

# Dartmouth Remote Resources to support your wellbeing

## The Student Wellness Center (SWC)

The [Student Wellness Center](#) offers a diverse array of resources to support your wellbeing. The vast majority are accessible online via our [Virtual Student Wellness Center](#) landing page, which includes links to our Mindfulness and Yoga recordings and drop-in sessions, our [Refresh Sleep Improvement Program](#), [Alcohol & Other Drug Self-Assessments](#) and related [resources and downloads](#), as well as downloadable [Stall Seat Journals](#).

We also offer [Wellness Check-in](#) sessions, where you can speak one on one (via Zoom or phone) with a member of our team who will listen non-judgmentally and help you navigate any transitions you may be facing in a way that feels authentic to you. Learn more about these sessions and schedule a time to meet on the linked page above.

If you'd like information about the SWC delivered directly to your inbox, [sign up for our SWC email list](#), and choose whether you'd prefer weekly or monthly communications from our team. And if you're looking for ways to integrate a little more wellness into your life, [follow the SWC](#) on Instagram, and check out [our SWC blog](#) for thoughts and themes about wellbeing at Dartmouth and beyond!

## Academic Skills Center

During Dartmouth's fall term, the Academic Skills Center is here to serve you, whether or not you are on campus. We will be available online during our regular business hours, Monday through Friday: 8:00 AM to 4:30 PM, EST. We will continue to provide remote services including Academic Coaching through Zoom and Tutor Clearinghouse services, primarily Group Tutoring.

For questions please email us at [academic.skills.center@dartmouth.edu](mailto:academic.skills.center@dartmouth.edu), [tutor.clearinghouse@dartmouth.edu](mailto:tutor.clearinghouse@dartmouth.edu), or call us at 603-646-2014, and we will get back to you during our regular business hours. We look forward to working with you.

If you have any questions, please do not hesitate to reach out to us. You can also check out the list of remote learning tips on [our website](#).

## Dartmouth College Health Service

Dartmouth College Health Service is open this fall to support you with your health care needs. We welcome you to schedule an appointment whether you are on-campus or off-campus using our telehealth services. We are also scheduling office visits Monday through Friday. As of September 10, our nursing staff will be here 24/7 to help with questions and advice by phone. Check out [our website](#) for more health information and resources. We look forward to connecting with you this fall.

## The Counseling Center

[The Counseling Center](#) remains committed to supporting students' emotional growth and wellbeing. When the College is operating in full or partial remote status, the Counseling Center will conduct appointments by phone or Zoom. We will work with each of you individually to help you continue with services at the Counseling Center or connect to local providers where you are. Triage appointments help determine treatment options, which may include short-term teletherapy, referral to one of our workshops, or a referral to a local provider. If you would like to schedule a phone triage appointment, or have questions about current services, please call our office at 603-646-9442.

### Counseling Center Workshops ♦ Fall 2020

*Call the Counseling Center for more details, 603-646-9442*

- **Anxiety Toolbox:** Learn coping skills for managing anxiety symptoms.
- **Attention Please!:** Learn ways to deal with attentional problems better, or even improve attention.
- **Body Image Zoom Series:** Participants will partake in activities to support body acceptance.
- **Emotion Regulation Station:** Learn skills to boost your ability to manage intense feelings and distressing emotions.
- **Coping with Quarantine:** Students will share experiences and strategies on how to cope with being away from friends, being at home, Zoom fatigue, and other COVID related challenges.
- **From Criticism to Kindness:** This workshop is designed to create greater awareness of self-criticism and teach strategies for responding in a more self-compassionate way in order to reduce the distress one is experiencing.
- **Intuitive Eating Workshop:** Learn the principles of intuitive eating to foster a sustainable and improved relationship with food and body.
- **Thriving in the Woods:** A workshop/discussion series for Dartmouth athletes on all things related to mental health, performance, and wellness.

## Center for Professional Development

The Center for Professional Development (CPD) helps all undergrads in learning about and preparing for careers. We support all different backgrounds and career interests. Whether you are curious about sustainability, social impact, the arts, government, healthcare, technology, consulting, or another field, we can help. If you don't know what you want to do, we can help you explore, narrow things down, and identify relevant opportunities.

We provide:

- self-assessment quizzes and tools
- resume and cover letter templates and reviews, plus mock (practice) interviews
- workshops on different careers and related skill development
- employer info sessions, fairs, and 1:1 informational chats
- resources for finding/applying to internships and jobs
- 1:1 appointments with career coaches for all kinds of career-related advice

...all to help you find the best path and succeed in achieving your career goals. To explore our offerings and begin engaging with our office, log into our [DartBoard](#) system and create your profile!

## Collis Center & Student Involvement

While you are learning remotely for the fall term and social distancing for the benefit of our larger communities, we want to encourage you to continue meeting (virtually) and staying connected to your organizations. On the [Collis website](#), there are some tips and resources to help you manage your organization remotely and some ideas to help you stay connected. While we know they can't fully replace the in-person interactions we are used to on campus, we hope that these ideas and resources will help you feel connected to your Dartmouth communities.

Our staff remains ready and available to support you with ANYTHING you may need. If you have any questions or would like to set up a phone call or Zoom appointment, please blitz [student.involvement@dartmouth.edu](mailto:student.involvement@dartmouth.edu) or call us at 603-646-3399 and we'll get you connected to the best person to help.

## Native American Program

The Native American Program is dedicated to the support of student academic success and well-being through a combination of one-on-one advising, tutoring, and workshops. Visit our [website](#) for a full description of virtual options in each of these categories.

We are committed to providing space and opportunities that support community engagement. Weekly community gatherings are hosted virtually each week in order to connect students with each other and members of the larger Dartmouth community while exploring topics that are central to Native and Indigenous identities. Information about weekly gatherings and other community events is shared each week in the NAP Newsletter.

If you would like to be added to the newsletter email list, send an email to [Native.American.Program@dartmouth.edu](mailto:Native.American.Program@dartmouth.edu). The NAP welcomes all members of the Dartmouth community.

## New Student Orientation

With the Class of 2024 coming into view, we are focusing our efforts on warmly welcoming our newest students into the Dartmouth community. Our [website](#) is a great resource for information and updates. If you have questions or thoughts in the meantime, please feel free to [email](#) us. We look forward to working with current Dartmouth students and our remarkable colleagues to welcome the Class of 2024.

## The Office of Pluralism and Leadership (OPAL)

The [OPAL Deans](#) are available for one-on-one and organization advising, as well as general personal check-ins during the Fall 2020 term. We want to stay in touch with you and hear how we can support your continued success, growth, and development. The [OPAL Program Coordinators](#) are available to meet with student coordinators and committee leaders to brainstorm ways to continue building virtual communities and relationships.-We remain committed to helping you thrive by honoring the need for connection, community, and engagement in times of transition and change.

You can connect with the OPAL team by emailing [OPAL@dartmouth.edu](mailto:OPAL@dartmouth.edu), or via our [individual emails](#) to schedule a time to connect via phone or Zoom. Check the [OPAL website](#) for forthcoming information about virtual programs that we will offer during the fall term.

## Office of Student Life

The Office of Student Life continues to support and provide inclusive opportunities for leadership, community, and learning. If you have any questions or would like to connect with a staff member, please reach out to one of the [Student Life departments](#): [Collis Center & Student Involvement](#), [Community Standards & Accountability](#), [Dartmouth Broadcasting](#), [Dartmouth Forensic Union](#), [Greek Life](#), [Outdoor Programs](#), [New Student Orientation](#)

If you aren't sure who to contact or are looking to join a community, please email the [Office of Student Life](#) or call us at 603-646-3399 and we'll get you connected to the best person to help. Please be on the lookout for updates and resources from each of these departments as we continue into the Fall Term.

## Outdoor Programs Office

Outdoor recreation - even going for a walk - can be important in maintaining physical and emotional health. For those who have returned to the Upper Valley, the Dartmouth Outdoors Guide has [a list of natural areas](#) that are within walking distance of campus; [Trail Finder](#) is also a great way to find local trails. For everyone, we've compiled some [guidelines for recreating outside](#) during the pandemic.

## Residential Education

We are here to support you, right where you live! Your House team is working to foster positive, dynamic interaction among students, faculty, staff, and the broader community.

We want to engage you in the life of your house community and give you a sense of continuity in your residential experience. The team that will support you includes your Assistant Directors (live-in professional staff members), a House Professor who lives nearby, four Resident Fellows (grad students), an Administrative Assistant, and of course that important person you've likely already met: your Undergraduate Advisor (UGA).

Your UGA will connect you to all of the opportunities we're creating for you. Also, watch for messages from your house team, and join your house's Facebook page. We look forward to living and learning together!

## Title IX Office

The Title IX Office continues to be available to all members of the community while we pursue our work remotely. Supportive measures, including but not limited to no contact orders, academic or workplace adjustments, and referrals to confidential resources remain available. In addition, you may still make an informal report or a formal complaint, discuss resolution options, and receive more information by meeting with a Title IX Coordinator.

Reports can be made directly to the office via [email](#) or phone (603-646-0922) and meetings can be held on Zoom. Dartmouth College remains committed to a safe and welcoming environment, even when that environment is virtual.

## The Tucker Center

The [Tucker Center for Spiritual and Ethical Life](#) is an inclusive and affirming resource for all students, faculty and staff of any faith, spiritual, philosophical, seeking, questioning or secular identity.

Tucker staff are here for you in moments of joy, sorrow, and uncertainty. If you are seeking calm, connection and sustenance in relation to COVID-19 or any other life challenges, see the Tucker Center's [Spiritual Care, Practices and Resources](#).

Along with community building and engagement across difference, we provide [virtual confidential and private pastoral counseling](#) in relation to everyday life or times of anxiety and change.

## Undergraduate Deans Office

We are here to support you remotely during the Fall Term 2020 term! You can schedule a Zoom or phone appointment with your dean by using your dean's Calendly link, emailing us at [Undergraduate.Deans.Office@Dartmouth.edu](mailto:Undergraduate.Deans.Office@Dartmouth.edu), or calling our office at 603-646-2243. You can also check out our remote learning tips by visiting our website at <https://students.dartmouth.edu/undergraduate-deans/>.

Our hours of availability remain 8 a.m.-12p.m. and 1:00 p.m. - 4:30 p.m., M-F. Zoom and phone drop-ins continue to be available from 1:00 – 4:00pm, M-F, while classes are in session.