Share Your Thoughts

As we wrap up a fall semester like no other, we’d like you to tell us about your experience. In addition, what are your thoughts about Spring 2021? Please take five minutes to complete our survey here.

This is a critical way for you to make your voice heard. The information you share will help us better understand your fall experience — and how we can support you in the future. The survey is confidential and voluntary, and the results will be reviewed in aggregate (as a group). If you have any questions, please feel free to contact strategic-analytics@clarku.edu. All respondents will be entered to win a $25 Amazon gift card (six will be awarded).

Updates from the Registrar

Be sure to check your email about changes to grading options for this semester. The Undergraduate Academic Board extended the deadline to choose the pass/fail option to this Friday, Dec. 4, at 5 p.m. The UAB made this change after receiving and considering a resolution from the Undergraduate Student Council.

Also in your email are the steps you must take to work with faculty and the chair of the College Board regarding incompletes for this semester.
CPG Continues to Offer Services

CPG After Hours, a resource from the Center for Counseling and Personal Growth, provides telephone mental health support when CPG is not open. All students, regardless of what state or country they live in, may use this service; support is provided by professional therapists. To access CPG After Hours, call 508-793-7678; select option two, to be immediately connected with a therapist. Calls will be answered:

- Dec. 1 to Dec. 4: 9 a.m. to 5 p.m.
- Dec. 5 to Jan. 4: 24 hours a day, 7 days a week

Don’t Forget About Your Flu Shot

The Commonwealth of Massachusetts has mandated that, with few exceptions, all students using campus facilities in Spring 2021 will be required to show proof of a flu vaccine. Please remember to get your flu shot. The shot is available at many pharmacies and clinics, and at your physician’s office. Be sure to add this important immunization to your winter break plans. It is crucial that you obtain confirmation of your vaccination so that it can be filed with Clark Health Services — your ability to attend Clark University depends on it.

Join a Personal Growth Book Club During Intersession

Wellness Education is excited to host two virtual book clubs over Intersession. The books are:

- “The Little Book of Hygge: Danish Secrets of Happy Living” by Meik Wiking
  - Embrace Hygge (pronounced hoo-ga) and become happier with this definitive guide to the Danish philosophy of comfort, togetherness, and well-being.
- “The Body is Not an Apology” by Sonya Renee Taylor
  - World-renowned activist and poet Sonya Renee Taylor invites us to reconnect with the radical origins of our minds and bodies and celebrate our collective, enduring strength.

These two books were chosen because we think we could all use more coziness and self-love this winter. You are welcome to join one or both book clubs; we will provide free PDFs of each book. Erica Beachy, director of wellness education, and Anna Kathryn Hodges, wellness ambassador, will co-facilitate these groups. Each group will hold six hour-long meetings over Zoom (one introductory meeting and five to work through each book) beginning the week of Jan. 4, 2021. If you are interested in having a spot in one or both of these clubs, email ebeachy@clarku.edu.
#GivingTuesday

Today is #GivingTuesday, a global movement that unleashes the power of people and organizations to transform their communities and the world. It’s a simple idea: whether you make someone smile, help a neighbor or stranger, show up for an issue or people you care about, or give some of what you have to those who need help, every act of generosity counts — and everyone has something to give. Click here for ways you can make a difference this year.

Career Connections Corner

_Seniors: Have you met with a career adviser yet?

Want to talk through your options for Intersession? Need help with a grad school, job, or internship application? Have questions about what you should be doing now to prepare for life after Clark? No matter where you are in your journey, our career advisers are here to help. Book an appointment on Handshake. It’s easy to do, and you will feel better for doing it!

1. Log in to Handshake with your Clark email and password.
2. In the upper right corner, select Career Center, and then Appointments.
3. Click the blue button (“Schedule a New Appointment”).
4. From the options, select the Career Connections Center.
5. Select your desired topic.
6. Select your preferred date and time.
7. Complete the required question and click the green request button.

Register today for these Career Connections Center December events:

**Opportunity Funding for Summer 2021**

Thursday, Dec. 3; 1 to 2 p.m. EST

This info session will give a broad overview of funding available to undergraduates for internships, research, and self-designed projects. **Register on Handshake**, and the Zoom link will be emailed to you.

**Psychology Career and Exploration Virtual Fair**

Wednesday, Dec. 9; Noon to 4 p.m. EST

**Register on Handshake** and sign up for one-on-one meetings and group information sessions with participating employers, graduate schools, and Clark alumni.

Prepare your tech, prepare your Handshake profile, and prepare yourself with the Career Connections Center’s **Step-by-Step Checklist**. Questions? Email cservices@clarku.edu.