REMINDER: BOOKMARK THE FHS STUDENT BLOG

Many of you may still not know that we have an FHS student blog where all academic, practica, research, and career information is posted. Bookmark it now!

VOTING & ELECTIONS

Many of you are feeling nervous, excited, stressed, anxious, hopeful, resigned, hopeless, eager… and much more about the upcoming elections. Our faculty, staff, and graduate employees are here for support. Please exercise your right to vote. Many have fought and died for you to have this right, and many in our country and around the world still do not have it.

There are several campus resources available to you at this time, listed on the next page. Please visit the FHS blog for how to reach your academic advisor, instructors, and others who can support you.

DREAMER ELECTION SUPPORT

How you can support Dreamer, undocumented, and immigrant students:

- Remember that voting is a privilege and choosing not to vote is a privilege. Be conscious of people who cannot vote in your messaging and interactions with others.

- Send or forward emails to remind everyone of important resources and services available to Dreamer, undocumented, and immigrant students; consider including election day stress reminder.

- Have conversations with others about how to support all students, including Dreamers and undocumented students post-election.

- Ask for time in class discussions to talk about how you and others are doing with the election and with COVID-19. Provide space for people to safely express their views and feelings.

- Attend office hours, share office hours, and encourage others to use office hours to discuss election related stressors, as well as other life stressors in addition to course content.

- Use the Dreamer Ally sign as a Zoom background.
The University of Oregon’s Counseling Services recognize that this may be a particularly stressful time for our campus community during this election season. We’d like to highlight the following resources and particularly our “one-click away” services offered this term that have a special focus during Election Week.

Click on the following days/times to access the Zoom links to these UCS services:

**Election Stress-Related Workshops**

**Election Prep! Safety Planning and Coping Tools** (in collaboration with the LGBT Education and Support Services), **Thursday October 29th, 4:30-5:45 p.m.**
Weekly Stress and Anxiety Management (focus on election), **Wednesday November 4th 2:00-2:50 p.m.**
Weekly Rotating Workshop - Post-Election Recovery, **Thursday November 5th 2:00-2:50 p.m.**

**Election Support Space – Student Discussion Groups**

Latinx & Undocumented Student Connections, **Tuesday November 3rd, 1:00-2:00 p.m.**
International Students, **Tuesday November 3rd, 4:00-5:00 p.m.**
Hui Pacifica (for Asian, Desi, Pacific Islander Students), **Thursday November 5th 2:00-3:00 p.m.**
Black CommUNITY, **Thursday November 5th, 5:00–6:30 p.m.**

**One-on-One Consultation - Let’s (Tele)Talk**

Monday November 2nd **1:00-3:00 p.m.***
Tuesday November 3rd **9:00-11:00 a.m.***
Wednesday November 4th **2:00-4:00 p.m.*, **4:00-6:00 p.m., **6:00-8:00 p.m.**
Thursday November 5th **3:00-5:00 p.m.*, **5:00-7:00 p.m.*
Friday November 6th **10:00 a.m.-12:00 p.m.*, **1:00-3:00 p.m.*

*denotes day/times Let’s (Tele)Talk is available throughout the term