



# FIRST YEAR HANDBOOK

— ACADEMIC YEAR 2021 - 2022 —

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# BOOLA BOOLA

To the Yale Class of 2025:

Welcome to Yale! My name is Bayan Galal and I am this year's Yale College Council President. My colleagues on the Yale College Council and I are incredibly excited to meet all of you.

Your first year may seem like a daunting experience, but your classmates at Yale are here to support and guide you along the way. In fact, this handbook was drafted for Yale students by Yale students. Feel free to browse through it now and reference it throughout the year. From extracurriculars to academic requirements to wellness, this handbook will help guide you through your first year at Yale. If you have any questions/concerns about these materials, reach out at [baran.galal@yale.edu](mailto:baran.galal@yale.edu) so we can keep improving it for future years!

I'd like to extend my gratitude to the many Yale College Council members—both past and present—who have contributed to this handbook. It is because of these dedicated students that this resource is available to future first year classes for years to come.

Sincerely,

Bayan Galal (GH '23)  
Yale College Council President 2021 - 2022



## Moving In

- All bed frames are adjustable, meaning you should be able to raise your bed high enough to put storage boxes underneath.
- All Yale mattresses are “extra-long” twin-size mattresses (80” by 36”), so if you’re buying linens, make sure that they fit! Yale’s Associated Student Agencies also sells linens made especially for Yale beds. Find more information here: <https://www.ocm.com/ZYU/Sale/>.
- Mattress toppers (memory foam or sponge toppers) are popular options for making beds more comfortable.
- Dorm rooms vary dramatically in size. In terms of furnishings, each person in the suite is provided with a bed (with a mattress), a desk, a chair, and a wardrobe or closet. There are also overhead lights in some rooms (but not all). If you are interested in finding out more about your specific suite’s floor plan, contacting your first-year counselor isn’t a bad idea.
- All first-year rooms now come with common room furniture. Different suites have different configurations depending on their size.
- Nearby furniture stores include Lisy’s Discount Furniture and IKEA.
- Nearby grocery stores and pharmacies include CVS, Target, and Shop & Stop.
- **For affordable furniture, school supplies, clothing, and just about anything, join the Yale Free and For Sale Facebook group.**
- We encourage first-years to check with their suitemates before they buy anything, as well as remember that their classmates are of a diverse array of socioeconomic backgrounds and may not be able to afford more expensive items.

**TIP:** Most suites typically invest in some cleaning supplies, including (but not limited to) a vacuum cleaner, a Swiffer, trash cans, and bathroom cleaning materials.

### COVID Regulations for move-in:

- Before August 1, you must submit your COVID-19 vaccination status to the vaccine portal. If you have questions, email [ycdo.healthandsafety@yale.edu](mailto:ycdo.healthandsafety@yale.edu).
- Family members, friends, and classmates who are fully vaccinated may assist with your move-in. However, children under the age of 12 cannot enter college residences or courtyards.
- Students who are fully vaccinated will unlikely be asked to quarantine but may be asked to be tested for COVID-19.
- Students with an approved vaccination exemption will need to arrive a week prior to their move-in date to test upon arrival and five days after arrival, as well as quarantine for seven days.
- For more information regarding move-in, visit <https://yalecollege.yale.edu/get-know-yale-college/office-dean/messages-dean/fall-2021-move-information-july-23-2021>

## General Academic Information

### COMMON ACADEMIC TERMS

**Seminars** are small classes (usually capped at 15-20 students) that give students the opportunity to closely engage with the professor and their peers.

**Lectures** are bigger classes (ranging from 30 to 500 students) taught by a professor that tend to have less daily participation and usually require a “section.”

Labs are classes that typically accompany a STEM lecture. There is a course instructor, and multiple sections led by TAs. Many labs have sections every day of the week, so you can sign up for the one that fits your schedule best. Keep in mind that labs are usually a few hours long (typically around 4 hours).

**Discussion Sections or “Sections”** are small discussion groups led by a teaching fellow, usually fifty minutes long, that typically take place once every week. They allow you to discuss lecture material in a smaller setting. Keep in mind that sections are fifty more minutes that you have to factor into your schedule.

**Teaching Fellows (TFs)** are usually graduate students who lead sections, clarify any questions, and reduce the grading load for the professor. Some TFs, especially those in introductory and intermediate language sections, may serve as the sole course instructor. TFs can definitely enhance your experience with a course. Get to know your TFs--they are amazing people and can be great resources!

**Peer Tutors and Undergraduate Learning Assistants (ULAs)** are Yale College students selected by your professor who have usually taken the course before. As undergrads who know what taking the course is like, they are a unique academic resource. They provide individual and small group tutoring, may lead review sessions and discussion sections, and can provide lots of guidance on how best to study for the course.

**Office Hours** are a block of time that professors, TFs, and peer tutors/ULAs reserve for meeting with students to clarify topics and answer questions. Go to office hours early and often, as they are a great opportunity to get to know a professor or TF one-on-one, and maybe even get a letter of recommendation!

## PEOPLE RESOURCES

As you transition to academics at Yale, don't be afraid to ask for help. There are plenty of incredible resources available to you, and you should by all means utilize them (most students do!).

- **Personal Librarians:** All first-years are assigned a personal librarian to help them navigate Yale's vast library resources, including those online and in its archives. To find out who your personal librarian is, check your Yale email inbox! You will have received an email introduction from your personal librarian. You can also email the Yale College Personal Librarian Coordinator at [emily.horning@yale.edu](mailto:emily.horning@yale.edu).
- **College Advisors:** College advisers are faculty and staff members who have volunteered to help you navigate your first year at Yale and also help you reflect on your general goals for your Yale College education. It's often suggested to meet with your college advisor (or another academically-informed figure) before you seal your schedule in your first semester; they might be able to offer advice on rigor, balance, and other insights. If you are not satisfied with your adviser, you will have the opportunity to choose a different college advisor later in the term.
- **Residential College Writing Tutors:** Every residential college has a writing tutor. You can schedule a meeting with them here: <https://www.yalewco.com/>. The more you meet with them, the more they learn your writing style. By your senior year, they'll be a wonderful resource to put your voice into job or graduate applications.
- **Writing Center Tutors:** Located in Sterling Memorial Library's Center for Teaching and Learning (CTL), the Writing Center is a great resource for help writing pretty much any kind of paper. The writing partners are undergraduate or graduate students who have been selected based on their outstanding writing skills, so they definitely know their stuff. No need to make an appointment or send your essay ahead of time; just print two copies of your paper and drop by during their walk-in hours. Find more information here: <http://ctl.yale.edu/tutoring/writing-tutoring>.
- **Residential College Science, Math, & Economics Tutors:** You can drop into any tutor's hours at any residential college, with no appointment needed. Each tutor specializes in one or two academic subjects. Find more information here: <https://poorvucenter.yale.edu/dropin-residential-college-stem-tutors>
- **Frocos (First Year Class Counselors):** All students will be assigned a First Year Class Coun-

selor, a senior from their residential college, who will both introduce you to different Yale resources and guidelines, as well as support you throughout your first year at Yale.

- **Foreign Language Tutors:** The Center for Language Study has language tutors available for students enrolled in language courses. You can also attend weekly drop-in tutoring sessions in Spanish, Chinese, and French. Find more information here: <https://cls.yale.edu/programs/foreign-language-tutoring>.
- **Teaching Assistants:** Many classes will have Teaching Assistants (TAs) who hold office hours. Take advantage of office hours because it allows a smaller setting for you to ask questions and get help on topics that may be unclear.
- **Yale Office of Career Strategy:** Request an appointment with a career adviser through [Yale Career Link](#), powered by Symplicity. Click on the 'Calendar/Appointments' tab on the left side of your homepage. From there you can search for available appointments.
- **Yale Health Professions Advising** supports a resource library that contains information about admission to medical, dental, veterinary, osteopathic schools, advises students interested in health professions, and mentors students throughout the application process. Appointments with advisors and further information can be found here: <https://ocs.yale.edu/channels/health-professions/>
- **Departmental Advising:** Although you will not have to declare your major until your sophomore year, it may be useful to schedule an appointment with the head of academic departments that you are interested in to learn more about your intended major(s). These heads are formally called Directors of Undergraduate Studies (DUS). Contact information for each DUS can be found here: <https://yalecollege.yale.edu/student-services/dus>
- **Dean and Head of College:** Every residential college has its own Head of College and Dean, both of whom are Yale faculty members. The Head of College is the presiding faculty presence in each residential college, responsible for the physical well being and safety of students in the residential college, as well as for fostering and shaping the social, cultural, and educational life and character of the college. The Dean serves as the chief academic and personal adviser to students in his or her residential college. Students submit course schedules, drop courses, or convert a course from the Credit/D/Fail option to a letter grade through the residential college dean's office.
- **Peer Liaisons:** Peer liaisons are upperclassmen who help connect first-year students to support systems and resources based in the LGBTQ Resource Center, the University Chaplain's Office, the Office of International Students and Scholars, the Afro-American

Cultural Center, the Asian American Cultural Center, the La Casa Latino Cultural Center, and the Native American Cultural Center.

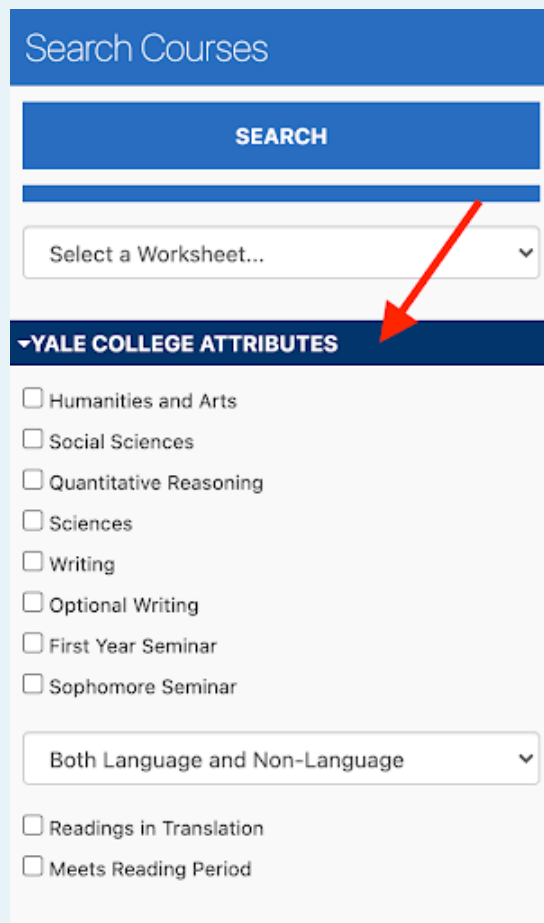
- **Upperclassmen:** Upperclassmen are a great resource to turn to, as they can use their experiences at Yale to informally advise and guide you during your time here!

## TYPES OF CLASS REQUIREMENTS

### Distributional Requirements

Every Yale College graduate is required to take a certain number of courses to provide breadth to their education. These courses are called “Distributional Requirements,” and they are broken up into two types: Area Requirements (Science, Social Science, and Humanities) and Skills Requirements (Writing, Quantitative Reasoning, and Foreign Language).

- The Yale Course Search (YCS) online platform at <https://courses.yale.edu/> indicates when courses fulfill any of these areas. You can also filter YCS searches by types of Distributional Requirements.



The screenshot shows the 'Search Courses' interface. At the top is a blue header with the text 'Search Courses'. Below this is a blue button labeled 'SEARCH'. Underneath the search button is a dropdown menu with the text 'Select a Worksheet...'. Below the dropdown menu is a dark blue header with the text 'YALE COLLEGE ATTRIBUTES'. A red arrow points to this header. Below the header is a list of checkboxes for various attributes: Humanities and Arts, Social Sciences, Quantitative Reasoning, Sciences, Writing, Optional Writing, First Year Seminar, and Sophomore Seminar. Below the list is another dropdown menu with the text 'Both Language and Non-Language'. At the bottom of the form are two more checkboxes: Readings in Translation and Meets Reading Period.



- In order to complete your first year, you must have at least one credit in two different skills categories. Subsequent years have additional requirements until you have accumulated two credits in each area. [Here](#) is a useful chart if you'd like to reference it for your future years.

## Majors

- Students may, with the approval of the Committee on Honors and Academic Standing, design majors of their own in consultation with members of the faculty. Learn about the process here: <http://catalog.yale.edu/ycps/subjects-of-instruction/special-divisional-majors/>
- First-year students are not expected to declare a major during their first year on campus.
- However, you can declare your major through Yale SIS which will automatically place you on your major's email panlist. This will allow you to view any resources and opportunities available through your major's department. Keep in mind that some majors, like Global Affairs, currently require an application.
- Most majors include a senior requirement (essay, research project, or portfolio) that allows students to work one-on-one with a professor for one or two semesters.
- To double major, you must submit a [Petition to Complete the Requirements of Two Majors](#)

## Multidisciplinary Academic Programs

- Yale offers additional non-major and certificate programs including the Multidisciplinary Certificate programs in Education Studies, Energy Studies, Global Health Studies, Human



Rights,, in addition to certificates in several languages, and data science . Check out this website for more information: <http://yalecollege.yale.edu/academics/special-academic-programs>

- While Yale does not have minors, there is a growing offering of certificate programs that are very similar, and the YCC is continuing to advocate for expansion of these offerings. Stay tuned for more certificates coming soon!

### Dual Degree Programs

- With permission of the department, students in several fields of study may enroll in graduate courses that qualify them for being awarded both a bachelor's and a master's degree at the end of their senior year. More information is found here: <http://catalog.yale.edu/dus/dus-department/simultaneous-award-bachelors-masters/>

### First-Year Academic Programs

- First-Year Seminars offer first-year students the opportunity to participate in small classes of up to 18 peers. They are a great way not only to establish close relationships with professors but also to get acquainted with academic life at Yale. Registration for First-Year Seminars opens up before the term (both fall and spring) begins, and spots are awarded by lottery. Learn more here <http://catalog.yale.edu/ycps/subjects-of-instruction/freshman-seminar-program/>.
- Directed Studies, or "DS," is a year-long, 6-credit, application-only curricular program that aims to offer an "intense interdisciplinary introduction to some of the seminal texts of Western civilization." Trademarks of DS include structured reading, weekly papers, and small class sizes with some of Yale's best professors. Feel free to contact the program director with any questions or concerns. Find more information here: <http://directedstudies.yale.edu>.

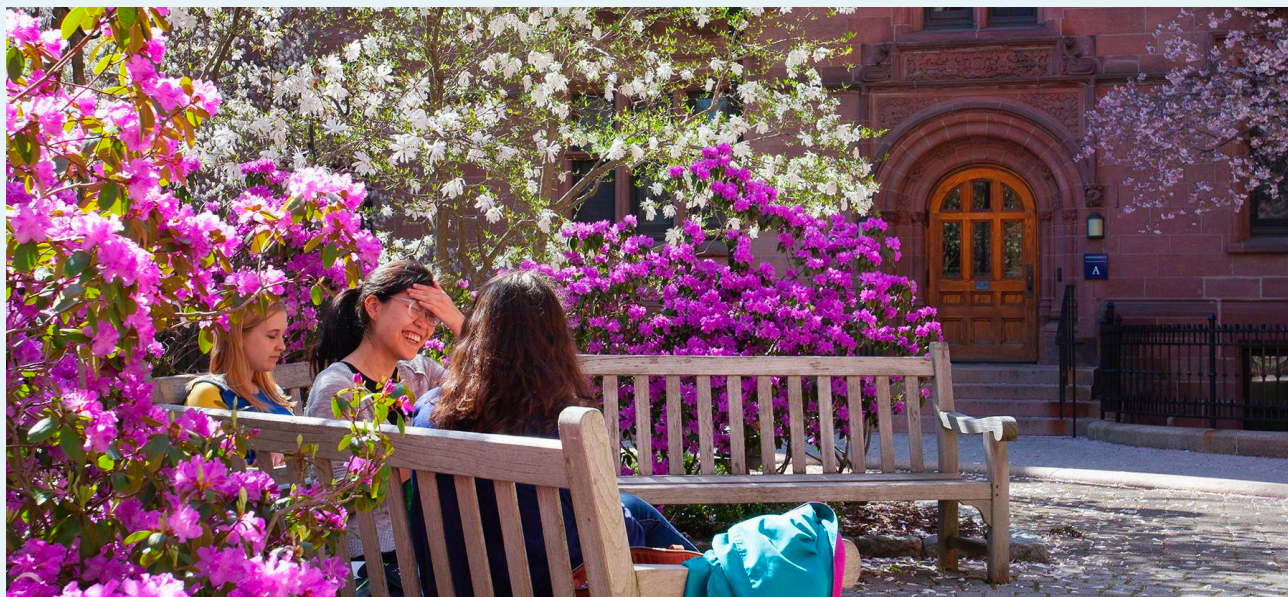
### Disability Accommodations

- Reach out to Student Accessibility Services for support with requesting disability accommodations. Learn about how you can be accommodated here: <https://sas.yale.edu/covid-19-response>
- Submit accommodation requests here: <https://sas.yale.edu/get-started/first-year-yale-college-students>
- View the Disability Survival Guide put together by Disability Empowerment for Yale, or DEFY, here: <https://tinyurl.com/DisabilityAtYale>

## Choosing Classes

### TIPS FOR CREATING A SCHEDULE

- Look into completing some distributional requirements in the fall if you are unsure of what classes to take.
- Consider taking the prerequisite classes to any majors that you're interested in, especially application-only majors like Global Affairs or Neuroscience.
- Lectures typically take place twice a week for an hour while Seminars typically take place once a week for a more extended period of time. Note that this is not always the case.
- Lectures will often require attendance in "Section," which usually meets once a week and is led by a Teaching Fellow selected by the Professor.
- Most students take between 4 and 5 credits during their first fall at Yale, though residential college deans and first-year counselors recommend against more than 4.5 credits during either of your first two semesters. That may not seem like a lot of class time, but, along with adjusting to Yale, the work adds up!
- Read Yale Course Search (<https://courses.yale.edu/>) or Coursetable (<https://coursetable.com/>) class reviews! Coursetable is not a Yale-managed site, but it puts course ratings and reviews into a format that many Yalies find more user-friendly.
- Review class syllabi, especially to make sure that: 1) Your schedule has a good mix of assignments – papers, tests, problem sets, and readings, and 2) Midterm, exam and paper due dates are far enough apart that you will be able to perform to the best of your ability on each.
- For in-person courses, take into account your classes' physical distance from one another, as well as the time distribution of your classes on a daily and weekly scale. Even for online



courses, consider taking breaks between courses to prevent screen headaches and Zoom fatigue.

- Your first year is the best time to branch out. Remember that Yale has over 75 majors. So: be open-minded and take risks. If a class sounds cool, shop it! If it is cool, take it!
- Email your professors about your interest in the class even if you have already preregistered to improve your odds of getting in if you are put on a waitlist. View a sample email [here](#).

## STEP-BY-STEP GUIDE TO SHOPPING PERIOD

### Discover Classes

- Yale Course Search (<https://courses.yale.edu/>) is the best place to view classes and create a schedule.
- Course Table is also a useful tool to browse classes: <https://coursetable.com/>. You can view classes ranked by ascending and descending order by reviews. It also allows you to see which classes your facebook friends have taken or are shopping in case you want to reach out and ask questions.
- Yale Course Demand Statistics (<https://ivy.yale.edu/course-stats/>) is useful for viewing how many people have a class on their prospective schedule, which will help you learn how popular it is and how competitive it is to get into.

### Deadlines to be aware of:

- **August 16, 9 a.m. EST:** Preference Selection opens for new students
- **August 20, 5 p.m. EST:** Preference Selection for new students closes
- **August 30, 9 a.m. EST:** Early registration, lab sections, and discussion sections open
- **September 1:** Add/drop period begins
- **September 2:** Preference for early registration, lab sections, and discussion sections close
- **September 3:** Open enrollment for remaining spots in lab and discussion sections
- **September 15:** Add/drop period ends
- **For the full calendar, visit** <https://registration.yale.edu/calendar/upcoming-events>

### Officially Register for Classes

- “OCS” stands for “Online Course Selection.” The site is where you will actually submit a final list of courses.
- OCS has “course demand statistics,” which show you the number of students who have expressed interest in a course via OCS. The tool is especially helpful for classes with a

cap, as you can see how many others might also want a spot.

- A special note on lectures: For most lectures, you also need to officially register for a section.
- Access OCS through Yale's Student Information System (SIS). Find the OCS link under the "Course Enrollment" tab.

**TIP:** If all of this seems like a lot, don't worry! Your first-year counselor, head of college, and dean will all be there to guide you through your first shopping period and ensure that you don't miss any important deadlines.

## Extracurriculars, Student Groups, and Resources



### EXTRACURRICULARS

There are more than 550 active organizations on campus. Check out [https://yaleconnect.yale.edu/club\\_signup](https://yaleconnect.yale.edu/club_signup) for a complete directory. Some popular extracurriculars are listed below:

- **Student Government:** The Yale College Council (YCC) is Yale's umbrella student government organization. Subsidiary bodies of the YCC include First-Year Class Council (FCC), Sophomore Class Council (SCC), Junior Class Council, and specialized groups within the YCC include the Undergraduate Organizations Committee (UOC) and the Events Committee: If you are interested in running for FCC or applying to a YCC committee or team, keep an eye out for emails from the YCC during the first couple of weeks of the semester. All students are able (and encouraged) to become a YCC associate representative at any point in the year.
- **Club Sports:** At this time, Sports and Recreation staff is working in conjunction with the Athletics Department and university to determine the next steps. What we do know is

that due to the pandemic, there will be fewer options based on the guidance from health officials. Find more information here: <http://sportsandrecreation.yale.edu/club-sports-ims/club-sports>.

- **Service:** Many service groups are affiliated with Dwight Hall, which is an umbrella organization for nonprofits at Yale. Many (but not all) volunteering organizations, programs, and opportunities are listed here: <http://dwithghall.org/get-involved>. At the beginning of the school year, many service groups will advertise themselves at the extracurricular bazaar and the Dwight Hall bazaar.
  - You may also join the [Volunteer Corps facebook page](#) to learn more about how you can volunteer remotely in New Haven.
  - The Office of Career Strategy also has information about how to intern for service organizations in New Haven. Check out the Common Good & Creative Careers section of your weekly OCS newsletter.
- **Theater:** Theater is a huge part of Yale's culture and you can always find a show running on any given weekend. The largest theater organization at Yale, the Yale Dramatic Association (the Dramat), is always looking for performers, designers, stage managers, and more for its large scale productions. This fall's Mainstage is Cabaret and auditions & tech recruitment will start as soon as classes commence. Other avenues for theater involvement include Theater & Performance Studies undergraduate thesis productions, and Creative & Performing Arts grant shows run by the individual residential colleges.
- **Dance:** There are several dance groups at Yale that hold auditions in the fall, including Yale Dancers, Rhythmic Blue, TAPS, and more!
- **Improv and Sketch Comedy Groups:** Most improv and sketch comedy groups hold auditions (with no preparation required), host selective callbacks, and have a "tap" process to recruit new members.
- There will be no in-person performances this year due to COVID-19. Reach out to individual groups to learn which ones will remain active and how.
- **Student Publications:** If you'd like to write for a publication, emailing an editor or joining the email list is usually your best bet; almost all groups are constantly looking for new material.
- **Musical Groups:** These groups include the Yale Symphony Orchestra, Yale Concert Band, Yale Precision Marching Band, the Yale Glee Club, and many more! If you are interested in joining any of these groups, it's not a bad idea to have a solo prepared before coming to campus, as auditions are almost always mandatory. Visit individual group websites for more information.
- **Acappella:** If you are interested in joining a cappella, the audition process or "rush" process starts during Camp Yale and includes auditions, rush meals, callbacks, and a final "tap" night. If you are interested in rushing an a cappella group, it's not a bad idea to have a short solo prepared before coming to campus.

- **Environmental Groups:** The Yale Student Environmental Coalition is the umbrella organization for a coalition of campus environmental groups advocating for climate action and environmental justice. Visit the [YSEC Facebook Group](#) for all things environmental at Yale and in New Haven.
- **Academic- or Career-oriented Groups:** If you're interested in learning more about a career path or want to explore a pre-professional community, look for a career-oriented group! There are many choices on campus; most, if not all, require applications. If you have strong academic interests in an area, we suggest you explore an academic-centric group that relates to your passions!

**TIP:** Extracurriculars in college are different than in high school – it's harder to join and fully participate in them all, especially alongside your course load. Pick a couple that you are most passionate about and stick with them! But also don't be afraid to explore different organizations before diving more deeply into them.

## FIRST-GENERATION AND/OR LOW-INCOME (FGLI) COMMUNITY RESOURCES

**The Community Initiative** ([fgli.yalecollege.yale.edu/](http://fgli.yalecollege.yale.edu/)): The Community Initiative is an administrative effort to support and empower first-generation low-income students financially, academically, and socially, and it aspires to empower student leaders to enact cultural change on campus.

**Yale FGLI Advocacy Movement - YFAM** ([linktr.ee/yfam](http://linktr.ee/yfam)): YFAM is Yale's only student organization on campus solely dedicated to advocacy and community-building for all first-genera-



tion and/or low income students at Yale.

**Yale QuestBridge Chapter** ([instagram.com/yaleqsn/](https://www.instagram.com/yaleqsn/)): The Yale QuestBridge Chapter brings together all Questies on campus for bonding events and supporting each other within the QuestBridge community.

**Yale Safety Net** (<https://finlit.yale.edu/safetynet>): The Yale Safety Net offers funding to students experiencing emergency and/or unexpected financial hardship. Safety Net funding requests can be submitted for emergencies pertaining to winter clothing, job/fellowship interviews, medical expenses, requests for support during breaks, emergency travel, books, ensemble expenses, and other emergency expenses. See the Safety Net web page for more details.

**The Career Closet** ([fgli.yalecollege.yale.edu/career-closet](http://fgli.yalecollege.yale.edu/career-closet)): In partnership with the Yale College Dean's Office, the Asian American Cultural Center at Yale (AACC) has developed the Yale College Career Closet. The Career Closet is a source of professional clothing for students that need professional attire for interviews, receptions, and all other formal events.

**LIT Financial Education Program** (<https://finlit.yale.edu/lit>): LIT is a financial education program that teaches students how to manage their money while in school and prepare for financial life after graduation.

**The Silliman Textbook Library** (<https://silliman.yalecollege.yale.edu/resources/silliman-textbook-library-smtl>)

The SMTL is an initiative built by Silliman students to combat educational inequity on Yale's campus. The SMTL was founded on the acknowledgement that textbooks and other educational resources are often prohibitively expensive for many students, especially those of first generation and low-income (FGLI) backgrounds. The Silliman Textbook Library is located in the backroom of the Silliman Library, on the 3rd floor of Byers Hall. This is located one floor above the Silliman Dining Hall.

## CULTURAL, IDENTITY, AND RESOURCE GROUPS

Yale has dozens of different cultural, identity, and resource groups. Some of them are listed below. Many of these groups will continue to remain active through virtual events, mentorship opportunities, and meetings!

- Cultural Identity: Afro-American Cultural Center, Asian American Cultural Center, La Casa, Native American Cultural Center, Middle-Eastern and North African Cultural Center, South Asian Society, the Black Student Alliance at Yale, and many more. The cultural



centers will not be open, but will host plenty of virtual events, so keep an eye on your inbox!

- LGBTQ+: the LGBTQ Student Cooperative, Q Magazine, Black Queer Caucus (within the Black Student Alliance at Yale), oSTEM (Out in Science, Technology, Engineering, and Mathematics), and many more! Find more information here: <http://lgbtq.yale.edu/resources/undergraduate>.
- Religious Identity: Many religious identity groups fall under the umbrella of the Chaplain's Office, including the Yale Muslim Students Association, Yale Students for Christ, Hindu Students Council, Yale Hillel, Athletes in Action, and many more!
- Rural Identity: Rural Students Alliance at Yale is a community of rural students not only aiming to provide a safe space of fun and comfort but also to amplify rural issues and advocate for administrative change to accommodate our needs on campus. Find more information here: [bit.ly/ruralstudents](http://bit.ly/ruralstudents)
- The Office of International Students and Scholars serves as a resource for international students at Yale. Its staff is available to answer any questions and help all international students become acquainted with life at Yale. Find more information here: <http://oiss.yale.edu>.
- The Student Accessibility Services (SAS) serves as a resource for all students with disabilities and aims to help them navigate university academic and social life by facilitating individual accommodations. Students who require accommodations are welcome to register with SAS at <https://sas.yale.edu/get-started>.
- Disability Empowerment for Yale (DEFY) also offers useful resources for students and conducts very important student advocacy against ableism.
- Student Accessibility Services will not be available for in person meetings, but are able to schedule meetings over zoom. To initiate the process, use this form [https://yale-accommodate.symplicity.com/public\\_accommodation/](https://yale-accommodate.symplicity.com/public_accommodation/)
- The Office of LGBTQ Resources serves as a resource for all lesbian, gay, bisexual, transgender, and queer students and aims to connect them with Yale's LGBTQ resources as well as its LGBTQ social, cultural, and academic programs and events. Find more information here: <http://lgbtq.yale.edu>.
- The Yale Women's Center is an umbrella organization for groups that deal with issues of gender and sexuality. Stop by the Center from Sunday to Thursday for a cozy homework space, free snacks, pregnancy tests, external and internal condoms, lubricant, dental dams, pads, tampons and information about Yale's resources.

## CIVIC ENGAGEMENT AND VOTER REGISTRATION RESOURCES

Yale provides many helpful resources for civic engagement and voter registration. If you have any questions, please reach out to [yalevotes@yale.edu](mailto:yalevotes@yale.edu).

- **Yale Votes Website** - The website, [vote.yale.edu](https://vote.yale.edu), is a one-stop-shop for voter registration and polling information. On the website, you can register to vote, request an absentee ballot, check if you're registered, find your nearest polling location, and sign up to receive election reminders.
- **TurboVote** - To help you be prepared, Yale has partnered with TurboVote, a platform where you can register to vote, receive election reminders in states you are registered, and can request absentee ballots. TurboVote allows students to stay up-to-date with mobile reminders and provides students with resources helpful for voting. It takes a few minutes to sign up here.
- **Yale Votes Coalition** - Yale Votes is a non-partisan coalition that includes Yale University, Every Vote Counts, the Yale College Democrats, and the Yale College Council. Yale Votes strives to increase civic engagement among all Yalies and make the voting process as easy and clear as possible. Yale Votes remains open to any and all campus groups who are interested in enhanced awareness and voter engagement among Yale students.



## SUSTAINABILITY

- **Green spaces in New Haven + Yale**
  - Green spaces are good for the mind and body (and social distancing)! Check out Marsh Botanical Gardens, the Yale Farm, Lighthouse Point, Yale Urban Meadows, [New Haven Parks](#), Long Wharf, Wooster Square, [various community greenspaces](#), and the college courtyards.
- **Opportunities**
  - Tip: See [Yale School of the Environment](#), [Yale College EVST Major](#), [Yale Sustainable Food Program](#), and [Yale Student Environmental Coalition](#) (YSEC) calendars for virtual events and remote opportunities, and join the new [YSEC Facebook Group](#).
  - [Yale Student Environmental Coalition](#) (YSEC): Umbrella organization for undergraduate groups focused on climate justice and community-building around environmentalism at Yale and beyond. Groups include [Project Bright](#), [Fossil Free Yale & Endowment Justice Coalition](#), [GREEN at Yale](#), [Yale Outdoors](#), [Yale Animal Welfare Alliance](#), [Environmental Education Collaborative](#), [Students for Carbon Dividends](#), & [Yale Environmentalist](#).
  - Consider getting involved off-campus with [Urban Resources Initiative](#), [Gather New Haven](#), [CitySeed](#), [New Haven Climate Movement](#), or the [Yale Sustainable Food Program](#).
- **Tips for living sustainably @ Yale, in New Haven, or @ home:**
  - **Plant-forward dining:** While this year will be full of new dining experiences, try to eat plant-forward wherever and whenever possible. Check out local sustainable food options [here](#) (think farmers' markets, sustainable spots, and gardening tips), and be sure to take advantage of Yale Hospitality's commitment to plant-forward meal options.
  - **Read up:** Here's a [crowdsourced list](#) of environmental books, podcasts, and documentaries that aim to broaden understandings of environmentalism, specifically within themes of anti-racism, gender identity, capitalism, culture, animals, migration, and art.
  - **Cut the plastic:** CT and several other states charge 10-cent fees for single-use plastic bags, so be sure to bring reusable bags along to stores. Tip: You can check out reusable shopping bags and solar phone chargers from Bass Library!
  - **Mind your waste:** Use campus single-stream recycling, which allows all recyclables to be collected together for subsequent separation off-site. Carry a reusable water bottle and refill at stations around campus. If you're enrolled remotely, check out your local environmental agency's website for specific recycling guidelines.
  - **Buy smart:** Check the [Yale Free & For Sale](#) and [Yale Textbook Exchange](#) Facebook groups, the Silliman Textbook Library, and Yale Libraries before buying textbooks (or

other dorm items). Tip: You can also reach out to YSEC about acquiring environmentally-related materials.

- Submit a timely [Facilities work request](#) if you notice leaks, dripping, or other operational issues.

## CAMPUS EMPLOYMENT

You can apply for on-campus jobs on <https://yalestudentjobs.org>. Most new postings occur at the beginning of each semester, but others always pop up. Yale offers a huge range of jobs, requiring different skill sets and at varying “levels,” which correspond to hourly wage.

- Many cultural, identity, and resource groups on campus offer employment opportunities. For example, the Women’s Center employs students as staff members. Check out the aforementioned institutions for job postings.
- Dwight Hall at Yale provides ongoing individual advice for both students and placement sites, in addition to financial support and organizational resources such as cars, bus passes, and meeting space. The program is designed to challenge assumptions, encourage open communication, foster a lifelong commitment to civic engagement, and find innovative solutions to urban challenges.
- Students can be compensated for their work with either a community organization or government agency during the year can apply to be Urban Fellows who are awarded a \$312.15 Service Award each semester. Students eligible for federal work-study receive \$12.50/hour compensation for up to 100 hours. Learn more here: <https://dwithhall.org/urban-fellows>.
- Check out the Career Development and Service Offices at the Yale graduate schools here: <https://yalewell.yale.edu/yale-well/work-well/on-campus>.
- Check out the YCC student jobs handbook here: [https://drive.google.com/file/d/0B5o-gyPsWRU\\_IRTdCNWIJQ0VSX1U/view](https://drive.google.com/file/d/0B5o-gyPsWRU_IRTdCNWIJQ0VSX1U/view)
- You may hold a campus job while on a Leave of Absence, while studying remotely, and while off living off-campus.

## Technology

### TECHNOLOGY SUPPORT

Yale pays tech-savvy undergraduates, aptly named “Student Techs” (STs), to fix your computer for free if it should ever break. Find out where and when you can find these peers here:

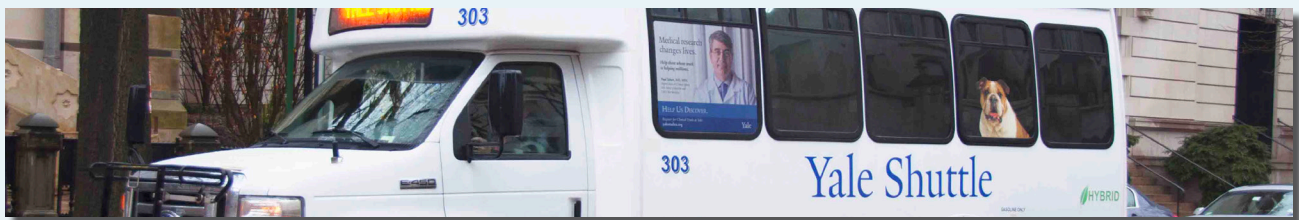
<https://its.yale.edu/walk-centers>.

## COMPUTER SETUP

The Student Technology Collaborative has extensive resources available to help the incoming Yale First-Years set up their laptops with useful installations from printing to antivirus protection. Follow all of their instructions here: <https://studenttechnology.yale.edu/new-students>

## USEFUL MOBILE APPS

- **Yale Transit:** For keeping track of the Yale Shuttle, our recommendation is “DoubleMap.”



- **Yale Dining:** The Yale Dining app tells you which dining halls are open, how full they are (based on meal swipe times), and what that day’s menu is.
- **The Official Yale Mobile App:** Yale Mobile is a super-useful amalgamation of many functions: Yale Events, Campus Map, People Directory, Yale News, Yale Transit (although DoubleMap is probably your best bet), and more.
- **Bulldog Mobile LiveSafe App:** Essential! See the “Safety” section for more information.

## ELECTRONIC RESOURCES

- Yale University provides **streaming IPTV services** from Comcast to eligible students primarily residing in a Yale dormitory. The service provides 100 channels of content, including HBO Go, which can be accessed on up to three personal internet-enabled devices. Find more information here: [https://yale.service-now.com/it?id=service\\_offering&sys\\_id=8b99caacdb273a043514b-1c0ef961925](https://yale.service-now.com/it?id=service_offering&sys_id=8b99caacdb273a043514b-1c0ef961925).
- **The ITS Software Library** provides the Yale community with a simple way to download software that is already licensed for use as well as offering several titles for purchase via the Chart of Account (COA) billing. Access the directory here: <https://software.yale.edu/>.
- Use this link to access the **self service tools & training services** you automatically have access to as a Yale student: [https://yale.service-now.com/it?id=service&sys\\_id=f16e5770db8b1300d-f80a5094b961935](https://yale.service-now.com/it?id=service&sys_id=f16e5770db8b1300d-f80a5094b961935).
- From free access to digital databases to BorrowDirect, Check out the online research

services that **Yale University Library** provides here: <https://web.library.yale.edu/academics/research-tools>.

- The Bass Media Equipment Checkout Service offers students the opportunity to reserve and borrow media equipment like cameras, tripods, microphones, and light kits. Find more information here: [https://yale.service-now.com/it?id=service\\_offering&sys\\_id=1c-788dcd6fbb31007ee2abcf-9f3ee43b](https://yale.service-now.com/it?id=service_offering&sys_id=1c-788dcd6fbb31007ee2abcf-9f3ee43b).
- Many facilities on campus, including residential colleges and libraries, have public computers, printers, and scanners available for use. There are many printers in various locations that are accessible to students who set up a Yale Printing Account.
- **Bass Library's Media Lab** has desktop computers with specialized media software, such as the entire A7dobe Creative Suite, Final Cut Pro, iMovie, and more.
- **The Center for Collaborative Arts and Media (CCAM)** at Yale University is an experiment center for visual art, computer science, music, architecture, film and video, theater and dance, and literature. It offers equipment and studio use to all students! Find out more at: [ccam.yale.edu/about](http://ccam.yale.edu/about)

## Health, Wellness, Food, and Safety



HEALTH

### Yale Health (about a ten-minute walk from Old Campus)

- The Student Health Department is usually used for non-emergency health needs and is open during normal business hours (8:30am-5:00pm)
- Everyone must call before entering the Yale Health Center (except for Pharmacy visits). Even Immunizations, and Blood Draw are by appointment. Call (203) 432-0312 to schedule. Find more information here: <http://yalehealth.yale.edu/studenthealth>.
- Wear a cloth face covering when you come to the Yale Health Center for an appointment or to go to the Pharmacy. Wearing cloth face coverings is an additional public health measure people should take to reduce the spread of COVID-19.
- Campus COVID Resource Line - 203-432-6604 (toll-free at 866-924-9253), available 8 am–5 pm, 7 days a week
- Adhere to protocols outlined by the [Community Compact](#) for your own safety and then safety of others.
- Students will participate in Yale COVID-19 screening program routinely through the semester



- If you test positive for COVID-19, self isolate under the supervision of Yale Health, so that you do not infect others. You will speak to a contact tracer to identify others who have been exposed who you must be honest with.

### Visit these pages for up-to-date COVID-19 information

- [What Everyone Should Do](#) (reduce your risk and monitor your health)
- [If you have COVID-19 symptoms or have tested positive for COVID-19](#)
- [When to End Self-Isolation](#)
- [Managing Stress](#)
- [Yale Health COVID-19 FAQ's](#)
- The Acute Care Department is located on the first floor of the Yale Health center. When Student Health is closed, Acute Care is available. Find more information here: <http://yalehealth.yale.edu/acutecare>. Please call first (203-432-0123) so their clinical team can determine the best way to evaluate your urgent health concern.

**IMPORTANT NOTE:** Acute Care is not an emergency room. If you are in need of immediate medical attention (hospital-worthy), call 911 and go to the emergency room at Yale-New Haven Hospital.

- Yale Flu shots and other free services are available at Yale Health as well.
- Meet with the student health educator to correct unhealthy habits by scheduling an appointment at 203-436-5464 or email [lauren.horner@yale.edu](mailto:lauren.horner@yale.edu).

### Student Healthcare Coverage

- There are 2 types of healthcare coverage plans at Yale: 1) Yale Health Hospitalization/ Specialty Care “Full” Coverage Plan: All students are automatically enrolled in and billed for this plan, which includes primary care, specialty care, and prescription drugs. 2) Yale Health Basic Plan: All students (attending Yale at least half time) are eligible to receive many Yale Health services provided by this plan, including primary care, Acute Care, and Mental Health & Counseling, at no charge.
- Waiving the “Yale Health Hospitalization/Specialty Care “Full” Coverage Plan”: Most students who are dependent on someone else’s health coverage or who purchase coverage on their own waive the Yale Health Hospitalization/Specialty Care “Full” Coverage Plan. The Yale Health Basic plan still applies to students who waive this option. Students on full financial aid will not receive an additional refund by waiving this plan, however. Find more information about Yale Health Plans and waiving coverage here: <http://yalehealth.yale.edu/understand-your-coverage>.

### Yale-New Haven Hospital

**This is New Haven’s primary hospital and one of the best in the country. If you are in need of serious medical attention, this is the place to go. Find more information here: <https://www.ynhh.org/>.**

### Mental Health

**Located on the third-floor of the Yale Health Center, Yale Mental Health and Counseling Department is committed to addressing all psychological needs of students. Make an appointment to see a counselor by calling (203) 432-0290. Find more information here: <http://yalehealth.yale.edu/mentalhealth>.**

- Yale Mental Health & Counseling will not reach out to you independently. You must schedule an appointment directly if you want to meet with a clinician.
- Your medical records are strictly confidential, stored in a restricted area and available only to individuals involved in your care and authorized administrative personnel on a need-to-know basis. No one else is authorized to obtain information from your records without your written consent, provided that you are 18 years old or over.
- In urgent situations, any student can speak with an on-call clinician 24 hours per day, 365 days a year (daytime through Mental Health & Counseling at 203-432-0290 and



- after hours through Acute Care 203-432-0123).
- If you are not in CT and are currently receiving care from [Yale Health Mental Health and Counseling](#), please contact your clinician at 203-432-0290 to develop a plan for care while you are away from campus.
- For anonymous and confidential online screenings for depression, eating disorders, alcohol dependency, anxiety/PTSD, use this link: <http://screening.mentalhealthscreening.org/YALE>.
- **Walden Peer Counseling** is staffed by Yale students and provides peer-to-peer support. Call Walden at (203) 432-TALK to connect with one of its counselors between 8:00pm and 8:00am everyday. Find more information here: <http://walden.sites.yale.edu>.
- To learn more about wellness resources at Yale, check out the Yale website here: [yalewell.yale.edu/about-yale-well](http://yalewell.yale.edu/about-yale-well)
- **The Yale School of Medicine's Stress Center** hosts Mindfulness Courses and Workshops that you can register for here: [medicine.yale.edu/psychiatry/stresscenter/mindfulness/](http://medicine.yale.edu/psychiatry/stresscenter/mindfulness/)
- **Peer Wellness Champions** may engage students in their college/school with individual conversations and small events and panels, as well as identify and address systemic issues. Find a fellow to reach out to here: [yalewell.yale.edu/people/yale-college-pwc](http://yalewell.yale.edu/people/yale-college-pwc)
- From meditation sessions to a Mindfulness-Based Stress Reduction (MBSR) Course, check out Mindfulness & Meditation resources here: <https://yalehealth.yale.edu/mindfulness-meditation-yale>

## SEXUAL HEALTH

- Navigating sexual encounters in college can be scary. Many people are entering college with little to no experience —that is totally normal! The important thing is that you rely on the resources you have available to you. If you feel comfortable, talk to your FroCo, your Peer Liaisons, your primary care physician, or counselor. When becoming sexually active, prioritize your health and wellness, by practicing safe sex (ie. using condoms, dental dams, etc.). Be kind and patient with yourself and with your partners.
- All first years take workshops with the Community & Consent Educators at the beginning of the school year to learn about how to build a healthy sexual climate on campus. Ongoing affirmative consent is imperative in any sexual encounter.
- Condoms and lubrication can be found in residential college entryways, and from Communication and Consent Educators (CCEs) and First Year Counselors.
- A Wellness-To-Go vending machine is installed in the enclave of Bass Cafe. Products dispensed in the machine will include pregnancy tests, urinary tract infection (UTI) tests, condoms, and lube.
- STI tests are free to all Yale students, even those who have waived the Yale Health Hospitalization/ Specialty Care Coverage. To schedule an appointment, call Student Health.

## Preventing and Responding to Sexual Misconduct

If you or someone you know has experienced sexual misconduct, there are many resources available and a variety of avenues to seek help. Just know that you are not alone, and the Yale community is here to support you.

A full summary of definitions, policies and resources related to sexual misconduct at Yale can be found online at: <https://smr.yale.edu/find-policies-information/yale-sexual-misconduct-policies-and-related-definitions>. Sexual misconduct resources on campus include:

- **The SHARE Center** ([sharecenter.yale.edu](http://sharecenter.yale.edu); 24/7 availability at 203.432.2000): Professional, expert help for members of the Yale community who have experienced sexual misconduct, as well as their friends and family. Contacts are confidential and can be anonymous if desired.
- **Title IX Coordinators** ([provost.yale.edu/title-ix/coordinators](http://provost.yale.edu/title-ix/coordinators); 203.432.6854): Responsible for policies, programs, coordination of resources, and tracking informal complaints. Coordinates interim measures, accommodations, and remedies, such as academic or residential accommodations and no contact agreements between parties.
- **COVID19 Update:** Both SHARE and the Title IX Coordinators continue to provide all services, including counseling, and support over the phone, Zoom video, or whichever alternative virtual platform works best for the person we're working with, throughout the summer and semester.
- **University-Wide Committee on Sexual Misconduct** ([uwc.yale.edu](http://uwc.yale.edu); 203.432.4449): Yale's internal disciplinary committee for handling formal complaints of sexual misconduct.
- **Undergraduate Title IX Advisory Board** ([smr.yale.edu/get-involved/apply-join-student-advisory-board](http://smr.yale.edu/get-involved/apply-join-student-advisory-board)): The Undergraduate Title IX Advisory Board provides advice to the Title IX Steering Committee on a range of issues, such as campus culture, training and educational programming, and complaint and disciplinary processes.
- **Yale Police Department** ([your.yale.edu/community/public-safety/yale-police-department](http://your.yale.edu/community/public-safety/yale-police-department); 24/7 availability at 203.432.4400): YPD is comprised of sworn police officers, including a Sensitive Crimes & Support Coordinator who provides services to victims, such as safety planning and assistance in obtaining a protective order.
- **Community Consent Educators (CCEs)** ([yale.edu/cce](http://yale.edu/cce)): A diverse group of undergraduates who work together to foster a more positive sexual and social climate on campus through workshops, trainings, and conversations.

## SPIRITUAL WELLNESS

- The Chaplain's Office supports many groups of students working to encourage meaningful conversation across boundaries, including The InterFaith Forum at Yale and the Chaplaincy Fellows. The office also hosts regular study breaks in the basement of Bingham Hall, interfaith service projects, lectures, discussions, celebrations and much more.

- There are many spaces on campus dedicated to the practice of faith. Learn more about the Joseph Slifka Center for Jewish Life, Yale Musalla, Buddhist Shrine at Harkness Chapel, Battell Chapel, the Hindu Prayer Room, Saint Thomas More, and other institutions of faith here: <https://yalewell.yale.edu/yale-well/seek-well/on-campus>.
- The Yale Center for Faith and Culture at the Divinity School encourages students to critically examine and promote practices of faith which advance authentic human flourishing and the global common good. Learn more about their legacy projects here: <https://faith.yale.edu/legacy-projects/legacy-projects>.

## SAFETY

Notify Yale Police by calling 203-432-4400 or by calling 911.

- **Blue Phones:** “Blue phones” are emergency phones distributed across campus and are easily identifiable at night by the blue lights shining overhead. Press the emergency button to call the police, fire, or emergency medical departments, or to use the keypad to
- **Nighttime Walking Escort Service:** To request that a security officer walk you safely home at night from anywhere on campus, call 203-432-9255
- **For Nighttime Safe Rides,** call 203-432-6330, TapRide for iPhone, or use a blue phone
- **The Bulldog Mobile LiveSafe app** is a useful way to communicate with the Yale Police Department for a safe ride or walking escort if you ever feel unsafe. Available for iPhone and Android. Find more information here: <https://your.yale.edu/community/public-safety/campus-safety-services/bulldog-mobile-livesafe-app>.

## Alternatives to Calling the Police in New Haven

### Domestic Violence

**The Umbrella Center for Domestic Violence Services**  
Crisis hotline: (203) 736-9944, 1-800-774-2900

Provides 24-hour crisis hotline and walk-ins, emergency temporary housing, transitional housing, education and counseling, support groups, and legal advocacy to domestic violence victims and their children.

**The HOPE Family Justice Center of Greater New Haven**  
(203) 800-7204

Provides advocacy and legal services, housing assistance, on-site childcare, and connections to clinical services and sexual assault services for victims of domestic violence.

### Sexual Assault

**Connecticut Alliance to End Sexual Violence**  
**203-235-4444, 24 hour hotline, Spanish: 1-888-568-8332**

Calling the statewide hotline connects sexual assault victims to their closest sexual assault crisis center. Counselors and advocates can provide information and resources, and advocates can accompany victims to hospitals, police departments, and courts if they choose.

**Women & Families Center**  
**Crisis hotlines: 1-888-999-5545 for English, 1-888-568-8332 en Español**

Offers a 24 hour crisis hotline, confidential support services, and support groups for survivors of sexual violence and their loved ones. They can also provide accompaniment and advocacy through medical, police, and legal systems if the victim chooses.

**The Sexual Assault Crisis Center 24 hour helpline\*\***  
**860-465-2789**

A private, non-profit agency offering free and confidential, comprehensive services to victims of sexual assault and abuse.

**National Sexual Assault Telephone Hotline\*\***  
**(800) 656-4673**

Caller will be routed to a local RAINN affiliate organization based on the first six digits of their phone number. Support is confidential.

**Mental Health**

**Crisis Text Line\*\***  
**Text HOME to 741741**

Provides a free mental health texting service and confidential crisis intervention.

**National Suicide Prevention Lifeline\*\***  
**1-800-273-8255**

Provides 24/7 free and confidential support for people in distress and prevention and crisis resources for you or a loved one

**Continuum of Care**  
**(203) 562-2264**

Connects adults with mental illness acute and long-term mental health services including crisis stabilization, community housing, and transitional services.

**NAMI Elm City\*\***  
**Text HOME to 741741**

Provides support, education, and advocacy to those individuals impacted by mental illness and their families.

### Substance Use

#### **Connecticut Drug and Alcohol Abuse Hotline (844) 244-3171**

24/7 confidential hotline providing support, referrals to treatment, and advocacy.

#### **The APT Foundation (203) 781-4600**

Offers treatment programs to individuals with substance use problems with an emphasis on underserved populations.

#### **Harm Reduction Services - Syringe Exchange**

- The APT Foundation\*1, 1 Long Wharf Dr
- The Connection, 48 Howe St
- Fair Haven Community Health Care\*1, 374 Grand Ave
- MCCA1, 419 Whalley Ave
- The Yale Community Health Care Van\*1, M-F: Parking lot on Legion and Sherman, T&Th: Chapel St. Park in Fair Haven

\* = methadone dispensary

1 = distributes or prescribes naloxone

### Youth Resources

#### **Youth Continuum (203) 498-1838 924 Grand Ave, New Haven, CT**

Prevents and addresses youth homelessness, serving youth ages 14-24 who are homeless or in state care. Services include clinical counseling, employment support, education support, a computer lab, laundry services, a clothing closet, an open kitchen and food, and sexual health services.

#### **Child Abuse Hotline\*\* 1-800-252-2873**

24 hour hotline if you suspect that a child has been harmed or is at risk of being harmed by abuse or neglect.

**2-1-1**

If in need of immediate shelter, calling 2-1-1 is a free, confidential information and referral service that connects Connecticut youth and parents to essential health and human services 24 hours a day, seven days a week online and over the phone.

**LGBTQ Resources****New Haven Pride Center  
(203) 287-2252**

The purpose of New Haven Pride Center is to provide educational, cultural, and social enrichment for the LGBTQ+ community, its allies, and members, to make a positive contribution to the entire community of Greater New Haven. Services include support groups, social groups and gatherings, and performance programs.

**Trans Lifeline  
1-877-565-8860**

Hotline run by and for trans people that provides emotional and financial support for trans people. The only hotline for trans people without a nonconsensual active rescue policy.

**The Trevor Project\*\*  
1-866-488-7386**

24 hour hotline for LGBTQ+ youth in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk.

**People Experiencing Homelessness****Liberty Community Services  
203-495-7600  
210 State Street**

Liberty provides services and programs designed to end homelessness include such as eviction prevention, security deposit, case management services and employment services.

**Martha's Place  
203-624-5789**

They provide emergency shelter for single women and single women with children. They provide case management, housing location and advocacy, computer lab, dental care, clothing, food, toiletries, hygiene essentials, etc.

**Emergency Shelter Grand Avenue**

**203-777-2522**  
**645 Grand Avenue**

Open from 4PM-7AM for shelter, every day as the only walk-in mens' shelter in New Haven

**Columbus House**  
**(203) 401-4400**  
**586 Ella T Grasso Blvd**

Mission is to serve people who are homeless or at risk of becoming homeless by providing shelter and housing and by fostering their personal growth and independence.

**Hillside Family Shelter**  
**(203) 777-7848**

Provides temporary emergency housing (30-60 days) to families (at least one adult and one child) who are homeless or poor. Other services include: case management, food pantry, daycare through LULAC Headstart, and referrals to resources.

### [Additional Resources](#)

**National Human Trafficking Hotline\*\***  
**(888) 373-7888**

A trained and experienced Anti-Trafficking Advocate will speak with you about your needs, your options, and the resources. Anonymously report tips, seek services, and ask for help 24/7 in 200+ languages

**National Runaway Safeline**  
**1800-786-2929 24/7 hotline**

Confidential and judgement-free service to provide counseling and resources for those who are thinking of running away or already have.

**Veterans Crisis Line**  
**1-800-273-8255**

**Sex Workers and Allies Network (SWAN)**  
**(203) 415 - 1725**

SWAN does harm reduction, advocacy, and empowerment with people who are doing survival sex work in the New Haven area.

**Reach Out Connecticut**  
**1-844-TALK-4-CT**

A warmline equipped with staff to provide emotional support and resources like food and diapers for those in Connecticut who need it. Staff is trained in discussing those impacted by racial injustice in America.

## Residential College Life

### FACILITIES

- **Laundry:** Laundry machines are located in the basements of Bingham and Farnam Halls on Old Campus and in every residential college and usually accept credit cards, debit cards, or coins. A typical load of laundry costs from \$2-3. Check out this site for up-to-date machine availability: <http://laundryview.com/>. Sustainability Tip: Choose the “cold wash” cycle because it washes just as well and will save a TON of energy!
- Residential colleges are also each equipped with special facilities. Each has a dining hall, common room, and buttry (late-night-comfort-food-cookery!). However, many of these common spaces will not be open this year. Reach out to your Head of College and Operations Manager to ask what their policy is.

### WHO TO GO TO IF YOU NEED HELP

- **First-Year Counselors:** First-year counselors aid your transition into Yale in all aspects - academically, socially, logistically, and emotionally. They're your point of contact if something comes up and you want to talk to someone, especially if you don't know who to go to.
- **College Advisers:** Your residential college dean will assign you a college adviser (a faculty member) at the beginning of your first year. After that, at any point after your first semester and through the end of your sophomore year, you can select a new adviser. You can absolutely ask your college adviser about courses and academics, but this individual will also help you navigate your transition to Yale, point you in the direction of useful resources, and help you think through your goals – academic and otherwise – for your first year at Yale and beyond.
- **Heads of College (HoCs) and Deans:** Deans and HoCs are confidants and can help if you're having a hard time with specific parts of your transition to college, need academic advice, or have something come up that prevents you from doing your work to the best of your ability, such as illness, emergencies, or religious holidays (resulting in something called a “Dean's Excuse”). Every residential college has a Head of College and a Dean. Both are members of the Yale's faculty/staff who live in the residential colleges in designated houses and apartments, and together they help to create the residential college community.

### TIME MANAGEMENT

Many First Year students struggle with managing their time efficiently. Here are some tools



and tips to maintain a healthy and balanced schedule.

- Use the “Self Control” App (<https://selfcontrolapp.com/>) to block websites you use to procrastinate on work.
- Try to schedule fitness, work, and self-care into your routines.
- Consider downloading “Rescue Time” or “Toggl” applications that monitor the websites you use and learn about any time-wasting habits you might have.
- Yale runs on emails. Students often find that having an organized email inbox and calendar are essential to having an organized experience overall! Yale runs on emails...so don't let emails go unread forever. Set response-time goals for yourself. Also, consider using an iCalendar or Google Calendar to organize all of your commitments, club meeting, events, and classes.
- Do NOT overcommit! There are a variety of activities to participate in, but your wellness and health come first!

## IMPORTANT DATES

AUG 23, 2021: Vaccinated students who are participating in pre-orientation programs move in. Programs run from August 23 to August 26.

AUG 27, 2021: Vaccinated first-year students (students beginning their first semester) move in, if they are not already on campus for a pre-orientation program. First-year orientation begins at 8 pm

AUG 30, 2021: Vaccinated sophomores (students who have completed one or two semesters) move in. Community meeting for sophomores begins at 5 pm

AUG 30, 2021 - AUG 31, 2021: Vaccinated juniors and seniors (students who have completed three or more semesters) move in

SEP 1, 2021: Fall-term classes begin, 8:20 a.m.

SEP 3, 2021: Friday classes do not meet; Monday classes meet instead

SEP 6, 2021: Labor Day; classes do not meet

OCT 8, 2021 - OCT 10, 2021: Family Weekend

OCT 19, 2021: October recess begins, 11 p.m.

OCT 25, 2021: Classes resume, 8:20 a.m.

OCT 29, 2021: Midterm

NOV 19, 2021: November recess begins, 5 p.m.

NOV 29, 2021: Classes resume, 8:20 a.m.

DEC 10, 2021: Classes end, 5:30 p.m.; Reading Period begins

DEC 17, 2021: Final examinations begin, 7 p.m.

DEC 22, 2021: Examinations end, 5:30 p.m.; Winter recess begins

# Welcome Home, Class of 2025!

