



# Resources For Montserrat Students at Boston College: A Guide



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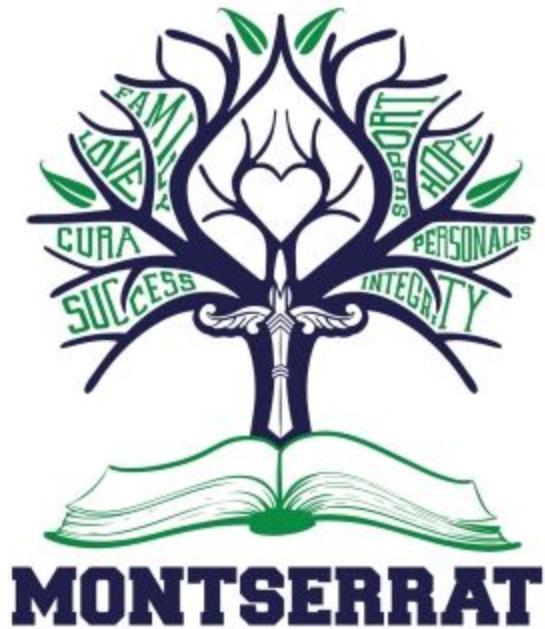


## Introduction

Congratulations on your acceptance to Boston College! Becoming a member of this prestigious institution is something that you should be very proud of! Your hard work and dedication have proven that you have what it takes to be a successful Boston College student.

Moving on to college from High School is challenging for all students. Although the challenges may vary from student to student, leaving behind the only life you've ever known can be exciting but intimidating. It also has become clear that the cost of college causes significant challenges for many. You will find that the student body at BC, like at many institutions, varies greatly. There are many students that come from privileged backgrounds but also many that have significant financial boundaries. While this may seem like an isolating challenge, we would like to let you know that you are not alone. There are many resources here at Boston College to help you! The traits that helped you succeed in high school will continue to help you flourish throughout your four years at BC.

The purpose of this guide is to make you aware of the different resources BC has to offer and to assure you that you are not limited in your pursuit of a great education.



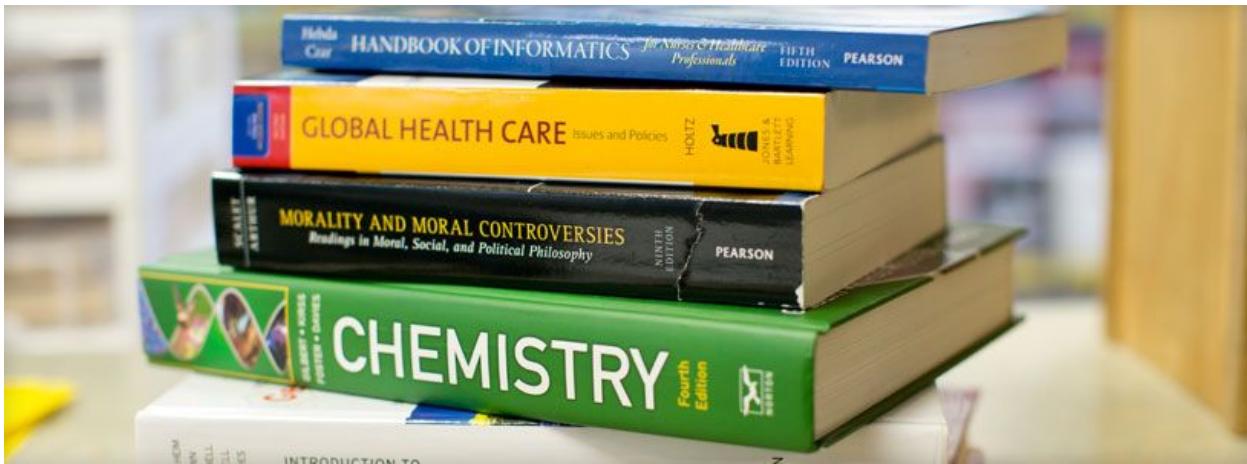
### Contacting the Montserrat Office:

The Montserrat Office can be thought of as a big brother or sister on campus! This should be your number one stop and shop when looking for support. The Montserrat office is known on campus for its wonderfully warm staff and also its inviting office. Many students call this office their second home. Think of this office as your Boston College coach or a place to stop in for an occasional hug! Ms. Smiley will be ready to meet you at the door. Ms. Smiley is Montserrat's Director and you will soon learn how she got her nickname.

Montserrat can help through your 4 years and beyond. Not only that, but the office can also help you with a variety of issues. For instance, every year, during the fall and sometime during the spring semester, Montserrat will hold a clothing drive where students can go in and pick up clothes for free. When such events occur, Montserrat will always make sure to let the students know via email. As long as you are checking your email daily, you will be sure not to miss the opportunity!

If you have an issue beyond the scope of the office, Montserrat will redirect to services that can help. Therefore, students are advised to consult the Montserrat Office whenever they are unsure of where to go or who to reach out to for whatever they may need. Remember, the Montserrat Office is a resource for students, so students are encouraged to take full advantage of it.

Additionally, throughout the guide, students will be directed to log into the Montserrat website with their BC credentials. To do so, students can access the website via "<https://www.bc.edu/offices/mission/montserrat/montserratsecure.html>", and click on "Enter Student Section" under "Montserrat Students." The guide will also ask students to contact Montserrat staff when needed. Students should do this by visiting the office directly at the address 36 College Road, Chestnut Hill, MA - 02467, by emailing ([montserrat.coalition@bc.edu](mailto:montserrat.coalition@bc.edu)) or calling the office (617-552-3140).



## Textbooks

### Montserrat Lending Library

The major key to academic success in any given institution is the ability to access different sources of information. Students with restricted finances often struggle in this area, since textbooks are the most reliable, yet the most expensive source of information. It is important to note that not only are textbooks the most reliable source, but they are often times the only source professors use when teaching a course. Being able to access the same source as the professor can be highly beneficial. To address the issue of cost, the Montserrat office provides a textbook lending service to students, where students receive textbooks from the office in the beginning of the semester, and return them by the end of the semester at no cost. However, each student is limited to receiving two books a semester from Montserrat due to the increased need from students and funding availability.

In order to request a textbook, students should log onto the Montserrat website. Once logged on, there will be a “Text book” link located on the left-hand side of the page, under “Enter student section.” Students will be prompted to a page with the link to the full list of available textbooks, as well as the link to request a textbook, labelled “Link to Book Reservation Form.”

### Library Course Reserves

Another important book resource for students is the course reserves. O’Neill Library provides course reserves support where students can for a period of 2 hours borrow the textbooks required for their courses. Since a period of 2 hours may often times be insufficient for reading a chapter and taking notes, students are advised to scan the textbooks and send the scanned files to their BC email so they have digital access to the chapters of the textbook pertinent to their in-class studies.

## Online Purchases

Another way to purchase textbooks is to use cheap online resources. Websites such as Amazon (<https://www.amazon.com/>) or Chegg (<https://www.chegg.com/>) offer students the ability to purchase or rent textbooks at a highly discounted price. A commonly used website to compare the pricing of textbooks is (<https://www.slugbooks.com/>). Here, students can search up a textbook, and see the variation in prices across different websites, and ultimately choose the option that most suits the student's needs.

## BC Bookstore

Finally, the last option for students is to buy or rent books from the Boston College Bookstore. If students opt for this, a rental rather than a purchase is advised. The BC Bookstore may seem more expensive than other online alternatives, but the bookstore offers a program to match the online price from Amazon, Barnes & Noble, and other competitors. Bring in an online ad showing a lower online price at the time of purchase or within 7 days of the transaction to have the price matched. For more information, check out the BC Bookstore website.

[https://www.bkstr.com/bostoncollegestore/shop/books/information-529756--1/price-match-guarantee?cm\\_sp=PriceMatch-\\_PM-\\_1111](https://www.bkstr.com/bostoncollegestore/shop/books/information-529756--1/price-match-guarantee?cm_sp=PriceMatch-_PM-_1111)



If you are a student who has bookstore vouchers as part of your Financial Aid package, be sure to buy your textbooks directly through the Bookstore. If you can not find your textbook in the bookstore, your professor may have not submitted course book. Email the bookstore director, Tina Plotegher at [bc@bkstr.com](mailto:bc@bkstr.com) if this happens.

## Affordable Course Materials Initiative

In order to address the escalating cost of academic resources, University Libraries and the Center for Teaching Excellence offer a small grant program to the teaching faculty who revise their curriculum to include high quality affordable materials to support student learning at minimal cost. These high quality yet affordable materials may be in the form of publicly accessible materials, academic subscriptions or newly-created teaching materials. Since these grants will go to a select group of professors, these professors will be responsible for notifying the students of the availability of these materials. It is also expected that these faculty ask their students to complete an assessment of the materials by filling out a survey. Note that this opportunity is available to only a few professors each year. The likelihood that students will have affordable materials for all courses in a given semester is limited but it is an area that many students do not know about to research.

# Employment

## On-Campus Employment

Finding jobs on campus can seem like a challenging process for incoming Freshman, but we are here to make it easy! If students are in need of employment, it is recommended that students begin contacting different offices as early as possible for opportunities. Under the link "[https://www.bc.edu/offices/stserv/financial/studemploy.html#content\\_text](https://www.bc.edu/offices/stserv/financial/studemploy.html#content_text)", students can find a list of on and off campus jobs, that can either be work study specific or not. The best way to begin job applications is to contact the offices using the email address provided in the website. Typically, employers will request a resume, followed by an interview. Be prepared for this. BC students are allowed to work up to 20hrs/week on campus during the academic year. On-campus jobs often pay around Massachusetts minimum wage, currently \$11/hr.

There are a few departments at BC that are known to hire considerably more students than other departments. These departments include the library (O'Neill is the biggest library, with more employment opportunities), BC campus recreation (AKA the plex), the office of Student Services, Information Technology Services (ITS) and BC Dining. BC Dining is the largest employer, hiring 800 students per year, so they are in constant need of students. Night shifts have a pay differential. Dining shifts also include a free meal! There are also a number of desk jobs around campus which pay roughly the same, but are nice to have because you can often get some homework done during your shift. For instance, The Connors Family Learning Center (CFCL) offers a notetaker position every semester where you take class notes for students with disabilities and get paid for it. Students typically get a \$100 stipend per course, and this is a great opportunity to make money by simply sharing your notes.

Another important advantage of having an on-campus job, aside from being able to get your homework done, is the flexibility of scheduling your work hours. Because the offices are located on-campus, where students make up a good portion of the workers, the employers understand that no student will have the same academic schedule as the other. For this reason, employers are more flexible with scheduling and therefore the student's ability to work will not be hindered by their academic schedule.

The Montserrat office does a very good job of keeping students updated with new employment opportunities via email. If students have difficulties in finding a job despite using the above website, it would be best to visit the Montserrat office and talk to the staff about any employment opportunities within the office or any other offices that are requesting new students.

In order to begin employment, incoming freshman will need to complete section I of the I-9 form and register for a direct deposit as a payment method. These can be done at the first floor of Lyons Hall, where Student Services is located. For more information regarding paperwork, students can visit the Montserrat Employment page at "<https://www.bc.edu/offices/mission/montserrat/montserratsecure/student-information/employ.html>".

Check out this *Heights* article about working on campus if you are interested in learning more. [http://www.bc.edu/content/dam/files/offices/stserv/financial/pdf/heights\\_campusjobs.pdf](http://www.bc.edu/content/dam/files/offices/stserv/financial/pdf/heights_campusjobs.pdf)

## **Off-Campus Work Study Program**

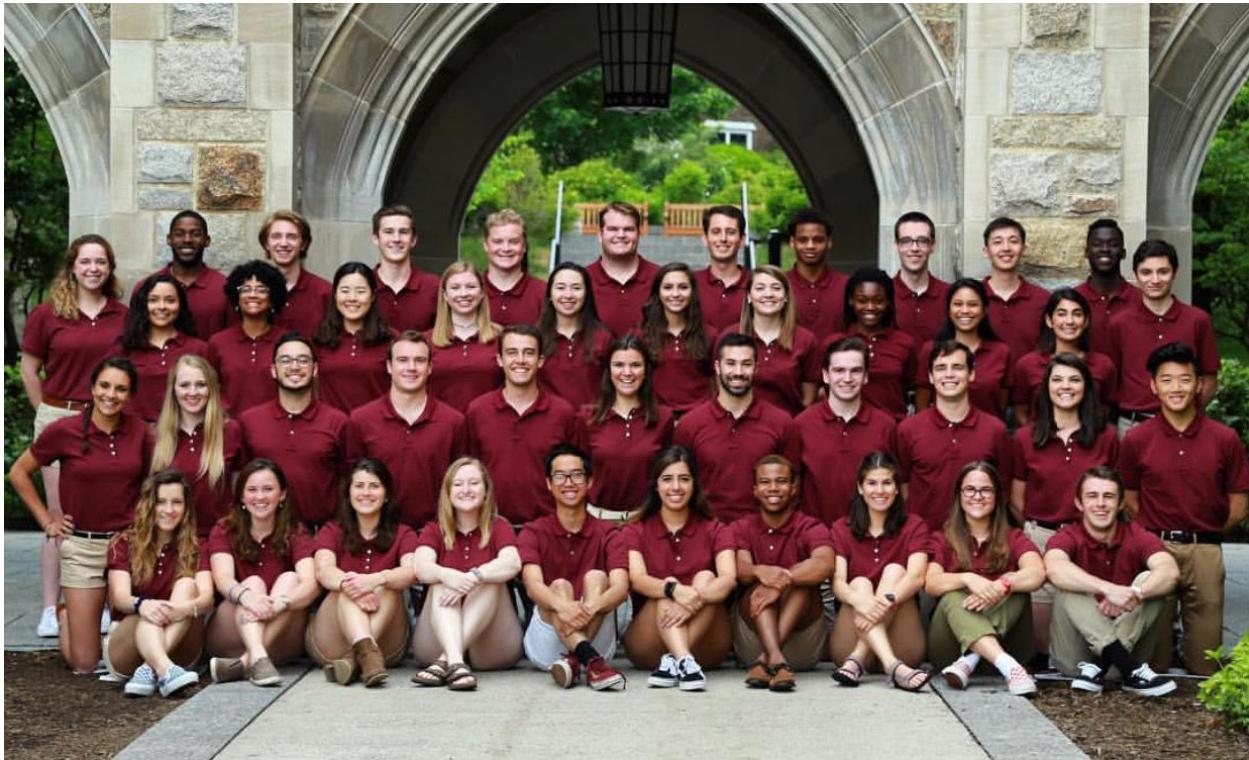
<http://www.bc.edu/offices/stserv/financial/studemploy/academic/off.html>

Students who have been awarded Federal Work-Study for the academic year are eligible to work off campus through this program. If you decide to work through this program, at one of the agencies that have contracted with Boston College specifically for this academic year, you will be an employee of Boston College and will be paid directly by BC. Hours worked in this program count towards the 20hr/week limit.

## **Off-Campus Employment**

Many BC students may find a part-time off-campus job. While on-campus jobs are convenient, you may find a different or higher paying opportunity off-campus. BC students have an online resource for finding part-time off-campus (Non-Federal Work-Study) jobs in the Greater Boston area through access to CollegeHelpers.com. This is a great place to start if you are looking for a part-time job. Other online options are out there, such as Care.com to find babysitting opportunities. There is a local Facebook group named “Newton Babysitting” where local families post ads searching for help. It is not uncommon for BC students to find families to babysit for starting Freshman year and continuing with the same family until graduation. Often babysitting pays much higher than on-campus jobs, typically between \$15-\$25/hr.

## Summer Programs and Employment Opportunities



Students may work 30 or more hours per week (to a maximum of 40 hours per week) but may not work more than 12 weeks of the summer employment period. Students may only work more than 12 weeks of our 14 week summer employment period if they average no more than 29 hours per week throughout the summer even if working more than one job for Boston College.

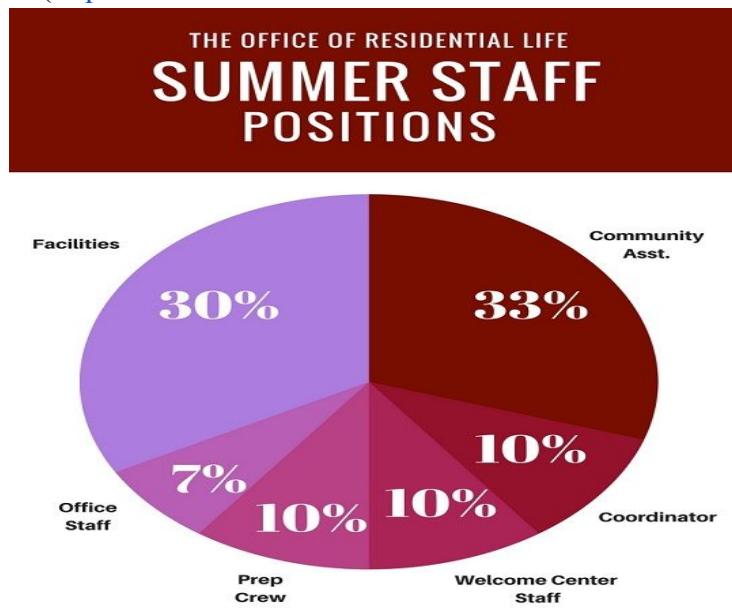
Students who decide to stay at BC for the summer can find a wide array of opportunities on campus, some of which include free housing. Some of the available opportunities are:

- **Opportunities that include housing:**
  - Student Admission Program
    - Students tour incoming and/or prospective students around the Boston College campus  
(<https://www.bc.edu/bc-web/admission.html>)
  - Orientation Leader
    - As an orientation leader, students will receive a group of incoming Freshman and guide them throughout the campus for a period of three days  
(<http://www.bc.edu/offices/fye.html>)
  - OTE Preceptor
    - Options Through Education (OTE) is a transitional program for a select group of incoming freshman who have demonstrated potential and leadership in spite of financial and educational challenges. As a preceptor, you will accompany and guide these students throughout the summer as



they take classes, participate in group projects and discussions, and ultimately fulfill all the requirements of the OTE program (<https://www.bc.edu/offices/ahana/programs/as/ote.html>)

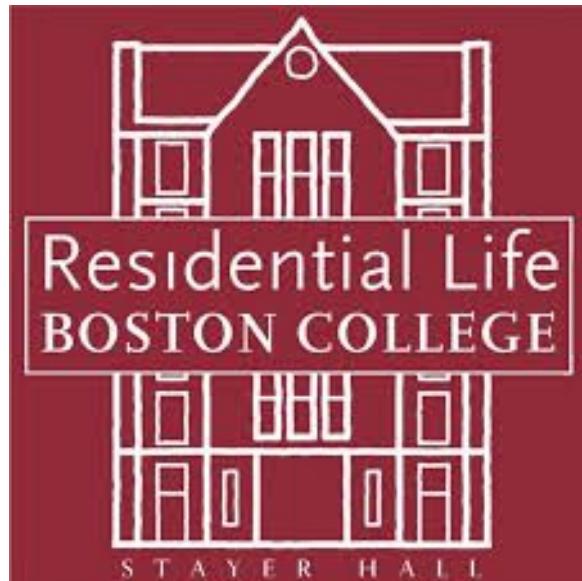
- Summer Reslife Employment
  - Reslife offers a wide variety of opportunities, paid and unpaid, but all of which include free housing. The breakdown of summer employment through reslife is summarized below (<https://www.bc.edu/offices/reslife/summer/summerstaff.html>)



- **Opportunities that do not include housing**

- For on-campus employment, students should visit (<https://www.bc.edu/offices/stserv/financial/studemploy/summer/on.html>). In on-campus opportunities, students will typically find lab work, dining, or office employments available at BC
- For off-campus employment, students should visit (<https://www.bc.edu/offices/stserv/financial/studemploy/summer/off.html>). The off-campus opportunities provided by BC include employments at museums, legal aid bureaus, YMCA, and so forth.
- Students who wish to find an internship or are looking for longer lasting employment opportunities related to what they want to do after college should pay a visit to the Career Center. The Career Center is an office that helps students achieve their professional goals by helping prepare for interviews, resume writing, linkedin profiles and even cover letters. Furthermore, the Career Center can connect you with a career coach and also has a plethora of resources available for students. If students wish to pursue these opportunities during the summer, students are advised to consult the Career Center during the beginning of their Spring semester so that you will have ample time to look through at all the resources and make the right choices (<https://www.bc.edu/offices/careers/>)

## Housing



Many undergraduates are not provided four years of on campus housing. Therefore, one of the years (typically junior year), they have to arrange off-campus housing for the academic year. To confirm whether you have three or four years of housing, log onto the BC portal at “portal.bc.edu” using your credentials and click on “My ResLife” under “Other Services”. You will be prompted to a new screen with a dashboard containing four items. Of these four, select “Web Forms” and this will bring you to a page with a list of options to select from. Select “assignment history” and in the new page you will be provided with your housing history, along with how many years of guaranteed housing you have.

### Appeal Process

In some cases, students with only three years of housing can appeal for an extra semester/year of housing. However, appeals are unlikely to be granted unless absolutely necessary. Therefore, it is important that students have a back-up plan during the appeal process. In order to fill out an appeal form, visit the “Web Forms” page described in the first paragraph, and select “Housing Appeal Form.” In the past, the housing appeal form for the following year has opened during October. Appeals are granted on a rolling basis.

## Living Off-Campus



Students who have opted for off campus housing should plan ahead of time so the process can occur as smoothly as possible. Students should visit "<https://offcampushousing.bc.edu/>" for information about specific apartments, prices and their locations. For more information regarding off campus housing, students may directly contact the department via the email "[offcampus@bc.edu](mailto:offcampus@bc.edu)" or visit the website "<https://www.bc.edu/offices/reslife/offcampus.html>." There is a helpful blog the Residential Life office runs that is helpful for those planning to live off-campus. <http://bcoffcampus.blogspot.com>

Students in shared (with housemates) off-campus living situations are spending between \$750 and \$1150 each per month for rent. This typically does not include utilities. Most landlords will require the following when signing a lease: first month's rent, last month's rent, and a security deposit of equal to one month's rent. If you use a rental agent, there is an additional realtor's fee, typically equal to one month's rent, that is collected by the rental agency.

Students who live off-campus will evidently need to cook and obtain their own food. However, life is unpredictable and there may be instances when students have no food at home. What to do? Well, in taking the more expensive route, Cleveland Circle offers a variety of restaurants such as CitySide, Amelia's Taqueria, Eagle's Deli and so forth. Likewise, students can also visit the Chestnut Hill Mall, where students can find restaurants such as the Besito Mexican Restaurant and the Japanese restaurant Daikanyama. Both Cleveland Circle and Chestnut Hill Mall are accessible by BC shuttle buses, where students can take the Commonwealth Avenue shuttle to Cleveland Circle everyday of the week, and the shuttle bus to Chestnut Hill Mall on Thursdays, 4PM - 10PM, and Sundays, 11AM - 5 PM.

If students find it difficult to cook enough food for the week, or do not have enough time to do so, students can also invest in a BC Dining flex plan, where the student will make a purchase of \$800 or \$1200, and receive a free bonus amount of \$120 and \$300, respectively, and this will count as the student's meal plan. Students are not recommended to buy food from the dining hall without having a meal plan, as dining food tends to be very expensive (more so than the restaurants of Cleveland Circle and Chestnut Hill Mall).

Students that want to pursue less expensive options have to, unfortunately, rely on fortuitous occasions. Throughout the semester, professors and other faculty members regularly send out emails about events that serve food as an incentive for students to attend. Montserrat does this often, so students who are hungry and are looking for some free food should look

through their email to see if there are any events on campus that are serving food. Another common way for hungry students without a meal plan to eat would be to ask underclassmen friends to buy them food. Freshman students are required to have a meal plan and most never use all the funds available. This option should not be used as an on going plan to eat but may come in handy as a last resort.

Many student go abroad for a semester or go home for the summer but cannot break their lease. In these situations tenants often sublease their living space to another person for a certain period of time. This subletter then typically pays the original tenant who then pays the landlord. Please visit the off-campus apartment database and search for subletters using the housing or roommate tabs. Also use social networks and word of mouth. Be sure to start this process early so you are not stuck with paying rent while abroad or home from the summer. If you only need housing off campus for a summer or single semester it may make sense to simply sublet a space into someone else's lease.

## **Off-Campus Living and Financial Aid**

Students are eligible to receive financial aid if they live off campus. The Expected Family Contribution (EFC) remains the same for the academic year, and aid is adjusted according to the standard off-campus housing Cost of Attendance. The Cost of Attendance is based on a nine-month academic year, so the Summer months are the student's responsibility.

When you live off-campus, your student account is billed for only tuition and fees. All other costs (rent and food) are the responsibility of the student and the family. If your determined financial aid funding exceeds tuition and fees, a credit balance is created. You may use this credit balance to cover rent and food.

<http://www.bc.edu/content/dam/files/offices/stserv/financial/pdf/1819offcampusinfo.pdf>



## Financial Aid

Though Montserrat neither has direct access to financial aid credentials, nor can it directly influence the outcome of a student's financial aid, Montserrat works closely with both the Office of Financial Aid and students directly, thus providing a bridge between the two parties. Therefore, it is recommended that students with any kind of financial difficulty first contact the Office of Financial Aid. This can be done by emailing the office via [studentservices@bc.edu](mailto:studentservices@bc.edu) with the issue, calling the office by 617-552-33400 or 800-294-0294, or directly going to the office located at the first floor of Lyons Hall.

If a student feels that his/her needs have not been met or has any other kind of difficulty, the student is then advised to reach out to the Montserrat staff about the issue. Furthermore, for students who are unaware of the financial aid process or if financial aid terminologies are confusing, a video containing an overview of how financial aid works at BC has been provided to students by the following link "<https://www.youtube.com/watch?v=EXvVWoIyeS4>".

Students seeking more financial opportunities are encouraged to apply to scholarships & grants provided from BC or elsewhere. For more information about the scholarships and grants provided by BC, visit page 18 of this guide.





## Requesting Funds

Financially restricted students are encouraged to apply for funding if they believe they are limited by matters of finance. A common example would be the students who commute to BC by means of the MBTA. With the increasing price of public transportation, students may find it a financial burden to take the train to school everyday, and therefore the Montserrat Office will help students pay for their fare if it begins to interfere with the student's ability to commute to school.

Funds may be requested by visiting the Montserrat website. Once in the website, students should log on with their BC credentials by clicking on the "enter student section". Here, on the left-hand side, students should see a "Funding Request Form" section. Click on this link, enter any relevant information regarding the funding, then finalize the request by hitting the "submit" button at the end.

After requesting funds, students must schedule an appointment with a staff member to further discuss the funds. This should be done by emailing, calling or directly visiting the office.



## Study Abroad

Studying abroad is an opportunity of a lifetime for the Boston College undergraduate student. This experience is made available to all students and does not need to cause added expenses in most cases. According to the Office of International Programs (OIP), nearly 50 percent of the student body go abroad sometime during their undergraduate career. If a student is thinking about studying abroad, the first thing the student should do is take a look at the “Steps to Study Abroad” guide provided by the OIP in the following link [“https://www.bc.edu/content/dam/files/offices/montserrat/2016-17%20Steps%20to%20Study%20Abroad.pdf”](https://www.bc.edu/content/dam/files/offices/montserrat/2016-17%20Steps%20to%20Study%20Abroad.pdf). Upon consulting this list, students should attend the collaborative Montserrat and OIP info session and the Study Abroad Fair both held in early September. It is important to recognize the date deadlines as applications are usually completed a year in advance. Studying abroad can take place in the fall semester, spring semester and even during the summer. Program durations run anywhere from 2 weeks to an entire year. Your field of study may determine which of these options will work best.

Upon attending both sessions, the student’s next step is to attend a Group Meeting or make an appointment with an Advising Assistant at the OIP, which will give students a breakdown of the process. Students are advised, prior to the meeting, to have a narrowed list of potential locations and to research scholarships and grants that will alleviate the costs of going abroad. The available scholarship and grant opportunities for study abroad are discussed in the next page.

After meeting with members of the OIP, students are then encouraged to meet up with their Financial Aid Associate. If students are unaware of who this person is, log onto the BC portal and, under “My Services,” there will be a link for “Financial Aid Award Notification.”

Here, students will find their Financial Aid Associate at the top of the page. The reason students are encouraged to meet up with their Financial Associate is that studying abroad will affect the student's financial aid, and it is important for the students to understand how their financial aid package will be affected and review some options with regards to finances.

Studying abroad is an invaluable experience that will only add to the student's formative years at BC. Therefore, students are recommended to pursue this opportunity, but plan and budget accordingly following the suggested steps above. Further scholarships are available to cover study abroad expenses. Check out this website for some of these opportunities.

[https://www.bc.edu/offices/international/gettingstarted1/Scholarship\\_Opportunities.html](https://www.bc.edu/offices/international/gettingstarted1/Scholarship_Opportunities.html)

**Important dates for study abroad:**

- September 14: Study Abroad 101 group meetings begin
- September 25: Optional region-specific OIP advisor meetings begin
- October 10: Deadline to submit final confirmation forms for all BC and approved external programs for spring 2018
- December 5: Last day to schedule an appointment with an OIP advisor for early-deadline BC programs for fall 2018, spring 2019 and full year 2018-19
- December 15: Deadline to choose program for early-deadline BC programs for fall 2018, spring 2018 and full year 2018-19
- January 30: Last day to schedule an appointment with an OIP advisor for regular BC and approved external programs for fall 2018, spring 2019 and full year 2018-19 (semester programs only)
- February 5: Deadline to choose program for regular BC and external programs for fall 2018, spring 2019 and full year 2018-19
- May 1: Deadline to submit final confirmation forms for all BC and approved external programs for fall 2018 and full year 2018-19



## Scholarships and Grants

Scholarships and grants are imperative for student success abroad, as they alleviate financial burden, allowing students to thrive in a new academic setting by eliminating financial concerns. Therefore, in order for students to take full advantage of their study abroad experience, with as few financial restrictions as possible, students are highly encouraged to apply to scholarships and grants provided by BC. The link

[“https://www.bc.edu/offices/mission/montserrat/montserratsecure/student-information/study/scholarships-and-grants.html”](https://www.bc.edu/offices/mission/montserrat/montserratsecure/student-information/study/scholarships-and-grants.html) contains some scholarship opportunities currently available at Boston College. An updated list will be provided to students in the near future. Students are also encouraged to research and apply to scholarships outside of BC so that students have more financial resources.

### Scholarships:

#### **Martin Luther King, Jr. Scholarship**

The Martin Luther King, Jr. Scholarship recognizes a Boston College junior who has demonstrated superior academic achievement, extracurricular leadership, community service, and involvement with the African American community and African American issues both on and off campus. The finalists will each be honored with a \$1,000 gift certificate to the Boston College Bookstore. The winner will receive a scholarship of up to \$19,000 toward senior year tuition, and the other finalists will each receive a \$3,000 tuition scholarship.

**Application:** You can download the preliminary application (available in Word or PDF format), or find hard copies available from Agnes Jordan ([jordanag@bc.edu](mailto:jordanag@bc.edu))

**Additional info:** Visit (<http://www.bc.edu/offices/mlkmc/application.html>) to see an overview of the requirements along with other important information.

#### **Oscar Romero Scholarship**

The Archbishop Oscar A. Romero Scholarship recognizes a Boston College junior who has demonstrated superior academic achievement, extracurricular leadership, community service, and involvement with the Hispanic/Latino community and Hispanic/Latino

issues both on and off campus. The scholarship awards up to \$25,000 toward senior year tuition for the winner. In addition, all finalists in the competition also win scholarships of up to \$3000. The winner and all finalists also receive \$1000 gift certificate to the Boston College Bookstore.

**Application:** Preliminary application: One-page preliminary application form along with a comprehensive resume or list of activities should be submitted to Ms. Milvia Sanchez, ITS Human Resources; e-mail attachments only at [milvia.sanchez@bc.edu](mailto:milvia.sanchez@bc.edu). This application is usually due in January of junior year. For any questions feel free to contact Milvia at 617-552-0102.

**Interview Round:** The strongest of the preliminary applicants as determined by the committee will be selected for an interview. They will also be asked to submit a supplementary essay and Latin American/Latino issues and at least one letter of recommendation from someone familiar with your extracurricular activities or service activities. The finalists for the Archbishop Oscar Romero Scholarship will be selected from those interviewed.

**Additional info:** Students should visit (<https://www.bc.edu/offices/romero/scholarship.html>) for further info.

### **Amanda V. Houston Travelling Scholarship**

Boston College established the Amanda V. Houston Traveling Fellowship on 10 June 1993, in honor of the University's first Black Director. The purpose of this award is to prepare Boston College students for leadership in the United States and the world at large by enriching their personal and educational development through travel. The Amanda V. Houston Traveling Fellowship provides up to \$3000 toward domestic or international travel, including transportation, lodging, meals and research-related expenses. The successful recipients can use the award for either an Independent Research Project under the supervision of a faculty member or a Research Paper attached to an approved course in a BC recognized study abroad program.

**Application:** (<https://www.bc.edu/content/dam/bc1/schools/mcas/aads/pdf/2018%20AVH%20Brochure%20and%20App%20Instructions.pdf>)

**Additional info:** Students should visit (<https://www.bc.edu/bc-web/schools/mcas/sites/aads/special-programs/resources---opportunities/amanda-v--houston-fellowship.html>) for additional info, such as the eligibility requirements.

**Other Opportunities** — continually updated — can be found by (<https://www.bc.edu/offices/ahana/scholarships.html>).

## Social Life

In order for students to become involved on campus, it is recommended that students join a student organization. Student organizations are groups of undergraduates that are committed to enriching the learning environment through extracurricular programs and activities. By participating in a Student Organization you will meet students with similar interests, be exposed to an array of opportunities at Boston College, develop your leadership potential, and have the opportunity to make a positive impact on the community



Student Organizations provide opportunities for the following categories:

- Academic/Pre-Professional
- Campus Ministry
- Honor Societies
- Intercultural
- Music, Art, and Performance
- Political
- Publications and Media
- Service
- Specific Issues

The easiest way to connect to student organizations is to attend an involvement fair. The Student Involvement Fair is the first Friday of the academic year from 10 AM - 2 PM. It takes place on the Campus Green lawn in front of Carney Hall and Stokes Hall. In attending the Fair, you will get a sense for the current involvement opportunities on campus and meet current student organization members. Over 200 organizations, programs, and offices will be present, thus making it a great opportunity for students to get involved with the BC community. A list of all student organizations on campus can be found here ([https://orgsync.com/browse\\_orgs/510#](https://orgsync.com/browse_orgs/510#)). For more information regarding student organizations, students should visit (<https://www.bc.edu/offices/studentprograms/rsoreresources.html>).

Because Boston College has diverse social activities on campus, some students may tend to remain on campus and forget how easy it is to get to downtown Boston. In order to avoid being stuck in the bubble, here are some inexpensive activities in Boston:

- Spend an afternoon at the Boston Common area
  - Accessible via the MBTA, take the train inbound (any line) and stop at Park St.
- Do some reading at the Boston Public Library
  - Accessible via the MBTA, the closest library located at Copley Square. Take the green line inbound (any line) and stop at Copley. Though the B line may be the most convenient line to reach, note that the B line takes considerably longer than the D line, so taking the shuttle up to the Reservoir and going inbound will save you a lot more time.
- Visit the Museum of Fine Arts (MFA)
  - Because BC is part of the University Membership Program at the MFA, students can enter and explore the museum at no cost simply by bringing their student ID with them. Accessible via the MBTA, take the E line to the Museum of Fine Arts. Since only the B and D lines are accessible from BC, students will have to go inbound to Kenmore first and then take the E line outbound to the MFA stop.

**Free with your Eagle ID!**

- Visit the New England Aquarium
  - Students can visit the New England Aquarium by taking the Comm. Ave shuttle to the Reservoir stop, take the inbound train to Government Center, then switch to the blue line and take the Wonderland train (as opposed to the Bowdoin train) until the Aquarium stop. **Pick up 1 free ticket per semester at Robsham!**
- Watch a movie at the theatre
  - The closest movie theatre by train would be Fenway Regals at the Fenway stop of the train. Students also have a discount for the movies, but since Fenway is a college area, the student discount is typically already included in most transactions. To reach this stop, take the D line inbound and stop at Fenway
- **Other Free museums in Boston w/ your Eagle ID** - BC also sponsors many others museum opportunities throughout the city

[https://www.bc.edu/offices/vpsa/bcstudents/museum\\_memberships.html](https://www.bc.edu/offices/vpsa/bcstudents/museum_memberships.html)

- Isabella Stewart Gardner Museum | website: [www.gardnermuseum.org](http://www.gardnermuseum.org)
- Harvard Museum of Natural History | website: [www.hmn.harvard.edu](http://www.hmn.harvard.edu)
- Peabody Museum of Archaeology and Ethnology | website: [www.peabody.harvard.edu](http://www.peabody.harvard.edu)
- Museum of Science | website: [www.mos.org](http://www.mos.org) (1 ticket per Eagle ID per semester at Robsham)
- Boston College McMullen Museum | website: [www.bc.edu/artmuseum](http://www.bc.edu/artmuseum)

Students are also encouraged to attend on-campus events. Robsham continuously offers free tickets for some on-campus events, so students should frequently check their emails to see if there are any free events going on so they can get their ticket before they run out. Sometimes events on campus will be free, and other times it will not. The Montserrat office therefore has a lottery system specifically for on-campus events that come with a price tag. These events include: ALC Boat Cruise, Homecoming, ALC Ball, Fall/Spring Concert, GLC Gala, ALC Showdown, and other events hosted by UGBC, ALC and cultural/non-cultural clubs. These ticket lotteries occur throughout the academic year, and students are notified via email about the lotteries. In order to participate, all students will need to do is to open the provided link and fill out info such as first name, last name, eagle ID number and graduation year.

Links: Socialize Without Alcohol <https://www.facebook.com/groups/BCLinks/about/>



Links for students discounted events and activities in Boston

- Boston College discount website -  
[https://www.bc.edu/offices/gsc/boston/Student\\_Discounts.html](https://www.bc.edu/offices/gsc/boston/Student_Discounts.html)
- Boston Magazine's "Things To Do" monthly event list -  
<https://www.bostonmagazine.com/arts-entertainment/>
- Groupon Deals - <https://www.groupon.com/local/boston>
- Different Locations with discounts -  
<https://foursquare.com/top-places/boston/best-places-discount>
- Montserrat Free Ticket Lottery -  
<https://www.bc.edu/offices/mission/montserrat/montserratsecure/student-information/ticket-distribution.html>
- More Student Discounts - <https://bostononbudget.com/college-discounts/>



# Mentorship Opportunities & Retreats

The reason transitioning into college may be a difficult process for incoming freshman is that these students come in not knowing what to expect. Students are taken out of their old high school environment and placed in a completely new academic setting, where most students will no longer be living with their parents, and many will be far from home. A good way to make college transition a smooth process is by providing students with a mentor — individuals with strong leadership skills that can guide and facilitate college navigation for the younger generation. Students who wish to link up with mentors can explore the opportunities below.

# Mentorship Opportunities

**Ascend** <http://www.bc.edu/offices/formation/programs/ascend.html>

Ascend is a program for **first-year (freshmen) women** through the [Center for Student Formation](#). Participants have an opportunity to meet new peers, engage in meaningful conversations about life at BC, and connect with junior and senior year women mentors. The program consists of weekly small group meetings (2 leads, 8 first-year women) facilitated by junior and senior women, small group activities, optional program-wide events, and one off-campus overnight. The Ascend program officially launches at the start of spring semester, but applications and interviews will take place during fall semester.



## **Freshman League (<http://www.bc.edu/offices/formation/programs/freshmanleague.html>)**

The Freshmen League is an all-male program designed for first year men at BC.

Freshman are placed on a team with 7 other freshman men and 2 upperclassmen leaders called “Captains.” The purpose of the Ascend program is to help freshman men learn the ropes of BC. This program gives freshman men access to upperclassmen mentors and provides opportunity to get off campus to experience the city of Boston with a fun group.



## **Benjamin Elijah Mays Mentoring Program**

[http://www.bc.edu/offices/ahana/programs/as/benjamin\\_e\\_mays\\_mentoringprogram.html](http://www.bc.edu/offices/ahana/programs/as/benjamin_e_mays_mentoringprogram.html)

The Mays Mentoring Program is designed to provide undergraduate students with an opportunity to have a personal connection with a faculty member, administrator, or staff who can guide them through the college environment.

Apply: Rolling basis matching process, [maymentoring@gmail.com](mailto:maymentoring@gmail.com)

## **Montserrat Dinner Club**

<https://www.bc.edu/offices/mission/montserrat/montserratsecure/student-information/MontserratDinnerClub.html>

The Montserrat Dinner Club is a mentor program that matches small groups of Montserrat sophomores with Boston College faculty and staff members to receive guidance and engage in discussions about topics that matter to them. Mentors and participants will meet monthly over dinner to reflect on and challenge issues Montserrat students face at BC. It is an expectation that you will attend each dinner. There is an opportunity to meet with your mentors outside of the dinner events as well!



**Compass Mentoring Program** <https://www.bc.edu/offices/formation/programs/Compass.html>

The *Compass Mentoring Program* aims to provide supportive communities for incoming first-year AHANA+ students. Led by upperclassmen mentors, the Compass program will engage first-year students beginning with an overnight retreat weekend early on in their fall semester and continuing through weekly small group meetings, and social events.

Apply: Summer before First Year

**McNair Exploratory Program (MEP)** <http://www.bc.edu/offices/ltl/mcnair/mep.html>

The purpose of the MEP is to involve first-year students in a conversation about professional career, graduate education, and research. This program runs during the Spring semester. Students are paired with faculty mentors and meet with them at least twice during the Spring semester. Students are immersed in the work of their mentors through lab visits, readings and discussions of academic papers, participation in a colloquium or research presentation, and other activities designed by mentors and the McNair staff. MEP is open to all First-Year BC students.

Application: October

**Dedicated Intellectuals of the People (DIOP)** <http://www.bc.edu/offices/ltl/diop.html>

Currently, DIOP consists of a synergistic group of AHANA men who gather every Wednesday at the Learning to Learn House (50 College Rd) to share a common bond. These men discuss issues that affect their social, emotional, spiritual, and intellectual growth. This group works together to develop skills to help navigate through a predominately White institution.

### **Sisters, Let's Talk**

The discussion group provides connections between students, faculty and administrator women of color. Its goal is to assist women of color at BC to grow closer through discussing issues that are pertinent to their wellbeing. SLT meetings are held on Wednesdays 5:00 PM - 6:30 PM at the first floor lounge of Stayer Hall. Contact: [sisters.lets.talk.bc@gmail.com](mailto:sisters.lets.talk.bc@gmail.com) to be added to the email listserv



## **Further Advice**

### **Informal mentors on Campus**

- Office hours can be intimidating! In particular, students with high financial need may have difficulty interacting with faculty because of social and cultural barriers. Having pressing questions should not put anyone at a disadvantage by missing one-on-one time with faculty members. To alleviate some of the pressure, try writing down questions or particular points to reference in advance, or email the professor ahead of time with a list.
- You can also ask your professor to meet you at a more comfortable location! Many students find it intimidating just seeing professors in their offices. Asking a professor to make an appointment at a coffee shop can be super helpful. It can really change the whole power dynamic!
- Remember that holding office hours is part of your professor's job! It is time that they specifically reserve to talk with their students. You belong there!
- Office hours are also useful for putting faces to names and student ID#s. If you have a big lecture class, visiting your instructor during office hours helps transform you from a number on a roster to a 3-D human being. It initiates an



interpersonal relationship. Often, an instructor's favorite students are the ones who visited them during office hours, because they turned into actual people! And actual people are harder to let slip through the cracks...

#### Sending emails to professors

- It's best to use the titles Dr. or Professor when sending an email to a faculty member. Try to include the class title in the subject line so they know you're their student and will respond more quickly.
- Include a sign-off in the email to conclude the email. "Sincerely" works well. If "Sincerely" seem a little too impersonal for you, stick with "Best".

## Retreats and Weekend Experiences

BC, as like any other college, can be a stressful place. With exams, group projects, thesis work and other academic challenges, students may feel overwhelmed. The purpose of having a retreat is to give the student an opportunity to pause, breathe, sit back and reflect. In doing so, students often come back from their retreats refreshed and ready to tackle new challenges. Students are encouraged to take part in at least one retreat in their college career. As such, a list of retreats and weekend experiences may be found below:

### 48 Hours ([https://youtu.be/WxM\\_vzrlOo](https://youtu.be/WxM_vzrlOo))

48 hours is an opportunity to step off campus for a weekend, hear personal narratives from Juniors and Seniors about their experience transitioning to BC, and gain some perspective about your first year. It's a weekend experience open to all first-year students who are interested in finding ways to take advantage of BC's intellectual, social, and spiritual resources. Interaction with professional staff and student leaders will help all first-year students gain a fuller understanding of the possibilities and challenges of a Jesuit education.



**AHANA Summit** - <http://www.bc.edu/offices/formation/programs/AHANASummit.html>

The AHANA Summit is a FREE, two night overnight retreat designed specifically for AHANA students. It is an opportunity for AHANA students to connect and to share their experiences. Father Michael Davidson, S.J. from Campus Ministry will be the summit emcee. There will also be a chance to meet other AHANA students, AHANA faculty & staff and young AHANA alumni. Spring semester



**Racial Identity Development Experience (R.I.D.E.)**

[http://www.bc.edu/offices/ahana/programs/multicultural\\_education/IDI.html](http://www.bc.edu/offices/ahana/programs/multicultural_education/IDI.html)

Weekend experience designed to help students explore and reflect on racial identity development in an intimate and safe environment.

Contact: [ride@bc.edu](mailto:ride@bc.edu)



**Spectrum Retreat** (for LGBTQ+ students)

[http://www.bc.edu/offices/dos/subsidiary\\_offices/GLBTQ/Spectrum.html](http://www.bc.edu/offices/dos/subsidiary_offices/GLBTQ/Spectrum.html))

Spectrum is a confidential, free weekend away for LGBTQ students. In this welcoming environment, participants will be encouraged to engage in conversation and reflection about their personal identities and to discern who they are and who they are called to be at Boston College and beyond.



**Halftime -**

<http://www.bc.edu/offices/formation/programs/Halftime.html>

Halftime is an invitation to step back from your busy life to think about how your major and future career fit in with who you really are. It is an opportunity to have real conversations with students, faculty, and staff about finding and pursuing passions.





## Research Opportunities

### McNair Program

<http://www.bc.edu/offices/ltr/mcnair.html>

McNair is a graduate school preparation program for Boston College undergraduates who are both low-income and first-generation college participants and/or under-represented. Students are paired with faculty mentors and provided with research opportunities, a needs assessment, and workshops about the graduate school experience and application process.

Application: Applications for this two- or three-year program may be submitted during Spring semester of Freshman or Sophomore year. The application form is available at 50 College Road, or can be accessed online

(<http://www.bc.edu/offices/ltr/mcnair/application1.html>)

### Community Research Program (CRP)

[http://www.bc.edu/offices/ahana/programs/leadership\\_programs/crp.html](http://www.bc.edu/offices/ahana/programs/leadership_programs/crp.html)

CRP is a two-semester program that offers leadership, research, and public policy training for students interested in working with Latino, Asian American, Native American, and/or African and African Diaspora communities in Massachusetts. In the Fall, students will participate in a seminar to study the process of community-based research and its methodologies, and begin to design a research proposal for an independent study with a faculty advisor for the Spring semester research project.

Receive 3 credits in Fall and 4 credits in Spring

Application: July deadline, <https://orgsync.com/47756/forms/75226>

## **Frontier Fellowship**

The Frontier Fellowship seeks to assist Montserrat students in expanding their experience in areas outside of their major or educational aspirations. Students who are interested in research or an internship in a co-curricular area should apply for the Frontier Fellowship.

The following are examples of what the Fellowship could be used towards:

- Unpaid Internships
- Research in a lab
- Research project under a faculty member

Application process:

- Submit initial “Discernment Application” – This application is the “brainstorm” of your future internship or research project. You will need to outline and develop your proposal and vocational aspiration. You will be required to answer a series of questions. However, the process is open to creative applications. For example, if you are a film studies major a video proposal would be acceptable
- Stage two finalists will be required to select potential employers/mentors and submit a final proposal with all details fleshed out
- Students will be selected for the fall, spring, and summer semesters. Internships and mentors must agree to hire/sponsor the student. Students who are accepted will then receive funding.
- For more details on the application, visit:  
[https://www.bc.edu/offices/mission/montserrat/montserratsecure/student-information/frontier-fellowship/\\_jcr\\_content/content/download/file.res/Frontier%20Fellowship%20Application%202017-2018.pdf](https://www.bc.edu/offices/mission/montserrat/montserratsecure/student-information/frontier-fellowship/_jcr_content/content/download/file.res/Frontier%20Fellowship%20Application%202017-2018.pdf). This link contains the full PDF version of the application.

## **University Fellowships Office**

<https://www.bc.edu/offices/ufel/fellowships0.html>

**For additional opportunities, students should visit  
(<https://www.bc.edu/bc-web/research.html>).**

## **On-Campus Resource Offices**

There are several offices located on campus that are designed to address specific needs of students. Often times, students know that there are offices on campus that can help them with their needs, but are unaware of the location or even the name of the offices. To make things easier, a list of the most essential offices, designed particularly to address student needs, has been compiled below:

### **Academic Advising Center**

Stokes Hall, S140

140 Commonwealth Avenue

Hours: Monday-Friday: 8:30 AM - 4:30 PM

617-552-9259

<http://www.bc.edu/offices/acadvctr.html>

[aac@bc.edu](mailto:aac@bc.edu)

The Academic Advising Center at Boston College supports students in the Morrissey College of Arts and Sciences as they make decisions about their academic careers, explore the resources available to them, and maximize their experience at Boston College.

The staff of the Academic Advising Center guide and support each student in making a successful transition to college, by empowering the student:

- To devise coherent academic plans that are consonant with his/her life goals;
- To take the steps necessary to achieve those plans and goals;
- To develop sound academic attitudes and practices that will enable the student to be an autonomous, self-regulated learner;
- To act strategically to identify and use resources effectively and to challenge him/herself in constructive ways so that he/she may thereby fruitfully pursue the goals of a liberal education.

### **Campus Ministry**

McElroy 231

Academic Year: Monday - Friday 9 AM to 5 PM

Summer: Monday - Thursday: 9 AM to 5 PM and Friday 9 AM to 3 PM

The Office of Campus Ministry works to foster lives of faith and justice among the students, faculty, and staff of Boston College. Campus Ministry programs — shaped by the University's Jesuit, Catholic tradition — form the whole person by:

- Inviting students to recognize and respond to the call of God in their lives
- Supporting individuals in their ongoing spiritual and religious growth
- Challenging individuals to commit to a life of prayer and service to others

The Office of Campus Ministry consequently offers multi-faith counseling, pastoral counseling, provides students with the opportunity to connect with faith communities and even provides retreats. Students seeking additional info about the office should visit  
[“<https://www.bc.edu/offices/ministry/aboutcm.html>”](https://www.bc.edu/offices/ministry/aboutcm.html)

### **Campus Recreation (the plex)**

Flynn Recreation Complex  
140 Commonwealth Avenue  
Monday - Thursday: 6 AM - 11:45 PM  
Friday: 6 AM - 10:45 PM  
Saturday: 9 AM - 8:45 PM  
Sunday: 9 AM - 11:45 PM  
617-552-0797, [campusrec@bc.edu](mailto:campusrec@bc.edu)  
<http://www.bc.edu/offices/rec/>

### **Connors Family Learning Center**

The Connors Family Learning Center (CFLC)  
Thomas P. O'Neill Jr. Library, Room 200  
140 Commonwealth Avenue  
Monday - Friday: 9:00 AM - 5:00 PM  
Kathleen Duggan, Director: 617-552-8093, [dugganka@bc.edu](mailto:dugganka@bc.edu)  
<https://www.bc.edu/libraries/help/tutoring.html>

The mission of the Connors Family Learning Center is to enhance the quality of learning at Boston College. The CFLC offers instructional support for faculty and graduate students, special services to students with learning disabilities, and tutoring and skills workshops to all Boston College students. As such, CFLC has established a tutoring program where students have access to tutoring services for over 60 different subjects. Students interested should visit the following link (<https://www.bc.edu/libraries/help/tutoring/tutoringinfo.html>).

### **Dean of Students**

Academic Year Hours: Monday - Friday: 9 AM - 5 PM  
Summer Hours: Monday - Thursday: 9 AM - 5 PM  
and Friday from 9 AM.- 3 PM  
617-552-3470  
[deanofstudents@bc.edu](mailto:deanofstudents@bc.edu)

The office of the Dean of Students supports student development throughout the college years by collaborating with faculty, staff and students in order to bridge the gap between academics and the student's social, spiritual and personal lives. Students who wish to find out more about the office should visit (<http://www.bc.edu/offices/dos.html>).

## **Student Conduct**

The Dean's office oversees student conduct and community standards, including campus civility, sexual assault response, hazing enforcement and compliance issues. For more details regarding conduct policies and violations, students should visit ([http://www.bc.edu/offices/dos/subsidiary\\_offices/community.html](http://www.bc.edu/offices/dos/subsidiary_offices/community.html)). Furthermore, students seeking information regarding sexual misconduct policy and resources should visit (<http://www.bc.edu/offices/dos/sexual-violence-policy-website.html>). Students are highly encouraged to call the Sexual Assault Network (SANet), a 24 hour hotline, if they have fallen victim to sexual misconduct.

## **Student Outreach & Support**

The purpose of the Student Outreach & Support is to aid students in crisis or distress by providing them with the appropriate resources such as counseling and medical services, along with personal assistance. If students want to know more about the resources provided, students should visit ([http://www.bc.edu/offices/dos/subsidiary\\_offices/students-in-crisis.html](http://www.bc.edu/offices/dos/subsidiary_offices/students-in-crisis.html)). In cases where students are distress are in urgent need of help, they should contact BCPD by 617-552-4444, or 911 if they are off campus. For non-urgent issues, students are encouraged to call the following:

Office of the Dean of Students: 617-552-3470  
University Health Services: 617-552-3225  
University Counseling Services: 617-552-3310  
Campus Ministry: 617-552-3475

## **Disability Services**

The Disability Services Office aids those with psychological, physical, medical, or temporary disabilities in their pursuit of a college education. For on campus resources, ranging from counseling and health services to the Connors Family Learning Center, students should visit

([http://www.bc.edu/offices/dos/subsidiary\\_offices/disabilityservices/resources.html](http://www.bc.edu/offices/dos/subsidiary_offices/disabilityservices/resources.html)). For additional information regarding disability services, students should visit ([http://www.bc.edu/offices/dos/subsidiary\\_offices/disabilityservices.html](http://www.bc.edu/offices/dos/subsidiary_offices/disabilityservices.html)) or call the office (617-552-3470) or send an email ([disabsrv@bc.edu](mailto:disabsrv@bc.edu)).

## **LGBTQ Student Outreach & Support**

The Dean's office, along with other groups, provides opportunities for the Boston College community to discuss issues of gender and sexual identity. There are several on-campus support groups for LGBTQ students, and the groups, along with their contact information, can be found by ([http://www.bc.edu/offices/dos/subsidiary\\_offices/GLBTQ/GLBTQClubsOrganizations.html](http://www.bc.edu/offices/dos/subsidiary_offices/GLBTQ/GLBTQClubsOrganizations.html)). Students are also encouraged to participate in the Spectrum Retreat, which can be found in the retreat section of this guide.

## **Learning to Learn (LTL)**

50 College Road, Chestnut Hill, MA  
Monday - Friday 9:00 AM - 5:00 PM

[ltl@bc.edu](mailto:ltl@bc.edu)

First-generation college students are the first in their family to attend a four-year university. This is an incredible achievement, but it can also be an isolating one. Navigating conversations with family members who did not attend college may be frustrating, discouraging, or alienating — as parents either aren't sure how to help or may be adverse to the experience altogether. In the absence of parental (or sibling) mentors to guide them through college, first-gen students can feel like they're floundering. Developing bonds with faculty or students in similar situations can help. The L2L office wants to help you create these bonds.

### **Courses:**

#### **Application of Learning Theory Course (UN005)**

A graded, semester-long course, Applications of Learning Theory (UN005), to provide students with strategies of successful learners. Students apply specific learning methods to their own course work. They are evaluated weekly on their use of nine learning strategies, including note taking, effective reading techniques, and time management. Class meets twice a week for 50 minutes each day, and students also meet with a teaching assistant once a week for 50 minutes.

### **Additional L2L Resources**

[Financial Aid Advising](#): Assistance in completing financial aid forms, writing appeals, financial planning and BC financial aid information.

[Student Supplemental Grants](#): Qualified students earn a \$1,000 financial aid grant (limited funds).

Passbook Program: Supports academic achievement by allowing qualified students to earn points as they meet program participation requirements and as they make progress in achieving their academic goals.

Laptop Loan and University Book Vouchers: Supports academic achievement by providing laptops for students to borrow for two weeks at a time. The program also supports book vouchers for qualified students with financial restrictions.

### **Office of Health Promotion**

Gasson Hall 013

<http://www.bc.edu/offices/healthpro/>

INDIVIDUAL APPOINTMENTS (iHP): General health coaching sessions called Individual Health Plans (iHPs) and specialized appointments for stress, time, and sleep with a peer Health Coach.

<http://www.bc.edu/offices/healthpro/general-health-education-/iHP.html>

### **Thea Bowman AHANA and Intercultural Center (BAIC)**

Location: Maloney Hall, Suite 455.

Hours: Monday-Friday 9 a.m. to 5 p.m.

ABAIC After Hours: 5 PM - 8 PM on Tuesday, Wednesday, and Thursday. Students can use lounge space to study, as a meeting space, and forum to discuss current social and political events.

The mission of the BAIC is to support the undergraduate community, with a particular focus on AHANA, multiracial, and OTE students in navigating college life.

### College Counseling

<http://www.bc.edu/offices/ahana/programs/as/advise.html>

Pursuing a post-secondary education requires important decision-making which has lifelong implications. In an effort to reduce the anxiety involved in making these decisions, the office's professional staff encourages regularly scheduled meetings with students to discuss course selection, identify personal strengths and areas that need improvement, set goals, and examine the progress being made toward fulfilling graduation requirements.

Apply: No application! Just schedule an appointment

### Nursing Outreach

This program creates a space for AHANA/Multicultural/OTE (AMO) CSON students to gather for peer support and interactions with BC-AMO nursing professional at least twice per semester.

### Summer Study Abroad Tuition Remission

<http://www.bc.edu/offices/ahana/programs/as/tuition.html>

Covers the cost of tuition only for undergraduate Boston College students who wish to study abroad. Selection based off of many factors (transcript, essays, financial need) but also demonstrated utilization of BAIC programs and services (such as Advising, Campus of Difference, D.O.R, Nursing Outreach, RIDE, ect.)

Apply: January

### Summer Tuition Remission

<http://www.bc.edu/offices/ahana/programs/as/SummerTuitionRemission.html>

Summer Tuition Remission Program is to aid in the retention of students by providing resources to afford those experiencing academic difficulty the opportunity to improve their status at Boston College. Any student with such difficulties and wishes to take summer courses should first seek assistance from their college counselor at the Thea Bowman AHANA and Intercultural Center. On-campus housing can be provided for one summer session.

Apply: March. Awarded by seniority (Seniors top priority), selection criteria includes demonstrated participation in BAIC programs.

### Bowman Advocates for Inclusive Culture

[http://www.bc.edu/offices/ahana/programs/leadership\\_programs/bowman-advocates-for-inclusive-culture.html](http://www.bc.edu/offices/ahana/programs/leadership_programs/bowman-advocates-for-inclusive-culture.html)

This program is a year-long commitment and seeks to develop students who have a passion for engaging their peers in dialogue around issues of diversity, inclusion, and social justice.

Collectively, the group of leaders will help facilitate the MOSAIC program during Welcome Week, Dialogues on Race (DOR) throughout the year, and Campus of Difference workshops with first-year students. Apply: February, 1 year commitment

## **University Counseling Services**

Gasson Hall 01Q

- <http://www.bc.edu/offices/counseling/>

8:45 a.m. to 4:45 p.m Mon-Fri

### **“Feel Better Now” Resources**

<http://www.bc.edu/offices/counseling/external.html>

The mission of University Counseling Services (UCS) is to enhance the mental health capacity of Boston College students and the capacity of the community to foster emotionally mature, responsible, and self-reliant students. Each year more than 1800 students consult with

Counseling Services for a wide variety of problems and concerns. Typical reasons for seeking counseling include anxiety, depression, relationship difficulties, response to traumatic events, eating disorders, family issues, and college adjustment difficulties.

There are no charges for the services provided by University Counseling Services.

### **Emergency Psychological Services - 24/7 617-552-322**

#### **Individual Counseling**

Many students are offered short-term psychological counseling after initial evaluation with a staff person. Students who require extended or specialized counseling may be referred to other mental health services in the area.

#### **Group Therapy**

In group counseling, a small number of people meet together with one or two of our psychologists to help themselves and one another. Joining a group provides opportunities to learn with and from other people, to understand one's own patterns of thought and behavior and those of others, and to perceive how group members react to one another. You learn that perhaps you're not as different as you think, or that you're not alone.

#### **WellTrack**

Welltrack is a free online tool provided by BC that promotes mental wellness on campus.

## **University Health Services**

University Health Services

2150 Commonwealth Avenue

Academic Year Hours

Outpatient Center: Monday-Friday, 8:30 AM - 4:30 PM

Inpatient Unit: 24 hours a day for inpatient and urgent evaluations

Summer Hours

Outpatient Center: Monday-Thursday, 8:30 AM - 4:30 PM

Friday, 9 AM - 3 PM

617-552-3225, [uhs@bc.edu](mailto:uhs@bc.edu)

The mission of University Health Services is to enhance the physical and psychological well being of Boston College students by providing multifaceted health care services in the Jesuit tradition of *cura personalis* (care for the entire person). UHS provides a compassionate safe haven for those in crisis and improves student learning outcomes through modifying health related barriers to learning thus enabling full participation in the college experience

## **Women's Center**

Maloney Hall 441

140 Commonwealth Avenue

Monday - Friday: 10 AM - 4 PM

617-552-3489

[women@bc.edu](mailto:women@bc.edu)

The Women's Center (WC) was founded in 1973 to support, educate, and empower students of all genders in an inclusive and welcoming space. Valuing personal agency and strong community, the staff works to engage Boston College students through mentoring programs, events and conversations that cultivate leadership, authentic relationships, and awareness of intersectional social justice issues. To learn more about the center and the available opportunities, students can visit (<https://www.bc.edu/offices/wc.html>).