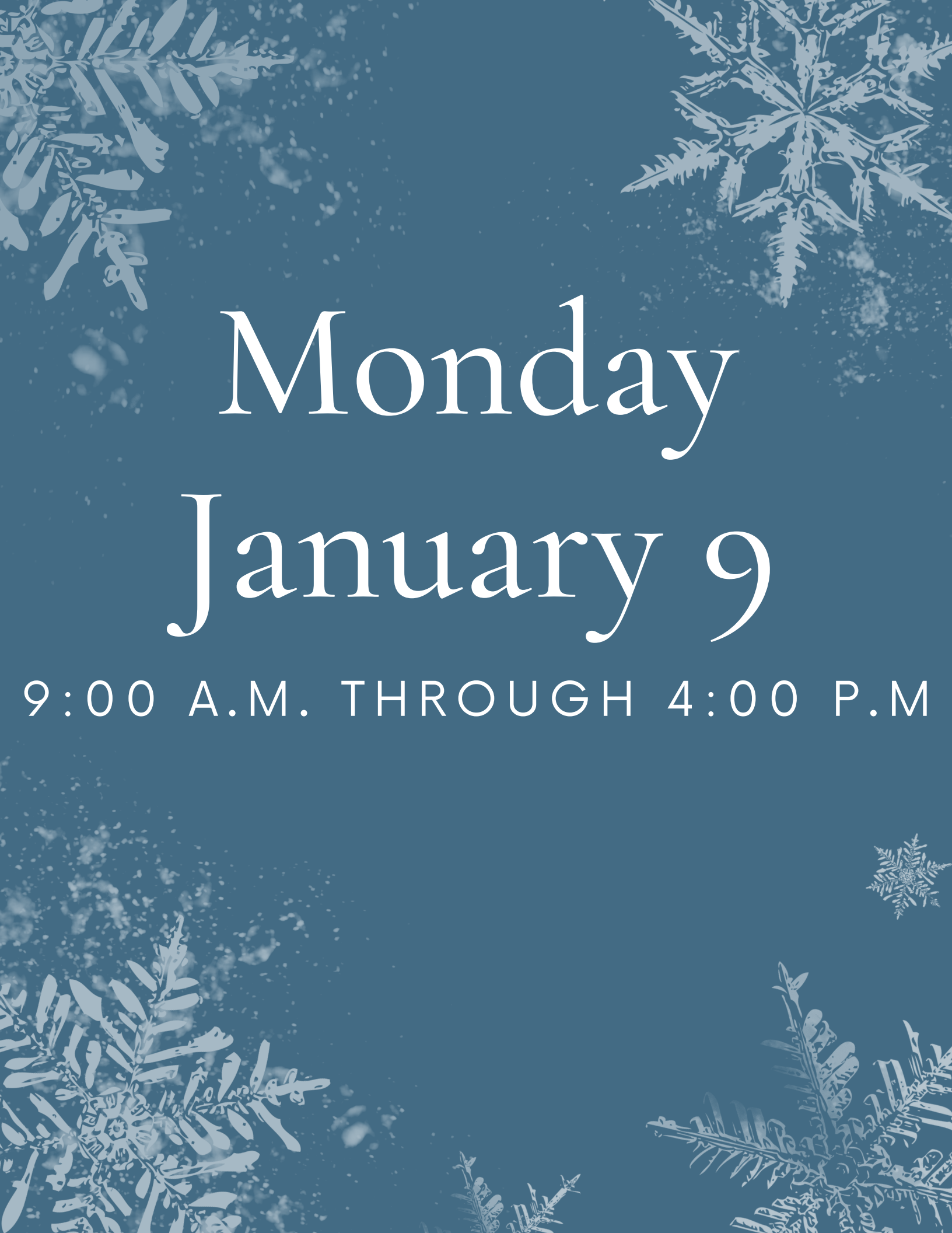




January Thaw 2023

BROUGHT TO YOU BY
EMPLOYMENT SERVICES,
ALONG WITH MANY OTHER
VALUED COLLABORATORS



Monday January 9

9:00 A.M. THROUGH 4:00 P.M.

Session 1 - Gatherings with Heart

9:00 a.m. to 10:00 a.m. with Rev. Kelly J. Stone,
College Chaplain

Location: Harmon Room, Library

Each time we gather, there is an opportunity to do something powerful, memorable and transformative. Why then, is much of our coming together lackluster? This session will introduce you to emerging voices that are sharing wisdom about how we gather, why we gather and how we can transform moments into memorable experiences that foster connection.

Session 2 - The Compassionate Ecosystem: How to Remedy Compassion Fatigue

10:00 a.m to 11:00 a.m. with Lea Howard, MPH, Certified Mindfulness Instructor

Location: Harmon Room, Library

WHAM invites you to a session that explores the importance of the various directions we are able to extend compassion, while also remaining open to receive it. We will touch on relevant research relating to the compassionate ecosystem, along with practical skills and application to sustain this ecosystem and our own well-being. There will be practice opportunities through a grounding meditation and a guided Loving-Kindness meditation. We will end the session with Q&A to further support the group's learning.

Session 3 - Archives and Special Collections Open House

11:15 a.m. to 12:45 p.m. with Megan Johnson-Saylor, College Archivist; John Esh, Archives Specialist; Ginny Moran, Librarian, Fine Arts & Humanities and Special Collections

Location: Harmon Room, Library

Join us for an open house in Archives and Special Collections where our focus will be on exciting recent acquisitions and newly processed collections. 9th century manuscript leaves, 21st century art books, and a swathe of artifacts and documents from our college's history going back 150 years will be on display for you to peruse. Come see our spaces, look through the collections, and talk about how we can collaborate and engage with our community to build and utilize these materials for teaching and research.

Session 4 - Reserving Spaces in EMS: New Features + Tips and Tricks

1:45 p.m. - 2:45 p.m. with Claire Edwards,
Event Operations Supervisor

Location: Zoom

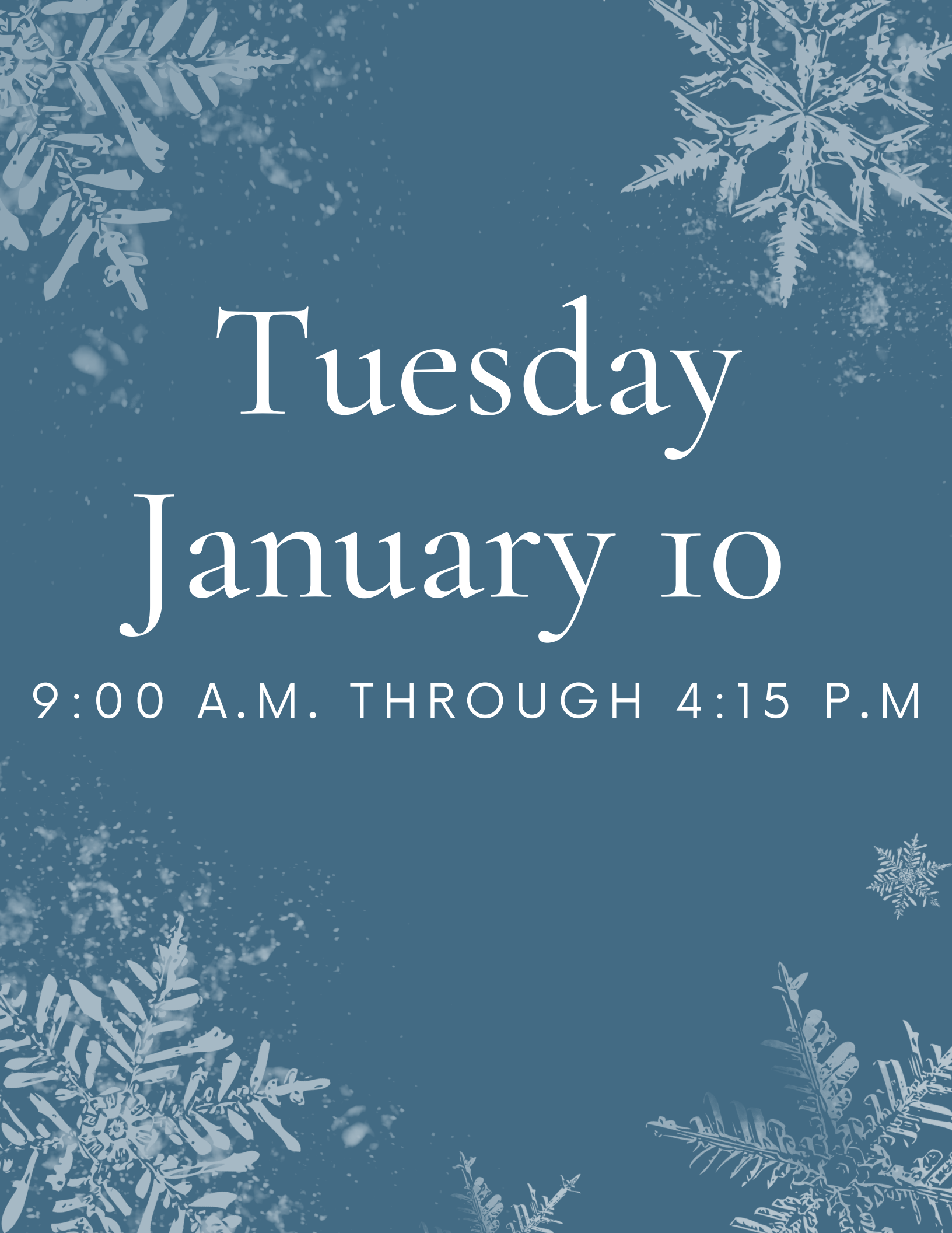
We will be introducing new EMS features such as Immediate Bookings and Google Calendar Integration. We'll also be introducing more spaces that can be reserved directly into EMS. We'll review how to find them and reserve them.

Session 5 - Macalester Student Wellbeing Trivia!

3:00 p.m. to 4:00 p.m. with Cassandra Worner and Audrey Seligman, Health Promotion Specialists

Location: Zoom

Have you ever wondered what alcohol and other drug use looks like at Macalester? Join us to find out in a fun trivia format where participants have the opportunity to win prizes. We will also discuss how social norms influence behaviors, and how to support students in using substances in less risky ways.



Tuesday January 10

9:00 A.M. THROUGH 4:15 P.M

Session 1-What's going on with Twitter? What Macalester's analytics say about the platform's future

9:00 a.m. to 9:45 a.m. with Ethan Brown,
Social Media Specialist

Location: Harmon Room, Library

Attempting to follow the developments of Twitter's new ownership and change as a platform is a tough task getting tougher by the day. However, this much is clear: Twitter has become a volatile platform with a future far murkier than it was just a few months ago. In this session, I'll highlight changes in Macalester's Twitter analytics and what they can tell us about the future of organizational presence on the platform.

Session 2 - Zzz: Running On Empty

10:00 a.m. to 11:00 a.m. with Sarah Moe,
Founder and CEO of Sleep Health Specialists
Location: Zoom

Prior to the global pandemic, our sleep issues were at an all time high. Three years later, we are still living through these tough days and nights. If the stress, worry and anxiety over the uncertainty we have been experiencing has been impacting your sleep, you are not alone. Join WHAM for a session regarding all things sleep. We will discuss COVID's impact on our sleep and mental health, signs and symptoms of sleep disorders, "Do's and Don'ts" to get more restful sleep, and much much more. This fun and interesting class will leave you with the tools you need to get you rested, so you and your family can get through 2023 as healthy, happy and productive as possible.

Session 3 - Updates to the Employee Status Form

11:30 a.m. to 12:30 p.m. with Annie McBurney, HR Coordinator; and Randi Hartman, HR Generalist

Location: Harmon Room, Library

We're making big, exciting updates to the Employee Status Form! Come see the new e-format, learn the new process, ask questions, and determine what this may mean for you and your area!

Session 4 - Attuned Eating: What It Is and Why It's Important

1:00 p.m. to 2:00 p.m. with Hilmar Wagner, MPH, RDN, LN, CD with the Emily Program

Location: Harmon Room, Library

We are all born intuitive eaters, responding to internal and external stimuli regarding what and how much to eat. However, at a fairly young age we lose this ability due to exposure to a wide range of highly palatable foods, structured eating times and increasing beliefs regarding the relative value of different foods. This year WHAM is working to offer staff and faculty opportunities to learn new approaches and practical strategies for nourishing our minds and bodies. We invite you to learn more about attuned eating: an attempt to return to an awareness of our body's internal hunger/fullness cues and inherent food preferences, while acknowledging the multitude of other factors that play into our decisions. Practicing attuned eating helps us to maintain a healthy relationship with food and find satisfaction, joy, and nourishment in our food and eating decisions.

Session 5 - From Ally to Advocate to Accomplice: Accountability for Action

2:15 p.m. to 4:15 p.m. with Alina Wong

Location: Harmon Room, Library

This workshop will explore different approaches to equity action and coalition building. We will discuss concepts of intersectionality and liberatory consciousness and end with action planning to embed social justice as daily practice.



Wednesday January 11

9:00 A.M. THROUGH 4:00 P.M.

Session 1 - Evidence-Based Conversation Strategies to Empower Student Decision Making

9:00 a.m. to 10:30 a.m. with Cassandra Worner,
Health Promotion Specialist and Jen Jacobsen,
Executive Director of the Hamre Center

Location: Harmon Room, Library

Have you ever felt stuck when a student is asking for advice, but you know you can't make the decision FOR them? We can help! Students are often looking for support making decisions around studying away, their academic and career next steps, and navigating ambivalence in other personal challenges and decisions. We'll focus on how we can support students in examining how their choices are aligned (or not) with their own values and empowering them to examine their own motivations for their decisions. In this session, we will practice motivational interviewing techniques to support students in navigating decision-making processes while emphasizing student autonomy and choice. This interactive session will focus on skills around open-ended questions and reflection, recognizing that change occurs when people give voice to their own reasons for change. These skills can be used in a variety of ways to support students, including helping them around their personal and professional goals.

Session 2 - Movement + Mobility

11:00 a.m. to 12:00 p.m. with Angela Nguyen,
NASM certified Personal Trainer, Nutrition
Coach, and Weight Loss Specialist

Location: Studio 1, Leonard Center

Get guided mobility exercises designed by trainer Angela Nguyen that are tailored to your body and lifestyle to relieve pain, prevent injury, improve range of motion and improve performance. WHAM brings you this program that offers simple, easy-to-follow movement and mobility sequences. Many of which you can do right from the comfort of your home. And in as little as 10 minutes a day, you can eliminate chronic pain, expand your range of motion, and increase your athletic output. The class will incorporate the proper use and effectiveness of foam rollers and mobility balls. Participants are encouraged to bring their own foam rollers if they have them, since the LC has a limited number. Each participant will receive their own mobility ball to take home. This class is limited to 10 participants.

Session 3 - Queering Higher Ed

12:30 p.m. to 1:30 p.m. with Mads Clark |
Assistant Director, Department of Multicultural
Life

Location: Harmon Room, Library

Queering" is a complicating of the taken-for-granted heteronormativity of everyday practices, spaces, and discourses. How can we utilize queering in higher ed or on our campus? Let's talk about it! Join Mads for an informative session on how queer theory, current trends, and trans* & queer student voices can guide our practices.

Session 4 - Who me?! Implicit Bias

2:00 to 4:00 p.m. with Alina Wong

Location: Harmon Room, Library

This interactive provides an opportunity to learn about implicit bias and reflect on the ways we have individually and collectively been socialized in inequitable structures and dominant norms.



Thursday January 12

9:00 A.M. THROUGH 3:30 P.M.

Session 1 - Just Do it: How Partnership with Advancement can benefit your program

9:00 a.m. to 10:00 a.m. with Members of the Development and Macalester Fund teams

Location: Harmon Room, Library

Join fundraising enthusiasts Tony Jennison, Carley Stuber, Eva Timmons, and Kevin Vollmers for a conversation about ways you can partner with Advancement to help increase giving to Macalester. We'll highlight Advancement's approach and purpose and share case studies from both Athletics and Forensics that spotlight recent partnership successes.

Session 2 - Neurodivergence and Disability Justice at Work

10:15 a.m. to 12:15 p.m. with Alina Wong

Location: Harmon Room, Library

This discussion explores types of neurodiversity and how to bring apply universal design and disability justice frameworks.

Session 3 - Who Ya' Gonna Call?

Planning a Campus Event

12:45 p.m. to 1:45 p.m. with AV Services: Jackie Sparrow; Bon Appetit: Robert Bowman; Communications: Julie Hogan-Underdahl; Disability Services: Shammah Bermudez; Reservations: Claire Edwards; Special Events: Kiernan Bartlett, Kathryn Dijkstra, Kate Frampton, Andi Wulff

Location: Harmon Room, Library

Don't be 'fraid of events! Although event planning can be daunting and sometimes a bit scary, let us introduce you to some of the Macalester teams who can help demystify the basics of campus event planning. This overview will provide you with some of the tools and resources to set you and your event up for success, making you both the keymaster and gatekeeper of your event. You'll leave with a greater knowledge of why, when, and who to call. Proton pack not required.

Session 4 - Helping Others in Stressful Situations: Lessons from a Children's Museum

2:00 p.m. to 3:30 p.m. with Stuart Chmielewski '06, Associate Director for Admissions Visits and Events

Location: Harmon Room, Library

When you see somebody in a stressful moment, are you comfortable empathetically stepping in to help them regain their sense of control? In this session we will learn and practice strategies which can be used in a variety of stressful situations, loosely guided by a framework used by Ramsey County and Minnesota Children's Museum.



Friday January 13

9:00 A.M. THROUGH 3:30 P.M.

Session 1 - You + the Library = <3

9:00 a.m. to 10:30 a.m. with Lizzy Baus & Kate Roarty

Location: Harmon Room, Library

What does the library offer for staff? Come explore and find out! Join library staff for a scavenger hunt that will take you to some of the nooks and crannies of the building. Learn about how the library can support you as a whole person — whether you need ways to entertain your children, an answer to a complicated question, or even a massage. The library is a space and a resource for ALL members of the community; come find your place!

Session 2 - Reunion 2023: More than just an alumni party

11:00 a.m. to 12:00 p.m. with Catie Gardner Smith, AVP of Engagement and Erin Updike, Director of Alumni Engagement

Location: Zoom

After the dust settles from Commencement, you might think campus quiets down for the summer. Before that happens though, Macalester transforms for 4 days to welcome back its alumni community for the annual Reunion event--this year, June 3-6. Join Catie Gardner Smith and Erin Updike from the Advancement Engagement department to learn about this year's alumni Reunion, what to look forward to, and how YOU can get involved.

Session 3 - Intersectionality: A Framework for Belonging and Liberation

12:30 p.m. to 3:30 p.m. with Alina Wong

Location: Harmon Room, Library

This workshop will explore the frameworks of intersectionality and liberatory consciousness to facilitate sense of belonging and change work at institutional and departmental levels. The discussion will foreground praxis to connect theory and action through application.



Thank you to
all our
contributors,
participants,
and
supporters!