



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,

Charletta Sims Evans, M.Ed.

Associate Dean for Student Affairs

UNC Gillings School of Global Public Health