



## FROM THE ASSOCIATE VP

Commitment to the health and well-being of our students is an integral part of the Carnegie Mellon experience. As I finish my first year as the associate vice president for community health and well-being, I can say for certain that the university's goal of encouraging individuals to pursue a high quality of life, to develop their talents and interests, and to value physical, emotional and spiritual health throughout their lifetimes is taken seriously. The Community Health and Well-Being unit – comprised of Counseling and Psychological Services, University Health Services, Spirituality and Interfaith Initiatives, and Wellness Programs – works every day to provide care and develop opportunities in these areas. Families and parents are our allies as students learn to practice lifelong well-being.

From their first weeks on campus, our students learn that asking for help is a sign of strength and that the resources for support are plentiful. Knowing how to seek and utilize help appropriately is empowering. An important learning objective of the university experience is to learn self-care skills, how to find balance and to bounce back from adversity. Without those foundational abilities, our students' other goals are more difficult to accomplish. This newsletter features just a few of those available resources to encourage and nurture students' well-being.

I invite you to explore for yourself the resources available to your student in these areas and to support them in finding the empowerment that comes from becoming part of an ecosystem of support. Please don't hesitate to reach out to me at [mdaseymo@andrew.cmu.edu](mailto:mdaseymo@andrew.cmu.edu) for assistance or with feedback.

Take care,

Maureen (Mo) Dasey-Morales  
Associate Vice President for Community Health and Well-Being

## FAMILY FEATURES

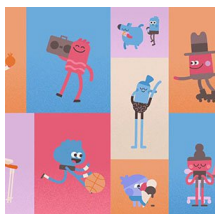


### From Someone Who's Been There: The Senior Transition

---

Laurie Morison shares the experience of watching her son Stephen Nimalasuriya transition from senior to alumnus and begin his life post-CMU.

[Read More >](#)

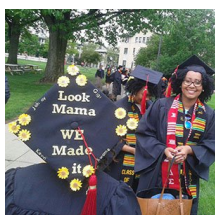


### Health and Well-being

---

Self-care practices that students develop now will keep them healthy and well for a lifetime. Learn how you can help.

[Read More >](#)



### From Students to Alumni

---

The Carnegie Mellon Alumni Association can help your senior transition from CMU student to CMU alumnus/a.

[Read More >](#)

## CAMPUS CONNECTIONS

### Doing Good: Rise Against Hunger

---

For the fourth consecutive year, Carnegie Mellon University joined Rise Against Hunger to meet the goal of packing more than 200,000 meals to aid in the fight to end global hunger by 2030. [Explore photos from this day of service.](#)

### ICYMI: CMU at Grace Hopper

---

CMU students, alumni, faculty and staff convened in Houston, Texas, in September for the Grace Hopper Celebration, the largest women-in-computing conference in the world. [Explore photos from the weekend.](#)

### Best Yet: #givingCMUday

---

Thanks to supporters around the world, this year's #givingCMUday exceeded all goals and made a real difference in the lives of CMU students. [Check out the results and watch a special thank you video from all of us at CMU!](#)

## CMU NEWS

[Fellowship Advances Women in Cybersecurity](#)

[Computer Science Student Named Schwarzman Scholar](#)

[CMU Secures \\$5 Million NSF Award for CyberCorps Scholarship for Service Program](#)

## UPCOMING DATES

- January 11: Residence halls open
- January 16-23: [Winter Week of Welcome](#)
- March 11-15: Spring Break
- April 11-13: Spring Carnival

## RESOURCE QUICKLINKS

Visit the [Family and Parents website](#) for resources available to you and your student in the areas of [academics](#), [health and wellness](#), [finances](#), [safety](#), [student affairs](#) and [travel](#). You can also access [past issues of The Fence Post](#) on the site.

**Carnegie Mellon University**

[Family & Parents Page](#)

[Carnegie Mellon University](#)

[Give Now](#)

Carnegie Mellon University  
5000 Forbes Ave.  
Pittsburgh, PA 15213

If you wish to be removed from this group's mailing list, [click here](#)