



OFFICE OF  
**DIVERSITY  
& INCLUSION**  
at Capital University

**ODI Newsletter**

FEBRUARY 2022 | EDITION 12



@capitalodi  
Email us: [odi@capital.edu](mailto:odi@capital.edu)

## WELCOME BACK!

SPRING SEMESTER 2022

Happy Valentine's Day! We will be engaging with you through our social media for Black History Month so we hope to see you there!

In this month of love, we see a heavy emphasis on romantic love. At this time you may be in a relationship, coming out of a relationship, or in a moment of singleness. No matter where in life you are right now the ODI would like to share some tips for self-love and maintaining a healthy relationship.

When it comes to self-love it is important to know that everyone is different. You are your own unique person so try not to compare yourself to others. Remember that you're only human and you're allowed to make mistakes. We hope that you also take this time to learn that your value is not determined by the perception of others. Put yourself first and do what makes you happy. You can find more helpful tips on self-love at [healthline.com](https://www.healthline.com).

When it comes to a relationship it's important that boundaries are set and respected. It's fundamental for each person in the relationship to have a sense of their own independence. A person's self-worth doesn't need to be determined by someone else. There is power in knowing that you can function without your partner(s). Open communication is beneficial in a relationship. You should be able to discuss with your partner(s) about how you are feeling. To learn more tips for healthy relationships and red flags in a relationship go to [healthline.com](https://www.healthline.com).

### UPCOMING NEWS:

#### February

26 Mod I classes end  
28 Mod II classes begin

#### March

5 Mid-semester break- after Saturday classes end  
14 Classes resume  
25 Graduate student & priority registration for fall semester  
28 Undergrad registration for fall semester

#### Events

9, 16, & 23 Barriers to Success Presentation  
11 & 25 Sister Network self-care tabling

Term of the Month

#### **Acceptance (noun)**

**- the action of consenting to receive or undertake something offered**



We took time to take some statements from our current students who frequent the Denvy Bowman Center about their take on the love season. We asked Danielle Thrasher, a second year social work major, how she would like to receive love when it comes to a relationship. She said, "Being appreciated for who I am and not what I am is." Danielle shows us that no one should have to change who they are when it comes to a relationship.

"Love is a connection through your heart, mind and soul," said Morgan Davies, a junior a criminology major with a minor in psychology. She also emphasizes that it's important to understand your own love language to know the best way you receive love. Everyone loves and wants to receive love differently so learning and showing/participating in your partner's love language can strengthen your relationship.

Bryheem Forbes, a junior integrated social studies major said he would describe love as, "Being there through the good and the bad and still loving that person through the good and the bad."

A student named Selah Ndouta, a fourth year political science major, said, "Love in a platonic way has always been so sweet to me instead of romance. I find more comfort in sharing love with my friends rather than focusing on one type of love," Selah helps us to emphasize that there is more than just one way to love.

We hope that this article has been helpful and that you have a fun and safe month!

*With Love,  
the CDI*

## Hotlines & Resources

Capital University's Center for Health & Wellness  
614.236.6114 or chw@capital.edu

Capital University's Public Safety  
614.236.6666

National Domestic Violence Hotline  
1.800.799.SAFE(7233)

Love is Respect - National Teen Dating Abuse Hotline  
1.866.331.9474

RAINN - National Sexual Assault Hotline  
1.800.656.4673

National Human Trafficking Hotline  
1.888.373.7888

## References

<https://www.healthline.com/health/13-self-love-habits-every-woman-needs-to-have>

<https://www.healthline.com/health/healthy-relationship#characteristics>



## Alumni Spotlight:

### Meghan Webster

she/her

*Class of 2015*

Washington DC, MD

Meghan graduated with an athletic training (pre-physical therapy) major. She later graduated from George Mason University in spring of 2019 with a masters in kinesiology. She later plans to pursue a degree for a doctorate in physiotherapy. She is currently back in Washington DC and is working as a store manager in Clarksburg Premium Outlets. While at Capital she was the president for both Sister Network and Students for the Advancement of African Culture, now known as the Black Student Union. She also was involved in Students for Latinx Affinity (SOLA), Capital University's Student Government, and Capital University's Student Athletic Trainers Club.

Meghan would like to tell the students at Capital today, "Never lose sight of your end goal and don't be afraid if it changes on the way there. There will always be people, family and friends included, that will question the path you're on while achieving your goals. While they may be valid don't let it mess with your goals and mindset."



## Student Spotlight:

### Kokila Varadarajan

she/her

*Class of 2022*

*Chennai, India*

Kokila is on a pre-med course with a major in biology. She plans to work in the healthcare field as a doctor. She also has interest in serving in public health or even higher education. On campus she is a Senior Resident Assistant, Peer Tutor, Sustainability Intern and Senator for the Honors Student council. You can also see her working with the Center for Faith & Learning. She is part of the Pre-Health Association, Interfaith council & Student organization, Global Student Association and Beta Beta Beta Biology Honors Society.

Kokila says that her favorite memory since being at Capital were all movie and gaming nights that she had with friends in the Denvy Bowman Center attached to the Office of Diversity and Inclusion.



If you are an alumni interested in being featured please reach out to us at [odi@capital.edu](mailto:odi@capital.edu)