Dear Colleagues,

First, thank you for all you and your loved ones have done and will do over the remainder of the semester. We are writing to offer a few timely reminders about student wellbeing, and to invite you to reflect on the ways you are caring for yourself.

First, thank you for your tireless efforts to support undergraduate inside and outside of the classroom this semester. We hear students routinely express to us their appreciation for all the ways faculty have gone above and beyond to engage and connect with them in all platforms. We also hear from you as you juggled many additional responsibilities outside of your teaching and we share the students’ gratitude.

Of course, managing the stresses of the compressed, uncertain, and uniquely challenging semester has been difficult for all. As we approach the end of the term, we hope you’ll find the information and reminders offered below to be helpful and timely.

Faculty Wellbeing, Health, and Wellness

First and foremost, we urge you to take time to recharge during the longer winter break period.

Now is the time to reach out to colleagues for conversations, listen to students’ concerns, and, if necessary, refer them to the myriad resources and events that colleagues are offering.

Duke offers some resources available to support faculty wellbeing include:

- The Personal Assistance Network (PAN) is the Faculty/employee assistance program that includes professional who offer assessment, short-term counseling, and referrals to help manage a range of personal, work, and family challenges.
- The Office of Faculty Advancement resource page includes Duke-sponsored resources available to support faculty wellness.
- DukeReach: A convenient way for Duke students to receive no-cost mental health support from a licensed counselor. There are two types of trained wellness representatives who will reach out within 24-hours: TalkNow (24/7, talk about anything) and Scheduled Counseling.
- Keep Learning: This email was sent to: .

For most of our undergraduates, this election is the first Presidential election in which they vote, and it has been an unprecedented experience for many. This election has included mental health and wellness resources for all that we are facing as a nation. We recognize student experiences and the stresses related to the election process. We want you to know that we are here to support you as you care for yourselves and your students.

As you are concerned about a specific student for any reason, please don’t ever worry alone — we are here together, and you can always share your concerns with us to help us make sure students have the support that they need.

2020 Election

While election day is on November 3rd, the nature of the moment recommends that we take a longer view than is customary on the timeframe of this election season. There is a distinct possibility that we will not know the final election results on or before election day. This may create additional uncertainty and stress on our campus. We urge you to consider ways to support student wellbeing and to find strategies that facilitate academic progress while minimizing stress in the coming weeks.

First, vote. If you are able. The DukeVotes website includes information for students, faculty, and staff, as well as volunteering resources on the election day and beyond. Duke faculty and staff have the opportunity to vote online.

As an reminder, classes are scheduled to take place on November 10th, the Saturday of this momentous week. President Price’s recent message noted that faculty have the flexibility to make adjustments in the course syllabi language to accommodate for an online day. We encourage you to take into account the support participation in the demonstration.

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Duke Votes

In addition to voting information, the DukeVotes website includes information for students, faculty, and staff, as well as volunteering resources on the election day and beyond. Duke faculty and staff have the opportunity to vote online.

In just two clicks, students can select one of two (free) options for their ballots. Blue Devil options and White Hat options.

We encourage you to share the information with your students. Duke students can sign up at the website above using the service key: 8t97ntaf-8795-M879-7692.

Other resources include:

- The Oce of Undergraduate Education resources page includes a series of brief live presentations to our colleagues’ takes on the issues.
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Duke University