

The background of the entire page is a photograph of a Gothic-style brick building with multiple spires, partially obscured by a dense forest of trees with vibrant autumn foliage in shades of orange, red, and yellow. The sky is a clear, bright blue.

Student Life Resources in Wellesley's Hybrid Learning Environment

FALL 2020

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WELLESLEY
STUDENT LIFE



Dear students,

Wherever you are in the world right now—whether you are on campus or studying remotely—I want you to know that the Division of Student Life is working hard to create new programs and support services to help all of you stay connected with your Wellesley community during the fall terms. The 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

ACADEMIC ADVISING AND SUPPORT

Office of Accessibility and Disability Resources

Our staff members are creating and sharing resources for students regarding how to access accommodations through electronic teaching platforms and accessing recordings if available. Additional supports include:

- Continuing the 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 about disability awareness issues.
- Training on assistive technology such as text to audio conversion, voice dictation, and computer accessibility features provided by Student Access Advocates (SAAs).
- Offering advising relevant to students with various disabilities who are studying remotely using Zoom and other technologies.

Pforzheimer Learning and Teaching Center (PLTC)

The PLTC is the hub of academic support programs and services for Wellesley College students. With both remote and face-to-face learning opportunities that complement and extend classroom learning, the PLTC develops and delivers peer academic support through supplemental instruction, tutoring, public speaking/classroom presentation assistance, and Academic Success Coaching. 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, Roberta Schotka, please email rschotka@wellesley.edu.

The [PLTC website](#) also features a number of useful handouts to assist students with study skills as well as time and task management. You can also find us on Instagram [@ascswellesley](#), to get study tips and to connect with our ASCs. In addition, the PLTC staff has compiled helpful tips for working in a remote learning environment.



Class Deans

The Office of the Class Deans supports all students in the pursuit of their academic interests and dreams. As we begin the new academic year, we are all continuing to adjust to the new remote learning environment. The class deans are available to help you stay on track with your academics and pursue your academic and personal goals.

Class deans will meet with students remotely via phone, Zoom, and Google Hangouts or in person on campus in designated locations, either indoors or outside. Meetings can be scheduled through our online calendars linked below or through [our website](#).

Please indicate your preferred method of communication when scheduling.

Alison Black: class of 2021

[Dean Black's appointment calendar](#)

Shanté Brown: class of 2024

[Dean Brown's appointment calendar](#)

Susan Cohen: class of 2022 and Davis Scholars

[Dean Cohen's appointment calendar](#)

Rebecca Garcia: class of 2023 M-Z and WellesleyPlus

[Dean Garcia's appointment calendar](#)

Lori Tenser: class of 2023 A-L

[Dean Tenser's appointment calendar](#)

This year, Dean Garcia will meet regularly with new students participating in the Wellesley Plus program, and Dean Cohen will host familiar weekly virtual lunches with Davis Scholars.

We also encourage you to make use of your professors' remote office hours; details will be communicated by each instructor and are likely to be found on your course syllabus.

Staying organized, using both familiar and new study strategies, and focusing on learning are key approaches to academic success. We hope you will seek out the PLTC for resources and guidance and contact your class dean to discuss your study plans. We value our relationships with students and will maintain regular communication with you throughout the academic year.

PHYSICAL AND MENTAL HEALTH

Stone Center Counseling Service

Check out the new [Stone Center website](#). Please familiarize yourself with the services available to all students, including those who are studying remotely.

Students can schedule counseling appointments via the student portal, available on the [counseling website](#). Students outside of Massachusetts may schedule immediate support sessions and receive assistance with referrals.

We will begin holding virtual group meetings in early September. Groups we have offered in the past are: Finding Connection, Complex Minds (for diagnosed mental health concerns such as depression and anxiety), #MeToo Survivors, DBT Skills, Eating In the Light of the Moon, Grief (for students who have lost a parent), LGBTQ Support, and AWARE (for Asian American Students); this year we will also be offering a support group for students of African descent.

Workshop topics might include procrastination, laughing and relaxing, and coping with loss in the time of COVID-19.

If you wish to participate in a group or workshop, please send the co-leader a secure message via the student portal or an email expressing your interest. See [Groups and Workshops](#) for more information.

Need a referral in your local area?

Assistance includes referrals to local teletherapists and psychopharmacological support. To request assistance, schedule a remote counseling session with the student care coordinator via the student portal.

After-hours support: The ProtoCall after-hours service is in effect 24/7, 365 days a year, and can be accessed at 781.283.2839.

Self-help resources: WellTrack, a cognitive-behavior tool to help manage anxiety and depression, is available to all students, as is MindWise, an online screening tool that allows students to conduct mental health self-assessments for anxiety, depression, eating issues, PTSD, alcohol and substance use, and psychosis.

If you're not sure what is available, leave us a message at 781.283.2839 and a clinician will get back to you!



Health Services

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

For students who are off campus, we can help 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.

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.

Remember that you can email us at healthmd@wellesley.edu with questions or concerns even while you're off campus.

Physical Education, Recreation and Athletics

PERA will offer a mix of in-person and virtual programming, including virtual group fitness classes open to students, faculty, and staff. [Group exercise classes](#) are a great way to relieve stress, tone muscles, and provide an increased sense of well-being. All levels of fitness are welcome. Classes include Barre, Full Body Fitness, Yoga, and Zumba. [Registration](#) is required prior to class

The KSC and [Fitness Center](#) are open to on-campus students only in term 1, from 8 a.m. to 6 p.m. on weekdays and 10 a.m. to 6 p.m. on weekends. All users must [make a reservation](#) via the self-service R&R system before entering the KSC. Student wellness activities are also available at the [pool](#) and [boathouse](#). Visit the [PERA website](#) for more.

WELLNESS NOW!

Office of Student Wellness

We recognize the many ways COVID-19 may impact your daily life related to wellness. Perhaps more than ever, this is the time to work toward better well-being, and the Office of Student Wellness is here to support you in your efforts to maintain balance, nourish your body and mind, and take care of yourselves, starting now!

By cultivating healthy coping skills in an uncertain time, we can feel more connected and in tune with our environments, bodies, and the present moment. We remain committed to supporting you through your wellness journey, whether you are near or far.

Please connect with us if you have questions, are looking for resources, or need additional support: [Facebook](#) and [Instagram](#) or email studentwellness@wellesley.edu.

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

- [Keeping Well with COVID-19](#). Topics include: [self-care](#), [stress management](#), [nutrition](#), [exercise](#), [immunity](#), [sleep](#), and [substance use support](#).
- Further public health guidance and support related to COVID-19: [Face Covering FAQs](#), [COVID-19 Safe Travel Guidance](#), [Peer Resource Guide](#), [Community Immunity video](#) from Balance Health Educators. Learn more about [Peer Health Educators here!](#)
- [Wellness newsletters](#) offering information about timely topics, resources, and holistic well-being.
- “[Thrive in Five](#)” five-minute webinars offering easy-to-implement wellness ideas that are quick and accessible.
- [Virtual Q & A Form](#). Have a wellness-related question you can't find an answer to? Submit it to our online form to be answered by the OSW staff.
- Individual nutrition appointments through Zoom health care. [Click here](#) to learn how to connect to our registered dietitian-nutritionist.
- Keep up-to-date with information and programs by following us on social [@wellesleywellness!](#)

MAINTAINING YOUR WELLESLEY COMMUNITIES

Office of Intercultural Education and Slater International Center

The Office of Intercultural Education and Slater International Center 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.



[Tracey Cameron](#)
**Assistant Dean of Intercultural
Education, Director of
Harambee House, and Advisor
to Students of African Descent**

- Virtual office hours: Mondays 3 to 5 p.m. EDT and Thursdays 3 to 6 p.m. EDT
- Online career fair: Connecting Wellesley Harambee House students and alumnae with professionals for powerful one-on-one career coaching conversations.
- 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
- Social Media Challenges



[Karen Shih](#)
**Assistant Dean of Intercultural
Education and Advisor for
Students of Asian Descent**

- Virtual office hours using a variety of formats including Zoom, WeChat, phone
- Bi-weekly Pan-Asian Council meetings with Asian organization presidents to assist with transitioning to virtual events and E-board adjustments
- Wednesdays with Winston (mini newsletter)
- Alumnae programming to help Asian and Asian American students navigate Wellesley and the world

- Mental health workshops in collaboration with Stone Center
- Virtual lectures and discussions on topics such as remote learning, wellness, anti-Blackness, Asian American identity
- 2020 Asian American Women in Leadership Virtual Conference
- Study breaks and virtual socials to connect with peers
- Senior stoles



Mared Alicea-Westort
Assistant Dean of Intercultural Education and Advisor to Latinx Students

- Connect with students via Zoom, email, Slack, and phone
- Weekly virtual office hours
- Virtual programming such as Latinx New Student Program, Latinx Student Leader Training, Día de Los Muertos Event (a Day of the Dead Celebration), Ask an Alum event, and Café con Leche Conversations
- Co-host Let Me Speak Program (student monologue performances about diversity and inclusion) and diversity transition program called Thrive Wellesley
- Online salsa, bomba, and plena dance tutorial with Pamela Cortés Ortiz
- Virtual workshops on successful study skills strategies and wellness
- Community-building activities via Zoom including game nights, study breaks, and movie screenings

- Mental health workshop with Angela Guerrero, assistant director of Stone Center



AJ Guerrero
Coordinator of LGBTQ+ Programs and Services

- Virtual office hours: Thursdays 3 to 5 p.m. EDT or by appointment via Zoom or phone
- On-campus and virtual events and programs such as Chosen Families, Big/Little Sibling Matches, film screening of Gender Troubles: The Butches and invited keynote speaker of LGBTQ+ history and writer Sarah Prager
- Community building events led by Qconnect student workers

Slater International Center

Students can continue to book appointments through Google Hangouts via Slater's website or by phone for any immigration/visa related questions four days a week. Slater also offers these activities and services:

- Virtual programs including the Welcome Back program, global teas, and lecture series
- Immigration document preparation and advising for spring arrivals
- Collaboration with the student E-Board to offer programming on campus and virtually
- Collaboration with other cultural houses on wellness programs

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 Mindful Meditation class opportunities: Mondays at 3:30 p.m. and 5 p.m., Wednesdays at 5 p.m., and Thursdays at 3:30 p.m.
- Multifaith Council Community Time Wednesdays 2:30 to 3:45 p.m. via Zoom
- Sunday evening community time will continue using Inward Journey Spiritual Practices via Zoom.
- Christian Life:
 - Bible study on Wednesdays from 4:30 to 5:30 p.m. via Zoom
 - Monday Lunchtime Christian Spirituality 101 conversation
 - Student gathering following Christian services as 5 p.m.
- Jewish Life:
 - Shabbat services Fridays 4 to 8 p.m. at the amphitheater
 - Daily Dose of Talmud via Facebook

Weekly Torah portion discussion either Fridays at 2 p.m. or Thursdays at 8 p.m.

Ask the Rabbi weekly discussion group on Tuesdays at 2 p.m.

- Muslim Life:

Jum`ah Prayers, Fridays 1 to 2 p.m. in the MFC

Connecting to the Quran, Starting with Why? Mondays 1 to 2 p.m. via Zoom

Office of Residential Life



During this time of remote learning, Res Life and Housing will be working to ensure that residents in the halls in fall 2020 will have an opportunity to

participate in all virtual programs. Expect to see outreach from your previous community director and Hall team about ways to get engaged.

Please reach out to us for any support you need during this time—we are here for you even when you are away from campus. We hope that there will be creative opportunities for you to get engaged and connect.

While you are away, we hope you know how much you are on our minds. Join us on our [Facebook page](#) (@WCResLife) or on [our website!](#)

SOCIAL LIFE WHILE SOCIAL DISTANCING

Office of Student Involvement

Student Involvement & Leadership is here for you.

College Government facilitates an active, engaged, and inclusive community and strives to represent the student voice in communication with administrations, faculty, staff, and trustees. College Government meetings will be hosted virtually, recorded, and posted on [WEngage](#). Elections for the upcoming academic year will continue via the WEngage platform

Just because we're all in different places doesn't mean we can't have fun together. Check out WEngage for virtual programming hosted by Student Involvement including trivia, escape rooms, online discussions, and bingo. Be on the lookout for social media contests and ways for students to showcase your talents. All details relating to social programming will be on WEngage and our social media [@WellesleyStudentInvolvement](#).

OSI Virtual Office Hours

Student Involvement will be open to meet with students virtually to discuss student organizations and how to get involved on

campus. If interested in meeting with the Student Involvement staff please email studentinvolvement@wellesley.edu.

Student Organization Events

[Student organizations](#) will be able to host virtual programming and some on campus programming. All events must be registered with Student Involvement via 25Live. All events will be promoted on the student organizations WEngage page. Student organizations will work with Student Involvement on any on-campus programming. Only events on WEngage will be highlighted in the weekly digest sent out via the Google groups.

Weekly Digest (Campus Happenings)

Campus Happenings will go out weekly via the Google groups to highlight student organization events as well as announcements from the campus community. All student organizations that have submitted events and are listed on WEngage will be included.



Career Education

Career Education will support you throughout your Wellesley experience.

If you have any questions about whom to contact, please visit wellesley.edu/careereducation or email careereducation@wellesley.edu and we will help point you in the right direction.

Advising

- All students can make virtual appointments with their college career mentor, career community advisor, and our Fellowships team through [Handshake](#). This is often a great first step as it allows for one-on-one discussions about your goals.
- In-person advising is available with select advisors during fall 2020. Students will receive instructions via email at the start of the quarter for how to schedule on-campus appointments.

Programming

- Much of our regular programming will continue in a virtual format. Sign in to [Handshake](#) to learn more and sign up!

- Each week, you will receive an email from us with virtual events and opportunities for the week ahead.
- Check [Handshake](#) each week for ongoing events such as resume and cover letter workshops, interview prep, and more.

Join the Hive

- [The Wellesley Hive](#) offers ongoing mentorship opportunities no matter where you are at in your career journey. All alumnae in the platform have raised their hands 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!