Greetings from Wheelock! Like the New England weather, the month of April has been a roller coaster of activity. We are gearing up for the end of spring semester, preparing for Undergraduate and Graduate Commencements, completing construction on our new Center for Learning & Innovation, and organizing a comprehensive International Conference to be held in mid-June (all of which will covered in our next issue). At the same time, we are still busy celebrating our 125th anniversary by sponsoring a bevy of community service projects.

Starting on Friday, April 19, Wheelock is officially kicking-off its World Service Weekend - an event that will unite students, alumni, faculty, staff, and friends of the College in a weekend of service to their communities. We will perform volunteer activities in different parts of the country and make a powerful collective statement about the College's commitment to service. For this event, Wheelock is collaborating with Safe Passage in Guatemala, Ronald McDonald House, Pine Street Inn, Rosie's Place, Hispanic Black Gay Coalition, and many more organizations. For more information, click here.

As part of this weekend of service, we would like to also briefly highlight the annual Make-A-Wish Talent Show. For the 18th year in a row(!), Wheelock will be partnering with the Make-A-Wish Foundation of Massachusetts & Rhode Island to showcase the many talents of our students and members of the local community. This year, we are proud to announce that Miss Massachusetts, Sarah Kidd, will be one of our special judges! We strongly encourage all families to come on over to Wheelock and enjoy the show. There will be an auction, raffle prizes, and it's only $5 admissions. **We hope to see you on Saturday, April 20 at 7:30pm in Wheelock Family Theatre.** All proceeds will be donated to Make-A-Wish Foundation of Massachusetts and Rhode Island.

As always, please feel free to contact us with your questions, comments, or concerns. Email us at family@wheelock.edu.

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### Housing Selection Process

On April 20, starting at 11:00am, students who apply and are eligible, will choose their rooms for next year. In order to be eligible, students were asked to do 3 things by April 11:

- Complete the Housing Application and Contract
- Be financially cleared from the Financial Services Office and
- Be registered for at least 12 credits.

Students are strongly encouraged to attend the Housing Expo on Thursday, April 18 from 1:00pm-3:00pm in the Pilgrim Student Center. This event is a great way to prepare for housing selection, particularly for those who do not yet have a roommate planned. At this Expo, students will get their room selection time, see floor plans for next year, "meet" the buildings, look for possible roommates, and get any questions answered.
Peer Tutors Attend Professional Development Conference

As part of the Office of Academic Assistance's commitment to developing our student support staff, the Wheelock College Peer Tutors attended the New England Peer Tutoring Association (or NEPTA) conference at Nichols College in Dudley, Massachusetts on April 6, 2013. The Peer Tutoring team attended each session offered at the conference with topics ranging from handling “difficult” tutoring sessions to better connecting ELL students to academic supports at the College. This was a phenomenal opportunity for the Peer Tutors to refine how we academically support students outside of the classroom.

Please visit our website for more information about our CRLA certified Peer Tutoring Program!

FAFSA Deadline Approaching

It’s almost that time of year again! The Free Application for Federal Student Aid (FAFSA) for the 2013/2014 academic year is now available online. You can log on to FAFSA’s website to complete your renewal application. Note that the FAFSA website is now www.fafsa.gov. FAFSA has recently made some updates to their website to make it easier than ever to apply. The priority deadline for returning students to apply for financial aid is April 15, 2013. With additional questions, please contact the Financial Aid Office.

Salutations from the Office of Spiritual Life!

As the semester draws to a close, it is important to remember the spiritual exercise of “Sabbath.” Many religious traditions honor this practice, though its use is becoming less and less frequent. The idea that one should refrain from constantly being busy runs counter to the popular cultural myth that productivity is paramount. Too many see intentionally slowing down, honoring self, family, and the spiritual as impossible or just lazy.

I disagree with this sentiment. It is only when we pause to reflect and relax that we can come back able to serve those around us best. The Office of Spiritual Life offers several programs to help achieve just this. Our “Journeys of Faith” series gives students and staff alike a chance to sit down, enjoy a meal, and reflect on faith and how it shapes who we become. Our “What’s Your Story?” programs brings student together to share life experiences (again, with food!) to emotionally regroup and see commonality through diversity.

Also this spring, we will host a labyrinth, drawing on a contemplative, meditative practice that is centuries old. Participants will be able to learn about the use of a labyrinth for prayer, centering, or a calming exercise.

Please feel free to contact Adrienne Kisner, Spiritual Life Coordinator at aksiner@wheelock.edu or 617-879-1156 if you have any questions or comments.

Monthly Tips from Counseling Center

Stress and Sleep Hygiene is a subject that you should feel comfortable talking about with your student. Did you know that physical and emotional illness, relationship difficulties, loss of work-based productivity, and stress are often linked to sleep
Deprivation? According to the national sleep foundation, sleep hygiene is a variety of different practices that are necessary to have normal, quality nighttime sleep and full daytime alertness. The most important sleep hygiene measure is to maintain a regular sleep and wake pattern seven days a week. It is also important to spend an appropriate amount of time in bed, not too little, or too excessive. This may vary by individual; for example, if someone has a problem with daytime sleepiness, they should spend a minimum of eight hours in bed, if they have difficulty sleeping at night, they should limit themselves to 7 hours in bed in order to keep the sleep pattern consolidated.

Check out this great link for sleep hygiene tips to share with your student!

Wheelock Wildcats Athletics Update

Wheelock’s spring teams are in full swing trying to fit a season’s worth of contests into just six weeks of spring! The Women’s Lacrosse team has already seen a few records fall this season with junior goaltender Monica Bettle (Pembroke, MA) stopped a school-record 20 shots vs. Thomas College on March 10. She has since gone on to set a new standard for saves in a season as well. Sophomore midfielder Molly Centore (Kennebunk, ME) is also making an impact in her first campaign with the Wildcats, racking up 13 draw controls to establish a new single-game mark vs. Thomas. Sophomore attacker Emma Marrs (Old Lyme, CT) made the most of her first week of collegiate lacrosse and was recognized by the New England Collegiate Conference as the NECC Rookie of the Week on March 11. Wheelock came together with Curry College on March 20 for a cause that transcends sports. Both teams wore crimson and gold on their sticks and their hair to show support for the Seton Hill University community following the tragic bus accident that claimed the lives of its lacrosse coach Kristina Quigley and the driver Anthony Guaetta.

The Men’s Tennis team has welcomed a number of new faces to the squad this season as well as a new Head Coach in Jeffrey Rucker. Sophomore Charles Armstrong-Hicks (Windsor, CT) returns from last season as one of the team’s Tri-Captains and won his first career match at number one singles in a road match at Becker College on March 29. In the same match, newcomer Dan Campbell (Northborough, MA), who has also played soccer and lacrosse for Wheelock, earned his first victory on the tennis court at number six singles. The Wildcats’ softball squad is also competing this spring after battling the weather to start its season. Senior shortstop Kim Perault (Medford, MA) opened the season by collecting a pair of hits in each of the team’s first two games on March 30 at Elms College.

Wheelock Athletics also saw one of its former players gain national attention when former women’s basketball and lacrosse player, Kayla Drescher (Wallingford, CT) appeared on the National Broadcasting Company’s (NBC) Today Show in a segment called “Magic Mondays” hosted by world renowned magician David Copperfield. She was competing with three other magicians to perform the best original trick for Copperfield for an opportunity to go to Las Vegas, see his show and tour his museum. In the end, Drescher’s bottle cap trick was the winner!

Important Dates
Monday, April 15: **Patriots' Day (no classes)**  
Tuesday, May 7: **Last day of classes**  
Wednesday, May 8: **Undergraduate Reading Day**  
Thursday, May 9 - Friday, May 10: **Undergraduate Examination Period**  
Saturday, May 11: **Residence Halls Close (for non-seniors) @ 2:00pm**  
Friday, May 17: **Undergraduate & Graduate Commencement Ceremonies**  
Friday, May 17: **Residence Halls Close (for seniors) @ 5:00pm**

To view other upcoming dates and deadlines, please see Wheelock's [academic calendar](mailto:https://www.wheelock.edu/admissions/academic-schedule).