WELCOME, PARENTS AND FAMILIES!

An Amherst education is at once timeless and urgently needed. Amherst is not simply a preparation for professional life. It is a preparation for your student’s lifelong journey of learning—exhilarating and surprising, rewarding and vast. When your student arrives at Amherst, he or she will join a close-knit, thriving community devoted to excellence in the liberal arts. Parents and families are an integral part of our community.

This guide provides quick reference for the most commonly asked questions and topics of interest to families. We encourage you to visit the Amherst website at amherst.edu, which offers additional information about everything in this guide, as well as much more. A good place to begin is on the Amherst Parents & Families page, amherst.edu/parents.

We invite you to engage with the College through on-campus events, regional gatherings, social media, and other opportunities to hear about life at Amherst.

Best wishes to you and your student for the upcoming academic year! We look forward to welcoming your family to the Amherst community.

CONTACT US
Alumni & Parent Programs Office
413-542-2313, parents@amherst.edu
amherst.edu/parents

Robin Claremont
Director of Family Giving & Engagement
413-542-2636, rclaremont@amherst.edu

“Parents are valued members of the Amherst community, and, to thrive, the College needs the active participation of all community members. Their support goes to the heart of the mission—teaching, learning, scholarship, and an environment that allows all our students to succeed.”

- President Biddy Martin
STAY IN TOUCH
Stay connected to what’s happening on campus by visiting the College website at amherst.edu.

PARENTS AND FAMILIES WEBSITE: Information about your student’s life on campus, as well as ways to get involved with the College through volunteering, attending events, or charitable giving.
amherst.edu/parents

AMHERST E-NEWS: All families receive a biweekly e-mail of news and announcements from Amherst College, as well as information about faculty, students and alumni in the news.

AMHERST READS: An online bookclub that connects alumni, students, faculty members, parents and friends to the intellectual life of the College.

AMHERST MAGAZINE: Our award-winning quarterly print magazine tells stories from campus and around the world.

LIVE FROM AMHERST! Web talks are held during the academic year and feature Amherst College professors and alumni discussing their area of expertise and research.

AMHERST COLLEGE ON SOCIAL MEDIA:
Facebook: facebook.com/amherstcollege
Twitter: twitter.com/amherstcollege
Flickr: flickr.com/photos/amherstcollege
Instagram: instagram.com/amherstcollege
YouTube: youtube.com/user/AmherstCollege
LinkedIn: linkedin.com/edu/amherst-college-19914
President Biddy Martin on Twitter: twitter.com/Biddy_Martin

AMHERST ATHLETICS ON SOCIAL MEDIA:
Website: athletics.amherst.edu
Facebook: facebook.com/amherstsports
Twitter: twitter.com/amherstsports #goamherst
Flickr: flickr.com/photos/amherstcollege/collections/72157614014373064
Instagram: instagram.com/amherst_athletics

ARTS AT AMHERST ON SOCIAL MEDIA:
Facebook: facebook.com/AmherstArts
Twitter: twitter.com/AmherstArts
Instagram: instagram.com/amherstarts

Snapshot of the 2016-2017 Academic Year

<table>
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<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Aug. 30</td>
<td>New Student Move-In Day</td>
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<tr>
<td>Sept. 6</td>
<td>Classes begin</td>
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<tr>
<td>Oct. 8-11</td>
<td>Fall break</td>
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<tr>
<td>Oct. 28-30</td>
<td>Family Weekend</td>
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<td>Nov. 11-13</td>
<td>Homecoming</td>
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<tr>
<td>Dec. 18-22</td>
<td>Examination period</td>
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<tr>
<td>Dec. 23</td>
<td>Winter break begins</td>
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<td>Jan. 3-20</td>
<td>Interterm</td>
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<td>Spring classes begin</td>
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<td>Spring break</td>
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<td>May 8-12</td>
<td>Examination period</td>
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<tr>
<td>May 13</td>
<td>Academic year ends</td>
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PARTICIPATE IN THE AMHERST COMMUNITY

Parents and families of Amherst students play an important role in the College community. We welcome your active involvement with the College in many ways. For more information about any of these opportunities to get involved, please contact us at parents@amherst.edu.

COME FOR A VISIT

In addition to catching up with your student and enjoying campus, you may wish to explore the many attractions in the surrounding area. Several colleges and universities in the region make for a vibrant arts, culinary, and shopping scene, in addition to rich historical and cultural landmarks. Within a short drive there are plenty of natural spaces, parks, and museums to enjoy. amherst.edu/visit

MAJOR CAMPUS EVENTS

Families are encouraged to attend signature campus events throughout the year. amherst.edu/parents/events

FAMILY WEEKEND

Occurring in late October or early November, the Family Weekend program features faculty speakers, academic department receptions, performances, tours, and other family-friendly activities.

HOMECOMING

Join alumni, students, parents, and friends for a weekend of programs, concerts, and athletic events, held in late October or mid November.

AMHERST TODAY

Experience a two-day on-campus program designed for alumni and parents, providing intellectual exploration and discussion on a single topic, typically held in the spring.

ATHLETIC EVENTS

Cheer on your favorite team, either on campus or at an away game near you. Season schedules are posted at athletics.amherst.edu.

PERFORMANCES & EXHIBITS

Visit amherst.edu/arts for a calendar of theatrical, artistic, and literary events on campus.
CONNECT & SHARE YOUR EXPERTISE
We welcome parents as speakers at on-campus events such as Family Weekend, New Student Orientation, and Homecoming, and invite you to contribute to Amherst’s community blog, Well-Mixed.

The Career Center offers additional opportunities for families to support Amherst students in preparing for life after college. Your involvement might include offering an internship or job opportunity at your workplace; meeting with students during one of our industry-specific career treks; participating in a career panel; or serving as a resource for students interested in pursuing a career in your field.

Lastly, you may wish to volunteer your time to connect with other Amherst families next summer as a welcome caller. This summer, you will receive a call from a volunteer parent of an upperclass student. Next year, we will invite you to share tips and experiences from your own student’s first year at Amherst by calling incoming first-year families in your region.

amherst.edu/parents/connect

REGIONAL EVENTS
The Amherst College community includes thousands of alumni, parents, and friends across the globe. We are pleased to offer many ways for Amherst parents and families to engage with the College, and with other local families and alumni—wherever you may live. Especially popular among Amherst families are our regional “Summer Send-Offs,” which welcome new families and their incoming students to the Amherst community.

Regional events are held throughout the year and range from informal social gatherings to faculty lectures to receptions with the President of the College. They are commonly hosted by Amherst families or alumni.

SUPPORT THE PARENTS’ FUND
Amherst parents and families have supported the College since its founding, allowing Amherst to invest in exceptional faculty, robust learning opportunities for students, and a vibrant campus life. Today, 60% of the College’s yearly budget is rooted in philanthropy. Giving to the College matters because the quality of an Amherst education and the College’s commitment to educational opportunity depend on it. Your gift to the Parents’ Fund sustains Amherst’s academic excellence and ensures that students have the best experience that Amherst has to offer. Your family may choose to designate your Parents’ Fund gift to the area of the College that matters most to you and your student.

amherst.edu/parents/give

FAMILY LEADERSHIP COMMITTEE
The Family Leadership Committee provides Amherst families with special opportunities to connect with the College and the lives of their students. In addition to providing leadership financial support each year, members serve as ambassadors for Amherst, build close relationships with other families, gain an insider’s perspective on the College, and provide essential feedback on activities and communications. At in-person meetings twice a year, participants meet with President Biddy Martin, senior administrators, and faculty.
Rick Lopez, Dean of New Students, has compiled a list of many of the most common questions the Office of Student Affairs receives from families of first-year students. Visit amherst.edu/go/newstudents for more questions and answers as well as a detailed guide for new students, where you will find information about policies, life at Amherst, academics, and more.

STUDENT LIFE:
Q: What happens on Move-In Day?
A: In addition to helping your student move into their room, parents are encouraged to attend special programming, including opportunities to ask questions of key campus leaders and other parents. Please see the Move-In Day Overview for Families for details.

Q: Is my child allowed to bring a car to Amherst College?
A: No. First-Years are not allowed to bring a car to campus. Amherst College pays the local public bus system (known as the PVTA) so that our students are allowed to ride the bus simply by showing their ID card. The bus provides transportation between the Five Colleges, to area shopping centers, and even to area trailheads for hiking.

Q: I hear that most students at Amherst College are well off financially, but we are an economically modest household. Will my child have difficulty fitting in? Will my child be excluded from any activities?
A: Rest assured that your child will thrive here without feeling alone or left out as a result of economic background. Amherst College offers some of the most generous financial aid in the country and our students are spread across the entire economic spectrum. Economically, there is no “typical” Amherst student. We attract the best and the brightest from all economic backgrounds, and the majority of our students receive financial aid, with an average financial aid package of almost $49,000. Additionally, every extra-curricular activity is structured in a manner that allows all students to participate equally no matter their economic background. Different backgrounds offer important insights during classroom discussions, in social interactions, and in engagement with the world. I hope your child will embrace their distinctive perspective to find their place within the Amherst community, and to help shape the character of our shared community.

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Q: I’m worried that my child is feeling extremely lonely. What should I do to help them?
A: When students first arrive, they tend to cling to a small group of new friends that they may or may not remain close to over the coming weeks or months. As this initial friend group melts away, many students can feel lonely, isolated, or out of place. Assure your child that this is a normal process, and help think of strategies to reach out to more people in classes, dorms, or student organizations. Also encourage your student to speak with older students who have already gone through such experiences. The best place for a student to start is with the Resident Counselors in their dorms. You can also encourage your child’s siblings, relatives, and friends from home to write letters (students seem to appreciate old-fashioned letters more than emails).

Q: My child reports being depressed. What can I do to help them?
A: Advise your child to immediately make an appointment to see me, Dean Rick Lopez, or someone in the Counseling Center. If your child seems particularly distressed, staff at the Counseling Center are available at any hour of the day or night.

Q: My child might have suffered a concussion. What should I do to help?
A: Advise your student to immediately be in touch with one of the athletic trainers and/or with Health Services for an evaluation. He or she also should let professors and academic advisors know about the injury, and make an appointment to see me so that I can help arrange academic and medical support.

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Q: My child reports a high fever or another illness such as mono. What can I do to make certain that they will be cared for?
A: Advise your child to contact Health Services for an evaluation. Ill students should inform their professors and academic advisors, and get in contact with me to discuss what academic support I can offer. Roommates and friends also can be great sources of support. When students are ill, it can be helpful for parents to check in regularly by phone to make certain that they are taking proper care of themselves.

Q: We are from a warm climate, but I hear New England winters are very cold. What winter clothes should my child bring?
A: If your child does not already have winter clothes suitable for the New England winter, I recommend that he or she wait until mid-autumn and then seek out advice from peers and staff at Amherst College about what winter clothes to buy. Resist the temptation to stock up on winter clothes before sending your child off to college,
and wait until your student knows what he or she needs. If cost is a concern for your student, there are many second-hand stores in the area that sell high quality winter clothes at low prices.

**ACADEMICS:**

**Q: What should I do if my daughter or son experiences academic difficulty?**

A: Advise your son or daughter to go to professors’ office hours, talk with an academic adviser, and take advantage of the Moss Quantitative Center and the Writing Center. Your student should make an appointment to come talk to me, Dean Rick Lopez, so that I can help him or her think through strategies for academic success, and access resources and support.

**Q: Can I find out my child’s grades or other details about what is going on in their life?**

A: Federal Law (the Family Educational Rights & Privacy Act, or FERPA) prohibits us from disclosing information to you about grades, courses, disciplinary actions, or other matters about which you will naturally be very concerned. The intent of FERPA is to make conversations about these issues become family decisions and not institutional ones. The best way to get information from your son or daughter is to ask him or her directly. Learn more about FERPA and its role in shaping communications between you and the college at collegeparentcentral.com/2009/06/what-ferpa-means-for-you-and-your-college-student.

**Q: I don’t know what my child will do with a Liberal Arts degree. Should I encourage my child to pick a useful major?**

A: Most students become stressed out and anxious when family members pressure them about their potential major or ask them what they plan to do with a particular major. Your son or daughter should use the first year at Amherst College as a time to lay foundations for potential majors, while exploring the curriculum and discovering new interests. We offer no pre-professional majors, and no major is inherently more useful than any other. The main skills your child will develop are the ability to write well, approach problems from creative angles, think critically and deeply, and analyze large amounts of information and data. Encourage your child to seek out courses across the curriculum that are small and that prepare them to take advantage of research opportunities. They also should seek a good balance between courses that play to their strengths, and those that offer new challenges. Encourage your child to pursue his or her interests. Independent exploration and personal commitment to their chosen major contributes to lifelong happiness and success in their later careers.

**Q: My child was closed out of a course. Is this a widespread problem, and will it impact my child’s opportunity to complete their major?**

A: Your student should speak to an academic adviser about his or her broad intellectual goals, and about the various kinds of courses that can make progress toward those goals. Very few courses are affected by over-enrollment, and I have never heard of a single case in which a student was unable to complete a major as a result of being closed out of a particular course. However, if your child is closed out of a course required for his or her major, tell them to speak with the professor of the course or with the department chair about receiving priority the next time the course is taught.

**ADVISING AND REGISTRATION:**

**Q: Will my student have an advisor?**

A: New students will receive an invitation to meet with their Orientation Advisor during the week of orientation. The purpose of this meeting is to begin a discussion about academic and personal goals at Amherst, including registering for Fall courses. Students are asked to fill out a Self-Assessment and Learning Goals questionnaire prior to the meeting. Orientation Advisors will help your student narrow down course choices, answer questions about major requirements and placements, and design a course schedule that best fits his or her academic interests. Later in the Fall, students are assigned a College Advisor whose area of expertise is a good match for the student’s academic interests. In many cases, this may be their Orientation Advisor. Ideally, the College Advisor will continue to work with the student until he or she declares a major in sophomore year. Students select courses, discuss academic difficulties, and manage their major requirements with the help of their advisor. Advisors also refer students to class deans or other resources when necessary.

**Q: How will my student register for classes?**

A: Prior to arrival on campus, students should identify three or more courses they are interested in taking during the Fall Semester using the Online Course Scheduler at amherst.edu/mm/119918. Students will be sent detailed information about how to use the online course scheduler in August. During Orientation, students will review their preliminary course selection with their Orientation Advisor, and work together to build a final course schedule. All first-year students must have their courses approved by their Advisor prior to registering. Students complete course registration during Orientation week. All first-year students are assigned to a First Year Seminar based on the ranked choices they provide early in the summer.
YOUR STUDENT’S LIFE ON CAMPUS

Amherst students are already talented leaders, innovators, and learners when they arrive on campus. The Amherst experience continues to cultivate independent habits and resourcefulness, both in the classroom and around campus. As your student navigates Amherst, it may be useful for you to know about some of the key resources available to him or her. On the following pages, we have included information from some of the most common areas of interest we hear from parents and families. We encourage you to explore amherst.edu for much more in-depth information.

Your student will receive the Student Handbook, available online at amherst.edu/go/studenthandbook. You may wish to review some of the handbook’s content to familiarize yourself with College life, resources available on campus, and important policies that apply to all students.

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WHAT IS THE CLASS DEAN SYSTEM?
Class deans and their staff serve as the front door for all matters related to helping students thrive academically, socially, and emotionally at Amherst College. They are a resource for all members of the Amherst College community: students, faculty, and staff.

Class deans offer academic and personal guidance, help students coordinate self-care, support students as they manage social transitions between home and school, and facilitate communications between students, faculty, and staff. We help identify the academic, social, mental health, and financial support students need to thrive intellectually and personally at Amherst College. Class deans also provide academic tutors in most academic subjects.

If students have ideas about how to enrich their own educational and social experience at Amherst College, or if they have questions about how to work toward certain goals, they should talk to their class dean. We are also always eager to get to know students when they do not have any specific concerns but would just like to share their thoughts.

FOR STUDENTS: WHY SHOULD YOU CONSULT WITH A CLASS DEAN?
• You are worried about how you are doing in any of your courses.
• Stress about home life, finances, friendships, or mental or physical health is making it difficult for you to focus on your studies.
• You are having self-doubt about your ability to succeed.
• You are wondering what kinds of academic support services might be available.
• You are facing personal or emotional setbacks and want to learn what kind of support is available.
• You have an idea for an opportunity or a program you would like to pursue.

FOR FAMILIES: WHY MIGHT A CLASS DEAN CONTACT YOUR STUDENT?
• A professor, peer, or staff member contacted the class dean out of concerns for the student’s academic or personal well-being.
• The dean is excited about some good reports about the student and wants to get to know him or her.
• The dean has an idea for a campus program or initiative and wants to benefit from the student’s advice.

CONTACT US:

Rick Lopez
(Dean for Class of 2020)
Professor of History and Environmental Studies
ralopez@amherst.edu
413-542-2337

Charri Boykin-East
(Dean for Class of 2019)
Coordinator of Academic Support
cboykineast@amherst.edu
413-542-2337

Anna Martini
(Dean for Class of 2018)
Professor of Geology and Environmental Studies
ammartini@amherst.edu
413-542-2067

Lyle McGeoch
(Dean for Class of 2017)
Professor of Computer Science
lmcgeoch@amherst.edu
413-542-2414
The Amherst College Career Center is a critical resource for helping students chart the unique journeys ahead of them. Our staff is here to educate students on how to choose and navigate their career paths, as well as develop lifelong skills they will need to achieve professional success. We encourage students to engage with us as early as possible so that they feel well-prepared to pursue summer and post-graduation opportunities. Here are seven key areas in which we offer resources and support:

**SELF-ASSESSMENT AND CAREER EXPLORATION:**
A critical part of career planning is understanding your interests, strengths, and values, and how these show up in different careers. Our career assessment tools, workshops, and alumni guest speakers help students learn about themselves and their career options so they can make well-informed decisions about their career goals.

**CAREER ADVISING:** Does your student have a quick question or need help with résumé, cover letter, networking, or interviewing skills? Between our professional and peer career advisors, we have drop-in hours six days a week! For deeper conversations and more complex questions, students can schedule longer appointments with professional advisors.

**PATHWAYS MENTORING PROGRAM:** Students who engage with Pathways gain an all-access pass to one-on-one academic and career guidance from Amherst alumni. They can also use the program to connect with other alumni through informational interviews and job shadowing opportunities. These relationships provide students with strong professional networks.

**INDUSTRY-SPECIFIC PROGRAMMING:** Our industry-specific initiatives help students gain professional skills to compete in the fields that interest them. Advisors lead a range of opportunities to support these initiatives, from specialized advising to career treks around the country that educate students about the realities of working in different fields.

**AMHERST SELECT INTERNSHIP PROGRAM (ASIP):**
This program allows students to apply to high-quality internships that are available only to our students through Amherst alumni, parents, and friends of the college. All students can be eligible to participate in this program.

**INTERNSHIP FUNDING:** We want Amherst students to gain high-quality experiences in their career fields of interest, regardless of their financial situations. Students who secure full-time, unpaid summer internships in certain fields can apply through our office for funding to cover their summer expenses.

**FIRST STEPS FOR FIRST YEARS:** Is your student seeking to be proactive about planning the future? Here are three ways we encourage first-years to engage with the Career Center:
- Share your interests with a professional career advisor and learn more about resources for self-assessment and career exploration.
- Meet with a peer career advisor during drop-in hours to create or revise your résumé.
- Attend at least one event on campus to hear alumni speak about their professional expertise or career paths.

**CONTACT US:**
Emily Griffen, Director of the Career Center: 413-542-2265 | egriffen@amherst.edu
COMMUNITY/CAMPUS LIFE

amherst.edu/campuslife/our-community

Amherst has a vibrant community that offers something for everyone. Dozens of student clubs and organizations, exciting arts and nightlife, a variety of opportunities for physical recreation, and several community centers all serve to create an inclusive and fun campus environment.

COMMUNITY CENTERS: In addition to some 100 student-run clubs and organizations, Amherst’s community centers offer students opportunities to connect and collaborate. The Multicultural Resource Center celebrates the diverse experiences of every student; the Queer Resource Center provides resources and programming to create a welcoming campus for people of all gender and sexual identities; and the Women’s and Gender Center fosters exploration of gender through activism, study, and discussion.

ENTERTAINMENT & NIGHTLIFE: The Powerhouse is a renovated steam plant turned student nightclub, right on campus. This student-run venue is a safe and fun location for performances, movie screenings, pub nights, picnics, and more. The Office of Student Life works in collaboration with students to organize social, cultural, and educational programs, including weekly social activities through Amherst College After Dark and the Campus Activities Board.

FITNESS & WELLNESS: Beyond Amherst’s athletic teams, all students can take advantage of a variety of opportunities to exercise and have fun. There are dozens of club sports—everything from an equestrian team to rugby to wrestling. Seasonal intramural sports offer athletic opportunities regardless of experience or skill level. Students are also encouraged to use our state-of-the-art fitness center and sign up for wellness and lifetime fitness classes.

MUSEUMS & ARTS: Amherst’s on-campus museums and galleries showcase an impressive array of historical, artistic, and contemporary items. The College also boasts a variety of performance venues for theater and musical events that create a dynamic and enriching arts environment for students, faculty, staff, and visitors alike.

Archives and Special Collections: rare books and other materials documenting the College’s history amherst.edu/library/archives

Beneski Museum of Natural History: paleontology, minerals and geologic specimens, including a world-class dinosaur tracks collection amherst.edu/museums/naturalhistory

Emily Dickinson Museum: the poet’s home and exhibits about her life and creative work emilydickinsonmuseum.org

Mead Art Museum: historical and modern art from across the globe amherst.edu/museums/mead

RELIGIOUS & SPIRITUAL LIFE: Religious and Spiritual Advisors support students in their religious and spiritual exploration and practice. Multifaith collaboration and engagement is an important part of the faith community at Amherst, and the Office of Religious & Spiritual Life offers opportunities for meaningful interaction with people of differing beliefs.
The Counseling Center offers a variety of services to enhance your student's education and well-being while here at Amherst.

- Professional, confidential counseling: individual, group and couples
- Psychiatric support for medication management
- Case management for students needing multiple supports: on-campus or off-campus care
- Consultation for concerned parents
- Referrals customized to your student’s needs

Our counseling services are confidential and free, and we have no session limits, though most students work with us on a short-term basis. Students who need long-term counseling are referred to mental health providers in the community, and may utilize the Amherst health insurance plan for students that cover mental health care. For more information about insurance plans please see our website at amherst.edu/offices/student-affairs/handbook/campuslife/insurance. If your student has received counseling in the past and plans to continue while in college, we strongly encourage him/her to contact the previous provider and have their records sent to the counseling center or a local provider of your choice.

While providing outstanding counseling support is central to the counseling center, the work we do to promote individual and community health and well-being is equally important. Whether we’re engaged in the work of helping people reach their peak performance with biofeedback, teaching mindfulness meditation, holding a workshop on stress management, or building relationships with Amherst’s Cultural Resource Centers, our staff works to share its abundant knowledge regarding prevention and health promotion.

Finally, our mission to provide consultation has taken on greater importance. Virtually no member of the Amherst community is untouched by mental health issues, yet many are not sure how to handle them. All members of the community, including parents, may call the Counseling Center for help in understanding both how to make sense of what is happening with their student and how best to respond to a mental health or related concern. We consistently receive feedback about the great value of this service.

At the Counseling Center, we are privileged to work with students who engage in the challenge of becoming purposeful, thriving individuals. When students are mentally healthy and balanced, they are able to engage in the work of active, effective learning. They then go into the world to lead and serve. We find there’s nothing better than to be a part of that kind of growth, and it gives us great satisfaction to know that we’re making a difference in people’s lives.

Explore the Counseling Center website at amherst.edu/campuslife/health-safety-wellness/counseling to learn more. Parents are valued members of the Amherst community, and we are available to you if you are ever concerned about your student.

Contact Us:
Jacqueline Alvarez, Ph.D., L.P., Director of the Counseling Center: 413-542-2354 | jalvarez@amherst.edu
Amherst is truly a place where learning includes living. We guarantee housing for all students, and almost all of our students live on campus for all four years. Our students eat great meals with friends in Valentine Dining Hall, which offers delicious dietary options, with food sourced from local farms, including our very own Book & Plow Farm.

Amherst has 34 residence halls. All of the buildings are co-ed. Some of the floors are designated single gender. Sophomores, juniors and seniors choose where they live, and housing for them is available in various configurations, including Theme Houses. The occupancy of our buildings range from 10 to approximately 125.

NEW STUDENT HOUSING: Your student will receive his or her housing and roommate assignment in early August. More information about housing selection for new students is available at amherst.edu/go/firstyearhousing. All first-year students live in dormitories on our first-year quad, right in the heart of campus. New students are assigned housing based upon the preferences they indicate in the New Student Housing survey. Housing opens for new students on Move-In Day. International students move in a week earlier for their own orientation.

REST AND RELAXATION ROOMS: Quiet bedrooms with desks are available for a limited duration of time for students recovering from an illness or injury, or who need a brief time away from the distractions of their current living environment.

HOUSING CONCERNS: If a student is experiencing any type of problems with a roommate, room, or the floor/residence hall, the student should contact his or her Resident Counselor first. In the event that their Resident Counselor is not able to remedy the situation, the Area Coordinator for the building can be contacted. If these two people are unable to mediate the problem to a satisfactory result for all involved, then contact the Office of Residential Life to schedule an appointment with the Associate Director of Student Life.

WHAT TO BRING: Listed below is information which should be helpful to you in determining what the College allows in student rooms. Rooms are equipped with a bed, mattress, desk, chair, bureau, wall mirror, wardrobe/closet, small bookcase or shelf, ceiling light, trash/recycle bin, computer port outlet, and window shades. Please note that students are NOT allowed to use nails or screws for hanging items.

- Bed size: 36”x80”x7” (x-long twin size)
- Scatter rugs: 6’ x 9’ or less
- Clearance under bed: 6”
- Foot locker/storage crates
- Extension cords may be needed (heavy duty)
- Umbrella
- Clothes hangers
- Surge protectors/power strips
- Fish tanks (commercial manufacture only)

APPLIANCES ALLOWED IN ROOMS:
- clocks, radios
- stereo systems (compact) w/earphones
- electric blankets
- irons
- stereos
- televisions
- lamps (desk or floor—NO HALOGEN)
- fans
- grooming aids
- humidifiers
- hot air corn poppers
- coffee makers with automatic shut-off
- under 4.5 cubic feet refrigerators

WHAT NOT TO BRING (this is not a complete list):
- microwave ovens
- toaster ovens
- candles/incense
- hot plates
- toasters
- waffle iron
- woks
- halogen lamps
- air conditioners
- animals/pets

CONTACT US:
Corry Colonna, Associate Director of Student Life for Residential Life: 413-542-8448 | ccolonna@amherst.edu
We are committed to promoting health and preventing or treating disease and illness, in a caring, confidential, and competent manner, including direct patient care and health education, for all Amherst College students. We encourage students to be active participants in their health care.

KEEFE HEALTH CENTER HOURS (Academic Year):
Monday, Tuesday & Thursday: 8:30a.m. – 5:30p.m. (Last appointment at 4:30)
Wednesday & Friday: 10:00a.m. – 5:30p.m. (Last appointment at 4:30)

When the Keefe Health Center is closed, outpatient walk-in care is available at University of Massachusetts Health Services. Please visit umass.edu/uhs for current hours of operation. Transportation to University Health Services is provided by Amherst College Emergency Medical Services (ACEMS) and may be accessed by calling Amherst College Police at (413) 542–2111.

THE FOLLOWING SERVICES ARE COVERED BY TUITION:
• Medical Health Care
• Mental Health Care
• Injections for allergies & medications
• Nutrition consultations
• Health education programs
• STI related labs

Health care that cannot be provided by the Keefe Health Center staff is not covered by tuition, including:
• Hospital Emergency Room care
• Most surgical procedures
• Specialty outside consultations
• Ambulance transportation
• Physical therapy
• X-rays, ultrasounds, MRI and CAT scans
• Laboratory tests (not STI related)

SERVICES OFFERED AT KEEFE HEALTH CENTER:
• Acne treatment (including isotretinoin)
• Acute illness (flu, strep, pink eye)
• Acute injury care
• Athletic clearance exams
• Athletic injury care
• Asthma and allergy care
• Allergy shots
• Chronic illness care
• Contraception info & prescriptions
• Diabetes care
• Drug and alcohol counseling
• Eating disorder care
• Emergency contraception
• Gynecologic exams (including pap smears)
• Immunizations (including flu shots)
• Men’s health concerns
• Nutrition counseling
• Prescriptions
• Pregnancy testing (options & counseling)
• Senior health review
• STI testing and treatment
• Study abroad medical forms
• Suturing
• Travel medicine and vaccinations
• Women’s health concerns

SERVICES OFFERED IN CONJUNCTION WITH UMASS HEALTH SERVICES (REFERRAL REQUIRED):
• Eye health services
• Laboratory tests
• Physical therapy
• Radiology (x-rays, ultrasounds)
• Travel immunizations

IMPORTANT THINGS FOR YOUR STUDENT TO KNOW:
• All students covered by Gallagher Student Insurance needing to be seen by a specialist outside of the health center require a referral from one of our providers.
• Students must be 21 or older to have a pap smear.
• Medical records are available for 7 years after your date of graduation.
• Non-urgent appointments must be scheduled in advance.
• If you are more than 10 minutes late for your appointment it may need to be rescheduled.

CONTACT US:
Keefe Health Center: 413-542-2267 | healthservice@amherst.edu
TUITION STATEMENTS AND BILLING

Amherst College generates an electronic tuition statement once per semester. The fall term bill will be available by July 15th and payment is due to the College the first week in August. The spring term bill will be available by December 15th and payment must be received by the College the first week in January. Additional billing statements are also issued online during each semester, which will include any other miscellaneous charges, fees, fines or credits that are posted to the student’s account statement.

Current students can access their billing information via AC Data at acdata.amherst.edu. Students may also designate “Family and Friends” as Authorized Users to view this information. Email notifications will be sent to students and their Authorized Users (“Family and Friends”) each time a new statement has been uploaded to the account. These statements can be viewed online at acdata.amherst.edu.

The total balance due must be settled before a student will be cleared for course registration. Students may also be required to visit the Financial Aid Office or the Controller’s Office prior to registration in order to finalize paperwork, sign loan notes, or to clear any remaining unpaid balance.

Please visit our website amherst.edu/go/studentaccounts for answers to other questions you may have concerning tuition billing details, the refund policy, student health insurance, and other general questions.

CONTACT US:
Controller’s Office/Student Accounts: 413-542-2101