Student Well-Being Website and Resources (On Behalf of Angela Andrade, Dean of Student Wellness)

******PLEASE GIVE WIDEST DISTRIBUTION*****

April 21, 2020

To: Campus Community

Fr: Angela Andrade, Dean of Student Wellness

Re: Student Well-Being Website and Resources

During this unusual and changing time, we in Student Affairs are highly focused on supporting the physical and emotional well-being of students as they adjust to remote learning and living. Now more than ever, we want to ensure students are connected to resources that support their success at UCSB.

Over the past month, students have reported difficulty with time management, procrastination, feeling overwhelmed with remote instruction, lack of technical resources (computers, internet, physical space) and learning new tools. Psychologically, we are learning that students are experiencing: difficulty with online classes, motivational issues, isolation and loneliness, housing insecurity, including not being able to return home (international students), loss of jobs, conflict in the home, and general issues of loss. i.e. not being able to participate in graduation, socialize, connect with others.

To help support students as they meet the current challenges, I’m writing to announce an important new website which provides one place with key contacts and programs for student well-being. We hope this will be a helpful resource for you, and that you will help us encourage students to use the new site by mentioning it in your lectures and student communications. We know students have many strengths, and that together we can assist them with realizing their academic goals and overall well-being.

Student Well-Being Website

This new site includes our full range of student health and well-being services, all open remotely, including a section for “Urgent Needs”, https://wellbeing.ucsb.edu

We are also aware that as the quarter progresses, you may encounter students experiencing higher levels of distress, particularly around midterms and finals. Please know that distress may look different under our new conditions, and submit an online referral if you are concerned about a student.

• Distressed Student Referrals - If you encounter a student in distress or are worried about a student, please let us know so we can assist. Refer a student: https://ucsb-advocate.symplicity.com/care_report/index.php/pid336577

If you have any questions or concerns, please don’t hesitate to be in touch with Angela Andrade, Dean of Student Wellness, Andrade-a@ucsb.edu