Resources

International Student COVID-19 FAQs

Schedule Meeting w/Graduate School Staff

Click here to submit feedback / comments to the
Graduate School

Graduate School Point of Contacts

COVID-19 Testing

Some graduate students have not received notices for COVID-19 testing yet. If you have not, go directly to https://healthy.verily.com/ and register. All of the testing is handled by GuideSafe, so neither the staff at Auburn, nor at the Medical Clinic can assist with any COVID-19 testing registration issues. If you receive an error, such as “Your employer hasn’t signed you up for Healthy at Work” it might be because you were not registered for classes on August 12. If that is the case, try again after Friday when the student list is sent to GuideSafe again.

If that is not the case, the best course of action is to contact GuideSafe at: testing@staysafetogether.org or call 866-839-5308 from 8 a.m. to 6 p.m. daily. The call center has connections with Verily support, so they can help troubleshoot login issues for entry testing.

Once tested, results should be returned in about 5-7 days.

If you are arriving late, please go directly to https://healthy.verily.com/ and register. Please note: The entry testing ends on August 21, so if you arrive after that you will not be able to participate.

Health Check

Beginning August 17, 2020, all students coming to campus for in-person courses or to attend campus events must complete the GuideSafe™ Healthcheck daily before coming to campus. Healthcheck is an assessment tool designed to allow students to log their COVID-19 related health status and symptoms daily. The initial survey takes approximately 20 seconds to complete and will enroll the student in email and text reminders. Subsequent surveys take approximately 10 seconds to complete and students are required to complete Healthcheck daily.

A HEALTHIER U – http://ahealthieru.auburn.edu/?ref=hpslider
**Counseling Services – Mental and Emotional Self-Care**

**Calming Tips**

Consistent with Auburn University guidance on social/physically distancing, **Student Counseling and Psychological Services (SCPS)** will only be providing individual consultations by phone. If you are an Auburn University student and need further assistance or are in crisis, please call SCPS at 334-844-5123 for support 24 hours a day, 7 days a week.

**Tele-Counseling** is available for students residing in Alabama. COVID support groups are currently running. This is not a clinical service so an out-of-state student could also participate. Regular group therapy through tele-counseling will start again when summer school starts. There are four 3-session workshops (anxiety, depression, interpersonal relationships, and preparing for change) available on-line and can be accessed by any Auburn student. There is no waiting time. In-person services are not available at this time.

**AU Student Counseling and Psychological Services** resources:


At this time, all health insurance companies are covering telehealth/teletherapy, including Medicaid. SCPS has compiled a list of mental health providers in the Auburn/Opelika area that are providing telehealth services. For assistance in getting connected to one of them, contact your assigned counselor or the on-call clinician at SCPS during the 8 am to 5 pm business hours. For individuals with financial concerns, low-cost clinical services are typically found at the local community mental health provider (do an internet search for “community mental health” and add your state and county / parish). For Lee County, AL, the provider is East Alabama Mental Health Center.

**AU Student Affairs - Mental & Emotional Self-Care:**


**AU Student Affairs**: [http://studentaffairs.auburn.edu/](http://studentaffairs.auburn.edu/)
Join the SCPS staff each day or evening to get the tools to be your best self! Whether you need a charge each morning or some help winding down each evening, SCPS is here for you!

SCPS has you covered weekdays at 8 am
Register here: http://aub.ie/SCPSAM

SCPS A.M.

SCPS has you covered weekdays at 4 pm
Register here: http://aub.ie/SCPSPM

SCPS P.M.
TeleFUN De-Stress Zoom Activities

Join the clinicians of SCPS for tips and tricks to become more relaxed and less stressed during the pandemic. These weekly activities are virtual gatherings that will increase connectedness, bolster self-care knowledge, and most importantly, emphasize having some fun!

**MONDAY: Good Mood Food**

Join SCPS’s Alyssa Clements-Hickman in learning about food for your mood. Participants will learn basic recipes incorporating foods proven to boost people’s moods. This activity is one to eat up! Begins on Monday, August 24 at 1 pm, central time.
Visit aub.ie/SPCSCOVID for a link to join.

**TUESDAY: Laughter, The Best Medicine**

Join SCPS’s Scott Smith for a laugh-out-loud good time. Share your favorite funny (and socially appropriate) videos, comedy clips, or humorous stories. Or, if you’re feeling brave, step up to the virtual open mic and perform a mini-set for us. Begins on Tuesday, August 25 at 1 pm, central time.
Visit aub.ie/SPCSCOVID for a link to join.

**WEDNESDAY: Color Me Mindful**

Dr. Jan Miller will send you some of her nifty mindfulness coloring pages and will spend time coloring with you, teaching you about mindful living along the way. Stay in between the lines. Or not. It’s up to you. Begins on Wednesday, August 26 at 1 pm, central time.
Visit aub.ie/SPCSCOVID for a link to join.

**THURSDAY: Clear Your Mind Game Time**

Get away and play some games with SCPS’s Adria Hickson. Games like Charades, Pictionary, or Trivia provide an avenue for us to de-stress and generate positive energy while interacting with others. Begins on Thursday, August 27 at 1 pm central time.
Visit aub.ie/SPCSCOVID for a link to join.

**FRIDAY: peAnut bUtter and JAMS!**

SCPS’s Aja Davis would like to help escalate your mood level by jamming out to songs from the 80’s, 90’s, 00’s, and now! Research has shown that listening to upbeat forms of music increases levels of self-esteem and overall mood. Begins on Friday, August 28 at 1 pm central time.
Visit aub.ie/SPCSCOVID for a link to join.

All activities occur weekdays at 1 pm, central time. These are not counseling sessions. Anyone wanting or needing assistance from a counselor should contact the SCPS on-call clinician at 334-844-5123. For more information about SCPS services, including to access COVID-19 coping information, online workshops, and other coping skills, visit: aub.ie/SPCSCOVID
Thanks to Sarah Grace Walters for joining us at the June 3rd Dean’s Café. Auburn Cares provides these type of services:

- Help students find campus and community resources
- Support students with mental health matters and connect them with mental health providers
- Support students during times of sickness or injury
- Assist students during times of financial difficulty
- Work with students to solve problems and help with crisis management

Sarah Grace Walters, Coordinator for Auburn Cares: sgw0002@auburn.edu or http://aucares.auburn.edu/contact-information/

Here are some point of contacts:
Contacts

• Katherine Hettinger, Manager  
  • 334-844-1423  
  • keh0018@auburn.edu  
• Carrie Rose, Coordinator  
  • 334-844-1389  
  • cbr0047@auburn.edu  
• Sarah Grace Walters, Coordinator  
  • 334-844-1384  
  • sgw0002@auburn.edu

• auburncares@auburn.edu OR auburn.edu/auburncares  
  • 334-844-1305  
• Student Center, Suite 1115  
• Please be prepared to give details about student of concern

More details!

Medical Withdrawals

Medical withdrawal online application process is available. Link to the new website: [http://aucares.auburn.edu/medical-withdrawal-overview-page/](http://aucares.auburn.edu/medical-withdrawal-overview-page/)

Students interested in medically withdrawing can email Carrie Rose, Coordinator at Auburn Cares at medwithdraw@auburn.edu or call 334-844-1389.

Incoming Students

In preparation for your graduate research or teaching assistantship, we suggest completion of the Responsible Conduct of Research or appropriate training.

• Office of Research Compliance  
• General Information - [Graduate School Orientation](https://ocm.auburn.edu/news/coronavirus/)

COVID-19 Information – Preparation

Keep informed! What to expect and prepare for during this time:

• Lee County Updates on Cases and Test Sites  
• OA News Virus Update  
• Online Tool to Assess COVID-19 Risk  
• Coronavirus-Proof Your Home  
• Get Pandemic Ready
### Take Care of Yourself –

**Prevention**
- Grocery Tips
- Putting Groceries Away
- Basic Protective Measures Against the Coronavirus
- Manage Anxiety & Stress during an Infectious Disease Outbreak

**Medical Help**
- Connect regularly with your colleagues, groups, friends, and family members over the phone or apps such as Skype, WhatsUp, or Facebook.

**Food**
- Not feeling well? Contact the AU Medical Clinic – 334-844-4416 or link: [https://cws.auburn.edu/aumc/pm/Services](https://cws.auburn.edu/aumc/pm/Services)

**Transportation**
- AU Campus Food Pantry: [http://studentaffairs.auburn.edu/campus-food-pantry/](http://studentaffairs.auburn.edu/campus-food-pantry/)
  - The Campus Food Pantry is still operational during the time that classes are offered online. New Users: If you have never used the Campus Food Pantry, you must contact auburncares@auburn.edu first. Current Users: You can complete your Food Preference Form online at [www.aub.ie/foodform](http://www.aub.ie/foodform). Please note that all requests will be filled based on availability, so you may not receive everything on your request form. All forms completed by Wednesday at 12:00pm (noon) will be available for pick-up on Thursday from 9:00am-10:00am on the concourse between the Student Center and Haley Center. Additionally, please be mindful that you MUST turn in an empty bag in order to receive your bag for the week (i.e., return a previous bag when you pick up a new bag).

**Transportation Needs:** You are strongly encouraged to maintain social distance and interact with others only when necessary. If you do need to travel, please be aware of the following advice. Public transportation is one of the easiest ways to spread the virus. Thus, to protect the safety of students, faculty, and staff, the Tiger Transit busses are not providing service during this time. The currently available transportation options are using a private vehicle, biking, or walking. Please note that the local taxi services are still operational, as is Lyft and Uber.
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<tr>
<th>Caring for Others</th>
<th><strong>Food Bank of East Alabama</strong> – They offer hunger relief programs that help our community. Food Bank volunteer opportunities include repacking bulk foods in the warehouse, packing boxes for our programs, office tasks, sorting product, and stocking shelves. Sign up through the volunteer calendar - <a href="https://foodbankofeastalabama.com/donate/volunteer/">https://foodbankofeastalabama.com/donate/volunteer/</a></th>
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<tr>
<td><strong>Volunteer Opportunities</strong></td>
<td><strong>East Alabama Medical Center</strong> - With nursing homes and other long-term facilities under a state order not to have visitors, some people have asked how they can help. The most simple way would be to send a greeting card or letter that could be shared with any of our residents at Oak Park Nursing Home and Independent Living Community, the EAMC-Lanier Nursing Home or at our Skilled Nursing Facility. Please use the address: <strong>Nursing Home Resident, Oak Park, 1365 Gatewood Drive, Auburn, AL 36830.</strong> They will split them evenly among the locations and feel that this will brighten their days.</td>
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<td>Health Insurance</td>
<td>For questions, please contact the <strong>AU Student Insurance Coordinators</strong> at <a href="mailto:insurance@auburn.edu">insurance@auburn.edu</a> or (334) 521-2856 / 2944. Additional resources:</td>
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<td><strong>• What you need to know about coronavirus</strong></td>
<td><strong>• UnitedHealthcare COVID-19 Information</strong></td>
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<td><strong>• Teladoc Health</strong></td>
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<td>Career Services</td>
<td>Arrange a Zoom meeting with a <strong>Career Counselor</strong>:</td>
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<td><strong>• <a href="https://auburn.joinhandshake.com/login">https://auburn.joinhandshake.com/login</a></strong></td>
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<td>Other Difficult Situations –</td>
<td>Other conflicts or difficult situations? Please contact a Graduate School point of contact or:</td>
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<td><strong>AU Ombudsperson</strong></td>
<td>C. Kevin Coonrod, JD</td>
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<td>University Ombudsperson</td>
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<td>(334) 844-7170</td>
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<td><a href="mailto:ombuds@auburn.edu">ombuds@auburn.edu</a></td>
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