



**PARENTS AND FAMILIES
RESOURCE GUIDE**
2018-2019 ACADEMIC YEAR



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 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: 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 Bidy 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: flic.kr/ps/3c5P6i

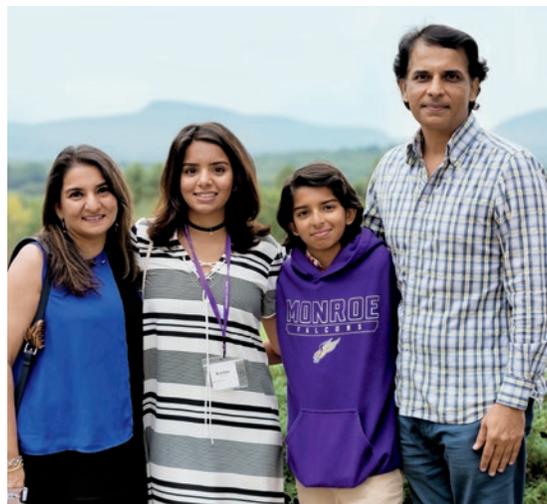
Instagram: instagram.com/amherst_athletics

ARTS AT AMHERST ON SOCIAL MEDIA:

Facebook: facebook.com/AmherstArts

Twitter: twitter.com/AmherstArts

Instagram: instagram.com/amherstart



Snapshot of the 2018-2019 Academic Year

Aug. 28	New Student Move-In Day
Sept. 4	Classes Begin
Oct. 6-9	Fall Break
Oct. 26-28	Family Weekend
Nov. 9-11	Homecoming
Dec. 17-21	Final Exams
Jan. 7-25	Interterm
Jan. 28	Spring Classes Begin
Mar. 9-17	Spring Break
May 13-17	Final Exams
May 17	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.

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.

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 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. ■



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.

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 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 PVRTA) 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: Rest assured that your student 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 \$51,775. 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. We hope students will embrace their distinctive perspectives to find their place within the Amherst community and to 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 me, Dean Rick Lopez, or someone in the Counseling Center. If your student seems particularly distressed, staff at the Counseling Center are available at any hour of the day or night.

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 your student does not already have winter clothes suitable for the New England winter, I recommend waiting until mid-autumn and then seeking 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 student off to college, and wait until your student

knows what is needed. If cost is a concern, 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 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 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.

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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■ 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 any 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 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 the student.
- The dean has an idea for a campus program or initiative and wants to benefit from the student's input.

CONTACT US:

Rick Lopez
ralopez@amherst.edu
413-542-2337

(Dean of Class of 2022)
*Professor of History and
Environmental Studies,
Chair of Latinx and
Latin Amer Studies*

Jess Caldwell-O'Keefe
jcaldwellokeefe@amherst.edu
413-542-2337

(Dean of Class of 2021)
*Senior Advisor to
Student Affairs*

Ethan Clotfelter
edclotfelter@amherst.edu
413-542-2252

(Dean of Class of 2020)
*Professor of Biology and
Environmental Studies*

Charri Boykin-East
cjboykineast@amherst.edu
413-542-2337

(Dean of Class of 2019)
*Senior Associate
Dean of Students*

■ 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: The Writing Center was originally established to help members of our community to communicate their experiences and insights effectively through the written word. Recently, the Center's mission has broadened to include the spoken word as well. We invite all students to one-on-one conversations about a specific writing project, including honors theses, job/school application essays, and creative writing projects; sustained instruction on different aspects of the writing process; ESL instruction; writing counseling to address mental obstacles to effective writing. During the academic year, appointments are available with professional writing instructors, Sunday through Friday.

We also offer guidance, support, and feedback to thesis writers, including workshops designed for thesis writers on getting started, organizing your research, and revising your work; a Thesis Retreat during vacation breaks where writers learn about—and practice—good habits for productive writing; and individual appointments to discuss organization, time management strategies, individual chapters, and other aspects of the thesis writing process.

THE MOSS QUANTITATIVE CENTER: More and more, the world needs people who can analyze data or take quantitative concepts and apply them to answer important questions. We're here to help you develop

these skills regardless of your quantitative background. 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 sessions 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 11 NCAA Division III team championships—including nine in the past nine years—and 76 NCAA individual titles, Amherst has earned 33 Academic All-America selections, including 19 since 2008.

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 and 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 32 tons of produce from our farm. Every semester Book & Plow Farm invites Amherst College students to help run and operate the farm. Students are involved in all aspects of vegetable production including but not limited to greenhouse seeding, transplanting, fertilization, cultivation, harvesting, washing, packing, delivering, and more.



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. 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: Religious and Spiritual Advisors support students in their religious and spiritual exploration and practice. Multifaith collaboration and engagement are 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.

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 such as clubs and organizations, and approves new clubs, funds student activities, and puts on campus-wide events. 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 perspective with faculty members, and affect 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 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 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 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 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 regarding 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. 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.

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 hope you will contact us 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

■ 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 cultural centers we offer dynamic community based programming, resources, and support 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 services for queer and transgender students and offers programming and resources dedicated to the exploration of sexuality/gender, intersectionality, and social justice. amherst.edu/campuslife/our-community/queer-resource-center

Women's & Gender Center: The WGC provides support services for women and all genders, as well as offers programming and resources dedicated to the exploration of gender and gender identity, intersectionality, and gender justice. amherst.edu/campuslife/our-community/wgc

Center For International Student Engagement: CISE provides support services for international students and offers programming and resources dedicated to the exploration of nationality, global engagement, and immigration. amherst.edu/campuslife/our-community/international

Campus Diversity & Student Leadership Office: The CDSL office works directly to provide support services, programming, and resources for our first generation, transfer, veteran, and undocumented/DACA students. In addition, the office is responsible for creating and implementing dynamic and engaging student leadership opportunities for the campus community. 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 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's 34 residence halls host mixed gender accommodations. Some floors/areas are designated to specific gender identities.

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 Survey. Housing opens for new students on Move-In Day (Tuesday, August 28, 2018). International students move in a week earlier for orientation.

RESPITE 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 problems with a roommate, room, or the floor/residence hall, the student should contact a Resident Counselor first. In the event that their Resident Counselor is not able to remedy the situation, the Assistant Director 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 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, WIFI, and window shades. Please note that students are NOT allowed to use nails or screws for hanging items.

- Bed size: 36" x 80" x 7" (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 less than 10 gallons (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 (*unless registered with the Office of Accessibility Services*)
- animals/pets (*unless registered with the Office of Accessibility Services*)

CONTACT US:

Office of Residential Life | 413-542-8448 | 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. 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
- 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
- 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)
- 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, ultrasounds)
- 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 Amherst College Loeb Center for Career Exploration & Planning 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 Loeb 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 Loeb Center | 413-542-2265 | egriffen@amherst.edu

Tuition Statements and Billing

amherst.edu/go/studentaccounts | 413-542-2817/2811

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 | 413-542-2817/2811 | 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.

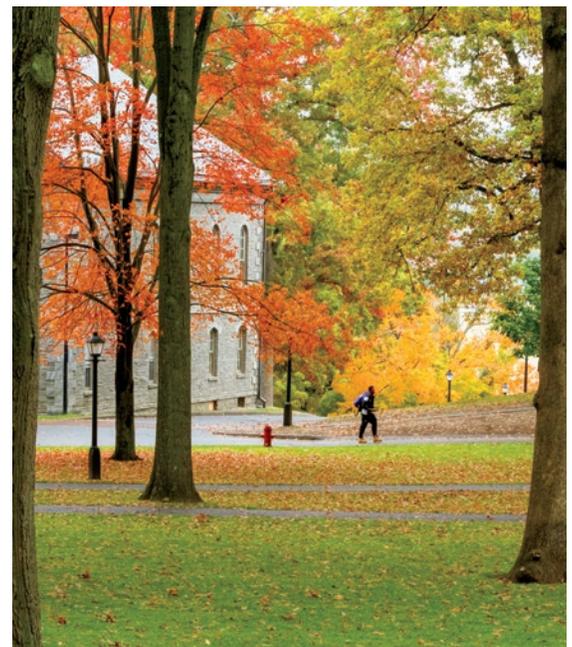
ARTS AND MUSEUMS: The influx of students (and faculty, staff, and their families) means plenty of concerts, festivals, lectures, conferences, exhibitions, and museums (including our own Emily Dickinson Museum, Beneski Museum of Natural History, and Mead Art Museum). Galleries can be found in both Amherst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

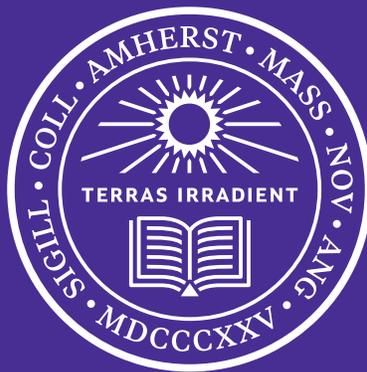
CONCERTS: There's music for every taste, from classical to funk, from orchestras to chamber music. The Pioneer Valley is a major stop on the concert trail. Major concert halls in Amherst and Northampton—venues such as the Iron Horse Music Hall, Calvin Theater, and Pearl Street—mean that you can watch live music pretty much every night (recent examples at Amherst College alone: Macklemore, The Decemberists, and The Roots, as well as the Music at Amherst concert series, which features chamber music and leading vocalists).

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)