Dear Colleagues,

I hope this email finds you and your loved ones safe and well. With the end of the semester approaching, we are writing to offer a few timely reminders to faculty teaching undergraduates this term.

First, thank you for your tireless efforts to support undergraduate instruction and outside of the classroom this semester. We hear from students that you have gone above and beyond to engage and offer support in all formats available to you. As we approach the end of the semester, we recognize that many additional responsibilities outside of your teaching and our students' gratitude for your efforts.

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

Faculty Wellness, Health, and Resources

First and foremost, we encourage you to take the time to reflect on your own wellbeing. This semester has been one of the most demanding in memory, and we recognize that you may feel pressure to achieve unprecedented success and find it challenging to balance your work and life responsibilities.

The Office of Faculty Advancement resource page includes a variety of resources that may be helpful during this final stretch of the semester. These resources are designed to support faculty during this uniquely challenging semester. Please don't ever worry alone—we are in this together and are here to partner with you to help make sure our students feel pressure to achieve unprecedented success even in this challenging time. We hope you will find these resources helpful in supporting your own and students' mental health.

The OAS Office of Mental Health and Wellness

Given its constrained nature and limited opportunities for social connections, the semester generates a host of unique challenges for students and faculty alike. One way that we at Duke have tried to support student mental health and wellness has been through the programming that includes mental health and wellness resources for faculty, students, and staff. These resources, which include DukeReach, a 24/7 mental health support service, and the Blue Devils Care Team, allow students and faculty to connect with licensed counselors to address a range of mental health needs.

We encourage you to learn more about DukeReach by visiting the website. DukeReach is available to anyone connected to the Duke community and is accessible to students, faculty, staff, and alumni. To speak with a counselor, students may call the phone number above or sent a text message to connect with a counselor.

As always, if you are concerned about a specific student, for any reason, DukeReach can provide you with additional resources to help connect that student with whatever help they may need. From mental health resources to academic support, please don't ever worry alone—we are in this together and are here to partner with you to help make sure our students feel pressure to achieve unprecedented success.

Keep Learning

While election day is on November 3rd, the nature of the moment requires that we talk about the challenges we face as we navigate through the transition of this election. There is a distinct possibility that we will not know the winner of the presidential election on the day of the election. This is the first time that we have had a presidential election with the winner not yet declared. This may create additional uncertainty and stress on campus. We urge you to consider ways to support yourselves and your students in this challenging time.

First, vote! As an email, this website includes information for students, faculty, and staff, as well as optimistic voting on the electoral process that you can share with your students. Please don't forget that any vote eligible to vote in Durham county can vote in the early vote site hosted by a local polling place.

Second, support our students. As you continue to interact with your students, please let them know that you are here to support them and to acknowledge how they may be feeling. There are many resources available to help you and your students navigate this challenging time. The OAS Office of Mental Health and Wellness includes a variety of resources that may be helpful during this final stretch of the semester. Please don't ever worry alone—we are in this together and are here to partner with you to help make sure our students feel pressure to achieve unprecedented success.

Other resources include:

• DukeReach: In just two clicks, students can select one of two types of trained professional responders and will reach out within 24 business hours.

• Keep Learning: A convenient way for Duke students to receive no-cost mental health counseling and short-term support.

• Blue Devils Care: A peer support program that connects students with licensed counselors in just two clicks.

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2020 Election Resources for Faculty, Students, and the Election

Duke Votes

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For more information about Duke Votes, please visit the website. Duke Votes is a comprehensive voter education and engagement platform. We are offering a series of informational resources, webinars, and tools to help you connect with your students and encourage them to vote.

As a reminder, all resources are available at Duke Alumni Network. President Price’s recent message noted that faculty have the flexibility to make adjustments to your course content and pace; you can abbreviate assignments, pre-record lectures to be watched at students’ convenience, or adopt other strategies that facilitate academic progress while minimizing stress in the coming weeks.

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