Student Wellness Resources (during COVID-19)

Chapman University

**Dean of Students**
(714) 997-6721, dos@chapman.edu
Monday-Friday, 8am-5pm
- We are continuing to provide student support and advocacy virtually or via phone call.
- **Concerned about a student?** If a student is in distress and facing a non-emergency related situation, you can report using the online **Student Concerns Intervention Team (SCIT) Report** form. For any questions on reporting, you may contact the Dean of Students office.
- **For emergencies, please call 911 or the Department of Public Safety (DPS) at (714) 997-6763.**
- If a student needs assistance currently with access to a laptop; any personal, financial, academic, or medical challenges; and/or with access to basic needs that interfere with their academic experience, please contact us.

**Student Psychological Services Center (SPCS)**
(714) 997-6778 (**24/7 crisis and consultation line**), spcs@chapman.edu
Monday-Friday, 8am-5pm
For emergencies, please call **911 or the Department of Public Safety (DPS) at (714) 997-6763.**
- Therapists will continue to meet with students that are already receiving services with SPCS in person (with limitations) and via tele-medicine. You may visit SPCS in person or call for an appointment. If students are not receiving services with SPCS yet, they will receive information for off campus care.
- **Therapy Assistance Online (TAO) - self-help modules; available to the Chapman community.**

**Student Health Services**
(714) 997-6851
Monday-Friday, 8am-5pm
For emergencies, please call **911 or the Department of Public Safety (DPS) at (714) 997-6763.**
Health care services include: first aid (cuts, abrasions, and burns), acute illness (fever, sore throat, sudden pain, vomiting, and diarrhea, doctor's hours (physician and gyn nurse practitioner visits available by appt), health maintenance (immunizations, TB skin testing and tetanus boosters), Health screening (pregnancy, PAP, STD's, blood pressure, & diabetes screening)
- As of now, **Student Health Services continue operating as usual.**
Please call if you have any questions.

**Disability Services**
(714) 516-4520, ds@chapman.edu
Monday-Friday, 8am-5pm
- Disability Services is legally mandated to continue providing accommodations for students with disabilities in the virtual environment.
- **We are providing intake appointments/accommodation advising appointments virtually (via Zoom or Microsoft Teams) or via phone;** we are not providing in person intake appointments, accommodation advising appointments, or testing reservations in the Testing Center while the campus is in closure.
Residence Life & First Year Experience
(714) 997-6603, reslife@chapman.edu

- All dining services and restaurants on campus will closed effectively from March 17th until the remainder of the semester. Students using dining services will receive pre-packaged meals.
- The Randall Dining Commons will be open for food pick up during the following hours:
  - Breakfast from 7:30 a.m. to 9:30 a.m.
  - Lunch from 11:30 a.m. to 1:30 p.m.
  - Dinner from 5:00 p.m. to 7:00 p.m.
- If students pack up their room and check out, they will be refunded prorated room and board charges. If students leave their belongings and plan to return, they will be refunded prorated board (resident meal plans) charges, as applicable, but not room.
- For more information, please review the RLFYE COVID-19 FAQ's

Morlan Food Pantry: The pantry will continue to be stocked and accessible to students during this time (until further notice). Students who need access to the pantry can fill out this form.

***Currently, grocery stores have a limited amount of inventory on many of the items we previously had available in the pantry. We want to remind students that they should be mindful to only take food intended to last for one week at a time.

Fish Interfaith Center
(714) 628-7260 (further contact info on website)

- In our collective commitment to provide you with support and guidance during these challenging and uncertain times, the Fish Interfaith Center will be offering a weekly online meditation class—led by Dean Gail Stearns and staff—for the entire Chapman community every Tues., 12-12:45pm PT. The first one starts Mar. 24th.
  - Link to weekly Zoom Mindfulness Meditation.
- The Fish Interfaith Center will soon be launching an online resource platform "Chapman Calm" in the coming weeks. We will send more information to you once it becomes available.
- In the meantime, please enjoy our most recent blog on "Tips for Calmness & Compassion in Times of Crisis"

Fitness and Recreation
(714) 997-6761
(follow @LifeatCU on Instagram!)

- Chapman’s two fitness centers may be closed, but you can still find creative ways to stay healthy and fit! Regular exercise along with a healthy diet, drinking water, and sleep are proven to build a strong immune system.
- Chapman Fitness & Recreation will continue to update the Rec Portal with more information each week. In the meantime, check out the Rec Portal to find on-demand workout Apps, fitness tips and online videos.
- We strongly encourage our students to continue taking care of themselves and hope you will use At Home Workout Resources as a great temporary option. Go to Rec Portal here.

Virtual Activities and Programming:

Break a sweat!
Want high quality on-demand fitness classes streamed to your phone? Looking for ideas for beginner workouts you can do with limited equipment? Check out Rec Portal “At Home Workout Resources”
today! Fitness & Recreation will continue updating new information weekly. Go to Rec Portal today (https://recportal.chapman.edu)!

**Cross-Cultural Center Virtual Stop-in Hour**
Keep the conversations going and stay connected with the Cross-Cultural Center team in a casual, online setting via Google Hang Out starting:
- Monday March 23rd 12pm-1pm PST,
- Tuesday, March 24th 1pm -2pm (PST)
- Wednesday, March 25th 2pm-3pm (PST)
- Thursday March 26th, 3pm-4pm (PST)
- Friday, March 27th 12pm-1pm (PST)

**Celebrate APIDA Heritage Month**
The Cross-Cultural Center has coordinated a Virtual community Engagement Mixer to celebrate APIDA Heritage month join us via ZOOM on Wednesday, April 8th 4pm-6pm (PST)

**Keep Civically Engaged**
Stay updated on the election and voter registration deadlines via Instagram and TikTok. The Civic Engagement team will stream virtual tabling on Wednesday, March 25th at 10am PST, March 26th 4pm PST and March 27th 10am PST

**Global Citizens Wall** is being made available to you virtually. Leave your thoughts on the Engage discussion section or on @lifeatcu’s Instagram story. Last week’s responses are posted on Engage.

**Together, in the Union**
Global Citizen and the World Health Organization (WHO) have launched a virtual concert series to promote unity amid the COVID-19 pandemic’s social distancing protocols called Together, at Home. View concerts here: https://www.globalcitizen.org/en/

**Netflix Party**
Every Thursday Nights the Student Union will host a digital movie night via Netflix Party Follow us on @lifeatcu for the movie of the week

**Other ideas and resources?**
**Museum from Home**
https://blogs.chapman.edu/collections/2020/03/17/museum-from-home/

**Other Updates:**
For the Undergraduate Financial aid office:
- The best form of communication is currently email, finaid@chapman.edu. We should be able to receive phone calls starting next week at our main office line of (714) 997-6741.
- If a student is a graduating senior, check out our Graduating Seniors webpage for detailed financial aid information. Students can also email finaid@chapman.edu with any loan questions.
- If a student needs to submit documents to our office, the documents can be mailed, emailed or faxed. We will still be processing mail.
Utilize the free financial wellness platform iGrad to search for any topics relating to finances, budgets and loan repayment.