



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

ODI Newsletter

MARCH 2022 | EDITION 13



@capitalodi
Email us: odi@capital.edu

WELCOME BACK!

SPRING SEMESTER 2022

We can't wait for spring! Spring is the season of rebirth and renewal. We witness this as trees regrow their green leaves, flowers are back in bloom, and the sun shines on us a little longer than it did in the winter.

With spring knocking on our front door, it's time for some spring cleaning. This can be decluttering your room, changing up the theme of your apartment, or even reorganizing your bookshelf with all your favorite books. While it's important to keep our environment clean and fresh it's also important to do the same in our own personal lives.

So let's talk about some ways that you can spring clean your life! First of all reduce your stress. We've all done so much and have gone through so much. Take some time to cut back on things and take care of yourself. This can be with meditation or exercise. Don't forget to stay hydrated! A good social media detox can aid in reducing your stress level.

Create room for new energy in your life. Reflect on your existence and what you're going through. Analyze current relationships and navigate your options. Don't be afraid to take some time to yourself. This could be an opportunity to learn something new about yourself. Do something fresh like having a date night with yourself or getting new decor for your place to change the mood.

Can you think of any other ways you can spring clean your life? Feel free to share with us on our Instagram.

Happy Spring

UPCOMING NEWS:

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

April

13 Easter Break begins after last class
19 Classes resume
28 Finals start

Events

March 18 Holi "Festival of Colors"

Term of the Month

Platinum Rule (noun)

- **inclusionary take on the Golden Rule (treat everyone how they want to be treated) urging people to ignore personal biases and treat others by how they feel they deserved to be treated**





ODI Snack Pack

Introducing the ODI Snack pack! Capital University is making strides in positively impacting campus climate and experience for our students and employees. The ODI snack pack will offer "quick bites" of Diversity, Equity, and Inclusion news and updates that are easily consumable. We are excited to bring these efforts to you. For now, check out Capital's new DEI website at <https://www.capital.edu/dei/> for updates on the DEI strategic plan, resources for the Capital Community, and the ability to provide feedback about DEI efforts.

We took some time to ask our students how they feel about the new season.

Makayla Brown, a fourth year Bonner student said, "I'm not doing much spring cleaning besides changing her wardrobe to fit the season and find more of my style."

Another one of our students also had similar spring cleaning ideas. Rylee Ratliff, a junior art therapy major with a minor in psychology and studio art, plans on cleaning her room. They also said, "I want to clean up some old habits that lead to my burnout at the end of the semester."

Senior Resident Assistant Kokila continues the spring cleaning in her personal life. She said, "I want to work on being open to new opportunities and change." She also expressed her desire to be more intentional about things that she wants to keep in her life, especially with graduation coming up soon. Moving on to the next step in her life she hopes to blossom and bloom as she works on her own personal self-growth.

Sarah Griffin, junior nursing major, told us about how she wants to change her mindset and consistency. One of the major changes she wants to change is her relationship with God. She wants to focus on having a more consistent relationship with Him like she did when she was in high school. When we asked her what spring meant to her she told us, "Spring means revival and rebirth."

Rylee gave us her perspective on the season of spring and said, "The first thing that comes to mind is growth. Growing out of the seasonal depression and moving towards a better part in our lives."

Now we ask you! What type of spring cleaning are you doing this semester and what changes are you making in your life?



References

<https://frenshe.com/spring-cleaning-tips-life/>

<https://feliciareed.com/2022/03/01/5-ways-to-spring-clean-your-life/>

Alumni Spotlight:

Alexis Murphy

she/her

Class of 2019

Cincinnati, Ohio

Alexis received her degree in athletic training. She is currently back in school studying surgical technology. While at Capital University she was involved in student organizations such as Sister network and Students for the Advancement of African American Culture, now known as the Black Student Union. She also helped organize and lead the fashion shows that S.A.A.A.C. produced in the spring semester.

Alexis would like to let the current students at Capital University know, "Don't conform into what you think others want. choose what you want to be in life. Stay strong. Stay persistent. Stay true to you."



Student Spotlight:

Dree Costanzo

they/them

Class of 2023

Pickerington, OH

Dree is a creative writing and literature major here at Capital University. They plan to go to graduate school to study literature with a specification on queer theory. On campus, they are involved in Creative Writing Club, Pride, Phi Beta, Recap, Smooth transitions, Student Government, Sigma Tau Delta, and Student Leadership Team.

One of their favorite memories here at Capital is "family dinner" every Sunday with her roommates. They cook a meal from scratch and eat it together. They also invite additional friends over to share the meal created by them and their roommates.

If you are an alumni interested in being featured please reach out to us at odi@capital.edu