



February 2021

President's Lecture Series

Regis Giving Day - Scholarship Opportunity

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Online Research Librarian - Political Anxiety

Pride Faculty Lecture Series - Graduate Alumni Profile

President's Lecture Series

SPRING 2021

FREE AND
OPEN TO THE PUBLIC



UNIVERSAL HEALTH CARE: POLICY AND POLITICS

March 10, 2021 | 6:15 – 8:30 p.m. | Virtual Zoom

2 Contact Hours | Register online: regiscollege.edu/universalhealth

Space is limited. All participants **must** pre-register by Tuesday, March 9, 2021. Information regarding Zoom and accessing the presentation will be emailed to registrants the week prior to the presentation. All registrants must have an email address.



Regis College

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Harvard Pilgrim
HealthCare




Mark your calendar to show some love for Regis on Wednesday, February 10 for #RegisGivingDay. Giving Day is all about participation and coming together as a community. Last year was a great success: 359 donors made gifts ranging from \$5 all the way up to \$5,000 from one of our alums! Collectively, our community raised \$37,000 in just 24 hours, so any amount makes a difference. [Visit our website to learn more.](#)

We are looking for students who are interested in being Giving Day Ambassadors—volunteer leaders in this effort who will help us spread the word about supporting Regis. If you're interested, please email advancement@regiscollege.edu and more information will be provided. Thank you for supporting Regis!

Scholarship Opportunity


The Mary Jane England Scholarship—named in honor of former Regis president Mary Jane England '59, MD, is a scholarship opportunity for students studying at the Young School of Nursing, the School of Health Sciences, or in a STEM field in the


School of Arts and Sciences. Scholarship awards range from \$1,000 to \$10,000 and students must apply by March 19, 2021, to be considered for the 2021-2022 academic year. [Visit the website](#) to learn more about eligibility requirements and to download application materials and instructions.



**“I Am My
Ancestors'
Wildest
Dream**

**We want to recognize Black Excellence at
Regis College. Community members of the
African Diaspora, share your story with us.**

 **Regis College**
Center for Inclusive Excellence



Career Corner

Welcome to the Spring Semester, Graduate Students!



If you're in the midst of the interview process in anticipation of landing your next role, here are a few interesting articles that address our current times:

- [Pandemic-Related Interview Questions & Answers](#)
- [How to Tell If a Prospective Employer Shares Your Values](#)
- [10 Job Hunting Tips for Nurse Practitioners](#)

Graduate Career Planning offers these online career tools:

["Career Corner for Graduate Students!"](#) - Moodle resource dedicated to your program and careers! Learn about relevant topics in your field: professional organizations, resume/cover letter samples, salaries and career pathways within the field, and a discussion board for students to post questions, share resources they find that will assist others in their careers, and add other resources to this open-source forum.

[Career Link](#) – online job posting site for our Regis employer partners to connect with our students and alumni,

Did you just complete your degree in December or plan to in May? Join our Graduate Alumni Ambassadors Program and share your experience at Regis with prospective and current students! Here's how our current Ambassadors participated in the Regis community while giving-back this back this past semester. Apply to become one today: <https://www.regiscollege.edu/regis-life/graduate-affairs/graduate-ambassadors-program>

Kaitlynn Arvidson

Director, Graduate & Professional Career Planning



Dear Graduate Students,

I hope that you are staying healthy and that your Spring 2021 semester is going well so far!

This is a friendly reminder that you may view your degree program requirements and track your progress online. In fact, I encourage you to do this at least once every semester by following the steps below:

- Log into Regis Hub
- Select the Student Planning application
- View your academic progress in Degree Audit

Degree Audit – Go to My Degree Audit

How Do I Get There?

- Self-Service Home → Student Planning → Go to My Degree Audit



Degree Audit

Go to your degree audit to see your academic progress.

[Go to My Degree Audit](#)

What Can I Do Here?

1. View your specific degree requirements such as number of credits needed, **Core Curriculum, Major, and Minor** (if you have one). View your progress towards your degree.
2. See your **GPA, Degree, Majors, Minors, and Anticipated Completion Date**.
3. Add required courses to your plan.

If you have any questions about your degree audit, contact your academic advisor or the Graduate Affairs team at graduateaffairs@regiscollege.edu. Graduate Advising ensures you stay on track academically.

Best wishes for a successful semester!

[Joanne Cardolaccia](#)

Director of Graduate Student Services & Advising

Mosaic!

About Mosaic

Mosaic is a supportive space where individuals can connect around gender and sexuality in a group setting. We welcome everyone- from those who are already members of the LGBTQIA+ community, to those identified as allies, and everyone in between.



Kristin Phelan, LCSW, she/her

Counselor from Out at Home, an outpatient therapeutic service for LGBTQIA+ individuals and families who specializes in working with LGBTQIA+ individuals.

Group Facilitators



Emma Kraus, Clinical intern, they/them

Boston University Wheelock College of Education & Human Development. EdM Candidate in Counseling, Specialization in Sport Psychology. Interests in social justice, LGBTQIA+ issues, diversity, inclusion.

*Please email Kristin if you have any questions, and to obtain the Zoom Meeting ID:

Kristin.phelan@regiscollege.edu



Regis College Library

Meet Online Research Librarian, Amanda Outly!

“Hi, my name is Amanda Outly and I am the new Online Research Librarian here at Regis! My role is to provide reference and research assistance to the Regis Online Programs as well as the broader Regis community. Previously, I was a Regis evening reference librarian so I may be familiar with some of you from our remote reference hours. I am an alumna of Boston College and Simmons University and a life-long Massachusetts resident. When I am not at the library, I enjoy knitting and baking my own bread. Contact me at Amanda.outly@regiscollege.edu or email the reference desk at Reference@regiscollege.edu. I am excited to be working with everyone.”

Strategies to Cope with Political Anxiety

Recent events and uncertainty in politics can cause stress and anxiety. We encourage you to use this as a guide to help you manage your stress.

☐ **Acknowledge your feelings**

Everyone reacts differently to situations. Some may be experiencing feelings of exhaustion, frustration, relief, anxiety, etc. Be sure to recognize and give honor to what you are feeling without judgement. Allow yourself grace.

☐ **Identify strategies to help manage your feelings**

What usually provides you relief from stress? Exercise? Meditation? Cooking? Counseling? Whatever it is, make sure you schedule time to find relief and take care of yourself.

☐ **Make a plan**

- Connect with family, friends, and community that will help you through this time
- Limit intake of news and social media
- Maintain your normal routine
- Educate yourself and stay informed
- Recognize your limits!

☐ **Seek support when you need it**

Managing stress and anxiety can be overwhelming at times. Know that you're not in this alone. Included on the next page is a list of resources available to support you.



Resources Available to
Support You

Counseling Services

[Regis College Counseling Services](#) provides students with confidential counseling sessions. To speak with a member of the counseling staff, please contact the Counseling Center at 781.768.7290 or email Kathryn Klickstein, Director of Counseling at kathryn.klickstein@regiscollege.edu to schedule an appointment.

Talk One2One

Talk One2One is a free, confidential, phone counseling service that provides immediate support to students wanting to speak with a counselor right away. Students can call if they are in crisis and speak with a mental health professional who will assess the situation and help connect the student with support as needed. Students do not need to be in crisis to utilize this service. People who are feeling overwhelmed and in need of “in the moment” support can call to talk with a counselor. Students simply call 1.800.756.3124 anytime 24/7.

General Mental Health Information

- [Ulifeline](#): This is an anonymous, confidential, online resource center where students can be comfortable searching for the information they need and want regarding emotional health. The site includes a Self Evaluator which screens for thirteen of the most common mental health conditions that college students face. This screening does not provide a diagnosis, but identifies problems that could be impacting thoughts, feelings and behaviors. The screening process also provides information on these conditions and how to reach out for help.
- [Seize the Awkward](#): Learn about signs to look for and how you can use an awkward silence to check in with a friend who may be struggling.

Stress Management

- [The Mindfulness Solution](#): This site provides meditation and mindfulness exercises that can be downloaded for free.
- [Greater Good in Action](#): UC Berkley's Greater Good Science Center, in collaboration with HopeLab, launched Greater Good in Action. Greater Good in Action collects the best research-based methods for a happier, more meaningful life- and puts them at your fingertips in a format that's easy to navigate and digest.
- [Study.com](#): Provides information about how to deal with stress in college.
- [Self-Compassion Guided Meditations and Exercises](#)
- Apps for relaxation: Insight Timer, Mindshift, Headspace, Stop. Breathe. Think., Catch It, Pacifica, Take a Break, Panic Shield.



2020-2021 PRIDE FACULTY LECTURE SERIES PRESENTS:

The Pandemic Narrative: We Tell Ourselves Stories in Order to Not Die



Dr. Jonathan Fitzgerald
Assistant Professor

Wednesday, February 3, 2021 | 6:00-7:30 p.m. via zoom

Joan Didion, literary journalist and novelist writes, "We tell ourselves stories in order to live." During a pandemic we also tell ourselves stories in order to not die. Humans make sense of the world through story, and stories about Covid-19—whether on a global or personal scale—allow us to see and, through the power of empathy, even experience the disparate ways different populations have been impacted by this pandemic. Dr. Jonathan Fitzgerald will explore the topics of death, illness, and quarantine during the Covid-19 pandemic through the lens of narrative.

regiscollege.edu/facultyseries



Meet the Regis College Graduate Ambassadors



Iliana Guadalupe

- **Bachelor's in Public Health Sciences**
- **Accelerated Master's in Nursing Science, AMS '22**
- **Hometown: Orange County, CA**

In November, California native Iliana Guadalupe returned home to work as a Community Health Worker at her undergrad university (UC Irvine) conducting an antibody study looking at the prevalence of people in Santa Ana that had the Antibodies to COVID-19. While she didn't mind the opportunity to "avoid the cold and snow one year- yay!," Iliana says she does "plan on returning to Boston to finish my Master's degree soon. I definitely miss Boston and being in a classroom with friends." What prompted her to make the cross country trek (and return trip) for her education?

"I wanted the best program, the best opportunities, and the best fit for me," she writes. "Regis is on the map because of their fantastic nursing program. I looked at the clinical placements I could possibly get, the location in Boston, MA (originally from CA this is huge for me), the accelerated speed (I did not want to be in school for another 6-7 years), and the opportunity to get a bachelor's and master's through a direct entry program. I could not ask for more. With my cohort, our best form of networking and collaborating is with each other or our professors/clinical instructors. The nursing cohort is so small that they all became my friends as well and the people I met living on campus were critical in being my support system. I could always find someone who understood, or was willing to hear me out. The welcoming environment was unexpected but so meaningful to someone who was in a completely new environment. Our instructors are amazing. I think the majority of them genuinely want to help us succeed and be great nurses. I appreciate that when I have approached a few about questions or mentorship, they are always

available to help. I think our location is also underappreciated. We are in a location with so many healthcare professionals that making connections appears easy enough.”

[Learn more about the Graduate Ambassadors program.](#)

Graduate Affairs | graduateaffairs@regiscollege.edu

Regis College, 235 Wellesley Street, Weston, MA 02493, USA, 781.768.7000

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