

Dear Classmates,

Mark your calendars! Our 60th Cornell Reunion June 5-8, 2025. Ten years since our last in-person reunion. Come back to Ithaca and help us make this the best reunion ever!

We have a great weekend planned, from the welcoming pizza and ice-cream sundae meal on Thursday night to the beautiful dinner with A Capella entertainment at the Statler on Saturday night. The Class of '65 will be presenting two thought-provoking programs, including a panel discussion on the mental health and wellness of Cornell students, what the University is doing to help students, and what the Class of '65 is doing to help Cornell.

There will be the opportunities for you to attend lectures, eat dairy bar ice-cream, tour the campus, and listen to music. And, not the least, there's hanging out with old (and new) friends.

As you will remember, our Class of '65 reunion gift to Cornell is a fund to support the efforts of the Skorton Center to address the emotional well-being of current and future students. Mental health concerns are rising among college students nationally, and Cornell is not immune. Fully a quarter of Cornell students indicated an inability to function for some time due to depression, stress, or anxiety. This will resonate with most—if not all of us—when we remember our own periods of stress and anxiety. It seemed impossible to answer questions like “What do I do if my father wants me to be an engineer, but I’m not sure if that’s the right direction for me?” “Am I the only one who’s feeling overwhelmed?” “Why can’t I manage to be on the football team and still keep up with my work?”

Working with the Skorton Center for Health Initiatives, we were drawn to a pilot program of motivational coaching designed to promote well-being and flourishing among students. Our initial funding financed the pilot program to provide coaching from specially trained Cornell staff for students facing these kinds of stress points. The documented results of the pilot program are overwhelmingly positive, both from a statistical standpoint and comments from students.

- It helped me think more concretely and specifically about my goals and difficulties.
- It gave me clarity on my issues and provided the ways to resolve them.
- It has helped my social well-being, specifically, getting started forming relationships with peers.

Based on these very encouraging results, we are moving forward to enlarge the program and make it a permanent part of the Skorton Center.

We have already raised almost \$98,000 and hope to increase the total to \$250,000. Please join those of us who have already given to this important cause.

Your gift might be able to:

Fund Student Coaching Hours

- 1 hour of coaching \$100
- Support 1 student for 1 year \$200-\$300
- 5 students for 1 year \$1,000-\$1,500
- 20 students for 1 year \$4,000-\$6,000
- 50 students for 1 year \$10,000-\$15,000

Expand Program

- Marketing and outreach materials \$1000
- 1 part-time coach for one semester \$1,750
- Re-certify 15 part-time coaches \$2,500
- Yearly training for 15 new part-time coaches \$5,000
- 10 part-time coaches for one semester \$17,500

Add Dedicated Program Staff

- 1 half-time coach for 1 year \$60,000
- 1 full-time program manager for one year \$110,000

Because our Reunion Gift has been designated a Legacy Gift, you can donate during the Reunion year and afterwards towards this very important program. Additionally, all pledges over \$15,000 can be spread over 3 years. Please see attached sheet on how to gove.

June in Ithaca is always beautiful, so join us in person. And please support the Class of '65 gift to create a lasting legacy for us, the University, and all its students.

Sincerely,

Jamil Sopher, Class of '65 President