

## ***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.*

	<b><i>Pleasantville</i></b>	<b><i>NYC</i></b>
<i>Academic Advising</i>	<i>See school listings</i>	
<i>Affirmative Action Office</i>	<i>212-346-1310</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>Multicultural Affairs &amp; Diversity Programs</i>	<i>914-773-3775</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>Sexual Assault Education &amp; Prevention Specialist</i>	<i>914-597-8783</i>	<i>212- 346-1931</i>
<i>Student Accessibility Services</i>	<i>914-773-3710</i>	<i>212-346-1526</i>
<i>Student Development and Campus Activities</i>	<i>914-773-3767</i>	<i>212-346-1590</i>

*The Counseling Center Just In Case App supplies potentially life-saving mental health information to Pace University students, staff, and faculty. This smart phone app puts vital information and support options at your fingertips. Scan and open the app today, just in case you or a friend needs help... Download the Counseling Center Just In Case App at <http://bit.ly/justincasepace> or go to "Counseling Center: Just In Case" on the MyPace Mobile App.*

*During this academic year, the following information on Coping Emotionally with COVID-19 may also be useful for you: <https://www.pace.edu/counseling/coping-with-coronavirus>*