

CONQUER & PREVAIL

WOFFORD COLLEGE



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The grass is green. The trees are budding. Pollen colors the benches and sidewalks. Spring at Wofford College looks like it does every year, except this year, everything is different. The campus — usually teeming with students — is quiet. The Emergency Preparedness Team and the President's Cabinet are navigating an unprecedented interruption in college operations. Faculty are responding with creativity and determination to take Wofford's signature face-to-face teaching and advising online should that become necessary. Staff are responsibly social distancing and working from home when possible or on flexible schedules so essential services of the college continue despite the crisis. Terriers near and far have rallied to support their families and communities.

Over the next few weeks, this newsletter will offer regular updates on the state of the college and share inspiring stories from the Wofford community. At Wofford, there's always LIGHT!

Conquer and Prevail!

DR. JOHN LEFEBVRE ON TAKING THE ACADEMIC PROGRAM ONLINE

Dr. John Lefebvre, professor of psychology, is leading the effort to prepare Wofford's faculty to take the college's academic program online if necessary. See and hear what he has to say about where we are now. [[Watch Lefebvre on YouTube.](#)]

FINDING PEACE IN TIMES OF UNCERTAINTY

By Kellie Buckner, Ed.S., LMFT, counselor in the Wofford Wellness Center

"Fear is often our immediate response to uncertainty. There's nothing wrong with experiencing fear. The key is not to get stuck in it." – Gabrielle Bernstein

We are facing an unprecedented situation. Anyone who has paid any attention knows that things are changing constantly. It would be easy to get overwhelmed by all the changes and caught up in worry, but for our wellbeing — for our health (mental and physical) — it will be important to find ways to ground ourselves.

As we begin to live lives that are so different from our "normal," we can find comfort in some things that have remained constant. My advice would be to start small and start in this very moment. Ask yourself what is still the same? What small thing still seems familiar or comforting? It could be the sun shining outside, the smell of grass or the softness of a warm blanket that you are wrapped up in as you work from home. Pay attention to "this moment." Think about how it looks, smells, sounds, feels or even tastes.

A few evenings ago after hours worrying about various things that might happen, I took time to absorb what was familiar and good. I got outside of my own head and looked at the sun that had peeked out from behind the clouds. I felt the air that had been warmed by that sun and took in the sight of the people that I loved that were in the room with me. I took a picture of it — not an Instagram worthy picture — just a quick snapshot of what was really happening. It was life in that moment, despite all the uncertainty. It was a nice moment, and I can find many more if I keep looking for them.

Here are some resources that might help you tune into this moment and find some peace:

- [How to meditate in a moment.](#)
- [Meditation for mental balance and grounding.](#)
- [10-minute meditation.](#)

WOFFORD.EDU/CORONAVIRUS

The college is posting all updates to a dedicated COVID-19 update page. At [Wofford.edu/coronavirus](https://www.wofford.edu/coronavirus), read a message of thanks to the faculty and staff from President Nayef Samhat as well as messages to the Wofford community about changes in the academic schedule. Wofford leaders are still hopeful that students will be able to return to campus following spring break; a decision will be made by March 31, 2020.

SHARE A STORY

If you have a story about a member of the Wofford community who is conquering and prevailing in the face of adversity, email WoffordNews@wofford.edu.

Office of Marketing and Communications

Wofford College · 429 N. Church Street, Spartanburg, S.C. 29303-3663
864-597-4183 | woffordnews@wofford.edu | wofford.edu

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