

Statement of Self-care

Your academic success in this course and throughout your college career depends heavily on your personal health and wellbeing. Stress is a common part of the college experience, and it often can be compounded by unexpected life changes outside the classroom. Your other professors and I strongly encourage you to take care of yourself throughout the term, before the demands of midterms and finals reach their peak. Please feel free to talk with me about any difficulty you may be having that may impact your performance in this course as soon as it occurs and before it becomes unmanageable. Please also know that in addition to your academic advisor in the Crouse Center for Student Success (844-6870), there are a number of other support services on campus that stand ready to assist you. I strongly encourage you to contact them when needed.

| Office | Location | Contact Information | |
|----------------------------|-----------------------|---------------------|---|
| Career Services | Eckhart Hall (316) | Tory Nair | 844-5403 career@aurora.edu |
| Academic Support Center | Library | Susan Lausier | 844-5520 slausier@aurora.edu |
| Disability Resource Office | Library | Susan Lausier | 844-5267 slausier@aurora.edu |
| Chaplain's Office | 430 S. Evanslawn Ave. | Jonathan Dean | 844-6866 jdean@aurora.edu |
| Counseling Services | 1400 Southlawn Pl. | David Reetz | 844-5416 dreetz@aurora.edu |
| Residence Life | Eckart Hall (105) | Matt Khoury | 844-4578 mkhoury@aurora.edu |
| Wellness Center | 1400 Southlawn Pl | Cheryl Block | 844-5434 wellness@aurora.edu |