BE WELL, DO WELL @ BABSON:
A PANEL PRESENTATION
WE WANT TO HEAR FROM YOU!

Join the conversation
Slido.com #BabsonFall22

Ask us questions during the panel
Tell us what you need to know
JOIN THE
CONVERSATION
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PASSCODE
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STUDENT SUCCESS AT BABSON

- Accessibility Services
- Campus Assessment, Response, & Evaluation (CARE) Team
- Counseling and Psychological Services (CAPS)
- Health Services
- Religious & Spiritual Life
- Student Advising & Success
- Wellness & Prevention Services
ON-CALL SYSTEMS

- Public Safety is available 24/7/365 – 781-239-5555
- Administrator-On-Call (Residence Education)
- Dean-On-Call (Senior Staff)
- Clinician-On-Call
- Sexual and Relationship Violence Advocate (781) 239-7233
Vaccination remains at the core of our risk mitigation strategy.

Masking welcomed and encouraged; required in Health Services, CAPS, and Sports Medicine

Symptomatic testing available through Health Services (by appointment)

If your student is feeling sick, tell them NOT to go to class/practice/etc. and to call Health Services (781-239-6363).
QUARANTINE & ISOLATION

• Isolation: recovery period of at least 5 days following a positive test/symptom onset; must be fever-free for at least 24 hours without fever-reducing medication in order to be medically cleared and released on day 6
• Quarantine no longer required for close contacts, regardless of vaccination status. Should mask for 10 days and monitor for symptoms.
• Students who require isolation will be encouraged to do so off-campus or will isolate-in-place (grab and go meals via Babson Dining).
• Every student is given the option of being assigned a personal case manager.
HEALTH SERVICES
Health Services

Hollister Hall

First Floor, Suite 130
Enter through the main entrance on Babson College Drive and then walk to the back of the building. When entering through the side entrance on Map Hill Drive, turn left and then head to the back.

Academic Year
Monday – Thursday (8:30AM – 6:30PM)
Friday (8:30AM – 4:30PM)

School Break Hours
Monday – Friday (8:30AM – 4:30PM)

Health Services
Appointments
781-239-6363
healthservices@babson.edu
ELIGIBILITY and COST

• ALL full-time students – regardless of health insurance plan – can use Health Services. **VISITS ARE FREE!!**

• Health Services does not bill insurance companies for visits.
  – If blood work is done, **the lab will** bill student’s insurance
  – Students who are **not** on the Babson sponsored health plan have to pay for any immunizations done in Health Services as we are not preferred providers for any insurance companies.
  – Deposits are taken for crutch and nebulizer loans, refunded when returned
  – Emergency Contraception (Plan-B) is sold for $18 at the front desk
STAFF and SERVICES

- Staffed by Nurse Practitioners, 2 Triage Nurses, 1 Medical Assistant and an Office Manager
- Consulting physician on campus 3 hours/week during academic year
- Registered Dietician services available during academic year
- Provide a range of services including:
  - Sudden Illness/Injury visits (including symptomatic, exposure and covid testing for travel)
  - Consultations and Referrals to Specialists
  - Phlebotomy Services (blood tests with a prescription from your off site provider)
  - Required and Travel immunizations, Flu shot clinics (flu shots are FREE to all students)
  - Sexually Transmitted Infection testing/Reproductive Health visits
  - Prescription drug delivery to the Health Center or to your location of choice
GENERAL INFORMATION

- **All services are confidential. Student permission is required to share information.**
- We reserve several same day appointment slots during operating hours. Students should call ahead for an appointment.
- BE ON TIME. Students will have to reschedule if they are 10 minutes late.
- We do not have a pharmacy on campus. Keyes Drug in Newton will deliver prescriptions to Health Services M-F and Capsule will deliver to a preferred location 7 days/week.
AFTER HOURS CARE

Urgent Care Centers: *Should be used for mild to moderate illness or injury not emergencies*
  - Generally open every day with set hours of operation. Check website for information and services available.
  - $20 Out of pocket co-pay
  - (Moderate flu-like symptoms, fever without a rash, sore throat, sprains and strains, small cuts that may require stitches)

Emergency Rooms: *Should be used for emergencies or severe illness only*
  - Open 24/7/365
  - $150 out of pocket co-pay if not admitted
  - (Chest pain, shortness of breath, abdominal pain, uncontrollable bleeding, fainting/dizziness, sudden numbness or weakness, complex fractures/joint dislocations, head or eye injury, seizures, slurred speech, serious burns, fever with rash)
SUBMIT QUESTIONS FOR HEALTH SERVICES @ SLIDO.COM WITH PASSCODE 888clq
COUNSELING AND PSYCHOLOGICAL SERVICES
HOW TO ACCESS SERVICES

Counseling and Psychological Services

In-person and virtual appointment availability.

CAPS@Babson.edu

Park Manor South Annex
781-239-6200
CAPS@Babson.edu
Pressures and Stressors:

**Physically:**
--self-care: eating, sleeping, exercise

**Academically:**
--uncertainty of expectations
--small fish in a big pond

**Socially:**
--uncertainty about making new friends, dating, seeking acceptance for personal identity

**Culturally:**
--adjusting to campus and Babson culture
--navigating identity issues - ethnic, racial, religious, etc.
COUNSELING AND PSYCHOLOGICAL SERVICES

Our on-campus services are both **Confidential** and **Free**

CAPS offers support for students who are experiencing emotional or mental health concerns

**Students can come to CAPS for:**
- consultation
- referrals
- individual therapy
WHAT STUDENTS NEED FROM FAMILIES

• Understand/Empathize
• Hold onto the bigger picture
• Encouragement
• Support in *multiple* forms
• Involvement *only* when necessary
• ?’s: Call or email us
WHEN STUDENTS ABSOLUTELY NEED YOUR INVOLVEMENT

*Helicopter parenting can be a deterrent unless your child is actually “drowning;” then it is appropriate and required.*

- Social withdrawal
- Significant change in appearance/hygiene
- Excessive self-criticism
- Talk of hopelessness
- Tearful communications home outnumber others
- Excessive fatigue or on-going lethargic mood
- Extreme increases in energy; rapid speech
- Inability to think and concentrate
- Dramatic changes in grades
- **References to suicide or not wanting to be alive**
SUBMIT QUESTIONS FOR COUNSELING & PSYCHOLOGICAL SERVICES @ SLIDO.COM WITH PASSCODE 888clq
Wellness & Prevention Services

Hollister Hall, Suite 122
Wellness & Prevention Services is located next to the Health Services suite.

Hours
Monday – Friday: 8:30 AM – 4:30 PM

Phone
781-239-5852

Wellness & Prevention Services
Appointments
781-239-5200
wellness@babson.edu

Peers on Wellness
Wellness & Prevention Services is committed to creating and sustaining a healthy and safe community at Babson.
ALCOHOL & OTHER DRUG SERVICES (AODS)

PREVENTION, EDUCATION & TRAINING

INTERVENTION: BASICS & CONSULTATIONS

COMMUNITY SUPPORT
SEXUAL ASSAULT PREVENTION & RESPONSE SERVICES

CASE MGMT

&

ADVOCACY

SAFE HOTLINE
781-239-7233

PREVENTION, EDUCATION & TRAINING
MENTAL HEALTH PROMOTION

PROGRAMS

STRESS MGMT

SLEEP KITS

MEDITATION VOICEMAIL
781-239-7378

SOCIAL CONNECTION
SEXUAL HEALTH PROMOTION

SAFER SEX PRODUCTS
PROGRAMS

STI TEST REFERRALS

PRODUCT DEMOS

SEXUALITY EDUCATION
SUBMIT QUESTIONS FOR WELLNESS & PREVENTION SERVICES @ SLIDO.COM WITH PASSCODE 888clq
RELIGIOUS & SPIRITUAL LIFE
Religious & Spiritual Life

Glavin Chapel
1st Floor:
Religious and Spiritual Life (RSL) offices.
Muslim Prayer room
Interfaith Prayer room

2nd Floor:
Chapel

Hours
Office
Monday-Friday
8:30am-4:30pm

Chapel
Weekly
7:30 am-midnight

Phone:
781-239-5969
Empowering and Caring for the Next Generation

Explore • Cultivate • Sustain

We foster a community of belonging, learning and life formation at Babson and beyond. RSL equips and empowers students to cultivate and explore their religious and spiritual identities, while simultaneously sustaining their faith traditions.
Student Faith Groups
Empower to Lead

➔ Explore and deepen faith
➔ Ownership of spiritual identity
➔ Organize and lead programs/events
➔ Develop leadership capacity and skills
➔ Engage in Interfaith exchange and dialogue
➔ Create special holiday events
➔ Opportunities to build community
REASONS TO VISIT RELIGIOUS AND SPIRITUAL LIFE

- Faith, Religious, & Philosophical Questions
- Help students with life decisions
- Religious Celebrations & Observances
- Spiritual Ethics and Pastoral Counseling
- Support students identity formation
- Advocacy
- Interested in joining or starting a recognized faith groups
- Relationships
- Feelings of grief, loneliness and stress
- Interfaith dialogue
- Attend weekly programs
- Shame or Guilt
- After college decisions
WEEKLY AND SPECIAL EVENTS

- Peace Circles
- Religious Holiday Celebrations
- Rosary Prayer
- Jumu’ah Prayers
- Torah Teachings
- Hindu Spiritual Night
- Christian Worship
- Shabbat Service & Dinner
- Meditation Monday
- Qur’an Circle
- Spiritual Ethics Class
- Jewish Ethics Class
- Christian Breaking Bread
- Interfaith Dialogue
- Catholic Mass
SUBMIT QUESTIONS FOR RELIGIOUS & SPIRITUAL LIFE @ SLIDO.COM WITH PASSCODE 888clq
Contact Us

Location: Hollister Hall Suite 220
Email – accessibility@Babson.edu
Phone: 781-239-4075

Website -
https://www.babson.edu/academics/advising-and-support/accessibility-services/

Hub site -
https://studentportal.babson.edu/content/welcome-department-accessibility-services-das

Staff

Mary Powell, Director
Lindsay Devereaux, Assistant Director
John Kapples, Coordinator
Colleen Biron, Admin
Mary Beth Crane, Admin
The mission of Accessibility Services is to collaborate and empower students with disabilities to coordinate support services and programs that enable equal access to an education and college life.
Accessibility Services is responsible for evaluating and coordinating services for students with disabilities. Reasonable accommodations are determined after consultation with the student and thorough review of the student's medical documentation. Students must initiate the accommodation process by meeting with a member of Accessibility Services team to register with the office.
For enrolled Babson College students, more information can be found regarding Accessibility Services policies and procedures on the Student Portal.
SUBMIT QUESTIONS FOR ACCESSIBILITY SERVICES @ SLIDO.COM WITH PASSCODE 888clq
QUESTIONS FOR PANELISTS