

9/17/2020	Basic Research Skills for the Sciences (Asynchronous)	Students in this asynchronous workshop will receive brief overview of the Crossett collection, and then a more specific dive into the physical and digital resources for students in the Sciences. Topics covered will include relevant Library of Congress call numbers, databases, and journals for exploration.	Jared Della Rocca		
9/17/2020	Basic Research Skills for the Visual and Performing Arts - asynchronous	Students in this asynchronous workshop will receive a brief overview of the Crossett collection, and then a more specific dive into the physical and digital resources for Visual and Performing Arts students. Topics covered will include relevant Library of Congress call numbers, databases, and journals for exploration.	Jared Della Rocca		
9/17/2020	Communication and Self-Advocacy: How to Talk With Your Faculty	In this interactive workshop, students will learn ways to build relationships with their faculty and effectively communicate their needs. We will look at different scenarios that may require one-on-one outreach to faculty -- including discussing an assignment, requesting extra help, or implementing disability accommodations -- and discuss tips and techniques that can lead to a successful interaction.	Katy Evans		
9/17/2020	Field Work Term Readiness: Minimize Stress, Maximize Success	We know securing your first field work experience can feel overwhelming at times. You don't have to do this alone! This session will prepare you to begin planning for your first Field Work Term and equip you with the resources and services available to you during the job search and application processes. Explore best practices to help you produce high-quality application materials, appropriately communicate with recruiters in the field, and maximize your appeal to potential employers online.	Steven Young and Jocelyn Salcedo		
9/17/2020	Find More Hours in Your Day: Time Management as a Success Strategy and Act of Self Care	Trying to manage your academics, co-curricular activities, and your social life can feel overwhelming and sometimes stressful. Join this workshop to learn some effective ways of managing your time, from using a planner to using online and mobile resources.	Kate Child	** Sbobo	
9/17/2020	Getting Involved at Bennington: Clubs, Organizations, Volunteer and Service Learning	Want to get more engaged? In this workshop we'll cover the many ways to engage both on and off the Bennington College campus. We'll also hear directly from Student Organization leaders themselves about new and continuing opportunities in the coming year.	Matt Scott and Sam Clement		
9/17/2020	Pillow Talk: Difficult Conversations with Roommates	It isn't always easy living with someone! And, chances are you won't agree on everything. How, then, do you discuss difficult topics with them? In this workshop, we will learn about different approaches to conflict communication and explore ways to communicate effectively so that you (and your roommate) have your needs met.	Sarah Blizzard		
9/17/2020	Puzzlemania! (on campus students only) Commons Atrium	Puzzlemania! I made a giant puzzle, and YOU'RE going to solve it! 12 students will navigate covid safety guidelines by completing a communication challenge! Through this exercise, students will have the opportunity to understand and analyze their tendencies and preferences in class. Knowing one's self as a student is one of the most empowering things. It can give you the confidence to be yourself in the classroom and enhance the way you interact with your peers. Regardless of your field, your peers are your contemporaries. You should be trying to learn as much from them as you can. Knowing yourself provides you with an agency over what you learn and the way you learn -- which is what Bennington is all about. This workshop will allow students to reflect on the ways in which they engage in collaborative problem solving in the classroom.	Izzy Ioffreda		
9/17/2020	The Ins and Outs of Crossett Library (on campus students only) CAPA Symposium	In this hands-on workshop, students will learn about developing a research strategy, selecting relevant databases, effective searching, and creating citations. Basic library services such as locating books in the catalog and on the shelf, checking out, interlibrary loan and more will be introduced.	Joe Tucker		
9/17/2020	Thriving at Bennington A	Your first year at college can be difficult in the simplest of times. A new environment, people and ways of learning have us feeling as though we are hitting our max. These sessions, designed to be taken in a series or individually offer students the chance to 'unpack' and learn new and helpful skills to help them throughout their time at Bennington and beyond. Drop in for any workshop or sign up for parts A, B, C and D!	Ali Tartaglia	** Colin	
9/17/2020	Website Scavenger Hunt	Is it hard to find what you need online for Bennington? Come play around as you learn to navigate the key parts of the college's website and populi, our course management site. You might just win!	Xiomara Giordano and Rage Hezekiah	**	
9/17/2020	What Do You Want Me to Write?: Cultural Differences and Academic Writing	In this workshop, we will discuss the expectations for academic essays at the college in various disciplines and talk about how those expectations may differ from what was required in your high school. You will also be given tips and handouts to support your writing skills.	Camille Guthrie		
9/24/2020	A FLoW Introduction to Bennington	Come to this workshop to meet and hear from students, staff, and faculty about what it has meant to them to be a first-generation college student, low-income, and/or working-class at college. Learn about FLoW - a student group/network supporting, connecting, and raising awareness about the FLoW student experience at Bennington. We will get to know one another and discuss broadly what FLoW is and more specifically, we will talk about confusing terminology, available resources, support systems, and common FLoW first-year experiences.	Kate Child	** Hanna	

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9/24/2020	Communication and Self-Advocacy: How to Talk With Your Faculty	In this interactive workshop, students will learn ways to build relationships with their faculty and effectively communicate their needs. We will look at different scenarios that may require one-on-one outreach to faculty -- including discussing an assignment, requesting extra help, or implementing disability accommodations -- and discuss tips and techniques that can lead to a successful interaction.	Katy Evans		
9/24/2020	Creating Connection	Theater makers strive to create connections between actors and audience, and between creative collaborators. We often refer to the magic of these moments of connection as "breathing the same air" as our audience. While this is particularly challenging right now, the human impulse to connect, to be fully present within yourself and with others, is more urgent than ever. In this workshop we will use a variety of theater exercises to explore ways of forming connections and staying present in a virtual world. What are the specific challenges we face when trying to listen and respond, stay attentive, learn from each other, and create community? How do we stay grounded physically and aware of our three-dimensional presence in space while we are on Zoom? These are some of the questions we will explore in this interactive workshop.	Jenny Rohn		
9/24/2020	Deep Listening (on campus students only) CAPA Symposium (access to CAPA outdoor space)	<i>"Deep Listening, for me, is learning to expand the perception of sounds to include the whole space/time continuum of sound –encountering the vastness and complexities as much as possible"</i> - Pauline Oliveros  Deep listening is an approach to sound and improvisation developed by Pauline Oliveros. In this workshop we will practice deep listening, examine work that is informed by deep listening and begin to discuss how we can use this approach in our own work. Then, we will collaborate as a group! No sheet music, no knowledge of theory, without amplification or a stage. All you need to do is connect your sound with the environment and fellow performers and be open to trying new things.	Colin Jones		
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9/24/2020	Finding Support That Works For You (Asynchronous)	Did you know there are free resources on campus that every Bennington student can use? That's right, Bennington is brimming with faculty, students, and staff who want to (and are trained to) work with first-year students as they transition to academic and social life on campus. If you have felt at a loss for where to go when you have struggled with an assignment, had questions about course material, would like support improving study skills, writing, or research, or just want to better understand the academic supports available at Bennington, this is the workshop for you! We'll have students, faculty, and staff on hand to share more information about peer tutor support, faculty office hours, the role of the faculty advisor, and support from academic services.	Kate Child		
9/24/2020	Getting Active on Campus: Sports and Recreation	Learn about opportunities for getting or staying active at Bennington. Staff from the Student Life office will introduce you to on-campus fitness options and equipment, nearby walking trails, athletic opportunities, local hiking, and more.	Matt Scott and Sam Clement		
9/24/2020	How to Write: Strategies for Scholarly and Creative Writing	How do you learn to write college-level writing? Which strategies will help to make your writing stronger whether the assignment is academic or creative? How do you learn to become a professional writer in your field? Which practices will help you to complete your work for a class? We will discuss various approaches to getting started, finding the best sources, constructing an argument, structuring your writing, and editing your own work.	Camille Guthrie		
9/24/2020	The Ins and Outs of Crossett Library (on campus students only) Barn 100	In this hands-on workshop, students will learn about developing a research strategy, selecting relevant databases, effective searching, and creating citations. Basic library services such as locating books in the catalog and on the shelf, checking out, interlibrary loan and more will be introduced.	Joe Tucker		

9/24/2020	Thriving at Bennington A	Your first year at college can be difficult in the simplest of times. A new environment, people and ways of learning have us feeling as though we are hitting our max. These sessions, designed to be taken in a series or individually offer students the chance to 'unpack' and learn new and helpful skills to help them throughout their time at Bennington and beyond. Drop in for any workshop or sign up for parts A, B, C and D!	Ali Tartaglia	** Emma	
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10/1/2020	Academic Success Skills for Online Learning	Learning online can require a different set of skills and approaches than you may be used to. You might be struggling to make the transition and feeling like you need to work harder than you ever have before. Join this workshop to learn more about ways to improve academic success while learning online at Bennington. We will cover skills that will help you generally, and more specifically in the online learning environment (i.e. note taking, etc), participating in class discussions (i.e. overcoming anxiety), active reading and listening strategies, and planning for class discussions (I read it, but I don't know how to talk about it).	Katy Evans	** Jelena	
10/1/2020	Building Your Online Presence: How Your Digital Profiles Can Help You Land a Job	Digital portfolios allow you to collect, curate, archive, and analyze sample work for future learning and employment opportunities. During an internship or job search, a digital portfolio can help showcase your work to potential employers. In this session, we will discuss how to choose a platform, curate content, and manage your profile in order to captivate your audience.	Jocelyn Salcedo		
10/1/2020	Building Your Online Presence: How Your Digital Profiles Can Help You Land a Job (Asynchronous)	Digital portfolios allow you to collect, curate, archive, and analyze sample work for future learning and employment opportunities. During an internship or job search, a digital portfolio can help showcase your work to potential employers. In this session, we will discuss how to choose a platform, curate content, and manage your profile in order to captivate your audience.	Jocelyn Salcedo		
10/1/2020	Constructing an Argument	This workshop will examine how to structure a research paper from writing an effective thesis statement to organizing your evidence, engaging your sources, presenting counterarguments, and writing an interesting conclusion.	Hannah Fisher Gray		
10/1/2020	Dance at Bennington: History and Presence (Remote)	This workshop offers a brief overview of the history of dance at Bennington, to give you an idea of the traditions around you. The second part of the workshop is a guided movement session. No experience with dance is required. This week's workshop is for remote students.	Delaney Hill		
10/1/2020	Find More Hours in Your Day: Time Management as a Success Strategy and Act of Self Care	Trying to manage your academics, co-curricular activities, and your social life can feel overwhelming and sometimes stressful. Join this workshop to learn some effective ways of managing your time, from using a planner to using online and mobile resources.	Kate Child	** Sbobo (again)	
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10/1/2020	Microaggressions: What Are They?	Microaggression happen on campuses in the dorms, classrooms, at events, even in the dining halls. What are microaggressions? How do we hold one another accountable when we experience or act in microaggressive ways? This workshop will help us identify and provide solutions for what to do when we engage in or witness a microaggressions.	Delia Saenz		
10/1/2020	Mindfulness	What do Oprah Winfrey, Rick Rubin and Kristen Bell have in common? They practice mindfulness every day! This workshop aims to help you find ways to incorporate mindfulness into your life. Whether you're starting with a few seconds of breathing deeply, or being aware of your feet on the ground, we'll lead you through some brief exercises and share strategies for finding calm amidst the busyness of college life.	Rage Hezekiah		
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10/1/2020	Staying Sane, Successful, and Social in the Age of COVID: A Workshop on Forming Connections and Staying Afloat in Kooky Times (on campus students only) Barn 100	This workshop seeks to lead and facilitate conversation on navigating one's social scene and mental health during their first term with COVID restrictions in place. Your first year at college can be a lonely and uncomfortable time, with the transition into independence, formation of new friendships and relationships, and often monolithic task of figuring out who you want to be and how you wish to utilize your talents, skills, and passions. Add a virus into the mix that hinders our standard idea of interaction as well as leaves us all feeling a bit anxious, and this beginning of your college experience can feel like an impossible burden instead of freeing and explorative.	Delaney Circe		
10/1/2020	The Ins and Outs of Crossett Library (on campus students only) Zoom	In this hands-on workshop, students will learn about developing a research strategy, selecting relevant databases, effective searching, and creating citations. Basic library services such as locating books in the catalog and on the shelf, checking out, interlibrary loan and more will be introduced.	Jared Della Rocca		
10/1/2020	Thriving at Bennington B	Your first year at college can be difficult in the simplest of times. A new environment, people and ways of learning have us feeling as though we are hitting our max. These sessions, designed to be take in a series or individually offer students the chance to 'unpack' and learn new and helpful skills to help them throughout their time at Bennington and beyond. Drop in for any workshop or sign up for the whole set!	Ali Tartaglia	** Bailey	
10/1/2020	What Makes a Good Source? CAPA Symposium	In this workshop, you will learn about the various types of information sources and how to use them. You will practice evaluating specific sources so that you are ready to apply these ideas when presented with your next research assignment in a class.	Joe Tucker	** Gabriela	
10/8/2020	Craftivism Now!	In this workshop, we will discuss the radical, anti-capitalist nature of modern day craft, highlighting some of the ways in which craft has been and can be used to address sociopolitical issues. From sustainability, to women's rights, to racial inequality, we will discuss possible openings for ways to address problems using craft as your voice, then create designs for our own future craftivist project. At the end of the workshop, we will be prepared to explain our ideas to our fellow workshop members using a combination of visual representation and discussion! Have nearby the following materials: Paper, pencil or pen, something to color in your drawings (watercolors, paint, pencils, markers, etc.), OR a computer software such as Adobe Illustrator	Emma Boehme		
10/8/2020	Dance at Bennington: History and Presence (on campus students only) Barn 100	This workshop offers a brief overview of the history of dance at Bennington, to give you an idea of the traditions around you. The second part of the workshop is a guided movement session. No experience with dance is required. This week's workshop is for on-campus students.	Delaney Hill		
10/8/2020	Developing Your Academic Writing Voice & Writing for an Audience: "The I and the We"	Many students wonder who they are writing for in an academic essay; at the same time, many students wonder how to develop an effective academic voice and still write in a genuine way. This workshop will address these skills and address your questions. We will also discuss how to create a strong thesis statement, how to engage more deeply with your sources, and how to edit your own work.	Camille Guthrie		
10/8/2020	Expanding Your Network: Creating and Cultivating Relationships	Whether you know it or not, you are constantly networking. We'll discuss easy techniques to grow and maintain your network through networking events, online communities, and everyday interactions--yes, even if you're an introvert. Whatever your comfort level is, you will learn how to advertise your capabilities, skills, and experiences to your contacts in order to maximize professional development and employment opportunities.	Jocelyn Salcedo		
10/8/2020	Expanding Your Network: Creating and Cultivating Relationships (Asynchronous)	Whether you know it or not, you are constantly networking. We'll discuss easy techniques to grow and maintain your network through networking events, online communities, and everyday interactions--yes, even if you're an introvert. Whatever your comfort level is, you will learn how to advertise your capabilities, skills, and experiences to your contacts in order to maximize professional development and employment opportunities.	Jocelyn Salcedo		
10/8/2020	Find More Hours in Your Day: Time Management as a Success Strategy and Act of Self Care	Trying to manage your academics, co-curricular activities, and your social life can feel overwhelming and sometimes stressful. Join this workshop to learn some effective ways of managing your time, from using a planner to using online and mobile resources.	Kate Child	** Hannah W	
10/8/2020	Food Justice and Climate Justice	Food justice asks the questions: where does injustice live in our food system and what would a just food system look like? Climate justice asks the questions: who is responsible for climate change and who will bear the brunt of the effects of climate change? Food and climate justice bring our attention to ways in which we can work to create more equity and fairness for those left on the fringes of the local food movement. In this workshop, Tatiana Abatemarco will address how we can create more resilience in the face of climate instability. She also will speak about the community engaged food studies program at Bennington College, which has a goal of addressing food insecurity in Bennington County. Together, workshop participants will consider their vision of a food and climate just future where everyone has food access and human rights.	Tatiana Abatemarco		

10/8/2020	Mindfulness	What do Oprah Winfrey, Rick Rubin and Kristen Bell have in common? They practice mindfulness every day! This workshop aims to help you find ways to incorporate mindfulness into your life. Whether you're starting with a few seconds of breathing deeply, or being aware of your feet on the ground, we'll lead you through some brief exercises and share strategies for finding calm amidst the busyness of college life.	Rage Hezekiah		
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10/8/2020	What Makes a Good Source?	In this workshop, you will learn about the various types of information sources and how to use them. You will practice evaluating specific sources so that you are ready to apply these ideas when presented with your next research assignment in a class.	Joe Tucker	** Gabriela (again)	
10/15/2020	Academic Success Skills for Online Learning	Learning online can require a different set of skills and approaches than you may be used to. You might be struggling to make the transition and feeling like you need to work harder than you ever have before. Join this workshop to learn more about ways to improve academic success while learning online at Bennington. We will cover skills that will help you generally, and more specifically in the online learning environment (i.e. note taking, etc), participating in class discussions (i.e. overcoming anxiety), active reading and listening strategies, and planning for class discussions (I read it, but I don't know how to talk about it).	Katy Evans	** Jelena (again)	
10/15/2020	Acing the Interview (Asynchronous)	Digital portfolios allow you to collect, curate, archive, and analyze sample work for future learning and employment opportunities. During an internship or job search, a digital portfolio can help showcase your work to potential employers. In this session, we will discuss how to choose a platform, curate content, and manage your profile in order to captivate your audience.	Jocelyn Salcedo		
10/15/2020	Acing the Interview: Best Practices, Tools, and Resources	In today's competitive internship and employment landscape, having the required qualifications and educational background is not enough. Learn how to articulate your professional skills and academic experiences in order to answer the most important question: Why should I hire you? We will discuss types of interviews, best practices, common mistakes, and available resources at Bennington to help you improve your communication and presentation skills.	Jocelyn Salcedo		
10/15/2020	FLoW Field Work Term Panel	At this workshop, first year students will learn about the Field Work Term experience firsthand from FLoW upperclassmen. Panel members will discuss what jobs/internships they have had over FWT and how they went about finding, applying, and funding these experiences. There will be ample time for first-year students to ask questions, voice ideas or concerns, and receive advice not only with the panelists but with staff members as well.	Kate Child	**	
10/15/2020	How to Edit Your Own Writing	It's easy to spot errors in other people's work, but how do you spot them in your own? This workshop will present techniques for identifying repetition; strengthening argument, logic, and flow of a paper; and expanding ideas without using filler.	Hannah Fisher Gray		
10/15/2020	Microaggressions: What Are They?	Microaggression happen on campuses in the dorms, classrooms, at events, even in the dining halls. What are microaggressions? How do we hold one another accountable when we experience or act in microaggressive ways? This workshop will help us identify and provide solutions for what to do when we engage in or witness a microaggressions.	Delia Saenz		
10/15/2020	Remote Radio: Broadcasting Across Boundaries	Students will be introduced to contemporary radio practices by producing their own mini program to air on Bennington College Radio. Remote students are welcome.	Gabriela Yadegari		
10/15/2020	The Criminalization of Education: Restorative Justice in Bennington and Beyond	This workshop compares and contrasts how punishment and blame have traditionally been handled, with how restorative justice seeks to repair harm caused. The content focus is on issues facing the town of Bennington, with the criminalization of children within the Bennington public school systems and the role of the Bennington Police. It ends with a discussion of how this local case fits into the larger context of the criminalization that accompanies punitive measures in education nationwide.	Hannah Wolfield		
10/15/2020	Thriving at Bennington C	Your first year at college can be difficult in the simplest of times. A new environment, people and ways of learning have us feeling as though we are hitting our max. These sessions, designed to be take in a series or individually offer students the chance to 'unpack' and learn new and helpful skills to help them throughout their time at Bennington and beyond. Drop in for any workshop or sign up for parts A, B, C and D!	Ali Tartaglia	** Izzy	

10/15/2020	What Is the Point?	This workshop will focus on the question: "how do we make an argument?." A key purpose of writing is to express a point of view. But for that we need to do more than just recite facts or summarize information. Rather, we need to argue, and we need to persuade. There is an art and a craft to doing this. The art lies in being expressive with our imagination and being compelling with our interpretation of facts and information. The craft lies in learning how to express our claims with conviction and hit the mark. It is this second part, the hitting your mark, which presents some difficulties. This workshop will explore the classical ways in which we can accomplish this "mark hitting" and make a point.	Lopamudra Banerjee	**	
10/15/2020	What Makes a Good Source? (CAPA Symposium)	In this workshop, you will learn about the various types of information sources and how to use them. You will practice evaluating specific sources so that you are ready to apply these ideas when presented with your next research assignment in a class.	Joe Tucker	**	
10/15/2020	Why You Should Understand A Bit of Climate Science	Climate change is perhaps the greatest current danger to human society. However, most people don't have a particularly good understanding of the science behind the issue. How do you tell the difference between good and bad climate information? This workshop will be a brief primer on distilling the highly impure information stream.	Tim Schroeder		
10/22/2020	Basic Research Skills for the Visual and Performing Arts (CAPA Symposium)	Students will be provided a brief overview of the Crossett collection, and then a more specific dive into the physical and digital resources for Visual and Performing Arts students. Topics covered will include relevant Library of Congress call numbers, databases, and journals for exploration.	Joe Tucker	**	
10/22/2020	Befriending the Nervous System: Navigating the stress response on purpose	<i>Join Kat Daley, LICSW of Psych Services for an interactive conversation about identifying and managing the stress response in your body and mind. We will explore how to increase awareness and skillfulness before, during, and after an experience of more acute stress as well as emotional regulation strategies for more ongoing, chronic stress. A wide variety of tips, tricks, and practices will be introduced and practiced during the session to leave you feeling better prepared to manage the rest of the term successfully.</i>	Kat Daley		
10/22/2020	Field Work Term Troubleshooting	Discuss and brainstorm ways to navigate challenges in finding and securing an FWT opportunity. This workshop is specifically for those who haven't registered an FWT experience on Handshake at this point. Reflect on the action steps you've taken these last several weeks, learn how to revise your job application materials and internship search strategies in ways that will improve your chances of landing your first internship as a Bennington student.	Steven Young and Jocelyn Salcedo		
10/22/2020	Find More Hours in Your Day: Time Management as a Success Strategy and Act of Self Care	Trying to manage your academics, co-curricular activities, and your social life can feel overwhelming and sometimes stressful. Join this workshop to learn some effective ways of managing your time, from using a planner to using online and mobile resources.	Kate Child	** Hannah W (again)	
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10/22/2020	Hydrate and Be Anti-racist (on campus students only) Barn 100	In this workshop, we discuss ways in which we can all be anti-racist in our daily lives. Anti-racism goes beyond the performative social media posts; how does one become anti-racist in a sustainable and genuine way? The facilitator will also provide a small reading/watching list to give more knowledge on the history of racism and how it continues to affect us.	Sebenele Ndlangamanda		
10/22/2020	Pillow Talk: Difficult Conversations with Roommates	<del>It isn't always easy living with someone! And, chances are you won't agree on everything. How, then, do you discuss difficult topics with them? In this workshop, we will learn about different approaches to conflict communication and explore ways to communicate effectively so that you (and your roommate) have your needs met.</del>	Sarah Blizzard		

10/22/2020	Purpose and Serendipity, or: It Takes Two to Tango	I'd wager that one of the first terms you heard when you encountered Bennington was The Plan. And, yes, developing a Plan is important, indeed crucial, to your education on every level. But what about the value of accident? Of the chance exposure to an unfamiliar subject, place, person, strain of history, mode of thinking? Such experiences can be disconcerting, may seem like distractions from our chosen path; but they may also hold the key to unlocking intense curiosities, exciting courses of study, and fruitful explorations. My own working life has been full of surprises, as one serendipitous project led to another, making for a body of work whose deep structures would manifest only gradually. Learning to trust my instincts was a huge part of my own development in several languages, on several continents, and in myriad modes of reading, writing, and translating. As we chat about all this, we can look together at a few representative texts, as well as my new project, which came to me—you guessed it—through a chance encounter at a bookshop in Santiago de Chile. Please give some thought to unexpected events in your own lives that turned out to be "miraculous accidents," and come ready to share your experiences. Feel free to bring artifacts."	Marguerite Feitlowitz		
10/22/2020	Technology Tools for Learning	<del>Students will learn about and try out an array of assistive technology tools designed to support reading, writing, note taking, time management and other key academic skills. While students with disabilities may especially benefit from this workshop, many of the apps covered are free and available to all students without an accommodation.</del>	Katy Evans		
10/22/2020	The Beauty and Baddy of Progressive Education: How to Navigate for Success	Students come to Bennington College for myriad reasons, and this workshop by interns at the Office of Diversity and Inclusion will help you take these varied reasons to set yourself up for success. We will use your interests and ideas to shape the workshop to fit your needs and answer your questions, providing tips from our experience here, and a student panel to offer context and understanding of the Bennington education. The panelists will share their varied experiences and "tricks" to navigate this space and help first year students make the most out of their Bennington experience. Please submit questions, topics, ahead of time at the link provided in the invitation to the workshop.	Ara Aman and Rojay Bryan		
10/22/2020	The Power of Circles for Community Building (Commons Atrium) (on campus students only)	Circles are one of the central methods used in restorative justice practice. They are used widely and have far reaching impact because of their simple, elegant and powerful processes. In this workshop we will discuss and experience the power of Circles for building effective communication, meaningful relationships and healthy communities.	Alisa del Tufo		
10/22/2020	Thriving at Bennington C	<del>Your first year at college can be difficult in the simplest of times. A new environment, people and ways of learning have us feeling as though we are hitting our max. These sessions, designed to be take in a series or individually offer students the chance to 'unpack' and learn new and helpful skills to help them throughout their time at Bennington and beyond. Drop in for any workshop or sign up for parts A, B, C and D!</del>	Ali Tartaglia	**Izzy (again)	
10/22/2020	Writing in SCT or: How I Stopped Worrying and Learned to Love the Literature Review	Many SCT courses, as well as the senior thesis, require that you write a "literature review." The term alone fills many students with dread. The reality, though, is that writing a literature review is an opportunity to piece together an intellectual puzzle according to your own unique design. This workshop will cover what an SCT literature review is, why it is an important part of a liberal arts education, and how to go about writing one.	John Hultgren		
11/5/2020	A Quest for Truth: A Logic and Research Workshop.	Much of the work at Bennington requires us to do thorough and reliable research to write papers, make presentations and posters, as well as to create art. Especially in the beginning, it can be challenging finding and assessing sources and interpreting the data correctly and critically. In this workshop, we will learn about logical fallacies and how you can recognize and avoid them in your work and everyday life in order to better understand the world around you and construct stronger arguments.	Jelena Mijatovic		
11/5/2020	Basic Research Skills for the Sciences (CAPA Symposium)	<del>Students will be provided a brief overview of the Crossett collection, and then a more specific dive into the physical and digital resources for students in the Sciences. Topics covered will include relevant Library of Congress call numbers, databases, and journals for exploration.</del>	Joe Tucker		
11/5/2020	Basic Research Skills for the Sciences (Asynchronous)	Students in this asynchronous workshop will receive brief overview of the Crossett collection, and then a more specific dive into the physical and digital resources for students in the Sciences. Topics covered will include relevant Library of Congress call numbers, databases, and journals for exploration.	Jared Della Rocca		
11/5/2020	Befriending the Nervous System: Navigating the stress response on purpose	<i>Join Kat Daley, LICSW of Psych Services for an interactive conversation about identifying and managing the stress response in your body and mind. We will explore how to increase awareness and skillfulness before, during, and after an experience of more acute stress as well as emotional regulation strategies for more ongoing, chronic stress. A wide variety of tips, tricks, and practices will be introduced and practiced during the session to leave you feeling better prepared to manage the rest of the term successfully.</i>	Kat Daley		

11/5/2020	Being International at Bennington	Did you know that more than 15% of our student body is international? On top of navigating the many nuances of complex societal systems within the US, international students have the added challenge of understanding restrictions put on them by their visas, adapting to new cultures (of college and the US), maintaining transnational relationships, and adapting to new academic practices. In this workshop we will deconstruct what it means to be international at Bennington College, with the goals of building empathy and understanding for the international student experience at Bennington College, building visibility, and starting conversations on intersectionality, experience, and inclusion through the lens of Bennington students with F1 visas. Leaders will provide practical skills to engage with, or as members of, the international student community and create a collective space for mutual learning and growth, as participating students build community, allyship, and understanding for the international experience as a means to build solidarity and support among peers.	Ara Aman and Rojay Bryan	**	
11/5/2020	Black Lives Matter, Transatlantic Occurrences: The Cases of France and the United States	This workshop looks at unprecedented and widespread anti-racist reactions to the recent deaths of two black men at the hands of police: George Floyd in Minneapolis (MN, USA) and Adama Traoré in Paris, France. By looking at this particular moment of anti-racism activism as it unfolds, how can one reflect on the history, nature and specificities of the global questions of racism and anti-racism as they take root and are both understood and managed in France and the United States, two Western powers with highly distinct and differing approaches to these issues. But despite the differences in management, in each country, black lives remain precarious and fragile. What are the many and complex forms of racism? How does racism morph according to the territory where it is cultivated? Through observations of the past and present, what can we learn to make sense of the present and imagine a future in which full humanity – that is to say the justice- is shared equally, accessible to all?	Maboula Soumahoro		
11/5/2020	Field Work Term Troubleshooting	Discuss and brainstorm ways to navigate challenges in finding and securing an FWT opportunity. This workshop is specifically for those who haven't registered an FWT experience on Handshake at this point. Reflect on the action steps you've taken these last several weeks, learn how to revise your job application materials and internship search strategies in ways that will improve your chances of landing your first internship as a Bennington student.	Steven Young and Jocelyn Salcedo		
11/5/2020	Registration Prep Workshop	Learn about the registration exception process, the difference between 4000 and 2000-level course registration, step-by-step basics for successful registration, and strategies for course registration and building your spring course schedule!	Kate Child		
11/5/2020	Restoring Community	Restorative practices are rooted in the belief that everyone's true self is good, wise, and powerful. We desire to build good relationships. Restorative practices are not only focused on acknowledging harm done and creating a pathway to repair that harm, but also in building deeper relationships and creating a positive atmosphere that includes personal safety. This workshop will explore the beliefs which ground restorative practices as well as how these practices have so far been used within the college and greater Bennington community. Finally, we will brainstorm different ways restorative practices can be further implemented within our communities.	Bailey Fox	**	
11/5/2020	Thriving at Bennington D	Your first year at college can be difficult in the simplest of times. A new environment, people and ways of learning have us feeling as though we are hitting our max. These sessions, designed to be taken in a series or individually offer students the chance to 'unpack' and learn new and helpful skills to help them throughout their time at Bennington and beyond. Drop in for any workshop or sign up for parts A, B, C and D!	Ali Tartaglia		
11/5/2020	Why You Should Take Math at Bennington	I will try to answer the question in the title in two parts. First, why you should take math: I will make a case for mathematics as a liberal art, for mathematics as an interesting metaphor that you can employ in your work, and for mathematics as a central part of the universe and culture. Second, why you should take math at Bennington: I will talk about how math is often taught, how math is taught differently at Bennington, and what that means for you. I will give examples. I will do most of the talking, but it will be an open discussion, in which I can answer questions both practical and mathematical.	Andrew McIntyre		
11/12/2020	A Resume for a Dream FWT	Land your dream FWT internship by learning how to write an effective resume! A strong resume tells your story and catches a recruiter's eye; it helps employers understand who you are, what motivates you, and what you have to offer as an intern. If you ever wondered (I know I did), how should I write about my past work experiences? How long should my resume be? Do I have to include my GPA? Then this workshop is for you. We will discuss components of a resume, determine what content to include and what to leave out, go over proper formatting, and talk about common mistakes and strong action words. You will come out of this workshop with a roadmap for creating a compelling resume that succinctly lays out your skills, experience, and why you should get the internship. As you are nearing your first FWT, a resume that shows your professionalism will set you up for success in your internship search and make it significantly easier.	Hanna Karnei		

11/12/2020	Basic Research Skills for the Visual and Performing Arts (CAPA Symposium)	Students will be provided a brief overview of the Crossett collection, and then a more specific dive into the physical and digital resources for Visual and Performing Arts students. Topics covered will include relevant Library of Congress call numbers, databases, and journals for exploration.	Joe Tucker	**	
11/12/2020	Consortium on Forced Migration, Displacement, and Education	The Consortium of Forced Migration, Displacement, and Education at Bennington College is a student-led advocacy group that aims to connect the student community with issues relating to forced migration and displacement across the globe. In this workshop, we would like to communicate the efforts our group has undertaken to promote intercultural understanding within Bennington's liberal arts framework to defend democracy, tolerance, and diversity within our campus community. We hope to interest freshmen in our work and encourage their participation in moving forward.	CFMDE team (Roua Atamaz Sibai, Jailyne Estevez, Sitashma Parajuli, and Valeria Sibrian)		
11/12/2020	Employer Communication: Student-Employer Agreement, Risk & Liability, and Handling Common Workplace Issues	Learn how to get the most of your Field Work Term by communicating your expectations of your internship experience to your employer. We will also explore ways to navigate common workplace issues, promote professional and personal growth, and empower yourself in learning about topics of diversity in the workplace.	Steven Young and Faith McClellan		
11/12/2020	Finding Support That Works For You (Asynchronous)	Did you know there are free resources on campus that every Bennington student can use? That's right, Bennington is brimming with faculty, students, and staff who want to (and are trained to) work with first-year students as they transition to academic and social life on campus. If you have felt at a loss for where to go when you have struggled with an assignment, had questions about course material, would like support improving study skills, writing, or research, or just want to better understand the academic supports available at Bennington, this is the workshop for you! We'll have students, faculty, and staff on hand to share more information about peer tutor support, faculty office hours, the role of the faculty advisor, and support from academic services.	Kate Child		
11/12/2020	How to Not Read a Book: Using Sources Effectively and Efficiently	This workshop will delve into three key aspects of research: 1) how to dissect sources as quickly and effectively as possible 2) how to keep your research organized 3) how to find your own research style. Whether you currently use Zotero, or index cards, or highlighters, or post-its, or your own memory to keep track of your research, this workshop will give you effective tools to enhance your use of high-quality sources in your writing.	Brian Michael Murphy		
11/12/2020	Mindfulness	What do Oprah Winfrey, Rick Rubin and Kristen Bell have in common? They practice mindfulness every day! This workshop aims to help you find ways to incorporate mindfulness into your life. Whether you're starting with a few seconds of breathing deeply, or being aware of your feet on the ground, we'll lead you through some brief exercises and share strategies for finding calm amidst the busyness of college life.	Rage Hezekiah		
11/12/2020	Registration Prep Workshop	Learn about the registration exception process, the difference between 4000 and 2000-level course registration, step-by-step basics for successful registration, and strategies for course registration and building your spring course schedule!	Kate Child		
11/12/2020	Study Away, Abroad, and Cross-Enrollment	Take a look at your many options to supplement a Bennington education. We will discuss your opportunities to study away at other institutions both locally, nationally, and internationally.	Noelle Murphy / Xiomara Giordano		
11/12/2020	The Beauty and Baddy of Progressive Education: How to Navigate for Success	<del>Students come to Bennington College for myriad reasons, and this workshop by interns at the office of Diversity and Inclusion will help set yourself up for success. We will use your interests and ideas to shape the workshop to fit your needs and answer your questions, providing tips from our experience here, and a student panel to offer context and understanding of the Bennington education. The panelists will share their varied experiences and "tricks" to navigate this space and help first year students make the most out of their Bennington experience. Please submit questions, topics, ahead of time at the link provided in the invitation to the workshop.</del>	Ara Aman and Rojay Bryan		
11/12/2020	The Underbelly of Campus	Bennington College has worked for decades to make intentional and thoughtful choices to implement energy efficient and sustainable building technologies. The lionshare of this work is behind the scenes in mechanical rooms, electrical rooms, and IT closets. Most of these areas will never be seen by students in their time here on campus. This FYF class will literally walk you through these areas to show you the inner workings of campus-- where your heating, cooling, hot water, water, and electricity comes from. You will learn about variable frequency pumps, LED lighting, heat pumps, steam exchangers and much much more.	Holly Anderson		
11/12/2020	The Underbelly of Campus (asynchronous)	Bennington College has worked for decades to make intentional and thoughtful choices to implement energy efficient and sustainable building technologies. The lionshare of this work is behind the scenes in mechanical rooms, electrical rooms, and IT closets. Most of these areas will never be seen by students in their time here on campus. This FYF class will literally walk you through these areas to show you the inner workings of campus-- where your heating, cooling, hot water, water, and electricity comes from. You will learn about variable frequency pumps, LED lighting, heat pumps, steam exchangers and much much more.	Holly Anderson		

11/12/2020	Thriving at Bennington-D	Your first year at college can be difficult in the simplest of times. A new environment, people and ways of learning have us feeling as though we are hitting our max. These sessions, designed to be taken in a series or individually offer students the chance to 'unpack' and learn new and helpful skills to help them throughout their time at Bennington and beyond. Drop in for any workshop or sign up for parts A, B, C and D!	Ali Tartaglia	**	
11/19/2020	"You're Not Alone": Procrastination and Anxiety: How to Deal with Writing Problems	The path to good writing is never easy. Even famous, well-published writers with awards face anxiety with their work. All writers, at any level, worry about their work! This workshop gives concrete advice about how to overcome procrastination, writing anxiety, writing block, and other common writing difficulties--no matter whether you consider yourself a "bad writer" or a "good writer." You will be given handouts with writing tips and discover resources on campus to help.	Camille Guthrie		
11/19/2020	Applying to Nationally Competitive Scholarships and Fellowships	Maybe you've heard of Fulbright awards, which send college graduates around the world to complete independent research, or the prestigious Rhodes Scholarship, which funds graduate study at the University of Oxford. There are hundreds of scholarships, grants, and fellowships that can fund your research, your art, your activism. This session will help you understand the landscape of nationally-competitive awards and will highlight what you can do now to become a competitive applicant in the future.	Noelle Murphy		
11/19/2020	Basic Research Skills for the Sciences- (Asynchronous)	Students in this asynchronous workshop will receive brief overview of the Crosssett collection, and then a more specific dive into the physical and digital resources for students in the Sciences. Topics covered will include relevant Library of Congress call numbers, databases, and journals for exploration.	Joe Tucker	**	
11/19/2020	Being International at Bennington	Did you know that more than 15% of our student body is international? On top of navigating the many nuances of complex societal systems within the US, international students have the added challenge of understanding restrictions put on them by their visas, adapting to new cultures (of college and the US), maintaining transnational relationships, and adapting to new academic practices. In this workshop we will deconstruct what it means to be international at Bennington College, with the goals of building empathy and understanding for the international student experience at Bennington College, building visibility, and starting conversations on intersectionality, experience, and inclusion through the lens of Bennington students with F1 visas. Leaders will provide practical skills to engage with, or as members of, the international student community and create a collective space for mutual learning and growth, as participating students build community, allyship, and understanding for the international experience as a means to build solidarity and support among peers.	Ara Aman and Rojay Bryan		
11/19/2020	Blood, Sweat, and Tears	The workshop is inspired by Russell Craig, whose artistic style and stirring imagery were developed during his seven-year incarceration. Through work that is both confrontational and contemplative, Craig's pieces create a platform to help unify all who have struggled through trauma and advocate for positive change. Russell's work is often articulated as him dealing with his own trauma. When he articulates it, he is dealing with the trauma of white supremacy in America. Using visual, literary, and musical expression, we will look at the trajectory of mass incarceration and compare it with other historical periods of black oppression including slavery, reconstruction, Jim Crow and the Ghetto, and mass incarceration.	Vivian Nixon		
11/19/2020	Consortium on Forced Migration, Displacement, and Education	The Consortium of Forced Migration, Displacement, and Education at Bennington College is a student-led advocacy group that aims to connect the student community with issues relating to forced migration and displacement across the globe. In this workshop, we would like to communicate the efforts our group has undertaken to promote intercultural understanding within Bennington's liberal arts framework to defend democracy, tolerance, and diversity within our campus community. We hope to interest freshmen in our work and encourage their participation in moving forward.	CFMDE team (Roua Atamaz-Sibai, Jailyne Estevez, Sitashma Parajuli, and Valeria Sibrian)		
11/19/2020	Linguists Hate Bad Grammar. And Good Grammar. Both. Like for Serious.	Join this workshop for an exploration of the concept of "grammar" -- as it exists in linguistics (the scientific study of language), in language arts education, and as a popular construct hovering somewhere between the two. Does grammar sort cleanly into "good" and "bad"? Is it possible to even value it in that way? Is it possible not to? Together, we will critically examine the collision of linguistic systems, societal judgments and individual choices that shape these notions (and others, from "real" words to "correct" spelling to "proper" punctuation) and how they inform our preaching and practice as writers and participants in the higher education sphere.	Tom Leddy-Cecere		
11/19/2020	Mindfulness	What do Oprah Winfrey, Rick Rubin and Kristen Bell have in common? They practice mindfulness every day! This workshop aims to help you find ways to incorporate mindfulness into your life. Whether you're starting with a few seconds of breathing deeply, or being aware of your feet on the ground, we'll lead you through some brief exercises and share strategies for finding calm amidst the busyness of college life.	Rage Hezekiah		

11/19/2020	Reapplying for Financial Aid	Each year, returning Bennington students must complete specific forms by March 30 to reapply for financial aid. This workshop will offer extra support in reapplying for Bennington financial aid and FAFSA. We've partnered with the Financial Aid office to offer strategies and will be prepared to answer questions.	Kate Child		
11/19/2020	The Underbelly of Campus	Bennington College has worked for decades to make intentional and thoughtful choices to implement energy efficient and sustainable building technologies. The lionshare of this work is behind the scenes in mechanical rooms, electrical rooms, and IT closets. Most of these areas will never be seen by students in their time here on campus. This FYF class will literally walk you through these areas to show you the inner workings of campus--where your heating, cooling, hot water, water, and electricity comes from. You will learn about variable frequency pumps, LED lighting, heat pumps, steam exchangers and much much more.	Holly Anderson		
11/19/2020	The Underbelly of Campus (asynchronous)	<del>Bennington College has worked for decades to make intentional and thoughtful choices to implement energy efficient and sustainable building technologies. The lionshare of this work is behind the scenes in mechanical rooms, electrical rooms, and IT closets. Most of these areas will never be seen by students in their time here on campus. This FYF class will literally walk you through these areas to show you the inner workings of campus—where your heating, cooling, hot water, water, and electricity comes from. You will learn about variable frequency pumps, LED lighting, heat pumps, steam exchangers and much much more.</del>	Holly Anderson		
11/19/2020	Thriving During FWT (Asynchronous)	During this session, you will learn how to navigate communication, organization, and time management during Field Work Term, as well as tips and tricks to help you make a good long-lasting impression in the workplace. We will also discuss self-care during Field Work Term, remote internship hacks, and apps that can help you streamline your workflow.	Jocelyn Salcedo		
11/19/2020	Thriving During FWT: Achieving Your Personal and Professional Goals	During this session, you will learn how to navigate communication, organization, and time management during Field Work Term, as well as tips and tricks to help you make a good long-lasting impression in the workplace. We will also discuss self-care during Field Work Term, remote internship hacks, and apps that can help you streamline your workflow.	Jocelyn Salcedo		
11/19/2020	Understanding the Dynamics of Relationships at College	A frank and open dialogue around hook-up culture, healthy relationships based on what you want, not perceived social norms and how to help yourself or a peer who is involved in an unhealthy one.	Ali Tartaglia	** Delaney C.	
Asynchronous	Acing the Interview (Asynchronous)	Digital portfolios allow you to collect, curate, archive, and analyze sample work for future learning and employment opportunities. During an internship or job search, a digital portfolio can help showcase your work to potential employers. In this session, we will discuss how to choose a platform, curate content, and manage your profile in order to captive your audience.	Jocelyn Salcedo	Same weeks as the sy	done
Asynchronous	Basic Research Skills for the Sciences (Asynchronous)	Students in this asynchronous workshop will receive brief overview of the Crossett collection, and then a more specific dive into the physical and digital resources for students in the Sciences. Topics covered will include relevant Library of Congress call numbers, databases, and journals for exploration.	Jared Della Rocca	9/17 and 9/24	done
Asynchronous	Basic Research Skills for the Visual and Performing Arts (Asynchronous)	Students in this asynchronous workshop will receive a brief overview of the Crossett collection, and then a more specific dive into the physical and digital resources for Visual and Performing Arts students. Topics covered will include relevant Library of Congress call numbers, databases, and journals for exploration.	Jared Della Rocca	9/17 and 9/24	done
Asynchronous	Digital Profiles (Asynchronous)	Digital portfolios allow you to collect, curate, archive, and analyze sample work for future learning and employment opportunities. During an internship or job search, a digital portfolio can help showcase your work to potential employers. In this session, we will discuss how to choose a platform, curate content, and manage your profile in order to captive your audience.	Jocelyn Salcedo	Same weeks as the sy	done
Asynchronous	Employer Communication: Student-Employer Agreement, Risk & Liability, and Handling Common Workplace Issues (Asynchronous)	Learn how to get the most of your Field Work Term by communicating your expectations of your internship experience to your employer. We will also explore ways to navigate common workplace issues, promote professional and personal growth, and empower yourself in learning about topics of diversity in the workplace.	Steven Young and Faith McClellan	11/12/2020	
Asynchronous	Finding Support That Works For You (Asynchronous)	Did you know there are free resources on campus that every Bennington student can use? That's right, Bennington is brimming with faculty, students, and staff who want to (and are trained to) work with first-year students as they transition to academic and social life on campus. If you have felt at a loss for where to go when you have struggled with an assignment, had questions about course material, would like support improving study skills, writing, or research, or just want to better understand the academic supports available at Bennington, this is the workshop for you! We'll have students, faculty, and staff on hand to share more information about peer tutor support, faculty office hours, the role of the faculty advisor, and support from academic services.	Kate Child	9/24 and 10/1	done

Asynchronous	Networking (Asynchronous)	Whether you know it or not, you are constantly networking. We'll discuss easy techniques to grow and maintain your network through networking events, online communities, and everyday interactions--yes, even if you're an introvert. Whatever your comfort level is, you will learn how to advertise your capabilities, skills, and experiences to your contacts in order to maximize professional development and employment opportunities.	Jocelyn Salcedo	Same weeks as the sy	done
Asynchronous	The Underbelly of Campus (Asynchronous)		Holly Anderson	2nd 7 week	
Asynchronous	Thriving During FWT (Asynchronous)	During this session, you will learn how to navigate communication, organization, and time management during Field Work Term, as well as tips and tricks to help you make a good long-lasting impression in the workplace. We will also discuss self-care during Field Work Term, remote internship hacks, and apps that can help you streamline your workflow.	Jocelyn Salcedo	11/19/2020	
<b>Workshop Date</b>	<b>Workshop Title/location/zoom link</b>	<b>Workshop descriptions</b>	<b>Workshop Leader</b>	<b>Pair with Co-leader</b>	















































