



Supporting Advisees During COVID-19

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Disclaimer

- These are just some, of many, suggestions to help support you
- We, unfortunately, do not have the perfect formula or all of the answers
- Chime in! If you have approaches or techniques that have worked, let us know!

Overview

- 20mins presentation
- 20-30mins group discussion on things/techniques you have found that work with your advisees or students in general

What is an Academic Advisor?

“Advising is viewed as a way to connect students to the campus and help them feel that someone is looking out for them.”

George Kuh (Indiana University Bloomington) *Student Success in College*, 2005.

“Advisors are interpreters who help students navigate their new world. As such, academic advisors have to make connections.”

Nancy King Kennesaw State University

General Tips for Supporting Students

- “Keep Calm and...”
- Practice authenticity
- Validate student feelings/emotions
- “What can I do to best support you right now?”
- Know resources available for students, or how to find what resources are available
- [Set up time to have a Zoom meeting to check in](#)
- It’s okay to have boundaries
- It’s okay to not have all the answers

Caring for Yourself When Coping w/ COVID-19

- Stay in contact with people you care about
- Join a friend (or coworker) with the goal of checking in w/ each other
- Establish some virtual group meet ups
- If you are solitary, consider reaching out to one of our CVM Social Workers for a check-in
- Establish a routine
- Eat as healthily as you can and engage in physical activity
- Check the news, but take breaks from it
- Engage in a new activity/hobby you haven't previously had time for
- During high stress moments, take a moment to simply breathe (doing this with pets is a bonus!)
- Reground yourself in shared values that keep us strong
- **If you are sick, stay home and rest!**

WolfPack Response Line

Campus community members with other questions related to COVID-19 can call the Wolfpack Response Line at 919-512-3272.

Mental Health Resources

- [CDC tips on Managing Coronavirus Anxiety and Stress](#)
- [Coping With Coronavirus- Harvard Health Publishing](#)
- **CVM Counseling Resources:**
 - Laura Castro- providing tele-counseling to CVM Students. Available via email- lncastro@ncsu.edu
 - Rebecca Maher and Meri Wickenhofer- available to provide support/ consultation around impact of clinical cases. They can be reached at 919.513.3901 and ncstatevetfcs@ncsu.edu
- **NC State Counseling Center**
 - Available to students by calling 919.515.2423
 - All services will be available remotely by phone or a secure video conferencing platform
- **National Hopeline Network** (24 hours): 1-800-SUICIDE (784-2433)
- **Suicide Prevention Lifeline** (24 hours): 1-800-273-TALK (8255)
- **The Crisis Text Line** offers support via text (Text HOME to 741741). <https://www.crisistextline.org/#how>)
- **Raleigh Area Urgent Care Walk-in Services:** Wake County Crisis & Assessment, Crisis Stabilization Center, Address: 107 Sunnybrook Road, Raleigh, Phone: 984-974-4800
- **Emergency:** Call Campus Police 919-515-3000; if off-campus, call 911 or go to the nearest emergency room. (If you feel you can't get to the hospital safely, call 911, Campus Police (919-515-3000) or State Police and request transportation to the hospital. They can send someone to transport you safely.)

Financial Resources

- **NC State PACK Essentials**
 - Students experiencing food, housing or financial insecurity can submit this application in order to see which programs and services (Student Emergency Fund, PACK Meal Share, PACK Meal Scholarships, etc) you qualify for
- **United Way-**
 - Connect people with disaster, food, housing, utility, health care resources and more
 - Call 211 to speak to a United Way member about financial assistance opportunities
- **Financial Planning**
 - Andrew Rotz, CVM Director of Personal Finance and Financial Literacy, is still available via email to set up digital meetings at arotz@ncsu.edu
- CVM Emergency Fund

Additional Resources

- [COVID-19 Resources for Students/Families](#)
- [Resources for Students](#)
- [Concerning Behavior Report](#)

Resources for Advisors

- [Faculty and Staff Assistance Program](#)
- Student Services and Academic Affairs
 - Jeff Huckel
 - Laura Castro
 - Meri Wickenhofer
 - Rebecca Maher
 - Amanda Bates
 - Andrew Rotz
 - Kaitlyn Runion
 - Dr. Jennifer Neel
 - Dr. Laura Nelson

Questions/Comments?

- What has worked for you?
 - Meet with mentees every other day as a group, and one-on-one at least once a week face-to-face on zoom
- What other resources do you know of that we didn't mention?