



Middlebury

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There is no singular college experience. While some things such as taking classes are a given, the rest of college is by and large what you make of it. In this weekly newsletter, I will share ways to hone your strengths and take advantage of some of the things Middlebury offers that are designed to help you succeed, grow and realize your goals. Read on to see this week's tips for thriving at

Middlebury!



Jennifer Guinn Sellers, Ph.D.
Dean of the First Year Experience

Finding the Energy

The part of the semester in which we are closer to the end than the beginning tends to be the same time that everyone starts to feel a little tired. And it's no wonder why. Assignments, classes, and co-curricular obligations feel so important that they often take precedence over things that should be non-negotiable like sleeping 8 hours a night and regular exercise. Without habits in place that support these foundations of well-being, your ability to perform at your best is going to be compromised. Don't believe me, check out these resources that explain why you should take the time to put healthy sleep and movement habits in place.



[The importance of sleep
\(podcast\)](#)



[Exercise and Learning
\(reading\)](#)

Courage and Vitality

Building habits that support increased energy, or vitality, is a way to foster the virtue of courage. The character strength of vitality rounds out the other character strengths that define courage - integrity, persistence, and perseverance - that we learned about in past weeks. It is also highlighted in our community standard of "Promoting healthy, safe, and balanced lifestyles."

Resources

There are lots of resources on campus to support the creation and maintenance of habits that build vitality. Health Coaches can be key allies in helping students develop good sleep or exercise routines. They also offer a resource called the "Wellbeing Check-Up" that is a way learn more about how the habits you already have in place are affecting your well-being.

If you are finding it hard to do the basics like getting out of bed, eating, and attending classes, you can schedule a conversation with a counselor on campus or via TimelyCare. If you're not sure if counseling is right for you, consider dropping in for a confidential 25-minute appointment with a counselor at "Let's Talk." These drop-in conversations are held Tuesdays - Fridays at multiple locations across campus ([more information here](#)).

Lastly, consider walking with me, Jen, around the golf course. Friday May 5th, I will be meeting students at 9am in the parking lot by the golf course to do the "golf course loop." I will have my dog Opal with me, so come for some fresh air and good company while we support one another in building the character strength of vitality.



Let's Talk



TimelyCare



Meet with a Health
Coach



On-Campus Counseling



WellBeing Check-Up



Ralph Myer Golf Course



Funding for PE classes

Important Dates

- 4/30 Summer Housing Applications due



Registration Information
and Instructions

Was this information helpful?

Please take less than one minute to let me know!

Feedback

No minimum order value

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Dean of the First Year Experience

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[Self-schedule an appointment here!](#)

Contact me.

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