

UNPACK U

Carnegie
Mellon
University

ACADEMIC COURSES

BODY POLITICS: WOMEN AND HEALTH IN AMERICA

This course covers topics such as the history of anatomy, menstruation, reproductive rights, body image, mental health, sexuality, violence, childbirth, and menopause. Students explore how science and American culture both have constructed these issues over time.

LEARN MORE: <https://www.cmu.edu/dietrich/history/undergraduate/courses/fall.html>

HACK YOUR LIFE 85-105

This course gives students the opportunity to fully explore the CMU student experience, the science of learning, and issues central to students (e.g., resilience, social connections, mental health, sleep).

LEARN MORE:

<https://www.cmu.edu/dietrich/news/news-stories/2020/august/diversity-inclusion-courses.html>

MINDFUL LIVING FIVE-WEEK PROGRAM

An additional non-credit bearing Mindful Living program series will be offered once a semester.

LEARN MORE: <https://www.cmu.edu/wellness/be-mindful/Mindfulcourse/index.html>

MINDFUL LIVING MINI COURSE

The Mindful Living Course, 99-153 will be offered in mini two of fall semester 2020. It teaches participants mindfulness-based stress reduction techniques and encourages students to practice daily mindfulness.

LEARN MORE: <https://www.cmu.edu/wellness/be-mindful/Mindfulcourse/index.html>

WELLNESS AND RESILIENCE FOR COLLEGE AND BEYOND 99195

The purpose of this course is to teach undergraduate students skills including resilience in the face of commonly experienced stressors and difficulties.

LEARN MORE: <https://www.coursicle.com/cmu/courses/CMU/99195/>

ON-CAMPUS RESOURCES

ARTS PASS

All undergraduate and graduate students can gain free access to the following venues throughout the year by swiping their Carnegie Mellon ID at each of the institutions.

LEARN MORE:

<https://www.cmu.edu/student-affairs/slice/involvement/arts-pass.html#Arts%20Pass>

CAREER & PROFESSIONAL DEVELOPMENT CENTER

Carnegie Mellon University's centralized career services center provides a comprehensive range of services, programs and materials focusing on career exploration and decision making, professional development, experiential learning and employment assistance to meet today's evolving workplace and student goals of finding satisfying work.

LEARN MORE: <https://www.cmu.edu/career/>

CENTER FOR STUDENT DIVERSITY AND INCLUSION

The CSDI offers resources to enhance an inclusive and transformative student experience in dimensions such as access, success, campus climate and intergroup dialogue. Additionally, the Center supports and connects historically underrepresented students and those who are first in their family to attend college in a setting where students' differences and talents are appreciated and reinforced. The CSDI will be operating virtually during the fall semester due to the pandemic.

LEARN MORE: <https://www.cmu.edu/student-diversity/index.html>

CMU COLLEGIATE RECOVERY COMMUNITY

The CRC strives to connect, support, and engage students (and allies) in or seeking recovery from alcohol and other drugs. Goals include increasing student attainment of educational, career, and personal goals, reducing risky alcohol and other drug use among students in Collegiate Recovery Community, decreasing student attrition due to substance use, and contributing to a campus culture that supports health and wellness.

LEARN MORE:

<https://www.cmu.edu/health-services/health-education-and-resources/index.html#:~:text=CMU%20Collegiate%20Recovery%20Community%20>

COLLEGE LIAISONS

Student Affairs staff who work in partnership with students, housefellows, advisors, faculty, and associate deans in each college to assure support for students regarding their overall Carnegie Mellon experience.

LEARN MORE: <https://www.cmu.edu/student-affairs/resources/index.html#liaisons>

COUNSELING AND PSYCHOLOGICAL SERVICES

CaPS provides a safe, confidential environment for students to talk about personal and academic concerns. They also provide consultation services for faculty, staff, and family members who are concerned about a student or have questions.

LEARN MORE: <https://www.cmu.edu/counseling/index.html>

FOOD PANTRY

The Pantry is a resource for food insecure students where they are provided a standardized package of staple foods, have the choice to customize their order, and can order up to one time per week.

LEARN MORE: <https://www.cmu.edu/student-affairs/resources/cmu-pantry/>

GLOBAL COMMUNICATION CENTER

The Global Communication Center (GCC) provides free communication consulting for the Carnegie Mellon community. Its trained communication tutors help Carnegie Mellon students, faculty, and staff convey their ideas logically, clearly, and effectively through one-on-one sessions and classroom workshops.

LEARN MORE: <https://www.cmu.edu/gcc/>

GROUP X

A free group exercise open to all students, faculty, and staff who have a valid CMU ID, where they can participate in group workouts.

LEARN MORE: <https://athletics.cmu.edu/fitness/groupx>

HUB LIAISON

HUB Liaisons provide information and counsel to enrolled students and families in key aspects of the enrollment process, including financial aid, billing and payments, registration activities, and student records.

LEARN MORE: <https://www.cmu.edu/hub/contact/liaisons.html>

LEGAL CONSULTATION

Free 20-minute initial legal consultation with an attorney for each particular legal issue or question. Consultations will be done over the phone due to the pandemic.

LEARN MORE: <https://www.cmu.edu/student-affairs/resources/legal-consultation.html>

LGBTQIA+ HEALTH

LGBTQIA+ students can receive general medical care as well as specialized services at the University Health Center. Specifically, the University Health Center recommends that students follow guidelines for routine screening of sex-specific organs.

LEARN MORE: <https://www.cmu.edu/health-services/services-and-fees/lgbtqia+.html>

OFFICE OF COMMUNITY STANDARDS AND INTEGRITY

When faced with a challenging or complicated situation, the OCSI can serve as a resource for students, staff, faculty, and family members looking for guidance. The OCSI staff strives to be approachable, knowledgeable, and current with best practices in the field of student conduct and academic integrity.

LEARN MORE: <https://www.cmu.edu/student-affairs/ocsi/>

PITTSBURGH CONNECTIONS

Pittsburgh Connections strives to engage students in outdoor recreation, environmental stewardship, and cultural awareness throughout Pittsburgh and Western Pennsylvania. The core goals of these activities are to help students develop and maintain a physically active lifestyle, build leadership skills, and increase their appreciation for the Western Pennsylvania region.

LEARN MORE:

<https://www.cmu.edu/student-affairs/slice/involvement/pittsburgh-connections/index.html>

PSYCHIATRIC SERVICES

A CMU psychiatrist works in collaboration with Counseling and Psychological Services (CaPS) clinicians to attend to various psychiatric needs; all referrals for psychiatric treatment are made through CaPS.

LEARN MORE: <https://www.cmu.edu/counseling/services/index.html#psychiatric>

RELIGIOUS AND SPIRITUAL LIFE INITIATIVES

Carnegie Mellon is committed to the holistic growth of our students, including creating opportunities for spiritual and religious practice and exploration for individuals all along the spectrum of spiritual and religious development.

LEARN MORE: <https://www.cmu.edu/student-affairs/spirituality/index.html>

STUDENT ACADEMIC SUCCESS CENTER

With resources such as “Supplemental Instruction” sessions, peer tutoring, study partners, and workshops, Carnegie Mellon is committed to providing the best and most helpful resources for students to succeed.

LEARN MORE: <https://www.cmu.edu/student-success/programs/index.html>

STUDENT LEADERSHIP, INVOLVEMENT, AND CIVIC ENGAGEMENT

SLICE is excited to provide and support opportunities where undergraduate and graduate students can explore, connect and engage with one another to create a set of experiences that match your unique interests and talents.

LEARN MORE: <https://www.cmu.edu/student-affairs/slice/>

STUDENT ORGANIZATIONS

ACTIVE MINDS

Active Minds aims to raise awareness of mental health, reduce stigma surrounding mental illness, and promote a mental well-being on the Carnegie Mellon campus.

LEARN MORE: <https://www.facebook.com/pg/CMUActiveMinds/photos/>

CMQ

CMU+ provides social and professional opportunities for graduate gay, lesbian, bisexual, trans+, queer & questioning students at Carnegie Mellon.

LEARN MORE: <https://cmqplus.weebly.com/>

CMU PEER HEALTH ADVOCATES

A group of student employees engaged in health education at University Health Services and promoting healthy living at Carnegie Mellon University.

LEARN MORE:

<https://www.cmu.edu/health-services/health-education-and-resources/peer-health-advocates.html>

HERE FOR YOU

Here For You aims to address student mental health issues in CMU. It focuses on providing peer support and reducing stigma around mental health.

LEARN MORE: <https://www.facebook.com/HereForYouCMU>

MELLON FIT

A collaborative grass-roots organization begun by PhD students in the Chemistry and Biology departments. Mellon Fit provides opportunities for healthy lifestyles to students, faculty, and staff that study, research, and work in the Mellon Institute (MI) and the surrounding areas in West Campus.

LEARN MORE: <https://mellonfit.weebly.com/>

OUT & ALLIED

Out & Allied aims to provide a supportive environment to enhance the social, academic and career experiences of current and prospective LGBT students, allies and partners at the Tepper School.

LEARN MORE:

https://tepper.campusgroups.com/out/web_page?url_name=about&club=out

PLAIDVOCATES

The Plaidvocates is a peer health and wellness advocacy program for student-athletes that supports the well-being of CMU's varsity athletics community. This peer-to-peer volunteer organization is composed of student-athletes that lead by adopting health-promoting behaviors, provide year-round support and mentorship, and empower their peers to engage in responsible and informed decision making.

LEARN MORE: <https://athletics.cmu.edu/athletics/sportsmed/plaidvocates/mission>

PRISM

PRISM is an organization for those of all orientations and gender identities who support the lesbian, gay, bisexual, transgender, queer/questioning, asexual/aromantic, and many other existing identities in our community. They discuss issues, raise awareness, and embrace individuality.

LEARN MORE: <https://thebridge.cmu.edu/organization/allies>

STRONG WOMEN, STRONG GIRLS

By building communities of women committed to supporting positive social change, Strong Women Strong Girls (SWSG) works to create cycles of mutual empowerment for women and girls.

LEARN MORE: <https://thebridge.cmu.edu/organization/SWSGActive Minds>

ADDITIONAL RESOURCES

BE WELL

Newsletter provided for students to learn about wellness workshops, events, services, and programs that are occurring throughout the school year on campus.

LEARN MORE: <https://www.cmu.edu/wellness/be-well/index.html>

BIAS BUSTERS

BiasBusters @ CMU is modeled on Google's Bias Busting @ Work program, and developed in concert with Google. The program was piloted in the School of Computer Science (BiasBusters@SCS,CMU) to engage over issues of bias, diversity, and inclusion.

LEARN MORE:

<https://www.cmu.edu/student-diversity/learning-and-development/index.html>

CaPS 101

Counseling and Psychological Services (CaPS) provides an overview of services, addresses myths about waiting times, discusses how to refer or access services and answers any questions you may have. The length of this training varies depending upon need.

LEARN MORE: https://www.cmu.edu/counseling/services/trainings_workshops.html

CENTER FOR STUDENT DIVERSITY AND INCLUSION BULLETIN

A bi-weekly newsletter sharing events and programs from the Center for Student Diversity and Inclusion.

LEARN MORE: https://www.cmu.edu/student-affairs/life_at_cmu/index.html

CIVIC ENGAGEMENT

A weekly newsletter about civic engagement and service opportunities on and off campus.

LEARN MORE: https://www.cmu.edu/student-affairs/life_at_cmu/index.html

COPE WORKSHOPS

Counseling, Outreach, Prevention, and Education workshops. Any student, faculty or staff affiliated with CMU can request COPE (CaPS Outreach Prevention and Education) services. Consultations will decide how to best meet a groups' needs when picking a specific workshop. COPE can also help by tailoring a training or workshop to fit the needs of your department or group.

LEARN MORE: https://www.cmu.edu/counseling/services/trainings_workshops.html

FITNESS NEWSLETTER

A newsletter about wellness and fitness events and opportunities on campus.

LEARN MORE: https://www.cmu.edu/student-affairs/life_at_cmu/index.html

GREEN DOT

A program to prevent dating violence, sexual violence and stalking. It relies on the premise that if every member of the campus community—students, staff, administrators and faculty—does their small part, the combined effect is a culture that is safe and intolerant of violence.

LEARN MORE:

<https://www.cmu.edu/health-services/health-education-and-resources/green-dot.html>

HEADSPACE PLUS SUBSCRIPTION

CMU students are provided a free subscription for Headspace by logging on with their CMU email. Headspace is a meditation app with various guided meditations for different feelings and occasions.

LEARN MORE: <https://www.cmu.edu/wellness/>

HOW TO HELP A FRIEND

This 90-minute training is offered to students, faculty and staff to educate about the signs of distress and when, how and if to intervene. They can customize the content and length of the training to the needs of the audience.

LEARN MORE: https://www.cmu.edu/counseling/services/trainings_workshops.html

KOGNITO

Kognito is interactive role-play simulation for students, staff and faculty and builds awareness, knowledge and skills about mental health and suicide prevention. Users are introduced to a virtual coach to learn about physiological distress, how it impacts a person and how to intervene when appropriate.

LEARN MORE: https://www.cmu.edu/counseling/services/trainings_workshops.html

LIFE LABS

Life Labs showcase a range of wellbeing topics offered and can be personalized to specific groups, and are applicable to undergraduate students, graduate students, faculty and staff.

LEARN MORE: <https://www.cmu.edu/wellness/be-well/speakers/index.html>

MHFA: MENTAL HEALTH FIRST AID

MHFA is an evidence-based, nationally-recognized training that teaches participants how to identify, understand, and support individuals struggling with mental health or substance use challenges. This training is offered once a month in collaboration with Counseling and Psychological Services (CAPS).

LEARN MORE: <https://www.mentalhealthfirstaid.org/>

MINDFULNESS ROOM

This is a dedicated space on campus to simply rest, breathe, and relax with no agenda. Some of the relaxation features of this room include plants, a soothing waterfall wall, yoga mats, meditation pillows, and comfortable seating. This place is not to be used for meetings or for work, but to recover and inspire students.

LEARN MORE:

<https://www.cmu.edu/wellness/be-mindful/mindfulness/index.html#Mindfulness%20Room>

MOSAIC

The objective of MOSAIC is to offer provocative sessions aimed at exploring gender construction, commonalities between and among genders, and fostering intentional dialogue around unconventional gender-based topics.

LEARN MORE: <https://thebridge.cmu.edu/organization/mosaic>

QUESTION, PERSUADE, REFER

QPR is a two-hour suicide prevention training designed to educate the audience on warning signs of a suicide crisis and how to respond.

LEARN MORE: https://www.cmu.edu/counseling/services/trainings_workshops.html

SPIRITUALITY AND RELIGIOUS LIFE NEWSLETTER

A newsletter about spirituality and religious opportunities on campus and in the local community.

LEARN MORE: https://www.cmu.edu/student-affairs/life_at_cmu/index.html

STUDENT AFFAIRS MENTAL WELLNESS CALENDAR

A space where CMU announces events occurring with health and wellness for students on campus. CMU's Counseling and Psychological Services provides these events to cover meditation sessions, gratitude sessions, and more.

LEARN MORE: <https://www.cmu.edu/counseling/index.html>

STUDENT SUPPORT RESOURCES

Student Affairs supports students' social, physical, mental and spiritual well-being, so they can thrive. At Carnegie Mellon, individual and collective well-being is rooted in healthy connections, both to people and to campus resources.

LEARN MORE: <https://www.cmu.edu/student-affairs/resources/index.html>

TARTAN ALLIES

Tartan Allies is a series of sessions offered to CMU faculty, staff, and students to foster a network of people who are committed to working toward an affirming environment for all at CMU. In particular, the series focuses on being an ally to those in the LGBTQ+ community.

LEARN MORE:

<https://www.cmu.edu/student-diversity/learning-and-development/index.html>

WOMEN IN LEADERSHIP

A program that aims to provide leadership development, guided reflection, networking opportunities, and support for woman-identified students at Carnegie Mellon.

LEARN MORE:

<https://www.cmu.edu/student-affairs/slice/leadership/womens-leadership.html>

*Resources listed have been approved by a Carnegie Mellon University representative and are for informational purposes only

*Resources listed have been approved by a Carnegie Mellon University representative and are for informational purposes only