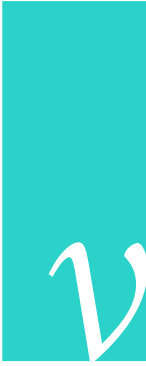


# UVM ScholarWorks

## Executive Board Note

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## EXECUTIVE BOARD NOTE

Caring for myself is not self-indulgence, it is self-preservation.

—Audre Lorde, *A Burst of Light*, 1988

The Executive Board of The Vermont Connection is proud to present to you the 37th volume of the student affairs journal of The University of Vermont: *Embracing Health and Wellness in Higher Education*. Many of you can attest to the power of The Vermont Connection; it is a legacy that gives scholarly voice to those who may not otherwise have the opportunity to publish. It provides grounding connections and enriching experiences during our two years in the program and beyond. This year the 37<sup>th</sup> Executive Board came together in many inspiring ways to revitalize our focus on both the publication you have before you, and our efforts to engage current HESA cohorts and past graduates. Rather than the traditional note from the Executive Editor, this letter will be an opportunity for the full executive board to share the successes we are most proud of.

With our new Scholarworks ([scholarworks.uvm.edu/tvc](http://scholarworks.uvm.edu/tvc)) website up and running, articles have been easily accessed, with over 11,000 hits this past year. We continue to produce print copies in honor of the years of hard work and dedication from the TVC community. We are particularly proud of our annual TVC Phone-a-thon, during which we raised over \$10,000 that will support the 38th journal, in addition to the social and professional development opportunities for future cohorts. Connecting with the alumni is always our favorite part of Phone-a-Thon, and we were able to update the vast directory of 716 alumni from the Student Personnel Services and the Higher Education and Student Affairs Administration programs.

Additionally, we launched the Vermont Connection's Alumni-Student Mentorship program in an effort to engage UVM HESA students and UVM HESA alumni. We have a total of 11 mentees and 11 mentors who meet once a month, and hope that this program will grow in the future. We also provided opportunities for our peers to connect with each other, strengthening the HESA community by honoring and building on our traditions. We featured past authors and graduates of the program alongside our current students as we continued to share our experiences with prospective HESA students.

The theme this year is centered on health and wellness in hopes of challenging our readers to pause; to breathe, acknowledge, and respond to the areas of their lives that need attention, love, support, and rest. The very foundation of our field is rooted in serving others, and at times we forget the importance of our own health and wellness. Whether you are in graduate school, a new professional, or have 20+ years of experience in the field, finding a balance between work and wellness can be a challenge. The contributions to this year's journal encompass narratives ranging from personal accounts of how self-care has impacted careers, to broader topics exploring how higher education institutions support the well-being of some students more so than others. No matter the article's subject, as Co-Content Editors, we were thrilled to work with a group of authors whose passion for this year's theme spilled onto the page. This enthusiasm is evident in the high quality of research and writing.

The same enthusiasm demonstrated in these articles is reflected in our attempts to make the journal's editing process more community-oriented this year. We hosted group editing sessions as a way to build morale and camaraderie amongst the cohorts, while still providing quality feedback to our authors. As a way to embrace the spirit of health and wellness, and apply it to our own lives as graduate students, we separated Production Week into a two-part event to give us time to breathe, reflect, and rejuvenate.

It is our hope that this year's journal provides our readers with a sense of community, knowledge, and wisdom as we work towards a sound mind, body, heart, and spirit. With great pride and respect we invite you to engage with the perspectives of our authors.

**The Vermont Connection Executive Board, 2015-2016**

Lian M. Boos  
Eric G. Carnaje  
Graham Davis  
Josephine Gonzalez  
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