

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](#)- Ilana Schlesinger, sphwell@bu.edu

The [SPH Wellness Program](#) 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](#)- individual counseling, community referrals, & support groups

-[Guide for Helping Students in Distress](#)

-[Headspace Meditation App](#)- free for all in the BU community

[-BUMC Food Resource Guide](#)

[-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](#). You can view the Faculty Guide to Academic Accommodations [here](#). Please reach out to [Ilana](#) or [Mary Murphy-Phillips](#) with any questions regarding the application process.

[-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 \[sphtutor@bu.edu\]\(mailto:sphtutor@bu.edu\)](#)

[-Peer Coach Writing Program: This program is open to all SPH students and - appointments will be held virtually for Fall 2020. No referral required. Please email \[sphcoach@bu.edu\]\(mailto:sphcoach@bu.edu\) 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](#) 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](#)- Ilana Schlesinger, available to meet individually with faculty as well as plentiful programming, sphwell@bu.edu

-[Faculty Staff Assistance Office](#)- individual and group support

-[Office of Family Resources](#)

-[Diversity and Inclusion Programming for Staff & Faculty](#)

-[Nutrition Support- by the BU Sargent Choice Nutrition Center](#)

-[Ombuds Office](#)- confidential, independent resource

-[Faculty Resources in the SPH Handbook](#)

IT'S TIME TO TAKE CARE OF YOURSELF

