Guide to Supporting Students (And Yourself!)

Right now is so overwhelming and stressful for a myriad of reasons for all of us, and some of your students may be struggling (a lot.) Below is a list of suggested ways in which you can support students during these difficult times and because your well-being is equally important, I have included links to resources that faculty can use to ensure you remember that your health is also a priority. Please know that my door is always open to express any stressors and concerns.



**Well-being resources to remind students of:**

[SPH Wellness Coordinator](https://www.bu.edu/sph/students/student-services/health-resources/)- Ilana Schlesinger, sphwell@bu.edu

The [SPH Wellness Program](https://www.bu.edu/sph/students/student-services/health-resources/) currently offers individual wellness appointments, as well as tailored workshops for larger groups. Stress can manifest itself in students at any time, but know that I am here to assist you with stress management technique programming such as:

* Facilitating mindfulness meditations prior to exams for your classes.
* Talking about self-care and resources with your classes.
* Reaching out to let me know your concern for a student, and I will reach out to them/ feel free to encourage students to reach out to me.

These can be a great benefit to students especially during peak times of stress in the semester. Please feel free to reach out to me at any time and I am happy to coordinate any of these resources that can benefit you and your students.

Additional Resources for Students:

-[Behavioral Medicine](https://www.bu.edu/shs/behavioral-medicine/services-we-provide/)- individual counseling, community referrals, & support groups

-[Guide for Helping Students in Distress](https://www.bu.edu/shs/behavioral-medicine/helping-someone-in-distress/helping-someone-in-distress-a-guide-for-students/)

-[Headspace Meditation App](https://www.bu.edu/provost/wellbeingproject/headspace/)- free for all in the BU community

-[BUMC Food Resource Guide](https://drive.google.com/file/d/1EqdcZAUGZgbxyoHZNisqLWRkqfrTats3/view?ts=5e4eb417)

-[Student Organizations](https://www.bu.edu/sph/students/student-services/student-organizations/)- Mental Health Public Health Connection, International Student Organization, Students of Color for Public Health, Queer Alliance, Express Heal Triumph (to name a few).

**Academic Support Resources**

-Academic Accommodations: Graduate Student Life works with students and professors to ensure students’ needs are met. Accommodations will look a bit different in a virtual world, however accommodations are fluid. Students are allowed to apply and request adjustments to these accommodations at any time during the semester. Students can apply for academic accommodations [here](https://www.bu.edu/disability/). You can view the Faculty Guide to Academic Accommodations [here.](https://www.bu.edu/sph/students/student-services/faculty-guide-to-academic-accommodations/) Please reach out to [Ilana](https://www.bu.edu/sph/profile/ilana-schlesinger/) or [Mary Murphy-Phillips](https://www.bu.edu/sph/profile/mary-murphy-phillips/) with any questions regarding the application process.

-[Core Course Tutoring Program](https://www.bu.edu/sph/students/student-services/student-resources/academic-support/core-course-tutoring-program/): This is a referral based program for students at risk of not meeting the B- requirement. All tutoring sessions will take place online. Please submit any referrals and/or questions to sphtutor@bu.edu

-[Peer Coach Writing Program](https://www.bu.edu/sph/announcement/make-an-appointment-with-a-peer-coach/): This program is open to all SPH students and -appointments will be held virtually for Fall 2020. No referral required. Please email sphcoach@bu.edu with any questions.

**Some reminders:**

-Water cooler talk is so useful for rapport and community building, think about how to incorporate that into your sessions for students who are online.

-Students may be living with a front line worker, may have just lost a loved one, may be financially struggling or really struggling with isolation. If they’re not giving 110% in class, check in gently, remembering that how they present in class is just the tip of the iceberg. [Here is a really informative guide](https://connect.chronicle.com/rs/931-EKA-218/images/CopingwithCoronavirus_Collection.pdf?aliId=eyJpIjoiZ3A3WUhZNnMzXC9icjdTRDEiLCJ0IjoiUDFuQ0tjVFdIRjVBaWRFdWt6ZktGQT09In0%253D) published by The Chronicle of Higher Education for compassionate teaching during this time.

-Especially right now, students need structure and routine, and however that can be implemented into your teaching is important.



**Resources for your own self-care:**

*You are entitled to your own mental and physical health support. Please prioritize your well-being to the best of your ability during this time. Know that you don’t have to do that alone. Additionally, students look to faculty as role models- if they sense that you’re overwhelmed and making no time for yourself, they may follow suit. I offer weekly well-being events for the community, ranging from meditations, to yoga classes, to check-in groups. Starting this October, we will be hosting a Be You series, where staff and faculty will be encouraged to come as they are, and we will be exploring various well-being and community building topics.*

-[SPH Wellness Coordinator](https://www.bu.edu/sph/students/student-services/health-resources/)- Ilana Schlesinger, available to meet individually with faculty as well as plentiful programming, sphwell@bu.edu

-[Faculty Staff Assistance Office](https://www.bu.edu/fsao/)- individual and group support

-[Office of Family Resources](https://www.bu.edu/hr/lifebu/resources-for-you-your-family/office-of-family-resources/)

-[Diversity and Inclusion Programming for Staff & Faculty](https://www.bu.edu/provost/diversity/events/)

-[Nutrition Support](http://www.bu.edu/scnc/)- by the BU Sargent Choice Nutrition Center

-[Ombuds Office](http://www.bu.edu/ombuds/)- confidential, independent resource

-[Faculty Resources in the SPH Handbook](https://www.bu.edu/sph/faculty-staff/faculty-handbook/boston-university-policies-campus-life/bu-faculty-resources/)

