

WE'RE HERE FOR YOU, SOPHOMORES.



Now that you've survived the first week of remote classes, we wanted to check in and see how you're doing. How are you managing your courses and assignments? What have you found is the best way to stay connected to your peers?

At Purposeful Work, our team is still trying to figure it out too. Here are a few soundbites from this week.... What works better – Google Hangouts or Zoom? Where did you send that group message? Email? Google Chat? Slack? Text? Who else is experiencing eye strain? Are those the same pajamas? The sun is finally out! Get outside already.

But the most important things we've all said to and heard from each other are: "How are you doing? What do you need?" Because that's what good colleagues do.

As you move forward with the spring semester, here are a few things we want to highlight for sophomores:

- **Reach Out to Us:** We know that we haven't gotten a chance to meet some of you yet, so now's a great time to connect with us for an appointment. Our counselors would love to meet you by phone, Zoom, Google Hangout, or email. Make an appointment for M-F 8 am-4 pm EST through Handshake (log in, go to the upper tab "Career Center" and then click "Appointments"). If you have trouble, please email purposefulwork@bates.edu. A staff member monitors that email 8 am-4:30 pm EST.

It's never too early to start thinking about what purposeful work means and how it shows up – in your classes, in your organizations and teams, and in your on-campus and summer jobs. Our counselors are here to help you take advantage of all the opportunities we have to offer to explore purposeful work further.

- **Reflect on Purpose and Meaning:** As COVID-19 continues to impact our daily lives, we know that many of you are following the news closely, from World Health Organization

updates to the status of the markets to the state of political affairs. Regardless of which lens(es) you're evaluating the pandemic through, make sure to record your impressions. You're living through a major world event. Consider the purposeful work being done by healthcare workers, policymakers, journalists, grocery store clerks, custodians, cooks, farmers, and laborers during this difficult time. How might this experience shape what's next for you?

- **Create Dedicated Space:** Considering all that's going on around us, it can be challenging to figure out how to manage your space to be as productive as possible. One of the things we've thought about as a team working from home is how we define certain spaces as work spaces and other spaces as non-work spaces. Whether it's a corner of your dorm room or a particular nook in your apartment/house, think about whether you can set aside that space mentally and physically to do your most productive work. When you step out of that space, let yourself be free of work obligations.
- **Make New Connections:** Did you know that we now have almost 600 alumni on Bates Bridge? They're ready and waiting for you. Visit bridge.bates.edu and join the community. It's super easy to login with your Bates single sign-on credentials and make a profile. Filter by an alum's major, the things they did at Bates (clubs, sports teams, affinity groups), their current location, and more!
- **Be Intentional with Time:** Without the usual hustle and bustle of classes, study sessions, work hours, athletic practices, organization meetings, campus events, and social commitments, operating with a highly unstructured schedule can be challenging. For many of us, work can bleed into life really easily. That means we need to be intentional about when we do work and when we don't.

When do your classes take place? If your classes are recorded, when's the best time for you to view them? Are you a morning or night person? When do you like to relax? Also, when are you eating, taking breaks, and connecting with others? Yes, it's weird to have to set aside a virtual lunch hour with friends when you used to just meet up in Commons over fruit pizza or vegan pad thai. But strange circumstances call for creative measures. Utilize the technology you have to stay connected with your people. You may not be on campus, but you're still in this together. It may be a difficult time, but there's no need to experience it alone.

If you have questions, concerns, or suggestions for services you'd like to see Purposeful Work provide in the coming days and weeks, please email us at purposefulwork@bates.edu.

As always, we're here for you.

The Team at the Center for Purposeful Work