

SECOND EDITION APRIL 2020

# 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,

In the first week of April we sent out the first draft of this resource guide. Since then, we've heard your feedback and updated our offerings in the hope to best meet your needs. During this period of remote learning I encourage you to continue to engage with Student Life staff, services, and programs. I would like to draw your attention to the new groups offered by College Counseling, contact information for your deans, and how to stay connected to programming schedules on Presence. Additionally, we've included resources from the Center for Teaching, Learning, and Research and you can access resources from [Digital Learning and Inquiry](#) anytime. We understand that you may have additional needs that are not captured in this resource guide. You can let us know what else you need at [go/remotestudentlifeneeds](https://www.middlebury.edu/go/remotestudentlifeneeds) or by emailing your dean directly.



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.

3

### SET A ROUTINE

Having a plan for the day can reduce worry and make things feel more normal.

2

### NEWS BREAK

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

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 updated guide represent core Student Life services that are also available to students remotely. If you have specific questions about an office or a resource, contact through the means provided. ***New information is to this guide noted with a dotted line in the margin.***

## 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/\\*](http://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](mailto: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. Online groups and workshops will be announced as they become available, and will be listed through the [Counseling website](#).

**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. [go/silvercloud](https://go.middlebury.edu/silvercloud)

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. Sign up to join anytime - [go/maintainyourcalm](https://go.middlebury.edu/maintainyourcalm)

### Riding the Waves of Emotions: Being a College Student During COVID-19

April 16th – May 7th, 2020, Thursdays at 2:00 pm ET

4-week series on coping styles and practices for holding emotions that may be resonating with you as a college student during COVID-19. Come to one, some, or all the workshops.

Week 1: Anxiety & Uncertainty

Week 2: Sadness & Loneliness

Week 3: Anger & Frustration

Week 4: Collective Grief & Building Joy

For access to the Zoom links each week, email Michelle Kaczynski at [mkaczynski@middlebury.edu](mailto:mkaczynski@middlebury.edu).

## STUDENT LIFE REMOTE RESOURCES

# Health and Well-being

### COLLEGE COUNSELING (CONTINUED)

#### **Finding Minutes for Meditation: A 19-Day Challenge**

April 14th – May 8th, 2020, weekdays at 11:00 am ET

Join College counselors during this time of uncertainty, collective grief, and transitions for a few intentional minutes (5-15) each day to connect and try out a variety of guided meditation practices. Join at any point in the challenge! For access to the Zoom links each day email Michelle Kaczynski at [mkaczynski@middlebury.edu](mailto:mkaczynski@middlebury.edu).

#### **Family & Friends on the Front Line During COVID-19**

April 15th – May 6th, 2020, Wednesdays at 2:00 pm ET

4-week discussion series and space for students with family and friends who are on the “front line” during COVID-19. “Front line” can refer to anyone who continues to be out in the community for essential work including medical workers, grocers, postal service/ delivery, and beyond. Anyone who continues to be out in the community for essential work. Counseling and the Scott Center are collaborating to offer space for students to come together and support one another through this shared experience. For access to the zoom links each week email Michelle Kaczynski at [atmkaczynski@middlebury.edu](mailto:atmkaczynski@middlebury.edu) or Danielle Stillman at [dastillman@middlebury.edu](mailto:dastillman@middlebury.edu).

**College Counseling:** [counseling@middlebury.edu](mailto:counseling@middlebury.edu) or (802) 443-5141

**Counseling Support Line:** (855) 465-5013

**SilverCloud:** [go/silvercloud](https://go/silvercloud), email [counseling@middlebury.edu](mailto: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 EST. 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 (802) 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

## STUDENT LIFE REMOTE RESOURCES

# Health and Well-being

## HEALTH AND WELLNESS EDUCATION

Health educators are available to meet with students individually, in groups, and offer online programming.

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

See Counseling above - [go/maintainyourcalm](#)

### Sleep 101

30 minute online, self-paced course about college students and sleep. Topics include mental health, academic performance, relationships, safety, understanding caffeine, and more - [go/sleep101](#)

### 21 Day Sleep Challenge

Delivered right to your inbox, weekly emails provides practical tips and strategies to improve sleep quality and quantity. Discover your sleep personality, the truth about napping, common sleep challenges, and the relationships between sleep and mental health, academic performance, and substances. At the end, sign up for a sleep makeover appointment with a health educator to start using what you've learned - [go/sleepchallenge](#)

### Freshstart Tobacco Cessation Program

Peer support group to share information, skills for coping with cravings, and find community. Email Kevin Kareckas at [kkareckas@middlebury.edu](mailto:kkareckas@middlebury.edu) to join.

### Vaping and Smoking during COVID-19/ Cold and Flu Season Consult

A judgement-free space to discuss, one on one, ways to maintain healthy respiratory health during an unprecedented time. Possible topics may include: impacts of smoking/vaping, COVID-19 risk, mask making, tolerance breaks, resources to help quit, harm reduction tips, etc. Schedule at - [go/lunghealth](#)

## STUDENT LIFE REMOTE RESOURCES

# Health and Well-being

## HEALTH AND WELLNESS EDUCATION (CONTINUED)

Confidential advocacy for student survivors of sexual assault, dating violence, domestic violence, and stalking:

### **WomenSafe Support Group**

Facilitated by community advocates from WomenSafe in Middlebury, VT this support group meets weekly online - email [lj@womensafe.net](mailto:lj@womensafe.net) for screening and access information

### **MiddSafe Advocate Warmline (802) 377-0239**

Staff advocates in Health and Wellness Education are available weekdays 8:30 am - 5:00 pm ET. All health educators are confidential advocates.

### **MiddSafe Online Advocate Tool**

The [Online Advocate tool](#) is available 24/7 and details campus and community resources for supporting yourself and/or friends and family.

### **WomenSafe 1-800-388-4205**

Addison County VT hotline is available 24/7. If it is unsafe to talk over the phone, please email ([info@womensafe.net](mailto:info@womensafe.net)) or private message through [Facebook](#) or [Instagram](#).

### **National Sexual Assault Hotline (800)-656-4673**

This hotline is available 24/7 via telephone and [online chat](#) and will connect users with an advocacy agency closest to their geography.

**Health and Wellness Education: [healthandwellnessed@middlebury.edu](mailto:healthandwellnessed@middlebury.edu)**

**Meet with a health educator: [go/askhwe](#)**

## Conversations that Connect

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.

## STUDENT LIFE REMOTE RESOURCES

# Commons Deans and Residential Life

## 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

sbarnicl@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

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.

## STUDENT LIFE REMOTE RESOURCES

# 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 11:00 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/wonnacottofficehours](#)

Schedule a meeting with Holly - [go/crdholly](#)

### Residential Life Assistant Directors

Residential Life Assistant Directors are available for housing, orientation or Residential Life questions. Note that room draw will occur later than usual this year.

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 LIFE REMOTE RESOURCES

# Student Activities and Organizations

## STUDENT ACTIVITIES

Student organizations play a vital role in helping maintain community connections during this remote semester. Student organizations interested in hosting a virtual event can submit their events by visiting [go/presence](#). Additional information regarding student org meetings, spring elections, and events will be sent to student organization leaders directly.

The Student Activities Office team is available for virtual meetings if you'd like help brainstorming or planning your virtual event:

**Amanda Reinhardt, Director**

[go/saoamanda](#) or [areinhardt@middlebury.edu](mailto:areinhardt@middlebury.edu)

**Valerie Nettleton, Assistant Director for Programming and Events**

[go/saovalerie](#) or [vnettleton@middlebury.edu](mailto:vnettleton@middlebury.edu)

**Erin Morrison, Assistant Director for Leadership Development**

[go/saoerinm](#) or [cemorrison@middlebury.edu](mailto:cemorrison@middlebury.edu)

**Maria Farnsworth, Office and Budget Manager**

[go/saomaria](#) or [mfarnswo@middlebury.edu](mailto:mfarnswo@middlebury.edu)

**Sam Hurlburt, Technical Coordinator**

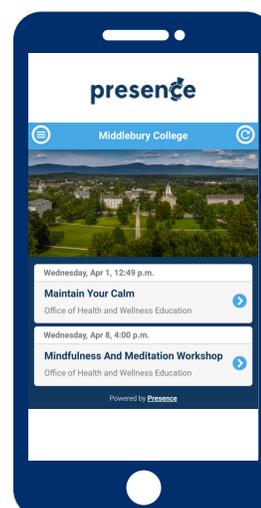
[go/saosam](#) or [shurlburt@middlebury.edu](mailto:shurlburt@middlebury.edu)

**Doug Connelly, Director of Outdoor Programs and Club Sports**

[go/saodoug](#) or [dconnelly@middlebury.edu](mailto:dconnelly@middlebury.edu)

## Presence from Afar

Presence will be the place to go to see all upcoming virtual events. Visit [go/presence](#) and download the app to stay informed about all of the events and programs taking place virtually this spring.



## STUDENT LIFE REMOTE RESOURCES

# Community Standards

## COMMUNITY STANDARDS

During this time of remote learning, members of the Middlebury College community are still expected to adhere to commonly accepted standards of conduct. 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](#)

# Remote Learning Resources

## CENTER FOR TEACHING, LEARNING, AND RESEARCH

There are many resources to support students as they navigate their lives away from Middlebury and The Center for Teaching, Learning, and Research has developed a wide array of services and resources to support learning in our new world of remote teaching.

**Learning Resources** has updated information, and remote appointments with ACEs are available to help students with time management, study skills and adjusting to remote learning - [go/time](#)

**Peer tutoring** for writing, foreign language, and STEM and Social Sciences is now available remotely. For more information see our [main tutoring services website](#).

**Professional writing and math tutoring** is available remotely by scheduling an appointment - [go/appt](#)

**Center for Teaching, Learning, and Research:** [go/ctrl](#)  
Additional remote learning resources are available through [Digital Learning and Inquiry](#).

## Adjusting to the New Normal

"It's important to recognize that extraordinary circumstances, like the ones we are living through now, create a heavy burden on executive function. This affects your ability to plan, engage and sustain effort to complete your course work. Please recognize the challenge you are facing and be gentle with yourselves."

Jennifer Bates, Learning Resources