



# Whitman Today

Monday, November 30, 2020

## Area College Counselors Come Together to Share Self-Care Tips



Whether it's getting ready for finals, missing family members during the holidays or working through a seemingly never-ending schedule of video meetings, we all need to cultivate our self-care skills during stressful times.

That's why counselors representing the Walla Walla Tri-Colleges came together to provide self-care tips and resources for students, faculty and staff across the three communities.

[Read more about their suggestions.](#)

## Announcements

**Cyber Monday Bookstore Sale**  
Look no further than the Whitman College Bookstore to fill your upcoming holiday gift needs.

Head to the online store today for 30% off all the things! (Except textbooks, which are usually not very good presents, and Hydroflasks, which are 25% off.)

Shop safely online and the bookstore will deliver orders via the post office.

[Visit the Whitman Bookstore](#)

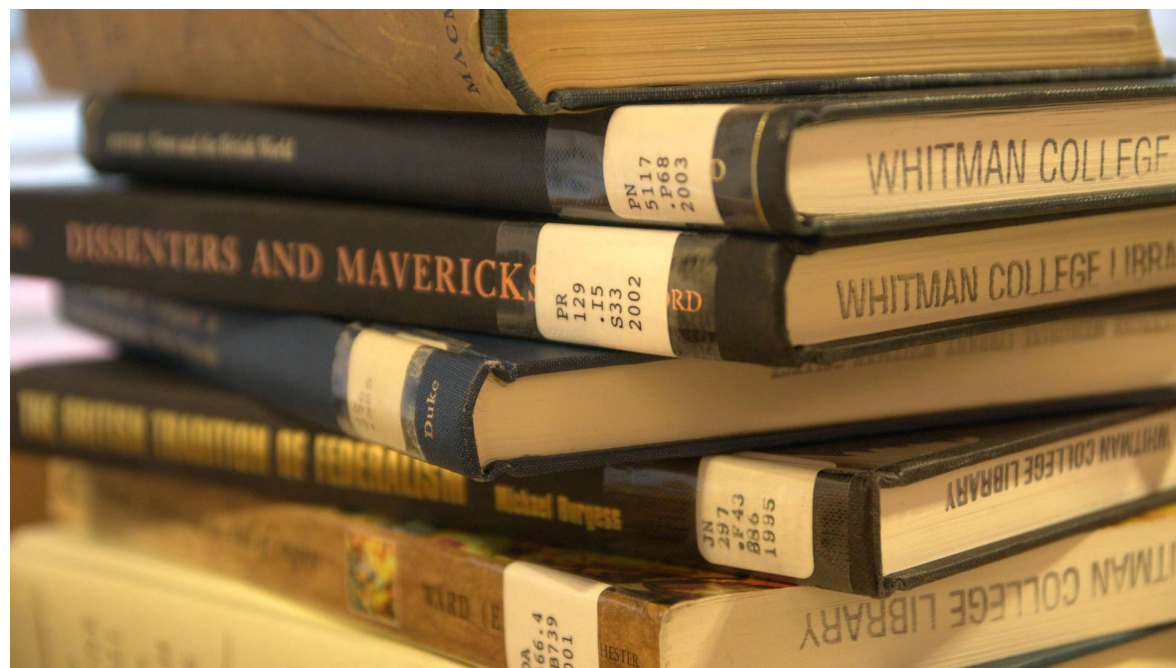


### Employee Benefits Open Enrollment

Whitman College benefits open enrollment takes place Nov. 20-Dec. 8. You only need to take action if you are making any changes or want to enroll in a flexible spending account (FSA). There will be no premium changes for 2021.

Please carefully [read the Open Enrollment Summary](#) and [view the Benefits Open Enrollment Presentation](#) as they provide details on plan enhancements and changes for 2021. Changes go into effect on Jan. 1.

## Question of the Week



Today is Reading Day, and while we know that technically means a day for students to study for finals, it inspires us to look forward to a day of reading for fun. So this week we want to know: what's your book recommendation?

[Submit a Book Recommendation](#)

## Happening Today and Tomorrow

TODAY	<a href="#">Reading Day</a> <i>No classes today ahead of the start of final examinations.</i>
TOMORROW	<b>Final Exams</b> <i>Finals exams for Fall 2020 will take place from Dec. 1-5. See <a href="#">the exam schedule</a> on the registrar's website.</i>

[Whitman Events Calendar](#)

Have a virtual event you'd like to share with campus? Email the details to [whitmantoday@whitman.edu](mailto:whitmantoday@whitman.edu).

## Campus and Community Health



### Clean Hands Save Lives

Regular handwashing is one of the best ways to remove germs, avoid getting sick and prevent the spread of germs to others. Whether you are at home, work or out in the community, handwashing with soap and water can protect you and the people you love.

When soap and water isn't available, hand sanitizer containing at least 60% alcohol is a good alternative.

[Read more](#) on how to protect yourself and others from getting sick.

"Whitman Today" is produced by the Office of Communications and is emailed Monday-Friday to Whitman College staff, faculty and students. All times are listed in Pacific Daylight Time.

Submissions are welcome! If you have a professional or personal accomplishment to celebrate, an event to publicize or other content to share with the Whitman community, email [whitmantoday@whitman.edu](mailto:whitmantoday@whitman.edu). Submissions should be 125 words or less. The deadline for submissions is noon for the following day's newsletter, though submissions may be held for a later date according to space and editorial needs.

