November 2013

Online Giving

Now you can give to Tucker online!

Upcoming Events

* January 14: President Hanlon to speak at What Matters to Me and Why at 12 PM

* January 19: Father Greg Boyle of Homeboy Industries, MLK Community Faith Celebration, 3 PM at Rollins Chapel

* February 4: Anthony Appiah, William Jewett Tucker Lecture on civil conversations

* February 13: Karlos Santos-Coy & friends, "Hip Hop Activism"

* February 18: Roshi Joan Halifax, "Engaged Buddhism"

Students Celebrate Diwali

David Levy, '71, EDUCATES DARTMOUTH ON MINDFUL TECHNOLOGY

David Levy, '71, gave a public lecture on the mindful use of technology.

This month The Tucker Foundation, along with the Rockefeller Center, Dartmouth Center for the Advancement of Learning, and The Institute for Security, Technology and Society, hosted David Levy, '71, Professor at the Information School, University of Washington in Seattle. Levy's research focuses on bringing mindfulness and other contemplative practices to address problems of information overload and acceleration.

Levy hosted two mindfulness workshops for students entitled Mindful Tech: Learning to Use Digital Technologies More Attentively and with Less Stress. These workshops focused on how the use of technology impacts our physical, mental, and emotional states. Kellie MacPhee, '14 and Tucker Project Chair of ASPIRE, attended the workshops. MacPhee was surprised to learn how electronic processes...
Diwali, or Deepavali ("Festival of Lights"), was SHANTI's event for the Fall Term. All the day's events were open to everyone. Volunteers arrived early in the morning to set up thousands of candles in specific patterns on the Green. There was a Hindu Puja at 3:30 PM and a cultural show at 6 PM at Alumni Hall at the Hopkins Center. The cultural show involved many talented students and Indian performances and it was the highlight of the day for many. There was also a delicious, multi-course, vegetarian, Indian dinner served at 7:30 PM in Alumni Hall. Later, despite the wind, volunteers managed to light a significant number of candles, which looked especially beautiful late at night.

### Student Spotlight on Emily Dollar ’14

**Hometown:** Averill Park, NY  
**Major:** Biology  
**Minor:** Spanish  

**What else are you involved in on campus?**  
Spanish TA, SAPA, Volunteer at Ledyard Charter School, Delta Delta Delta Sorority

**What do you love about your Tucker program?**  
How supportive everyone is at Tucker and how sincerely interested Tucker students and staff are in your wellbeing.

**What would you say to a student who is thinking about becoming involved with Tucker?**  
I would say to really think about what it is that gets you excited. Sometimes it can be overwhelming to look at a list of activities and opportunities and it can be tempting to stretch yourself thin. I believe it is much more worthwhile to do one or two things really well, and that we like checking email can have emotional impacts, and learned techniques for how to be more aware of these influences in her own life.

Levy also gave a public lecture entitled "No Time to Think." In his lecture Levy encouraged students and community members not to think of technology as either good or bad, but to reflect on one's state of mind while using technology and be mindful of how the practice of using technology can be both helpful and harmful. You can read more about David Levy and his work [here.](#)

## Students Share Experiences at Annual "Voices of Faith" Event

![Student panelists at the annual Voices of Faith dinner.](image)

Annually, the Office of Religious and Spiritual Life at the Tucker Foundation hosts Voices of Faith, a chance for students to gather over dinner to share their religious experiences and listen to a panel of their peers share stories about the impact of faith and spirituality on their time at Dartmouth. This year’s panelists: Anirudh Jayanti ’14, Eliza Rockefeller ’17, Reuben Hurst ’12, Lauren Heywood ’14, and Andrew Nalani ’16, shared their unique paths of religious exploration and discovery. You can read their fascinating statements [here.](#)

## Helping Students to Ask the Big Questions at Dartmouth

The Tucker Foundation and the pilot "360 Advising" program partnered with the Dartmouth Center for the Advancement of Learning to host a rich conversation on asking big questions in student advising in November.
do our best work and are our most devoted selves when we truly love and believe in a project.

How has your Tucker Foundation experience affected you?
I think my Tucker experiences have really helped me connect how my education at Dartmouth is shaping the kind of person I want to be in the world. Furthermore, the work I have done at Tucker has reminded me that as a college student I do not live in a vacuum and there are ways I can create positive change in the lives of the people around me every day, on campus and in the Upper Valley.

What is one fun fact about you?
As a six year old child I could speak Finnish!

The United Way Campaign Features Tucker Dean Reference

Check out this white board video produced by the Tuck School.

Exciting News

Charlie Rakfkin, '16, has received national blog shout-outs for his articles on "Rural Poverty in the Upper Valley" and "College Tasked With Supporting Community."

SEAD Interns Reflect on Their Work in Partner Schools

The SEAD Internship program sends a Dartmouth undergraduate student into each of our partner SEAD schools to spend eight weeks serving as an intern. In the following excerpts, SEAD interns reflect on what they have learned from students they have worked with this term.

The SEAD students have taught me not to expect results immediately, but to be patient and to continue planting seeds of wisdom and encouragement, with the faith that they will grow in the future, even if I don't see any difference right away.

-Yesuto Shaw '15, East Boston High School

My SEAD kids have taught me more than I could have imagined they would already. Especially during one-on-one talks, I have learned about amazing struggles that they have faced in their lives. These shocking conversations show me how strong these kids can be - even if they don't show it every day when they are in school. Some of their struggles make difficulties in my life pale in comparison, and I respect their ability to cope with the living environments they have been thrown into. Whether they realize it or not, they have taught me how to cherish what you do have, and make sure to smile every day no matter what's going on in my life because that may be the best way to make a difference in theirs.

-Morgan Matthews '15, Raymond High School
The SEAD students have taught me that shared experience is extremely powerful. It is always wonderful to watch as they reminisce over the summer. Many of the SEAD scholars don't really hang out with each other after school, but they are truly friends with each other. They sit near each other and help each other during class, and always look so comfortable around each other any time they are together.

-Rhiannon Saucedo ’15, Schenectady High School

The SEAD students have taught me to be a more caring person because now it's 8 young people that I have to focus on and they've all taught me a little something.

-Cristian Caraballo ’15, Bronx Center for Science and Mathematics

Office of Religious and Spiritual Life Begins "Humans of Dartmouth" Project

Humans of Dartmouth is a photography project sponsored by the Tucker Foundation to promote the stories of students and staff in the Dartmouth community. Tyler Walton, a graduate student in the MALS program, came up with the idea for the project after viewing a similar blog on Facebook called Humans of New York, which posts candid portraits with quotes (often a short story) of random New Yorkers encountered on the street. Tyler hopes that Humans of Dartmouth will bring to light the beautiful diversity of stories, beliefs, and faces that make up the Dartmouth community. Check out the stories behind Humans of Dartmouth by heading to the Facebook page.