



THE Fence Post

NEWS FOR CARNEGIE MELLON UNIVERSITY FAMILIES

FROM THE ASSOCIATE VP

Put simply, the health and well-being of every individual student matters to us at CMU. We want your students to feel and be safe, supported, connected with others, present in the moment and living a life with purpose. Along with our CMU colleagues, students and faculty, the Community Health and Well-Being unit of Student Affairs – comprised of Counseling and Psychological Services (CaPS), University Health Services, Student Support Resources, Spirituality and Interfaith Initiatives, and Wellness Programs – works every day to provide care and help students develop skills in these areas.

To that end, we are introducing a number of new initiatives to support students, educate the campus community about assisting students in distress, and to provide training in ways to proactively tend to health and well-being. CaPS has added new [training opportunities](#) for students, faculty and staff to help members of our community feel more comfortable and knowledgeable about pointing students to care resources. A new department called Student Support Resources is assisting students with navigating resources that support their well-being. Assessments of health and well-being services are being enhanced to better deliver programs based on student needs and feedback. A meditation app, [Headspace](#), is available to all members of the university community. And, we are working to bring our services out of the clinics and into where students live and gather to help them maintain a lifetime of good health.

Parents and families are our partners in the care and support of our students. I invite you to explore for yourself the [resources available to your student](#) in these areas and to reach out to me with ideas, feedback or questions.

Take care,

Maureen (Mo) Dasey-Morales
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FEATURES



Embracing Self-Care

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

[Read More](#)



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](#)



Financial Fitness

The Student Financial Services website offers various, free financial literacy resources to help your senior now and into the future.

[Read More](#)

CAMPUS CONNECTIONS

Uniquely CMU: #Buggy100

How much do you know about the fastest 120 seconds of the year? Get caught up on CMU's annual student-led Buggy relay race, and [join us to celebrate 100 years of Sweepstakes](#).

1,164,487 Reasons to Celebrate

The CMU community made possible a record-breaking #givingCMUday with \$1,164,487 in donations that will make a real difference in the lives of CMU students. [Check out the results and see more coverage from the memorable 24 hours!](#)

Mister Rogers' Neighbors

From altering cardigans to making Civil Rights statements, dozens of CMU alumni helped bring an entire "Neighborhood of Make-Believe" to life. [Watch the video and read stories from many careers spent on set with Fred Rogers.](#)

CMU NEWS

[Newly Endowed Position Aims to Nurture Students' Civic Engagement](#)

[CMU Helps Bring Meditation to the Masses](#)

[A Ride to Remember for Winning Student Team in Thrill Design Competition](#)

UPCOMING DATES

- January 15-22: [Winter Week of Welcome](#)
- January 20: [MLK Jr. Day Writing Awards Celebration](#)
- February 19: [Room Selection 2020](#) begins
- March 9-13: Spring Break
- April 16-18: [Spring Carnival](#) and [Buggy 100th Anniversary](#)
- April 20-24: Fall class registration week
- May 17: [Commencement](#)

See the full [calendar of events](#) from the Division of Student Affairs.

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.

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