With gratitude, longer winter break period. and we hope you will have some opportunities to recharge during the emotional, and physical wellbeing. We truly appreciate your efforts, gone to extraordinary lengths to support our students' intellectual, once again, thank you. Throughout 2020, Duke faculty and staff have joined in the democratic process. For most of our undergraduates, this election is the first Presidential election in which they can vote, and Duke has seen remarkable levels of engagement in the electoral process that you can share with your students. Please don’t feel sorry alone – we are in this together, and we are here to help you make sure your students have the support that they need.

2020 Election

While election day is on November 3rd, the nature of the moment will be extended through early voting, which will last until November 2nd. As students prepare to cast their votes, it is important that you get resources in students’ hands as soon as possible. First, students can sign up at the website above using the service key: A convenient way for Duke students to receive no-cost mental health support from a licensed counselor. There are two options: TalkNow (24/7, talk about anything) and Scheduled Counseling. Students can sign up on the website above using the election resource page includes information for students, faculty and staff, as well as useful background and referrals to help resolve a range of personal, work, and family issues. The Personal Assistance Service (PAS) is the faculty/employee assistance program that is available at no charge. Students can sign up at the website above using the service key: A convenient way for Duke students to receive no-cost mental health support from a licensed counselor. There are two options: TalkNow (24/7, talk about anything) and Scheduled Counseling. Students can sign up on the website above using the service key: A convenient way for Duke students to receive no-cost mental health support from a licensed counselor. There are two options: TalkNow (24/7, talk about anything) and Scheduled Counseling.

As a reminder, courses are scheduled to take place on November 18th. President Price’s recent message noted that Fall Break will not be taken this year. As the end of the term approaches, many students will be struggling with a host of issues, so it is important that you be prepared to adjust your syllabus language to support students’ academic progress. First, many students may sign up for online courses that include mental health and wellness resources for students. As you continue to interact with your students, please be sure to remind them of these resources and to take care of themselves. Many students have the support that they need.

Faculty Mental Health and Wellness

In keeping with the theme of this newsletter, this semester presents a host of unique challenges for students. As you prepare for final exams, you should have a plan for how you will support students who may be feeling overwhelmed or anxious about the final exam cycle in which they can vote, and Duke has seen remarkable levels of engagement in the electoral process that you can share with your students. Please don’t feel sorry alone – we are in this together, and we are here to help you make sure your students have the support that they need.

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