

Health and Well-Being Resources for Students

Center for the Advancement of Well-Being

703-993-6090 Email: cwb@gmu.edu

www.wellbeing.gmu.edu

- Mason's Resilience Badge: a fully online, asynchronous learning opportunity that allows students to develop their resilience through content knowledge and practices, all backed by the science of resilience: <https://wellbeing.gmu.edu/students/resilience-badge>
- Well-Being Virtual Learning Community
- Well-Being for the People (workshop/book club for students of color)
- BurnAlong: <https://fit.burnalong.com/gmu/> .
- Strengths assessment plus workshops
- Mental Health First Aid courses
- Mason Chooses Kindness academic-year theme: launching in October (virtual and in-person activities)
- Mason Nation Thriving Together Virtual 5K, October 15-18: <https://mason5k.gmu.edu/>
- Weekly newsletter with well-being related information and tips called Thriving Together: <https://wellbeing.gmu.edu/resources>
- Other resources and events:
 - Mindful Mason Moments: <https://wellbeing.gmu.edu/events>
 - Coping with COVID-19 resources: <https://wellbeing.gmu.edu/resources/coronavirus-pandemic-well-being-resources>

Center for Culture, Equity, and Empowerment

703-993-2700; Email: ccee@gmu.edu

<https://ccee.gmu.edu/>

- CCEE provides advocacy and direct support services to students to strengthen equity and inclusion at Mason.
- Their three primary areas of focus include: [Student Access and Equity](#) (SAE), [Student Engagement for Racial Justice](#) (SERJ), and [LGBTQ+ Resources](#),

Counseling and Psychological Services

703-993-2380

www.caps.gmu.edu

- CAPS services are available to all currently enrolled and registered students.
- Telemental Health Services
 - Individual therapy and group therapy for students located in Virginia; brief assessment and referral to local treatment for out-of-state students
- After-hours crisis services through vendor partnership with ProtoCall (available to all students calling CAPS main number)
- Drop-in workshops focused on coping skills available to all students several times a week
- Supportive spaces for students in quarantine/isolation (called Quarantine and Connection) offered twice a week.
- Academic success workshops and individual academic coaching through Learning Services: <https://learningservices.gmu.edu/>
- Programming and events: e.g., Virtual Trivia Night in honor of Suicide Prevention Awareness Month; Racial Justice series: <https://caps.gmu.edu/upcoming-events/>

Disability Services

703-993-2474

www.ds.gmu.edu

- The Disability Services Testing Center can virtually proctor exams for students in isolation/quarantine <https://ds.gmu.edu/testing-center/>
- Disability Awareness Month information <http://ds.gmu.edu/disability-awareness-month/>
- The Executive Functioning Program (1st official year) currently has 15 students. All services are virtual <https://ds.gmu.edu/efp/>
- Mason Autism Support Initiative (MASI) currently has 38 students. 90% of services are virtual <https://ds.gmu.edu/masi/>
- A student can register and be approved for accommodations at any time- there is no deadline
Faculty Resources <https://ds.gmu.edu/faculty-and-staff/>

Graduate Student Life

Email: gradlife@gmu.edu

www.gradlife.gmu.edu

- Mason Grad Insider blog (www.mgi.gmu.edu)
 - Featured post on Resilience (<https://gradlife.gmu.edu/resilience-at-mason-in-2020-take-care-of-yourself/>)
- Maximizing Productivity During Graduate School workshop series with Learning Services

- Includes academic success, mental health, self-regulation, overcoming procrastination, perfectionism, motivation, time management, and more: (<https://gradlife.gmu.edu/maximizing-productivity-workshops/>).
- Graduate Student Life Write-In Day (hybrid version): (<https://gradlife.gmu.edu/write-in-day/>)
 - Focused on supporting graduate students' writing goals, and incorporates well-being in large-group discussions and individual productivity consultations.
- Building Community event for graduate students of diverse identities (<https://gradlife.gmu.edu/grad-life-events/#building>)
- Lounge and Learn with UL Arlington: helps graduate students connect with each other.

Mason Care Network

Contact: masoncn@gmu.edu or 703-993-2470

www.mcn.gmu.edu

- Provides full-time, professional Success Coaches for incoming students at Mason.
- Success Coaches provide resources, support, guidance, and critical problem-solving discussions to help encourage students to find their major fit and pursue their academic and professional goals.
- Coaches discuss all aspects of a student's life that impact their academic performance, including health and support.

Mason Recreation

703-993-5323

www.recreation.gmu.edu

- Drop-in facility at the Aquatics & Fitness Center (AFC) & the Recreation & Athletic Complex (RAC) -reservation required at this time to manage occupancy levels (<https://recreation.gmu.edu/returnplan/reservations/>)
 - Cardiovascular and Strength Equipment available
 - Swimming Pool available at the AFC
- 32 Club Sports organizations on campus operating at various levels of activity, over 20 currently engaging in modified practices according to individualized plans and safety protocols <https://recreation.gmu.edu/club-sports/>
- Various competitive intramural sports activities (tennis, pickleball, badminton, cycling, running, billiards, eGames, table tennis, and much more <https://recreation.gmu.edu/intramural-sports/>)
- Group Fitness Classes (in-person and virtual) in a variety of formats. BurnAlong (<https://recreation.gmu.edu/fitness/virtual-fitness-options/burnalong-virtual/>) also provides a variety of online workouts that you can do virtually with friends

- Personal Training available (virtual or in-person) – Students can receive one-on-one guidance from an experienced trainer who can assist in meeting personal fitness goals <https://recreation.gmu.edu/fitness/personal-training/>
- Outdoor Adventures trips, virtual programs, and equipment rentals with safety protocols <https://recreation.gmu.edu/outdooradventures/>
- Challenge Course programs – Virtual or in-person programs can be booked. “The EDGE” Mason’s Team Building & Experiential Learning program is used by a variety of groups ranging from student organizations, public schools, athletic teams, churches, and corporations. Go to <https://edge.gmu.edu/> for more information
- Student Employment – Recreation hires students for a variety of positions including but not limited to intramural sports supervisors, customer service attendants, fitness attendants, lifeguards, marketing assistants, graphic designers, photographers, group fitness instructors, personal trainers, and more : <https://gmujoinhandshake.com/login>.

Student Health Services

703-993-2831

www.shs.gmu.edu

- Student Health Services provides accessible and affordable health care to currently enrolled Mason students in a caring and confidential environment.
- Both in-person and telehealth appointments are offered.
- Mental health services are also available including evaluation, screening, brief treatment and treatment referrals.

Student Involvement

703-993-2909

www.si.gmu.edu

- Both in-person and virtual events are offered. The SI2Go truck events have been highly successful in reaching students. Examples are:
 - Wellbeing2Go events: students stop by and grab a goodie bag of different items themed to self-care and relaxation
 - PAC-sponsored online Yoga relaxation event
 - Live events such as outdoor tie-dye, drive in movies, pumpkin decorating.
 - Virtual interactions where students learn a craft skill.
- Virtual Registered Student Organization (RSO) Conference provided students with a variety of sessions to benefit their organizations and themselves.
 - <https://mason360.gmu.edu/rsleadteam/rso-conference-sessions/>
- Student Government launched their first quarterly newsletter that will be sent to all undergraduate students. The purpose of the newsletter is to...
 - Offer an opportunity for Student Government to collect and disseminate information relevant to the student population.

- Allow offices that may be missing in-person traffic/visibility a way to communicate with new students.
- Help create a sense of belonging and community (i.e. Student Government is here for you, check out these cool events where you can meet people and get involved)
- Increase the visibility of Student Government and thus improve student representation in the future.
- Student Government in partnership with Facilities Management launched “The Grove.”
 - <https://sg.gmu.edu/welcome-to-the-grove/>

Student Support and Advocacy Center

703-993-3686 Email ssac@gmu.edu

www.ssac.gmu.edu

- Outreach to students of concern
 - SSAC can conduct outreach to try to better understand a student’s challenges and provide assistance. SSAC staff will offer guidance and make connections to on- and off-campus resources. Before submitting a referral, it is highly recommended that faculty attempt to address the concern directly with the student. If a referral is necessary, faculty should inform the student so that they can anticipate our outreach. Faculty can use the following [online referral form](#) to make a referral.
- Confidential advocacy to student survivors of sexual and interpersonal violence including dating and domestic violence, sexual harassment, sexual assault, sexual exploitation, stalking, and past trauma regardless of when the incident occurred.
 - SSAC assists students in navigating campus and community resources including academic support, boundary setting, emotional support, medical resources, reporting options, safety planning, and navigating additional challenges and needs. Students who would like to speak with a confidential advocate can request a meeting using an [online portal](#).
- The Student Emergency Assistance Fund is available to currently enrolled students, who may be experiencing unexpected financial difficulties.
 - Students may apply for assistance at <https://ulife.gmu.edu/student-emergency-assistance-funding-2/>. For questions about the application process, please email ulife@gmu.edu.
- Food insecurity is a growing concern among college students across the country. To combat food insecurity, SSAC operates the Patriot Pantry.
 - The Patriot Pantry provides non-perishable food and hygiene items to currently enrolled degree-seeking students at George Mason University. To access the Patriot Pantry, students should e-mail pantry@gmu.edu. Donations can be made using the Patriot Pantry’s online [Amazon Wish List](#).

Virtual Learning Communities

<https://ofps.gmu.edu/vlc/>

- Virtual Learning Communities (VLCs) are opportunities for students to connect, engage, and learn with a group of other students who share common interests, majors, and identities: <https://housing.gmu.edu/housing-options/virtual-learning-communities> .
- Led by trained upper-level VLC Mentors, faculty and staff, VLCs provide an enriching experience for students through a linked course, connection to faculty, and innovative topic-specific programming.
- For fall 2020, Mason is offering twenty VLCs representing partnerships with every college at Mason and several university departments and offices. The VLCs foster well-being through 1:1 connection check-in meetings with the VLC Mentors, well-being programming (i.e. Well-Being Plans, Goal Setting, and social activities), and peer to peer relationships.