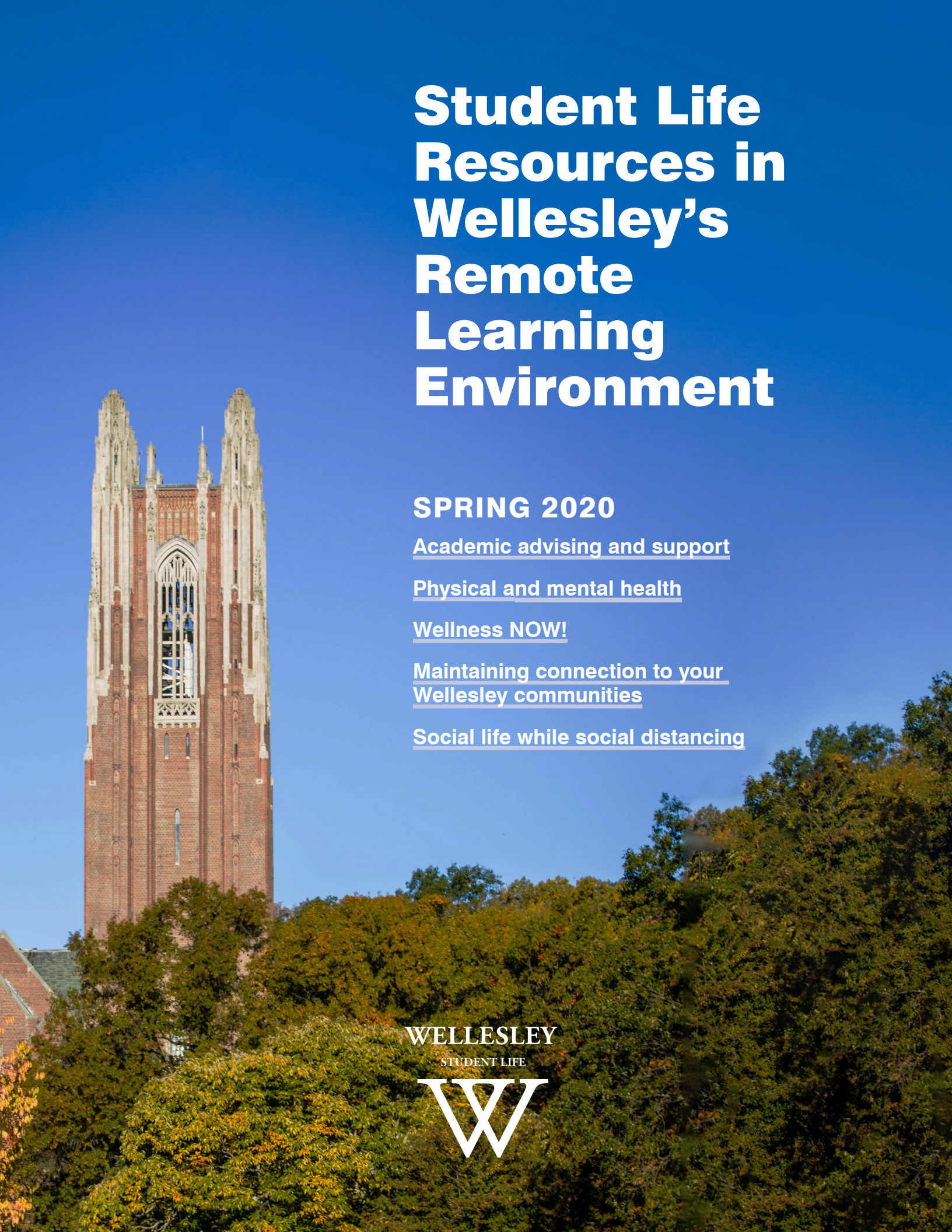

Student Life Resources in Wellesley's Remote Learning Environment

SPRING 2020

Academic advising and support

Physical and mental health

Wellness NOW!

Maintaining connection to your Wellesley communities

Social life while social distancing

WELLESLEY

STUDENT LIFE

Dear Students,

Wherever you are in the world right now, the Division of Student Life staff understand that you are adjusting to remote learning and to the challenging realities of the COVID-19 pandemic. We want you to know that the Wellesley services and resources compiled in this document remain available to you and are only a click or a phone call away.

Please know that we are here to support you, and we want to hear from you. If you have any questions or concerns, don't hesitate to reach out through the website to schedule an appointment with me or Dean Bate. You can also email us at deanofstudentsoffice@wellesley.edu.

Sincerely,

Sheilah Shaw Horton
Vice President and Dean of Students

ADJUSTING TO THE REMOTE LEARNING WORLD

ACADEMIC ADVISING AND SUPPORT

Office of Accessibility and Disability Resources

The staff are creating and sharing resources for students about how to access accommodations through electronic teaching platforms, such as screen readers or recordings, if available. Additional support includes:

- Continuing note-taking program with student note-takers for classes
- Continuing through AIM to receive and process accommodation requests
- Providing individual student appointments through Zoom
- Providing select online programming for students on disability awareness issues

Pforzheimer Learning and Teaching Center (PLTC)

The PLTC continues to sponsor and offer peer academic support through Supplemental Instruction, tutoring, public speaking/classroom presentation assistance and Academic Success Coaching. In addition, the PLTC Director of Programs is available to meet with individual students to discuss time management, procrastination, study techniques and a host of other academic success issues. To schedule a Zoom or telephone meeting with the Director, please email rschotka@wellesley.edu.

The PLTC offers a number of great handouts to assist students with study skills, as well as time and task management. In addition, the PLTC staff has compiled some helpful tips for working in a remote learning environment.

Class Deans

As we continue to adjust to the new remote learning environment, the Class Deans are available to help you stay on track with your academics this semester.

Staying organized, using both familiar and new study strategies, and focusing on learning are key approaches to a strong finish to the semester. See information from the PLTC for guidance, and/or contact your Class Dean to discuss your study plans.

We encourage you to make use of your professors' remote office hours; details for this have been communicated by each instructor.

Wellesley Plus continues to meet regularly with Dean Garcia and Dean Cohen continues to host weekly virtual lunches with Davis Scholars.

Class Deans continue to meet remotely with students via phone, Zoom, and Google Hangouts. Meetings can be scheduled through the calendars below or through our website. Please indicate your preferred method of communication when scheduling.

Lori Tenser: Class of 2020 A-L
Dean Tenser's appointment calendar

Rebecca Garcia: Class of 2020 A-L and WellesleyPlus
Dean Garcia's appointment calendar

Alison Black: Class of 2021
Dean Black's appointment calendar

Susan Cohen: Class of 2022 and Davis Scholars
Dean Cohen's appointment calendar

Shanté Brown: Class of 2023
Dean Brown's appointment calendar

ADJUSTING TO THE NEW REALITIES

PHYSICAL AND MENTAL HEALTH

Stone Center Counseling Service

Remote counseling support is available for all students. Students can schedule half-hour sessions with a counselor via the student portal.

For students who are on campus, time-limited teletherapy is available via phone or HIPAA-compliant Zoom sessions. Both individual and group support is being offered.

Workshops include:

- Coping with loss
- COVID-19 support
- Self-care in the time of COVID-19
- #Alone-Together: a space of safety
- LGBTQ+ support
- Support for students of Asian descent
- Procrastination+: staying focused, motivated, and academically engaged when working remotely.

If you wish to participate in a workshop, please send the co-leader a secure message via the student portal or an email expressing your interest. See Groups and Workshops on the counseling website for more information.

For students who are off campus, we will help you access resources in your community. To request assistance, you can schedule a half-hour remote counseling session with a counselor or the student care coordinator.

Prescribers will continue to provide follow-up psychopharmacological care for students who have been receiving medication from the Stone Center. New students who are interested in a medication evaluation must schedule an appointment with a counselor for an initial assessment and recommendation to a prescriber.

The ProtoCall after-hours service is in effect 24/7 and can be accessed at 781.283.2839. Students can consult with a counselor remotely, leave a message for the counseling staff, or avail of urgent care with Campus Police at 781.283.5555.

WellTrack, a cognitive behavior tool to help manage anxiety and depression, is available, as well as MindWise, an online screening tool.

Be Well, Be Safe.

Health Services

Health Services is open Monday through Friday from 8 am to 5 pm for students on campus. For the safety of other students and employees, **we ask that students who feel ill or have a fever or cough do not walk into Health Services and instead call us at 781.283.2810**. We will help triage assess your symptoms and determine if you can be helped over the phone or if you should be seen for an appointment.

For students who are off campus, we can help you with medication refills if you do not have a primary care physician/prescriber. As long as you have been in Health Services within the past year, we will provide refills as appropriate throughout the summer. You can request them now, or call us from home so that we can send prescriptions to a home pharmacy when needed.

If you haven't already, please register with Health Services and sign up for our patient portal (Gateway) by calling the Newton-Wellesley Hospital registration line at 855.890.9241. You can still email us questions or concerns while you're off campus.

Health Services is working on expanding its capacity to conduct virtual visits for students who are not on campus. This is another way we can stay connected and continue to assist with your health needs if you do not have a doctor at home.

WELLNESS NOW!

Office of Student Wellness

We recognize that the coronavirus may be having an impact on your daily life in various ways related to wellness. In light of this, we firmly believe that now, perhaps more than ever, is the time to work toward better well-being. The Office of Student Wellness remains available to support you in your efforts to maintain balance, nourish your body and mind, and take care of yourselves in a holistic manner. When we cultivate healthy coping skills, we can feel more connected and in tune with our environments, bodies, and the present moment in an otherwise uncertain time.

Below are resources the office is offering to support your wellness needs:

- Wellness resources related to COVID-19: self-care, stress management, nutrition, exercise, immunity, sleep, and substance use support.
- Weekly wellness workshops: Join us as we explore stress management, healthy sleep habits, balanced meal planning, and more. Thursdays at 7 pm.
- Wellness Wednesday Peer Health Educator virtual hangouts: Check in with peers regarding self-care. **All** are welcome! Wednesdays at 1 pm.
- Weekly wellness newsletter offers information about timely topics, resources, and holistic well-being.
- "Thrive in Five" 5-minute webinars offer easy-to-implement wellness ideas that are quick and accessible.
- Virtual Q&A Form: Have a wellness-related question? Submit it to our online form to be answered by the OSW staff.
- We continue to provide individual nutrition appointments through Zoom Healthcare.

MAINTAINING CONNECTION TO YOUR WELLESLEY COMMUNITIES

Office of Intercultural Education and Slater International Center

The Office of Intercultural Education and Slater International Center will continue to provide support and help you maintain connections with your friends in Harambee, Acorns, and Slater. Staff members are available to connect with you through a variety of formats and will continue to develop culturally relevant programming based on your input and needs.

Advisor to students of African descent, Tracey Cameron

- Virtual office hours: Thursdays from 3 pm to 6 pm EDT
- Accountabilibuddy Power Hour: 60-minute goal-oriented sessions designed to increase productivity
- Alumnae speaker series: Alumnae share their journeys to Wellesley and their trajectories since leaving campus.
- Ask an Alum: Informal conversations with alumnae guests
- Harambee GroupMe: Informal discussions
- Chill and Chat: Resource-sharing sessions with faculty and staff friends of Harambee House
- Fitness challenges
- Insecure watch party (Sundays at 10 pm)

Advisor to Latinx students, Mared Alicea-Westort

- Connect with students via Zoom, email, Slack, and phone
- Virtual office hours: Thursdays from 3 pm to 5 pm EDT
- Online salsa, bomba, and plena dance tutorial with Pamela Cortés Ortiz
- Community-building activities including bullet journaling, embroidery, Latinx heritage trivia/facts, movie screening, and funny pictures

- Ask an Alum: Learn about alums' careers and experiences at and after Wellesley.
- Lecture: "Minority Politics in the U.S.: Stereotypes, Alliances and Representation" by Viviana Rivera-Burgos, Consortium for Faculty Diversity Pre-doctoral Fellow at Wellesley
- Mental health workshop with Angela Guerrero, assistant director of Stone Center

Advisor for students of Asian descent, Karen Shih

- Virtual office hours using a variety of formats: Zoom, WeChat, phone, etc.
- Assistance for Asian student organizations as they transition to new e-boards
- Programming to connect students to alumnae
- Wednesdays with Winston
- Workshops on anxiety management and navigating queer/trans identity at home
- Panel on racism against Asian/Asian Americans amid COVID-19 and self-care

LGBTQ+ coordinator, AJ Guerrero

- "Mental Health, Self-Care, & Advocacy: Experiences of LGBTQ+ Students of Color" discussion with Dr. Tangela Roberts, April 16 via Zoom.
- Virtual peer support event April 17 for LGBTQ+ students, facilitated by Q-Connectors, to discuss their experience being at home, share resources, show off pets, and talk about good things happening in their lives.
- AJ Guerrero and Q-Connectors will be sending out weekly content on COVID-19 topics affecting LGBTQ+ students, Wellesley events, LGBTQ+ history, Transgender Day of Visibility, and online/remote LGBTQ+ resources (such as navigating COVID-19 and chest binding, Trevor Project, Trans Lifeline, Crisis Textline).
- Q-Connectors created the Facebook group Wellesley "Queer"antine LGBTQ+ Support Group exclusively for Wellesley students. The group provides support to those who are coping with the recent quarantine and temporary closing of the College campus and explores how that affects LGBTQ+ students specifically.

Slater International Center

- Virtual global teas
- Wellness kits created in collaboration with Residential Life and the Office of Student Wellness, for all students remaining on campus
- Students can continue to book appointments through Google Hangouts or by phone for any immigration-related questions.
- Virtual seminars on wellness, mental health, and tax preparation

- Assistance for seniors with OPT/Stem applications
- Preparing immigration documents for summer and fall admits and answering admission-related questions
- Working with EBoard on ways to continue to reach out to current students on campus and abroad and ways to celebrate our seniors

Office of Religious and Spiritual Life

- Pastoral care and counseling sessions for students are available by Zoom and can be scheduled by emailing any of the College chaplains or the dean of religious and spiritual life.
- The College chaplains continue to send out weekly emails and schedule regular opportunities for group check-ins, learning, and discussion.
- Weekly emails regarding group meditations and including various reflections on the practice of mindfulness
- Weekly Mindful Meditation class opportunities: Mondays at 2:30 pm EDT, Wednesdays at 5 pm EDT and Thursdays at 3:30 pm EDT
- Bible study Wednesdays from 4:30 to 5:30 pm EDT via Zoom
- Sunday evening community time will continue using Inward Journey Spiritual Practices via Zoom.
- Virtual Seders, mailing Seder kits to those alone with no resources, and providing kosher for Passover meals for students quarantined on campus
- Opportunities via Zoom: Torah study, intro to Judaism, and a daily snippet of Talmud (on Facebook)
- Links to other Jewish digital opportunities, including live-streamed Shabbat services
- Two weekly “virtual lounge” Zoom social gatherings for check-ins, and a WhatsApp group for Jewish students

Office of Residential Life

The Residential Life and Housing team ensure that students currently living in residence halls are supported. Community directors are also engaged with the resident assistants and house presidents who have left campus and who want to remain connected to their residential community. CDs are reaching out to all students, on and off campus, for virtual teas, virtual initiatives around the residential curriculum, book clubs, and more.

CDs also continue to work with their staff through virtually meetings and residential programming initiatives. CDs are collaborating with student, staff, and campus partners to create and execute the RA Training curriculum for spring 2020 (virtual), summer 2020, and winter 2021.

During this time, the Honor Code Council will continue to confer and connect regarding violations of the Honor Code through virtual hearings and informal resolution processes.

SOCIAL LIFE WHILE SOCIAL DISTANCING

Student Involvement & Leadership

- Your College Government is continuing to meet. This month, look for information on special elections, constitutional amendments, and organization updates as well as cabinet transition. Senate meetings will be recorded and made available to the student body via their WEngage page.
- Just because we're all in different places doesn't mean we can't have fun together! Check out WEngage for virtual events hosted by Student Involvement including trivia, online discussions, and movie streaming. Be on the lookout for social media contests and ways for Wellesley students to showcase their talents. All details relating to social programming will be on WEngage and our social media @ WellesleyStudentInvolvement.

Office of Student Involvement

Student Involvement will offer weekly virtual office hours for student organization leaders to answer specific questions regarding their organizations. These are open office hours so no appointment is needed. If these times do not work for you, please reach out individually to the appropriate staff member to schedule a meeting.

- Katie Clark, program coordinator: Mondays and Wednesdays, 12 to 1:30 pm EDT
- Jessica Grady, director of student involvement: Tuesdays, 3 to 4:30 pm EDT and Thursday, 3:30 to 5 pm EDT

Bi-Weekly Club Officer Discussions

Student Involvement will offer online discussions where student leaders can connect with one another and share resources. These are not required but are available to any organization leader who would like to participate.

- Wednesday, April 29, 4:30 to 5:30 pm EDT: Officer transition/general questions

Student Organization Events

Student organizations can host virtual programming until the last day of classes. All events must be submitted via the event request form and registered with Student Involvement via WEngage. Please click here to view a tutorial on accessing the form. Note that only administrators will be able to submit events on WEngage.

Weekly Digest (Campus Happenings)

Campus Happenings will still go out weekly via the Google groups and will highlight student organization events as well as announcements from the campus community. **Only events submitted on WEngage will be highlighted in the weekly digest sent out via the Google groups**.

Career Education

Wellesley Career Education is here to support you virtually throughout the COVID-19 crisis. Our COVID-19 Response FAQ page has information about scheduling appointments, navigating the disruption to planned jobs and internships, and other issues you may need help with during this challenging time. Each week, we will send you an email with virtual events and pop-in hours for the week ahead. We will be communicating information about more strategies and programming in direct response to the pandemic in the coming weeks.

Advising: All students can make virtual appointments with their college career mentors, career community advisors, and our fellowships team through Handshake. This can be a great first step as it allows for one-on-one discussions about your goals.

Much of our regular programming will continue in a virtual format. Sign in to Handshake to learn more! Some new programming includes:

- Career, Coffee, and Conversation drop-in conversation series for seniors. Bring your thoughts and questions, or just enjoy connecting with others as we chat about careers, internships, networking, and whatever else is on your mind.
- **Alumnae career conversations**: Dates and times noted in Handshake, starting April 20. These are one-hour moderated

Q&A sessions with an alumna and career community advisor, with at least 20 minutes designated for students to ask questions.

- **Senior Support Network**: This program will match seniors with alumnae working in their industries of interest as well as Career Education staff members. Watch your email for an opportunity to opt into the program.
- Check Handshake each week for ongoing events such as resume and cover letter workshops, interview prep, and more.

The Wellesley Hive offers ongoing mentorship opportunities no matter where you are in your career journey. All alumnae in the platform have offered to help current students and fellow alumnae. The platform allows you to search for alumnae mentors by company, industry, location, identity, and so much more. Reach out to an alum today!

If you have any questions about whom to contact with Career Education questions, please email careereducation@wellesley.edu and we will point you in the right direction.