The chance to just sit with it……

Sit with the books that shaped your thinking
Sit with the plans you never had time to finish
Sit with the family talks that make you laugh
And sit with the family talks that make you cry

Sit with the words you’ll say next time
Sit with the calls you need to make
Sit with the music you like to hear
And sit with the photos that take you home

Sit with the pride that makes you smile
Sit with the mirror that says hello
Sit with the furniture that gives you comfort
And sit knowing this is the chance to sit with it
To wrap-up Women’s History Month, OID shines a light on CofC alumna Dr. Ebony Jade Hilton, ’04.

In 2013, Hilton made history at MUSC when she became the hospital’s first black female anesthesiologist. Last year, she served as the commencement speaker for one of CofC’s graduation ceremonies.

Now, with the help of two healthcare professionals, Hilton is finding a new trail to blaze with the podcast entitled “The B-Word Unpacked.” Delivered weekly, “The B-Word” engages listeners on topics ranging from voting to beauty and is an extension of the work they’re doing through their firm Goodstock Consulting.

Click here to listen to Hilton and her friends “unpack the B-word.”

Hi Cougar family! Let’s take a quick drive thru into Microaggressions. It’s a term that has many wondering what it is and how it affects others. Well, simply put a microaggression is instance of indirect, subtle, or unintentional discrimination.

Did you know there are three forms of microaggressions? They are:
1) Microassaults: straight forward discrimination,
2) Microinsults: insensitive offenses that demean, and
3) Microinvalidations: methods or thinking that excludes the experiences of others.

Take a look at this quick video that shows these types of microaggressions through movies.
NO STRESS CONNECTION

We understand that social distancing can be challenging not only physically, but mentally and emotionally as well. Here are 3 tips to keep yourself engaged while maintaining social distance.

Try yoga or any other form of exercise!

Take time to call friends and family.

INSIDE RURAL AMERICA

Home Grown Tomatoes

Over the last decade urban areas have grown in size while rural areas have grown smaller. We’ve also seen both areas be increasingly politicized and cast onto opposing sides of the coin. But, are the values and goals of people in urban and rural areas so different?

While I don’t consider myself a country girl, I have spent a number of years in rural America. I was born in rural Idaho and earned my undergraduate degree at Washington State University, which is surrounded by wheat fields and the rolling hills of the Palouse. I love the constant buzz of the city and having an event to go to every weekend, but sometimes I miss the simpler times of McDonald’s at midnight and driving down dirt roads just to get out. From learning swing dancing to raising chickens, running to visit the local llama to grabbing ice cream at Ferdinand’s, the Palouse had a lot to do if you got creative. Agriculture is a point of pride for the area. I got to ride in a friend’s combine during the wheat harvest, and every year Pullman would host the National Lentil Festival. At the end of the day, it was about connecting with others and the outdoors; values held by people regardless if they live in rural or urban areas.

To learn more about the history of rural America go here
To read a blog about the Palouse go here
“These are uncertain times and the brain doesn’t like uncertainty,” says Rachael McNamara, health educator with the College’s Counseling Center. She’s also the advisor to the peer counseling group Students 4 Support, whose members created a video with information and 3 tips. Check out CofC Cougar Counseling for more info!

Link Up!!

Recent changes called for sudden changes. Never fear your Cougar Team is here. Resources are now at the touch of a button! Click here to see what virtual resources are within fingers reach!

WE ARE HERE FOR YOU

Contact us below!

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