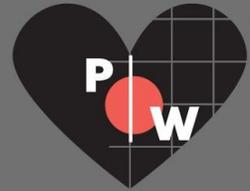


# WE'RE HERE FOR YOU, FIRST YEARS.



You've started finals week. We know it's been tough, and we're so proud of you for making it this far. Power through – you're in the homestretch!

So you can focus on finals, we'll keep this week's note to the point(s) -- that's the best way to communicate, right? OK, here we go....

1. **Sharing Thoughts** The Purposeful Work staff has been working diligently to respond to the COVID-19 situation and address student needs. Whether you're thinking about summer plans, or simply focused on getting through finals, will you help us by completing this [2-minute survey](#)? We promise -- just 2 minutes of your time will give us the information we need to better support you in the weeks and months to come. As always, your voice is important to our work. To say thanks, join us for a bit of [Purposeful Work From Home on Spotify](#)!
2. **Being Adaptable** One of the things that employers consistently look for in applicants is adaptability, flexibility, resilience, and the ability to deal with ambiguity, change, and unexpected situations. Know that the COVID-19 situation is testing all of us in this regard, but it's also providing us with the opportunity to rise to the occasion. For insights on assessing and boosting adaptability, check out this recent post from TED's "How to Be a Better Human Series": [These days, adaptability is a must-have trait. Here's how to spot it — and increase it.](#)
3. **Seeking Guidance** With students consistently registered for our workshops, we know that there's a need as well as a desire for guidance and support. Our first workshop on [Bates Bridge](#) provided guidance on navigating the College's new connection platform. Our second workshop focused on the [job search process](#), busting myths about the job market and providing strategies and tools for success. This afternoon's workshop focused on leveraging [Handshake](#) and [Vault Guides](#) to explore and identify internship and job opportunities. If you missed any of these workshops, you can now find them on [our Purposeful Work YouTube Playlist](#)! (Yes, of course, we'll give autographs.)

4. **Staying Informed** We realize that it can be hard to manage all of the emails in your inbox. However, know that we don't want you to miss anything important, especially summer opportunities! Our Sunday newsletter from Senior Associate Dean Allen Delong provides the latest updates from Purposeful Work, including news about upcoming events and workshops, employer information sessions, and highlighted internships and jobs. Follow us on Instagram (@batespurposefulwork) for our most visible activities. And for information on our efforts in response to COVID-19, check out [our updates here](#), including the addition of live Zoom drop-ins on Monday-Wednesday nights.
  
5. **Managing Stress** As the public health situation changes daily and we feel the impact of social distancing and remote work on our lives, it's critical for us to take care of ourselves physically and emotionally, personally and professionally. Consider the variety of [self-care tips](#) and [app suggestions](#) from Vault along with the thoughtful [strategies and resources](#) from the CAPS staff at Bates.

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](mailto:purposefulwork@bates.edu).

\*NEW OPTION\* If you'd like to reach out with a quick question or for a quick consult, we'll have an advisor \*LIVE\* on Zoom every Monday-Wednesday 8-9PM through the end of May. Find us at this Zoom link: <https://bates.zoom.us/j/98081221776>. You'll enter a waiting room and the on-call advisor will be with you as soon as possible.

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