



Whitman Today

Friday, November 5, 2021

Reflecting on the Reimagined First Year Seminars



Whitman's First Year Seminars (FYS), which launched in Fall 2020, grew from a process that began during the 2018-19 academic year when the General Studies Committee began re-imagining the first-year course. The resulting program focuses on helping students develop the skills of writing, reading and discussion as they build community. Faculty members benefit as well. They collaborate on common learning goals and facilitate peer-to-peer professional development.

Mary Raschko, associate professor of English, has been integral to the planning and development of the FYS program and serves as the first director of the re-vamped curriculum. Raschko and other Whitman faculty members shared about the background, structure and benefits of the FYS in [a recent article for Private University News and Products](#).

#CLIMATE COPING WORKSHOP

Based on Joanna Macy's *The Work That Reconnects*
Facilitated by Lily Seaman, MSW, SWAIC

Does the topic of climate change bring feelings of anxiety, grief, or distress? If yes, this group is for you. Whitman students are invited to attend a two-hour Climate Coping workshop presented by the college Counseling Center this Sunday, Nov. 7 from 1-3 p.m. in Reid G02. The workshop will follow the spiral of "The Work that Reconnects", a model developed by deep ecologist Joanna Macy. The spiral can be incredibly transformative and anyone who is curious is encouraged to attend! Please email facilitator Lily Seaman at seamane@whitman.edu to reserve a spot.

This event is part of Whitman's 2021-22 Academic Theme.

Announcements

Cleveland Now Open to Faculty and Staff

In-person dining at Cleveland Commons is now open to faculty and staff. Because 11:30 am to 12:30 pm continues to be highly crowded, faculty and staff are asked to eat at Cleveland during the second lunch hour, 12:30-1:30 pm. As a reminder, you can use the Bon App mobile app (for [iOS](#) and [Android](#)) to view the menu and place your order ahead of time for sit-down or grab-and-go dining.



Outdoor Program SSRA Classes for Spring 2022

Students, if you're looking for fun and active additions to your spring class schedule, consider pre-registering for an SSRA class taught through the Outdoor Program. Remember, up to 8 SSRA credits count toward your graduation requirement. There are a wide variety of classes, including skiing, snowboarding, wilderness first aid, climbing, kayaking, camping and more — many of which include substantial field trips! Review the [Spring 2022 Outdoor Program SSRA Classes](#) for the full list of classes and details on available financial aid.

WEB Attitude of Gratitude

It's the final day of WEB's Attitude of Gratitude week, and you're invited to be thankful for one more person: yourself!

Join the Self Appreciation Day Open Mic Night from 6-8 p.m. in Reid Coffeehouse to sing, perform, and destress through fun games and activities.

Associate Dean of Students: Health & Wellness/Counseling Center Director Dr. Rae Chresfield will also give a short talk about the importance of self-care.



Happening This Weekend

TODAY

- noon [Continuing the Conversation](#)
Come to the first "Continuing the Conversation" of the year to discuss the upcoming Power & Privilege Symposium and meet the team behind this community event.
- 4 p.m. [OP Rental Shop Gear Tour](#)
Spend an afternoon learning about some of the gear that the OP rental shop has to offer! Learn to set up a tent, start a stove, protect your food from predators (bears and friends alike), and more!
- 7 p.m. [Whitman College Men's Basketball vs Eastern Oregon University](#)

SATURDAY

- noon [Entomology Day Hike at Bennington Lake](#)
Spend your day hiking at Bennington Lake and learning about the bugs and other flora and fauna!
- 6 p.m. [Diwali Celebration](#)
Join the South Asian Student Association in celebrating the festival of lights, Diwali. Explore a variety of food, test your taste buds in our spice eating challenge, get creative with rangoli (colored sand) and painting diyas, put henna on your hands while respecting and understanding a rich and diverse culture of South Asia.
- 6 p.m. [Whitman College Women's Volleyball vs Lewis & Clark College](#)

SUNDAY

- 10 a.m.-3 p.m. [BIPOC Outdoor Club & International Students Day Hike](#)
Whitman BIPOC Outdoor Club welcomes international students to join a day hike trip to Twin Sisters, a sacred Native American site open to the public.
- 1 p.m. [Bike the Wheat Fields](#)
Take a ride around town to see some of the beautiful views of the Walla Walla Valley and the Blue Mountains. This is not a mountain biking trip, riding will be only on paved and gravel roads. Bike, helmet, and rental clothing included.
- 1 p.m. [Climate Coping Workshop](#)
Does the topic of climate change bring feelings of anxiety, grief, or distress? This workshop presented by the Whitman College Counseling Center is for you.
- 3 p.m. [Senior Composition Recital: Koby Haigerty](#)

Whitman Events Calendar

Have an event you'd like to share with campus? Submit the information to the [Events Calendar](#).

"Whitman Today" is produced by the Office of Communications and is emailed Monday through 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. 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. By submitting to Whitman Today you also authorize use on Whitman's social media unless otherwise specified.

Previous issues of Whitman Today are [archived on our website](#).

