# Graduate School Resources

## International Student COVID-19 FAQs

- **Face Coverings**: Individuals are required to wear face coverings at all times while on the Auburn University campus or other property controlled by Auburn University, including both indoor and outdoor areas.

## COVID-19 Health Check

- **COVID-19 Resource Center**: This site contains information about reporting, policies / directives, testing & tracking, campus messages, and resources.

## Counseling Services

- **Student Counseling and Psychological Services (SCPS)**: Provides brief, time-limited, and goal-oriented counseling and psychiatric services to the Auburn University student community. Services may include individual therapy (i.e., 1-10 biweekly sessions), group therapy (no session limits), workshops, drop-in groups, and psychiatric services.

  - **Let’s Talk**: Just walk in to a Let’s Talk site for a free confidential consultation! It’s free, no appointment is necessary, and students are seen on a first-come, first-served basis. No topic is off limits, but some common concerns include: Stress/ anxiety - Homesickness - Mood fluctuations - Worry - Relationships - Loneliness - Academic performance - Family problems - Financial struggles - Concerns about another student
    


AU Student Affairs - Mental & Emotional Self-Care:

Calming Techniques: https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult_times_nonsubs_031720

AU Student Affairs: http://studentaffairs.auburn.edu/
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:

**HOW TO CONTACT US**

- 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

**Medical withdrawal** online application process is available. Link to the new website: 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](#) |
| **Caring for Others** | **Food Bank of East Alabama** – 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 - [https://foodbankofeastalabama.com/donate/volunteer/](https://foodbankofeastalabama.com/donate/volunteer/). |
| **Volunteer Opportunities** | **Health Insurance**  
| | For questions, please contact the **AU Student Insurance Coordinators** at insurance@auburn.edu or (334) 521-2856 / 2944. Additional resources:  
| | - [What you need to know about coronavirus](#)  
| | - [UnitedHealthcare COVID-19 Information](#)  
| | - [Teladoc Health](#) |
| **Career Services** | **Career Services**  
| | University Career Center: [https://career.auburn.edu/](https://career.auburn.edu/)  
| | Arrange a Zoom meeting with a **Career Counselor**:  
| | - [https://auburn.joinhandshake.com/login](https://auburn.joinhandshake.com/login) |
| **Other Difficult Situations –** | **Other difficult conflicts or difficult situations? Please contact a Graduate School point of contact or:**  
| | **AU Ombudsperson**  
| | C. Kevin Coonrod, JD  
| | University Ombudsperson  
| | (334) 844-7170  
| | ombuds@auburn.edu  
| | [https://www.auburn.edu/administration/ombuds/index.php](https://www.auburn.edu/administration/ombuds/index.php) |