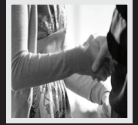
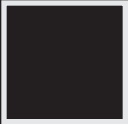




Hampshire College Staff Resource and Referral Guide





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Introduction

Staff are in a position to help

The small, personalized nature of the Hampshire community often affords staff the opportunity to develop both professional and informal relationships with students. Staff may become aware that a student is having difficulties, through observing changes in that student's behavior, or because the student chooses to disclose a personal issue. In these situations, staff can play an important role in helping the student get support. For such a small college, Hampshire has a wealth of resources to support and assist students with a wide range of issues. However, students may be unaware of these resources, or hesitant to take advantage of them for a number of reasons: they don't know how, they assume that their problems are too big or too small, they're intimidated, embarrassed, etc. Staff can be of great value in helping facilitate students in making a connection with the appropriate resources.



This booklet outlines a few of the problems students may present with, describes basic intervention methods for responding to students in crisis, and provides information about the resources available to address specific issues. In an effort to keep this booklet concise and accessible, we have chosen to include only a handful of issues and have kept the information very basic. If you would like more information about a specific issue, would like to arrange a training, or would like a "consultation" on a particular situation, you may contact:

The Dean of Student Services Office.....x5412
Jessica Gifford, The Director of Community Health & Wellness (confidential).....x5743
Health Services (confidential).....x5458

Speaking directly with a student about your concerns can have a strong impact, particularly if you have a good relationship and are able to make direct observations. However, if you do not wish to engage in this type of conversation with a student, you are encouraged to refer them to the appropriate resources, and/or communicate your concerns to the appropriate campus professionals so that they can determine what actions, if any, are necessary to best support the student and community.

Through these efforts, we hope to build a stronger, more effective, community safety net, to ensure that student distress signals are noticed and responded to, and that students connect to resources that may be helpful to them.

In an Emergency

- If a student requires immediate medical attention or hospitalization or is unmanageable (e.g., aggressive, hostile, refusing care), or if you feel directly threatened by a student or feel others are at risk, call Public Safety/EMTS at x5555 (emergency) or x5424 (non-emergency).
- If there is not imminent risk, but you believe a student needs to be evaluated, they can go directly to Health Services during business hours. If it is after hours, you may call the switchboard x5424 and ask to speak to the House Director on-call, who can meet with the student and handle the situation from there.

Approaching a Student with a Concern

The following information is intended to provide a broad framework for talking with students about *any* concerns you have. Each topic area contains more specific suggestions for addressing particular concerns.

Elements that Support an Effective Approach:

- Relationship: You have a good relationship with the student.
- Factual Observation: Be specific about the behaviors you have observed that concern you. Give a factual description using first hand knowledge.
- Tone: Maintain a nonjudgmental, positive tone and frame your comments with concern for their health and well-being. Whenever possible, communicate your appreciation for their positive qualities; affirm the person, while confronting the behavior.
- Time and place: Have the conversation in a private place, when you know you won't be rushed or interrupted.
- Respect their privacy: Only involve appropriate persons and convey necessary information.
- I statements: Use "I statements" to decrease defensiveness.
- Support Resources: Have resources to share in case the student acknowledges a problem and wishes to address it.
- Hope: Be supportive and hopeful for change. Reassure them of your belief

in their ability to make needed changes and that there is support for them in this process.

- Recognize your own limits: If you are feeling overly worried about or burdened by a student's nonacademic problems, this may be an indication to share your concerns with appropriate campus professionals.
- Involve others when appropriate: If you are concerned about a student's mental or physical health or wellbeing, it's a good idea to at least consult with another campus professional. You may speak with medical and mental health staff at Health Services x5458, or the Director of Community Health x5743, for a confidential "consultation" about a particular situation. If you believe that a student needs to talk to a professional, but they are unwilling, you may call the Dean's Office x5412 or one of the House Directors to alert them to the situation. They are able to arrange a face-to-face meeting with the student, or simply "keep an eye out" for them. After hours, there is always a Dean on-call and a House Director on-call, who can be accessed through the switchboard x 5424.

"I statements"

"I statements" are often more effective than other methods of communicating concerns because they tend to diffuse defensiveness. I statements follow a very simple formula of:

I feel... (this can be an expression of worry, concern or another emotion) when you... (this is factual observation of behavior)

An "I statement" can be followed by a request for them to change their behavior, or by a question inviting them to share what is going on for them, eg:

"I'm concerned because you've missed the last three classes... can you tell me what's going on?"

Versus:

"What's going on with you? You're never in class anymore!"

Listen to their response, and convey your understanding by reflecting their thoughts/feelings/position back to them. You can always come back and reassert your initial statement of concern.

At times you may become concerned about a student's use of alcohol or other drugs. As a staff member you may be in a position to speak with the student about their use and your concern. Problematic use of substances can affect the entire campus community. Academic success, community life, and psychological well-being are all impacted by drug and alcohol use. There are no rules that determine exactly how much drinking or drug use is too much. However, the following signs may indicate that a problem exists; the greater the number of signs on the list, the greater the concern.

What to Look For:

- Daily functioning is impaired (e.g. hygiene, class attendance or performance, social relationships, job performance, attention & memory, etc)
- The student or someone else has expressed concerns about their use
- The student appears to be under the influence while in class or at work
- The student or someone else has been injured as a result of their substance use
- The student has encountered legal or disciplinary problems as a result of their substance use
- The student has experienced blackouts or "brownouts" (memory lapses) as a result of their substance use
- The student engages in high risk behaviors, such as binge-drinking, drinking and driving, having unprotected sex under the influence, etc.
- The student expresses guilt or remorse about their substance use or behavior when under the influence
- The student seems preoccupied with alcohol/drug use (e.g. when they will next drink/use)
- The student seems reliant on alcohol or drugs (e.g. drinks in the morning, can't go without smoking for a day, "has to" drink or get high in social situations, etc.)

What You Can Do:

- Treat the situation as serious
- Share your concern and encourage the student to seek help
- Involve the student in assessing their use of alcohol or drugs. Ask them how they view their current behavior and then listen respectfully as they express their thoughts and feelings
- Recognize that denial is a powerful aspect of substance problems and that the student may not be ready to acknowledge that there is anything wrong

Where to Refer On Campus:

The Community Health Collaborative (confidential).....	x5743
Health Services (confidential).....	x5458
CAs (confidential).....	x6998
The Dean's Office.....	x5412

Off Campus:

Western MA AA, English.....	413.532.2111
Western MA, AA Spanish.....	413.734.7500
.....	www.westernmaa.org
Alanon Family Meetings.....	413.253.5261
.....	www.valleyalanon.org
NA.....	800.481.6871
.....	www.na.org
Self Screening Assessment.....	www.alcoholscreening.org
SMART Recovery.....	413.586.8550



It can be difficult to detect the signs of an eating disorder, particularly as a student may appear physically healthy, and because potential symptoms such as dieting and body hatred are socially condoned and thus rendered unremarkable. It is important to remember that these behaviors and attitudes exist on a spectrum that is only “disordered” on the extreme end. However, it is also important to keep in mind that eating issues can spin out of control and may become dangerous; the risk of potentially offending someone by bringing up the subject may be worth the possibility that they’ll seek help with encouragement.

What to Look For:

- Dieting and/or weight loss
- Unusually thin
- Perfectionist/self-critical
- Skips meals or restricts intake
- Depression/anxiety/irritability/moodiness
- Change in attitude/performance
- Fatigue or dizziness
- Strange eating habits, eg. carries own food, avoids eating with others, rigid or bizarre diet
- Over-exercises
- Unable to accept a compliment
- Mood is affected by how they think they look
- Constantly compares self to others
- Attempts to create a “perfect” image
- Seeks constant reassurance from others that their looks are acceptable
- Consistently overestimates the size of their body

What You Can Do:

- In a direct and nonjudgmental manner, indicate the specific observations that have aroused your concern.
- Avoid placing shame, blame, or guilt on the student regarding their actions or attitudes.
- Focus on their health, not their weight or appearance.
- Refrain from diagnosing or entering a battle of wills with the student.
- Invite the student to respond to your concerns.

- If the information you receive is compelling, communicate your conviction that the matter clearly needs to be evaluated and help connect them to resources
- Avoid giving simple solutions, such as, “if you’d just stop, then everything would be fine!”
- Be aware that the student may deny or minimize the problem
- If they are hesitant, plan to follow-up at another time (“please think about it, I’ll check back with you in a day or two”)
- If you remain concerned about their health, inform the student you need to speak with professional staff out of concern for their safety

Where to Refer On Campus:

The Community Health Collaborative (confidential)	x5743
Health Services (confidential)	x5458
CAs (confidential)	x6998
The Dean’s Office	x5412

Off Campus Programs:

Eating Disorder Support Education Group, Northampton.....	413.584.8027
FACE: Finding Answers for Comfortable Eating, Northampton.....	586.7533
Feedback: A Resource Center For Eating Disorders, Northampton.....	413.584.8027
Food Addicts & Recovery Anonymous: 12 Step Program in Amherst/Pelham: Call Suzanne.....	259.1433
Theresa.....	253.0250
Franklin Eating Disorder Program: Franklin Medical Center, 48 Sanderson St. Greenfield MA.....	413.773.4444

Hotlines:

National	800.382.2832
Referral/Info.....	858.481.1515
Nutrition/Diet Info	800.231.3438

Websites:

www.nationaleatingdisorders.org
www.edreferral.com

Many people find it hard to grasp why someone would want to intentionally hurt themselves, and therefore self-injury can seem frightening and leave people unsure how to respond. It is important to clearly distinguish self-injury from suicidal behavior; self-injury can be understood as a method of temporarily relieving intolerable emotional/psychological pain, not as an attempt to end life. The most common form of self-injury is cutting (i.e. making cuts or scratches with a sharp object), but it can also take many other forms, including: burning, hitting, punching, head banging, piercing, pinching, biting, pulling hair, interfering with wound healing, etc.

Signs of self-injury can be difficult to detect, as students may hide self-injurious behaviors from others and cover physical evidence. The following symptoms may signify self-injury, but they may also be indicative of something else, such as relationship violence, or the result of an accident, so it is important to approach a student in an open manner.

What to Look For:

- Scars, such as from burns or cuts
- Fresh cuts, scratches or other wounds
- Bruises
- Broken bones
- Injuries may have some pattern, such as thin parallel lines, words, etc
- Injuries are most commonly on the arms, or legs, or torso, but may be elsewhere
- Wearing long sleeves or long pants even in hot weather
- Keeping sharp objects on hand
- Claiming to have frequent accidents or mishaps

What You Can Do:

- Tell the student you've noticed (behavior/symptom) and ask them about it
- If a student discloses they have self-injured, listen to them and attempt to understand their perspective
- Be supportive and maintain a nonjudgmental attitude

- Don't tell the person to stop the self-harming behavior...they probably would if they could, and this may make them feel worse about themselves or less likely to talk to you
- Ask if they have other coping skills that work for them
- Encourage them to seek counseling

Where to Refer

On Campus:

Health Services(confidential).....	x5458
CAs(confidential).....	x6998
The Dean's Office.....	x5412



While suicide is rare, it is the second leading cause of death among college students. It is useful to conceptualize suicide as the need to overcome unbearable psychological pain, rather than a need to end life. In many cases it is possible to help a student navigate through a crisis period with adequate treatment and support, and avert suicide. Students usually give us many opportunities to respond to signals that something is wrong prior to making a suicide attempt.

What to Look For:

- Appearing depressed or sad most of the time (untreated depression is the number one cause for suicide)
- Hopelessness
- Withdrawal from family and friends
- Sleeping too much or too little/tiredness
- Gaining or losing a significant amount of weight
- Preoccupation with death/writing notes or poems about suicide or death
- Acting impulsively/recklessly
- Losing interest and enjoyment in most activities.
- Giving away prized possessions/putting things “in order”
- Loss of sense of humor.
- Recent experience of loss, or perceived failure or humiliation
- Excessive guilt or shame
- Increased irritability
- Change in personal appearance/neglecting appearance or hygiene
- Performing poorly at work or in school
- Abusing alcohol or drugs
- Inability to concentrate
- Making statements such as these:
“I can’t go on any longer.”
“I hate this life.”
“I’m so tired of it all.”
“What’s the point in going on?”
“Everyone would be better off without me.”
“Life is not worth living.”
“Nothing matters anymore.”
“I don’t care about anything anymore.”
“I want to die/I wish I were dead.”
–And any mention of suicide–

What You Can Do:

- Always take suicidal thoughts and behaviors seriously
- Share that you are concerned about the student and ask them how they are doing
- If you suspect they may be suicidal, ask them directly about feelings and plans: asking a student if they are suicidal will not put the idea in their head if it isn’t there already
- If you remain concerned about their safety, persuade them to get help (e.g. ask them to make an appointment with Health Services while they’re with you)
- If you fear for their immediate safety, call Public Safety
- If you are concerned for their future safety, you may call the Dean’s Office x5412 or their House Director. After hours, you can reach the House Director on-call through the switchboard x5424

Where to Refer On Campus:

Health Services(confidential)	x5458
The Dean’s Office	x5412
Public Safety: (if at imminent risk)	
Non-emergency	x5424
Emergency.....	x5555

Off Campus:

Emergency Services	800.322.0424
Crisis Services	800.562.0112
HOPE hotline	800.SUICIDE
Suicide prevention hotline	800.273.TALK

At Hampshire, a sexual offense is defined as “any unwanted sexual conduct that occurs without consent.” Individuals have very different responses to traumatic situations, so we may be unaware that a student has been assaulted, unless they choose to tell us. While the following signs may be indicative of a sexual assault, they may also be indicative of a number of other things, so it is important not to jump to conclusions. It is worth checking in with a student to express your concern and ask them what is going on.

What to Look For:

- Jumpiness/irritability/edginess
- Changes in eating and sleeping habits
- Mood changes
- Missed classes/decrease in performance
- Heightened sensitivity to touch
- Withdrawal/disruption in relationships
- “Spacing out”
- Difficulty concentrating

What You Can Do:

- Check-in with the student about how they’re doing
- If a student tells you they’ve experienced a sexual assault, listen to them and offer support without conveying judgment
- Affirm that they did not deserve this
- Encourage them to talk to the Sexual Offense Services (SOS) Coordinator, and let them know that anything they say will be kept confidential and their wishes will be respected
- Refer them to the Hampshire Sexual Offense Policy, which will outline all of their options and the resources available to them. The policy is located in NSNS and at the Community Health website: <https://intranet.hampshire.edu/cms/index.php?id=9973>
- Report the assault yourself. Whether or not the student chooses to make a report, you can report the assault yourself to the SOS Coordinator x5743 or the Anonymous Reporting line x5756 to help track assaults on campus.

Where to Refer On Campus:

Sexual Offense Services (SOS) Coordinator (confidential)	x5743
CAs (confidential)	x6998
Anonymous Reporting Line	x5756
Health Services (confidential)	x5458
The Dean’s Office	x5412
Public Safety: Non-emergency	x5424
Emergency.....	x5555

Off Campus:

Everywoman’s Center (EWC).....	888.337.0800
.....	413.545.0800
National Hotline	800.656.HOPE
Medical Examination by SANE (sexual assault nurse examiner)....	413.577.5000



College life can be, and should be, a time for great personal growth and discovery for our students. Part of this will be for them to come in contact with people from backgrounds different than their own, regardless of what their previous experiences might be. The positives from such experiences can be part of a life-long process, and they can also be sources of stress. In the recent past, graduating students have spent some time documenting the challenges that students on campus encounter, which is available at: <http://www.hampshire.edu/offices/2585.htm>. All members of the Hampshire community are encouraged to read this document, especially new employees and students.

Many of our classes and co-curricular activities are designed to allow and stimulate students into this type of experience, which is important to keep in mind when noticing changes in attitudes and behaviors. Patterns that could normally be attributed to other reasons, such as missing class meetings or assignment deadlines, disengagement from course material, apathy, or change in apparent energy levels, could be caused by the process of trying to cope with new experiences around issues of identity. While support from faculty and staff can be important in helping to navigate these processes, it is essential for our students to know and reach out to the other resources they have available. While many of these resources are mentioned elsewhere in this guide, it is useful to highlight some of them here:

- the Office of Multicultural and International Student Services
- the Women's Center
- the Queer Community Alliance
- the Spiritual Life Center
- the Counselor Advocates

There are also a number of student groups that have been created around identity issues. A complete list of Hampshire student groups can be found at: <http://studentgroups.hampshire.edu>.

In addition, the Office for Diversity and Multicultural Education is responsible for the general advancement of diversity in the life of the college. This includes racial, ethnic, gender, and class diversity, as well as diversity based on sexual orientation. The primary mission of this office is to safeguard campus wellbeing as it relates to diversity issues. As part of this, it organizes a number of activities throughout the academic year, which are announced at <http://www.hampshire.edu/offices/2462.htm>, as well as through standard campus activity announcements, such as the Intranet. To contact this office, you can get hold of Jaime Davila, Special Presidential Assistant for Diversity and Multicultural Education (jjdavlia@hampshire.edu, or 559.5687), or Jackie Jeffery, Administrative Assistant for Diversity and Multicultural Education (jjeffery@hampshire.edu, or 559.5379).

Finally, it is important to stress that Hampshire College is committed to an environment in which all members of the community are able to grow and participate fully in all that Hampshire offers. Harassment or discrimination based on race, age, color, national origin, religion, gender, sexual orientation, disability, or military service status will not be tolerated. Any member of the community who feels that he/she/ze has been subjected to an act of harassment or discrimination can bring a complaint to the attention of the Special Presidential Assistant for Diversity and Multicultural Education. The Special Presidential Assistant is then charged with making sure the complaining party understands all available options, is made fully aware of Hampshire's official procedures, as defined in *Non Satis Non Scire* and Hampshire's employee manual, and that these procedures are carried out.

Members of the community who want to file a complaint electronically can do so by visiting Hampshire's Incident Report Form, which is available at: <https://intranet.hampshire.edu/forms/viewForm.php?id=407>. This form can, if desired, be filled out anonymously. All complaints submitted through this form are received by the Special Presidential Assistant for Diversity and Multicultural Education.

Office of Student Services (Dean's Office)

Merrill Student Life Center,
2nd floor, x5412

The student services office oversees many aspects of campus life, including all of the non-academic resources listed below, as well as OPRA, CORC, dining services and student development. If you would like guidance on how to handle a specific situation or where to refer a student, or if you wish to discuss an issue, policy, or procedure related to campus life, this may be a good place to start. The Office of Student Services works with students to address a broad range of concerns, and has a dean on-call at all times to respond to crisis situations. This office also offers procedures for seeking disciplinary action or resolving complaints against a student, which can be brought forward by other students, faculty or staff. One such resource is the Community Review Board (CRB), described below.



Community Review Board

The CRB is a randomly selected group of faculty, staff and students designed to provide fair and equitable procedures for Hampshire College students accused of violating the "norms of community living" and/or the discriminatory harassment policy. The board also hears the appeals of those students who are in disagreement with disciplinary actions taken by house staff. Any member of the Hampshire community, as defined in the campus student handbook *Non Satis Non Scire*,

can bring a case before the board. Cases will be reviewed by the board and, if they decide to hear the case, heard in a prompt manner. Specific information about the important functions of the CRB and information on what constitutes a CRB case can be found in the Disciplinary Procedures section of *Non Satis Non Scire*. Anyone wishing to bring a complaint before the CRB should contact the Advisor to the CRB in the Dean's office at x5412.

Residential Life

Dakin House Office, Dakin Student Life Center, first floor, Box DH.....x5770
Merrill House Office, Merrill Student Life Center, first floor, Box MH.....x5454
Greenwich/Enfield House Office, Enfield House, Box GEx5314
Prescott House Office, Prescott House, Box PH.....x5085

The department of Residential Life is supervised by the Associate Dean of Students. Each housing area has an administrative hub called the "house office," which is staffed by a full-time, live-in House Director, a full-time House Operations Assistant, and a team of student residential assistants we call "interns." House staff are trained (and supervised) in advising, counseling, understanding student needs, and helping in both emergency and non-emergency situations. They are a wonderful all-around resource who are able to follow-up on concerns and check in with students who are struggling with all sorts of issues. They'll lend an ear to problems regarding hall or modmates, academic worries, personal situations, or anything else.

They are well acquainted with the many resources on campus and know when to make referrals. They will also mediate in situations when living together poses challenges. The house offices also offer a variety of events throughout the semester, organized and sponsored by the interns, who welcome collaboration with community members seeking a venue for their ideas and creativity.



The Community Health Collaborative (CHC)

Located in Enfield above the Women's Center
Jessica Gifford, Director of Community Health & Wellness, and Sexual Offense Services Coordinator
x5743 or jgifford@hampshire.edu

The CHC is a constantly evolving program whose mission is to develop, implement, and support initiatives that promote the health and growth of individual students and the community as a whole. These efforts take many forms, including providing support services, educational programming, information, resources and referrals related to sexual health, eating issues, stress, sexual assault, relationship violence, drug, alcohol and tobacco use, and alternative health. The CHC currently offers the following programs:

The Counselor Advocate (CA) Program:

x6998 (Confidential)

The CAs are a group of Hampshire students who go through intensive training and offer confidential peer support and advocacy to other students 24/7 through a crisis line, and provide educational programs on wellness issues.

Sexual Offense Services (SOS) Coordinator:

x5743 (Confidential)

The SOS Coordinator, Jessica Gifford, provides confidential support and advocacy to victim/survivors of sexual and relationship violence, and will also explain and help them negotiate the options available to them.

Jessica also offers support and information to "allies" and will provide trainings for faculty, staff and students upon request.

Jessica is responsible for maintaining records of sexual assaults that occur on campus, so anyone with knowledge of a sexual assault can report this by filling out a report form, calling Jessica directly, or by leaving a message on the Anonymous Reporting Line x5756.

Wellness Programs:

CHC offers free, drop-in chair massage hours for students, a lending library on health and wellness issues, a "light box" for treatment of Seasonal Affective Disorder or related problems, and the use of clean bathtubs, pleasant study space and herbal teas.

Drug and Alcohol Programs:

CHC offers students confidential drug and alcohol assessments & information, as well as referrals to on and off-campus support resources. One such resource, "The Recovery Network," connects students who wish to gain control over their drug or alcohol use with other students, faculty and staff who are in recovery themselves and have offered their support. CHC also heads the Task Force on Drugs and Alcohol, conducts surveys on drug and alcohol use & smoking, runs focus groups, and implements other educational programs.

Health Education, Information and Programming:

CHC provides programs on a variety of other health and wellness issues including: eating disorders and body image, sexual health, depression & suicide, nutrition, etc.

The Community Health Collaborative always welcomes faculty and staff involvement. If you are interested in any of these issues, please call x5743.

Health Services

Montague Hall (next to Admissions),
Box HS, x5458 (Confidential)

Health Services is staffed by medical and mental health professionals to offer students confidential counseling services and medical care including: preventative care and treatment of illness and injury, prescriptions, birth control & HIV/STI testing. The Advice/Triage Nurse is available by telephone or in person to help determine the best course of action for medical concerns and questions. Calling Health Services in advance may significantly reduce waiting time. Health Services is open Monday-Friday 8:30a.m. to 5:00p.m., closing for lunch from 12:00 to 1:00.

When Health Services is closed (weekends, nights and vacations) students with urgent health problems may be seen at the University of Massachusetts Health Services Urgent Care, which can be reached at 577.5000. There is no additional cost to students for counseling or medical visits to Hampshire College Health Services. Students will be charged a co-pay for visits to University of Massachusetts Health Services or a hospital emergency room.



The Office of Multicultural and International Student Services

Housed in the Cultural Center (behind Cole Science) x5461 or culturalcenter@hampshire.edu

The Office of Multicultural and International Student Services (MISS) is housed in the Lebrón-Wiggins-Pran Cultural Center. MISS provides a network of comprehensive services and innovative programs that support and advance the intellectual, personal, cultural, and social development of students of color and international students. To contact the Director of Multicultural and International Student Services, call Melissa Scheid Frantz at 413.559.5415 or mysSA@hampshire.edu.

Please contact MISS for:

- assistance in addressing any issues related to individual students of color/international students (e.g., social adjustment, academic difficulty, etc).
- programming collaboration on issues related to race/culture/under-representation
- assistance in strengthening efforts to better recruit, retain, and graduate students of color/international students.
- any additional questions related to the purpose of MISS.

The International Student Advisor:

The International Student Advisor (ISA) is housed in MISS, assisting international students with U.S. immigration and employment regulations, cross-cultural adjustment, and much more. Call 413.559.5415 to contact the International Student Advisor. The Lebrón-Wiggins-Pran Cultural Center and MISS are part of the Student Services division.

Please contact the International Student Advisor (or direct your student to the ISA) particularly if you have individual international students:

- who are having academic/adjustment difficulties
- are considering going on a leave of absence

Lebrón-Wiggins-Pran Cultural Center:

To better serve and retain students of color and international students, the Lebrón-Wiggins-Pran Cultural Center provides a range of programs and resources to support and promote the success of students of color and international students at Hampshire College. Additionally, the center provides programs and resources to the larger campus community for engagement in issues related to race, culture, and under-representation, with the underlying goal to affect social change.

We enhance our long-standing commitment to community and social change by:

- providing and advocating for services, programs, and resources that assist international students and students of color for a successful transition to, matriculation at, and graduation from Hampshire College.
- offering services, programs, and resources that foster academic success among international students and students of color.
- ensuring a space for multicultural community building, individual expression, and the exchange of ideas.
- fostering leadership skills for multicultural competence for students of color, international students, and multicultural student groups.
- continually examining the fluidity of race, culture, and identity; specifically examining how race and culture intersect with other social identities and their impact on one's view of self and of the world.
- serving as a campus partner in promoting multicultural competence through community engagement on topics related to race, culture, and under-representation.

The Women's Center

Enfield House (near Enfield parking lot), Box SA,
x5540

The Women's Center is the hub for a variety of women's groups on campus. They have lots of information available on many issues, including a small women's studies library. The Center works to raise awareness of gender and women's issues, and they offer a variety of programming to that end every semester. The center is open to all members of the Hampshire community.

The Queer Community Alliance Center

Greenwich House, Donut 4, Second floor, x5714 or
contact student services for additional information

The QCA is comprised of individuals who support sexual diversity. They promote awareness of lesbian, gay, bisexual, trans, pan and queer issues and strive to create a comfortable space for discussion through social events and political activism. The QCA is a safe place of confidentiality and respect. People of all sexual orientations are welcome and encouraged to attend meetings.

Spiritual Life

Office: Merrill Student Services, 2nd floor,
Box SA, x5282

Spiritual Life Center: top of Donut 5
for meetings and programs.

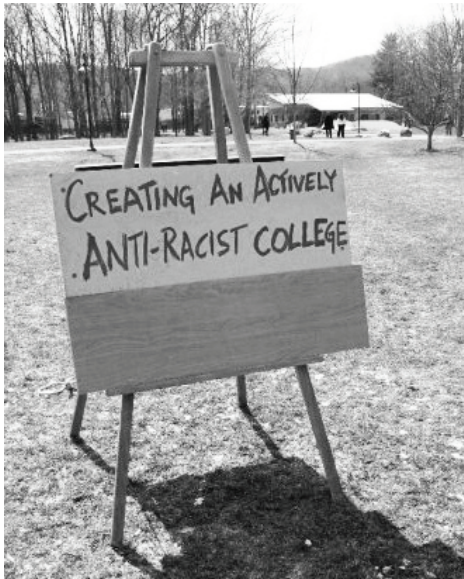
Spiritual Life provides opportunities to develop the connection between the mind, body, and soul, as well as pastoral counseling for faculty, staff, and students. Students are supported to express and experience their own spiritual journey in an atmosphere that encourages an appreciation of diversity and reconciliation. They celebrate the exploration of ideas and provide a place for faith and a place for lack of faith in a spiritual context. Their staff include: the Director of Spiritual Life, Campus Rabbi, Muslim and Hindu Advisor, and Buddhist Advisor. Please contact the Spiritual Life Office for a schedule of regular meditation times and events at x5282.

Public Safety/EMTs

Johnson Library Center,
ground floor (rear entrance), Box S0
EMERGENCY ONLY: x5555,
all other business: x5424

The Department of Public Safety is responsible for protecting people and property on the Hampshire College campus. The department should be alerted to any situation that threatens a safe academic or residential environment. Public Safety is also responsible for on-campus vehicle registration and parking. The campus switchboard also serves as the dispatch center for the Department of Public Safety, the EMTs, walking guards, and student event monitors.

The EMTs respond to on-campus medical emergencies and are on call 24/7 during the school year. Walking guards are available during evening hours to escort students across campus. The student event monitors work to provide a safety presence at student-run events on campus throughout the school year. For more information on any of these services, contact Public Safety.



Student Groups

Organized through the Campus Leadership and Activities office, Dakin Student Life Center, 1st floor (facing FPH), Box CL, x6005

There are a wealth of student groups at Hampshire that cover a wide array of interests and activities, and of course, students can always start a new group and apply for funding if they don't find something that meets their needs. Student groups are an excellent way for students to get more socially involved and foster a sense of community. For the most up-to-date listing of student groups and their contact information, visit <http://studentgroups.hampshire.edu>

Center for Academic Support and Advising (CASA)

Dakin Student Life Center, 2nd floor,
Box AC, x5498

CASA provides academic support, advice, programs and resources to all students and faculty. This is where to refer students if they:

- Have any questions or concerns about academics
- Need to locate faculty for Division II or Division III
- Plan to apply for field study or exchange
- Want to change their advisor

CASA offers workshops throughout the year on first-year concerns, study skills and time management, how to file Division II and Division III, and going on field study and exchange. S.T.A.R., the Peer Academic Resource Center, an integral part of CASA, is located on the first floor of Dakin House x5425.

Disabilities Services

Prescott House
x5423

In accordance with Section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990, Hampshire College provides reasonable accommodations for individuals with disabilities, so that they may enjoy, as much as possible, equal access to all programs and services of the college. Disabilities may include, but are not limited to, sensory impairments, mobility impairments, chronic illnesses, learning disabilities, attention deficit disorders, and psychological disabilities. The college does require documentation of the disability. Joel Dansky, Disabilities Services Coordinator, is responsible for the coordination and provision of services and accommodations for students with disabilities. He also offers academic support, open to all students, related to organizational and study skills, time management, etc. For more information, contact him at 413.559.5423 or via e-mail jdansky@hampshire.

Quantitative Resource Center

Dakin House, 2nd floor, x6001

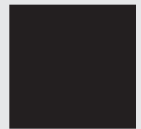
The Quantitative Resource Center offers assistance to any student using quantitative methodologies and has several PC and Mac work stations with a variety of mathematical and statistical software.

Writing Program

Greenwich Writing Center
x5531, x5577, or x5646

The Writing Center has staff dedicated to helping students improve their writing skills, from developing an outline, to revision and critiquing. They offer individual appointments, as well as courses and workshops.





2008-09



H A M P S H I R E C O L L E G E