



# ARCH Support

Getting Over the Hump  
Getting Through a Slump  
Flattening the Curve

*Wednesday's Tip Sheet: Steps pros took to get through a challenging time in life.*

**FEATURED PRO:** *Hannah Lindsey, 2020 UW-Madison Graduate*

*Political Science & Communication Arts*

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*"To me and other members of the Class of 2020 college graduates, the country appears to be on fire, literally."*

Hannah Lindsey, UW-Madison grad, **CommPro** "To the Class of 2020, Now What?"

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**EDITOR' NOTE:** Instead of our regular format, we are sharing an article written by Hannah Lindsey, UW-Madison 2020 graduate in a June 10, 2020 **CommPro** online issue. Hannah graduated with double major in Political Science and Communication Arts and is a four-year student athlete in swimming. She shares the challenges of being a newly minted professional when "*the country appears to be on fire, literally.*" How is she navigating this time?

Read Hannah's well-written and inspiring article "*To the Class of 2020, Now What?*" in **CommPro**: <https://www.commpro.biz/to-the-class-of-2020-now-what/>

**KEY TAKEAWAY:**

**Resilience**  
**Persistence**  
**Making Connections**