

University Counseling Services:

- Services are still available to all students (including grad students)
- They have a staff of psychologists, a few social workers, and a psychiatrist
- In a typical year, over 2000 students seen (grad students at a lower rate)
- No in person counseling (all done over the phone) but consults and emergencies available in person
- To set up an appointment or consult call 617-552--3310 or go to <https://www.bc.edu/bc-web/offices/student-affairs/sites/counseling.html>
- Current goal in response to current situation is to help students function and adjust
- Currently exploring possibility of a new website to help students get connected and access resources in this uncertain time

General tips and advice:

- Keep some routine, structure helps
- Try to exercise or go outside if you can
- Drink water and eat healthy
- Build in meditation - you don't have to be good at it, just give it a try!
- Give yourself permission to disconnect - limited your news intake to a structured time
- Talk about something other than coronavirus with your friends and loved ones
- Maintain connections (with social distancing)
- Life goes on, let it!
- Plan for small chunks at a time, there's a lot of uncertainty right now

Other items discussed:

- All in-person events and programs on and off campus are cancelled
 - We are currently exploring virtual programming ideas. More to come and let us know if you have any ideas
 - Finance related issues are being sorted out. We are in favor of budgets over the limit of \$1000 rolling over into next school year but need to sort this out further. Also more to come
 - Start thinking about a few programs or initiatives to highlight for an end-of-year report

Also, here are some resources passed forth from Alex Gruber of the STM:

1. [Free virtual fitness classes](#), both live and recorded, at various times
2. [Free virtual tours or experiences](#) of various museums, concerts, and operas
3. Each Saturday, the STM will release a Spotify playlist on a new theme. Each Friday, the STM will host a virtual Stations of the Cross. Finally, the STM will be compiling a virtual cookbook that I'm sure we'd be happy to share with graduate students in other schools.