

THE CAMPUS WELL



Quad 2, Edition 2
Student Wellness Newsletter

As finals approach and the end of another semester draws near, personal wellness becomes even more important. Taking care of yourself while putting your best academic foot forward is a tricky balance for everyone, even the most accomplished of scholars! Through this edition, we hope that you find encouragement, assurance, and practical help as you embark on this final push of the calendar year.

ACADEMIC WELLNESS

Academic wellness begins with the recognition that your academic pursuits cannot and should not take up all your life. Simply put, academic wellness—part of what the biblical authors refer to as shalom—involves more than intellect. And so academic flourishing occasionally requires us to close the books, to shut down the computer, to get out of the library, and instead go for a hike, or play monopoly, or call your Mom, or maybe even get some sleep. Even at Gordon, there's more to life than schoolwork.

But this is also true in a more profound way. If you wander around the classrooms and halls at Gordon, if you listen closely, it's possible to hear the echoes of a very old phrase, one that dates from the first centuries of the Christian church: "Faith Precedes Understanding." This understanding of the life of the mind has become something of a Gordon distinctive, so much a part of the fabric of the place that it's possible to miss its significance.

Gordon prides itself on its high academic standards, its intellectual rigour, and its commitment to scholarship. For a professor, this is wonderful—it's one of the best reasons to work here. But although there is at Gordon an insistence that theory is vital, that the scientific method is powerful, that analysis and technique are crucial if we want to describe, depict, or explain the world—in reality, that's not all there is. The love of God is prior to our academic life, and he comes alongside it, and he will be there afterwards.

Faith Precedes Understanding. The insight is vital to what Gordon is. But it also provides a great reassurance to students and faculty alike as we seek academic wellness. Because it places the life of the mind within the context of, well, life.

This Month's Focus: ACADEMIC WELLNESS

- Academic wellness ft. Dr. Paul Brink
- ASC & CSCW resources
- Faculty encouragements ft. Drs. Kline, Bird, and Alter
- Tips for seasonal wellness



Spiritual
Relational
Mental
Academic
Physical
Vocational
Emotional
Intellectual

8 DIMENSIONS OF WELLNESS



Dr. Paul Brink,
Professor of Political Science



The Academic Success Center

The ASC is here to support students as they engage in academics. We have highlighted some useful resources below. For more information about subject tutoring, connecting with a coach, or utilizing Brainfuse.com, visit the ASC Canvas portal on your student dashboard.

Pomodoro Study Sessions

Every Wednesday from 7-9 p.m. in Jenks 406
45 minutes of work, followed by 15 minutes of a fun activity! Snacks and supplies provided, just come ready to work. Peer study coaches will be present.

Color-odoro 12/10
Carol-odoro 12/17

brainfuse

On demand study support, anytime, anywhere!

Chat live with a tutor, receive quick essay feedback, and use practice quizzes and videos 24/7.

Access brainfuse by going to
Canvas → Academic Success Center → brainfuse

Tupper Writing Center

Visit the Tupper Writing Center's website under "Academic Resource" to find its hours and receive support writing your essays.

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.

Peer Study Coaches

Any Gordon student is welcome to meet with a peer study coach. Coaches are trained to help you by creating study plans, mapping out assignments, studying for exams, reading through assignments, and much more.

Study Coach Hours

Monday, Wednesday, & Friday
7-9 p.m. in Jenks 414

Tuesday & Thursday
6-8 p.m. in Jenks 414

Follow the ASC on Instagram
[@gordon.success](https://www.instagram.com/gordon.success) for more information, resources, and study tips!

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.



Education is the food of youth, the delight of old age, the ornament of prosperity, the refuge and comfort of adversity, and the provocation to grace in the soul.

ST. AUGUSTINE



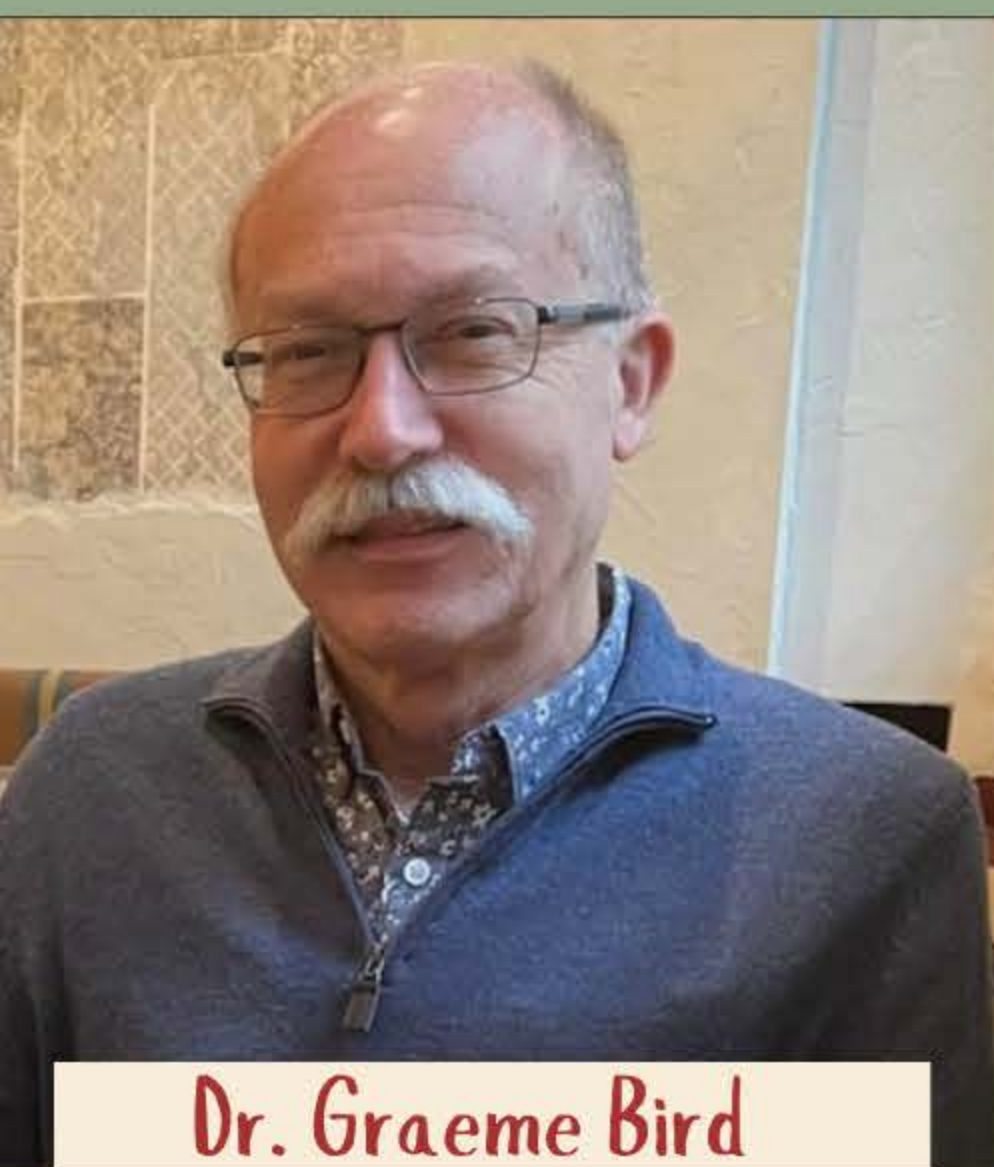
Faculty Encouragements

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

A big part of academic wellness for me is being in a community, so I recommend finding ways to study with others. You might go to review sessions, write a paper in the library reference room, or get a group together to study for an exam. When you study with friends, you can help each other set goals and bounce ideas off each other. We know that "much study wearies the body" (Ecclesiastes 12:12)—especially during finals! But, as Ecclesiastes also teaches, "Two are better than one, because they have a good return for their labor. If either of them falls down, one can help the other up" (Ecclesiastes 4:9-10).



Dr. Joanna Kline



Dr. Graeme Bird

Just as we can be physically lazy (I plead guilty), so we can also be intellectually lazy. When we choose to settle for a simplistic answer to a problem, or refuse to wrestle with a difficult concept or argument, we may be selling ourselves short and not living up to our potential, as well as not honoring God with all our mind. I encourage us all to use our heart, soul and mind in all that we do, honoring God in our academic studies as well as in our worship.

Do college faculty (some of whom are a long way from their own college days) really remember what it's like being a student, especially the stress involved? I sometimes ask myself that question, wondering if I'm aware of the load I'm helping lay on students. After all, faculty usually don't have to do as many academic things at once the way students do. My response: ask God for the ability to focus on only one thing—and nothing else—at a time. Enjoy the productive moment, and let the next hour care for the next thing (Matt. 6:34).



Dr. Stephen Alter

Quad 2 Academic Wellness

The days are shorter and the air is getting colder. In addition to dwindling sunlight and chilly weather, class demands and campus activities are ramping up. The combination of these factors can lead to stress, anxiety, lack of motivation, isolation, and other burdens to bear. Here are some practical tips to take care of yourself as you enter finals season:

Put down the books and get some sleep. Pulling all-nighters will negatively impact your memory and focus, so prioritize rest over cramming.

Take breaks. Take a walk, enjoy a short power nap, do some stretches, or have a conversation with someone every 30 minutes to refresh your body and mind.

Stay hydrated, but limit caffeine. Drink plenty of water throughout the day, but limit energy drinks and excess caffeine which can lead to crashes.

Schedule your time. Plan study times with breaks, set specific goals for each session, and block out time for both academic work and self-care activities.

Before the ice is in the pools Emily Dickinson

Before the ice is in the pools -
Before the skaters go,
Or any check at nightfall
Is tarnished by the snow -

Before the fields have finished,
Before the Christmas tree,
Wonder upon wonder
Will arrive to me!

What we touch the hems of
On a summer's day -
What is only walking
Just a bridge away -

That which sings so - speaks so -
When there's no one here -
Will the frock I wept in
Answer me to wear?

