“Our greatest glory is not in never falling, but in rising every time we fall.” – Confucius
Auburn Cares

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:

- 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

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

Medical Withdrawals

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.
Due to COVID-19, Auburn University has expanded the use of Satisfactory/ Unsatisfactory grading for Spring Semester 2020 as follows: http://www.auburn.edu/academic/provost/policies-guidelines/su-grading-2020-spring.php

Faculty will assign A-F letter grades as normal for Spring 2020 courses. After final grades are posted, students will have the opportunity to convert, on a course-by-course basis, each letter grade to an SP, SS, or UU:

SP - equivalent to a C or better for undergraduate and professional courses, B or better for graduate courses
- Grade does not calculate into GPA
- Student receives credit for the course
- Course will count towards core, major, minor and certificate requirements

SS - equivalent to a D for undergraduate and professional courses, C for graduate courses
- Grade does not calculate into GPA
- Student receives credit for the course
- Course will count towards core, major, minor and certificate requirements unless a grade of C or better is required in the course (B or better for graduate courses)

UU - equivalent to an F for undergraduate and professional courses, D and F for graduate courses
- Grade does not calculate into GPA
- Student receives no credit for course
- A note will be added to transcripts defining SP and SS grades as “Satisfactory” and UU grades as “Unsatisfactory.”

Students should wait to request to change any grades to SP/SS/UU once all their final grades have posted in AU Access and work with their academic advisor to make these changes. Students will have until June 1, 2020 to request to change grades.

Spring 2020 Graduate Student Grade Conversion Process. Graduate students who desire to convert a letter grade to S/U for a Spring 2020 course should use the following process:

1. Meet with degree program advisor and determine if a grade conversion is appropriate.
2. If it is determined to be appropriate, the advisor should send the request for grade conversion, including the Student’s Name, Banner Number, Course CRN, and Course Subject and Number, to the following email address: gradforms@auburn.edu
3. Grade changes will then be initiated and routed through the workflow approval process.
4. Department chair will review and approve any grade conversion.

COVID-19 Information – Preparation

Local Updates

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
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<tr>
<td>Prevention</td>
<td>Connect regularly with your colleagues, groups, friends, and family members over the phone or apps such as Skype, WhatsUp, or Facebook.</td>
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<td>Medical Help</td>
<td>Not feeling well? Contact the AU Medical Clinic – 334-844-4416 or link: <a href="https://cws.auburn.edu/aumc/pm/Services">https://cws.auburn.edu/aumc/pm/Services</a></td>
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<td>Food</td>
<td>AU Campus Food Pantry: <a href="http://studentaffairs.auburn.edu/campus-food-pantry/">http://studentaffairs.auburn.edu/campus-food-pantry/</a> 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 <a href="mailto:auburncares@auburn.edu">auburncares@auburn.edu</a> first. Current Users: You can complete your Food Preference Form online at <a href="http://www.aub.ie/foodform">www.aub.ie/foodform</a>. 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).</td>
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<td>Transportation</td>
<td>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.</td>
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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:
http://wp.auburn.edu/scs/while-you-wait-during-covid-19/

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.
Support through COVID-19: Online Discussion Groups

Student Counseling & Psychological Services (SCPS) is offering online, drop-in discussion groups to assist students in managing adjustment to the COVID-19 pandemic and to connect with peers. These groups will allow space for students to discuss reactions to the current situation, including:

- Transition to remote learning
- Difficulties with isolation
- Unexpectedly changes in living situation
- Continued uncertainty about the future
- Effects of the pandemic on academic/career plans
- Grief regarding changes in important milestones

Any Auburn University student is welcome to join!

The Discussion Groups schedule can be found using the QR code below or through visiting https://aub.ie/COVIDdiscgroup.

Please be aware that these groups are intended to provide students with support and connection and are not a replacement for psychotherapy. Contact SCPS at 334-844-5123 if you would like to discuss options for therapy.

AUBURN UNIVERSITY
STUDENT COUNSELING & PSYCHOLOGICAL SERVICES
STUDENT AFFAIRS
### 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!

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<th><strong>MONDAY:</strong> Color My Mondays with Dr. Miller</th>
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<td>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 Monday, April 13 at 11 am, central time. Email Dr. Miller at <a href="mailto:jzmo050@auburn.edu">jzmo050@auburn.edu</a> for a link to join.</td>
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<tr>
<th><strong>TUESDAY:</strong> We Went to Jared (To Relax)</th>
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<td>SCPS’s Jared Smendlik will take you through various relaxation and breathing scripts that will help the viewer find grounding and calming. Scripts will range from mindfulness to progressive muscle relaxation. Jared’s voice is really calming! Begins on Tuesday, April 7 at 11 am, central time. Email Jared at <a href="mailto:jms0234@auburn.edu">jms0234@auburn.edu</a> for a link to join.</td>
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<th><strong>WEDNESDAY:</strong> Stretching with Sarah</th>
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<td>SCPS’s Sarah Schwartz will be doing yoga-inspired stretching and meditating, which will include talking about her own journey of finding a balance during this unique time. Not a yoga class, and all are welcome, regardless of fitness level. Begins on Wednesday, April 8 at 11 am, central time. Email Sarah at <a href="mailto:ses0186@auburn.edu">ses0186@auburn.edu</a> for a link to join.</td>
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<th><strong>THURSDAY:</strong> Happy Little Clouds with Josh</th>
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<td>SCPS’s Josh McLaughlin is his kids’ art teacher during this period of remote instruction. He’ll take you back to the days of chalkboard drawings and watercolors to help you channel your creativity and bring down your stress. Begins on Thursday, April 9 at 11 am central time. Email Josh at <a href="mailto:jcm0144@auburn.edu">jcm0144@auburn.edu</a> for a link to join.</td>
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<th><strong>FRIDAY:</strong> Quarantine Part-aaay with Erica - No Cover Charge!</th>
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<td>SCPS’s Erica Sotilleo hosts dance jams (and possibly some karaoke) to demonstrate the role that movement plays on someone’s mental health. She may even take you back a few decades! Bust out those dance moves! Begins on Friday, April 10 at 11 am central time. Email Erica at <a href="mailto:eas0114@auburn.edu">eas0114@auburn.edu</a> for a link to join.</td>
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All activities occur weekdays at 11 am, 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 how to access COVID-19 coping information, online workshops, and other coping skills, visit: aub.ie/SCPSCOVID
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/

Caring for Others

Volunteer Opportunities

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/

East Alabama Medical Center - 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: Nursing Home Resident, Oak Park, 1365 Gatewood Drive, Auburn, AL 36830. They will split them evenly among the locations and feel that this will brighten their days.

AU Outreach and OLLI to Produce 10,000 Masks:
http://www.auburn.edu/outreach/auoutreachmasks/

AU Sewing Guy – How to Sew Masks (YouTube video) - Dana Marquez, Auburn University Associate Athletic Director, is sewing surgical masks for health care workers around the country.

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** | Arrange a Zoom meeting with a **Career Counselor**:
  - [https://auburn.joinhandshake.com/login](https://auburn.joinhandshake.com/login) |
|---------------------|--------------------------------------------------------------------------------------------------|
| **Other Difficult Situations** – **AU Ombudsperson** | Other conflicts or difficult situations? Please contact a Graduate School point of contact or:
  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) |
| **Auburn Cares (additional details)** | Review the following Powerpoint Presentation from Sarah Grace Walters, Auburn Cares: |