TEACHING THIS SEMESTER WILL BE CHALLENGING. WHERE SHOULD I LOOK FOR ADVICE?

1. See ecampus.uconn.edu/keep-teaching resources including instructional and assessment strategies.
2. Be flexible with due dates and other student tasks, and provide links to Student Health and Wellness (SHaW) (studenthealth.uconn.edu) and U-Kindness (kindness.studentaffairs.uconn.edu) in your syllabus.
3. Consider devoting class time to discussion of COVID-19.

I HAVE A STUDENT WHOSE BEHAVIOR IS TROUBLING. THEY HAVE NOT APPROACHED ME BUT I AM CONCERNED. WHAT DO I DO?

1. Please see studenthealth.uconn.edu/redfolder for common signs that a student may be experiencing some level of distress.
2. We recommend encouraging them to call SHaW-Mental Health together with you. If you or the student are not comfortable with this, please report your concerns to the Student Care Team at studentcareteam.uconn.edu.
3. If you believe a student may hurt themselves or someone else, contact the UConn Police at 911 immediately. You may also contact the SHaW-Mental Health on-call service at 860-486-4705.

WHAT IF A STUDENT APPROACHES ME ABOUT DISTRESS RELATED TO COVID-19?

1. Listen and act with compassion and empathy.
2. If you believe the student is a danger to themselves or others, call for help from UCPD. Otherwise, refer them to Mental Health at SHaW at studenthealth.uconn.edu or 860-486-4705.
3. COVID-specific resources are available at studenthealth.uconn.edu/updates-events/mental-health-covid19 and kindness.studentaffairs.uconn.edu.

DON’T FORGET ABOUT YOURSELF!

1. The Employee Assistance Program provides private assessment, counseling, and/or referrals to assist with personal and/or work-related problems concerning health and mental and emotional well-being.
2. You can find out more at hr.uconn.edu/employee-assistance-program. A wide range of self-care resources is available at hr.uconn.edu/well-being-resources.