommend a visit to the campus Wellness Center or Sabin House to exercise, engage in mindfulness activities, reflect and rejuvenate. During high stress, busy times like the end of an academic term it is even more important than usual to make time for self care.

Best wishes for a successful end of term and a break that is whatever you need it to be!



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