

The Academic Bulletin

from the Office of the Provost of Calvin College

Friday, October 7, 2016

Dwelling in the Moment

This year I have three offices in three different buildings. Juggling the tasks that come with them—a bracing variety and volume—often feels hectic. I may be unusual in having multiple offices, but it’s common on campus for our work to feel hectic, some days to the point of incapacitation.

News stories suggest that the frenzy of work (and life) that we experience at Calvin is common today in higher education and other knowledge industries and is part of “third wave capitalism.” Signs of social and cultural fracture are everywhere. But such insights aren’t much help in the moment. I agree with colleagues who insist that we need systemic change, both in the way we do things at Calvin and more generally in 21st-century America and the wider world. But systemic change takes a long time and requires a lot of work.

We also need to take time to not strive, and we need it every day.

This summer a colleague on a habit-breaking walk told me about a book called *Mindfulness: An Eight-Week Plan for Finding Peace in a Frantic World*. The Healthy Habits team had been promoting it. I got a copy and started following the plan.

I’m terrible at meditating for any length of time. The optimistic voice on the MP3s that come with the book tells me not to beat myself up when I catch myself thinking through a problem again rather than mindfully focusing on my breathing. Congratulate myself for noticing, it tells me. Slowly I’ve gotten a bit better at dwelling in the present—whether exercising, meditating, brewing beer, or hanging out—and not slipping into mentally rehearsing the next bunch of tasks I need to complete.

Meditation is not for everyone. Exercise and hobbies can become forms of work. And mindfulness is not a substitute for institutional or societal change. But we can break our hectic habits of thought and activity, in ways that suit us individually. Dwelling in the moment, noticing what you’re doing, and taking a breath is a healthy habit, I’ve found, even if you have only five, ten, or fifteen minutes here and there some busy days. They’re sabbath moments.

Will Katerberg, associate dean for programs and partnerships

Let’s Connect

Today marks the beginning of the 2016–17 Fridays at Calvin season. The “Let’s Connect” cards were a big hit with visiting students last year, so they are being continued this year. Prospective students will receive five “Let’s Connect” cards containing their contact information. Feel free to ask for a card at the close of any fruitful conversation. Then please contact that student to follow up, and let us know about it via the new [Connect form](#). The enrollment division will use this record of the connection to assess the impact of the program and will be able to provide you with a summary of the enrollment outcome for the students you contact.

Welcome to New Faculty

Erica Boldenow has accepted a tenure-track appointment in the Biology Department, coming to Calvin from Seattle, where she was a postdoc in Dr. Lakshmi Rajagopal’s lab at Seattle Children’s Research Institute, studying host-pathogen interactions during pregnancy. Specifically, she was interested in how Group B Streptococcus and Zika virus cause adverse neonatal outcomes.

Katherine (Katie) Pruss, a new tenure-track professor in the Nursing Department, is from Ann Arbor, Michigan. She attended Calvin for her undergraduate work and recently graduated with a Doctor of Nursing Practice from the University of Michigan-Flint. She loves fall, feeding people, and family.

IAPCHE Executive Director Opening

The International Association for the Promotion of Christian Higher Education (IAPCHE), of which Calvin College is both a member and a host institution, is seeking to fill the position of executive director. [Read](#) the position description and details on how to apply. Application deadline is October 31, 2016.

Center for Student Success

The Office of Academic Services has been renamed the Center for Student Success, and some organizational changes have occurred. Read more about the transition [here](#).

From the Faculty Activity Reports

- Samuel Smartt (Communication Arts and Sciences), “Shipping Home” (art exhibition, University Film and Video Association, Las Vegas, NV, August 3, 2016).
- Adejoke Ayoola (Nursing), “Promoting the Future of Nursing by Increasing Zest for Research in Undergraduate Nursing Students,” [Journal of Professional Nursing](#), August 20, 2016.
- Mark Mulder (Sociology), “Docile Bodies in Pentecostal Worship: The Restraint of Bodily Movement in a Latino Pentecostal Church” (lecture, Association for the Sociology of Religion annual meeting, Seattle, WA, August 20, 2016).

Be sure to [fill out](#) your Faculty Activity Reports regularly. If you have questions, see the [FAQ page](#).

Coming Up on Campus (Check the [campus calendar](#) for a full list of events)

Monday, October 10

- Chapel. Jim Gash. 10:00 a.m., Chapel

Tuesday, October 11

- Chapel. “Cosmic Drama.” 10:00 a.m., Chapel
- UnLearn 365. Tim Baldwin (Trinity International U), “The Latino College Student Experience at Christian Colleges.” 12:00 noon, Commons Annex Alumni Association Board Room

Wednesday, October 12

- Chapel. UnLearn Week. 10:00 a.m., Chapel
- UnLearn 365. Michelle Higgins, “Why Black Lives Matter.” 3:00 p.m., Meeter Center lecture hall
- Asian Studies lecture. Suzanna Brown, “University Students in China: Their Lives, Aspirations, and Worldviews.” 3:30 p.m., Chapel Undercroft

Thursday, October 13

- Chapel. Taizé with Karen Saupe and Debra Rienstra. 10:00 a.m., Chapel
- Chemistry seminar. Randall DeJong, “Discovery and Development of a Scalable Synthesis for a New Cephalosporin.” 11:30 a.m., SB 010
- CALL noontime lecture. Todd Huizinga, Becca McBride, and Joel Westra, “Challenges for the Next President: Foreign Policy and the 2016 Election.” 12:00 noon. Chapel sanctuary
- UnLearn workshop. Debra Buursma (Education), “Why Diversity Matters.” 3:30 p.m., Chapel Undercroft ([RSVP required](#))

Friday, October 14

- Chapel. Sounds of Latino worship. 10:00 a.m., Chapel
- Biology seminar. Robert Lee (U of Pennsylvania), “Bitter Bodyguards and Sweet Sentinels: Taste Receptors in Airway Immunity.” 1:30 p.m., SB 010