



## Choosing your path



By Kellie N. Buckner '01, LMFT, a counselor in the Wofford College Wellness Center

"There are different paths to your destination. Choose your own path."  
- *Lailah Gifty Akita*

As we begin to contemplate the possibilities of getting back outside of our homes, there are many different opinions. During this time, it's important that you check in with yourself, take stock and do what is right and healthy for you since there has not been one clear path for what is best for everyone.

For some, getting back out there, seeing friends and returning to the flow of life is best. For others, your re-entry into the world outside your home may be slower. Find the path that is right for you, which is not always the path that makes sense to the rest of the world.

Sometimes we might feel pressure to do what everyone else is doing, but the truth is, only you can decide what is best for your health and wellness. Your journey through life is meant to be unique – don't be afraid to let your path diverge from that of others if it leads to growth, healing or something uniquely yours. If you need more time to step foot back out into the world and have the opportunity to take that time, then do so. If you can't wait to jump back in – then do that (safely, of course).

There are people who jump into pools and there are people who slowly get in step

by step ... and there are people who do a combination of both. Whatever choices you make during this next stage of our journey, make the choice that honors and cares for you.

## Reminder: Commencement Virtual Town Hall Event is today

If you would like to know more about plans for Commencement for the Class of 2020, join us for a live virtual town hall event at 4 p.m., today (Thursday, May 21), via Zoom. Once you **REGISTER FOR THE EVENT**, you will receive a confirmation email containing information about joining the webinar.

## Resilience Project

COVID-19 has altered plans and created uncertainty. If you need help to improve your mood and increase happiness, the Resilience Project, started by Wofford psychology students in 2018, can help. They have created a toolkit that includes exercises focused on gratitude, mindfulness, positive communication, forgiveness and grit. **CLICK HERE** for the toolkit.

## Wofford on the national stage



# TODAY



The Masten family recently showed their Wofford Pride on the "TODAY Show." Matt Masten '96, Meredith Bergen Masten '97, and daughters Emily and Molly of Winston Salem, N.C., sported Wofford gear on the show's Virtual Plaza segment earlier this week.

**Office of Marketing and Communications**

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