

Syllabi Statement: Wellness and Success

You are not alone at UMass – many people care about your well-being and many resources are available to help you thrive and succeed. During this time, you may be experiencing new stresses related to the COVID-19 pandemic in addition to other pressures such as health, money, family, and academic concerns or stress and trauma from societal inequities and violence. Coursework is challenging and classes are not the only demand in your life.

You have resilience and are already using effective strategies to help you achieve your educational goals. Take stock of these and consider what new steps or resources could be helpful. Getting enough sleep, exercising, eating well, and connecting with others are all antidotes to stress. If you are struggling academically, reach out to your instructors and advisors prior to deadlines and before the demands of exams, papers, and projects reach their peak.

Students experiencing challenges including stress, anxiety, difficulty concentrating, loneliness, and trauma, or who feel down or alienated, can find it helpful to connect with one or more of the many supportive resources on campus that stand ready to assist you. You matter at UMass.

Academic Advice and Support

- [Academic Dean](#)
- [Academic Advisor](#)
- [Writing Center](#)
- [Learning Resource Center](#)

Single-Stop Resources

- [Referrals](#) for personal, financial, or life challenges that interfere with college success and well-being
- Expanded resources for [support during COVID-19](#)

Communities of Support

- [Residential Life](#) Support for on campus students; help addressing roommate disputes and residence hall quality of life
- [Off Campus Student Life \(OCSL\)](#) (413) 577-1005
Community connections and programs for students living off-campus
- [International Programs Office \(IPO\)](#) (413) 545-2710
Networking and assistance for international students and scholars at UMass and UMass students studying abroad
- [Center for Multicultural Advancement and Student Success \(CMASS\)](#) (413) 545-2517
Mentoring, workshops, advocacy, scholarship and internship opportunities, graduate school preparation and career development
- [Stonewall Center](#) (413) 545-4824
Programming, advocacy, and support for LGBTQIA+ students and allies
- [Student Parent Programs](#) (413) 545-0865
Support for students with children
- [Student Veteran Resource Center](#) (413) 545-0939
A welcoming place for veterans, active military members, and their families to study, network, learn, seek support, and get help with benefits

- [Center for Women and Community](#) (413) 545-0883
Information and referrals, community education, general counseling, and empowerment-based support groups for survivors of all genders
- [Men and Masculinities Center](#) (413) 577-4636
Supports male student success and the development of healthy masculinities
- [Office of Religious and Spiritual Life](#) (413) 545-9642
Educational programs, advocacy, dialogue, interfaith programs and service
- [Center for Health Promotion](#) (413) 577-5181
Peer wellness coaching, alcohol screening and brief intervention, support for students in recovery

Offices that Can Help

- [Center for Counseling and Psychological Health](#) (413) 545-2337 • After hours: (877) 831-7421
24/7 emergency crisis intervention, support groups and workshops, online therapy and resources, brief psychotherapy and referrals
- [Dean of Students Office](#) (413) 545-2684
Advice and support for managing challenging or crisis related matters
- [UMass Police Department](#) (413) 545-2121 • Emergency: (413) 545-3111 or 911
Immediate emergency response, anonymous tip reporting, theft prevention, community safety, and self-defense programs and training
- [University Health Services](#) (413) 577-5000
24/7 medical advice and triage, walk-in clinic, nutritional counseling, sports medicine, and more
- [Disability Services](#) (413) 545-0892
Help registering and accommodating students with all types of disabilities
- [Student Legal Services Office](#) (413) 545-1995
Confidential legal counseling and advice for all fee-paying students with any legal matter
- [Psychological Services Center](#) (413) 545-0041
Individual, couples and group therapy and assessment services
- [Ombuds Office](#) (413) 545-0867
Facilitation and informal mediation; resolution of grade disputes
- [Equal Opportunity Office](#) (413) 545-3464
Upholds university's commitment to access and opportunity for all