

an unofficial guide to navigating williams

an (imperfect and incomplete) guide of suggestions
by students for students.

volume 2 ▪ fall 2018

note on this guide: this guide is truly imperfect and incomplete. there are so many resources williams has to offer, so many of which were not included in this guide because of **time and labor constraints**. also it is biased and likely contains errors, so don't take anything here as straight fact. if you are interested in expanding this guide and perhaps starting a peer-to-peer mentoring network, **email [the main editor of this guide](#) to get involved**. if you have comments or suggestions on anything, email or message the editor.

feeling down?

example of how to use extensions:
“x1234” means “(413) 597-1234”

here are some people, organizations, and things that might help!

1. **hey, it's cool.** you still matter. you're still loved. feeling down is a thing that happens, but you don't have to be alone or go through this alone.
2. **talk.** sometimes talking about how we're feeling makes us feel less alone, less stuck. do you know people you can talk with about how you're feeling? do you have friends you can ask to be in the company of (your friends want to support you even if it feels like no one cares)? how about that professor who seems cool or those people at the davis center? if talking's not for you, talk via writing poetry or fiction or journaling.
3. **do what you love.** schoolwork is not everything. if stuff feels like it's piling up, let yourself do something that feels good: drawing, running, playing video games, watching netflix, napping, singing. resting is resistance. learning how to love yourself is the most important education you'll get here.

- * resources marked “©” are **confidential**, meaning what you say will *not* be shared, unless there is an imminent threat to the safety of the reporting person or others.
- * resources marked “Ⓔ” are **private**, meaning that they must report all relevant details about an alleged incident of sexual assault. they keep all other details confidential.

[davis center](#) *jenness x3340*

officially the multicultural center. amazing folks of color work here and are great to talk to about identity, social justice, discrimination, etc. [shawna patterson-stephens](#), [bilal ansari](#), [ceci del cid](#), [tatiana mcinnis](#), and [student community builders](#). all are awesome! check out their open office hours.

[deans' office](#) Ⓔ *hopkins x4171, m-f 8:30-4:30*

each day a different dean holds **open hours 12:30-2:30**. you can also email any specific dean to meet. some deans have areas of specialty, but you are welcome to see any. [meg bossong](#) is sexual assault-specific. [dean ruiz](#) works with first-gen students. [dean pretto](#) works with international students. it is okay to just go into their office and cry. you don't have to have a “legit” reason for talking with them.

[chaplains' office](#) ©

paresky 205 x2483
[gary caster](#), [sharif rosen](#), [valerie bailey fischer](#), and [seth wax](#). all of them are supportive listeners and wonderful people. you don't have to be religious to talk with them!

[accessible education](#)

paresky 203 x4672
[g.l. wallace](#) and [jean grant](#). contact them if think you need any **accommodations** (e.g. extensions, notetakers, extra time on exams).

[health and wellness](#) ©

health center x2353
in addition to medical providers and individual and group counseling, check out [workshops](#), drop-in hours, and more. on call 24/7 at x4444.

[peer health](#)

paresky 212 x3140
call-in/walk-in hours 7-10pm sun-thurs to chat about anything. they also have health kits (tea, tampons, candy, condoms, ear plugs, etc.)!

sending love and support ♥

i need ideas for self-care/what even is self-care??? help!*

1. the **reflection pool** at the clark is lovely and peaceful and gives you a break from campus drama & students.
2. here is a cool guided [mental health zine](#), kinda like a self-help zine.
3. the interfaith common room in the basement of thompson chapel, the reading room on the second floor of wcma, the top floor of hopkins, and the matt cole living room in the center for envi studies are all quiet and relaxed places to be indoors on campus.
4. [this](#) is a cool website. resource website made for and by **QTPoC** struggling with mental health. radical articles and understandings of health and healing.
5. **drawing on chalkboards** in the science center, hollander & schapiro classrooms, schow, the mabie room in sawyer which has 24-hour-access.
6. **drawing on whiteboards** in the science center, jeness, upstairs rice, sawyer.
7. swinging on the swings behind mission.
8. **hanging out with friends** at clubs, meals, studying/working together, in general.
9. spa night: doing nails/face masks with friends.
10. **virtual reality** in sawyer (go to the front desk and ask to check out the vr room, otherwise called the room of requirement).
11. create a **list of affirmations** for yourself. [here](#) is a guide for making your own list.
12. watching **netflix**, recommended: bob's burgers, stand-up comedy, anything that puts you in the not-worry, relaxed, "decompressing" zone.
13. drinking tea (can take a bunch of tea bags and mugs from dining halls).
14. wearing fuzzy socks or slippers.
15. playing your **music and dance** in your room, alone or in company.
16. lying on any patch of grass outside when the temperature feels nice.
17. day napping after class.
18. aimless driving while listening to your favorite jams, alone or in company.
19. journaling every night or every morning, or as often as you can.
20. here is a cool [mental health blog](#) by a queer identifying person.
21. remember that there is no one definition of self care and what's important is that you find what practices/routines/rituals work well for you!

*this list is not a guide on how-to self-care, the wrongs and the rights. everyone takes care of themselves differently and needs different things at different times. here are just ideas and just a general reminder that others are figuring this stuff out too, you are not alone.

help i'm not vibing with my ja's?!?!?

1. it's okay if you're not bonding well with your ja's or you don't feel comfy talking with them about all or certain things.
2. there are other sophomores, juniors, seniors who want to support first-years. you can reach out to your international leader, first gen leader, and/or your ephventure leader. many of these leaders want to support you throughout the year, not just during orientation.
3. there are ways to meet other supports and mentors through clubs and extracurriculars.
4. the davis center staff are always there to talk with and to hear you out. the davis center also hires student workers called community builders who are educated on how to support people and hold discussions on social justice, identity, and conflict. email staff or a community builder for support.
5. if you are a PoC and have no ja's of color, consider joining PoC-centered orgs or groups where you can find older students of color who can be mentors. also consider the davis center. we are working on creating some kind of peer-to-peer mentor network, so if you're having trouble finding an older student mentor, consider contacting [katie](#) who can try to connect you with students of color interested in being a mentor for you.
6. if you are first-gen and have no first-gen ja's, consider reaching out to and keeping in contact with your first-gen orientation leader, or any first-gen orientation leader you felt comfortable with. also consider talking with dean ruiz and folks in the davis center. if you would like to be connected to current first-gen ja's or other older first-gen students, contact [katie](#).
7. if you are international and have no international ja's, consider reaching out to and keeping in contact with your iol, or any iol you felt comfortable with. also consider talking with dean pretto and the davis center. if you would like to be connected to current international ja's or other older international students, contact [katie](#).
8. if you feel unsafe around your ja's for whatever reason, go to the deans. if the feeling of unsafety has to do with race, consider talking with the davis center, dean ruiz, dean sewall, or dean pretto. if the feeling of unsafety has to do with gender or sexuality, consider talking with the davis center, dean ruiz, dean sewall, and meg bossong. if you don't feel comfy going to the deans, but feel unsafe or extremely uncomfortable, consider talking with the davis center and any older student friends you may have.

i need a break from this campus?!? how do i explore the area?!!

1. if you need to leave out of “necessity” (e.g. for a prescription, medical appointment, food, etc.), there are options.
 - a. certain prescriptions can alternatively be delivered to the health center from the rite aid in williamstown.
2. if you need to leave for your own happiness or mental health, this is also valid.
3. look at this [schedule](#) for the local shuttle (free with williams id). the shuttle goes to stop n shop and north adams, where there is a rite aid, local stores, mass moca, and a goodwill.
4. on sundays, there are free shuttles going to stop n shop, wild oats, and walmart. here is the [schedule](#). the shuttle departs from behind the ‘62 center.
5. the health center provides non-emergency [transportation](#) to appointments, including physical therapy and outside doctors.
6. you can also get a [zipcar](#) in williamstown. the cars cost about \$7-\$9 an hour. the zipcars are parked in the lowest floor of the parking garage behind the ‘62 center.
7. you can post offers or requests for rides on [wso](#).
8. [switchboard](#) is also a platform where services can be exchanged or requested within the larger williams community (more information [here](#))
9. williams college has a chat on slack called williams college chat. one of the channels is called [#rides](#), where people can request and offer transportation.
10. if you are looking to volunteer off campus, then you can likely [check out a van](#) from clia or from the college for free.
11. ask friends and ask around to see if anyone you know would be willing to drive you or lend you their car.

people to contact* who may be able to help with transportation:

[phacelia cramer](#) ‘19

[julia blike](#), ‘19

*but pls don’t expect them to always say yes; we can’t expect them to accommodate everyone’s needs

help i'm chronically unwell but still have to function as a student & person?!?!

1. go to the **health center** and see either a provider or a counselor.
2. reach out to [g.l. wallace](#) or [jean grant](#) if you need accommodations. [here](#) are some examples of accommodations that have been given.
3. reach out to the [dean's office](#) for help (try asking around for disability-friendly deans). no matter where you are or how deeply you may feel things have gone wrong, it's their job to help you.
4. if you need to miss class and you've already talked to g.l. about accommodations, email your professors telling them you're not feeling well and **have them ask g.l. if they have any questions**. you don't have to provide specifics and it's okay to ask g.l. to negotiate complicated situations with faculty for you. it's okay to miss class, but communication is key.
 - a. note: profs can be great resources too. if you feel close with or trust a prof, ask them to support you in getting the help you need.
5. **ask a friend you trust to text you** if they stop seeing you around your usual study spots, dining halls, or notice you start to dissociate. sometimes it's nice to have a lifeline who can tell when things start getting worse.
6. similarly, **ask a friend you trust** to be willing to bring you things (food, assignments, etc.) if you know that you tend to feel so bad that you stay in your room. (do the same for them in return if you can.)
7. if you find yourself putting a lot of labor into projects outside of the classroom and don't have time for your coursework and your health, consider proposing an **independent study** to consolidate your workload, have a more flexible schedule, and get credit for work you're already doing.
8. if you're really struggling and think you might benefit from a break, you might want to consider [taking time off](#).
9. if there are policies or structures on campus that are hindering you from being healthy, find a **support team** and assert your needs to the deans and/or health center with this team. if you don't feel like you have a support team, consider contacting one of the people below.

people to contact* who have been through this:

[dayana manrique](#) '21

[audrey koh](#) '21

[isabel peña](#) '19

[katie manning](#) '20

[sabrina sanchez](#) '20

[sara hetherington](#) '19

[landon marchant](#) '20

*but pls don't use them as a substitute for professional support; we can't enable williams to rely on student labor

help i'm concussed & don't know what to do with myself?!!

1. if you haven't already done so, **go to the health center**. better safe than sorry! **don't ignore** your brain and body, don't think you're invincible.
2. **educate yourself** about concussions! check out this [short guide](#) and [more comprehensive document](#) with descriptions of common symptoms and how to deal with them. be aware that in some cases you might be drifting in and out of consciousness, which can make certain situations more complicated (e.g. giving consent or making life-changing decisions).
3. reach out to [g.l. wallace](#) if you need **accommodations**. the standard concussion package includes a notetaker, extra time on exams, flexible deadlines, and more. [here](#) are some others that have been given.
4. **do less**. no, seriously, do less. concussions are not like other injuries you can rehab. **recovery requires patience**. lots and lots of patience!
5. **find at least one activity you can do**. examples: coloring, knitting, painting, meditating, gentle yoga, podcasts & audiobooks (try youtube or [librivox](#)). be gentle with your brain in these times.
6. seek out **dim, quiet places** on campus. some suggestions: mission side rooms, thompson chapel basement, zilkha center, reading room in wcma.
7. **find a friend** you can sit with in silence. it's really easy and tempting to isolate yourself when concussed, but this can contribute to depression which actually makes it much harder for your brain to heal (and will make you feel much much worse). make sure you have someone who knows what's going on and is willing to do very low energy activities with you. if screens are hard for you, find a friend who can read your emails and texts for you and send replies.
8. sensitive to noise? try **earplugs**. peer health gives them out, or you can order [hearos](#). sensitive to light? wear **sunglasses** (you'll look cool!).
9. many people recover within a month, but if you're still experiencing symptoms months out, you might want to consider [taking time off](#). don't brush it off!

people to contact* who have been through this:

[austin anderson](#) '19 [lily gordon](#) '20
[christina chavarria](#) '20 [dayana manrique](#) '21

*but pls don't use them as a substitute for professional support; we can't enable williams to rely on student labor

help i've started thinking about death & it's freaking me out???

1. if you're actively thinking about harming yourself, **get help right now**. you can call 911 or the health center's 24/7 number at 413-597-4444.
2. if you would rather **call a hotline**, you can call the national suicide prevention lifeline at 1-800-273-8255. it's free and confidential.
3. if you are actively thinking of harming yourself and have done (1) or (2), know that emergency departments may want to quickly usher you to the nearest psychiatric facility with an opening. **you have a right to choose** which facility you go to, within reasonable distance constraints.
4. take deep breaths. if you've know of any, try to do a type of body check or use other coping skills without judgment towards yourself if they don't work.
5. if your thoughts are mostly theoretical **and you do not have a plan**, consider talking to someone at the health center about this. they have emergency appointments everyday. if you do not have a plan, it is less likely that you will be hospitalized, though it varies on a case-by-case basis.
6. if you do not have a plan and are safe, consider asking a **friend, family member, or trusted mentor** to let you call them if you start to feel worse or to check in periodically to make sure you're still safe.
7. it can be difficult in the moment to know that you may need immediate help. if you're not sure, call someone who knows you well and communicate exactly what's going on. you matter. **your life matters**.
8. it can be scary to talk to others about suicide, especially if it means being involuntarily hospitalized. know that whatever consequences that may arise from being hospitalized will be worked out eventually. sometimes your health pushes itself to the forefront. it's not your fault. **your life is worth all of this**.
9. **you are beautiful. powerful. worthy. important. loved. and so much more.**

people to
contact* about
struggling with
mental health,
generally:
[audrey koh](#) '21
[katie manning](#) '20
[julia blike](#) '19

people to contact* who have been through this:

[audrey koh](#) '21
[katie manning](#) '20
[sabrina sanchez](#) '20
[landon marchant](#) '20

*but pls don't use them as a substitute for professional support;
we can't enable williams to rely on student labor

sooo I'm thinking about getting an emotional support or service animal?

1. think about why you need an esa or service animal (knowing this will be helpful later on when you have to talk to college folks about having one).
2. know the responsibilities that are involved with caring for an animal and for having one on campus (consider talking to students on campus who have animals and peruse [this page](#) for **college requirements for animal behavior on campus**)
3. arrange a meeting with [g.i. wallace](#), the director of accessible education, to discuss getting an animal. to arrange a meeting, call [jean grant](#), g.i.'s assistant, at 413-497-4672 or [email her](#) to schedule a time to chat. **office: paresky 203**
4. **at this meeting**, he will likely ask you questions about why you need an animal, have you sign forms, and ask you if he can be in contact with any therapist you may be seeing (if the animal is an esa or a psychiatric-based animal).
5. approval may take a week or more. **the college does not assist in getting or paying for an animal for you.** you are expected to find one on your own or bring one from your house. if you are going to adopt one from a shelter, be aware that many shelters will not easily adopt dogs out to people living in college dorms.
6. **fast forward:** you have an animal on campus, yay! most likely, your animal is an esa, which is kinda like a fancy word for a regular pet that loves you a lot and is mostly well-behaved. official forms say that esa's can only be in your dorm, but **dogs are allowed in** the zilkha center, hollander, schapiro, science quad, upper paresky, the williams bookstore, thompson chapel, and griffin. you will likely have to keep your cat in your dorm because many people on campus have allergies. **You cannot bring esa's to class or to any dining hall.**
7. [getting your dog certified as a service animal](#) requires that your dog knows a set of specific skills and tasks. training can be done on your own though the training is quite difficult or it can be done by a professional, which can be quite costly. remember: improperly trained and poorly behaved service dogs endanger other people with service dogs.

people to contact* who have animals on campus:

[katie manning](#) & emotional support dog zoey '20

[landon marchant](#) & service dog malibu '20

[isabel peña](#) & emotional support dog naranja '19

*but pls don't use them as a substitute for professional support; we can't enable williams to rely on student labor

i've been sexually assaulted or harassed or stalked and i don't know who to talk to??

example of how to use extensions:
"x1234" means "(413) 597-1234"

- * resources marked "©" are **confidential**, meaning what you say will *not* be shared unless there is an imminent threat to the safety of the reporting person or others.
- * resources marked "Ⓢ" are **private**, meaning that they must report all relevant details about an alleged incident of sexual assault. they keep all other details confidential.

[rasan](#) © x4100 (24/7)
student-run hotline and **in-person peer support**. members can direct you to other relevant resources or accompany you to deans. offers sawyer office hours (listed on daily messages).

[sass](#) © x3000 (24/7)
staff-run version of rasan. trained to provide in-person counseling and discussion of resources. operated on a rotating weekly basis. can talk you through possible options for reporting.

[iws](#) © *hewat house* x2353
individual/group therapy and couples counseling. can [drive you](#) to your non-emergency medical appointments for free (call x4545 within 24 hours).

[chaplain's office](#) © *paresky 205* x2483
there's [gary caster](#) (the catholic chaplain), [sharif rosen](#) (the muslim chaplain), and [seth wax](#) (the jewish chaplain). all of these people are happy to talk about anything you want, regardless of religious affiliation.

[health center](#) © *health center* x2206
can provide pregnancy and STI tests, which go on a confidential medical record. provides plan b for free. the health center does not provide rape kits: you must go to bmc in pittsfield in order to get a rape kit.

[dean's office](#) © *hopkins* x4171
[marlene sandstrom](#) is the starting point for the disciplinary process. [meg bossong](#) is the director of sexual assault prevention and response (and can be a good resource for in-person support; also a part of sass). [hannah lipstein](#) is the newly hired violence prevention coordinator; experience with LGBTQ folk.

[rainn](#) © 1-(800)-656-4673 (24/7)
(outside williams). offers **trained support**. call-takers can talk you through what happened. provides information about medical concerns and helpful medical facilities in the area. can refer you for long-term support and assist with next steps towards healing/recovery.

[title ix](#) *hopkins* x3301
contact [toya camacho](#) (williams college's title ix coordinator) to report any type of gender-based discrimination.

[elizabeth freeman center](#) © (866)-401-2425 (24/7)
(outside williams). domestic abuse and sexual assault **crisis center** with a location in north adams. free individual/group counseling.

people* to contact:

[eli cytrynbaum](#) '20
[grace kromm](#) '20
[summiya najam](#) '20

*but pls don't use them as a substitute for professional support; we can't enable williams to rely on student labor

where are the resources for latinx folks?????

example of how to use extensions:
"x1234" means "(413) 597-1234"

[the davis center](#) *jenness x3340*

jenness houses the offices of the davis center staff. [ceci del cid](#), an assistant director @ the dc, is latina and is amazingly kind and willing to be of support. [tatiana mcinnis](#), the associate director @ the dc, identifies as afro-latina and is also willing to chat and listen. hardy house is known as a PoC space, especially for vista & latinx folks.

professors

there are amazing latinx professors in american studies, spanish, lats, art history, chemistry, and music among others. even if you're not taking their class, feel free to reach out to profs who seem cool to you.

[cisa](#)

not specifically a latinx group. raises awareness on **immigration issues**. helped lead campus dreamers, sanctuary, and no borders movements. contacts: [marcone correia](#) & [vanessa quevedo](#).

performance groups that center latinx culture

[vive!](#): a **latin music group** that provides spaces for latin music and celebration for this cultural minority. contacts: [chris ochoa](#) & [jojo fernández-nuñez](#)

[ritmo latino](#): an **afro-latinx dance group** that "[focuses on sharing latin american history & culture with the campus through dance or music](#)". contact: [nicolle vittini cabral](#)

[vista](#) *hardy*

vista is the **latinx student coalition** on campus. provides a safe space for the sharing of similar experiences of latinidad. organizes latinx heritage month (lhm), discussions, events, parties, etc. contacts: [neftaly lara](#) & [alejandra patlan](#)

deans' office *hopkins x4171, m-f 8:30-4:30*

[dean ruiz](#) is latina and specializes in supporting first-gen students. [dean pretto](#) specializes with international folks, though both their offices are open to anyone. **dean ruiz walk-in hours**: m, 12:30-2:30. **dean pretto walk-in hours**: w, 12:30-2:30. meetings can also be scheduled via email.

soca: engages in "[identifying, exploring, and promoting the progress of the caribbean region](#)" by fostering connections among **caribbean** students. contact: [alice obas](#).

[iws](#) *hewat house x2353*

therapists of color at iws are alysha b. warren, apoorva menon, and celia o. hilson. if you want/need a therapist of color, assert you want to see one of these folks when scheduling your first appt.

you are beautiful. powerful. worthy. ♥

where are the resources for black folks?????

example of how to use extensions:
“x1234” means “(413) 597-1234”

[the davis center](#) *jeness x3340*
jeness houses the offices of the incredible davis center staff. [shawna patterson-stephens](#), the director @ the dc, and [tatiana mcinnis](#), the associate director @ the dc, identify as black and afro-latina, respectively, and are committed to social justice. [bilal ansari](#), an assistant director, identifies as black & muslim and is passionate about changing prisons. **hardy house** is known as a PoC space and **rice house** is known for holding bsu meetings and for generally being a black space.

[chaplains' office](#) *paresky 205 x2483*

[valerie bailey fischer](#) is the black female chaplain to the college. more info [here](#). chaplains hold open office hours, otherwise meetings can be scheduled via email.

professors

there are amazing black professors in the africana program, american studies, english, and art history & studio art departments, among others. even if you're not taking their class, feel free to reach out to profs who seem cool to you.

(some but not all the) groups that center black culture

sisterhood: a [“women’s empowerment group and support network catered to black women”](#). contacts: [yaznairy cabrera](#) & [shadae mcclean](#).

bsu: [“ensure that williams students of color, especially students of african descent, have all the resources they need to thrive academically, socially, and emotionally”](#). contacts: [rocky douglas](#) & [alia richardson](#).

ritmo latino: an **afro-latinx dance group** that [“focuses on sharing latin american history & culture with the campus through dance or music”](#). contact: [nicolle vittini cabral](#).

soca: engages in [“identifying, exploring, and promoting the progress of the caribbean region”](#) by fostering connections among **caribbean** students. contact: [alice obas](#).

waso: aims to showcase and promote **african culture and heritage** amongst students and the community. contacts: [papa freduah anderson](#) & [chrispine lwekaza](#).

sankofa: the college’s **step team**. contact: [melanie graciani](#).

society of the griffins: works toward the advancement of underrepresented **male students of color**. contact: [jaelon moaney](#)

[iws](#) *hewat house x2353*

therapists of color are alysha b. warren, apoorva menon, and celia o. hilson. if you want/need a therapist of color, assert you want to see one of these folks when scheduling your first appt.

[deans' office](#) *hopkins x4171, m-f 8:30-4:30*

[dean sewell](#) is black and specializes with transitioning students (i.e. veterans, students on leave). [dean pretto](#) specializes with international folks. [dean ruiz](#) is latina and specializes with first-gen students. all their offices are open to anyone. **dean ruiz walk-in hours:** m, 12:30-2:30. **dean sewell walk-in hours:** t, 12:30-2:30. **dean pretto walk-in hours:** w, 12:30-2:30. meetings can also be scheduled via email.

you are beautiful. powerful. worthy. ♥

where are the resources for asian american folks?????

example of how to use extensions:
“x1234” means “(413) 597-1234”

[the davis center](#) *jenness x3340*
jenness houses the offices of the davis center staff. **hardy house** is known as a PoC space.

the current iteration of the [asian american studies movement](#) is a politically activist safe space for both non-asian american and asian american folks. reach the student collective at [this email](#).

professors

there are amazing asian professors in the american studies, asian studies, english, history, and wgss departments, among others. even if you're not taking their class, feel free to reach out to profs who seem cool to you.

(some but not all the) groups that center asian culture

aasia: [“the coalition for API minority groups on campus... acts to foster asian american community and awareness on the williams campus.”](#) contacts: [audrey koh](#) & [amber lee](#).

asian dance troupe: [“a cohesive and productive outlet for members of williams college to explore the expression of asian dance styles.”](#) contacts: [grace mazzarella](#) & [phoebe huang](#).

caso: [“brings to the williams college community a sense of awareness of the chinese culture through public events... and also provides a sense of community between members.”](#) contacts: [will huang](#) & [andrew thai](#).

kow: [“williams college’s first organization for students who identify as korean, korean-american, and those interested in the culture and community of kow.”](#) contacts: [serapia kim](#) & [paul hwang](#).

nasu: [“a space for japanese american students as well as allies to support each other and discuss their experiences.”](#) contacts: [julia kawano](#) & [dante hirata-epstein](#).

sasa: [“provides social, academic, and cultural enrichment regarding the region of south asia, as well as a voice for the interests and representation of the south asian-identifying student community.”](#) contacts: [tarun yadav](#) & [saisha goboodun](#).

vsa: [“support students of vietnamese heritage at williams college, and to celebrate and share vietnamese culture with the williams college community.”](#) contacts: [dan tran](#) & [spring pham](#).

[iws](#) *hewat house x2353*

therapists of color are alysha b. warren, apoorva menon, and celia o. hilson. if you want/need a therapist of color, assert you want to see one of these folks when scheduling your first appt.

[deans’ office](#) *hopkins x4171, m-f 8:30-4:30*

[dean sewell](#) specializes with transitioning students (i.e. veterans, students on leave), [dean pretto](#) specializes with international folks, and [dean ruiz](#) specializes with first-gen students. all their offices are open to anyone.

you are beautiful. powerful. worthy. ♥

i've heard this college is rich??? how do i get some of its money??

glasses fund

email [cyndi haley](#), executive assistant to the dean. if you need glasses or if your glasses break or if you have lost your glasses, the college will pay for new frames and lenses for you if you are on financial aid.

professional clothing, presentations, conferences

the [career access grant](#) s \$500 to use for career/job related expenses (including dress clothes). expenses must be pre-approved. you can use this for professional clothing, getting to interviews, etc.

independent study books

the bookstore can order books for you, and there is a form finaid can provide, so your book grant covers independent study books.

my laptop needs repair or replacing:

laptop grant: the career center has a one time grant to replace your laptop with a new one, up to \$1,500. they can also buy replacement parts and help finance repairs.

oit & the student help desk: on 2nd floor sawyer, there's the student technology consultants (stc) desk. bring your laptop to them! [guy randall](#) can do repairs that aren't covered by apple care/warranties, you just (usually) have to supply any hardware. see "laptop grant" above for ways to afford replacement parts.

people* to contact who have some experience using these funds:

[katie manning](#) (glasses, sentinels, emergency loan, library, bookstore price match) '20

[landon marchant](#) (career access, STC, sentinels, conference, laptop grant, emergency loan, medical/dental) '20

medical expenses and dental emergencies

in case of expenses that aren't covered by your insurance, or co-pays you can't afford, contact [cyndi haley](#) as well as financial aid. finaid has walk-in hours if setting up an appointment is too stressful! to find out office hours, contact [this email](#).

winter clothing fund

need new winter boots, a coat, etc? on financial aid? this fund is a joint effort between financial aid and the deans' office. if you're a first year, ask your finaid officer. if you're a second year or above, email [cyndi haley](#) or use [walk-in office hours for the deans](#).

the library

you can check out a laptop, chargers, and get books via interlibrary loan, as a stop-gap until other resources come through.

*but pls don't use them as a substitute for professional support; we can't enable williams to rely on student labor

i've heard this college is rich??? how do i get some of its money?? (con't)

financing unpaid internships

williams has several funding sources for students interested in unpaid internships over the winter and summer.

[travel fellowships](#): funding for summer fellowships anywhere in the world. you must write up your own research proposal, including estimated expenses. in order to write the best proposal, consider using the writing workshop or [emailing one of last year's recipients](#). must be a sophomore or older.

[alumni sponsored internship program \(asip\)](#): funding for unpaid summer internships. must be for an internship and must have a letter from an official saying that you are interning for them. \$3,800. must be a junior or younger. first-time applicants given priority.

[sentinels fellowship](#): \$4,400 + \$500 for research expenses to study and work on policy and social issues. examples of previous sentinels fellow work can be found at the link. you must write up your own research proposal, not including estimated expenses.

when looking at unpaid internship funding, ask the career center, davis center, your academic advisor, the deans, fellowships office, and other students. this is not an exhaustive list of ways to fund projects. many students also stay with alumni or room together during summer internships.

winter '99 book stipend

school will refund you up to \$500 for winter study '99 books.

presentations & conferences

contact the career center to ask about using your career access fund. also the deans' office, the department your work aligns with, davis center, dively, gaudino fund. deans will know of money that may not be listed here.

bookstore price match

the bookstore will refund you the difference for books you purchase with them rather than at amazon, even if you are using the book grant. google your books on amazon or b&n and show them the difference. you will get a bookstore giftcard amounting to the difference. you can also sell your books back to them at the end of the school year.

finaid emergency loan

0% interest, up to \$2,500, repay within four years after graduation.

people* to contact who have some experience using these funds:

[katie manning](#) (glasses, sentinels, emergency loan, library, bookstore price match) '20

[london marchant](#) (career access, stc, sentinels, conference, laptop grant, emergency loan, medical/dental) '20

*but pls don't use them as a substitute for professional support; we can't enable williams to rely on student labor

who are these people you're telling me to talk with???

williams will do almost anything if you ask the right person in the right way. however, pretty much none of these resources are foolproof. you will find people on campus who love the people listed below, and you will find people who hate them. these comments are just thoughts of a few folks, not solid facts about who these people are. you may have a completely unique experience with any of them. note: we don't have comments on everyone.

deans

meg bossong: can be super helpful and is connected to pretty much all campus sexual assault related resources. however, she is also known for at times being overbearing in trying to get students to report or the like, being culturally insensitive, and not asking permission before sharing information with other administrators.

dean pretto: dean of international students. can be super useful for pretty much anything though, and willing to help people out even at the last minute when something goes wrong.

dean dave: very attached to keeping structures as they are, but also very invested in being popular and in the students and willing to do a ton for you if you approach him right. many see him as racist and though he has helped some people of color a ton, it's important to be aware of this history when interacting with him.

dean ruiz: a chill person to talk with. a first-generation student herself. is super passionate about helping low-income folks and first-gen folks. relatively new to the college, so does not know specific policies as well. some see her as not too willing to break policies/structures, though they say she will be on your side as much as she can within the system.

dean bukanc: known for not being very aware of how to handle financial struggle. first-gen experience, mental health, race. means well, but knows best how to help the typical white, financially privileged, able-bodied and able-minded student.

office of accessible education

g.i. wallace: really cares and super helpful. helps most when students come to him with specific tasks. thus, just saying you are struggling and need help will often not be too useful with him. but if you know what you need and go to him and tell him, he will very likely get it/whatever it is for you.

people to contact* who will facilitate intros with these folks/connect with you more info:

[katie manning](#) '20 [landon marchant](#) '21

*but pls don't use them as a substitute for professional support; we can't enable williams to rely on student labor

who are these people you're telling me to talk with??? (con't)

williams will do almost anything if you ask the right person in the right way. however, pretty much none of these resources are foolproof. you will find people on campus who love the people listed below, and you will find people who hate them. these comments are just thoughts of a few folks, not solid facts about who these people are. you may have a completely unique experience with any of them. note: we don't have comments on everyone.

financial aid staff

ann lundhild: a financial aid officer. really nice and really willing to work outside of structures and policies to make your financial aid package the best it can be for you. if she is your counselor and you are financially struggling, have an open and honest conversation with her. if she is not your counselor, you can see her during walk-in hours or you can email her.

liz creighton: dean of admission and financial aid. a really sweet person really passionate about reforming financial aid at williams. if your financial aid is really not working and/or you are really financially struggling, reach out to her and be honest. she is super busy and overworked but will truly do everything she is able to support you and make sure money doesn't stop you from being here. recommended: also talk with a dean or deans and ann lunhild or your financial aid counselor at the same time because liz is really busy.

davis center staff

ceci del cid: really nice to talk with. really passionate about envi justice and social justice. an overall great person to talk with, especially people who identify as latinx and/or who are interested in social/envi justice.

bilal ansari: is super wonderful and helpful. very chill. easy person to talk with. has hosted students for thanksgiving break.

sexual assault resources

meg bossong: can be super helpful and is connected to pretty much all campus sexual assault related resources. however, she is also known for at times being overbearing in trying to get students to report or the like, being culturally insensitive, and not asking permission before sharing information with other administrators.

rasan: has some really great people. also big and not all its members are equally experienced.

people to contact* who will facilitate intros with these folks/connect with you more info:

[katie manning '20](#) [landon marchant '21](#)

*but pls don't use them as a substitute for professional support; we can't enable williams to rely on student labor

help i think that i think i need to take time off from this college?!?!?

1. check out [this amazing website](#) sally waters made! it includes tons of information, [faq](#), testimonials from people who have taken time off, and more.
2. if you think you could handle being at williams if you didn't have quite as much to do, you can always try applying for a [reduced course load](#).
3. if you think you could succeed at another institution, you might want to think about **studying away or transferring**. reach out to the deans on this one.
4. if you think you might just need a break, figure out [what type of leave](#) you would take (personal, medical, etc.) and the necessary steps for each.
5. [here](#) is the college's **refund policy** for taking time off. if you're pretty sure you want to take the semester off, it's best financially to do so before classes begin. make sure to talk to the [bursar's office](#) to confirm reimbursement and figure out financial aid.
6. **talk to as many people as you can**: students who have taken time off, deans, integrative wellbeing services, medical professionals (for medical leave), family, friends, academic advisors, financial aid officers, and anyone else.
7. contact the **career center** if you need suggestions on jobs in your area while you're away.
8. if you do decide to take leave, go through this [checklist](#) to make sure you've jumped through all the bureaucratic hoops.
9. dean sewall is currently the point of contact in hopkins hall for students who need to take time off.

people to contact* who have been through this:

[karamae hayman-jones](#) '20.5

[vanessa quevedo](#) '21

[wintana yohannes](#) '20.5

*but pls don't use them as a substitute for professional support; we can't enable williams to rely on student labor

help i took time off but now i want to come back???

1. look at this [checklist](#) for readmission readiness.
2. fill out the [readmission application](#) by july 1 for the fall, november 15 for winter study, and december 1 for the spring. note that if you took medical leave, you must have your health provider(s) fill out the [health provider recommendation](#).
3. if you've been away for more than 3 years, you will need to fill out the [standard first-year application](#).
4. if you're on financial aid, make sure to **fill out the fafsa** even if you're not totally sure you'll come back! this deadline is much earlier than the readmission application deadline (varies state to state; see deadlines [here](#)).
5. check out the [housing mini-lottery schedule](#) or fill out a [special housing application](#) to figure out your housing. you can participate in a lottery or fill out a request as soon as you are readmitted, even if it's way before the deadline.
6. check your **mailbox reassignment** on peoplesoft.
7. if there are classes you know you want to take, **email professors** and/or the registrar as early as possible about your situation in case you miss pre-registration.
8. be warned that **it will be weird** getting back to campus. be prepared for a lot of awkward interactions. [here](#) is a list of surprisingly difficult questions people might ask you.
9. did you know that you can **study abroad** instead of coming back to campus, even during your last year?
10. dean sewall is your go-to in hopkins hall.

people to contact* who have been through this:

[karamae hayman-jones](#) '20.5

[wintana yohannes](#) '20.5

*but pls don't use them as a substitute for professional support; we can't enable williams to rely on student labor

help the dining halls aren't meeting my needs???

i have dietary restrictions that are difficult to meet with what's in the dining halls:

1. meet with dining hall staff: [bob volpi](#), [gayle donohue](#), [allyse wienczek](#). they genuinely want to help you to the best of their abilities. go to dining hall staff first before going to accommodations or the deans since they will likely just direct you straight to dining staff anyway.
2. after this meeting, dining hall staff will make a **tailored food plan for you** depending on your needs.
3. if you are on the meal plan, dining hall staff will **buy you groceries/food** free of charge and store them in specified areas for you.
4. on this [website](#), you can fill out order forms for gluten-free, halal, soy-free vegan, and kosher meals.
5. **allergen contamination and mislabeling are possible** in the dining halls. if you are unsure about something, ask or stick with things you know are safe until you get more info.

i have dietary needs that restrict me from eating most or any foods:

1. to seek a **refund for meals** you have not been using due to illness or because you have been following a medical dietary protocol (food elimination, elemental diet, or other), email [sharon marceau](#)
2. to ask to **come off the meal plan entirely** due to medical reasons, send a written letter of appeal to [bob volpi](#), who will call the appeals committee to review your request. have your doctor send supporting info (medical letters or documentation) directly to [deb flynn](#) (her fax number is 413-597-2982).

final notes

1. if you are nervous or unsure about the initial meeting with dining hall staff, need help writing a letter, or don't know what documents to request from your doctor, **consider bringing a friend or contacting one of the people listed below.**
2. other professional resources for this: deans' office & g.l. wallace

people* to talk with who are dealing with this:

[kate roger](#) '21
[olivia goodheart](#) '19
[sara hetherington](#) '19

*but pls don't use them as a substitute for professional support; we can't enable williams to rely on student labor

soooo doing things alone is scary.... can i call a buddy???

sometimes it can be hard to ask for help on your own. these folks have volunteered to accompany you. the letter “a” stands for “accompany” as in the listed person is willing to physically accompany you to a meeting. the letter “f” stands for “facilitating” as in the listed person is willing to facilitate introductions via email/in-person, but not necessarily be there with you for the meeting.

transportation

[phacelia cramer](#) '19

[julia blike](#) '19

talking with the deans

[katie manning](#) '20 (f)

[summiya najam](#) '20 (f)

[wintana yohannes](#) '20.5 (a,f)

[kyle walker](#) '19 (a,f)

[sara hetherington](#) '19 (a,f)

[landon marchant](#) '20 (f)

talking with dining staff

[kate roger](#) '21 (a,f)

[olivia goodheart](#) '19 (a,f)

[astrid dubois](#) '20 (a,f)

[phacelia cramer](#) '19 (a,f)

[sara hetherington](#) '19 (a,f)

talking with financial aid

[katie manning](#) '20 (a,f)

[olivia goodheart](#) '19 (a,f)

[wintana yohannes](#) '20.5 (a,f)

[wilson lam](#) '21 (a,f)

[audrey koh](#) '21 (a,f)

[calen firedancing](#) '20 (a,f)

[phacelia cramer](#) '19 (a,f)

talking with integrative wellbeing services (mental health)

[wintana yohannes](#) '20.5 (a,f)

[katie manning](#) '20 (f)

[wilson lam](#) '19 (a,f)

[audrey koh](#) '21 (a,f)

[natalie wilkinson](#) '19 (a,f)

[calen firedancing](#) '20 (a,f)

[phacelia cramer](#) '19 (a,f)

[sabrina sanchez](#) '20 (f)

talking with accommodations

[katie manning](#) '20 (a,f)

[summiya najam](#) '20 (f)

[olivia goodheart](#) '19 (a,f)

[wintana yohannes](#) '20.5 (a,f)

[wilson lam](#) '21 (a,f)

[phacelia cramer](#) '19 (a,f)

[sabrina sanchez](#) '20 (f)

talking with the health center (physical health)

[wilson lam](#) '19 (a,f)

[phacelia cramer](#) '19 (a,f)

in general: introductions with any authority person (f)

[landon marchant](#) '20

[katie manning](#) '20

*but pls don't depend on them or expect them to always be available; we can't enable williams to rely on student labor

thanks to the “unofficial guides”:

austin anderson (2)

andrea alvarez (2)

megumi asada (1)

julia blike (2)

skylar chaney (1)

christina chavarria (2)

phacelia cramer (2)

eli cytrynbaum (2)

astrid dubois (2)

ricky faillace (1)

calen firedancing (2)

sarah fleming (1)*

olivia goodheart (2)

lily gordon (2)

karamae hayman-jones (2)

anand hemmady (1)

sara hetherington (2)

audrey koh (2)

grace kromm (2)

wilson lam (2)

katie manning (2)*

dayana manrique (2)

landon marchant (2)

summiya najam (2)

mari noya (2)

christopher ochoa (2)

isabel peña (2)

sophie robert (1)

vanessa quevedo (2)

kate roger (2)

sabrina sanchez (2)

valeria sosa (2)

samuel swire (1)

kyle walker (2)

sally waters (1)

natalie wilkinson (2)

toni wilson (2)

wintana yohannes (2)

more to come.

queer, qtipoc, international, living on campus over the summer, saving money, navigating networking, learning what independent studies are esp. for first-gen folks, becoming financially independent, religious/spiritual resources, more funding puddles, navigating the career center, etc.

to get involved, email [katie manning](#) '20.

*indicates main editors and creators