

Personal Wellbeing

- Students who are struggling with anxiety, stress, depression or other mental health related concerns, please consider connecting with resources through the JHU Counseling Center. The Counseling Center will be providing services remotely to protect the health of students, staff, and communities. Please reach out to get connected and learn about service options based on where you are living this fall at 410-516-8278 and online at <http://studentaffairs.jhu.edu/counselingcenter/>.
- Student Outreach & Support will be fully operational (virtually) to help support students. Students can self-refer or refer a friend who may need extra support or help getting connected to resources. To connect with SOS, please email deanofstudents@jhu.edu, call 410-516-7857, or students can schedule to meet with a Case Manager by visiting the Student Outreach & Support website and follow “Schedule an Appointment”.

The Office of Academic Support at JHU

- PILOT Learning—Peer-Led Team Learning
 - Students are organized into small study teams who meet weekly to collaborate on faculty-developed problems-sets. Students work together as a team to solve problems.
 - A trained student leader acts as captain and facilitates the weekly meetings using various strategies to foster a collaborative learning environment.
 - Registration opens on August 30th at 9pm EST; registration will remain open throughout the semester if space allows.
 - Contact: Ariane Kelly ariane.kelly@jhu.edu
 - Instagram: @jhupilot
- Learning Den Tutoring Program - Small Group Tutoring
 - Small group, tailored tutoring of 4 students or less which is headed by one tutor. Visit the website (above) to access zoom links for drop-in sessions
 - Tutors can assist with but are not limited to:
 - Review and strengthening of subject-specific material knowledge
 - Assist with homework-like problems
 - Course-specific study skills and exam preparation
 - Contact: Kaitlin Quigley quigley@jhu.edu
 - [Instagram: @jhulearningden](#)
- The Study Consulting Program
 - Students work one-on-one with a study consultant to set academic goals and develop customized strategies for success. Areas addressed include but are not limited to:
 - Time management
 - Note taking and test preparation
 - Mastering large amounts of information
 - Contact: Dr. Sharleen Argamaso sharleen.argamaso@jhu.edu
 - Instagram: @jhustudyconsulting