finals CARE RESOURCES

UCONN STUDENT HEALTH AND WELLNESS

Be well. Feel well. Do well.
Eat Well

Be aware of what you’re putting in your body. Try to snack on fruits, vegetables, and nuts to keep your energy high as you study. Avoid alcohol and caffeine if you can.

Move Well

Move your body, even if it’s only stretching, to break up long hours sitting or laying down. Go for walks, have dance breaks, or go outside to change your environment and energy levels.

Think Well

Minimize distractions in your work area to increase the likeliness of being productive. Put your phone on Do Not Disturb and install browser extensions that discourage procrastination.

Plan Well

Make a plan and stick to it. Decide what you want to do for the day, when you will take breaks, and when you will stop. Mark off accomplishments and completions in an agenda.

Sleep Well

Make sure you get enough sleep. Staying up late and cramming can actually be counterproductive.

Feel Well

Reward yourself for a hard day’s work, even if you didn’t finish everything you set out to.

Be kind to yourself.

This is new and difficult, and we all understand that. You’re a student, but you’re a person too. We will get through this finals season together.
**Bullet Journaling**

Bullet journaling is in rn. It is not only artsy but it's good to track your goals and to budget which ties into both financial and personal self care.

**Meditation and Mindfulness**

Meditation helps with retraining and redirecting your thoughts while also lowering cortisol levels. Research shows that it can also help with IBS, PTSD, and fibromyalgia.

**Cooking: Broreos**

All it takes is one box of brownies, Oreos, milk, chocolate chips, and eggs in order to make a great snack! Cooking can be therapeutic because it brings about creativity and makes people feel happy about what they’ve made. Food also bring people together which may cause others to show gratification!

**WHAT WERE DOING TO SUPPORT STUDENTS DURING FINALS**

The members of the RC have divided and conquered. We're interested in bringing the fun and nurturing experience to your computer or phone screen as a collective.

Community Programming Team has focused on entertainment. During quarantine, they have managed to have a movie night and virtual game night for Friday night socials. They've also been working on engaging posts to keep our friends engaged. On April 24, they plan to have a bring your own art supplies workshop with an evening of fun.

The RC Self Care Team has focused on highlighting everything peace and tranquility by defining what self care is, why it's important, and what we can do to be productive in the wellness department. We've also generated some positive captions for future posts!

The RC focused on Professional Development which has shown students how to stay business minded and motivated while also being creative with their resumes and business cards.

Our Non COVID Team is working on keeping our minds off of the press by asking intriguing questions and educating us on a variety of topics to keep us distracted.
Spring 2020
Writing Center Finals
Hours
all tutoring is online

Mon-Thurs 10am-10pm
Friday 10am-2pm

Go to our website at www.writingcenter.uconn.edu to schedule an online appointment.

"Like" us on Facebook to get updates about Writing Center events and to get helpful writing tips!

Follow@uconnWcenter
**ACADEMIC ACHIEVEMENT CENTER**

All AAC programs & services are virtual!

- Academic Coach Drop-ins
- Live Chat with an Academic Coach
- Student Success Workshops
- Supplemental Instruction
- NEW Online Course Help Webpage
- AAC Resources & Worksheets

[ACHIEVE.UCONN.EDU](ACHIEVE.UCONN.EDU)

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**BURSAR**

Contact a Bursar Staff Member

Call: 860-486-4830

Email: bursar@uconn.edu

Live Chat

[BURSAR.UCONN.EDU](BURSAR.UCONN.EDU)

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**FINANCIAL AID**

Contact a Financial Aid Representative

Call: 860-486-2819

Email: financialaid@uconn.edu

Live Chat

[FINANCIALAID.UCONN.EDU](FINANCIALAID.UCONN.EDU)

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**CENTER FOR STUDENTS WITH DISABILITIES**

- Disabilities Services Staff available by email
- Strategy Instructors available daily
- List of Resources on their website
- Prospective Student Info Sessions

[CSD.UCONN.EDU](CSD.UCONN.EDU)

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**DEAN OF STUDENTS**

The Dean of Students staff are available for online or phone appointments via NEXUS

Mondays - Fridays

1:00 p.m.- 3:30 p.m.

[DOS.UCONN.EDU](DOS.UCONN.EDU)

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**REGISTRAR'S OFFICE**

Contact a Registrar's Staff Member

Online Contact Form

Email: registrars@uconn.edu

[REGISTRAR.UCONN.EDU](REGISTRAR.UCONN.EDU)
HUSKYCT
24/7 Tech Support with a Blackboard Representative
Call: 1-855-308-5616
Live Chat
Service Ticket
LEARN.UCONN.EDU

Q CENTER
Online tutoring via WebEx tutoring rooms by academic discipline
QCENTER.UCONN.EDU

SHAW MENTAL HEALTH
• Telehealth/phone services
• Continued services for students already in services at ShaW-MH
• Same day consultation for new patients
• Crisis assessment 24/7
COUNSELING.UCONN.EDU

SHAW MEDICAL CARE
• Modified hours of operation
• Telemedicine/phone appointments
• Pre-screening of students before in-person visits
• Curb-side pharmacy services
• After-hours nurses available
SHS.UCONN.EDU

TECH SUPPORT CENTER
Contact a TSC Representative
Call: 860-486-4357
Email: techsupport@uconn.edu
Live Chat
TECHSUPPORT.UCONN.EDU

CENTER FOR CAREER DEVELOPMENT
CCD is virtual!
Career Coaching Session via Handshake
CAREER.UCONN.EDU

Q C E N T E R
Online Sessions via Writing Center Appointment Portal and GoogleDocs
WRITINGCENTER.UCONN.EDU

W R I T I N G C E N T E R

S H A W  M E D I C A L  C A R E

T E C H  S U P P O R T

C O N S E L I N G

C A R E E R . U C O N N . E D U

C O N S E L I N G  U C O N N . E D U

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### Pass/Fail Policies

#### By College or School

<table>
<thead>
<tr>
<th>School of Business</th>
<th>CAHNRR</th>
<th>CLAS</th>
<th>NEAG</th>
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<tbody>
<tr>
<td>All major courses are permitted to be converted, no limit on amount of credits converted.</td>
<td>All classes for the majority of majors can be converted pass/fail. The majors excluded are: Dietetics, Medical Laboratory Sciences, Diagnostic Genetic Sciences. There is no limit on amount of credits converted.</td>
<td>Most courses are permitted for conversion however, only up to maximum of 3. There are three courses for which conversion for major credit is not permitted: COGS 2201, Math 2710/W, and Math 2142.</td>
<td>Most courses in NEAG are permitted for conversion, without a maximum limit. Two courses that are not permitted are specific to Sports Management Majors: EDLR 3300W and EDLR 3547W.</td>
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</tbody>
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<thead>
<tr>
<th>School of Fine Arts</th>
<th>School of Engineering</th>
<th>School of Nursing</th>
<th>School of Pharmacy</th>
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<tbody>
<tr>
<td>All courses are permitted for conversion, and there is no limit on how many of them students convert.</td>
<td>All major based courses are permitted for conversion with no limit on amount of credits converted.</td>
<td>All courses are permitted for conversion with no limit. Should a student choose not to convert, the School of Nursing will accept a grade of D- as passing, whereas formally only a C was.</td>
<td>No major based course is permittable for conversion. Curriculum remains graded on a A-F scale.</td>
</tr>
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</table>
WE’RE HERE FOR YOU

SHaW Mental Health and Medical Care providing services via TELEHEALTH (virtual appointments)

To speak with us call:
860-486-4705 (Mental Health)
860-486-4700 (Medical Care)

We are pre-screening students **before** in-person clinical appointments

Our Pharmacy has moved to curb-side service **only**

studenthealth.uconn.edu
860-486-4700 & 860-486-4705

Be well. Feel well. Do well. UCONN | UNIVERSITY OF CONNECTICUT

STUDENT HEALTH AND WELLNESS
Testing available by appointment
Call 860-486-4700

Open to all undergraduate and graduate Storrs students

*IMPORTANT NOTE: For COVID19 testing, you must schedule a telehealth screening visit. If you meet testing criteria, you will be slotted into a testing time
HOW TO NAVIGATE SUBSTANCES DURING STRESSFUL PERIODS OF TIME

SET A LIMIT
Set limits you think will work for you. Students that have 4 or more drinks (females) or 5 or more drinks (males) in one day are at an increased risk for experiencing alcohol-related harms. Aiming below that number is a great place to start, especially during finals week!

TAKE A BREAK
If you typically use alcohol or marijuana to relieve stress, try one of these strategies to take a healthier break instead: watch your favorite show, take a walk around campus, socialize with friends, or head to the Rec Center.

PRIORITIZE
Having multiple papers due at 11:59 pm on Sunday night can be stressful. It can be even more stressful if you stayed out till 2 am the night before! Try taking some time off from drinking so you can achieve the grades you’re really hoping for.

FIND (ALTERNATIVE) WAYS TO FEEL GOOD
Alcohol causes a neurotransmitter called Dopamine to be released, creating a short-term mood boost; chocolate, exercise, sex, laughing, and eating your favorite food can also release those feel-good chemicals! And, with fewer potentially not-so-great impacts...

SWITCH UP YOUR SCENERY
Do you tend to drink or smoke where you live? Getting distracted by all the norms of your room when studying? Try going to the library or another study space on campus to focus on finals and take a tolerance break from substances this week!

SEEK HELP
Student Health and Wellness is available to support you in strategizing around making changes to your substance use. Schedule a free, private BASICS (Alcohol) or MAPP (Marijuana) appointment with Student Health and Wellness today! Visit myhealth.uconn.edu and select Health Promotion under Type of Service.

FINALS WEEK
Be well. Feel well. Do well.
RESOURCES | UConn Response to COVID-19, Spring 2020

Please Note: This is not a comprehensive list. Review the Daily Digest and other UConn and department communication outlets for useful information.

- The Academic Achievement Center (AAC) is now VIRTUAL!
  - Drop-ins – available to all from March 23 to May 1 via WebEx during these hours:
    - Mondays to Thursdays, 9:00 am - 7:00 pm and Fridays, 9:00 am - 4:00 pm
    - WebEx: Meeting Number: 642 498 841 | Password: AADCdropIns
  - Workshops/Presentations – access at https://achieve.uconn.edu/pres
  - Supplemental Instruction – hosted at regularly scheduled times at https://achieve.uconn.edu/si
  - Online Course Help – visit https://achieve.uconn.edu/online-course
  - Questions – visit https://achieve.uconn.edu and chat with an academic coach or staff member!

- Online Learning student support: https://onlinestudent.uconn.edu/keeplearning

- Connecting with Students
  - By Phone/FaceTime or Online Conferencing Tools
    - WebEx – video or voice conference and share screens. Login with NetID & Password: https://its.uconn.edu/webex
    - Zoom – offers video or voice conference and share screens. https://zoom.us
    - Google Hangout – All faculty/staff have access to the Google Suite (applications for Education) using your UConn email log-in. To opt in: https://email.uconn.edu/g-suite
      - offers messaging, voice and video calls on your computer or other synched devices

- Updates to Pass/Fail & Last Day to Withdraw: UConn is providing flexibility for students and its schools and colleges regarding taking spring 2020 undergraduate courses on a pass/fail basis. Students may now elect pass/fail grading or drop a course at any time by the last day of classes, but should consult with their advisers first. https://uconn.edu/public-notification/coronavirus/covid-19-academics-and-research/#AR-2020-03-19-a

<table>
<thead>
<tr>
<th>COVID-19 Academic Policy Updates By School/College</th>
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<tr>
<td>School/College</td>
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<td>College of Liberal Arts &amp; Sciences</td>
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<td>Academic Center for Exploratory Students</td>
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<td>College of Agriculture, Health, &amp; Natural Resources</td>
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<td>School of Nursing</td>
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<tr>
<td>The Graduate School</td>
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<tr>
<td>Webpage</td>
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<tr>
<td><a href="https://undergrad.business.uconn.edu/academics/spring-2020">https://undergrad.business.uconn.edu/academics/spring-2020</a></td>
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<td><a href="https://education.uconn.edu/temporary-rule-change-for-pass-fail-grading">https://education.uconn.edu/temporary-rule-change-for-pass-fail-grading</a></td>
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<td><a href="https://clasadvising.uconn.edu/coronavirus">https://clasadvising.uconn.edu/coronavirus</a></td>
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<td><a href="https://aces.uconn.edu/advisingupdates">https://aces.uconn.edu/advisingupdates</a></td>
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<tr>
<td><a href="https://grow.uconn.edu/pasfailupdates">https://grow.uconn.edu/pasfailupdates</a></td>
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<tr>
<td>Advising Drop Ins Email: <a href="mailto:acadprog@uconn.edu">acadprog@uconn.edu</a></td>
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<tr>
<td>Monday - Friday 1:00 pm - 4:00 pm, Phone or WebEx</td>
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<tr>
<td>Advising Appointments using Nexus</td>
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<tr>
<td>Nursing Advisees Email: <a href="mailto:Lindsay.Darcy@uconn.edu">Lindsay.Darcy@uconn.edu</a>, Phone or WebEx</td>
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</tr>
<tr>
<td><a href="https://grad.uconn.edu/coronavirus/faq/#current">https://grad.uconn.edu/coronavirus/faq/#current</a></td>
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- The UConn Writing Center will offer online tutorials starting March 23, https://writingcenter.uconn.edu
  - Students will be able to make 45 minute, individualized appointments using the online appointment scheduler. They can then launch a video connection from the appointment system.

- The Q Center will offer online tutoring during their normal hours, https://qcenter.uconn.edu
  - Monday-Thursday, 11am-11pm | Friday 11am-3pm | Sunday 1pm-11pm
Online tutoring: [https://qcenter.uconn.edu/q-center-online](https://qcenter.uconn.edu/q-center-online)

- The **Center for Career Development** – phone or virtual career sessions can be scheduled at [https://uconn.joinhandshake.com/login](https://uconn.joinhandshake.com/login). Also utilize virtual offerings at [https://career.uconn.edu](https://career.uconn.edu)

- Dr. Becky Acabchuk, former WiMSE House GA and neuroscientist created a **guided meditation** for embracing uncertainty: [https://www.youtube.com/watch?v=OqEpJwRv_3g](https://www.youtube.com/watch?v=OqEpJwRv_3g)

- Free **Ten Percent Happier** Corona **Sanity Guide**: [https://www.tenpercent.com/coronavirussanityguide](https://www.tenpercent.com/coronavirussanityguide)
  - Daily 3pm live sessions featuring top meditation/mindfulness teachers: [https://www.tenpercent.com/live](https://www.tenpercent.com/live)

- And **for fun**, as we navigate staying home, Sloane Hanley from the AAC put together this list:

  1. **Stay Fit**
     a. **Centr App** - has a free 6 week trial
     b. **GymShark Conditioning app** - minimal equipment workouts
     c. **Barrys Bootcamp** - schedule posted on the Barry’s UK Instagram account
     d. **Orange Theory** - on Instagram @OrangeTheoryLondon is hosting at home workouts
     e. **School of SOS** - Dance routine workouts @SchoolofSOS on Instagram

  2. **Stay sane**
     a. Try to go for a walk outside
     b. **UCLA Health** - free guided meditations
     c. **Tara Brach** - guided meditations
     d. Smiling Mind App
     e. Stop, Breathe, & Think App
     f. I also am a big fan of finding dog/baby videos on the internet

  3. **Learn something for free**
     a. **EdX** - has free online courses
     b. **Coursera** - has free online courses

  4. **Have fun**
     a. **Live stream a concert** and [here is another list of live concerts](https://www.tenpercent.com/live)
     b. **DNice On Instagram** - is hosting nightly dance parties where he mixes music. Michelle Obama was in there the other night along with JLo
     c. Christina Tosi on Instagram - is hosting 2pm baking classes live on her Instagram (I am obsessed with her recipes)
     d. Learn a new game
        i. I learned Canasta online this weekend!
Preparing for Finals (at home)

Sophie Rodenbush
Uconn Center for Students with Disabilities
Beyond Access Strategy Instructor
Finals will look different this year

- All finals will be online
- Professors may use different browsers and websites, such as Lockdown Respondus Browser and HuskyCT to administer exams
- Some exams may be proctored virtually
- Make sure you check with professors before finals week about whether accessing internet resources and textbooks is OK
Things to keep in mind

- Finals begin on May 4th, which means that we are close, but you still have plenty of time to study!
- Begin today, even if it’s just something small
- Spacing > Cramming
- Have questions about whether your finals are cumulative, or what chapters will be covered? Email your professor or TA to ask!
Some of your final exams may be “open book” exams since moving to the online platform but that doesn’t mean you don’t have to prepare! Follow the tips below to help you get ready for your open book final exams:

1. Prepare like it is a “regular exam”: create a study guide, review your information, know where to find things in your notes

2. Familiarize yourself with your textbook, notes, and any additional materials provided by the instructor (slides, notes)

3. Keep a separate sheet for important terms, dates, and formulas

4. Utilize highlighters, sticky notes, in-text written notes to identify key information. You can even use different colors to designate different things

   - Example: pink= key term, blue= important date

5. Textbook headings and subheadings outline important, main ideas for you to know
Take Home Exams

Some of your final exams may be “take home” exams since moving to the online platform. Make sure you have all the materials necessary materials to do well!

1. Organize your course materials well by utilizing sticky notes, highlighters and written/typed notes

2. Plan out a strategy to use when taking the exam. Will you answer multiple choice questions or short answer questions first?

3. Be sure to proofread your work to ensure there are no grammar mistakes, missed questions or silly mistakes.
Step 1: Organize & Prioritize

- Use the “Final Exam Schedule” feature in Student Admin to check when your finals are scheduled, and mark this in your phone or calendar
- Determine which exams will require the most studying
- Organize the materials you will need to study (notes from class, textbooks, slides from HuskyCT, etc.)
Step 2: Make a Study Plan

- Determine what you need to do to prepare for each class. Problem sets? Practice exams? Reading textbook chapters?
- How many hours will you realistically need to prepare for each exam? Work back from the day of the final and spread out your studying.
- What days will you study? Will you give yourself a day/days off?
- What times of day will you study?
- Where will you study?
Sample Study Plan

- Use one for each exam
- Set realistic deadlines
- Check off scheduled activities once they are completed

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### Exam Preparation Worksheet

<table>
<thead>
<tr>
<th>1. Exam Information</th>
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<tbody>
<tr>
<td>Course name and section</td>
<td>Day, date, time and place of exam</td>
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<tr>
<td>Kind of exam</td>
<td>Essay</td>
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<tr>
<td>Amount of time allowed for exam</td>
<td></td>
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<tr>
<td>Weight of exam in total grade for course (if known)</td>
<td>%</td>
</tr>
<tr>
<td>Textbook chapter(s) or pages covered on exam</td>
<td></td>
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<tr>
<td>Lecture or discussion topics covered on exam</td>
<td></td>
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<tr>
<td>Other material or activities on exam (films or videotapes, lab experiments or demonstrations, etc.)</td>
<td></td>
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</tbody>
</table>

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<tr>
<th>2. Study Completion Schedule</th>
<th>STUDY ACTIVITY</th>
<th>DEADLINE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Textbook chapter(s) or pages to read</td>
<td></td>
<td></td>
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<tr>
<td>Lecture or discussion notes to correct, expand, or (if missing) copy from a classmate</td>
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<tr>
<td>Other materials or activities to finish</td>
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<tr>
<th>3. Review Schedule</th>
<th>REVIEW ACTIVITY</th>
<th>DEADLINE</th>
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<tbody>
<tr>
<td>Review textbook chapter(s) on pages</td>
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<tr>
<td>Review lecture or discussion notes</td>
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<tr>
<td>Compare textbook material with class notes</td>
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<tr>
<td>Review other materials or activities</td>
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<tr>
<td>Review with small group or other students (optional)</td>
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</tbody>
</table>

Taken from: *Building Better Study Skills: Practical Methods for Succeeding in College*  
The American College Testing Program, Iowa City, Iowa, 1989
Step 3: Start Studying

- Start working on the first tasks on your study plan
- Study each day, even if it’s only for a little while
- Cross off items once you have completed them
- Re-evaluate your study plan every few days
- Take meaningful breaks
Step 4: Take the Exam!

- Make sure you are in a quiet space
- Let your family members or roommates know that you will be focusing on the exam
- Gather any materials you will need to take the exam beforehand, and have them nearby
- Reading questions aloud may help you understand what each question is asking
Strategies: Focusing

The Pomodoro Method

- Sometimes studying for a long time with no breaks can make it hard to focus.
- The Pomodoro method can help!
- 25 mins of studying, followed by a 5 minute break
  - Plan what you will do for each 25 minute interval

Other Strategies

- Pick a designated study spot
- Use headphones to block out distractions
- Get help from family & friends
- Make a (virtual) study hall!
Strategies: Memorization

“Chunking”

● It’s a lot easier to remember information if it is in meaningful “chunks”
● Chunking is how we remember phone numbers: instead of 1-8-0-0-0-1-2-3-4-5-6-7, we “chunk” the numbers to 1-800-123-4567
● You can “chunk” concepts by area

Chunking Example: Neuroscience

● You need to memorize: Acetylcholine, Glutamate, GABA, Glycine, Epinephrine, Norepinephrine, Dopamine, Serotonin and Histamine

Excitatory: Acetylcholine, Glutamate, Serotonin, Histamine

Inhibitory: GABA, Glycine

Catecholamines: Epinephrine, Norepinephrine, Dopamine
Strategies: Stress Management

- Deep Breathing & Hexagon Breathing: 
  https://www.youtube.com/watch?v=aXItOY0sLR

- Listening to music
- Exercising
- Calling a friend or family member
Mental Health Resources

Storrs Campus

- Student Health & Wellness-Mental Health (SHW-MH), Arjona Building, 4th Floor; 860-486-4705 (includes 24/7 on call services for mental health crises)
- Psychological Services Clinic, Bousfield Building; 860-486-2642

UConn Regional Campuses - Mental Health Resource Centers

- (Hartford) https://mhrc.hartford.uconn.edu/
- (Stamford) https://mhrc.stamford.uconn.edu/
- (Avery Point) https://averypoint.uconn.edu/student-life/student-resources/counseling-and-wellness-services/
- (Waterbury) https://waterbury.uconn.edu/student-life/student-resources/mental-health/

State/National

- United Way (2-1-1 service): Dial 2-1-1 or search online. If you are outside of Connecticut or have a problem using the 2-1-1 number, dial 1-800-203-1234 or go to https://www.211ct.org/
- Substance Abuse and Mental Health Services Administration (SAMHSA), English and Spanish services 1-800-662-HELP (4357)
Other Resources

UConn Keep Learning

- https://onlinestudent.uconn.edu/keeplearning/

CSD Resources

- https://csd.uconn.edu/resources-to-keep-learning/

Academic Achievement Center

- https://achieve.uconn.edu/