

STUDENT ENGAGEMENT

Weekly Newsletter

In this issue:

- YOUR First 8 Weeks
- Week 6 My Success
- Tips for your sixth week

YOUR First 8 Weeks

To help you stay focused and get connected, we've put together a guide to help you focus on what is important throughout the first half of the semester to set you up for success now and into the future. See below to find a guide to your SIXTH week!

Week 6: My Identity

Who are you and how do you define yourself?

For many students, the college experience – courses, coursework, new environments, and exposure to faculty, staff, and your fellow students - is an opportunity to explore and question various pieces of your personal identity and how you exist in this world. We encourage you to dive into those explorations, and think about what parts of your identity matter most to you.



College is a time to be exposed to new ideas and cultures, both in the classroom and from your peers. Your understanding of yourself, and the pieces of your identity that are most important to you, will continually change throughout your life as you experience new things. We hope you take advantage of different opportunities to explore your place in this world, not just this week but throughout your time at MassBay and throughout your life. This week there will be multiple workshops and events dedicated to exploring and discussing various aspects of our students' identities. Whether you hold those pieces of identity personally or not, each workshop is a chance to learn about yourself and the world you live in.

THIS WEEK YOU SHOULD FOCUS ON:

Attend events and expose yourself to new ideas:

Race Card Project:

- Come join the Young Men and Women of Color Coach Joselina Fontes and Assistant Professor of Psychology Brian Jones as they lead students in a conversation about how the Race Card Project is shifting people's mindset about races and gives the opportunity to explore their individual experiences, questions, hopes, dreams, laments, or observations about race and identity. Monday, October 7th from 12pm-2pm in the Wellesley Library Atrium.

Accessibility and Race:

- Join Disability Resources in the Second of a 4-part series of workshops being hosted throughout October, each aimed at building knowledge, reducing misconceptions, and increasing understanding the issues of disability that impact MassBay faculty, staff, students, and beyond. Tuesday, October 8th from 1pm-2pm in the Wellesley Alumni Board Room. Join in the conversation around "Accessibility and Race" to share your unique experiences and learn from others.
 - Interested in continuing the conversation? Mark your calendars for parts 3 and 4:
 - October 24th 11am-1pm Wellesley Auditorium; "Autism goes to College," a 2019 film with panel discussion.
 - October 29th 12pm-1pm: "Accessibility and Student Veterans."

Gender Expression Workshop:

- Over the past few years, we've seen an increased national discussion and understanding of the complexities of gender and gender expression. Join our Wellness Coordinator ShaQuan Read and our Assistant Director of Academic and Transfer Advising Rhian Waterberg on Tuesday, October 8th from 11am-12pm in the Library Atrium to learn more.

Healthy Relationship Series Workshop

- Attend this weekly Drop-In Series around developing healthy relationships and communication. Each week focuses on a different topic and explores a different aspect of being in relationships (friendships, professional and family relationships, and romantic relationships). Whether you attend every week, or just once, all are welcome! This week join in on "Communication: What's My Style" Wednesday, October 9th 1:00pm-2:00pm, Wellesley Library Conference Room B.
 - Interested in exploring other aspects of Healthy Relationships? Mark your calendars with the remaining workshops below:
 - **College Communication Skills** on Wednesday, October 16th 1:00-2:00pm, Library Conference Rm. B
 - **Internet and Social Media** on Wednesday, October 23rd 1:00-2:00pm, Library Conference Rm. B
 - **What's a Healthy Relationship** on Wednesday, October 30th 1:00-2:00pm, Library Conference Rm. B
 - **Being in a Relationship** on Wednesday, November 6th 1:00-2:00pm, Library Conference Rm. B
 - **Consent** on Wednesday, November 13th 1:00-2:00pm, Library Conference Rm. B
 - **Decisions about Sex** on Wednesday, November 20th 1:00-2:00pm, Library Conference Rm. B

International Lunch Hour

- For several years, the International Club has hosted a monthly International Lunch Hour on Friday afternoon to highlight our International students and learn more about the countries and cultures they grew up with. Join the International Club in the Wellesley Alumni Board Room on Friday, October 11th from 12:00pm to 1:00pm to hear from one student about her experiences growing up in **Mexico**.
 - Interested in the other lunch hours? Mark your calendars with the remaining International Lunch Hours for the year below:
 - **Nigeria:** Friday, November 1st 12:00-1:00pm, Wellesley Alumni Board Room
 - **Ukraine:** Friday, December 6th 12:00-1:00pm, Wellesley Alumni Board Room
 - **China:** Friday, February 14th 12:00-1:00pm, Wellesley Alumni Board Room
 - **Lebanon:** Friday, March 6th 12:00-1:00pm, Ashland Campus
 - **Brazil:** Friday, April 3rd 12:00-1:00pm, Wellesley Atrium
 - **Chile:** Friday, May 1st 12:00-1:00pm, Wellesley Atrium

Continue your own explorations

Look for groups and organizations that will allow you to continue exploring new pieces of your identity.

Prepare for Midterms

One piece of identity you currently hold is *Student*.

- Make sure you are preparing for midterms next week by catching up on any missing assignments or readings.
- Create a schedule for the next week that incorporates extra time for