



Middlebury

[Academic Calendar](#) [CTLR](#) [Health & Wellness](#) [Presence](#) [SFS](#)

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

Ending the semester with gratitude

If you are anything like me, you might be wondering how it is that yesterday was the last day of classes. I have had so much fun getting to know many of you and am wishing there was more time left to sit down with everyone else. Simply put, I am grateful that I get to share the start of your college journey with you! This leads us to the final character strength we will explore in our weekly newsletters, gratitude. Gratitude is rooted in the virtue of transcendence and allows us to stay connected with those things that are most important to us.

There are a number of benefits to being dispositionally grateful. People who consistently practice gratitude are happier, have less circulating stress hormones, are more resilient, sleep better, exhibit

greater self-control...and the list goes on!

Taking time to be thankful isn't something you should do only when things are going well. Recognizing and showing our appreciation can often be most beneficial when we are feeling anxious or low. Watch this short video to see just how much a consistent practice of gratitude helped Christina Costa cope with a major health challenge she has been navigating as a doctoral student at the University of Michigan.



How gratitude rewires your brain (video)

How to practice the strength of gratitude

There are a number of ways to begin a gratitude practice. You can

- begin each day thanking yourself for something you do well
- write down 3 things you appreciated at the end of each day. Keep these in a journal or a jar so that you can read these over on days you could use a mood boost.
- write a short note to thank someone who supported you during your first semester at Middlebury. It will make that person just as happy to receive your note as it will feel good to you to express your appreciation.
- share with a friend something you appreciate about them when you are taking a break from studying.

Resources

If you find it hard to identify things you are grateful for, that is alright. Like all of the other character strengths we have learned about, gratitude is a skill that is developed over time. Need help getting started? Consider meeting with a health coach, counselor, or chaplain for consultation and support.



Scott Center for
Spiritual and Religious
Life



Off-Campus Mental
Health Clinicians



TimelyCare



Meet with a Health
Coach

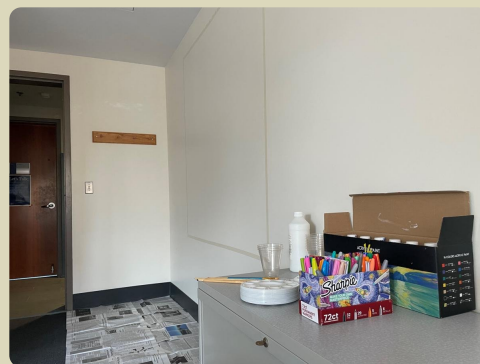


On-Campus Counseling

End of Semester in the FY Dean's Office

Take a break from studying by visiting with us in Allen 153!

- Relax in our lounge with new meditation table
- Contribute to our Collaborative Art Project



Important Dates

- 5/17-22 Self scheduled exam period
- 5/18-23 Final exam period
- 5/24 Residence halls close. Students are expected to move out within 24 hours of their last final or by the time the halls

close (whichever comes first)

- 5/28 Commencement
- 6/5 Spring grades available for students to view online



Registration Information
and Instructions

Was this information helpful?

Please take less than one minute to let me know!

Feedback

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

Contact me.

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