

Glasser Institute for Choice Theory

MONTHLY NEWSLETTER FROM THE STUDENT
LEADERSHIP COMMITTEE



A message from the VP

By Hunter DiGangi

The month of love is upon us. But what does that mean? To many it means finding someone to share life with, but it also can be an opportunity for self-love. William Glasser believed that love and belonging means so much more. This month lets focus on connecting or re-connecting with others such as our friends and family, partners, groups that you affiliate with, or even pets! Adjusting to this new world we have all been inadvertently placed in, gives us the opportunity to find a silver lining. With places closed and being mandated to stay home it gives us time to reflect and decide news ways that we as humans can find love and belonging in our lives. Why not start with yourself? According to William Glasser it is our choice to take control over our own thoughts and feelings to create a world that we have a sense of love and belonging in regardless of the mayhem around us.

JOIN US!

FEBRUARY MEETING

February 10th at 4 p.m. EST

Please email

lauren.joyce@snhu.edu for a
meeting link

WGI Global Symposium

February 20th-21st

Please email

Lauren.joyce@snhu.edu for
details