Student Life
Remote Resources

AVAILABLE TO UNDERGRADUATE STUDENTS DURING REMOTE LEARNING
A NOTE FROM THE

Vice President for Student Affairs
and Dean of Students

Dear Middlebury Student,

This week starts our remote learning journey. Like the rest of our global community, Middlebury is also learning how to navigate this unprecedented time. Now, more than ever, we are relying on digital platforms to communicate, look for solutions, and find community. During this period of remote learning I encourage you to continue to engage with Student Life staff, services, and programs. While we may not be able to invite you to our offices, we have worked hard to find ways to continue to provide you support, information, and skill-building opportunities to enhance your academic work and community engagement. I anticipate that as we learn more about your needs our offerings will evolve. If you have ideas, questions, or concerns about support services and programs during this time of remote connection I encourage you to share them at go/remotestudentlifeneeds.

Please take good care and reach out. We would love to hear from you.

Baishakhi Taylor, PhD
Vice President for Student Affairs & Dean of Students
Assistant Professor in Gender, Sexuality, & Feminist Studies

Tips for Taking Care of You

1. **SELF COMPASSION**
Release pressure on yourself to make this time the most productive it can be.

2. **NEWS BREAK**
Constant news access can trigger stress responses. Choose one or two times a day to check for updates.

3. **SET A ROUTINE**
Having a plan for the day can reduce worry and make things feel more normal.

4. **ASK FOR HELP**
If emotions are getting in the way of your everyday functioning (sleeping, eating, doing work, etc.) reach out to staff in this guide for help.
STUDENT LIFE REMOTE RESOURCES

Resource Information and Access

THIS GUIDE

The resources in this guide represent core Student Life services that are also available to students remotely. If you have specific questions about an office or a resource, please contact that office directly by phone, email, or Zoom.

STUDENT LIFE OFFICES

- College Counseling
- Health Service
- Sports Medicine
- Health and Wellness Education
- Commons Deans and Student Success
- Residential Life
- Student Activities
- Community Standards

CONNECTING TO REMOTE SERVICES

In order to access Middlebury accounts (including email) and software platforms where staff will be providing services and programs, students will need to use MFA (Multi-Factor Authentication). If you are not enrolled in MFA and/or are having trouble logging into any account or platform, please contact the Helpdesk by calling (802) 443-2200 or connecting via Zoom from 8:15 am - 7:30 pm ET, Monday - Friday.

ACCESSING GO/LINKS OFF CAMPUS

To access go/links off campus use go.middlebury.edu/*, instead of typing go/*

24/7 Support, Wherever You Are

DEPARTMENT OF PUBLIC SAFETY

Department of Public Safety staff are available 24/7 every day of the year and can direct you toward campus offices, on-call staff, and local law enforcement in your area.

Department of Public Safety Emergency Line: (802) 443-5911

COUNSELING SUPPORT LINE

The Counseling Support Line is available to all current students regardless of their location, as well as to anyone supporting or concerned about a current student. The Support Line provides support, consultation, referrals, and crisis intervention. Services are provided in English - interpreter services are available by request.

Counseling Support Line: (855) 465-5013
STUDENT LIFE REMOTE RESOURCES

Health and Well-being

COLLEGE COUNSELING

Telehealth counseling remains available for students living in Vermont. To schedule an appointment, email us at counseling@middlebury.edu. Any student, regardless of location, may speak with a counselor 24/7/365 by calling the Counseling Support Line (855) 465-5013. Short term, skill-based workshops for students (regardless of location) will be announced as they become available, and will be listed through the Counseling website. These will be live, video based gatherings.

Counseling also offers SilverCloud, a clinically proven online platform available to all students offering programs that build resilience and provide skills to manage stress, sleep, and other issues. Based on cognitive behavioral therapy (CBT), mindfulness, and positive psychology, these action-oriented programs build self-awareness and self-management skills for emotional health. Students may use the modules on their own (self-help), but we recommend selecting the option for a “coach” to work with you. That way you will have support from one of our Counseling staff, and the experience will be more personal and engaging. The modules offered include: Space from Anxiety, Space from Depression, Space from Stress, Space for Positive Body Image, Space for Resilience, Space from Insomnia, and Sleep Issues.

College Counseling: counseling@middlebury.edu or (802) 443-5141
Counseling Support Line: (855) 465-5013
SilverCloud: go/silvercloud, email counseling@middlebury.edu to switch modules or for troubleshooting

HEALTH SERVICE

Parton Health Service is open regular hours, Monday -Friday, 8:30 am-4:30 pm ET. Nurses and nurse practitioners are available via telephone. If you would like to talk to someone about a health care concern, please call the nurse line at 804-443-3290. A staff member will return your call within one business day. For additional information on using Health Service on campus visit the Health Service website.

Registered Nurse Triage Line: (802) 443-3290
HEALTH AND WELLNESS EDUCATION

Health educators are available to meet with students individually, in groups, and through workshop series and supportive programs. All health educators are also certified confidential advocates.

Self-schedule personal appointments for:
- **Health coaching** - go/askhwe
- **15 minute mini check-ins** (no advice, just listening!) - go/minicheckin
- **Support around alcohol, cannabis, and other drug use** - go/substances
- **Tobacco cessation coaching** - go/stoptobacco
- **30 minute consultation with a nutritionist** - go/nutritionistappt

Classes, workshops, and group support:
- **Maintain your calm** - 6-week online course on managing stress, building routines, releasing worry, mindful movement, and more, as well as opportunities to connect with staff instructors from Counseling and Health and Wellness Education - go/maintainyourcalm

- **Mindfulness and meditation group** - online series taught by Counseling and Health and Wellness Education - go/onlinemindful

- **Sleep 101** - 30 minute online course on sleep and: mental health, academic performance, relationships, safety, and more - go/tosleep

- **Freshstart tobacco cessation program** - provides information, skills for coping with cravings, peer support - email kkareckas@middlebury.edu

- **WomenSafe online survivor support group** - email lj@womensafe.net

Advocacy Services:
- **MiddSafe Advocate Hotline** - The MiddSafe advocacy hotline will be in operation from 8:30 am to 5:00 pm ET by staff advocates in Health and Wellness Education. (802) 377-0239

The MiddSafe online advocate tool is available 24/7, which details campus and community resources. If you are not on or near campus, please contact RAINN via phone (1-800-656-4673) or online chat to be connected with an advocacy agency closest to you.

Health and Wellness Education: healthandwellnessed@middlebury.edu
Meet with a health educator: go/askhwe
COMMONS DEANS AND STUDENT SUCCESS

The Commons Deans and Assistant Director of Student Success are ready to provide a full range of supports, including assisting students as they navigate our new remote community, providing referrals to College services and resources, helping to navigate College systems and processes, or just to talk about the challenges of our new shared reality. Contact them via email or through their virtual offices hours, outlined below.

Atwater Commons, Scott Barnicle
sbanicl@middlebury.edu
Virtual Office Hours Schedule

Brainerd Commons, AJ Place
ajplace@middlebury.edu
Virtual Office Hours Schedule

Cook Commons, Derek Doucet & Michelle Audette
Derek - ddoucet@middlebury.edu
Michelle - maudette@middlebury.edu
Virtual Office Hours Schedule

Ross Commons, Emily Van Mistri
evanmistri@middlebury.edu
Virtual Office Hours Schedule

Wonnacott Commons, Matt Longman
longman@middlebury.edu
Virtual Office Hours Schedule

Distancing, Not Disconnection

It can be so tempting to talk only about all that is changing and hard in the world right now. Take a break from "what if..." questions and connect with a friend, classmate, neighbor, or family member (from at least 6 feet away if you aren't sharing a household) and ask the NY Times 36 Questions that Lead to Love. They are built to grow our connection to each other instead of our fear.
Commons Deans and Residential Life

RESIDENTIAL LIFE

Commons Residence Directors (CRDs) are available to meet with students to discuss the changes to our community, provide opportunities for connection to Middlebury and to answer questions about residential living.

Open Office Hours & Individual Meetings with CRDs
Students can drop in to office hours to casually chat with CRDs to get quick questions answered, say hello, or connect with others from their Commons. Schedule a meeting for an individual conversation.

Atwater Commons, Esther Thomas
Wednesdays 1:30 pm - 2:30 pm EST - go/atwaterofficehours
Schedule a meeting with Esther - go/crdesther

Brainerd Commons, Courtney Savage
Thursdays 1:00 pm - 2:00 pm EST - go/brainerdofficehours
Schedule a meeting with Courtney - go/crdcourtney

Cook Commons, Patrick Dayton
Mondays 1:00 am - 12:00 pm EST - go/cookofficehours
Schedule a meeting with Patrick - go/crdpatrick

Ross Commons, Bitrus Audu
Tuesdays 1:00 pm - 2:00 pm EST - go/rossofficehours
Schedule a meeting with Bitrus - go/crdbitrus

Wonnacott Commons, Holly Ange
Wednesdays 3:00 pm - 4:00 pm EST - go/wonnacotofficehours
Schedule a meeting with Holly - go/crdholly

Residential Life Assistant Directors
Residential Life Assistant Directors are available for housing, orientation or Residential Life questions.

Housing Questions, Kady Shea - go/kady
Orientation and ResLife Questions, Kristy Carpenter - go/kristy

Residential Life Programs and Opportunities
Find out more about upcoming activities and virtual events hosted by ResLife - go/reslifeprograms
Student Activities and Organizations

STUDENT ACTIVITIES

Students interested in planning or hosting a virtual event should reach out to staff directly, or by emailing sao@middlebury.edu. Additional information regarding student org meetings, spring elections, and events will follow with more specific information communicated directly to student org leadership.

Contact a Student Activities team member to schedule a virtual meeting:

- **Amanda Reinhardt, Director**
  - go/saoadapla or areinhardt@middlebury.edu

- **Valerie Nettleton, Assistant Director for Programming and Events**
  - go/saovalerie or vnettleton@middlebury.edu

- **Erin Morrison, Assistant Director for Leadership Development**
  - go/saolerim or cmorrison@middlebury.edu

- **Maria Farnsworth, Office and Budget Manager**
  - go/saomaria or mfarnswo@middlebury.edu

- **Sam Hurlburt, Technical Coordinator**
  - go/saosam or shurlburt@middlebury.edu

- **Doug Connelly, Director of Outdoor Programs and Club Sports**
  - go/saodoug or dconnelly@middlebury.edu

Keep Connections Strong

Social distancing doesn't mean social isolation. Plan time to connect with friends from Middlebury virtually. When you have an event planned, like a game night with friends or a tea break, it can help to structure your day.

Check out Middlebury's [Connection During Social Distancing Guide](#) for ideas on creative ways to spend virtual time together.
COMMUNITY STANDARDS

During this time of remote learning and experience, members of the Middlebury College community are still expected to adhere to commonly accepted standards of conduct, referred to as our Community Standards. These Community Standards guide the campus community and enable Middlebury to maintain a high quality of teaching and learning, whether the community is physically together or not.

These standards include:
- cultivating respect and responsibility for self, others, and our shared environment;
- encouraging personal and intellectual courage and growth;
- manifesting integrity and honesty in all decisions and actions;
- promoting healthy, safe and balanced lifestyles;
- fostering a diverse and inclusive community committed to civility, open-mindedness and finding common ground.

HONOR CODE

All work submitted is still subject to Middlebury’s Honor Code and Academic Integrity Policies. The following are questions to consider when unsure of what is expected from you in a course.

- What does academic integrity look like in your course?
- What types of supports and resources do your professors consider to be authorized aid?
- What are the expectations around collaboration?
- How are you engaging with your peers while also being mindful of what needs to be done in partnership and what needs to be done individually?

If you have any questions, you should reach out to your professor. If you have any questions about Community Standards or Academic Integrity Policies, please contact:

Brian Lind, Associate Dean for Community Standards
blind@middlebury.edu or go/meetwithbrian