

Wellbeing Support Syllabus Statements

Examples and Considerations

Example 1:

UMass Boston is committed to supporting student wellbeing. If you are feeling overwhelmed, depressed, and/or in need of support, please feel free to approach me. I will try to be flexible and accommodating. You may also contact the Counseling Center at (617) 287-5690 or counseling.center@umb.edu. This service is free and confidential. 24/7 phone support is also available by calling 855.634.4135. The Dean of Student Office can also assist in helping you navigate personal or academic issues. You can email them at dean.students@umb.edu or set up a meeting by visiting www.umb.edu/deanofstudents. If you are experiencing concerns, seeking help is a courageous thing to do for yourself and for those you care about.

Example 2:

Recent nationwide surveys of college students consistently find that stress, sleep problem, anxiety, depression, interpersonal concerns, death of an immediate family member, and alcohol and drug use are among the top ten health impediments to academic performance. If you are in distress or experiencing a crisis, we encourage you to contact the Counseling Center at (617) 287-5690 or counseling.center@umb.edu. This service is free and confidential. 24/7 phone support is also available by calling 855.634.4135. The Dean of Student Office can also assist in helping you navigate personal or academic issues. You can email them at dean.students@umb.edu or set up a meeting by visiting www.umb.edu/deanofstudents.

Example 3:

As a student you may experience a range of issues that can case barriers to learning, such as strained relationships, increased anxiety, alcohol/other drug problems, feeling down, difficulty concentrating and/or lack of motivation. These mental health concerns or stressful events may lead to diminished academic performance. UMass Boston has services and supports in place to assist you with addressing these and other concerns you may be experiencing. You can learn more about the broad range of mental health services available on campus by going to www.umb.edu/healthservices/counselingcenter, or emailing counseling.center@umb.edu. These services are free and confidential. 24/7 phone support is also available by calling 855.634.4135. If you are experiencing concerns, seeking help is a courageous thing to do for yourself and for those you care about.

Graduate course example:

As a graduate student, a variety of issues may impact your academic career including faculty/student relationships, and interpersonal concerns. If you are, or one of your students is in distress or experiencing a crisis, we encourage you to contact the Counseling Center at (617) 287-5690 or counseling.center@umb.edu. This service is free and confidential. 24/7 phone support is also available by calling 855.634.4135. The Dean of Student Office can also assist in helping you navigate personal or academic issues. You can email them at dean.students@umb.edu or set up a meeting by visiting www.umb.edu/deanofstudents.

