

THE CAMPUS WELL



Quad 3, Edition 1
Student Wellness Newsletter

Themes of love seem to be around us as we approach Valentine's Day. However, Valentine's Day can often feel complicated. Depending on where we find ourselves, this season can stir up excitement, gratitude, longing, or even grief. In this edition, we invite you to widen the lens and celebrate friendships, family, mentors, church community, AND romantic relationships. We practice love daily through forgiveness, compassion, laughter, and presence. No matter what your relationship status is, you are deeply known, deeply valued, and not on your own.

This Month's Focus: RELATIONAL WELLNESS

- Relational wellness ft. Reid Swetland
- CSCW resources
- Faculty encouragements ft. Dr. Boorse, Professor Taylor, and Dr. Bobb
- Tips for seasonal wellness



RELATIONAL WELLNESS

A big part of the college experiences is informed by our relationships with others. Be it dating, peers, roommates, or a group experience, we learn a lot about ourselves by being in relationship to one another. One of the things we learn is that not all relationships are equal in terms of their level of depth or intimacy, and this can make navigating the spectrum of relationships challenging.

This wheel outlines some foundational qualities evident in long-term relationships such as dating and marriage, and is intended to be a conversation starter, not definitive. Popular criteria that couples may assume about compatibility -- money, sexual expectations, shared interests, or political alignments -- are all subject to change. But the foundational qualities -- what we bring to the relationship -- are what help us navigate them over time.

Foundational Qualities of Dating & Marriage Relationships

- GOD:** centrality of God in the relationship from which all other qualities revolve
- Communication:** Avoidant, direct, passive-aggressive, appeasing, listening, interrupting, etc.
- Anger:** everyone gets angry; how is it expressed?
- Humor:** needed for levity; humor does not demean or come at the expense of the other.
- Dignity & Respect:** speaking well of the other to others; protects one another.
- Adaptability:** the ability to adjust to difficult life circumstances, as well support for personal and mutual growth.
- Conflict:** our response to conflict; engage, confront, shut down, etc.



Reid Swetland, Associate Dean for Mental Health Outreach

Center for Student Counseling & Wellness

The CSCW has a vast array of resources to help students thrive. Whether you are walking a very challenging road or simply need someone to process with, peer wellness coaches, individual counseling, and group sessions are a great outlet. Visit the CSCW website for more information about wellness at Gordon and ways to get involved.

<https://www.gordon.edu/life/safety-wellness/counseling-wellness>

HEALTHY ROUTINES SEMINAR

In a culture that demands your time, energy, and agreement, saying "no" can feel impossible. Join us as we talk about the importance of knowing your limits, when to say "no" and when to say "yes".

CHESTER'S
April 10, 10:20-11:10 am
Chapel Credit!

8 DIMENSIONS OF WELLNESS

MENTAL

An active process of thinking, feeling, connecting and functioning that helps you build resiliency, grow and flourish.

INTELLECTUAL

Relates to creative abilities and ways to expand your knowledge and skills.

PHYSICAL

Relates to caring for your physical health, safety and quality of life.

ACADEMIC

Relates to expanding your knowledge and creating networks to support lifelong learning. Relates to your academic understanding, process and outcomes.



EMOTIONAL

Relates to knowledge and skills to identify and manage your personal feelings.

VOCATIONAL

Relates to your calling and career path, aligning your values with meaningful work.

SPIRITUAL

Relates to the search for purpose and meaning in life and your connection with God.

RELATIONAL

Establishing and maintaining connections, networks, relationships and interactions with yourself, other individuals, groups and communities.

Center for Student Counseling & Wellness

Crisis walk-in appointments:

10:15 - 11:00 am M - F

Non-urgent walk-in appointments:

9:15 - 10:00 am M - F

Visit the CSCW website to request individual counseling services.

Friendship is not a reward for our discrimination and good taste in finding one another out. It is the instrument by which God reveals to each the beauties of all the others.

C.S. LEWIS,
THE FOUR LOVES



Faculty Encouragements

At Gordon, we are lucky to have professors who care about students' wellbeing beyond the classroom. Hear some encouragement and advice from faculty:

To be relationally well, I'm learning I need to prioritize my sleep and rest. When I sacrifice sleep to get everything done, I often find myself less present and patient with those around me. Research backs this up, suggesting sleep deprivation negatively affects how we navigate interpersonal conflict (Curotto et al., 2022), while sleeping better may lead to closer social connections (Lai et al., 2025). Scripture invites us to receive the gift of sleep because "God gives rest to his loved ones" (Psalm 127:2b, NLT). Receiving rest allows me to show up more fully for others.



Dr. Susan Bobb



Professor Zach Taylor

How do we get meaningful relationships that can last a lifetime? I'd suggest that becoming a member - not just a casual attendee - of a local, Bible-preaching church is one of the best ways to grow in meaningful relationships, even during busy college years. Immersion in the life of a healthy local church surrounds us with people who are different from us, but who are committed to love, challenge, and encourage us in our walk towards Christ. Jesus loved the church (Eph 5:25), so let's learn to do the same.

Sometimes when I am stressed, I want to be completely alone. However, humans need one another. As the Bible says, "Carry each other's burdens, and in this way you will fulfill the law of Christ." (Col 6:2) Animals and plants often cooperate to survive. For example, emperor penguins survive on Antarctic gales by huddling and rotating positions so no individuals freeze. I'm encouraged by the Bible and by nature to value community. Take a moment to eat a meal with others. Enjoy having people who love you in your life. It is part of what God made us for.



Dr. Dorothy Boorse

Quad 3 Relational Wellness

HONOR THE RELATIONSHIPS YOU ALREADY HAVE

Valentine's Day does not need to just highlight what feels missing. Take time to reflect and hold gratitude for the people who are in your life, even those who show up in quiet ways.

CENTER YOUR RELATIONSHIP AROUND GROWTH, NOT PRESSURE

With communal college living and social media, Valentine's Day can make romantic relationships feel like they need to perform or prove something. Instead, focus on honesty and mutual care, not just grand gestures. It's important to be transparent about unmet expectations, but also to remember what is truly important to you and your significant other.

TEND TO BOUNDARIES WITH KINDNESS

Healthy friendships require both connection and limits. Whether you are the person needing to retreat or the person wanting more connection, remember that college living is unique for all personality types. Have grace and understanding for those who have different relationship boundaries than you, but be honest and transparent about your needs.

STOPPING BY THE WOODS ON A SNOWY EVENING

By: Robert Frost

Whose woods these are I think I know.
His house is in the village though;
He will not see me stopping here
to watch his woods fill up with snow.

My little horse must think it queer
To stop without a farmhouse near
Between the woods and frozen lake
The darkest evening of the year.

He gives his harness bells a shake
To ask if there is some mistake.
The only other sound's the sweep
Of easy wind and downy flake.

The woods are lovely, dark and deep.
But I have promises to keep,
And miles to go before I sleep,
And miles to go before I sleep.



Happy
Valentine's
Day

