



# VIMS and W&M

## *Health and Well-being Resources*

William & Mary, the School of Marine Science, and VIMS offer a number of resources to support the mental, physical, and personal health and well-being of graduate students. Below is a compilation of resources available to you and opportunities will be advertised in the weekly Academic Digest.

### **Ways to Connect at VIMS**

#### *VIMS Graduate Student Association (GSA)*

- The GSA is responsible for fostering a diverse and inclusive graduate community at VIMS and managing many of the student groups and communities. Key responsibilities include:
  - » Meet with graduate students and the VIMS and W&M administration to address student concerns and needs.
  - » Host social gatherings like regular “TGI” events, Café socials, the annual Chili Cook-Off, intramural sports teams, professional development events, and the Fall & Spring parties.

#### *VIMS Community Spaces*

- Clayton House is the newly renovated VIMS community space. The downstairs provides all of VIMS with a full kitchen, seating areas, work spaces, and a comfort room. The upstairs is a devoted student space with lounge, work, and meeting rooms.
- The Annex is the newly renovated student space that provides students with workout, movie, and activity spaces as well as easy access to all of the games and outdoor equipment provided by the GSA.

#### *VIMS Diversity, Equity, and Inclusion Initiatives*

- **Dive-In** - The VIMS DEI Committee whose mission it is to increase diversity, institute equity, and foster community at VIMS through the implementation of DEI-centered training and social events and through institutional policy review.
- The Southern Regional Education Board (**SREB**) - Through W&M, VIMS is a part of the SREB-State Doctoral Scholars Program whose mission is to provide mentoring and development opportunities aimed at increasing the number of minority Ph.D. students seeking to be faculty.
- VIMS Chief Diversity Officer - VIMS will soon hire a Chief Diversity Officer which will bring dedicated leadership to VIMS’ DEI-related initiatives.



#### *VIMS Engagement Opportunities*

- Members of the VIMS community regularly offer opportunities to participate in group yoga, Zumba, crafting, gardening, and much more.
- The Office of Academic Studies collaborates with local educators to host English language instruction sessions that increase the fluency and confidence of international graduate students at VIMS.
- Academic Studies, in collaboration with the International Student Committee, hosts an annual International Potluck Dinner in celebration of VIMS and W&M community diversity.



## **Personal Support Resources**

### VIMS Graduate Program Ombuds

- Faculty ombuds and student peer advisors are available to help graduate students resolve issues and address concerns that arise within the university setting.

### W&M Dean of Students Office

- The Dean of Students Office assists the well-being of all students in an assortment of ways. The Dean of Students Office includes Student Accessibility Services, Care Support Services, and the Center for Student Diversity.

### The Reves Center for International Studies

- The Reves Center is the hub of global engagement at W&M by supporting international students and scholars coming to W&M, hosting events for the international community, and overseeing the study abroad program.

## **Mental and Physical Health**

### On-Campus VIMS Counseling Services

- VIMS provides weekly, free and confidential counseling services to students.
- Contact Dr. Donna Haygood-Jackson at 757-367-9137 to schedule an appointment.

### W&M Counseling Center

- The Counseling Center offers a range of in-person and remote mental health services to students that are free of charge to full-time students.
- Counseling Center staff are on-call 24 hours a day during the academic year to respond to psychological emergencies.
- Appointments can be made by calling the Counseling Center at (757) 221-3620.

### W&M Student Health Center

- The Health Center offers a full-range of primary care services and all full-time students are eligible to receive care.
- Appointments can be made by calling the Health Center at (757) 221-4386
- Academic Studies provides a temporary W&M parking pass to any VIMS student who is visiting the Health Center.



### Campus Recreation & Wellness Centers

- Current full-time students have membership to the recreation center as well as free access to all fitness and wellness classes.
- The W&M recreation and wellness centers provide students with a variety of resources and facilities, which include workout equipment, climbing wall, swimming pool, basketball courts, racquetball and squash courts, fitness studios, meditation spaces, and intramural teams.

### The Haven

- The Haven is located in the Sadler Center and provides a confidential resource for those impacted by sexual violence and harassment, relationship abuse, stalking, and other gender-based discrimination.
- The Haven offers appointments or drop-in hours with a peer advocate.

## **The SMS Office of Academic Studies**

The Office of Academic Studies is the central administrative office for the School of Marine Science academic program and engages in the holistic support of SMS students.

Connect with Academic Studies at any time via email at [academicstudies@vims.edu](mailto:academicstudies@vims.edu) or by stopping by the Academic Studies Administrative Suite in Watermen's Hall.