

THE CLAREMONT COLLEGES



STUDENT SERVICES

OFFERED IN A SOCIAL DISTANCING
VIRTUAL ENVIRONMENT

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CHICANO LATINO STUDENT AFFAIRS (CLSA)

Chicano Latino Student Affairs (CLSA) provides enrichment programs and services that enhance the academic success and personal development of Chicanx/Latinx students at The Claremont Colleges. Our office offers academic support, personal guidance, graduate/professional school advice, cultural enrichment and leadership opportunities. We strive to promote programming that establishes a strong foundation in order to ensure success at The Claremont Colleges.

COUNSELING AND ADVICE

Advising and supporting students as it relates to academic and personal issues and connecting them with resources at their respective college.

We also collaborate with Monsour Counseling and Psychological Services to provide counseling services for CLSA students.

PROFESSIONAL GUIDANCE

CLSA reviews personal statements for graduate/research programs, internships, jobs, etc.

SPECIAL EVENTS

In the fall, we have a Celebration of Latino Heritage calendar which focuses on culture and identity of the Americas. This includes celebrating Afro Latino Heritage, Indigenous culture, and sexuality. Special events and activities are a part of this effort.

MENTORSHIP

CLSA sponsors/peer mentors group as a means of introducing Latino first year students to life at The Claremont Colleges. We are looking to provide 35-40 sponsors/peer mentors for the 2020-21 academic year.

OFFICE HOURS

We offer college specific office hours for students in a virtual setting.

EDUCATIONAL GUIDANCE

We provide support to students for initiating the process to apply to medical and graduate schools. We provide a series of graduate preparation workshops in collaboration with UCLA, UC Irvine and UC Riverside. We also provide fellowship writing workshops for graduate students and graduating seniors who are interested in applying to the National Science Foundation (NSF) Graduate Research Fellowship Program (GRFP).

CONTACT US



(909) 621-8044



CLSA@CLAREMONT.EDU



WWW.SERVICES.CLAREMONT.EDU/CLSA



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OFFICE OF BLACK STUDENT AFFAIRS (OBSA)

The Office of Black Student Affairs (OBSA) is a cultural center and service unit within The Claremont Colleges Services. On behalf of The Claremont Colleges, OBSA is dedicated to providing support, resources and space for students of African descent to feel safe, valued, informed and connected. OBSA offers a range of programming on behalf of enrolled 7C students of African descent, faculty, staff and allies.

IDENTITY BASED VIRTUAL WORKSHOPS AND SEMINARS

OBSA collaborates with services to offer interactive workshops, tutorials and webinars around navigating campus culture as students of color, exploring personal identities, mental health/wellness and submitted topics from attendees.

MENTORING

OBSA's peer mentoring (5C) and alumni mentoring programs (7C) are both virtual. Incoming 5C students can apply and be matched with mentors based on their personal preferences, institution, and other attributes. At the start of the academic year, we will launch via virtual hangout so groups can get to know one another and a database of participants to encourage community. Alumni mentoring has been operating in a virtual capacity since it began in 2017, and alumni and students can apply at any time. Information about both mentoring programs are on OBSA's website.

STUDENT ORGANIZATIONAL SUPPORT

OBSA offers weekly virtual consultations to assist students in advising, funding requests and programming development for BSUs and other campus leaders.

PROFESSIONAL/CAREER WORKSHOPS

OBSA offers a combination of staff-generated workshops and invited guests from among alumni, career center staff, Interdisciplinary Department of African Studies and others to provide webinars or listed resources (preparedness for future employment, virtual careers and internships, connecting students to organizations seeking recruitment from underrepresented communities, interview skills, and collaborations with CGU/KGI to provide a platform for graduate students to share academic work, find community and gain skills for navigating higher education).

HERITAGE MONTH PROGRAMMING

OBSA develops an online database for Black History month virtual events. Partner with BSUs, academic departments and other organizations to offer panels, keynotes and virtual drop-in events.

VIRTUAL NEWSLETTER

OBSA offers weekly event announcements and monthly news (embedded on OBSA's website).

ANNUAL BLACK BOOK

OBSA shares a yearly resource guide listing Black faculty, administrators, alumni and local businesses to support incoming students, embedded on webpage and source suggestions for content from student communities.

SOCIAL MEDIA

OBSA maintains active Facebook (OBSA Claremont) and Instagram (@obsaclaremont) accounts to better connect to student populations and supporting offices, ranging from contests, giveaways, student-submitted content and student social media takeovers, photo albums, campus resources and news. This includes scheduled/coordinated posts advertising coming events from the office and its partners, that will also be replicated to OBSA's email lists.

STAFF HANGOUTS

OBSA hosts professional and student staff check ins, where students can ask questions and discuss an array of topics in a relaxed setting. They will be themed (graduate student social hour, student leader check-in, wellness activities) and non-themed (drop in/open topic)

CONTACT US



(909) 607-3669



OBSA@CLAREMONT.EDU



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CHAPLAINS OFFICE

At The Claremont Colleges, Chaplains serve as confidential spiritual counselors, emotional leaders, and provide ethical leadership to the campus community at large. There are four Chaplains onsite, a Rabbi, Imam, Catholic Priest, and Protestant Minister. Though each Chaplain holds a specific faith, they encourage and support all religious and spiritual student groups and communities on campus. It is the goal of the Chaplains to strengthen individual faith and promote interfaith relations. The Chaplains offer religious support, engagement opportunities, and create a faith community for students as they pursue their education.

PASTORAL COUNSELING

Chaplains are available for pastoral counseling. These are one-on-one private meetings scheduled on request of a student. The Chaplains are not mandated reporters; thus these meetings are completely confidential.

MENTAL HEALTH AND WELLNESS SUPPORT

Workshops and group meetings themed by mental health and wellness topics. Virtual open office hours for students who want to drop by to chat with the Chaplains. Students can speak casually to the Chaplains about school, campus life, and/or personal inquiries.

WEEKLY WORSHIP AND FELLOWSHIP

Virtual services led by The Chaplains and student leaders. We host weekly Shabbat services, Jummah prayers, and Sunday Masses.

HOLIDAY OBSERVANCES

The Chaplains office hosts Holy Day celebrations and services for major holy days. We offer fun interactive online gatherings to celebrate, host meals, and provide worship services coinciding with the holiday (Rosh HaShanah, Yom Kippur, Sukkot, Hanukkah, Purim, Passover, Yom HaShoah, Ramadan, Easter, Christmas, Eid al Adha, Holi, etc.)

EDUCATIONAL OPPORTUNITIES

Torah Study, Bible Study, Quran Study are small group events led by a Chaplain. Students get to express their thoughts and opinions on text readings and discuss among peers. We also offer interfaith gathering to engage students interested in faith learning to meet students of different faiths over a meal and work together on a service project in an online setting.

GUEST SPEAKERS

We offer faith specific and interfaith guest speakers in an online setting to share messages of faith, interfaith respect, or cultural commentary.

COMMUNITY SERVICE ACTIVITIES

We organize interfaith community services activities that can be done either remotely or from a safe distance with different charities and events, offering assistance to those in need, and gathering supplies and kits to donate.

STUDENT ORGANIZATIONS GUIDANCE AND SUPPORT

Students involved in religious or spiritual student groups are overseen by a Chaplain for support. For students interested in forming a student group, the Chaplains will guide them through the process and continue mentoring throughout the groups' presence at the Colleges.

CONTACT US



(909) 621-8685



CHAPLAINS@CLAREMONT.EDU



WWW.SERVICES.CLAREMONT.EDU/CHAPLAINS/



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HEALTH EDUCATION OUTREACH (HEO)

Health Education Outreach (HEO) offers a supportive environment for students to explore, reflect, and engage with their individual and community health and wellness. We offer educational programming, services, and resources to help students achieve maximum health benefits. HEO provides peer health educators for wellness coaching and assistance with any questions you might have.

VIRTUAL RESOURCE LIBRARY

We offer Zines, PDFs, articles, social media accounts, and general resources available on-demand around health and wellness topics.

VIRTUAL ON-AND-OFF-CAMPUS RESOURCE NAVIGATION

Our staff can assist with navigating things like health insurance or off-campus referrals.

EDUCATIONAL COUNSELING

You've got questions, we've got answers. Meet virtually with a Peer Health Educator about all your health and wellness needs and questions. Everything from nutrition, sex(uality), alcohol and marijuana, including ways to reduce risk when using substances, how to support a friend who may be struggling with substance use/abuse, to anxiety and roommate issues. While Peer Wellness Coaching is not a replacement for counseling with a licensed therapist, we use tools such as motivational interviewing, the eight dimensions of health and wellness, harm reduction, and goal setting to help you figure out what's best for you. Meet with the Coordinator for Alcohol or Marijuana 101.

PREGNANCY SUPPORT AND EDUCATION

We offer peer-facilitated virtual pregnancy testing support and birth control education including online meetings with a trained Peer Health Educator who will walk you through the process of taking an over-the-counter pregnancy test, answer your questions and provide support. Guidance on which contraceptive/birth control methods are best for you. We also can provide referrals for on- and off-campus resources for sexual health and wellness.

GUIDED MEDITATION AND JOURNALING SESSIONS

HEO provides short, virtual ways to destress and reconnect with your mind and body.

VIRTUAL ON-AND-OFF-CAMPUS RESOURCE NAVIGATION

Our staff can assist with navigating things like health insurance or off-campus referrals.

HEALTH AND WELLNESS

In partnership with student affairs staff, student clubs and organizations, HEO offers programs about a variety of health and wellness topics.

CONTACT US



(909) 607-3602



HEO@CLAREMONT.EDU



WWW.SERVICES.CLAREMONT.EDU/HEO/PROGRAMS-AND-SERVICES/



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MONSOUR COUNSELING AND PSYCHOLOGICAL SERVICES (MCAPS)

The staff of Monsour Counseling and Psychological Services consists of Psychologists, MFT's, Psychiatrists, Post-Doctoral Fellows, and administrative staff who are committed to providing excellent mental health and psychological wellness services to the students of the Claremont Colleges.

APPOINTMENTS

- Both therapy and psychiatric appointments are free to students
- Call for an appointment during office hours (see the website for current hours)
- Crisis appointments will be seen the same day by either walking in or calling the front desk
- After-hour crisis consultations with a therapist on-call, can also be made by calling the main office number and following the prompts. Appointments: (909) 621-8202 MCAPS front desk
- 24-hour on-call services are provided with follow up
- Campus.Health tele-therapy/health service is available for remote counseling for students

SERVICES

- Individual/couples brief short-term therapy
- Psychiatric medication evaluation and management
- Group therapy
- Crisis intervention (appointments/management)
- After-hour crisis services
- Support for students with learning disabilities and attention deficit/hyperactivity disorder (ADHD)
- Referrals to community clinicians and programs
- Campus outreach programming
- Workshops/modules on topics/issues regarding mental health and emotional wellness
- Mental health consultations
- Liaison drop-in hours
- Anxiety and depression screening

CAMPUS.HEALTH

Students now have access to Campus.Health, which provides 24/7 medical and mental telehealth care for all students, at no cost! To get started, visit <http://campus.health/>. Register and use the service when you need it. Students please see your campus email or contact your Student Dean for your campus code.

CONTACT US



(909) 621-8202



WWW.SERVICES.CLAREMONT.EDU/MCAPS/



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STUDENT DISABILITY RESOURCE CENTER (SDRC)

The Student Disability Resource Center (SDRC) is dedicated to helping students achieve their academic goals by providing accommodations, assisting in mediation between students and faculty and providing student focus workshops on topics such as time management and study skills. We also provide training to faculty and staff on topics related to working with students with disabilities, Universal Design and Disability as Identity.

WEEKLY VIRTUAL WORKSHOPS/DISCUSSIONS

SDRC offers workshops on topics such as time management, study skills, tips for online learning and stress management.

ASSISTIVE TECHNOLOGY LOAN PROGRAM

We offer a technology loan program and virtual training on items such as Smart Pens and Dragon Naturally Speaking. These items can be mailed to a student and virtual training is provided.

ELECTRONIC NOTE TAKING SERVICES AND TOOLS

We offer assistance to students to enhance electronic note taking including Smart Pens and equipment as well as web based tools such as Otter.ai.

DIGITAL TEXTBOOKS

SDRC assists students with procurement of digital textbooks and procurement/development and access to Kurzweil text to speech software.

VIRTUAL EXAM PROCTORING

We provide virtual exam supervising/proctoring using a web-based technology.

ADVISING ON UNIVERSAL DESIGN FOR VIRTUAL COURSE

COLLABORATION WITH DISABILITY COORDINATORS

SDRC will collaborate with disability coordinators from The Claremont Colleges to develop shared procedures and policies

CONTACT US



909-607-7419



SDRC@CUC.CLAREMONT.EDU



WWW.SERVICES.CLAREMONT.EDU/SDRC/



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STUDENT HEALTH SERVICES (SHS)

The staff of the Student Health Services consists of physicians, nurse practitioners and nurses who make every effort to provide excellent medical attention in a caring and efficient manner.

Appointments: Free - Call for an appointment from 8 a.m.–5 p.m. Same-day appointments are usually available if you call early. Appointments: (909) 621-8222 campus ext. 18222.

Cancellations: A \$15 No-Show Charge is assessed to anyone missing an appointment or cancelling an appointment without two-hours advance notice.

Non-Scheduled Visits: \$15 Charge Students without an appointment are worked into the schedule between scheduled appointments as medically indicated.

SERVICES PROVIDED INCLUDE:

- Outpatient services (acute and chronic problems)
- Sexual health
- Pap smears
- Contraceptive services and emergency contraception
- Pregnancy testing and counseling
- Immunizations (routine and travel)
- Physical examinations for sports, overseas travel job applications, etc.
- Limited X-ray facilities
- Dispensary services (basic medications)
- Laboratory testing (including STDs/HIV)
- Orthopedic supplies
- Limited minor surgical procedures

CAMPUS.HEALTH

The Claremont Colleges provide online medical and counseling services via a telehealth option to all TCC students — undergraduate as well as graduate — to expand and supplement services currently available at Student Health Services and Monsour Counseling and Psychological Services. Campus.Health <http://campus.health/> makes it easy for students to get quality medical and mental health care online or from their phone, anytime they need it 24 hours a day, 7 days a week. Campus.Health offers the following unlimited free visits with student-focused, licensed physicians and counselors:

- 24/7 access to on-demand medical care
- 24/7 access to TalkNow emotional support
- Accessible from any location within the United States on any smartphone or web-enabled device

CONTACT US



(909) 621-8222

AFTER HOURS EMERGENCY | (909) 607-2000



SHSRECORDS@CLAREMONT.EDU



WWW.SERVICES.CLAREMONT.EDU/SHS

