Happy Break, Clarkies!

We are so proud of you! You made it through the fall semester, and the new year is just around the corner. The next Student News edition will be sent in early January, during Intersession. Until then, stay healthy, warm, and take good care.

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Share Your Thoughts

As we wrap up a fall semester like no other, we’d like you to tell us about your experience and 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](mailto:strategic-analytics@clarku.edu). All respondents will be entered to win a $25 Amazon gift card (six will be awarded).
Intersession Book Club

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.

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 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.