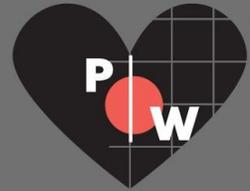


WE'RE HERE FOR YOU, FIRST YEARS.



We know you just finished up classes and are heading into an intense week of studying, essays, and final projects. We know some of you have been juggling classes with figuring out summer plans. We know some of you are waiting to wrap up the semester before you make any summer commitments. Regardless of your personal timeline, we're here. After you end the semester, we'll still be here – with the same capacity for daytime email drop-in hours, evening Zoom drop-ins, and individual appointments.

As first-year students, we know that purposeful work may still be a new concept that requires some guidance and support in wrapping your head around. Depending on where you are with personal and professional exploration, here's some food for thought:

“Aligning who you are with what you do is the heart of the Bates experience.”

That core value guides all of our work. As you move through Bates, we help you acquire the skills and experiences to understand who you are, and how your work -- in the classroom, on the stage, on the court, and in your future -- matters in the world. We hope you'll gain the ability to make intentional decisions, build resiliency, make valuable connections with other Bates people, and find your sense of purpose.

Here are several short videos we love that inform our thinking on aligning who you are with what you do:

1. **Road to Resiliency:** The road to ourselves is where true resiliency lives. [This TEDx Talk by John Kim](#) will make you laugh and give you a window into the angry therapist's path to finding meaningful work and activities from the things in life that he values.
2. **Well-Being as a Skill and a Goal:** The Purposeful Work approach to navigating your Bates experience emphasizes the importance of well-being and the effect of aligning who you are with what you do on your overall well-being. [Here's Richard Davidson](#), founder of the Center for Healthy Minds at the University of Wisconsin-Madison, on one way of thinking about well-being: a skill that you can practice and develop.

Should you need help with anything related to Purposeful Work, our counselors are available to connect via phone, Zoom, Google Hangout, or email. You can make an appointment for M-F 8am-4pm ET through Handshake (log in, go to the upper tab “Career Center” and then click “Appointments”). If you have any trouble making an appointment, please email us at purposefulwork@bates.edu.

Finish strong, and whenever you’re ready for us, reach out.

NOTE: If you’ve missed any of the first-year class messages since March 23, please check them out [here on the Purposeful Work COVID-19 page](#).

As always, we’re here for you.

The Team at the Center for Purposeful Work