

SPRINGFIELD COLLEGE



Springfield College **CONNECT**

News and Happenings from Alden Street

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This newsletter serves as a communication tool for our students, their families, and our campus community to stay informed. This is an important information platform for Springfield College to periodically share and exchange plans so that, together, we emerge strongly from the COVID-19 crisis.

Maroon Linings

No one can deny that the COVID-19 pandemic has been devastating to communities, families, and individuals throughout our society and the world. However, anyone who has been through tough times can usually discover silver linings in the experience—a positive outcome in an otherwise negative experience. Recognizing that these difficult times have probably produced their own silver linings, we recently asked a group of current student leaders what their "Maroon Linings" have been during the pandemic. More than a dozen students shared their experiences.

The dominant theme that emerged from this group was a focus on family, loved ones, and relationships, as **Derek Profita** shared, "I certainly appreciated the time spent with my parents and siblings. In a family of six, it's hard to all be under one roof at the same time. So, being home during the pandemic has allowed us to spend quality time together." **Ari Susi** spoke to the obstacle faced by many students—busyness—that suddenly shifted, noting "I got to take a step back from my crazy, nonstop, life and enjoy time with my family." **Douglas Wydom** recognized that this was a time to refocus on his priorities, adding "I have been able to re-evaluate what's important to me. I've realized the people who I miss the most and mean the most to me. . . and I've been able to strengthen my relationships... ." **Katelee McCormic's** focus went beyond her family to old friends. "A bunch of my old friends from elementary school and I made a group chat and have been able to reconnect after 10 years of not seeing one another," she said.

Beyond one's relationships, students spoke to seizing this opportunity for continued self-growth, especially in the area of mindfulness and self-awareness. **Taylor Tattan** mentioned, "I've been able to implement meditation in my daily routine and plan to continue this practice to enhance self-awareness, lower stress levels, and promote mental clarity when school begins again." **Natalia Kompocholi** shared that during the pandemic she was able to create some balance in her life and reconnect with herself.

"I used the time of isolation to explore my inner and outer self through mindful practices and investigation of my spirituality," she said. **Julia McCourty** noted, "One thing that has changed in my life for the better is my newly found ability to go with the flow and be comfortable with the unknown."

Not surprisingly, our Humanics mission emerged in the comments of student leaders. For example, **Nick Fazio** commented "I came to the realization...that a sign of true leadership in service to others is to make everyone feel important. When a leader makes their friends, colleagues, or acquaintances feel like they are important, then the leader is at their best."

Finally, students looked beyond Springfield College to the positive things happening during an otherwise challenging time. As **Molly Coates** pointed out, "The maroon lining of this pandemic is that it has allowed our world and society to unite and prioritize key issues and inequalities."

We hope that you are staying safe and healthy and that you are finding your own "Maroon Linings" during these difficult times. We look forward to seeing you back on campus this fall. More specific information will be forthcoming soon.

Feel free to share your "Maroon Linings" with us at studentaffairs@springfield.edu.

Patrick Love
Vice President for Student Affairs



Spirit, Mind, Body—and Fun!

At Springfield College, we're all about educating our students in spirit, mind, and body. But, we're also about having fun! Take our **recent trivia night** for incoming students held via Zoom on June 22. Participants responded to Springfield College-related trivia questions and had the opportunity to win prizes.

The trivia night was the first of multiple virtual events as part of the Springfield College Online Orientation Program (SCOOP), sponsored by the Office of Student Activities. These fun activities are a way to connect students and their families during the summer months. The next event is scheduled for **Thursday, July 16 at 7 p.m. and will feature a Family Feud theme**. Students and families can RSVP to this event by visiting springfield.edu/familyfeud.

As part of the virtual orientation program, students and families can join conversations to learn more about academic schedules and resources available for students. There also are opportunities to get involved with current students, faculty, and staff throughout the summer, all while preparing for their undergraduate journey at Springfield College. Visit springfield.edu/orientation2020 for more information.

Questions? Contact us at orientation@springfield.edu.

Locally Sourced, Locally Enjoyed

Harvest Table Culinary Group is committed to using **locally sourced products** wherever possible. The culinary team uses at least **20 percent of ingredients** that are locally grown, harvested, or produced within 150 miles of campus to keep food fresh and communities thriving.

When you return to campus you will see ingredients around the table that come from just down the road. The culinary team did an excellent job in showcasing this in our first **Summer Chef Series video**. We can't wait for you to try their new recipe collection.



Follow us on social media for updates on the fall program.

Instagram: [@springfielddining](#)

Facebook: [Springfield College Dining](#)

Twitter: [@SpringfieldDin1](#)

Web page: [Springfield College Dining Services](#)

Learn more about Harvest Table at [harvesttableculinary.com](#).

Student Trustees: A Voice for the Student Body

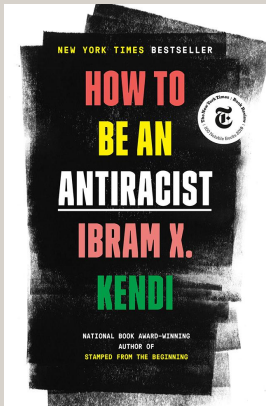
Developing leaders to serve others is the hallmark of a Springfield College education. That is never more evident than with students who serve as the Student Trustee and Student Trustee-elect on the Springfield College Board of Trustees. Senior **Kristian Z. Rhim** recently was elected as the Student Trustee after serving as Trustee-elect during the 2019-20 academic year. Junior **Sabrina Williams** was elected as the Student Trustee-elect.

“The biggest tool I’ve learned from the Student Trustee position is that great leaders represent more than



themselves,” says Rhim, a communications/sports journalism major. “Being the voice for the student body has taught me to prioritize all students’ feelings over my own. While I’ve always tried to attend different club events and meetings on campus, it has become a priority to be at a wide variety of campus activities and talk to as many students as possible. By engaging with different groups, I can accurately depict all students’ feelings on campus and not just my friend group. This position also has inspired me to work my hardest in everything I do because I want to be a great role model.”

Williams, who is majoring in sociology and English, says “Springfield College is a place of growth. A place where the questions I intend to ask can be answered and my plans to create an entirely inclusive campus will be taken seriously. Springfield College is a place where I can develop as the future leader I plan to be. Being a student at Springfield College means not only developing personally through one’s mentality and physicality but developing through service towards others in spirit. I have worked closely with the Office of Multicultural Affairs to provide a safe space for students of marginalized groups on the campus, and I have started Women of Power, a club that thrives off the ethnic, cultural, and racial differences of women. I am determined to continue my work for the improvement of the campus by listening to others to implement change on behalf of the student body.”



Join the Book Discussion for *How to Be an Antiracist*

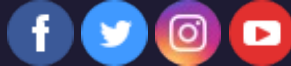
As you may be aware, some of the members of our staff and faculty are reading *How to Be an Antiracist* by Ibram X. Kendi, with plans for discussion this summer. If you bought the book and plan to join in the upcoming discussion groups, you can find out how to get reimbursed for the book by contacting studentaffairs@springfield.edu. Stay tuned for details on those discussion groups.

If you have questions or comments, please contact the Office of Student Affairs staff at studentaffairs@springfield.edu.

Join the Springfield community online.

Get an inside look at what life is really like at Springfield College.

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Springfield College is a smoke free/tobacco free campus.

Employment Opportunities

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