

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.

| OFFICE | PLEASANTVILLE | NEW YORK CITY |
|--|----------------|----------------|
| Counseling Center | *914+"773-3710 | *212+"346-1526 |
| Center for Student Engagement | *914+"773-3767 | *212+"346-1590 |
| Dean for Students | *914+"773-3351 | *212+"346-1306 |
| Division of Diversity, Equity and Inclusion | *212+"346-1961 | *212+"346-1961 |
| Office of Multicultural Affairs | *212+"346-1546 | *212+"346-1526 |
| Office of Sexual and Interpersonal Wellness | *914+"773-8783 | *212+"346-1931 |
| Office of Institutional Equity/Title IX Compliance | *212+"346-1310 | *212+"346-1310 |
| Residential Life | *914+"597-8777 | *212+"346-1295 |
| Student Accessibility Services | *914+"773-3201 | |