



Whitman Today

Wednesday, October 14, 2020

Walla Walla Impact Series

Join students, faculty, staff and alumni from the Walla Walla Tri-Colleges in a discussion facilitated by Thomas Witherspoon, Whitman's vice president of diversity and inclusion, on why voting is important, voter suppression, advocacy and preparing to be engaged citizens.

The panelists include:

- Sharon K. Nelson '73, retired Washington State senator
- Timothy Golden, professor of philosophy at Walla Walla University
- Robert Simison '95, mayor of Meridian, ID

[Learn more about the panelists.](#)

This online conversation will take place at noon on Thursday, Oct. 15.

Contact [Monica Chapman](#) for questions regarding this event.

RSVP for the WW Impact Series



Announcements

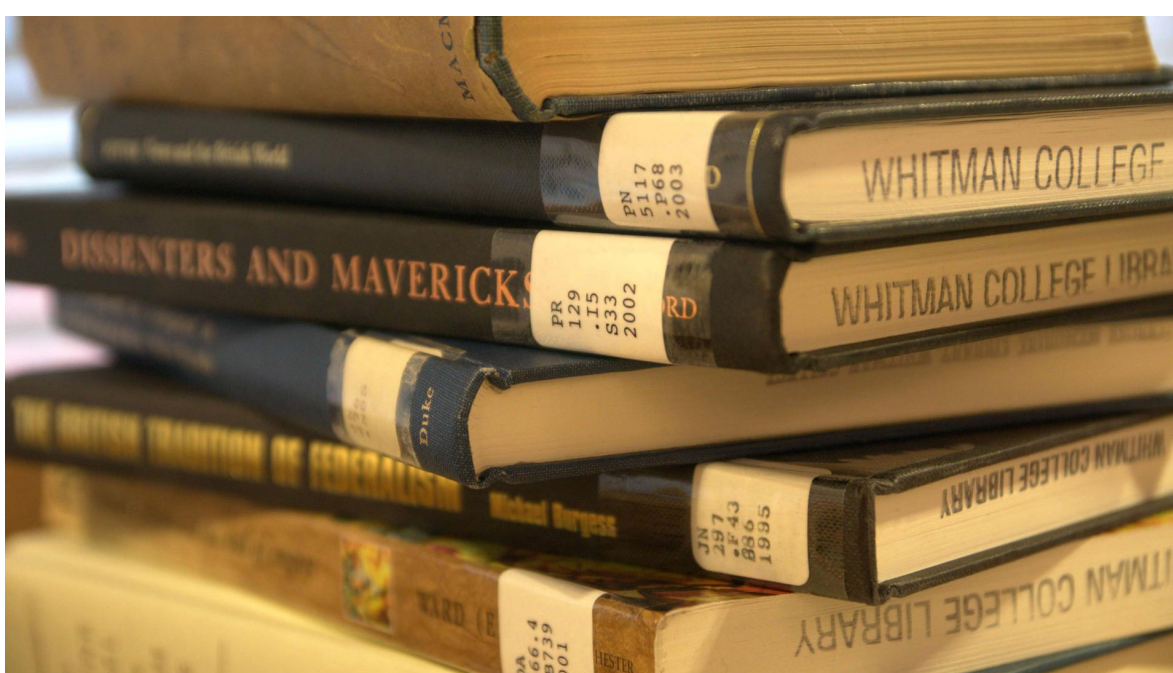
Speak Out Conversation Series

The Outdoor Program (OP) hosts a [weekly series of conversations](#) at noon on Fridays with the hopes of creating a welcoming platform to discuss a myriad of critical issues facing our communities. While conversations are hosted by a student or group, any Whitman affiliated students, faculty, staff or community members are encouraged to join in! You can [watch last week's discussion](#) on Indigenous History and Outdoor Spaces, including conversation about land acknowledgements. [This Friday](#), Wako Soma '23 and Lennae Starr '21 will be discussing the history of exclusion in national parks and forests and how intergenerational trauma manifests as demographic divisions in the OP and outdoors in general.

Using Whitman's Employee Assistance Program (EAP)

Are you unsure of how Cascade Centers, Whitman's Employee Assistance Program (EAP), can help you or your dependents at no cost to you? Take just a few quick moments to complete the confidential [EAP Benefit Match quiz](#) to determine which EAP services are best for you. Don't forget that Cascade Centers can help you with legal matters, identifying child care or eldercare, connecting to mental health counseling, financial resource assistance, completing a basic will, steps to take in buying, selling or refinancing a home and life coaching.

Academic Resource



Library Workshop Recordings Available

Missed either of the library workshops in September? You can find the recordings for info sessions on how to use the library this semester, and how the library can support thesis work, on [the remote access guide](#). They've attached timecodes so you can quickly jump to the sections you are particularly interested in. On the [front page of the guide](#) you will also find videos showing how to virtually browse the library and getting remote access to resources. Please don't hesitate to get in touch if you have any questions; you can find a chat box on the guide or library homepage or [send them an email](#).

Happening Tomorrow

TODAY

- 4 p.m. [Common Read Project](#)
Students, staff, faculty and alumni are invited to the Common Read Project to discuss the moments of realization Ibram X. Kendi narrates from his life, as a way to consider the epiphanies we've had in our own lives.
- 5:30 p.m. [Craft Your Future: A Professional Development Series Presents: Building your Professional Network with Kim Rolfe](#)
A professional network is imperative to success in realms you may not be looped in to. This webinar will teach you how to build strong professional relationships and how they can help you access information and opportunity while keeping you connected to Whitman.

More Upcoming Events

Have a virtual event you'd like to share with campus? Email the details to whitmantoday@whitman.edu.

Getting to Know...



Thomas R. Armstrong
Associate Professor of Psychology

What are your areas of expertise?
Disgust and anxiety-related disorders.

What should students know about anxiety disorders and disgust?
If you have an anxiety-related disorder, there is effective, evidence-based treatment available. It will most likely involve approaching the object or situation or internal sensation that you fear (exposure therapy), so that you can learn new information that you miss out on by avoiding the situation. However, exposure therapy doesn't seem to work as quickly with disgust. It's harder to unlearn than fear. But you can learn to pursue things you value while experiencing disgust. Sometimes, people with disgust-related disorders are afraid to share what they are going through with their therapists, because the topic is taboo. That's completely understandable, but don't worry: therapists are trained professionals and will be eager to learn more about what you are going through so they can help.

What is one new thing you have done during the pandemic?
Preserving lemons.

"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. 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.

