



Wurtele Center for Work & Life  
Smith College, Northampton MA

# **Eat, Write, Talk**

## *A Getaway for Juniors and Seniors*

### **January 18 - 21, 2015**



### **What is Eat, Write, Talk?**

It is a non-credit, three-and-a-half day January term course that is offered to Smith juniors and seniors. Through writing and discussion, participants begin to develop a habit of reflection about their own values and goals, and to unpack cultural and family messages about what success means. Students consider themes inherent in making decisions, including perfectionism, risk-taking and tolerating failure. They draft their own narratives with the understanding that

these will evolve. The workshop is led by Jennifer L. Walters, Dean of Religious Life, and Jessica Bacal, Director of the Wurtele Center for Work & Life.

### To learn more, watch this short video:



### Who should apply?

**Seniors and Juniors who . . .**

- . . . know exactly what they will do after graduation.
- . . . have no idea what they will do after graduation.
- . . . have a few ideas about life after graduation.
- . . . avoid thinking about life after graduation.
- . . . just want time to sit and think.

### Why apply?

Life at Smith is busy. When do you make time to sit, think and write about what is important to you? To reflect on what you wanted in the past, and what you want for your future?

**Participants have said:**

*I am still thinking about the experience and everything I learned about myself,*

*and I feel so much more confident and less stressed about my future.*

*The opportunity to reflect and focus on my personal narrative has been invaluable, and listening to the narratives of fellow participants has been unexpectedly empowering.*

*My experience in this workshop has been one of the best I've had at Smith, and is one I will most certainly remember for years to come.*

## **How much writing will I do?**

During the first two days, you will work on short, journal-like writing exercises. Then you will use what you've written to craft a personal narrative. [\*\*You can read students' narratives from past retreats on our website.\*\*](#)

## **Will I have fun?**

**Participants have said:**

*We had such amazing discussions.*

*I really enjoyed the cozy atmosphere.*

*Getting off campus and having time to reflect was wonderful and personally very productive.*

## **Where is it?**

The first day, January 18, will be spent on campus. The next two days (and nights) will be spent at an off-campus country retreat site.

## **How much does it cost?**

It's free. Your participation in the workshop is funded through a generous gift from Margaret Von Blon Wurtele '67 and Angus Wurtele.

## **How do I apply?**

You can download the application by [\*\*clicking here.\*\*](#) Please send completed applications to Ally Einbinder, Program Specialist in the Wurtele Center for Work & Life, at [\*\*aeinbind@smith.edu\*\*](mailto:aeinbind@smith.edu) by **Monday, November 17 at 9 a.m.**

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