

## *Statement on Self-Care*

*Your academic success in this course and throughout your college career depends heavily on your personal health and well-being. Stress is a common part of the college experience, and it often can be compounded by unexpected life changes outside the classroom. The Pace Community strongly encourages 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 know 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 as well.*

	<i>Pleasantville</i>	<i>NYC</i>
<i>Academic Advising</i>	<i>See school listings</i>	
<i>Affirmative Action Office</i>	<i>(914) 923-2610</i>	<i>(212) 346-1310</i>
<i>Center for Spiritual Development</i>	<i>(914) 773-3767</i>	<i>(914) 773-3767</i>
<i>Counseling Center</i>	<i>(914) 773-3710</i>	<i>(212) 346-1526</i>
<i>Dean for Students Office</i>	<i>(914) 773-3351</i>	<i>(212) 346-1306</i>
<i>Health Care Unit</i>	<i>(914) 773-3760</i>	<i>(212) 346-1600</i>
<i>Office of Multicultural Affairs</i>	<i>(914) 773-3628</i>	<i>(212) 346-1546</i>
<i>Pace Women's Justice Center</i>	<i>(914) 287-0739</i>	<i>(914) 287-0739</i>
<i>Residential Life</i>	<i>(914) 597-8777</i>	<i>(212) 346-1295</i>
<i>Office of Sexual And Interpersonal Wellness</i>	<i>(212) 346-1931</i>	<i>(212) 346-1931</i>
<i>Student Accessibility Services</i>	<i>(914) 773-3710</i>	<i>(212) 346-1526</i>
<i>Student Engagement</i>	<i>(914) 773-3767</i>	<i>(212) 346-1590</i>

*The Counseling Center Just In Case information supplies potentially life-saving mental health information to Pace University students, staff, and faculty, putting vital information and support options at your fingertips, just in case you or a friend needs help... [See the Just In Case website](#) or go to "Counseling Center" on the MyPace or the Pace Safe app.*

*During this academic year, the following information on [Coping Emotionally with COVID-19](#) may also be useful for you.*