Dear Parents, Guardians, and Families,

I hope you are all having an excellent holiday season thus far. We are enjoying an unusually balmy December here in Hanover, but our office have been busy preparing for your student’s success during the winter, whether they will be in Hanover or elsewhere.

I always remind students that winter term at Dartmouth is shorter and always feels like it flies by. Combined with the short days and the long nights, it can have a real impact on students’ mood. There are some great suggestions on page 5 from my colleagues in the Student Wellness Center about how your student can take care of themselves. Please encourage them to reach out to resources if they feel the need for support.

Have a wonderful winter holiday, and my best wishes for a successful new year.

Warm Regards,

Inge-Lise Ameer
Vice Provost for Student Affairs

Gateway is a quarterly newsletter designed to help parents, guardians, and families of Dartmouth students stay involved and informed. For more information, visit www.Student-Affairs.Dartmouth.edu.
Dear Parents, Guardians, and Families:

Greetings from the Undergraduate Deans Office. We are enjoying this brief respite after the bustle of Fall term, but look forward to welcoming your students back in January. While we expect to connect with students around multiple topics and in support of many different areas of growth and engagement, the “highlights” on the list below will most likely take center stage.

One of the best things you can do in support of your student is to encourage them to READ the weekly/biweekly email newsletter sent by their Undergraduate Dean (during the term). This regular correspondence contains tips, deadlines, and very timely information. It is a tremendously helpful resource – and arrives right in your student’s inbox.

Please also make sure to urge your student to actively utilize the Undergraduate Deans Office (and other resources – see page 8) as they navigate Winter term. Feel free to visit our website and get to know our work: http://www.dartmouth.edu/~upperde/.

Thank you for your continued partnership, and take care.

Best wishes for the holiday season and the new year,
The Undergraduate Deans Office

**THE ACADEMIC JOURNEY**

**WINTER TERM HIGHLIGHTS ON YOUR STUDENT’S ACADEMIC JOURNEY**

**Class of 2019 First-Year Students**
- Continued transition from high school to college learning
- Continued adjustment to the pace of a ten week term and the necessary study habits and time management strategies required to be successful
- D-Plan planning: exploring opportunities for how they will arrange their remaining terms at Dartmouth (D-Plan requests are due in April.)
- Consideration of the Guarini Institute’s Off Campus Programs (Deadline for most 2016-2017 programs is February 1, 2016.)
- Cultivating relationships with faculty, undergraduate deans, staff, administrators, and mentors (especially for letters of recommendation for off campus program)
- *Explore, Engage, Excel* remains a great resource for planning and exploration!

**Class of 2018 Sophomores**
- Major and minor exploration, discussion, and advising, in preparation for declaring a major
- D-Plan adjustments required by major planning
- Consideration of the Guarini Institute’s Off Campus Programs (Deadline for most 2016-2017 programs is February 1, 2016.)
- Cultivating relationships with faculty, undergraduate deans, staff, administrators, and mentors (especially for letters of recommendation for off campus programs)
- Possibly beginning to think about research opportunities
- *The Sophomore Year* remains incredibly helpful and should be accessed often!

**Class of 2017 Juniors**
- Reviewing graduation and degree requirements and making plans to complete them in time for graduation
- Planning for research, internship(s), senior thesis, senior fellowship (as applicable)
- Accessing the Center for Professional Development: begin exploration and preparation for post-graduate plans
- Applying for post-graduate scholarships, as applicable

**Class of 2016 Seniors**
- If planning to graduate in June – Degree Application!
- Tracking and completing graduation and degree requirements
- Utilizing the Center for Professional Development to explore job opportunities or graduate schools

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**SPOTLIGHT ON THE CENTER FOR PROFESSIONAL DEVELOPMENT**

Has your student brought their updated resume to the CPD for review? Are they interested in interview coaching or career exploration? Encourage your student to stop by during our drop-in hours for a resume review and to explore our many resources!

**SENIORS**
Share these targeted recruiting program events, opportunities, and deadlines with your senior.

**JUNIORS**
Encourage your student to prepare for winter term by drop in at our Junior Jumpstart event on Friday, January 8 in Collis, 1-4 PM. Also, share these targeted recruiting program events, opportunities, and deadlines with your junior.

**FIRST YEAR STUDENTS & SOPHOMORES**
Your student should attend one of our career-related programs to learn about the wide range of careers available and how to approach the internship search. Ask them if they have visited Dartboard to browse upcoming events and opportunities, and suggest they schedule an appointment with our advising team.

You and your student can learn more at the Center for Professional Development website.
Dartmouth students and scholars are actively engaged in international study, research, and collaboration. The Dartmouth curriculum itself is designed to build global awareness, and its distinctive Study Abroad programs are a vital component of that process. Faculty members conduct research with colleagues around the world, bringing Dartmouth’s collaborative and interdisciplinary approach to addressing the world’s challenges.

We expect your student might be spending a great deal of time considering Off Campus Programs, since the deadline for most 2016-2017 programs is February 1, 2016. Feel free to visit the Frank J. Guarini Institute for International Education website and explore their offerings yourself (and fantasize about what you would do if you were an undergraduate at Dartmouth!).

Clockwise from top: 2015 Women and Gender Studies students pose in front of the Taj Mahal (photo courtesy of Faith Beasley); students on the Spanish Foreign Study Program (FSP) to Cusco, Peru visit Bolivia’s salt flats (photo courtesy of Silvia Spitta); students on the Religion FSP to Edinburgh, Scotland, take a fieldtrip to early Christian sites such as the island of Ionia (photo courtesy of Kevin Reinhart); students on the Beijing LSA+ (Language Study Abroad) visit the Longmen Caves in Luoyang (photo courtesy of Fenru Shi).
Why Do Students Seek Counseling?

College life can be exciting and challenging. It is a time when students engage their intellect, explore their individual identities, and discover future life paths. College can be an opportunity for growth and self-discovery. It is also common for students to experience increased levels of stress while adjusting to these life changes, particularly within the context of a competitive academic environment. Social and emotional concerns can interfere with academic performance and social interactions. Students come to CHD for a variety of reasons. Some are seeking help with the transition to college life. Others want to learn more effective ways of developing, negotiating, or maintaining relationships. Counseling can be beneficial for students who are feeling depressed or anxious, as well as those who want to examine their beliefs or explore their current life situation.

What Can a Parent, Guardian, or Family Member Do?

While many students come to CHD on their own, a parent is often the first person to recognize that a student is not functioning at his or her best. Students who are struggling or facing new challenges may turn to you for help in figuring out what to do because they know and trust you. CHD counselors are available to consult with you when you have concerns about how to best help your student.
STAY BRIGHT!

As the sun sets earlier and earlier, try these ways to combat the effects of the darkness.

GET VITAMIN D

Insufficient Vitamin D may be associated with various mood disorders including depression, seasonal affective disorder (SAD), and PMS.

• Get outside each day for 20-25 minutes to boost focus, mood, and overall wellbeing. People who get outside have higher Vitamin D levels, are happier, concentrate better, and heal faster.
• Eat fatty fish, egg yolks, fortified milks and cereals
• Use sun lamps – visit the Student Wellness Center to sit in front of the lamp for 15 minutes, or rent one from Counseling and Human Development for your room.

GET MOVING!

Fight fatigue, boost mood & energy, and sleep better by getting active this winter.

GET SOCIAL

Social connectedness has many mental, emotional, and physical benefits. Nourish social relationships to boost mood, immune system, brain health, and longevity!

LIGHT UP

• Pick up reflectors to put on your backpack, jacket, bike etc so cars can see you
• Turn on your flashlight as you cross the street
• Wear white, bright clothing (or neon)
• Wear a headlamp
• Put lights on your bike (like Christmas lights)


Just one of many communications from the Wellness Center to students!
The College has designated the six new house communities that will provide permanent home bases for all Dartmouth undergraduates beginning in the fall of 2016. Each house community will have a programming budget to support activities, including inter-house athletics, arts events, and service opportunities, house dinners, field trips, speakers, performances, and social gatherings. Some existing social spaces in residence halls will be refurbished and two temporary structures will provide “living room” spaces for the house communities.

**Students will find out their house membership in February 2016.**

The six houses are as follows:

**Allen House**
Gile, Streeter, and Lord halls; Thayer School of Engineering Associate Professor Jane Hill will live in a residence being built on Allen Street.

**East Wheelock House**
Andres, Zimmerman, McCulloch, and Morton halls; Associate Professor of Mathematics Sergi Elizalde will continue to live on East Wheelock Street.

**North Park House**
Ripley, Woodward, and Smith halls; Associate Professor of Biological Sciences Ryan Calsbeek will live on North Park Street.

**School House**
Massachusetts Row and Hitchcock Hall; Associate Professor of Mathematics Craig Sutton will live in a new residence being built on School Street.

**South House**
Topliff, New Hampshire, and the Lodge; Professor of Sociology Kathryn Lively will live on Sanborn Street.

**West House**
Fahey, McLane, Butterfield, and Russell Sage halls; Assistant Professor of Physics and Astronomy Ryan Hickox will live in a residence being built on Webster Avenue.

**Living Learning Communities**
Dennis Washburn, the Jane and Raphael Bernstein Professor in Asian Studies, will live on Clement Road and will lead the living learning communities based in the McLaughlin Cluster and work closely with the eight academic affinity communities located in other buildings, such as the Chinese Language House, Sustainable Living Center, and LALACs House. All students in the living learning communities, which include the affinity communities, will also be assigned to one of the six house communities.

For more information, see the article in *Dartmouth Now*.

Dartmouth’s first group of house professors includes, seated from left, Ryan Hickox, Ryan Calsbeek, and Craig Sutton. In second row, from left, are house professors Kathryn Lively and Jane Hill; Mike Wooten, director of residential education; Sergi Elizalde, faculty director of the East Wheelock Cluster; Provost Carolyn Dever; and Vice Provost for Student Affairs Inge-Lise Ameer. Not pictured is house professor Dennis Washburn. (Photo by Rob Strong ’04)
January 2
Residence halls open

January 4
Classes begin

January 7
Deadline to complete check-in without a $50 late registration fee

January 18
Martin Luther King Jr. Day (No Classes)

February 9
Spring term housing applications due

February 15
Date for submission of degree applications by prospective winter and spring graduates

February 15
Final day for students to change their enrollment pattern for spring term from an R (for Residence) without incurring a charge of one hundred dollars ($100) and to be eligible for on-time College housing assignment

March 8
Winter term classes end

March 9-10
Pre-Examination Break

March 11-15
Final exams

March 16
Residence halls close at noon

First-Year Family Weekend

We are excited to welcome first-year families during the weekend of May 6-8, 2016 for First-Year Family Weekend. Please be on the lookout for registration information in the spring.

106th Annual Winter Carnival
February 11-14, 2016

Since 1911, Dartmouth’s Winter Carnival has celebrated the beauty of the winter season in the Upper Valley and the achievements of Dartmouth’s many winter sports teams. From humble beginnings as a weekend of winter sporting, Carnival has evolved into a three-day festival of events across campus. Organized each year by students on the Winter Carnival Council in partnership with the Collis Center for Student Involvement, Winter Carnival offers something for everyone!

DARTMOUTH RESIDENTIAL LIFE
WINTER TERM 2016

WINTER TERM OPENING
SATURDAY AND SUNDAY, JANUARY 2ND AND 3RD
9AM - 9PM

ANY STUDENT RETURNING BACK BEFORE 9AM ON JANUARY 2ND MUST APPLY FOR INTERIM HOUSING ON BANNER STUDENT HOUSING STAR PORTAL! APPLICATIONS MUST BE RECEIVED BY 9AM ON DECEMBER 23RD AS OUR OFFICE CLOSES THIS DAY FOR WINTER BREAK. WE WILL REOPEN AT 9AM ON JANUARY 2ND.

STUDENTS RETURNING TO THE SAME ROOM SHOULD REMEMBER TO BRING THEIR ROOM KEY BACK TO CAMPUS WITH THEM!

CONTROLLED STORAGE
OPENING OF WINTER TERM 2016

SATURDAY, JANUARY 2, 10AM - 1PM & 1:30PM - 6PM
SUNDAY, JANUARY 3, 10AM - 1PM & 1:30PM - 6PM
MONDAY, JANUARY 4, 10AM - 1PM & 1:30PM - 4:30PM
TUESDAY, JANUARY 5, 10AM - 1PM & 1:30PM - 4:30PM

CONTROLLED STORAGE IS NOT OPEN ON WEEKENDS, EXCEPT WHERE NOTED ABOVE. APPOINTMENTS MUST BE MADE ONE BUSINESS DAY IN ADVANCE FOR TIMES OTHER THAN THE LISTED OPEN TIMES.

IF YOU HAVE QUESTIONS CALL: 603-646-1203
EMAIL: RESIDENTIAL.OPERATIONS@DARTMOUTH.EDU
**RESOURCES FOR STUDENTS**

The Academic Skills Center offers many services, including individual academic coaching sessions, useful handouts on study skills and time management, and workshops on subjects such as speed reading and learning enhancement.

Case Management coordinates resource delivery with the ultimate goal of assisting students in their academic and personal success at Dartmouth. We are an added student resource for complicated, emergency, or systemic student concerns. 603-646-2980

At the Center for Professional Development (CPD), students can explore leave-term internship options and grad school opportunities, or learn how to write a resume and cover letter. CPD offers workshops, individual appointments, and walk-in hours for all students, including first-year students.

The Center for Reading, Writing, and Information Technology (RWIT) — with specially trained peer tutors — is a fantastic (and free) resource for students at any stage of the research or paper writing process.

Counseling and Human Development can help when things get tough; their many counselors are trained to handle almost any issue. Short term counseling services are available for free; all visits are strictly confidential. Students are advised to schedule appointments early.

The Deans Office Student Consultants (DOSCs) are a group of specifically trained seniors who help students with questions about their academic journey at Dartmouth. Your student can find a list of the current DOSCs online and email them at anytime.

Health Services (Dick’s House) offers a primary care clinic, flu shots, immunizations for students going off-campus, in-patient services, sports medicine, X-Ray and lab services, pharmacy, and much more.

The Office of Pluralism and Leadership (OPAL) supports students’ academic success, leadership development, cultural enrichment, and community engagement on issues such as gender, race, sexuality, and socioeconomic status. Encourage your students to visit OPAL in the Student Academic Support Services Center (Carson 125).

The Office of Student Life is committed to developing positive, inclusive, student opportunities and experiences. Departments include: the Collis Center for Student Involvement (student organizations and governance, traditional programming), Greek Letter Organizations and Societies (GLOS), Outdoor Programs Office, Forensics Union, and Dartmouth Broadcasting.

The Pre-Health Advisors in the Health Professions Program are an invaluable resource; they can discuss all academic and extra-curricular aspects of the pre-health journey during walk-in hours and scheduled appointments. Students should meet with these Advisors as early as possible.

Student Accessibility Services (SAS) works with students, faculty, and staff to ensure that the services, programs, and activities at Dartmouth are accessible and usable by students with disabilities. Your student can make individual appointments with SAS for screening services or to make arrangements for accommodations.

The Tucker Center is the hub for religious and spiritual life; they support students looking for a sense of meaning and purpose through their spirituality or moral values. The Dartmouth Center for Service can be a great resource for students interested in direct service opportunities, philanthropy, social entrepreneurship, and social activism.

The Tutor Clearinghouse offers individual peer tutors and study groups for most intro courses. These services are either free or reduced cost for financial aid students.

The Undergraduate Deans Office supports students from Orientation to Graduation. Undergraduate Deans are general advisors for academic, personal, and social issues. Your student should talk with their undergraduate dean about key academic decisions. Undergraduate Deans also help connect your student to College resources, interpret policies, and give tips on improving academic performance in one-on-one appointments or (quick questions) during open hours in the Student Academic Support Services Center (Carson 125).

The Wellness Center works with students to develop holistic wellness, including physical, emotional, and spiritual wellness. The Student Wellness Center offers walk-in appointments and resources such as: Sexual Health Peer Advisors (Sexperts) provide advice on issues of healthy relationships, pleasure-based sexuality, STIs, and contraception.

- Sexual Assault Peer Advocates (SAPAs) work with victims, survivors, and secondary survivors (e.g., UGAs, friends, family, or partners), and educate the Dartmouth community about sexual assault and intimate partner violence.
- Dartmouth on Purpose (DOP) promotes self-care and mindfulness.
- Movement Against Violence (MAV) seeks to educate peers on sexual violence prevention through facilitated discussions.

**ON-CALL SERVICES FOR YOUR STUDENT**

Please tell your student that in the event that they need support during the evening or weekend hours, they should access the on-call resources for emergencies, which are available every day, 365 days a year. There is always a Dean-On-Call, a Counselor-On-Call, and a Community Director-On-Call.

To contact one of the resources, your student should contact the Department of Safety & Security (DOSS) at 603-646-3333 and ask to be connected with the on-call resource. DOSS will help your student determine what care they need and how and where to get it. If further intervention is appropriate, the on-call resource will help. In some cases, for instance, the on-call resource will help your student formulate a plan, including resources for support, to get through the night or weekend.