Student Summer Resources 2023

Student Affairs Summer Resources Guide

On behalf of the Student Affairs Division, below are some of the resources available to students over the summer. All offices will operate on a flexible summer schedule with extended hours Monday-Thursday, and half days on Fridays, with the exception of the Student Health and Wellness Center and CAPS (Counseling and Psychological Services). The availability of individual staff will depend on vacation schedules.

Main Dean's Office

Office Location: Parrish 108 Office Number: (610) 328-8365

Open throughout the summer on a flexible schedule with extended hours Monday-Thursday and 8:30am-12:00pm on Fridays. Individual staff availability will depend on vacation schedules. If you have a concern, and you need to access a member of the Dean's Office, please contact Public Safety.

Office of Student Engagement

Student Clubs and Organizations, Residential Life, New Student Orientation, Student Activities and Leadership

Office Location: Lower Level Parrish, Room 76

Office Hours: Monday-Thursday: 10:00am-4:00pm; Friday: virtual and by appointment

Office Number: (610) 328-8010

Email: OSE@swarthmore.edu

Questions Regarding Summer Housing:

Alexis Kapij: Area Coordinator: akapij1@swarthmore.edu Mattie Schaefer: Area Coordinator: mschaef1@swarthmore.edu Key Nichols: Summer Resident Assistant: knichol2@swarthmore.edu

Questions Regarding Fall Housing/Move-In:

Amanda Atkinson, Director of Residential Communities

Email: housing@swarthmore.edu

Questions Regarding Student Activities, and Orientation:

Rebecca Weintraub-Barth, Director of Student Activities and Leadership

Email: rweintr1@swarthmore.edu

Residence Hall Maintenance/Facility Issues:

If the issue occurs during college business hours (Monday-Friday, 8:30am-4:30pm)

Email Workbox: workbox@swarthmore.edu or call 610-328-8280

If the issue occurs after hours or on weekends

Call Public Safety: (610) 328-8281

Inclusive Excellence and Cultural Centers

<u>Hormel-Nguyen Intercultural Center</u> (Intercultural Center, International Student Center, and the Interfaith Center) will be open throughout the summer with a modified schedule. Monday-Thursday 10am-4pm

Friday - Closed

Black Cultural Center

Monday-Thursday 10am-4pm Friday - Closed

<u>Women's Resource Center</u>: will be closed for the summer. If you have questions related to the WRC, contact Tiffany Thompson, Associate Dean of Inclusive Excellence. tthomps4@swarthmore.edu

FLI Office

Tuesday and Thursday 10am-4pm Friday - Closed

Career Services

Office location: Parrish 165

Office number: (610) 328-8352

Career Services is open throughout the summer on a flexible schedule with extended hours Monday-Thursday and virtually 8:30am-12:00pm on Fridays. Individual staff availability will depend on vacation schedules. Schedule an appointment with a career advisor to get support with exploring career fields, making the most of your summer internship or research experience, updating your resume or preparing for future career-related endeavors. We suggest touching base prior to the beginning of fall semester to reflect on what you've learned over the summer and to add your summer experience to your resume. Visit the recently redesigned Career Services website to learn more about our industry-specific and identity-based career resources.

Counseling & Psychological Services (CAPS)

The CAPS Office is closed during the Summer. Students seeking mental health crisis support may consult with the CAPS On-Call counselor 24/7 by calling (610) 328-7768. Faculty and staff may call the On-Call service if in need of consultation related to a student mental health issue.

In a life threatening emergency call Public Safety or 911.

CAPS has also partnered with TalkSpace to provide services over the summer if needed at no cost to you. Students may access Swarthmore College's Talkspace at talkspace.com/Swarthmore. You must use your Swarthmore email address to sign up using the College's partnership. Our plan includes up to 4 live 30-min video sessions per month for therapy.

TalkSpace Psychiatry allows for up to 12 video sessions over the course of a year. If you are new to Talkspace and would like to enroll in psychiatry, visit this page and enter the keyword **Swatpsych**. If you have an existing Talkspace account and would like to add psychiatry to your plan, please contact partners-support@talkspace.com and someone from Talkspace's support team will be happy to assist you.

Additional information about accessing Talkspace can be found on the CAPS website: https://www.swarthmore.edu/counseling-and-psychological-services/talkspace

Additional Help Lines:

- Crisis Text Line: Text HOME to 741-741
- National Suicide and Crisis Lifeline: Text or call 988 (online chat also available)
- Trans Lifeline: Call 877-565-8860
- Trevor Project Lifeline: Text START to 678-678 or call 8668-7386 (online chat available)

Student Health & Wellness

The Student Health and Wellness Center is closed during the summer break.

If you have a medical emergency, call the Public Safety emergency line at 610-328-8333 or 911.

For urgent health care questions or symptoms, an on call system is available for students to speak with a registered nurse at 610-328-8548. Please note: this system is an outsourced organization and the registered nurse is not affiliated with Swarthmore College. This number is for urgent health care questions or symptoms.

Administrative questions: e-mail Student Health & Wellness at health@swarthmore.edu. Your e-mail will be returned during the next several business days.

For emergency care, including emergency mental health care: Riddle Hospital, 1068 W. Baltimore Pike, Media, PA

For urgent or same day care: Patient First Urgent Care Center, 417 Baltimore Pike, Springfield, PA, Phone: 484-470-2600

For urgent orthopedic care: Premier Orthopedic Urgent Care, 200 E. State Street, Media PA

Phone: 610-566-5723

Additional resource information is available at www.swarthmore.edu/student-health

Public Safety

In case of emergency, call x8333 or (610) 328-8333 from off-campus For general business, please dial extension 8281 or 610-328-8281

Swarthmore's Department of Public Safety is the first contact and first responder for all campus emergencies and is located in the Benjamin West House, off Chester Road between College Avenue and the Swarthmore train station.

Swarthmore's Department of Public Safety operates 24/7/365 and is fully committed to providing a safe and healthy campus for the entire community. Uniformed officers patrol buildings and grounds, respond to emergencies, provide first responder first aid including non-emergency medical transports, investigate potential crimes on campus, educate the community about crime prevention, and provide individual safety escorts upon request. If you have any sort of emergency after hours and aren't sure who to contact, Public Safety is a great place to start. Public Safety can link you to our on-call resources. They can also in some cases assist with transports.

For urgent facility issues such as power outages, loss of bathrooms, flooding, fire safety, etc, that occur after hours or on weekends, you should immediately contact Public Safety. Routine facility issues during the business day should be sent to Workbox: Workbox@swarthmore.edu