



## 2020 POST-ELECTION EVENTS & RESOURCES

- **You Voted, Now What?** Join the Dowdy Multicultural Center on Tuesday, November 3<sup>rd</sup> from 8 PM – 9 PM for reflection and discussion with Students of Color about the anticipated outcome of the election. [Click here](#) to register.
- **The Personal is Political: Election Debrief.** Join the Center for Women & Gender Equity on November 4<sup>th</sup> from 4 PM – 5 PM for a place to process and explore your feelings about voting and early election results. This will be a welcoming space driven by the center's values and principles of equity. [Click here](#) to register.
- **Who's Our Next President? Making Sense of the 2020 Election Results and Next Steps.** Join the Center for Civic Engagement & Social Impact and a panel of WCU faculty members to help make sense of the election results; how votes were counted; and what's next in the electoral process for certifying results and officially declaring the winner. The panel will take place on November 4<sup>th</sup> from 8 PM – 9 PM. Participants will have the opportunity to submit questions for the panelists before and during the event. [Click here](#) to register.
- **Counseling Center Affinity Space for BIPOC Students.** This space is intended for BIPOC students to share thoughts, feelings, and concerns about the impact of the election season and how you are maintaining your well-being during this time. Please consider joining this Zoom processing space on November 4<sup>th</sup> at 6:30 PM. This will simply be an opportunity for students to come together, reflect, support, and process through their state of well-being at this time. Interested students should email Dr. Julien Almonte at [jalmonte@wcupa.edu](mailto:jalmonte@wcupa.edu).
- **Support for LGBTQIA+ Students.** LGBTQIA+ students are invited to join Counseling Center staff on November 5<sup>th</sup> from 12 PM – 1 PM for one-time peer support space to discuss feelings that may arise in response to the presidential election. [Click here](#) to register.
- **Grounding in Community: A Self-Caring Day for Grad Students.** Feeling stressed? Feeling overwhelmed? Feeling like you want to connect with others that share your identity? Join the Center for Trans & Queer Advocacy, the Center for Women & Gender Equity, and the Dowdy Multicultural Center all day on November 5<sup>th</sup> for some self-caring activities and conversations. [Click here](#) to learn more and to register.
- **Post-Election Mindfulness-based Self-Care Workshop:** Join the Counseling Center for a virtual post-election mindfulness-based self-care workshop on November 9<sup>th</sup> from 2 PM – 3:30 PM. This workshop will provide an opportunity to have conversations with peers about

*self-care, learn about mindfulness, and gain effective tools to better cope with stress. If interested, please contact Tammy Hock at [THock@wcupa.edu](mailto:THock@wcupa.edu) by Friday, November 6<sup>th</sup>.*

- **Burst Your Bubble: A National Post-Election Forum for College Students.** Join [BridgeUSA](#) for a post-election discussion to provide a starting point for young people to bridge their differences, connect with students across the country, and practice constructive political discourse. This national conversation will take place virtually on November 10<sup>th</sup> at 8:00 PM. [Click here](#) to register.
- **WCU Student-Led Discussion & Processing Session.** Join WCU student leaders from the Center for Civic Engagement & Social Impact on November 11<sup>th</sup> from 12 PM – 1 PM in a student-led discussion to help process the results of the 2020 general election. This session is for students only. [Click here](#) to register.
- **Applying Your Advocacy at the Dinner Table.** Nervous about having conversations with family and friends who have different political views than you? Join the Center for Trans & Queer Advocacy and the Center for Civic Engagement & Social Impact on November 12<sup>th</sup> from 4 PM – 5:30 PM to discuss strategies for effectively engaging in contentious conversations that could occur around the dinner table after the election. [Click here](#) to register.
- **One-on-One Election Check-in with the Counseling Center.** In these difficult pandemic times, the election may be an additional source of uncertainty and stress for students. If you would like to schedule a one-time conversation with one of the Counseling Center's counselors to specifically discuss your concerns and reactions to the election, please call the front desk receptionist at 610-436-2301 during business hours (M - F, 8 AM- 4 PM) and ask to schedule an "Election Check-In." These conversations will be available from 11/2 until 11/20.
- **New D2L Module to Support Student Well-Being Amid Turbulent Times.** The Office of Wellness Promotion is creating a D2L module to support student well-being in navigating areas of unrest including the election, pandemic, remote learning, social tensions, and finals week. Students can gain access to the D2L page through emailing: [wellness@wcupa.edu](mailto:wellness@wcupa.edu).