September 23, 2020

Re: Support Resources from Gillings Student Affairs

Dear Gillings Student

The Fall season is upon us and for many, the crisp weather is a welcome change. Despite all that is happening in the world and the challenges we are experiencing; you can finish the semester successfully. I want to remind you of several opportunities and share a few tips to help assist you this semester.

Stay Connected
The Gillings Student Virtual Engagement website offers helpful resources for promoting physical activity, and accessing career services workshops, mental health articles, public health webinars and attending virtual social activities at Gillings. Attending or creating a Support Pod is a great way to connect with peers, stay engaged or perhaps find a new interest. Gillings currently has student Support Pods for Black Students, International Students, Mom’s, and Pet Lovers.

Get Support
If you are experiencing stress, unable to focus or need academic assistance, make sure you connect with your Academic Coordinator or faculty mentor. You can always schedule an appointment with CAPS if you are experiencing anxiety or feeling depressed. CAPS also offer after-hours assistance 24/7 at 919-966-3658. Gillings sponsored Wind Down Wednesdays Mental Fitness Sessions are offered twice a month at 5:00 p.m. Details can be found at the virtual engagement website along with the archived presentations from previous events. Feel free to view at your convenience.

Take a Break
Course work, zoom fatigue, the news and social media can be overwhelming! Please remember, you do not have to be connected all the time. Self-care is especially important during stressful times. I encourage you to step away when necessary and choose activities that bring you relaxation, rejuvenation, and joy. Senior Associate Dean for Academic and Student Affairs Dr. Laura Linnan shared a memo with faculty to be mindful of the stress we are all experiencing.
She also reminded us to use our touchstones of “Adaptability, Flexibility and Kindness” as the semester continues.

**Let Us Hear from You**
The School’s leadership always welcomes your feedback, suggestions and wants to know your concerns. If you want to express your feelings or share your concerns you can do so by completing this form. If you leave your contact information, a staff member from Student Affairs will follow up with you regarding your feedback.

[Student Affairs](#) is here to assist you personally, professionally, and academically. Please contact us if needed and utilize the services provided. Be encouraged, stay safe, and together let us finish this semester strong!

Kindly,

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