



Career Development, Field Work Term & Student Employment

***New - Virtual Walk-in Hours!** Our office is now offering virtual walk-in hours on **Tuesdays and Thursdays from 1 pm to 3 pm EST**. Virtual walk-in slots are only 15 minutes and require no previous registration. If your particular situation calls for a longer time together, please schedule a standard appointment via [Handshake](#). In order to ensure others' privacy, if one of our counselors is already meeting with another student, you will be directed to Zoom's waiting room until the next meeting is shortly available.

Tuesdays 1 - 3 pm:

[First-year & Summer Deferral Advising](#)

Meeting ID: 734 353 850

Thursdays 1 - 3 pm:

[FWT Returning Students & Senior Career Advising](#)

Meeting ID: 747 665 0200


If you can't connect during the walk-in hours, all of our appointment types and times are still available and will now be conducted remotely via phone or video call. When booking your appointment in [Handshake](#), just choose Phone Call, Google Hangout or Video Call in the Appointment Medium drop down menu. Be sure to include your contact information for the chosen appointment.

Flexible Options For Students Deferring Their Field Work to the Summer


Due to the unfolding COVID-19 health crisis, students who deferred their Field Work Term to this summer have been offered a range of flexible FWT options. These include: traditional on-site internships, remote internships, online professional trainings, proposing an anticipated 2020-2021 campus job for FWT, or proposing to delay completion of your FWT to summer 2021. We want you to know that our office is here to help you navigate any challenges you might face due to the current situation. We will be reaching out in the upcoming weeks to discuss individual action plans and ways to best support your individual needs and circumstances. If you have any questions, please utilize our new virtual walk-in hours for First Years and Summer Deferral Students listed above.

Campus Jobs

The Office of Career Development and Field Work Term—in partnership with staff, faculty, CAPA, and leaders from SEPC and the International Student Task Force—is pleased to announce that we have sourced remote job openings to supply work for all 335 students with work allocations who applied for continued work. Half of these openings represent new types of work and community volunteer opportunities—and thanks are due to faculty and staff who have responded quickly and creatively to source these new types of work. To support equity, students were limited to one job and priority was granted to students with high levels of need. Because all students with work allocations are now working up to the College's 7-8 hour weekly cap, the College is no longer actively soliciting remote positions from faculty. However, we are retaining a waitlist for faculty who may wish to list remote classroom technology assistant or research assistant positions, and anyone interested in this may email campusjobs@bennington.edu.

 We encourage first year students to join the [Bennington College Class of 2023 Facebook page](#) where Kate, Rage, and the FYF co-leaders are building and maintaining community now that we have moved to remote instruction and advising.

ANNOUNCEMENTS

 **FYF Workshop - Stress Management and Remote Learning** on Thursday, April 16 at 12:30 pm, join Ali Tartaglia, Bennington's Director of Health Promotions to explore common issues that students may be experiencing in the shift to remote instruction and advising. Ali will work with you to explore tools that may help you cope and meet your academic goals.

[Join Zoom Meeting](#)


ID: 95497848835

Password: swqc0egU

 **PAC Trivia Night, Friday April, 17 at 10:00pm (ZOOM).** PAC Is back with VIRTUAL Trivia!

A direct link to our ZOOM Trivia Room will be broadcast at 9:50pm via PAC's Instagram (@pacbennington) and Facebook (facebook.com/pacatbennington) on Friday April, 17.

Additional instructions on access and Trivia RULES will follow in the coming days via these accounts, so please be on the lookout! Teams welcomed, individuals welcomed and virtual prizes for the winners!

 On Monday, April 20, a **FYF Workshop - Housing Selection** at 12:30 pm. Join House Chairs and Student Life Staff to understand the 2020-2021 housing selection process.


[Join Zoom Meeting](#)

ID: 91427685724

Password: D36mdmz

 **The 2020 Academy of American Poets Prize, Submission Deadline: Wednesday, April 22.**

Submission for the annual Academy of American Poets prize is open to all undergraduate students. The selected Bennington poet will receive an honorarium of \$100 and official recognition from the Academy of American Poets. Submit three of your poems (one per page) as one document attachment in Word or Google Docs (no pdfs) with the heading Academy of American Poets Prize Submission to Michael Dumanis at mdumanis@bennington.edu by **Wednesday, April 22**. Please include your name on each poem. The judge for this year's Academy of American Poets prize for Bennington will be Khadijah Queen. She is the author of five books of poetry, most recently I'm So Fine: A List of Famous Men & What I Had On (YesYes Books, 2017), and an assistant professor of creative writing at the University of Colorado-Boulder. Her sixth book, ANODYNE, is forthcoming from Tin House in August 2020. For more information on the judge, visit <http://www.khadijahqueen.com/> or <https://www.poetryfoundation.org/poets/khadijah-queen>. The winner and one honorable mention will be announced in May. If you have any questions, please contact Michael Dumanis at mdumanis@bennington.edu.

 **Zoom Mindfulness Group:** Join Rage on Monday mornings and start your week by getting centered. We'll begin with a brief meditation and then open up the group for sharing. Coming back to the breath can help us find ground during this uncertain time. Let's all breathe together!

Mondays 10-10:30am

Join Zoom Meeting

ID: 404513652, Password: o2l7me

 **Open Hours for International Students with Kate:**

Monday's 5 pm - 6 pm EST

Join Zoom Meeting

ID: 242378179

Password: rr706r

Wednesday's 9 am - 10 am EST

Join Zoom Meeting

ID: 439514580

Password: d55zmk

Thursday's 12:30 - 1:30 pm EST

Join Zoom Meeting

ID: 578419470

Password: 72x1xv

Please email all College Week submissions to collegeweek@bennington.edu by Monday at noon for inclusion the following week.

24 HOURS • EVERYDAY • APR 15 THROUGH APR 21

CALENDAR OF EVENTS

WEDNESDAY, APRIL 15

- 9:00 am** International Student's Open Hours with Kate, see Announcements for meeting details.
- 11:30 am** Virtual tabling with Ali, see Virtual Support Groups for meeting details.

THURSDAY, APRIL 16

- 9:00 am** Let's Talk, Confidential Support Group, see Let's Talk box for details
- 12:30 pm** International Student's Open Hours with Kate, see Announcements for meeting details.
- 12:30 pm** FYF Workshop: Stress Management & Remote Learning, see Announcements
- 1:00 pm** FWT Retrn. Student & Snr. Career Advsn., see Career Devel., FWT & Student Employ. box
- 6:00 pm** Flow Collective meeting via Zoom, see Announcements for meeting details.
- 7:00 pm** Sexual Assault Survivors Support Group, see Virtual Support Groups for meeting details.

FRIDAY, APRIL 17

- 12:30 pm** Transition Back to Bennington with Ali, see Virtual Support Groups for meeting details.
- 12:30 pm** International Peer Support Group, see Announcements for meeting details.
- 9:00 pm** Bennington Bright, shine a light, Bennington Community & Worldwide
- 10:00 pm** PAC Presents: Trivia Night via Zoom

SATURDAY, APRIL 18

- 1:00 pm** Cyber Sober Pizza with Ali, see Virtual Support Groups for meeting details.
- 2:00 pm** Wellbeing Group with Ali, see Virtual Support Groups for meeting details.
- 3:00 pm** Recovery Group with Ali, see Virtual Support Groups for meeting details.
- 4:00 pm** Grief and Loss Support Group with Ali, see Virtual Support Groups for meeting details.

SUNDAY, APRIL 19

- 11:00 am** Bennington Works Admitted Students Day

MONDAY, APRIL 20

- 10:00 am** Zoom Mindfulness Group, see Announcements for meeting details.
- 12:30 pm** FYF Workshop: Housing Selection, see Announcements
- 4:30 pm** Let's Talk, Confidential Support Group, see Let's Talk box for details
- 5:00 pm** International Student's Open Hours with Kate, see Announcements for meeting details.

TUESDAY, APRIL 21

- 1:00 pm** First Year & Summer Deferral Advising, see Career Devel., FWT & Student Employ. box
- 3:00 pm** International Peer Support Group, see Announcements for meeting details.

Student Health Promotion

Please follow our social media!

- Like us on Facebook : Bennington Student Health Promotion
- Follow us on Instagram: benningtonstudenthealthpromo
- Follow us on Twitter: @btonhealthpromo

And contact Ali via email alisonartaglia@bennington.edu for assistance and support on health related topics such as sleep, stress management, concerns related to alcohol, tobacco and drugs, advocacy for sexual misconduct issues and information and assistance with healthy relationships.

BENNINGTON COLLEGE STUDENT HEALTH PROMOTION VIRTUAL SUPPORT GROUPS

- **VIRTUAL TABLING WITH ALI:** stop by and ask a question or just say "Hi", Wednesdays from 11:30 am to 12:30 pm.
- **SEXUAL ASSAULT SURVIVORS SUPPORT GROUP WITH ALI:** Thursdays at 7:00 pm.
- **TRANSITIONS BACK TO BENNINGTON WITH ALI:** for students who have been away from Bennington for a term or more, Fridays at 12:30 pm.
- **CYBER SOBER PIZZA WITH ALI:** Saturdays at 1:00 pm.
- **WELLBEING GROUP WITH ALI:** Support group for students with chronic health conditions, Saturdays at 2:00 pm.
- **RECOVERY GROUP WITH ALI:** Saturdays at 3:00 pm.
- **GRIEF AND LOSS SUPPORT GROUP WITH ALI:** Saturdays 4:00 pm.

Join Zoom Meeting: <https://zoom.us/j/4424345023>
Meeting ID: 442 434 5023

REMOTE CONTACT INFORMATION Email to set up Google Hangout or phone call.

PRESIDENT'S OFFICE (BARN 125)

ISABEL ROCHE, Interim President of the College: contact: Shannon Howlett: shannon-howlett@bennington.edu.
DELIA SAENZ, VP for Institutional Inclusion, Equity and Leadership, deliasaenz@bennington.edu.

CHARLENE HOLMES, Associate Director, Office of Inclusion & Diversity: charleneholmes@bennington.edu.

DEAN'S OFFICE (BARN 123)

JOHN BULLOCK, Acting Provost: contact Meredith Meurs: mmeurs@bennington.edu.
LAURIE KOBICK, Dean of Studies: contact Kelly Hayes: kellyh@bennington.edu.
OCEANA WILSON, Acting Dean of the College & Dean of the Library, owilson@bennington.edu.

ALUMNI RELATIONS OFFICE

By appointment: alumnirelations@bennington.edu

ACADEMIC SERVICES (BARN 120)

NOELLE EVERETT MURPHY, Assistant Dean for Academic Services: nmurphy@bennington.edu.
KATY EVANS, Academic Services & Accommodations Counselor, katyevans@bennington.edu.

STUDENT HEALTH CENTER

ALI TARTAGLIA, Director of Student Health Promotion: alisonartaglia@bennington.edu.

FWT & CAREER DEVELOPMENT OFFICE (BARN 112)

FAITH MCCLELLAN, Director of Field Work Term and Career Development: contact Brenda Mercure: brendamercure@bennington.edu.

FWT Planning, Senior Career Advising, Campus Employment Assistance: campusjobs@bennington.edu.

STUDENT LIFE OFFICE (BARN NORTH)

NATALIE BASIL, Dean of Students: Contact Christine Congelosi-Lulla: ccongelosi-lulla@bennington.edu.

CHRISTINE WINGET, Associate Dean of Student Life: email: christinewinget@bennington.edu.

FIRST YEAR EXPERIENCE & INTERNATIONAL SERVICES (BARN NORTH)

KATE CHILD, Assistant Dean for Academic Services: kchild@bennington.edu.

RAGE HEZEKIAH, First Year & International Student Counselor: ragehezekiah@bennington.edu.

OFFICE FOR STUDENT ENGAGEMENT (UPCAF)

MATT SCOTT, Director for Student Engagement: msscott@bennington.edu

SAM CLEMENT, Assistant Director of Residential Life: sclement@bennington.edu.

SARAH BLIZZARD, Assistant Director of Residential Life: sarahblizzard@bennington.edu

Looking for more information on the events listed here? Try the online event calendar at

www.bennington.edu

College Week



International Student Peer Support Group: Whether you are on campus, with a friend or relative in the US, at home, or in a third country we know that you are experiencing a wide range of challenges and emotions. The IS Peer Support Group proved to be a good place for students to come together in the Fall and the start of the Spring term. Let's keep this going in the virtual realm. Join Rage and Lesley Brodie from Psychological Services for two weekly:

Tuesday's 3 pm - 4 pm EST

Join Zoom Meeting
ID: 272947194
Password: jsxhpb5

Friday's 12:30 - 1:30 pm EST

Join Zoom Meeting
ID: 243129542
Password: ppz4lx



FLoW Collective: Please join Kelsey (FLoW Intern) and me for a virtual FLoW Collective meeting Thursday at 6 pm EST in Zoom. These are trying times. We have been displaced. We are working with what we have and none of us have signed up for this. Let's do what we do best: come together, bear witness for each other, laugh, and celebrate the silver lining - if/where we can find it. BYOS bring your own snacks.

Thursday's 6 -7 pm EST

Join Zoom Meeting
ID: 221091678
Password: brq4al



House Chair Application Interested in being a House Chair for the upcoming year? The application is now open, and the **deadline is Sunday, April 26**. Interviews will be virtual, on Google Hangouts or Zoom. The application can be found here - https://docs.google.com/forms/d/1Flu4VYBiRQI5NBdcaRpMwN4q6f1G3F8X1WTNHgFU/edit?edit_requested=true. Contact Sam Clement (sclement@bennington.edu) if you have any questions.



E-sports Are you interested in connecting with other students and gaming at the same time? E-sports isn't just sports games. Mario Kart, Super Smash Brothers, Fortnite, League of Legends, and online versions of Settlers of Catan and Ticket To Ride are all "E-sports". If you are interested in these or any other multiplayer games, sign up on this Google Doc here - (https://docs.google.com/spreadsheets/d/17NvEHil8Sb3z_Ju-JYbKdtq0RqsRYosg-DVrsxiTzFI/edit?usp=sharing). We will create leagues, tournaments, and foster community. If you have any questions contact Sam Clement sclement@bennington.edu.



The Quarantine Cookbook Are you cooking up a storm in quarantine? The Quarantine Cookbook is a collaborative student recipe sharing project for Bennington students away from campus. Send us recipes of your home-cooked soul food and nourish the Bennington community with your culinary experiments. Submit a recipe with a photo of your dish to soumyashailendra@bennington.edu or @meyerrecbarn on Instagram.



Create + Share A fundamental part of our Bennington community is the knowledge that what we create is rarely unseen, unread, or unheard. Now that our community is scattered across the world, it can be difficult for an individual to share the work they're creating—either for class, or their personal creative pursuits—or to appreciate and learn from the work of their peers. To share your work with the Bennington community, please send any created work—visual art, writing, music, performance art, etc.—to sarahlore@bennington.edu or @meyerrecbarn on Instagram with the subject Create + Share.



The Wellbeing Team is asking students to record and share "**Life Hack**" style videos of solutions they've discovered or invented in these complex times! These can also showcase what you've been up to and using to cope with quarantine. Please email your submission to suzannasyvain@bennington.edu, or for more info.



Want to live in Longmeadow or Shingle next year? Applications for these cottages are now open! Please complete the application as soon as possible to be considered for a space. Links to the applications can be found on the Residential Life page under Housing Forms or here: <https://www.bennington.edu/office-of-student-life/residential-life>.

College Week

Census Update

One of our concerns with the focus appropriately being on COVID-19 is that we run the risk of not counting all of our college students as residents here in Vermont and thereby losing a significant amount of federal funding for the next 10 years.

Please complete the 2020 Census using your Vermont address. You should not be counted at the alternative address because of the pandemic. **This link: <https://my2020census.gov/> takes you right to the landing page to complete the 2020 Census.** On the form there is one statement at the end: *To help us be sure you are not counted twice. Is there another location you could have been included on another form?* Answer YES. You will not have to say the other location. It is a yes or no answer. It is alright if you were included on another form. The Census staff will determine the correct location by law.

To Our Bennington Community

As we begin another week of remote teaching & learning, we want to take a moment to acknowledge that this is another spring that has come with significant challenges to our campus community. While we continue to be amazed at our resilience and growth, we also know that many of us are still actively processing and healing.

This week you may be experiencing feelings of frustration, anger and sadness. It is a week that may bring up shared memories and thoughts of shared loss. We are not able to gather as a community in the ways we traditionally do to celebrate, to connect or to grieve. Additionally, as this pandemic has spread across the globe, you may know someone who has been lost to or infected with COVID-19 and this may be adding weight to your emotional capacity.

We are experiencing [collective grief](#). This difficult time, the impact of the ways in which our lives have changed in order to protect our most vulnerable community members and ourselves, have been accompanied by a great loss. These feelings of frustration, feelings of anger, and feelings of sadness are all connected to our grief about losing the way of life we've become reliant on and the loss of how we imagined our experience to be.

For those of us who have also experienced personal grief, this time of collective grief can layer onto our already existing feelings and trigger memories of loved ones, difficult experiences and loss. You are not alone. If you are concerned about yourself, a classmate or a friend - please reach out. We want to support you. We may not be able to physically be together, but we remain connected as a community. And, for students who may need to seek additional support, information from our Student Health Center on accessing services is [available](#). Additionally, a weekly grief & loss group is happening on Saturdays at 4p.m. via [Zoom](#) and any student is welcome to attend.

We look forward to connecting with you as we navigate this time together and hope the signs of spring bring you some calm and hope.

All of us at Bennington College wish you safety and good health.

College Week

Allergy Season is Upon Us

With all of our attention focused on COVID-19, it's easy to forget common background illnesses that impact our daily lives. I have been seeing a number of patients with minor respiratory symptoms who were worried about COVID-19, but whose symptoms were more likely due changes in the weather that bring out allergens and cause other subtle changes that affect our respiratory systems.

Some of the symptoms include mild sore throat, nasal/sinus congestion, runny nose, post-nasal drip, a cough that is triggered by ticklishness or mucus in the throat, pressure-like headaches in the sinus area, etc. These are due to the immune system reacting to substances it comes into contact with (pollens, molds, etc.), or the physical effects of humidity and atmospheric pressure changes on our airways. They happen predictably with changes in the weather, with some people having more or less trouble at different times of year. Spring, however, is one of the more common allergy seasons.

Thankfully, there are a number of options that are effective for controlling symptoms that you can try on your own. Most people experience relief with antihistamine tablets. The newer medicines have fewer side effects, so are generally preferred (e.g. loratadine, cetirizine or fexofenadine). They are convenient (once-a-day dosing, can be taken as needed), inexpensive, and available without a prescription. However, they can take 3-5 days to reach maximum effect. They can also be combined with a decongestant, such as pseudoephedrine, which can have an additive effect of opening up congested airways.

A slightly more effective option for people with more persistent symptoms is a nasal steroid spray, such as triamcinolone or fluticasone. These are also convenient, inexpensive, and readily available, but can take a week to 10 days to reach maximum effect, and need to be taken consistently (rather than "as needed") to work.

For those who wish to avoid pharmacologic treatments, using a neti-pot or saline nasal spray several times a day can be effective by washing allergens out of the nasal/sinus passages, and loosening mucus.

There are certainly other treatments available (e.g. antihistamine nasal sprays, allergy shots, leukotriene receptor antagonists, etc.), but that tend to be more expensive, involved, or more likely to have side effects. If any of the above don't seem to help, you may want to talk to your doctor about these alternatives.

Allergies do not cause a fever, a deeper "chest" cough, or shortness of breath (unless associated with asthma). If you get these symptoms, it is important not to write them off as due to allergies, but rather, you should contact a doctor for advice on whether you could have COVID-19.

Career Development, Field Work Term & Student Employment, Continued

Senior Career Advising

We are still here to help with your post-graduation plans. Our Career Counselor Steven Young is available for advising on career goals, networking, interview preparation, resume and cover letter revision, digital profile creation, and more. We are here to talk through how to navigate the current situation and support you in making the next step toward your goals. Be on the lookout for an email in the coming weeks from Steven with more in-depth Senior Career Advising information. You don't have to figure it all out on your own! Please continue to utilize our [office and resources](#). Make an appointment on [Handshake](#) or check-in during our new virtual walk-in hours for Seniors listed above.

College Week

Let's Talk

Are you feeling Anxious, Worried, Depressed, Confused, Alone, Afraid, Sad, Lonely or anything else due to what we are all experiencing? Then Let's Talk is for you. It is a confidential, free, open, virtual support group offered by Psychological Services psychiatrist Lesley Brodie, MD.

Every Monday 4:30 - 5:30 pm

Every Thursday 9:00 - 10:00 am

<https://zoom.us/j/6824959448>

Meeting ID: 682 495 9448

Any student living on campus is encouraged to join this Zoom support group.
For more information contact Lori Willis at healthservices@bennington.edu or ext. 4426.

Bennington Bright

In this time of social distancing and collective loss, we feel the absence of our in-person connections deeply. Yet, as we know, our connection to our Bennington experience is not just about the beautiful 300-acres in Vermont, but something we take with us wherever we are.

We are inviting you to join us in showing this connection in action.

On Friday, April 17, 2020 @ 9 p.m. (EST), we invite all of the Bennington College community - students, faculty, staff, alumni, trustees, friends - to shine a light from their window, while standing outside or wherever they are to show connection, solidarity and hope. As you do this, remember that the Bennington College community is sharing their light with you. We are connected even when apart.

If you are not able to join at that moment, join on Friday, April 17, at 9 p.m. in your own time zone. Members of the Bennington College community have agreed to shine lights in their windows for a 48 hour period so that individuals can know, no matter when you share your light, that your Bennington is with you.

IT @ Bennington Help Desk

The IT@Bennington Help Desk will resume full hours of operation:
Monday - Thursday, 8:00 a.m. - 8:00 p.m. and Friday 8:00 a.m. - 6:00 p.m.

There are now three ways to connect with the IT@Bennington Help Desk:

[Email, helpdesk@bennington.edu](mailto:helpdesk@bennington.edu)

Phone, 802-440-4476

[Virtual Help Desk in Zoom, bit.ly/bennvirtualhelpdesk](#)

We strongly encourage all students to connect to the Virtual Help Desk as soon as possible to ensure they have Zoom properly configured for their classes next week. We have also added a section to the [COVID-19 Technology Planning document on ways to optimize your home network](#) and your Zoom installation to help maximize your experience in live, remote classes.