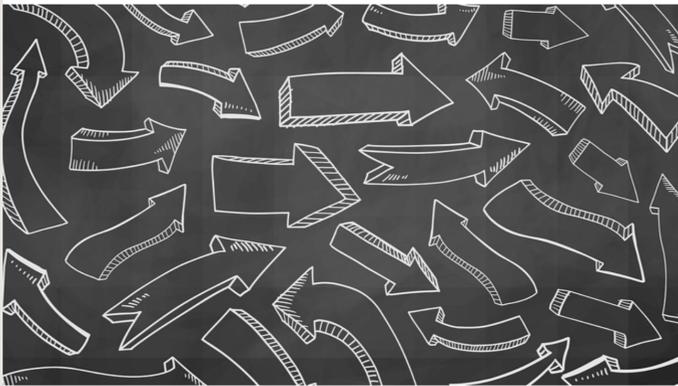




Whitman Today

Wednesday, October 13, 2021

Learning Journeys



From John Johnson, vice president for diversity and inclusion.

For Whitman's faculty and staff, continuous professional development and learning around diversity, equity, inclusion and antiracism (DEIA) is a necessary element for inclusive excellence. In the last 18 months, there has been a sizable increase in the volume of free online DEIA resources. While not all equal in quality, there are some exceptional resources available that can contribute to your DEIA competencies, no matter where you are on your learning journey. Consider checking out [The Next Question Show](#), a web series that engages leading voices on critical topics of racial justice in America. Take some time to explore the [City Arts & Lectures](#) YouTube channel and watch an interview featuring a thought leader in disability justice or a discussion about masculinity and sex. Sign up for the free edX course on [Inclusive Teaching](#).

The Division of Diversity and Inclusion is working to seek out, develop and provide the Whitman community with a broad array of resources that can contribute to the growth of our collective DEIA capacity. A number of resources for independent learning are currently available on the college's DEI website. On the [Anti-Racism Resources](#) page, you will find definitions for key terms and concepts connected to social justice and a curated collection of articles, books and videos. Throughout the semester, we will be updating and expanding the list of resources and would encourage everyone to dedicate some time each week to engage with a different resource and enhance their awareness in this area.

An inclusive Whitman requires all of us. While we may all be busy with our different roles and responsibilities, our actions, decisions, comments and essentially all of our workplace behaviors impact the campus climate. Take the time to develop your knowledge, awareness and skills related to DEIA. The resources are there. What are you waiting for?

Apply Now To Be A Resident Assistant

Resident Assistant (RA) applications are out! If you're passionate about Whitman, looking to build community among your peers, interested in gaining valuable leadership experience and want free room and board, then the RA position is for you.

Applications are available in the Residence Life Office (Memorial 130) and are due at 5 p.m. on Oct. 22. Current RAs and Resident Directors (RDs) will be hosting two information sessions where you can learn more about the position, its benefits and the RA life in general! These will take place at 7 p.m. on Oct. 14 in Stanton and at 4 p.m. on Oct. 18 in Jewett.

Please reach out to current Residence life staff if you have any questions.

Announcements



Reserve Your Spot Now: November Break Shuttles to Portland and Seattle

Do you need a ride to Portland or Seattle for the November break? Sign up for the holiday shuttle! Sign up at [whitmn/shuttle](#) or in person at RCC 202. The final spots are going quickly, so if you want to take advantage of the shuttles, get signed up today. Once the shuttles reach capacity, the Student Activities Office will keep a waitlist in case spots open back up.

Strengthen Your Immune System With Good Sleep

The increase in cold and flu viruses during the fall and winter places additional strain on our immune systems as they work to keep us healthy. Getting good sleep is essential in helping our immune systems function at full strength.

When we sleep, our bodies produce a protein called cytokines, which target infection and inflammation, creating an immune response. Our bodies also produce T-cells during sleep, which are white blood cells that play a critical role in our body's immune response to an infectious disease.

Dr. Lourdes DelRosso, an associate professor of pediatrics and sleep medicine at the University of Washington School of Medicine, [offers several tips](#) for improving your sleep:

- Develop a sleep routine that incorporates relaxing activities.
- Turn off the electronics at least an hour before lights-out time. If you must read your e-book, make sure it has a blue-light screen or filter to prevent blue light from signaling your body to stay awake. DelRosso recommends listening to audiobooks or reading a printed book instead.
- Avoid caffeine before bedtime, and try to limit caffeine intake to before noon.
- Exercise regularly, but not right before bedtime.
- No sugary snacks right before bedtime, and don't drink a lot of liquids. Otherwise you'll be getting up in the middle of the night.
- If you do awaken in the wee hours, do not check your phone or email. Close your eyes.

Happening Today

- 4 p.m. [You're Accepted, Now What? \(In-Person OCS Meeting\)](#)
Spring 2022 OCS participants join a very important discussion (Q&A) led by our Directors, Susan Holme and Barbara Hoffman about the next steps for studying abroad during the spring 2022 semester.
- 4:30 p.m. [So You Don't Know What to Do Post-College](#)
Come and listen to Student Engagement Center staff discuss what you can do in this moment to plan out the final months of senior year and the time that comes after.
- 6:50 p.m. [Sex & Pizza Workshop for Stanton and Douglas Residents](#)
This interactive workshop, crafted and presented by Residence Life, aims to teach all on-campus residents about consent and bystander intervention.
- 7 p.m. [Health Speaker Series: Orthotics & Prosthetics Career Pathway](#)
Plan to attend to talk with a prosthetics patient and a representative from the Loma Linda University Orthotics and Prosthetics M.S.O.P. program to learn more about orthotics and prosthetics, education pathway, professional practice requirements, and clinical experience.
- 7 p.m. [You're Accepted, Now What? \(Zoom OCS Meeting\)](#)
Spring 2022 OCS participants join a very important discussion (Q&A) led by our Directors, Susan Holme and Barbara Hoffman about the next steps for studying abroad during the spring 2022 semester.
- 8:30 p.m. [Sex & Pizza Workshop for Jewett and North Residents](#)
This interactive workshop, crafted and presented by Residence Life, aims to teach all on-campus residents about consent and bystander intervention.

Whitman Events Calendar

Have an event you'd like to share with campus? Submit the information to the [Events Calendar](#).

"Whitman Today" is produced by the Office of Communications and is emailed Monday through 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. Submissions should be 125 words or less. The deadline for submissions is noon for the following day's newsletter, though submissions may be held for a later date according to space and editorial needs. By submitting to Whitman Today you also authorize use on Whitman's social media unless otherwise specified.

Previous issues of Whitman Today are [archived on our website](#).

