

September 6, 2021

# CAPS

**WESLEYAN  
UNIVERSITY:  
COUNSELING &  
PSYCHOLOGICAL  
SERVICES**

## **WEBSITES, CONTACTS & RESOURCES**

**Wesleyan CAPS**

860.685.2910

[www.wesleyan.edu/CAPS/](http://www.wesleyan.edu/CAPS/)

**Thriving Campus:**

**Community Providers**

<https://wesleyan.thrivingcampus.com/>



**SARAH POWERS, LMFT**

Sarah is a Licensed Marriage and Family Therapist, born and raised in Connecticut.

She joined CAPS in the Spring of 2019, and brings knowledge and passion for helping students gain a deeper understanding of their family systems and relationships. Sarah works with students on the internal conflict that can happen as a result of this process, in a supportive way, encouraging students to develop healthy boundaries and communication skills that can be utilized in all areas of life. If you have questions or want to hear more, please reach out to Sarah for future blog articles:

[spowers@wesleyan.edu](mailto:spowers@wesleyan.edu)



# WELCOME BACK!

Welcome back! And for first year students, transfer students, or those that studied remotely for their first year, welcome to Wes!

Returning this fall brings about a lot of emotions, as I am really excited to getting back to the work that CAPS loves and strives to do: support students through their journeys while at Wes.

As our team reunites to begin planning for orientation and the semesters ahead, we are talking about not only logistics, but also the energy and feelings of students during the transition back to campus.

With the campus back in full swing, there is certainly going to be a more typical flow. There will be fewer barriers to navigate, such as of how to and when to get a meal. Being “zoomed out” will dwindle down as classes are all in person. Students, as well as faculty and staff, will be moving more, walking to lectures, offices, and meetings, which is great for our physical health, (even if learning how to calculate commute time will have to be re-visited!) There will be more on-campus activities, including athletics, allowing us to root on the Cardinals again, something I personally missed. It is exciting to realize what has returned and what is available to experience, once again, or for the first time.

I also want to acknowledge the intense enormity of the past year and a half, and how it has impacted all of us individually and as a community. This is not to dampen the anticipation, but instead to also recognize the impact it could have as we dive in. It will be important for us to do a little internal exploration of what feels comfortable, and how to cope with what may be expected, but may feel uncomfortable. Students may experience internal conflict over how pandemic related topics and lifestyle choices were handled at home, versus on campus, either more rigid or lax. This is ok. As a community, we can support one another, as well as help each other access the vast resources available on campus for support.

The reality is that no one is entirely the same as we were a year ago. Even without a pandemic, we all grow and evolve and change. Being in the middle of such a historic global crisis holds weight, even if we have gotten used to, and often forget, how heavy it actually is.

We encourage students to connect with CAPS – not only for individual therapy, but also for the many other services offered. Keep an eye out for “Mindful Mondays”, where students can start their week from a more grounded place. Workshops and group topics including Intuitive Eating, Getting to Know Yourself and Others, career related workshops, utilization of EMDR techniques in “Tapping 101: Tapping to Calm Anxiety and Stress” and so much more. We are looking at different ways to connect with and educate students about our services and what we offer, as well as other places on campus and in the community that offer helpful resources for students. If you have any suggestions or thoughts, let us know!

We look forward to working with you. Welcome back!