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, which offers additional information about everything in this guide and more. A good place to begin is on the Amherst Parents & Families page, amherst.edu/parents.

We invite you to engage with the College through virtual and on-campus events, regional gatherings, social media and, most importantly, by learning about life at Amherst from your own student.

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

“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
Find 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 with news and announcements from Amherst College, as well as information about faculty, students and alumni in the news.

AMHERST READS
Enjoy 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 tells stories from campus and around the world.

AMHERST CONVERSATIONS
Web talks are held during the academic year and feature Amherst College professors and alumni discussing their areas 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

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/amherstarts
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.

EVENTS

As we return to a more normal time, we hope to offer families opportunities to visit campus for a variety of events such as Family Weekend, Homecoming, athletic events, literary events and artistic performances. Events may still require some cautionary measures, but it is our wish to provide meaningful in-person events on campus and within our regional areas. These regional gatherings allow for families to socialize with one another and meet alumni in specific areas. Some events such as major campus lectures and some performing arts will continue to be live streamed so you can enjoy events even when you cannot come to campus.
Connect & Share Your Expertise

We welcome parents as speakers at events such as Family Weekend, New Student Orientation and Homecoming.

**THE LOEB CENTER FOR CAREER EXPLORATION AND PLANNING**
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](http://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.

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**
The Amherst of today is the fulfillment of the promise alumni, families and friends made to the institution through their philanthropic support across generations. Their love for Amherst—their confidence and investment in it—make your student’s education possible. Today, 60% of the College’s yearly budget is rooted in philanthropy. Your gift to the Parents’ Fund sustains academic excellence and ensures that all students have access to the best 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.

The Parents’ Fund 1821 Society recognizes parents and families who contribute $1,821 or more annually. Leadership gifts to the Parents’ Fund and other purposes allow Amherst to invest in exceptional faculty, robust learning opportunities for students and a vibrant campus life. [amherst.edu/parents/give](http://amherst.edu/parents/give)
Frequently Asked Questions

Dean of New Students Rick López has compiled a list of the most common questions the Office of Student Affairs receives from families of first-year students. Visit https://www.amherst.edu/mm/532629 for more questions and answers as well as a detailed guide for new students and information about policies, life at Amherst, academics and more. Specific questions related to new international students can be found at amherst.edu/mm/553291.

STUDENT LIFE

Is my student allowed to bring a car to Amherst College?
First-year students are not allowed to bring a car to campus. Amherst College students can ride the local public bus system (known as the PVTA) simply by showing their ID card. The bus provides transportation among the Five Colleges, to area shopping centers and even to area trailheads for hiking.

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?
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 $60,000. 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.

When will my student receive their roommate assignment?
Your student will soon receive access to the Housing Portal — a website that enables students to conduct transactions with us that relate to roommate compatibility and other processes. The portal will provide access to the Housing Questionnaire. Through the questionnaire, they will be able to share information that helps us place them in a residential space aligned with their preferences and match them with a roommate. The portal’s questionnaire will be available during the last days of June, and then room assignments for the Class of 2025 will be released during the first week of August. Please encourage your student to complete the form as honestly as possible.

HEALTH AND WELLNESS

My student reports being anxious and/or depressed. What can I do to help?
Advise your student to make an appointment with the Counseling Center by calling 413-542-2354 or emailing the office at counsctr@amherst.edu. Students can usually get a first time appointment within a few days, and urgent care is available during business hours, M-F, 8:00-5:00 for same-day crisis appointments. Outside of business hours, on weekends, holidays and evenings, students can call the same phone number and talk with a crisis counselor by phone. If your student is experiencing suicidal thoughts, we encourage you to alert the Counseling Center and/or ACPD and ask for immediate assistance.

I’m worried that my student is feeling extremely lonely. What should I do to help?
When students first arrive, they will often spend time with 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 shifts, some students may feel lonely, isolated or out of place. Assure your student that this is a normal process, and help them think of strategies to reach out. Their Community Advisor or Orientation Leader are great student leaders to start with. Student Activities also hosts a “Get Involved Fair” early in the semester to introduce our student organizations. The Hub is an online platform to explore our student organizations as well. Also encourage your student to speak with older students who have already gone through such experiences. 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).

My student is not feeling well. What can I do to make certain that they will be cared for?
Advise your student to contact Health Services for an evaluation. Ill students should inform their professors and academic advisors, and get in contact with Dean López to discuss what academic support might be available. 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.

**My student might have suffered a concussion. What should I do to help?**
Advising 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 advisors know about the injury, and make an appointment to see Dean López to arrange academic and medical support.

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

**What should I do if my student experiences academic difficulty?**
Advising your student to go to professors’ office hours, talk with their academic advisor and take advantage of the Moss Quantitative Center and the Writing Center.

**Can I find out my student’s grades or other details about what is going on in their life?**
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 naturally may be concerned. The intent of FERPA is to make conversations about these issues 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 [https://www.collegeparentcentral.com/2009/06/what-ferpa-means-for-you-and-your-college-student/](https://www.collegeparentcentral.com/2009/06/what-ferpa-means-for-you-and-your-college-student/).

I don’t know what my student will do with a liberal arts degree. Should I encourage my student to pick a useful major?
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 their 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 abilities 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 their interests. Independent exploration and personal commitment to their chosen major contribute to lifelong happiness and success in their later careers.

**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?**
Your student should speak to their academic advisor 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**

**Will my student have an advisor?**
New students will meet with their academic advisor virtually the week of August 16-20 prior to 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. 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 initial 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 the student declares a major in sophomore year. Students select courses, discuss academic difficulties and manage their major requirements with the help of their advisor. Advisors also refer students to class deans or other resources when necessary.

**How will my student register for classes?**
Prior to the start of the semester, students should identify three or more courses they are interested in taking during the fall semester using the Online Course Scheduler at [amherst.edu/academiclife/registrar/AC_Course_Info_tools](amherst.edu/academiclife/registrar/AC_Course_Info_tools). Students will be sent detailed information about how to use the Online Course Scheduler in August. On Monday, August 22, students will register for their fall courses online. All first-year students must have their courses approved by their advisor prior to registering. 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.

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Academic Class Deans

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.

WHAT IS THE CLASS DEAN SYSTEM?

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 eager to get to know students when they do not have any specific concerns but would just like to share their thoughts.

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.
- You are having difficulty connecting to peers.
- You would like to discuss plans for majors, academic leaves, course schedules or intellectual and academic plans.
- You want 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.

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.
**Academic Resources**

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 sometimes 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, students aiming to deepen their writing, reading and public speaking practices may consult with a staff of professional writing and speaking associates. At any stage of the creative and intellectual process, associates can share strategies and feedback to support students’ learning goals.

Students may book consultations to discuss writing, reading and public speaking projects, including course assignments, presentations, application essays and group projects. The Writing Center also offers comprehensive support for students writing honors theses, including individual appointments, practical workshops and immersive thesis-writing retreats.

The professional staff have academic backgrounds in the sciences, humanities and arts, and they support student learning across the curriculum. Writing associates share their intricate knowledge of effective and inclusive writing practices and pedagogy, as well as strategies for reading, project planning and overcoming writing obstacles. An associate in public speaking coaches students preparing for presentations or developing the confidence to speak up in class. The advisor for multilingual students is a resource for students building on their strengths as multilingual readers and writers while practicing the conventions of North American academic writing.

Students may schedule consultations with the associates of the Writing Center at amherst.edu/go/writing.

**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, also known as the 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 sessions to help students address problems that impede academic progress, e.g., procrastination, time mismanagement, competing priorities (academic and social) and related issues.

**Contact us**

amherst.edu/academiclife/support

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

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

Contact us
amherst.edu/campuslife/health-safety-wellness/recreation

athletics.amherst.edu

413.542.2274

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 seven in the past 10 years—and 80 NCAA individual titles, Amherst has earned 41 Academic All-America selections, including 23 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—it features 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.

Many of these programs utilize the Wolff Fitness Center, a state-of-the-art 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 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.

Contact us

amherst.edu/campuslife/our-community

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 dining hall purchased 40 tons of produce from our farm. Every year, Book & Plow Farm hires 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, packing, deliveries 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. Anyone is welcome to walk up to the farm anytime to explore the Pick-Your-Own garden and enjoy the panoramic views.

ENTERTAINMENT & NIGHTLIFE

The Powerhouse is a renovated steam plant turned student venue, 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 Activities works in collaboration with students to organize social, cultural and educational programs, including weekly social activities through AC After Dark, the Campus Activities Board and other student groups. A wide variety of student groups, including theater, a cappella, 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/naghturalhistory

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

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

STUDENT LEADERSHIP

The Association of Amherst Students (AAS) represents the student body. The AAS Senate is a 33-member elected body comprised of eight senators from each class at Amherst (including one transfer student representative) each serving one-year terms. The Senate is charged with distributing the Student Activities fee to student organizations for campus-wide events. In addition, senators actively work to improve student life. Members of the Senate sit on many faculty and trustee committees and represent the student body’s voice to the administration.
Counseling Center

Mental health concerns can arise throughout college. At the Counseling Center, when students struggle personally, emotionally or psychologically, we work to help them get back on track, find balance and develop wellbeing in their daily lives at Amherst. Students who are mentally healthy are better able to engage in active, effective learning, and meet their academic and career goals. We find there’s nothing better than to be a part of that kind of growth, and help students thrive.

All members of the community, including parents, may call the Counseling Center for help in understanding both what a student may be experiencing and how to respond effectively to their mental health concern. We hope you will call on us if you need a partner in thinking through how best to support your student’s wellbeing.

COUNSELING SERVICES

- Brief individual counseling
- Support groups
- Psychiatric support for medication management
- Urgent care
- Classes to help students develop skills to manage anxiety, symptoms that occur with depression, develop resilience and grit, etc.
- Consultation for concerned parents, faculty, staff or others.
- 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 off-campus, 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 amherst.edu/campuslife/health-safety-wellness.)

If your student has received counseling in the past and plans to continue while in college, we strongly encourage the student to contact their previous provider and have a summary of their records sent to the new provider your student will be seeing, either on- or off-campus.

MENTAL HEALTH PROMOTION

In addition to providing outstanding counseling support to students, we also work to promote community health and well-being. Whether we’re teaching mindfulness meditation, holding a workshop on stress management, offering support groups in the Resource Centers or helping students build relationships through ProjectConnect, our staff works to promote protective factors that create psychological wellbeing.
Diversity, Equity & Inclusion

At Amherst, the Office of Student Affairs and the Office of Diversity, Equity and Inclusion support students as they celebrate and develop their identities and create inclusive communities that enrich their Amherst College experience. Through our various Resource Centers and offices, 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.

Contact us
amherst.edu/amherst-story/diversity/office-of-diversity-equity-inclusion

413.542.5822

Angie Tissi-Gassoway
atissi@amherst.edu | 413.542.5114
Associate Dean for Diversity & Inclusion
Office of Student Affairs | Resource Centers Team

CULTURAL RESOURCE CENTERS

Multicultural Resource Center (MRC)
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 (QRC)
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 (WGC)
The WGC provides support services for women and nonbinary people, as well as offering 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 (CISE)
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

Class and Access Resource Center (CARC)
The CARC 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

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.
Housing/Residential Life

We guarantee housing for all students, and, historically, almost all of our students live on campus. Amherst’s 34 residence halls host students of all gender identities. Incoming first-year students are placed into residence halls based on the preferences they share through the Housing Questionnaire, and may request to live in single-gender communities or gender-inclusive communities. Sophomores, juniors and seniors are also placed into their housing assignments based on their preferences and housing for them is available in various configurations, including theme communities and suites. 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. 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. There will be a short list of questions, which will assist us with assigning new students together. We use criteria such as sleep and study schedules in order to start the new roommate relationship with the greatest opportunity for success.

HOUSING CONCERNS
Our residential communities are supported by professional and student staff members. If any concerns arise with a roommate or floor dynamics, the student should contact a student staff member for support. A student staff member may consult with the Community Development Coordinator who supervises the residence hall. The Director of Residential Life welcomes the opportunity to meet students and support the staff with concerns. To schedule an appointment, please contact the Office of Residential Life at reslife@amherst.edu or 413.542.2161.

WHAT TO BRING
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. 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)
- Clearance underbed: 6” (The College cannot store or remove any College furniture from student bedrooms unless approved by a housing accommodation from the Office of Accessibility Services.)
- Scatter rugs: 6’x9’ or less
- Foot locker/storage crates
- Clothes hangers
- Surge protectors/power strips
- Fish tanks less than 10 gallons (commercial manufactured only)
- Appliances Allowed in Rooms:
  - Clocks, radios
  - Stereo systems
  - Electric blankets
  - Irons
  - Televisions
  - Lamps (desk or floor – no halogens)
  - Fans
  - Grooming aids
  - Humidifiers
  - Hot-air corn poppers
  - Coffee makers with automatic shut-off
  - Under 4.5 cubic feet refrigerators

WHAT NOT TO BRING
(Not a complete list)
- Microwave ovens
- Personal bed or mattress (except those that have received permission from 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 inches. Stacking risers not permitted.)
- Air conditioners (unless registered with the Office of Accessibility Services)
- Animals/pets (unless registered with the Office of Accessibility Services)
Keefe Health Center

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.

Contact us
amherst.edu/go/healthservice
413.542.2267
healthservice@amherst.edu

Hours (academic year)
Mon., Tues., Thurs. & Fri. 8:30 a.m. – 5 p.m. (last appt. 4:30)
Wed.: 10 a.m. – 5 p.m. (last appt. 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 Dispatch at 413.542.2111.

SERVICES COVERED BY TUITION
Health care provided by the Keefe Health Center staff:
- Medical healthcare
- Mental healthcare
- Injections for allergies & medications
- Nutrition consultations
- Health education programs
- STI related labs

SERVICES NOT COVERED BY TUITION
Health care that CANNOT be provided by the Keefe Health Center staff:
- Hospital Emergency Room care
- Most surgical procedures
- Specialty outside consultations
- Ambulance transportation
- Dental care
- Physical therapy
- X-rays, ultrasounds, MRI and CAT scans
- Laboratory test (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 medication 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)

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 ten minutes late for your appointment, it may need to be rescheduled.
Loeb Center for Career Exploration & Planning

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 events for students who are early in their exploration process and curious about a range of post-graduate options. We conduct regular workshops on internship and job search strategy, resume and cover letter writing, and place a large emphasis on participation in internships early in the student experience at Amherst. We also provide students with opportunities to dive deeply into specific areas of interest through our signature career community model.

**Career Communities**
Students receive expert advising from specialist career advisors, participate in skill-building workshops and other experiential activities, and gain a sophisticated understanding of the current issues impacting their fields of interest. Each career community is staffed by an advisor with significant prior work experience in relevant fields who pays special attention to helping students connect with alumni and employers and build their own professional networks. The model is organized according to six different career communities, and we also offer pre-law advising.  
- Arts and Communication
- Business and Finance
- Education Professions
- Government, Nonprofit, and Law
- Health Professions
- Science and Technology

Career Treks are a signature component of career community programming. They 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 over several days. Major employers represented on past treks include Google, JP Morgan, U.S. Department of Education, Metropolitan Museum of Art, LinkedIn, Planned Parenthood and the Red Cross. The Loeb Center also organizes alumni networking receptions in each city, allowing students to practice networking and build valuable connections.

**Charles Hamilton Houston Internship Program**
The Charles Hamilton Houston Internship Program (“Houston Program”) is designed to provide Amherst College students with substantive, meaningful, paid summer internship opportunities in various industries across the U.S. and abroad. Students may join the program as early as in their first year, and engage in fundamental preparatory career education intended to help them successfully apply for their first professional experiences.

In addition to providing students with vetted, quality internships, the Houston Program offers students 360° support throughout the entire internship cycle, including preparatory advising, professional skill development and assistance throughout their summer experiences. Through this process, students develop valuable and transferable skills, expand their networks and gain exposure and insight to further their career exploration and planning.

**Meiklejohn Fellows Program**
Amherst’s Loeb Center for Career Exploration and Planning administers the Meiklejohn Fellows Program, and assistance with career development and advancement is the cornerstone of the program. Fellows participate in Meiklejohn career workshops; benefit from individualized guidance from career specialists; are guaranteed at least one paid summer internship, research opportunity or other educational experience after the first or second summer at the college; and engage in networking opportunities with Amherst alumni.

**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 offering 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**

amherst.edu/go/careers

413.542.2265

Emily Griffen  
careers@amherst.edu  
Director of the Loeb Center

specialists; are guaranteed at least one paid summer internship, research opportunity or other educational experience after the first or second summer at the college; and engage in networking opportunities with Amherst alumni.
Amherst College generates an electronic tuition statement each semester. The fall term billing email notification will be available July 12, 2021 and the balance due must be received on or before August 6, 2021. All payment plan arrangements through Nelnet/TMS to cover the fall term balance must also be established and up to date by the payment due date of August 6. The spring term bill will be available by December 10, 2021 and payment must be received by the College on or before January 7, 2022. 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.

**BILLING INFORMATION**
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 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, accepted payment methods, student health and tuition insurance and other general questions.
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 College Consortium.

A QUICK WALK TO TOWN
There is a lot to enjoy here, and most of it is within walking distance of the College. In a typical year, 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.

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. Concert halls in Amherst and Northampton mean that, during ordinary times, you can see live music pretty much every night.

And sure, every college town has pizza places, but there’s so much more, from French to Mexican to Italian to delicious delis. The Valley is also home to many small, organic farms offering fresh produce throughout the growing season. Many locals join students and faculty at coffee shops including the Frost Library’s café.

Small-batch beer flows in brew pubs throughout the area. You can find some of the tastiest beer in the region in the Amherst and Northampton areas. Small-batch wines are also available in Valley wineries.

For more information on local restaurants, shops and more, visit visithampshirecounty.com.