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Join Our Email List



Between the election happening yesterday, the holidays right around the corner, the general exhaustion from this semester, and the ongoing pandemic, we are emotionally exhausted right now! If you are experiencing similar feelings, check out some of the university wellbeing resources below.

If you are looking to debrief post-election, connect with our University Ombuds Office. Schedule an appointment [here](#).

Learn how to assess your current coping skills, learn about work-life balance, and learn how to create a realistic self-care practice for yourself with Hokie Wellness. Register for their *Resiliency in the Workplace: Self-Care or Treat Yo'Self?* workshop [here](#).

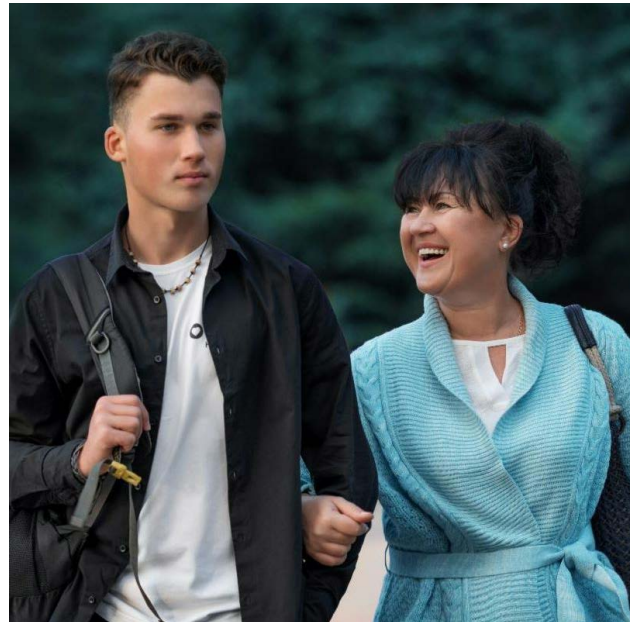
For more general health and wellbeing support during this time, check out all that Hokie Wellness has to offer.

Juggling Work and Raising Teens During Covid-19

The next caregiver check-in will take place on **November 6th at 12pm.**

These check-ins are an opportunity for VT employees who are caregivers of children, teens, aging parents and/or family members to connect with one another around managing the demands of working and caregiving during these times of COVID-19 disruption.

These are intended to be open discussions to share current information and resources, as well as to support one another. Join the discussion [here](#).



HOSTED BY WOMEN'S AND GENDER STUDIES PROGRAM
AND THE WOMEN'S CENTER

THROUGH FEMINIST EYES

Dr. Katalin Parti

Dr. Robin A. Robinson

Underreporting Violent Sexual Crime in Hungary: Elements of Decision-making and Social Context

November 10th | 7PM

More information and to register visit bit.ly/3IQwcEw



Through Feminist Eyes

Through Feminist Eyes, in collaboration with the Women's and Gender Studies Program in the Department of Sociology, is intended to provide additional opportunities for undergraduate WGS students to engage feminist scholarship, specifically the breadth of feminist scholarship taking place at Virginia Tech. This program is offered in the Fall of each year.

Dr. Parti and Dr. Robinson will be speaking on *Underreporting Violent Sexual Crime in Hungary: Elements of Decision-making and Social Context*.

Register [here](#).

Sign-up to Shop!

Due to COVID related precautions we will

only be able to have a limited number of people in the multipurpose room at a time and so are trying to make the process easier with an advance sign up.

There may be limited walk up spots available on a first come/first served basis. Shopping hours are Wednesday, 11/11 from 10am-6pm for graduate students and Thursday, 11/12 from 10am-2pm for graduate students and staff. For additional information, please email Jessie Meltsner at jmelts@vt.edu

Sign up for a time slot [here](#).



8th Annual Little Hokie™ Hand-Me-Down



give what you can
take what you need

WOMEN'S CENTER
AT VIRGINIA TECH



GRADUATE SCHOOL
VIRGINIA TECH

New Episode!

We are talking with Sophi Hayes a SAVES Peer Educator, Chloe Loving a Hokie Wellness Graduate Assistant and HEAT member, and Malinda Britt, Human Sexuality Educator with Planned Parenthood South Atlantic. We discuss the importance of discussing topics like sex, sexual health, sexuality, consent, and healthy relationships with youth and college students. Join us for this conversation to learn more about sexual health and consent.

[Listen here.](#)

Upcoming Events

FINDING COMMON GROUND:

Reflecting and Connecting After the 2020 Election

2020 has been a tumultuous year culminating in a contentious presidential election. On the day after, we invite you to join us as we pause and ask ourselves: **Now what?** We won't discuss how we voted; instead, we will reflect on the important issues facing all of us and how we can connect around these issues.



Moderator:

- Dr. Michele Deramo
Assistant Provost for
Diversity Education

Welcome:

- President Tim Sands

Speakers:

- Dr. Menah Pratt-Clarke,
VP for Strategic Affairs & Diversity
- Dr. Frank Shushok,
VP for Student Affairs

SAVE THE DATE

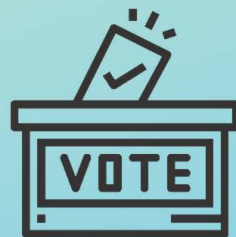
Wednesday, November 4, 2020 | 12 pm - 1:30 pm ET

Livestream via The InclusiveVT YouTube Channel <http://bit.ly/VTOIDFCG>



OFFICE FOR INCLUSION
AND DIVERSITY
VIRGINIA TECH.

Co-sponsored by the Office for Inclusion and
Diversity and the Division for Student Affairs.



Mindfulness During the Election: Media & Self-Care

THURSDAY, NOV. 5, 3:30-5P REGISTER

[HTTP://BIT.LY/HOKIESVOTESELCARE](http://bit.ly/hokiesvoteselfcare)



STUDENT AFFAIRS
VT ENGAGE
VIRGINIA TECH.



HOKIE WELLNESS
VIRGINIA TECH.



Processing Election Emotions Through Expressive Arts

Nov. 10, 2020 • 10am • <https://bit.ly/31Qe1Y1>

Come join us for a morning of expressive arts. This gathering will be a time for processing reactions to the election season through our other "languages"-line, shape and color. The products of this experience will be self-expression, understanding, and connection with community rather than something to hang on your wall.

No prior art experience is necessary.



**#VTDITC Vol. 23:
Hip Hop Entrepreneurship Part II
Making Your Hustle Your Livelihood
Thursday 11/12 · 7-9 pm**



**Join Stacy Epps, Esquire
(www.yourcreativecounsel.com)
and the #VTDITC community as
we discuss how to turn your side
hustle into your bread and butter.**



If you are an individual with a disability and desire an accommodation, please contact Craig Arthur at 340.231.1761 or email crarthur@vt.edu during regular business hours at least 10 business days prior to the event.

Stay connected!



[Subscribe Here](#)