Area College Counselors Come Together to Share Self-Care Tips

Whether it's getting ready for finals, missing family members during the holidays or working through a seemingly never-ending schedule of video meetings, we all need to cultivate our self-care skills during stressful times. That's why counselors representing the Walla Walla Tri-Colleges came together to provide self-care tips and resources for students, faculty and staff across the three communities.

Read more about their suggestions.

Announcements

Cyber Monday Bookstore Sale

Cyber Monday rounds out the online Bookstore sale for the week. The sale includes 30% off all textbooks, which are usually not very good, and hydroflasks, which are 25% off.

Shop safely online and the bookstore will deliver orders via the postal service.

Employee Benefits Open Enrollment

Whitman College benefits open enrollment takes place Nov. 20-Dec. 8. You only need to take action if you are making any changes or want to enroll in a flexible spending account (FSA). There will be no premium changes for 2021.

Please carefully read the Open Enrollment Summary and view the Benefits Open Enrollment presentation as they provide details on plan enhancements and changes for 2021. Changes go into effect on Jan. 1.

Question of the Week

Today is Reading Day, and while we know that technically means a day for students to study for finals, it inspires us to look forward to a day of reading for fun. So this week we want to know: what's your book recommendation?

Submit a Book Recommendation

Happening Today and Tomorrow

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When soap and water aren't available, hand sanitizer containing at least 60% alcohol is a good alternative.

Read more on how to protect yourself and others from getting sick.

“Whitman Today” is produced by the Office of Communications and is emailed Monday-Friday to Whitman College staff, faculty and students. All times are listed in Pacific Daylight Time.

Submissions are welcome! If you have a professional or personal accomplishment to celebrate, an event to publicize or other content to share with the Whitman community, email whitmantoday@whitman.edu. Please note that submissions may be embargoed or held based on space and editorial needs.