

# Dartmouth Resources to support your wellbeing

Boosting your wellbeing can happen in a variety of ways including connecting authentically with others, engaging mindfully in your daily activities, gaining perspective through reflection, and intentionally making choices that align with who you want to be. Dartmouth has a constellation of resources to help you explore how to sustain yourself through adversity and maximize the successes and accomplishments that you will achieve.

## The Student Wellness Center (SWC)

The [Student Wellness Center](#) strives to create a Dartmouth in which all members of our community can thrive. By providing you with opportunities for reflection, connection, intention and action, we hope to equip you with the skills to navigate everything life brings you so that you can do well and be well.

Whether it's exploring our robust offerings of [mindfulness meditation](#) and [yoga](#), speaking with a trained listener in a one-on-one setting during a [Wellness Check In](#) or [BASICS](#) session, or getting involved with the [Sexual Violence Prevention Project](#), our goal is to provide building blocks for creating the life you want to be living.

For ideas of how to integrate wellness into your daily life, [sign up for our SWC email list](#), [follow the SWC](#) on Instagram, and check out [our Reflections blog](#). To get in touch with us, email [student.wellness.center@dartmouth.edu](mailto:student.wellness.center@dartmouth.edu) or call 603-646-9414.

## Academic Skills Center

The Academic Skills Center is here to support you throughout your academic journey. We are available during our regular business hours, Monday through Friday: 8:30 AM to 12:00 PM and 1:00 PM to 4:30 PM, EST and offer our services remotely and in person.

We encourage students to meet with an academic coach to discuss strategies and skills to implement in your everyday learning. These are common topics discussed during coaching sessions: time management, navigating transitions, effective reading, note-taking methods, procrastination, and studying for exams. You can [schedule a session with an academic coach](#) (via Zoom or in person).

We also offer a Peer Tutoring Program for most introductory courses using a group tutoring model. Join a collaborative learning community comprised of your classmates and facilitated by a trained tutor who has excelled in the course. To learn more and to register, please [visit our website](#).

Don't forget, our website also offers a wealth of resources at your disposal 24/7: [learning resources](#), [E-Guide to Academic Success](#), and [blog](#).

Please do not hesitate to reach us by phone: 603-646-2014 or by email: [Academic.Skills.Center@dartmouth.edu](mailto:Academic.Skills.Center@dartmouth.edu). We look forward to working with you!

## Dartmouth College Health Service

Dartmouth College Health Service is open and available 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. During the Fall, Winter and Spring terms, our nursing staff is here 24/7 to help with questions, provide phone advice and support. Check out [our website](#) for more health information and resources. We look forward to connecting with you.

## The Counseling Center

[The Counseling Center](#) is committed to supporting students' emotional growth and wellbeing. Services available through the Counseling Center include individual therapy, group services (see below), medication management, crisis counseling, and educational outreach programs. We currently offer services via phone, Zoom, and in-person. For more information about our services, check out our [website](#), follow us on [Instagram](#), or call our office at 603-646-9442.

### Counseling Center Group Offerings:

- **Anxiety Toolbox:** Learn coping skills for managing anxiety symptoms.
- **Attention Please!:** Learn ways to deal with attentional problems better, or even improve attention.
- **Emotion Regulation Station:** Learn skills to boost your ability to manage intense feelings and distressing emotions.
- **Compassionate Conversations:** A discussion group designed for immigrant students to navigate cultural related stress and explore ways to make a home away from home.

- **Emotion Regulation Station:** A group informed by DBT skills and for those who struggle to manage intense emotions, have difficulty with impulsive behaviors or have been struggling in their interpersonal relationships.
- **Finding Our Voice: A Womxn of Color Discussion Group:** A discussion group on how self-image, leadership, sex and relationships, mental health, and imposter syndrome impact and relate to the inetersectionality of being a womxn of color.
- **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.
- **Grief Support Group:** A supportive space for students who have had someone important pass away, whether recently or in the past.
- **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 team at the [Center for Professional Development](#) (CPD) provides comprehensive resources for all undergrads in learning about and preparing for careers. We know that this can be a challenging process and we are here to help you explore your interests, narrow your options based on what matters most to you, and ultimately identify relevant opportunities. 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.

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!

## 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.

## The Office of Pluralism and Leadership (OPAL)

The [Office of Pluralism and Leadership](#) provides personal support and community spaces for students looking to connect with their peers in meaningful ways. Our [Living Learning Communities](#) provide co-curricular programming that tie students' identities and experiences in with academic conversations on campus. The various [heritage and history celebrations](#) also bring communities together to learn and celebrate throughout the year.

The [OPAL Deans](#) are also here to support your continued success, growth, and development through one-on-one advising appointments and general personal check-ins. OPAL remains 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 meet.

## Office of Student Life

Connecting and creating community are cornerstones of [Student Life at Dartmouth](#). The [offices and departments that make up Student Life](#) can connect you with staff and programs to help support your co-curricular experience, from hikes and other guided activities with the [Outdoors Program Office](#) to leadership opportunities through [the Collis Center and Student Involvement](#) student organizations and governing boards.

To learn more about all our opportunities, please visit the websites for our offices and departments: [Collis Center & Student Involvement](#), [Community Standards & Accountability](#), [Dartmouth Broadcasting](#), [Dartmouth Center for Social Impact](#), [Dartmouth Forensic Union](#), [New Student Orientation](#), and [Outdoor Programs](#).

Not sure where to start? Email Student Life <[student.life@dartmouth.edu](mailto:student.life@dartmouth.edu)> or call us at 603-646-3399 and we'll get you connected to the best person to help.

## 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, and are approved to be on campus, our staff and students post all of our outings on [Trailhead](#), our online trip sign-up website. Outings on Trailhead are updated daily so check back frequently. Another great resource for anyone local is the Dartmouth Outdoors Guide which has [a list of natural areas](#) that are within walking distance of campus. For everyone, we've compiled some [guidelines for recreating outside](#) during the pandemic. Don't see what you want? We can design a program for your group. Please reach out: [outdoor.programs@dartmouth.edu](mailto:outdoor.programs@dartmouth.edu) or 603-646-2428.

## Residential Education

We are here to support you, right where you live! Whether you live in your house community, a living learning community, an apartment, or even in the local community, we provide many opportunities and resources to support your wellbeing.

Some examples of events that are available through your residential community include yoga, arts and crafts, and outdoor events like kayaking and hiking. Some communities are also offering individual opportunities, such as walks around Occom Pond with your UGA and wellness coaching sessions. If you just need to talk to someone, you have a UGA, Assistant Director, House Professor, and several Resident Fellows who are available to support you and connect you to campus resources.

Whatever you need, think of your UGA as your connection to the opportunities we've created for you. Also, watch for announcements from your house team through newsletters, Engage, and your house's webpage and social media platforms.

And of course, the absolute best way to access the wellness programs you want to see is to create them. Your house executive board or house team are great resources for you to make your residential experience what you want and need it to be.

If you're not sure where to begin, email [residential.education@dartmouth.edu](mailto:residential.education@dartmouth.edu), and we'll point you in the right direction. Be well!

## **Title IX Coordinator within the Office of Institutional Diversity and Equity (OIDE)**

The Title IX Coordinators have returned to in-person work and are located in Parkhurst Hall, Suite 05. Supportive measures, including but not limited to no contact orders, academic or workplace adjustments, and referrals to confidential resources are available to anyone making a report of Prohibited Conduct. Meeting with a Title IX Coordinator does not trigger any institutional action- you get to decide what next steps are right for you.

To make an informal report or file a formal complaint, discuss resolution options, or receive more information by meeting with a Title IX Coordinator, please reach out to [titleix@dartmouth.edu](mailto:titleix@dartmouth.edu) or call the office at 603-646-0922. Meetings can be held in-person or on Zoom.

## **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 any life challenge, we provide [confidential and private pastoral counseling](#) in relation to everyday life or times of anxiety and change.

[UCM student groups](#) as well as spiritual care and meditative practice resources relating to timely concerns such as [Covid](#), [Grief](#), [Racial Justice](#) are also available on the website.

Along with community building and engagement across difference, Tucker is a space for individual and group conversations about meaning-making where you can bring your whole self and explore your deepest questions. Interactive and relevant programs such as [Multifaith Conversations](#) are offered on a daily, weekly and special event basis.

## Undergraduate Deans Office

We are here to support you! The undergraduate deans serve as a resource for academic, personal, and social advising. You can schedule a In-Person, Zoom or phone appointment with your undergraduate dean by using your dean's Calendly link (found in DartHub - Who Is My Dean), or emailing the Dean's Office 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](#) and find [resources](#) specific to your class year by visiting our [website](#).

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