

# Student Life Resources in Wellesley's Hybrid Learning Environment

**SPRING 2021**

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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 spring 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](mailto:deanofstudentsoffice@wellesley.edu).

Sincerely,

Sheilah Shaw Horton  
Vice President and Dean of Students

# ACADEMIC ADVISING AND SUPPORT

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## Pforzheimer Learning and Teaching Center (PLTC)

The PLTC is the hub of academic support programs and services for Wellesley College students. We offer both remote and face-to-face learning opportunities that complement and extend classroom learning.

[Our website](#) features a number of useful handouts to assist you with study skills as well as time and task management, academic planning, and other high-impact study techniques.

Our peer academic support programs include supplemental instruction, tutoring, academic success coaching (ASC) and public speaking and classroom presentation assistance. There is no “out of pocket” cost to Wellesley students to participate in PLTC programs and services.

To learn more about the PLTC, request a tutor or ASC, or schedule a meeting with the PLTC Director, visit [wellesley.edu/pltc](https://wellesley.edu/pltc). You can also find us on Instagram [@ascsellesley](https://www.instagram.com/ascsellesley), to get academic updates, study tips, and to connect with our ASCs.

## Office of Accessibility and Disability Resources

Resources for students regarding how to access accommodations through electronic teaching platforms and accessing recordings is available. Additional supports include:

- Note-taking program with student note-takers for classes.
- AIM to receive and process accommodation requests.
- Individual student appointments on Zoom.
- Remote 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).
- Advising students with various disabilities who are studying remotely using Zoom and other technologies.



### Class Deans

The Office of the Class Deans supports all students in the pursuit of their academic interests and dreams. We look forward to building on what we have learned as a community as the spring terms begin. The class deans are available to help you stay on track with your academics and pursue your academic and personal goals.

Class deans 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 continues to meet regularly with students participating in the Wellesley Plus program, and Dean Cohen continues to host familiar weekly virtual lunches with Davis Scholars.

Be sure to use your professors' remote office hours; details 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

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## **[Stone Center Counseling Service](#)**

Check out the [Stone Center website](#). Please familiarize yourself with the services available for all students, including those who are studying remotely. The website is the primary communication tool, and it is kept updated and abreast. Make it a habit of seeing what's new at the Counseling Service website!

On the website you can find a list of the [Counseling staff](#) that includes their professional bios, which is helpful in deciding whom you'd like to work with. Students can schedule counseling appointments via [the student portal](#) available on the counseling website. Students outside of Massachusetts may also schedule a meeting with a counselor for assistance in finding local therapists and prescribers, and to participate in virtual workshops. The Student Care Coordinator is particularly helpful in finding treaters in the community.

**For students residing on campus and in Massachusetts**, we will continue to provide remote, individual tele-therapy sessions and psychopharmacology, as well as virtual groups and workshops. Some groups that we will continue to offer are Grief Group, LGBTQ

Support Group, A.W.A.R.E. (Asian Women's Action for Resilience & Empowerment), and others. Some **workshops that are being offered to all students regardless of location** are Healing & Self-Care Amidst Racial Trauma, Isolation/Quarantine Support and others. Check out [Groups and Workshops](#) on the Counseling website.

**[Self-help resources are available](#)**. WellTrack is a cognitive behavior tool to help manage anxiety and depression, and Mindwise, is an online screening tool to conduct mental health self-assessments for anxiety, depression, eating issues, PTSD, alcohol and substance use, and psychosis

**The ProtoCall After Hours Service remains available 24/7/365**. Remote students and residential students can access support at 781.283. 2839. Press #1 to speak to counselor immediately or #3 to leave a message for the Counseling staff.

If you're not sure about what is available to you and/or how to access these resources **call us and leave a message at 781.283.2839 #3** and a clinician will get back to you!



## **Health Services**

If you haven't already, please register in the Newton- Wellesley Hospital system by calling 855.890.9241. This is critical to be able to receive care at Health Services.

For urgent after-hours medical needs, call the office 781.283.281 and speak to a covering provider.

For routine matters (such as booking appointments, refills, etc.) please wait until the next business day to call or email us through the Patient Gateway.

Beginning in March, we will be offering visits with one of our Newton-Wellesley gynecologists (and Wellesley College alum!) right in Health Services.

We are available for both in-person and virtual appointments for students on campus.

Remote students who have previously used our services can also schedule a virtual appointment with a provider as appropriate.

We also recommend signing up for the Patient Gateway. You can call the office for assistance in doing this. This will allow you to communicate with us via email, request refills, directly schedule appointments, and have immediate access to any records or

test results. This is the preferred means of communication.

Please email [healthmd@wellesley.edu](mailto:healthmd@wellesley.edu) with any non-urgent questions or concerns that cannot go through the Gateway (even while you're off campus).

Check out our website [wellesley.edu/healthservice](https://wellesley.edu/healthservice) for the most up to date information on our services, COVID-19 and much more.

## **Physical Education, Recreation and Athletics**

PERA offers a mix of in-person and virtual programming, including virtual group fitness classes. [Group exercise classes](#) are a great way to increase your 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 3, 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.

# KEEPING WELL!

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## 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](mailto: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: [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

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## **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.



**[Ines Maturana Sendoya](#)**  
**Interim Advisor to Students of  
African Descent**

- Virtual office hours: Mondays 2–3 p.m., Thursdays 3–6 p.m., and by appointment via Zoom or phone
- Study breaks and virtual socials to connect with peers
- Office Hours for First-Year Students with Graduate Intern, Evelyn King for general support and mentoring: Mondays 4–5 p.m.  
[Office hours Zoom link](#)  
Zoom Meeting ID: 993 4083 1313  
Passcode: bHuN8s



**[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
- Weekly newsletter featuring Winston, events, and resources (Winston Wednesday)
- 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
- Study breaks and virtual socials to connect with peers
- Asian Awareness Month events



**Mared Alicea-Westort**  
**Advisor to Latinx Students  
and Co-Advisor to Native  
American Students**

- Connect with students via Zoom, email, Slack, and phone
- Weekly virtual office hours: Thursdays 2–4:30 p.m. and by appointment
- 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
- Online salsa, bomba, and plena dance tutorial with Pamela Cortés Ortiz
- Virtual workshops on successful study skills strategies, mental health, 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



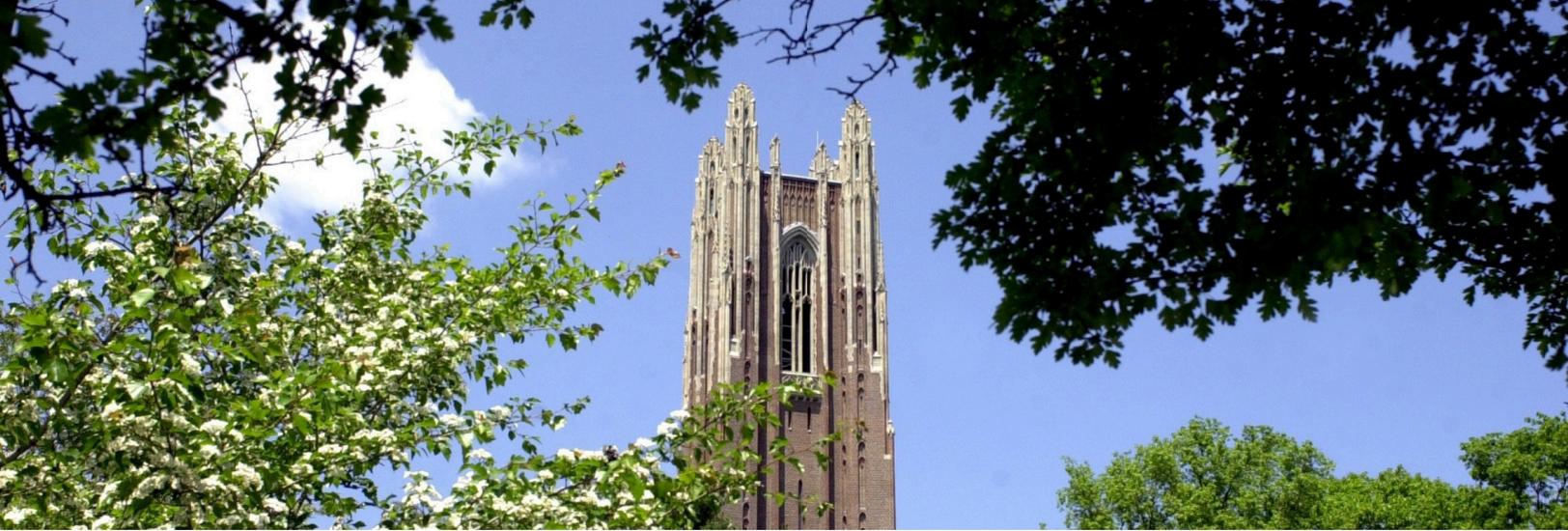
**AJ Guerrero**  
**Coordinator of LGBTQ+  
Programs and Services**

- [Virtual office hours](#): Thursdays 3–5 p.m. 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



### Office of Religious and Spiritual Life

- Pastoral care and counseling sessions for students are available by Zoom. Email any of the [chaplains or the dean of religious and spiritual life](#) to schedule.
- The College chaplains continue to send out weekly emails and schedule regular opportunities for group check-ins, learning, and discussion.
- Weekly Mindful Meditation: 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
- Christian Life:  
  
Bible study and worship opportunities for Remote Students
- Jewish Life:  
  
Weekly Torah study discussion 8 p.m.
- Muslim Life:  
  
Jum`ah Prayers, Fridays 1–2 p.m. in the MFC  
  
Monthly online Muslim College Life Conversations



### 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 spring 2021 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

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## **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 is open to meet with students virtually to discuss student organizations and how to get involved on

campus. If you are interested in meeting with the Student Involvement staff please email [studentinvolvement@wellesley.edu](mailto: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](https://wellesley.edu/careereducation) or email [careereducation@wellesley.edu](mailto: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.

### **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!