FIVE TOP CONCERNS DURING COVID-19

1. Social Isolation: extreme loneliness, lack of self-regulation
2. Mental Health: anxiety, depression, hopelessness
3. Academic: demotivation, challenges with online learning
4. Financial: changes in situation (loss of job, parent death), less student employment
5. Death/illness of family or friends
CONNECTION

- Wilson Commons Student Activities
  - Join a student organization
  - Explore events – can be filtered by in-person, hybrid, and virtual
  - Campus Chat with Dean Burns

- Medallion Leadership Program

- Mentorship Program through Meliora Collective

- UR Connected Peer Coach

- These plus other ideas listed on Making Connections website
SUPPORT: BASIC NEEDS

• Basic Needs Hub - short-term, temporary financial assistance in unanticipated or emergency situations; priority is given to students with the highest financial need.

• Food Pantry – The Food Pantry should be used by any students or postdocs who:
  • a) is food insecure
  • b) may be facing a change in employment status
  • c) is currently in quarantine or isolation without the financial means to order food
SUPPORT: ACADEMIC

- Center for Excellence Teaching and Learning
  - Study Zone
  - Course specific study groups
  - 1:1 advising

- The Writing Center/Writing Speaking and Argument Program

- Libraries
  - Subject librarians
  - iZone

- Language Center
  - Conversation hours in person and virtual
  - Tutoring

- Subject specific and general study rooms

- Reserve a room for a course, appointment, or interview
MENTAL HEALTH AND WELLNESS

• UCC
  • Drop in groups
  • Self-help online
  • 1:1 virtual appointments
  • Emergency care

• CARE
  • Health Promotions
    • Variety of health education and wellness programs
  • Mindful University
    • Meditation, yoga & more
  • Interfaith Chapel
    • In person services and small groups, 1:1
    • Labyrinth walking meditation
  • SAD Lamps
1. **Submit a CARE Referral** at www.rochester.edu/care. Let the student know you submitted a referral and that CARE can help.

2. **Consultation with a mental health professional** is available at any time (including after-hours) by contacting UCC (585) 275-3113.

3. If you believe someone is **in serious, immediate danger**, call DPS for crisis response (585) 275-3333.
**SPRING 2021 RESOURCES LINKS**

**SUPPORT**
- Basic Needs
- Basic Needs Hub
  rochester.edu/students/support
- Food Pantry
  rochester.edu/college/wcsa/services/food-pantry
- Academic
- CETL Graduates
  rochester.edu/college/cetl/graduate
- CETL Undergraduates
  Rochester.edu/college/cetl/undergraduate
- WSAP
  writing.rochester.edu
- iZone
  izone.lib.rochester.edu/resources
- Subject Librarians
  rochester.edu/research/subject-librarians

**CONNECTIONS**
- Wilson Commons Student Activities
  rochester.edu/college/wcsa
- Events and Organizations
  ccc.rochester.edu
- Connect to the Hive
  rochester.edu/college/wcsa/programs/making-connections.html
- Medallion Leadership Program
  rochester.edu/college/odos/leadership/medallion
- Meliora Collective
  Thecollective.rochester.edu
- Language Center
  Rochester.edu/college/languages/students
- Study Rooms
  rochester.edu/college/wcsa/programs/subject-study-space.html

**WELLNESS**
- UCC
  rochester.edu/uhs/ucc
- CARE
  rochester.edu/care
- Mindful University
  rochester.edu/mindful
- UR Connected Peer to Peer Coach
  rochester.edu/urconnected
- Interfaith Chapel
  rochester.edu/chapel
- Health Promotions
  rochester.edu/uhs/healthpromotion
- S.A.D. Lamps at Common Connection
  http://cglink.me/2eC/s38914