



"One Day in May"

(May 15, 2020)

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Class Year:

Connection to the College (student? faculty? alum? friend of the College?): Faculty/staff

Describe your day today -- did you go out? what did you do for fun? did you cook or eat anything special? did you do work or chores? who did you spend time with?

My day begins with the now very familiar Tele-Health "zoom" meetings with students to respond to the on-going requests for counseling even though classes ended two weeks ago. The shelter in place guidelines for some students have amplified anxieties and exposed a need for material resources, while others have welcomed the retreat which enabled them to focus only on the tasks of completing academic requirements for the semester. Witnessing the resiliency demonstrated by students during this time of transition has been gratifying.

Like many grandparents in this time I helped with a two-hour shift in child care to enable my daughter to attend her job as a Speech Language Pathologist at the local hospital. Harlan, age 8, Magnolia, 5 and Kellan, 3 automatically grab their colorful cartoon-colored masks to wear as we head out the door for a neighborhood walk. Community members have placed stuffed bears in their windows, so children are able to either walk or drive by for a "bear hunt." The city of Madison has provided its residents with reversible cardboard signs: green to indicate "We are OK" or red for "We are in need of HELP." It is reassuring to both children and adults to count the green signs in the windows, along with bears. Our local bookstore, "Village Lights" has had its doors closed to the public for nearly two months now but remain available for "curb side pickup" for book orders, so I am in luck to have an order ready to enjoy for the weekend. On the way home, I stop in the Red Roaster Coffee shop for a Café Mocha to go. Sipping my coffee on the bench outside my home, I feel a sense of gratitude that for right now, in this moment in time, "We are OK."

What do you remember best about being on campus in May of other years?

My fondest memory of May 2019 is the class I taught on "Hacking Into Happiness." We spent as much time as possible outside the classroom to apply the research and well-being concepts we were learning from Positive Psychology. Students reported that their time spent with community members at La Casa Amiga were some of the most meaningful.

The "One Day in May" project preserves the everyday experiences of Hanoverians on an ordinary spring day (in this case, May 15, 2020). The Submitter has consented to its being made available to library users, and granted Hanover College a nonexclusive, perpetual, royalty free license to use, duplicate and distribute it.

Electronic Submission