



THE Fence Post

NEWS FOR CARNEGIE MELLON UNIVERSITY FAMILIES

FROM THE ASSOCIATE VP

Greetings,

In a year of dramatic change and uncertainty, our students have shown great resiliency and enduring adaptability. They have found ways to connect with and support each other virtually, led the way in modeling how to keep one another safe and stayed true to their values. Yet, as we know, constant adjustment and the inability to engage in in-person activities can take its toll on all of us. The Community Health and Well-Being department within Student Affairs — comprised of Counseling and Psychological Services (CaPS), University Health Services, Student Support Resources, Spirituality and Religious Life Initiatives, and Wellness Programs — works each day to keep students safe and help them thrive in the face of the impacts of the past year. Our foci have included finding ways for students to connect emotionally and socially, helping them develop resiliency and self-care skills and caring for students who have been directly impacted by COVID-19. This month's "Fence Post" focuses on ways we can all work together to continue to support the well-being of our students and each other.

If I haven't had the opportunity to meet you in person yet, I look so forward to that opportunity in the near future. In the meantime, please do not hesitate to reach out with feedback, ideas and concerns about the health and well-being of our Tartan community.

Take care,
Maureen (Mo) Dasey-Morales
Associate Vice President for Community Health and Well-Being
mdaseymo@andrew.cmu.edu

FEATURES



Winter Welcome

The official kick off to the spring 2021 semester, Winter Welcome is a three-week program packed with fun and diverse virtual offerings designed to help students meet each other, get involved and engaged in the CMU community, practice wellness and build school spirit.

[Read More](#)



Student Mental Health and Wellness: A Guide for Family Members

Welcoming in a new year during a pandemic is strange, likely even stressful and unsettling, and so it is especially important for us to focus on care for self and overall well-being at this time.

[Read More](#)



Staying Healthy On Campus

For undergraduate students, college is a time of growth and independence, and for some that means that they are learning how to manage their own health. This year, students are managing their health and well-being within the context of a global pandemic.

[Read More](#)

CAMPUS CONNECTIONS

Auld Lang Syne

For the past six years, Carnegie Mellon University has added to the tradition of new arrangements of "Auld Lang Syne" to honor the school's Scottish roots.

[Happy New Year from CMU!](#)

CMU Announces Inaugural Vice Provost for Diversity, Equity and Inclusion

After a comprehensive national search, [Wanda Heading-Grant](#) has been selected as Carnegie Mellon University's inaugural vice provost for Diversity, Equity and Inclusion (DEI) and chief diversity officer.

Protecting the CMU Community

As we embark on the spring 2021 semester, CMU will continue its diligence toward protecting its community members and the public from COVID-19. You can view testing information and current numbers of cases at CMU, as well as Allegheny County data, on [CMU's COVID-19 dashboard](#).

CMU NEWS

[Year in Review 2020](#)

[34 Tartans Honored as Top Academic Athletes](#)

[Snowy Days at CMU](#)

UPCOMING DATES

- January 23-31: [Spring Residence Hall Move-In](#)
- January 23-February 13: [Winter Welcome](#)
- February 1: First Day of Spring Semester
- February 1-14: All classes offered remotely
- February 15: In-person classes begin
- February 10: Dr. Ibram X. Kendi, 2021 MLK Keynote Lecture, presented by the [University Lecture Series](#)
- February 10: [Tartan Family Webinar Series](#): State of COVID-19 in Pittsburgh and CMU's Response
- February 12: Deadline to add semester-long classes
- February 24: [Tartan Family Webinar Series](#): Exploring and Preparing for Graduate School
- March 3: [Tartan Family Webinar Series](#): Residential Family Connection Hour
- A spring semester series: [Dr. Martin Luther King Jr. Community Celebration 2021](#)

For additional important dates, explore the full [CMU calendar of events](#) and the revised [Spring 2021 academic calendar](#). Due to COVID-19, the university has

replaced the traditional spring break week with break days on February 23, March 19 and April 5.

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](#) and [student affairs](#). You can also access [past issues of The Fence Post](#) on the site.

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