OFFICE OF SPONSORED PROGRAMS/ TITLE III
OCTOBER 2025

WELLNESS WEEK HIGHLIGHTS: A CAMPUS UNITED IN HEALING AND HEALTH





The week of September 21st marked the celebration of Wellness Week, which began with Step for Suicide—an event that brought together students and community members to learn line dances that honored cultural expression, celebrated life, and highlighted the importance of community support in times of need. The additional activities included a Stretch Lab with Coach Candie at the She Care Wellness Pods and an energizing Boot Camp session with Ms. Carolyn, both promoting physical wellness through movement.

The other events included art therapy, yoga, and a restorative sound bath, which helped students reset and refocus. Student participation has been strong throughout the semester, and increased involvement from faculty and staff is anticipated as the wellness culture continues to grow. Through these initiatives, Bennett College remains committed to fostering a campus environment rooted in health, healing, and holistic support for all members of the community.

For more information on the program, contact Ms. Ryanne Peterson at ryanne.peterson@bennett.edu.

ESSAY WRITING WORKSHOP AND MOVIE NIGHT: CRAFTING STORIES, CREATING OPPORTUNITIES



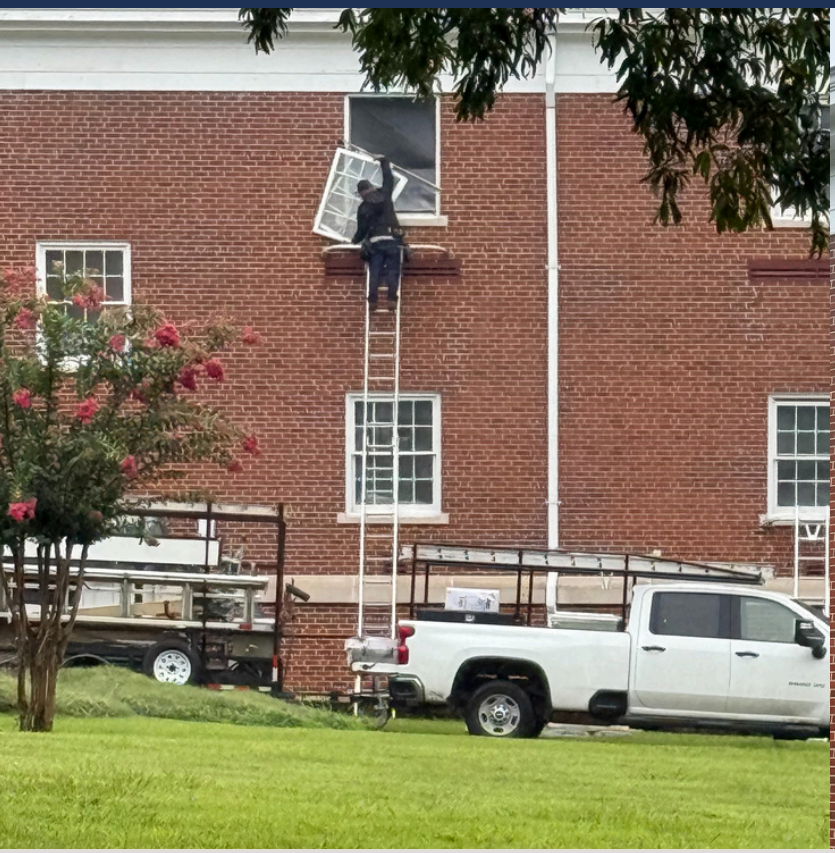


In a creative twist, the Essay Writing Workshop served as a prequel to a campus Movie Night. Designed to help students articulate their stories effectively for scholarships, internships, and graduate school applications, the workshop was led by Professor Goodkin, who captivated attendees with a unique lesson: reimagining how Disney's Tiana from The Princess and the Frog might write a Gilman Scholarship essay about studying culinary arts in France.

Students gained valuable insights into storytelling, learned about available scholarships, and received hands-on assistance with their applications. Later that evening, students gathered—blankets, popcorn, and cotton candy in hand—for a cozy Movie Night screening of The Princess and the Frog. The event reinforced the theme of dreaming big and using personal stories to unlock future opportunities, all while enjoying quality time with their Bennett sisters.

For more information on the program, contact Dr. Anne Hayes at anne.hayes@bennett.edu or Dr. Kathy Goodkin for the writing center at kgoodkin@bennett.edu.

NEW WINDOWS BRING FRESH LIGHT TO PFEIFFER SCIENCE BUILDING





The Pfeiffer Science Building just got a major upgrade — and it's one you can clearly see! Over the past few weeks, crews from Window World have been working hard at replacing and upgrading windows throughout the building, completing a full installation that promises to improve energy efficiency, comfort, and aesthetics for years to come.

The upgraded windows are part of the College's ongoing commitment to campus modernization and environmental responsibility. The new installations meet high-performance energy standards, contributing to lower heating and cooling costs while creating a more comfortable environment for research, teaching, and collaboration.

For more information on the facilities update, contact Mr. Jermaine Thomas at jermaine.thomas@bennett.edu .

BENNETT COLLEGE CELEBRATES GLOBAL LEARNING AND STORYTELLING THROUGH CULTURAL EXCHANGE AND CREATIVE PROGRAMMING





Bennett College proudly welcomed two new Fulbright Foreign Language Teaching Assistants (FLTAs) to campus this semester: Snothando Ngcobo from South Africa and Hajar Bamoussa from Morocco. Introduced during a vibrant campus event, the new FLTAs were met with warmth and enthusiasm as part of a celebration of global learning and cultural exchange.

The event also featured poster presentations from students and faculty who recently studied abroad. These visual displays highlighted personal journeys and the transformative power of international education, inspiring others to consider global study opportunities of their own.

As part of its ongoing mission to prepare women for leadership in a rapidly changing world, Bennett College continues to invest in programs that expand global perspectives and foster cross-cultural dialogue. A perfect example of this commitment was seen in a series of engaging, student-centered events led by the Writing Center and the Center for Global Studies.

For more information on the program, contact Dr. Anne Hayes at anne.hayes@bennett.edu.

CREATING SPACE FOR WELLNESS AT BENNETT COLLEGE





Throughout the month, the Wellness Team at Bennett College has been hard at work cultivating spaces that promote connection, personal growth, and emotional healing for students. Through a series of thoughtfully designed events, the team has addressed key aspects of student well-being — from friendship and community to healthy relationships and self-awareness.

The programming began with Speed Friending, designed to help students build new relationships in intentional and engaging ways. A lively Green vs. Red Flag event, led by the college's Mental Health Advocate and student mentors, encouraged open conversations around healthy and unhealthy dynamics in relationships.

For more information on the program, contact Ms. Ryanne Peterson at ryanne.peterson@bennett.edu.

Bennett COLLEGE

HOLGATE LIBRARY

HOURS OF OPERATION

MONDAY	9:00 AM - 5:00 PM
TUESDAY	9:00 AM - 5:00 PM
WEDNESDAY	9:00 AM - 8:00 PM
THURSDAY	9:00 AM - 8:00 PM
FRIDAY	9:00 AM - 5:00 PM
SATURDAY	CLOSED
SUNDAY	1:00 PM - 5:00 PM

If you have any questions, contact library director Ms. Joan Williams at jwilliams@bennett.edu

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