

# THE LINK FAMILY NEWSLETTER

*Bringing the Division of Student Affairs Home*

We have gone mostly green by sending this newsletter electronically to most families. Please send your email address to [stuaff@thomas.edu](mailto:stuaff@thomas.edu) so we can send you an electronic copy in the future. Thank you for your help.

## Lisa Desautels-Poliquin, Vice President for Student Affairs

### An Insight on Spring Semester

It's hard to believe that we're already into March. Spring semester always seems to go by quicker than fall. Perhaps, it is because we have two breaks and time feels more segmented. Or, perhaps, it's the awareness of days getting longer (I'm an optimist, even two extra minutes of daylight is a win in my book!) as the snow melts away letting us know that spring is coming. Whatever the reason, we know that as students enter the second half of the semester, they are busier and may also experience greater stress and anxiety. March and April bring mid-terms, papers, projects and finals. For students who may have put off their academics and are falling behind, deadlines begin to creep up quickly.

On April 15, students planning to live on campus for the upcoming year will participate in the Room Selection Process. We know that choosing a room and roommate can be stressful. The staff in Residential Life is available to assist students in understanding the process; especially those going through this for the first time.

During the week of April 16, students will meet with their academic advisor to register for fall classes. This may cause a student to question if they are on track to graduate on time, if they should consider adding a minor or what's the best sequence for balancing workload. Some may find a new passion and wonder if they should change their major. Please impress upon your student the importance of meeting with their academic advisor. The faculty play a key role in your student's academic journey. All of these decisions and indecisions are best explored through a face-to-face conversation. In an age of technology some students prefer to communicate with their advisor via email. This method will work to achieve the goal, but the individualized conversation and learning may not be as rich.

Finances are also a large stressor for our students during spring semester in determining how they will pay for college next year. It's important for students to speak with the staff in the Student Financial Services office. They will have the most current information on any changes to federal aid, available loans, scholarships, grants, etc. as well as providing valuable information on any deadlines to submit paperwork. An additional cause for anxiety, students must begin to think about what they will do over the summer. For some, this may mean moving back home or finding an apartment. For many, time is spent finding summer employment or an internship. Graduating students have hopefully connected with the office of

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Career Services and are actively engaged in a job search. Added to all of this, the end of the semester means saying good-bye. Whether a student is saying good-bye to classmates for the summer, or a graduate is saying good-bye to a community, a place they called "home" for three or more years, separation can be difficult. It's important to let your student know that you understand.

I don't mean to paint a bleak picture for the next two months of the semester; these are just realities of an academic cycle and I strongly believe it's important that students know that both their families and the Thomas faculty and staff understand and are available to help. At Thomas, we provide many opportunities and resources and collaborate amongst our offices so we can best support students. For most, they transition through spring semester and manage it well. There are some, however, who may need some additional assistance in navigating through one or more of these areas. If you are concerned that your student may need some additional support or guidance, please do not hesitate to contact me so we can continue to partner in your student's success.

**REMINDER:** Don't forget to file your FAFSA for the 2018-2019 academic year by May 1!

## Residential Life - Lizz Bishop, Area Coordinator for Hinman, Villages and Bartlett



### Room Selection Process

April 10th

#### Open Number Picks

- Student Senate Meeting Room  
12:00 p.m. - 2:30 p.m.

April 15th

#### Room Selection Night

- Ayotte Auditorium - **MUST ATTEND!**  
**Room Selection Process I & II:** Current Grads/Seniors/Juniors: 6:00 p.m.  
**Room Selection Process III:** Current Sophmores: 6:30 p.m.  
**Room Selection Process IV:** Current First-years: 7:00 p.m.  
**Add-On Room Selection:** 7:45 p.m.

**Must Bring signed 2018-2019 Housing Agreement.**



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 **THOMAS**  
Residential Life & Housing

### Room Selection Process

April 4th - 4:00 p.m.

#### Deadlines (NO EXCEPTIONS)

- \$200 Housing Deposit Due to SFS
- Must have a balance under \$200 with SFS
- Have updated immunization record on file with the Health Center
- If these are done after the April 4th at 4:00 p.m. deadline but before April 6th at 12:00 p.m., you will be put in add-on room selection process.

April 9th

#### Room Selection Number Draw

- Berry Dunn Student Senate Meeting Room- **MUST ATTEND!**  
**Grad/ Seniors / Juniors:** 8:30-9:30 a.m.  
**Sophmores:** 9:30-10:30 a.m.  
**First Years:** 10:30-11:30 a.m.  
**Open Draw:** 12:00-1:00 p.m.

**EARLY BIRD DEPOSIT SPECIAL** \$100 for Housing Deposit if you deposit by March 1 at 4 p.m.

## Performing Arts



The Dance Team at halftime during a basketball game at Thomas

### Spring Performance Dates:

#### Theater

Friday, April 13 at 7:00pm  
Saturday, April 14 at 7:00pm

#### Dance

Friday, April 20 at 7:00pm  
Saturday, April 21 at 7:00pm

### The Thomas Players, Paul Barnes, Director

Last fall during Homecoming and Family Weekend, The Thomas Players performed twice to a full house; the best turnout it has ever seen! The audience ate up the comedic sketches of seven amazing actors, whose performances I wrote about in the last issue. It was quite a successful season for the Thomas Players.

Auditions for the spring performance entitled "No Exit" were held on March 1. We hope to see you in April for the performance, which is sure to be another memorable one!

### Thomas College Dance Team, Michelle Casavant, Director

The Thomas College Dance Team has been hard at work practicing every week for our Spring showcase. If you weren't able to come watch us at Homecoming and Family Weekend or our basketball halftime performances, come see our final performance of the year! Styles include: modern, jazz, half-time, contemporary, hip-hop, and special guest performances.

The Thomas College Dance Team is directed by Michelle Casavant with the help of former Thomas College graduate Katherine Ferreira and student teachers Emma Dimock, Alyssa Maggi, and Sam Murphy. We hope to see you in April! Admission is free and a bake sale will also be held in the Hall of Flags during the show!

## Health Center - Cheryl Daggett, APRN, Director of Health Services

We are all working hard this time of year to stay well. Flu shots have been offered twice to our campus community. Messages to stay well are abundant. We are now enjoying longer days that offer us more light, which brings us more energy and improves our mood. Because of this additional light our sleep patterns may change. Sleep deprivation is a constant challenge for college students. A student who sleeps in a room that is not dark enough, works shifts, sleeps in different locations, and is not getting about seven hours of sleep a night may see academic and personal performance levels drop.

So, check in with your student to see how they are doing with getting sleep. To assist in this area, we recommend not eating for about two hours before bedtime, keeping electronic devices (cell phones, laptops, headphones) away from the sleep space, as the EMFs are of great concern, and using a white noise box or fan to block sounds. Room darkening shades can help as well. Just taking a nap on occasion is also okay!

We are here to help guide your student through this and to support them in accomplishing all their goals. Be well.

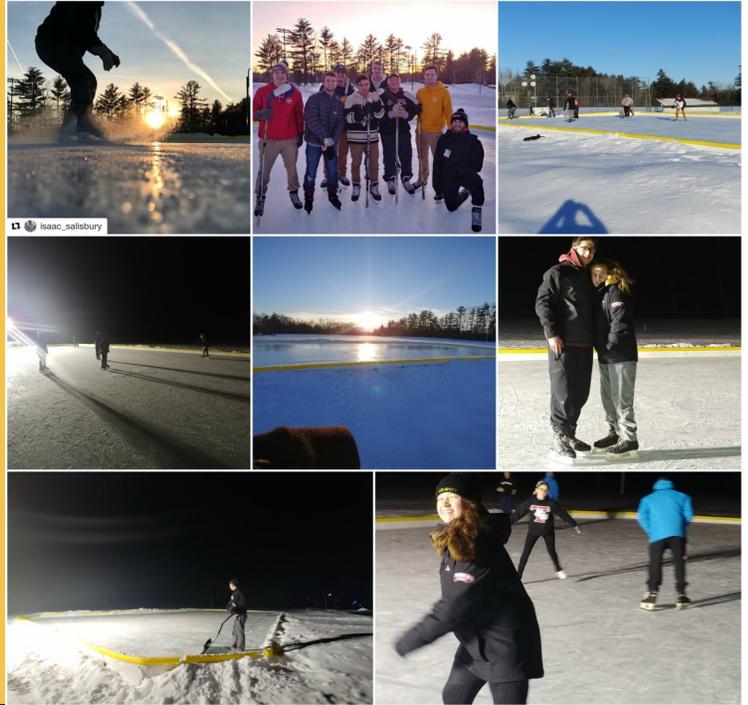


**Above:** Thomas College Club OTHER-wise members (L-R): Damion Brown '19, Abbie Morgan '19 and Maura Gallagher '19 at Thomas College's 14th Annual Health Fair in 2017.

## Recreation and Intramurals - Jim Delorie, Assistant Dean for Student Engagement

With the success of the 2017 Dirty Dog Mud Run ([www.thomas.edu/mudrun](http://www.thomas.edu/mudrun)) Thomas College was able to purchase, as many already know, an ice rink for campus use. Knowing students wanted one was enough to move the project forward but seeing the student excitement and ownership of the new rink was beyond all expectation. With the addition of a lighting unit and rental skates, the campus has been able to host open skate nights, hockey skills games, and a space where students who love to be outside can go on campus.

The challenges of an outdoor rink with no roof can be daunting with large snow falls and wet accumulation; however, once again, our students and maintenance staff came through. I could not have been more impressed with students shoveling, resurfacing and constantly communicating about ice conditions. And with our maintenance staff keeping the path and benches cleared and hoses available, the rink truly has been a team effort that all have benefited from. It has been available much more than not due to all the hard work.



## Dining Services - Jody Pelotte, Director of Dining Services



We had an exciting beginning to the school year in Dining Services with lots of great fun promotions like the Color Your Campus event, Johnny Appleseed Day, Talk like a Pirate day, Taco Tuesdays, Fresh Burger Fridays and many more! This semester we continue to offer items our students enjoy and are always looking for new menu options. That's where our local vendors come into play, offering the best quality fresh products to our students. The list continues to grow. Sodexo's name for this program is the Maine Course and you can read more about it below.

In our last newsletter we also spoke of our Choose to Reuse program, and our MyDTEXT program and revised menu offerings in all locations. On top of those we have added some new offerings suggested by our students. Our signage has expanded to show not only locally sourced products, but organic as well. Hydration stations at our beverage station offer different flavor profiles daily. Loyalty programs have been put in place in our retail locations and seasonal offers have also been expanded. Our Simply-to-Go line in retail locations has seen new and exciting offerings added and there are more vegetarian options in Simply-to-Go as well. The big news in our Dog Pound location was the return of our Island Oasis smoothie program. This has been a favorite of our students and we are happy to have it back. For Student Appreciation Day, faculty and staff served students in the Dining Hall at lunch and we offered students foods that they voted to have on the menu that day. Though the year is coming to a close quickly we still have plenty of fun and nutritious offerings planned!

### So what's this Maine Course stuff?

The Maine Course is Sodexo's commitment to make a positive economic impact in the state of Maine through the purchase of local products, produce, services and responsibly harvested, underutilized seafood from the Gulf of Maine.

### What does that mean to your student?

Whenever possible we use local seafood and produce. For example, the fish in our fish tacos is an underutilized Gulf of Maine fish. On Friday nights we have fresh grass-fed burgers from Archer Angus, all of our milk is from Oakhurst Dairy, we have featured different cheeses from Pineland Farms and had the Apple Farm here with locally grown apples and cider. Our selection of local produce varies with the day and season. Your student's meal plan helps support local farms and business people.

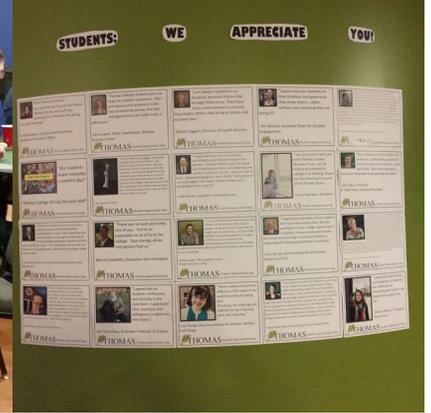
THE  
**MAINECOURSE**  
by sodexo



# Student Appreciation Day 2018



**Clockwise L to R:** Terrier Ice Sculpture; **L-R:** Jes Crowell, EDGE Coordinator and Shelby Watson, IT Support Technician serving students at lunch in the Dining Hall; Wall of Appreciation from faculty and staff to students; **Clockwise from left:** Demetrius Webster '21, Jahfar-I France '21, Darin-Scott Woolridge '21, and Troy Worster '20 enjoying Casino Night with dealer Cote Theriault; and Anthony Pizzo with Coke Hugging Machine brought in by Dining Services



## 2017-2018 TC Athletes and Awards

### Fall 2017 Awards

#### 2017 NAC Fall All-Academic Team

Jasen Dickey '18 - Men's Cross Country  
 Ryan Hablitz '20 - Men's Cross Country  
 Christo Naranja '19 - Men's Cross Country  
 Alyssa Maggi '18 - Women's Cross Country  
 Christiane Wadsworth '18 - Women's Cross Country  
 Miranda Gagne '20 - Field Hockey  
 Lindsay Morong '18 - Field Hockey  
 Katie Taylor '19 - Field Hockey  
 Katherine Welch '19 - Field Hockey  
 Emily Wilcox '19 - Field Hockey  
 Jonathan Dutka '19 - Men's Soccer  
 Baramée Janla '18 - Men's Soccer  
 Jeffrey Nagy '18 - Men's Soccer  
 Maddy Noyes '20 - Women's Soccer  
 Julia Smith '18 - Women's Soccer

#### Terrier Athletes of the Month

##### December Winners:

Zach Mackinnon '20 - Men's Basketball  
 Amira Jones '18 - Women's Basketball

### Spring 2018 Awards

#### Terrier Athlete of the Month

##### January Winners:

John Morgan '20 - Men's Basketball  
 Molly Carroll '19 - Women's Basketball

### Spring Awards (Continued)

#### All New England Third Team

Tevin Reid '19 - Men's Soccer

#### MMBCWA Co-Player of the Week

Carlos Gonzalez '19 - Men's Basketball



Above: January Terrier Athletes of the Month:

**John Morgan** - Men's Basketball  
**Molly Carroll** - Women's Basketball

## Counseling Services - Carol Jollotta, LCSW, Counselor

Utilization rates of counseling services across the country continues to grow, and this is true at Thomas also. During their time in college, many students will seek counseling support for the first time in their lives. Common reasons for college students to talk with a counselor include the experience of anxiety, depression, relationship struggles, stress, and issues with sleep, just to name a few. My goal in providing counseling services to students at Thomas is to do what I can to ensure a positive experience so that, should the need arise over their lifetime, your student would again be willing to seek the support of counseling.

At Thomas we work to keep the process of seeking counseling support as simple as possible. If your student is interested in speaking with me, all that is necessary is that they send me an email at [counselor@thomas.edu](mailto:counselor@thomas.edu) requesting to meet. With consideration to the student's scheduling needs, an appointment is generally offered within a week.

Sometimes parents and family members will see a concerning change in their student. If this should be the case for you, as a first step I would encourage you to speak with your student. Express your concern and make sure that your student is aware that free, confidential counseling services are available on campus, and encourage your

student to be in contact with me. In my view, a best-case scenario involves open communication between you and your student and empowering your student to initiate the next step in seeking support. This can be a step toward helping your student to feel confident and begin to develop a sense of mastery regarding utilization of available supports.

On occasion, I have been contacted by family members directly to express their concern. In these situations, I am able to listen to the family member, though due to confidentiality laws I am unable to acknowledge whether or not their student is working with me. As a general practice, and typically with the family member's permission, once I am made aware of a concern I outreach to the student directly, let the student know that their family member has been in communication with me, and offer the student a time to meet with me. Counseling at Thomas is a voluntary service and as such your student may decline the offered appointment.

If you have questions about Counseling Services at Thomas, please do not hesitate to be in touch with me at [counselor@thomas.edu](mailto:counselor@thomas.edu) or 207-859-1245.



**Clockwise from Left:**  
Duncan McDougal '21 and Stevo Reid '20 participating in a coloring contest; Austin Meyer '20 and Jessica Ball '20 displaying their Paint Night creations; Kyle Greene '21 and Tabitha Stevenson '19 taking part in a Residence Life Notes Program; and Lauren Farina '19, Samantha Cleaves '19, Shannon Kostovick '21 and Thomas Heidemann '18 doing Late Night Sledding



**2018 Commencement Information**  
Events begin on Friday evening, May 11, with Convocation at 4:00 p.m., then the Class Reception, followed by the Class Dinner. Commencement will be held on Saturday, May 12, at 1:00 p.m. in the Alford Athletic Center. A reception will follow on the Ayotte Auditorium Lawn under the tent.





**Above:** Several students on a shopping trip at the Maine Mall

**Below:** Students from **L to R:** Asmita Bamma '20, Jing (Irene) Yang '18 and Zhanpo (Popo) Lu '19 at the fall 2017 International Festival at Thomas College



## **Spring Break Information** **March 26-30**

Residences close at 7:00pm on Friday, March 23, and reopen at noon on Sunday, April 1.

**Break Shuttle Information** Below are the dates/times for the spring shuttles, which require advance sign-up.

**Mar. 23 - Leaves Thomas at 5:00pm**  
**Apr. 1 - Pickup in Portland at 6:00pm**

If you have a question about transportation for break housing please contact [salesm@thomas.edu](mailto:salesm@thomas.edu) or 207-859-1247 or stop by Michael Sales' office in the Spann Commons.

## **Student Life - Michael Sales, Coordinator of Student Life**

### **#ThomasStandsUp Student Recognition Program**

The Division of Student Affairs is proud to administer our #ThomasStandsUp program which recognizes students who stand up and make a positive impact in our Thomas community. These students go above and beyond the responsibilities required of any leadership role, position they hold, etc. to make Thomas a better place for all. Our most recent #ThomasStandsUp recipients were Isaac Salisbury '20, Cassie Contigiani '19 and Keileigh Belanger '19, whose stories you can read to the right next to their photos.

In addition, as part of the #ThomasStandsUp program, students are featured each month responding to questions related to civility at Thomas. For the month of February, our question was "What does DIVERSITY at Thomas mean to you?" Students Marleen Ramirez, Mykal Glasgow and Alex Knight were quick to share their experiences. Every student featured for #ThomasStandsUp receives a t-shirt and a photo is taken for campus announcements. Students are featured in a campus wide email to students, faculty, and staff on our campus tv advertisement system and on our online campus portal page.

Quite possibly the most important piece is that students are also featured on our Student Life social media pages, on Instagram at [thomas\\_college\\_life](https://www.instagram.com/thomas_college_life) and on Facebook at Thomas College's Terrier News with the hashtag #ThomasStandsUp. To see more students who have been recognized, be sure to search the hashtag on your favorite social media site! We have much to be proud of when it comes to the character of our students at Thomas!



**Left:** Isaac Salisbury '20 was recognized for putting in countless hours shoveling, clearing and resurfacing the new ice rink so everyone could enjoy it. He was even there for open skate, helping others to learn to skate.

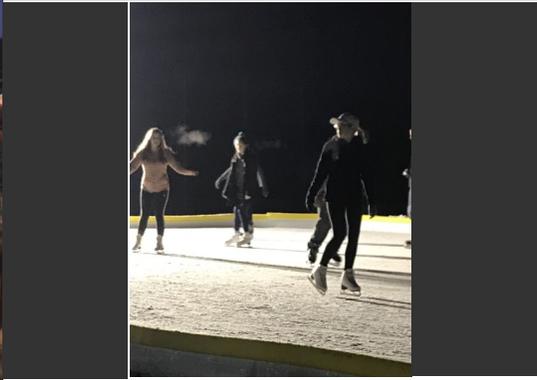
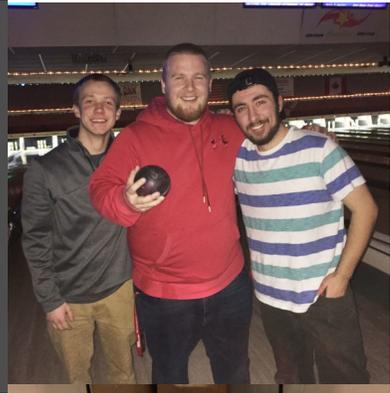
**Left:** Cassie Contigiani '19 was recognized for her help with the Special Olympics Club and turning an injury that took her off the playing field to an opportunity for those with differing abilities to still play in a basketball tournament.



**Right:** Keileigh Belanger '19 was recognized for supporting her teammates off the court after she made the difficult decision to leave the basketball team due to her struggle to commit all the time needed for practice, travel and games. She is seen at nearly every team cheering her teammates on.



Clockwise from Top Right: Matt Tarr '18, Nick Hagan '18 and Devon Roux '19 enjoying candlepin bowling; Build-a-Terrier; Late Night Ice Skating; Bingo; and Ntumba Mutombo '19 and Jameson Dehmer '20 playing the Strike a Light game at Winter Carnival 2018, run by Faith Beaulieu '21.



# DEEP FREEZE WEEK 2018



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 Office of Student Affairs  
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