Be Active

- RSOs: Click the “Organizations” tab on Campus Pulse for a full list!
- Hall Council
- Student Government
Be Heard
Give support, get support, be connected

Consider attending community conversations, dialogues, reflections, and/or vigils
Community Engagement Coursework

Stop by CESL in Goodell 611

UMass Alliance for Community Transformation (UACT)
301 Machmer
5 College Interchange

- Amherst College
- Hampshire College
- Mt. Holyoke College
- Smith College

More info in Goodell 511
Internships

More information:
Career Services,
511 Goodell
Research

More info in the OURS office: 10th floor of the W.E.B. du Bois library
Networking

IT'S NOT NETWORKING
IF YOU DON'T MEET NEW PEOPLE

I DON'T KNOW WHO YOU ARE...
BUT I WILL LOOK YOU UP ON LINKEDIN AND I WILL FIND YOU

IT'S KIND OF A BIG DEAL!
Wellness

Looking to help?
Become a Peer Health Education Intern

Need help?
CCPH umass.edu/counseling

Trying to take care of yourself this semester?

Sign up for a session with a Peer Wellness Coach!

A Peer Wellness Coach is a trained UMass undergraduate intern (not a therapist, mental health counselor, Peer Mentor, or advisor)

What you will get out of it:

- Increase resiliency
- Develop a sense of belonging
- Build on your strengths
- Improve self-confidence
- Improve social relationships
- Manage stress

Your Peer Wellness Coaching

All sessions are FREE. To sign up, go to https://peerwellnesscoaching.acuityscheduling.com
Ask for help

Learning Resource Center
10th floor Library
- Supplemental Instruction
- Tutoring
- ExCEL Group Tutoring

Writing Center
Learning Center - Library
- Open Sunday-Friday
- On-line assistance available
Living/Learning Opportunities

Thatcher Language & Culture House [umass.edu/rap](umass.edu/rap)

Language Programs: Language Mastery required
Global Culture Program: For students interested in exploring world cultures
Includes 2-credit course

Defined Residential Communities (DRC’s) [umass.edu/living](umass.edu/living)

For students to live with students who share interests, backgrounds and/or identities.

SophoMORE Communities [umass.edu/living](umass.edu/living)

Themed residence halls dedicated to sophomores, interest programming included.
Student Finance

Check out the S.A.M. (Smart About Money) Program:

umass.edu/smart-about-money
Working on Campus

Check out umass.edu/umfa/job-board for job opportunities on and off campus
Domestic Exchange

Drop by an info session:
• Wednesdays at 4:45
• Thursdays & Fridays at 2:30
All in 511 Goodell!

More information: umass.edu/studentsuccess/domesticexchange
International Programs Office (IPO):
70 Butterfield Terrace
Mon- Fri, 8:30-4:30
Or the Learning Commons in W.E.B. DuBois Library
Mon - Thurs, 6-8pm