



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

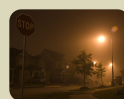
Living in a Diverse Community

Last week we began learning about the virtue of humanity by delving into the character strength of love and the patterns of behavior in close relationships. But how do we make sure we are calling on humanity to guide our interactions with people in our community we are still only beginning to know? Social intelligence allows us to practice compassion, respect, and dignity towards ourselves and others. It is the character strength stemming from humanity that aligns reason and emotion. We begin to develop our social intelligence when we reflect on our own thoughts and feelings while also making space to better understand the thoughts, feelings, and perspectives of others. Sometimes we get it wrong, but we learn from these experiences.

Importantly, social intelligence is most valuable when there is not an objectively “right or wrong” course of action. People high in social intelligence are practiced in considering multiple perspectives, and they choose to act in the way that is best aligned with their overarching purpose or aim in that moment.

At Middlebury, our community standards remind us that we are always striving to be “...a diverse and inclusive community committed to civility, open-mindedness, and finding common ground.” While we may all agree that this is important, the reality of it can be much tougher to do when we are living with others who come from different backgrounds and who have different identities and lived experiences. If we don’t take the time to center others in our interactions, even passing interactions, as well as reflect on our own biases and ways of seeing the world, we may inadvertently have a far different impact on others than what we are intending.

The following commentary does an excellent job of parsing out the multiple considerations that someone high in social intelligence thinks about when navigating a difficult or emotionally intense situation. When listening to this, remember that there is not a prescribed, correct course of action that is going to work for every person in every permutation of this situation. You will want to pay attention to what the speaker considers and how he connects these thoughts to his overarching purpose in this moment, and perhaps, in the time since this interaction took place. This commentary discusses issues of police shootings and race.



Commentary on race
and a police shooting
(audio and text)

Enhancing Social Intelligence

Any student looking to develop the habit of considering the perspectives of others should attend one or more JusTalks events. JusTalks is a student led workshop series that focuses on making the Middlebury community more empathetic to the barriers people may face and on becoming more aware of our own impact in creating or sustaining them. Another great resource for students is the Anderson Freeman Resource Center (AFC). The AFC maintains an environment that encourages the holistic development of students as they attain their goals of academic achievement and personal growth, while exploring and sustaining their identities and cultures. Another resource to consider is Health Coaching. In health coaching sessions, a health educator can work with you on developing goals and practicing skills with the aim of enhancing your social intelligence. Additionally, Chaplains in the Scott Center for Spiritual and Religious Life are available to offer counsel and support in these important matters, regardless of spiritual affiliation.



JusTalks



Scott Center for
Spiritual and Religious
Life



Meet with a Health
Coach



Anderson Freeman
Resource Center (AFC)

Navigating a Challenging Situation

For those looking for advice on how to navigate a challenging situation, Anti-Racism, Diversity, and Inclusion Office Hours are a place where you can share concerns related to difficult issues, seek support related to climate barriers, explore potential strategies to address concerns, and access individual consultation to develop strategies for navigating and responding to difficult issues. Your Resident Director is available to consult with on social issues related to your residential space. You are also

welcomed to consult with me to learn more about your options and resources.

Students seeking guidance within a confidential setting are encouraged to utilize counselors in our Center for Health and Wellness, scheduled counseling on the TimelyCare app, or community mental health professionals which all provide a confidential space to better understand emotions and patterns of behavior. Chaplains in the Scott Center for Spiritual and Religious Life are also able to provide confidential support.



Anti-Racism, Diversity & Inclusion Office Hours



Scott Center for Spiritual and Religious Life



Off-Campus Mental Health Clinicians



TimelyCare



Meet with your Residence Director



On-Campus Counseling



Meet with Jen

When Harm Has Been Done

Should a student experience an incident of harm or bias, they are encouraged to report the incident to the Community Bias Response Team (CBRT). CBRT supports impacted individuals and groups, provides education, and facilitates dialogue with the aim of repairing harm and preventing future incidents. It is not the purpose of CBRT to investigate, arbitrate, or to take the place of other Middlebury administrative processes; rather, the intention is to connect those who have witnessed or experienced an act of bias with appropriate support and resources.



Community Bias
Response Team
(CBRT)

Important Dates

- 3/28 @ 3:30pm: Room Selection Information Session. Join [HERE](#)
- 3/28 @ 5pm: JusTalks - A Conversation on Diet Culture & Fat Phobia. Axinn 219
- 4/2: Housing Application and Roommate Matching Deadline
- 2/24-4/17: Students May Drop a Course with Permission
- 4/1: [CSS Profile and FAFSA deadline](#). Financial aid recipients must complete these forms by this deadline to remain eligible for aid.
- 4/14: [Spring Student Symposium](#)



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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