

Amherst College

**PARENTS AND FAMILIES
RESOURCE GUIDE**

2019-2020 ACADEMIC YEAR



Welcome, Parents and Families!

An Amherst education is at once timeless and urgently needed. Amherst is not simply preparation for professional life. It is preparation for your student's lifelong journey of learning – exhilarating and surprising, rewarding and vast. When students arrive at Amherst, they 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](https://www.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](https://www.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](https://www.amherst.edu/parents)

“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: 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 book club that connects alumni, students, faculty members, parents, and friends to the intellectual life of the College.

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

LIVE FROM AMHERST! Web talks that feature Amherst College professors and alumni discussing their area of expertise and research.

AMHERST COLLEGE ON SOCIAL MEDIA:

Amherst Parents and Family Facebook Group:

facebook.com/groups/amherstparents

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 Bidy Martin on Twitter: twitter.com/Biddy_Martin

AMHERST ATHLETICS ON SOCIAL MEDIA:

Website: athletics.amherst.edu

Facebook: facebook.com/amherstmammoths

Twitter: twitter.com/amherstmammoths

Flickr: flickr.com/photos/143813385@N05

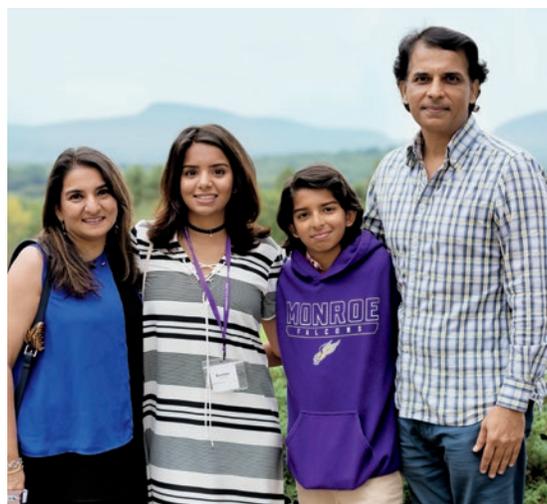
Instagram: instagram.com/amherstmammoths

ARTS AT AMHERST ON SOCIAL MEDIA:

Facebook: facebook.com/AmherstArts

Twitter: twitter.com/AmherstArts

Instagram: instagram.com/amherstart



Snapshot of the 2019-2020 Academic Year

Aug. 27	New Student Move-In Day
Sept. 3	Classes begin
Oct. 12-15	Fall Break
Oct. 25-27	Homecoming
Nov. 1-3	Family Weekend
Nov. 23-Dec. 1	Thanksgiving Break
Dec. 16-20	Final Exams
Dec. 20	Winter Break
Jan. 5-26	Interterm
Jan. 27	Spring Classes Begin
Mar. 14-22	Spring Break
May 11-15	Final Exams
May 15	Academic Year Ends



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—in addition to rich historical and cultural landmarks—make for a vibrant arts, culinary, and shopping scene. Within a short drive there are plenty of natural spaces, parks, and museums to enjoy. amherst.edu/visiting

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. amherst.edu/parents/events/family_weekend

HOMECOMING

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

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. amherst.edu/alumni/learn/amherst_today

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.

The Loeb Center for Career Exploration and Planning 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. 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 COUNCIL

The Family Leadership Council provides Amherst families with special opportunities to connect with the College and the lives of their students. In addition to providing leadership philanthropic 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. For more information, please contact Robin Claremont, Director of Family Giving, at rclaremont@amherst.edu. ■



Frequently Asked Questions



Rick Lopez, Dean of New Students, has compiled a list 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. Specific questions related to new international students can be found at amherst.edu/campuslife/our-community/international/newly-admitted-students.

STUDENT LIFE

Q: What happens on Move-In Day?

A: In addition to helping your student move into their room, families are encouraged to attend special programming, including opportunities to ask questions of key campus leaders and other parents. For families that might be more comfortable getting information in a language other than English, we host sessions in Spanish, Korean and Mandarin. Please see the Move-In Day Overview for Families for details.

Q: Is my student 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 student have difficulty fitting in? Will my student be excluded from any activities? A: Economically, there is no “typical” Amherst student. We attract the best and the brightest from every economic background, and the majority of our students receive financial aid, with an average financial aid package of around \$50,000. Every extra-curricular activity enables all students to participate equally no matter their economic situation. Moreover, students of different

backgrounds offer important insights during classroom discussions, in social interactions, and in engagement with the world. We hope all students will embrace their distinctive perspectives and help shape the character of our shared community.

HEALTH AND WELLNESS

Q: My student reports being depressed. What can I do to help?

A: Advise your student to immediately make an appointment to see their class dean, or someone in the Counseling Center. If your student seems particularly distressed, they should call the Counseling Center, which has someone available at any hour of the day or night via phone at 413-542-2354.

Q: I'm worried that my student is feeling extremely lonely. What should I do to help? 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 student 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 student's siblings, relatives, and friends from home to write letters (students seem to appreciate old-fashioned letters more than emails).

Q: My student 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 student 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: My student 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. Students should let professors and advisers know about the injury, and make an appointment to see me so that I can help arrange academic and medical support.

Q: We are from a warm climate, but I hear New England winters are very cold. What winter clothes should my student bring?

A: If you live in a warm climate, resist the temptation to stock up on winter clothes before sending your student off to college. Most winter clothes available for purchase in warm climates are not made for the colder conditions of Massachusetts. Instead of buying winter clothes in advance, we recommend that students wait until mid-autumn and then seek out advice from peers and staff at Amherst College about what winter clothes to buy.

ACADEMICS

Q: What should I do if my student experiences academic difficulty?

A: Advise your student 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 devise strategies for academic success, and access resources and support.

Q: Can I find out my student'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 student is to ask 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 student will do with a liberal arts degree.

Should I encourage my student 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 student 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 student 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 student 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 student to pursue interests. Independent exploration and personal commitment to their chosen major contributes to lifelong happiness and success in their later careers.

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

A: Your student should speak to an academic adviser about 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 student 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 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 their academic interests. Later in the fall, some students are switched from their Orientation Advisor to a different College Advisor, who will help them explore the open curriculum. Ideally, the College Advisor will continue to work with the student until declaring 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



The Amherst experience cultivates 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. 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.

The Student Code of Conduct is available online at amherst.edu/offices/student-affairs/community-standards/student-code-of-conduct. 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.



- **Academic Class Deans** 7
- **Academic Resources** 8
- **Athletics & Recreation** 9
- **Community/Campus Life** 10
- **Counseling Center** 11
- **Diversity & Inclusion**12
- **Housing/Residential Life**13
- **Keefe Health Center**14
- **Loeb Center for Career Exploration & Planning**15
- **Tuition Statements/Billing**16



■ Academic Class Deans

amherst.edu/go/classdeans | 413-542-2337

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 on-campus 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. They 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.
- You have a question about the rules of the College or how the rules might relate to your particular situation.
- To share news of your personal or collective accomplishments.
- You are having difficulty connecting to peers.
- To discuss plans for majors, academic leaves, course schedules, or intellectual and academic plans.
- To discuss possible violations of your rights as a student.
- You have a worry, question, or idea of any kind and you are not sure where to start.

FOR FAMILIES: *Why might a class dean contact your student?*

- A professor, peer, or staff member contacted the class dean out of concern 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 the student.
- The dean has an idea for a campus program or initiative and wants to benefit from the student's input.

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Chair of Latinx and Latin
American Studies*

■ Academic Resources

amherst.edu/academiclife/support

Students at Amherst College publish papers in major professional journals, present at national and international conferences, and undertake research, internship, study, and service projects at sites around the world. The faculty and staff want students to succeed and provide an array of supports to help students navigate the sometime complex academic experience.

Academic class deans offer direct personal attention to each student, helping them to develop educational goals and complete their graduation requirements, among other things. In addition, faculty advisors provide students with guidance as they shape their education, explore the liberal arts, and take advantage of the intellectual freedom that Amherst offers. Beyond the academic advising system, Amherst offers a number of academic support resources:

THE WRITING CENTER: All writers need readers, and all speakers need an audience. At the Writing Center, professional writing and speaking associates are eager to listen to students ideas and help them share them with greater ease and clarity. Students come to the Writing Center at all stages of their college careers, for writing in a range of disciplines and genres, and each is offered strategies and feedback to meet their distinct goals as writers. We invite students to one-on-one conversations about specific writing projects, such as class assignments, application essays, and creative-writing projects. We also offer support to students writing Honors Theses, through both individual appointments and group workshops on strategies for getting started, revising, and presenting it before a public audience, and, additionally, we organize both weekly and immersive thesis-writing retreats. Students may work with our Associate in Public Speaking to plan, revise, and rehearse a presentation. Our staff can also teach strategies for overcoming obstacles to effective writing, for managing time and complex projects, and for gaining the confidence to speak up in class. Additionally, the Center supports multilingual students through individual tutorials on mastering aspects of grammar, vocabulary, or the conventions of North American academic writing, and our Advisor for Multilingual Students collaborates with students on creative projects that foster and celebrate multilingual reading, writing, and translating. During the academic year, appointments are available Sunday through Friday and are booked through a simple online calendar. Additional programming and events are advertised through the College calendar.

THE MOSS QUANTITATIVE CENTER: More and more, the world needs people who can analyze data or use mathematical tools to answer important questions. The Moss Quantitative Center (Q Center), named after longtime Associate Dean of Students, Onawumi Jean Moss, is here to help students develop these skills. We focus on the following disciplines: biology and chemistry,

computer science, economics, geology, mathematics, physics, psychology, and statistics. Q Center staff offer a variety of services for students, including drop-in hours and course-specific study sessions; individual appointments; statistical consulting, especially for thesis writers; and workshops.

PEER TUTORING: Free peer tutoring is available to any student concerned about their academic performance. Students are advised to first discuss their concerns with their professor. With the professor's approval, students can work with a tutor in a wide range of disciplines. A member of the Office of Student Affairs is available for short-term counseling session to help students address problems that impede academic progress, e.g., procrastination, time mismanagement, competing priorities (academic and social), and related issues.

RESEARCH SUPPORT: The Frost Library offers a range of support for research and resources to help students in all disciplines at Amherst. In addition to online research guides for specific disciplines, the library has subject librarians who support individual departments by offering specialized research instruction to classes and individuals, including through one-on-one research appointments with students.



■ Athletics & Recreation

amherst.edu/campuslife/our-community/sports-recreation | athletics.amherst.edu | 413-542-2274

All students can take advantage of a variety of opportunities to exercise and have fun regardless of experience or skill level.

VARSITY ATHLETICS: Amherst College has the oldest athletics program in the nation, dating back to a compulsory physical fitness regimen that was put in place for all students in 1860. Today, over a third of the student body participates in varsity sports with 80 percent involved in intramural and club sports teams. The school has 27 intercollegiate sports teams.

Amherst College student-athletes have successfully blended academics and athletics for decades. In addition to capturing 13 NCAA Division III team championships—including 11 in the past ten years—and 78 NCAA individual titles, Amherst has earned 35 Academic All-America selections, including 17 since 2010.

CLUB SPORTS & INTRAMURALS: Amherst offers a dozen Club Sports—everything from an equestrian team to rugby to wrestling. Intramurals provide athletic opportunities to all students on campus, regardless of experience or skill level. All students are invited to try out new sports, exercise, relax, and have fun!

WELLNESS & LIFETIME FITNESS: Wellness and Lifetime Fitness classes are provided by the Department of Athletics and are open to all Amherst College students and members of the college community. The program is flexible, robust, and designed to meet the needs and interests of individuals—featuring everything from spinning to yoga. The recreational program, which includes skating, squash, swimming, and tennis, is available to all members of the Amherst College community. These opportunities vary based on the season and specific facility hours.

The state-of-the-art Wolff Fitness Center is a two-level, fully air-conditioned facility complete with a full range of cardiovascular, BodyMaster selectorized machines, and free-weight equipment.

BEYOND CAMPUS: The Valley's outdoor life can't be beat—hiking trails, fishing streams, the Connecticut River (a favorite for boating), a rail-trail that connects Amherst and Northampton, plus the College's 500-acre Wildlife Sanctuary. If bicycling (or jogging or cross-country skiing) is your thing, on our east edge lies the 11-mile Norwottuck Rail Trail. This paved trail cuts through the sanctuary and connects to Hadley and Northampton.



■ 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.

BOOK & PLOW FARM: Originating in the creative minds of our students, Amherst's own Book & Plow Farm has grown tremendously since its inaugural 2013–14 season. As of last year, Val purchased 40 tons of produce from our farm. Every semester Book & Plow Farm invites Amherst College students to help operate the farm. Students are involved in all aspects of vegetable production including but not limited to greenhouse seeding, transplanting, cultivation, harvesting, washing, 7packing, delivering, and more. Book & Plow Farm works with student groups, campus departments and Amherst faculty to create meaningful experiences based in community, wellness, sustainability and academic enrichment.

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, and more. The Office of Student Life works in collaboration with students to organize social, cultural, and educational programs, including weekly social activities, such as weekly Pub Nights at Schwemms, through the Powerhouse Committee and the Campus Activities Board. A wide variety of student groups, including theater, acappella, improv, and music ensembles, put on performances throughout the year.

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: The Office of Religious and Spiritual Life serves the religious, spiritual, and value-based lives of the Amherst College community. We seek to cultivate understanding and appreciation across diversities of belief and identity, and to mobilize these connections toward bettering our world. Some of our activities include weekly faith group meetings, guided mindfulness meditations, overnight interfaith retreats, and one-on-one spiritual counseling.

STUDENT LEADERSHIP: The Association of Amherst Students (AAS) represents the student body. It makes recommendations to the administration based on student input, supports student programming through registered student organizations in conjunction with the Office of Student Activities, funds student initiatives and events, and collaborates across all student groups. The AAS Senate is a 32-member elected body comprised of eight senators from each class at Amherst each serving one-year terms. AAS members serve on a wide variety of student/faculty committees, share student perspectives with faculty members, and effect major change at Amherst College.

■ Counseling Center

amherst.edu/go/counseling | 413-542-2354

The Counseling Center offers a variety of services to enhance your student's education and well-being while at Amherst.

- Brief individual counseling
- Support groups
- Psychiatric support for medication management
- Case management for students needing multiple supports, on-campus or off-campus care
- Classes to help students develop skills to manage emotions like anxiety, symptoms that occur with depression, develop resilience and grit, etc.
- Consultation for concerned parents
- Referrals to mental health resources that are outside the scope of our service (e.g. specialty care, long-term therapy)

Our counseling services are confidential and free, and most students work with us on a short-term basis, on average about seven appointments per year. Students who need long-term counseling are referred to mental health providers in the community, and may utilize the Amherst student health insurance plan which provides excellent coverage for mental health care. (For more information about insurance plans, please see our website at amherst.edu/campuslife/health-safety-wellness/health-service/required-health-forms.) If your student has received counseling in the past and plans to continue while in college, we strongly encourage contacting the previous provider and having their records sent to the Counseling Center or a local provider of your choice.

While providing outstanding counseling support to students who struggle personally or emotionally 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 helping people reach their peak performance by identifying their strengths, 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 about prevention and health promotion.

Virtually no member of the Amherst community is untouched by mental health issues, yet many are not sure how to handle them. The Counseling Center offers consultation services to help with this. 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 a 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.

Parents are valued members of the Amherst community, and we hope you will contact us if you are ever concerned about your student.



CONTACT US:

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■ Diversity & Inclusion

amherst.edu/amherst-story/diversity/office-of-diversity-inclusion | 413-542-5822

At Amherst, the Office of Diversity & Inclusion is dedicated to creating a culture of inclusiveness that promotes the integration of learning with leadership. Through our various offices and the Resource Center Team, we offer dynamic community-based programming, resources, and support services that provide opportunities for your student's personal and professional growth. We affirm the many identities that your student holds and work to foster a community of belonging so that your student may thrive throughout their Amherst College experience.

CULTURAL RESOURCE CENTERS

Multicultural Resource Center: The MRC supports students who identify as people of color and offers campus-wide educational programming and resources dedicated to the exploration of racialized identities and promotion of racially just communities. amherst.edu/campuslife/our-community/multicultural-resource-center

Queer Resource Center: The QRC provides support for LGBTQ+ students and furthers nuanced understandings and conversations around sexuality, gender, intersectionality, and social justice through various programs and resources that affirm and uplift LGBTQ+ people. amherst.edu/campuslife/our-community/queer-resource-center

Women's & Gender Center: The WGC provides support services for women and nonbinary people, and offers campus-wide programming and resources dedicated to the exploration of gender and gender identity, intersectional feminism, and gender justice. amherst.edu/campuslife/our-community/wgc

Center For International Student Engagement: In anchoring global realities, the CISE supports students of international experience through advocacy, centralized resources, and space for community building and critical reflection. amherst.edu/campuslife/our-community/international

Campus Diversity & Student Leadership Office: The CDSL works directly to provide support services, programming, and resources for our first-generation, low-income, transfer, veteran, and undocumented/DACA students. In addition, the office creates and implements dynamic and engaging student leadership development opportunities. amherst.edu/amherst-story/diversity/office-of-diversity-inclusion



CONTACT US:

Norm Jones, *Chief Diversity & Inclusion Officer* | 413-542-5822 | diversityandinclusion@amherst.edu
Angie Tissi-Gassoway, *Associate Dean for Diversity & Inclusion* | 413-542-5114 | atissi@amherst.edu

Housing/Residential Life

amherst.edu/go/housing | 413-542-2161

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 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's 34 residence halls host students of all gender expressions. There are also three all-women floor communities.

Sophomores, juniors, and seniors choose where they live, and housing for them is available in various configurations, including Theme Houses. The occupancy of our halls ranges from 10 to 125+.

NEW STUDENT HOUSING: Your student will receive a housing and roommate assignment by early August. More information about housing selection for new students is available at: amherst.edu/go/firstyearhousing. All first-year students live in residence halls 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 Questionnaire. Housing opens for new students on Move-In Day (Tuesday, August 27, 2019). International students move in a week earlier for Orientation.

RESPIRE ROOMS: Quiet bedrooms with desks are available for a limited duration of time for students recovering from an illness, injury, or extenuating circumstance.

HOUSING CONCERNS: If a student is experiencing any type of problem with a roommate, room, or the floor/residence hall, the student should contact a Resident Counselor (RC) first. In the event that their Resident Counselor is not able to remedy the situation, the Community Development Coordinator for the hall is available. If these two people are unable to mediate the problem to a satisfactory result for all involved, the student can contact the Office of Residential Life to schedule an appointment with the Director of Residential Life.

WHAT TO BRING: Listed below is information to help you determine what the College allows you to put in your room. 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. All College-owned furniture must remain in its assigned space unless express written permission has been granted by the Office of Accessibility Services.

- Bed size: 36"x80" (x-long twin size)
*The College cannot store or remove any college furniture from student bedrooms unless approved as a housing accommodation by the Office of Accessibility Services.
- Scatter rugs: 6'x9' or less
- Clearance underbed: 6"
- Foot locker/storage crates
- Extension cords may be needed (heavy duty)
- Umbrella
- Clothes hangers
- Surge protectors/power strips
- Fish tanks less than 10 gallons (commercial manufactured 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-foot refrigerators

WHAT NOT TO BRING (this is not a complete list):

- Microwave ovens
- Personal bed or mattress (*except those that have received permission by the College's Office of Accessibility*)
- Toaster ovens
- Candles/incense
- Hot plates
- Toasters
- Waffle irons
- Woks
- Halogen lamps
- Cinderblock bed risers. Only purchased bed risers are permitted. No higher than 6". Stacking risers are not permitted.
- Air conditioners (*unless registered with the Office of Accessibility Services*)
- Animals/pets (*unless registered with the Office of Accessibility Services*)

CONTACT US:

Office of Residential Life | 413-542-2126 | reslife@amherst.edu

Keefe Health Center

amherst.edu/go/healthservice | 413-542-2267

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 & Friday: 8:30 a.m. – 5:00 p.m. (Last appointment at 4:30)

Wednesday: 10:00 a.m. – 5:00 p.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. After-hours 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:

- Hospitality Emergency Room care
- Most surgical procedures
- Specialty outside consultations
- Ambulance transportation
- Dental care
- 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
- Acute injury care
- Athletic clearance exams
- Athletic injury 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)
- 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 may be required):

- Eye health services
- Laboratory tests
- Physical therapy
- Radiology (x-rays)
- Travel immunizations

IMPORTANT THINGS FOR YOUR STUDENT TO KNOW:

- Students must be 21 or older to have a pap smear.
- Medical records are available for seven 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

Loeb Center For Career Exploration & Planning

amherst.edu/go/careers | 413-542-2265

The Loeb Center for Career Exploration and Planning creates opportunities for students to think intentionally about how their liberal arts education, interests, values, and skills all combine to formulate their individual career paths. We encourage students to engage with us as early as possible so that they feel well-prepared to pursue summer and post-graduation opportunities.

ADVISING AND CAREER EDUCATION: The Loeb Center provides one-on-one advising and a range of programs to support all students, wherever they are in their career planning process. We offer special exploratory advising appointments and assessments for students who are curious about a broad range of post-graduate options and are still exploring their interests and skills. We also provide students with opportunities to dive deeply into specific areas of interest through our signature career exploration advising model. Through career exploration programs, students receive expert advising from industry-specific career advisors, opportunities to connect with alumni in the field, and insight into what one can expect during the recruiting process.

The career exploration programs are:

- Arts and Communication
- Business and Finance
- Education Professions
- Government, Nonprofit, and Law
- Health Professions
- Science and Technology

Additionally, throughout the year, we host a number of events and programs for all students. We conduct regular workshops on internship and job search strategy and resume and cover letter writing as well as special events such as alumni panel discussions and roundtable lunches with alumni. We often partner with other departments, student groups, and faculty throughout the year to highlight topical areas of interest for particular groups of students.

MEIKLEJOHN FELLOWS PROGRAM: The Loeb Center prioritizes creating an affirming space where first-generation and/or low-income students can access and capitalize on the College's resources, gain exposure to valuable networks and opportunities, and translate their skills into professional contexts. As part of the College's Meiklejohn Fellows Program, these students receive dedicated career advising as well as myriad other supports through peer-to-peer relationships, leadership development opportunities, and guaranteed funding for professional summer experiences.

EXPERIENTIAL LEARNING PROGRAMS: We believe an extended summer experience in the field is an unparalleled source of information and skill-building as well as the best way

to build essential social capital. Launching in the fall of 2019, the Charles Hamilton Houston Internship Program will support an innovative and equitable structure for students to explore and plan for meaningful careers through off-campus summer experiences. Houston internships will be available across a broad range of fields and areas of interest, including healthcare settings, arts administration, technology, science research, business, government, policy, and education. The program will offer students 360° support throughout the entire internship cycle including preparatory advising, professional skill development, and assistance throughout their summer experience.

The Loeb Center offers career treks that provide hands-on, deep-dive explorations of a range of career fields. Selected students travel to cities such as Annapolis, Boston, Chicago, Los Angeles, New Orleans, New York, or San Francisco during school breaks to explore professional "ecosystems," including tech, philanthropy, arts administration, government, finance, and others. Each trek consists of site visits to a diverse range of organizations across the span of several days. The Loeb Center also organizes alumni networking receptions in each city, allowing students to practice networking and build valuable connections.

EMPLOYER AND GRADUATE SCHOOL RECRUITMENT: Our cutting-edge online platform, Handshake, provides access to over 20,000+ job/internship listings per year, and we work with more than 8,500 employers worldwide to ensure Amherst students have access to a variety of opportunities. We run a robust on-campus recruiting program through which employers and graduate schools come to Amherst to present their organizations/schools to students, as well as offer internship/full-time job interviews and informational "office hours" appointments, information sessions, campus center information tables, and recruiter-led workshops.

HOW CAN YOUR STUDENT CONNECT WITH THE LOEB CENTER?: All students have access to Handshake (amherst.joinhandshake.com), which hosts our event calendar, internship and job postings, appointment requests, and career-related resources. Handshake is an easy, single point of contact for students to connect with us when they arrive on campus. Students will be emailed in early September to activate their account.

CONTACT US:

Emily Griffen, *Director of the Loeb Center* | 413-542-2265 | egriffen@amherst.edu

■ Tuition Statements and Billing

amherst.edu/go/studentaccounts | 413-542-2101

Amherst College generates an electronic tuition statement each 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 is due to the College the first week in January. The student's account statement is available to be viewed online at all times via AC Data at acdata.amherst.edu. Throughout the semester, additional billing which will include any other miscellaneous charges, fees, fines or credits are posted to the student's account as billing is received by our office.

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; instructions can be found at amherst.edu/go/studentaccounts, menu option Billing Statement Access. Email notifications will be sent to students and their Authorized Users each time a new billing deadline occurs.

The total balance due must be settled before a student will be cleared for course registration and/or room draw. 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 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, accepted payment methods, student health and tuition insurance, and general questions. ■



CONTACT US:

Controller's Office/Student Accounts | 413-542-2101 | studentaccounts@amherst.edu

Amherst Town Life

More than 30,000 college students call the town of Amherst home during the academic year. Hampshire College and the University of Massachusetts Amherst are the College's neighbors, and Smith and Mount Holyoke Colleges are a short bus ride away. Along with Amherst College, these schools form the Five Colleges Consortium.

The small sampling below will give you an idea of how much there is to enjoy here. And most of this is within walking distance of the College.

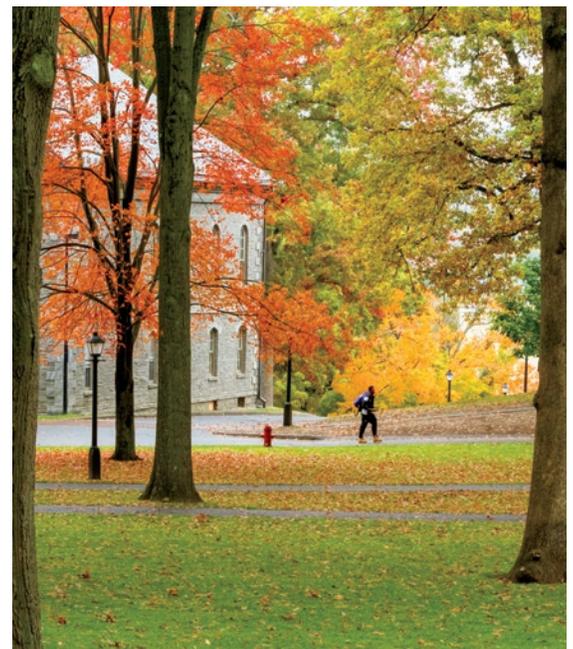
ARTS AND MUSEUMS: The influx of students (and faculty, staff, and their families) means plenty of concerts, festivals, lectures, conferences, exhibitions, and museums (including our own Emily Dickinson Museum, Beneski Museum of Natural History, and Mead Art Museum). Galleries can be found in both Amherst and Northampton, and families will love the Eric Carle Museum of Picture Book Art.

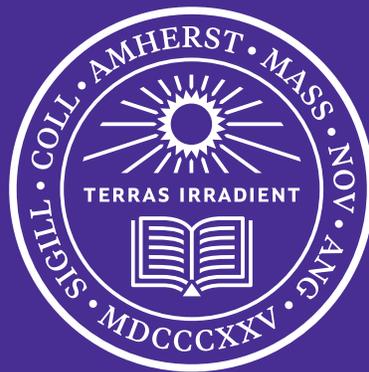
CONCERTS: There's music for every taste, from classical to funk, from orchestras to chamber music. The Pioneer Valley is a major stop on the concert trail. Major concert halls in Amherst and Northampton—venues such as the Iron Horse Music Hall, Calvin Theater, and Pearl Street—mean that you can watch live music pretty much every night.

FOOD: Sure, every college town has pizza places. But Antonio's in Amherst is one of the best in the country, and there's so much more, from French to Mexican to Italian to delicious deli. The Valley is also home to many small, organic farms offering fresh produce throughout the growing season.

COFFEE SHOPS: Our town is full of some of the friendliest, warmest, and most intellectually engaged people you'll ever meet. Many such folks can be found at Share Coffee, or Amherst Coffee (of course, Frost Library's café is not too shabby either). As one student put it, Share Coffee "attracts the kind of people you see in romantic comedy movies but secretly hope to meet in real life."

BREW PUBS (AND MORE): Small-batch beer flows at two brew pubs in Amherst: High Horse Brewing downtown and Amherst Brewing Company on the edge of UMass. Locals love The Moan and Dove, just a mile outside town, for its serious selection of casks and bottles. The Northampton Brewery beckons to the west, and though it doesn't have a brew pub, Berkshire Brewing Company offers some of the tastiest beer in the region.





Amherst College

220 South Pleasant Street, Amherst, MA 01002

413-542-2000 | [amherst.edu](https://www.amherst.edu)

Office of Alumni and Parent Programs

parents@amherst.edu | 413-542-2313

[amherst.edu/parents](https://www.amherst.edu/parents)