

## Sophomore Newsletter #3: Resources for Residential Life at Stanford

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Hello Class of 2024!

It goes without saying that this is an unprecedented year in which the members of the rising sophomore cohort have varying degrees of familiarity with the Stanford campus. Whether you have been on campus for a while, have just arrived this summer, or are arriving for the first time in autumn, entering into a more complete and standard Stanford experience will likely require some transition. Being at college can give you the freedom to explore who you are, who you want to become, and what impact you wish to make on the world. Residential life can also inspire you to confront challenges and explore opportunities regarding peer relationships, your identity, and choosing to stay connected to your roots (or not), just to name a few. This can be difficult for anyone, let alone students who are navigating this and have been navigating this in the midst of a pandemic.

As you prepare for autumn, the following newsletter is a reminder of some of the resources that are available to you as you make this transition, including resources related to physical, mental, and spiritual health.

In addition, this newsletter features an interview with Associate Dean of Residential Education Orlando White, who is co-chair of the sophomore task force working to support the Class of 2024 as they come to campus after a

virtual first year. Orlando is being interviewed by Megan Faircloth, a senior and an RA living on campus who is also helping prepare for the Class of 2024.

Once again, we're excited to be able to welcome everyone back soon!



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## Stanford Mental Health and Well-being Resources

### Counseling and Psychological Services (CAPS)

- Services provided include:
  - Referrals to short and long-term therapy
  - 24/7 crisis support
  - Workshops and group therapy sessions, such as ADHD Support Groups, Disordered Eating Groups, and Student Grief and Loss Gatherings
  - Psychiatric medication evaluations
  - These services are free to students who have paid the [Campus Health Fee](#).
  - For more information, please visit [here](#).
- CAPS is located on the **second floor of Vaden Health Center**. Find it [here!](#)

## Stanford Well-Being Coaches

- Offer support for everyday personal and academic struggles
- Can help you make shifts in beliefs and behaviors to improve your overall well-being, or simply offer support when you're struggling.
- Can help you clarify your values, set goals, and talk through challenges.
- For more information, including directions on how to book a well-being coach, please visit [here](#).

## The Bridge Peer Counseling Center

- Serviced by fellow Stanford undergraduate and graduate students trained in peer counseling
- Anonymous
- For more information, including directions on how to contact The Bridge, please visit [here](#).
- The Bridge is located at **Rogers House, 581 Capistrano Way**. Due to COVID-19, the Bridge Peer Counseling Center will be operating via Zoom for the foreseeable future. However, you can usually find The Bridge on campus [here!](#)

## Weiland Health Initiative

- Promotes mental health and wellness across the spectrum of gender identities and sexual orientations through education, training, and clinical services.
- Programs include brief individual therapy sessions, Queer Yoga, Trans resource guides, connections to gender-affirming medical care, and more.
- For more information, please visit [here](#).

## Other Mental Health and Well-Being Resources

- Wellness Classes
  - One-unit classes offered in a variety of topics every quarter, including meditation, anti-procrastination, and money management.

- Find via [ExploreCourses](#).
  - [Educational videos](#) made by CAPS counselors on a variety of mental health topics
  - [Virtual Well-Being Resources](#)
  - [Independent and Stanford-affiliated mindfulness resources](#)
  - [Mental Health Resources at Stanford website](#)
  - Sign up for the [Vaden Flourishing Alliance Mailing List](#)
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## Medical Services

- Offered through Vaden Health Center, located across from Wilbur Field. Find it [here!](#)
  - Services offered include:
    - General medical appointments, physical therapy, pharmaceutical services, travel clinics
    - Body image and nutrition programs
    - Allergy injections and immunizations
    - Referrals to specialists
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## Confidential Support Team (CST)

- Supports students impacted by sexual or relationship violence
- Completely confidential; not required to report to the Title IX Office
- Services offered by CST:
  - Initial Consultation
  - Crisis Response
  - Help with understanding rights and reporting options, obtaining academic or residential support, connecting to medical care, obtaining a forensic exam, or addressing safety concerns
  - Brief counseling support
  - Ongoing therapy to treat concerns such as PTSD or depression resulting from sexual or relationship violence that occurred during the student's time at Stanford or in a similar student role
  - Outgoing referrals for therapy to address other concerns

- For more information, please visit [here](#).
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## Office for Religious and Spiritual Life

- Nurtures the spiritual life of campus, builds communities of belonging, and fosters spiritual wellness. Programs include student religious life organizations, yoga and mindfulness classes, interfaith opportunities, courses in meaning making and justice advocacy, religious services and celebrations, spiritual counseling and more.
  - For more information, please visit [here](#).
  - For a full list of student religious organizations represented on campus, please visit [here](#).
  - Campus Highlights
    - Windover Contemplation Center  
Calming space for meditation  
Located in front of Roble on Santa Teresa St. Find it [here!](#)
    - CIRCLE Multi-Faith Center  
Offers a common room, interfaith sanctuary, seminar room, student lounge area and library  
Located on the third floor of Old Union. Find it [here!](#)
    - Memorial Church (“Memchu”)  
Hosts various services and weekly public worship throughout the school year  
Located “at the heart of Stanford” in Main Quad. Find it [here!](#)
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## Building Assignments

Students who participated in the sophomore matching program or submitted a building assignment application by the July 9 deadline should have received an email from R&DE last week with their building assignments. If you have not received a building assignment, or if you have other inquiries or concerns regarding your assignment, please [file a service ticket](#) and let us know how we can help.

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## Mark your Calendars

### Past Due:

**June 30:** Deadline to request OAE accommodations for undergraduate housing. If you missed this deadline, please apply as soon as possible. [For details, please visit this site.](#)

**July 23:** Deadline to upload your COVID vaccination documentation to the Vaden patient portal. Our thanks to all students who met the deadline. If you did not meet the deadline, Vaden Health Services will place a hold on your Axxess account that will prevent you from registering for fall quarter classes. [Submit questions specific to your circumstances here.](#)

**August 2 - August 27 (8 a.m Pacific Time):** [Sign-up](#) for priority enrollment in up to three [Autumn introsems](#).

**August 18 - September 1st (5 p.m Pacific Time):** [Enroll in PWR2](#) for fall quarter.

**September 30:** Deadline for [second round sign-ups](#) for the Sophomore Wayfinders program.

### Community Events

**September 18:** Cardinal Service Fair

**September 18:** Football Game Watch Party

**September 19:** Sophomore Welcome Event

**September 25:** [First home Football Game, Stanford vs. UCLA](#)

**September 28-30:** Student Engagement Fair

More coming soon on a sophomore scavenger hunt, Cardinal Nights evening activities and a Class Field Day.

### Class Enrollment

**September 1:** Enrollment opens

**September 20:** Preliminary study list deadline; First day of the quarter

**October 8 (5 p.m.):** Final study list deadline

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### Questions?

We are here to answer your questions and ensure that your transition to a full

on-campus experience is a smooth one. Let us know how we can help you! If you have questions or suggestions on topics we should cover, feel free to [drop us a line](#).

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