



University Life
**NEW STUDENT AND
FAMILY PROGRAMS**
George Mason University®

Welcome to Orientation!

Health and Well-being

Learn about opportunities to care for your health at George Mason.



Join us for a game of BINGO!

- Get a BINGO card from the back of the room
 - Large print bingo sheets are available
- Mark off boxes as they get mentioned or as they happen during the presentation
- The first person to get BINGO should hold their bingo card up so the panel can see it.
- First BINGO gets a prize!

Patriots Thriving Together

- University-wide mental health and well-being initiative connecting the George Mason community (faculty, staff, and students) to a variety of resources dedicated to helping you thrive at Mason.
- Website: ulife.gmu.edu/ptt/
- Instagram: [@ptt_mason](https://www.instagram.com/ptt_mason)



Counseling and Psychological Services (CAPS)

- Provides free and confidential services for currently enrolled students.
- Phone: 703-993-2380
- Website: caps.gmu.edu
- Instagram: [caps_gmu](https://www.instagram.com/caps_gmu)



Services offered at CAPS

- Individual therapy
- Group therapy
- Psychiatric services
- Referral services & case management
- Daytime & after-hours crisis support
- Skills-based workshops and outreach events
- Consultation with faculty, staff, parents, and/or students

How to make an appointment

- During normal business hours, call CAPS main number (703-993-2380) or visit CAPS (SUB 1, Room 3129).
- After normal business hours and weekends, our main number connects to an after-hours crisis service.
- If you are ever concerned about someone's immediate physical safety, call George Mason Police as soon as possible.

*Our business hours are subject to change. Please visit our website for updates

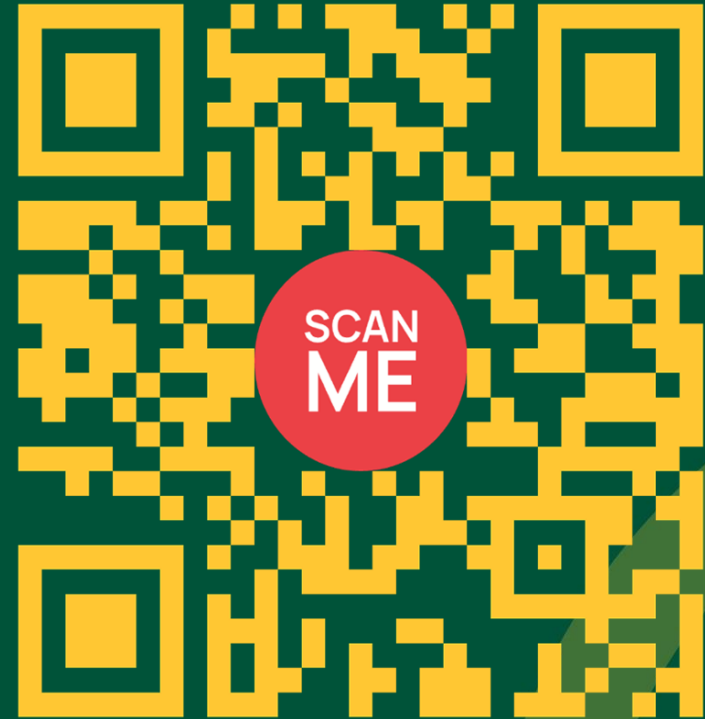

timelycare



- 24/7/365 free virtual mental health resource
- No health insurance required
- Features:
 - TalkNow (on demand)
 - Scheduled counseling
 - Psychiatry
 - Health coaching
 - Peer support
 - Self-care
- Website: ulife.gmu.edu/timely-care/

Disability Services

- Fosters a university where programs, services, and environments are inclusive, welcoming, and proactively accessible to all.
- Phone: 703-993-2474
- Website: ds.gmu.edu



Role of Disability Services

- Facilitating and ensuring equitable access
 - Disability Services cannot guarantee success
- Providing accommodations
- Fostering self-advocacy
- Promoting inclusive learning
- Legal compliance

Connecting with Disability Services

Disclosure

- Students connect with DS providing:
 - Student Self-Identification Form
 - Documentation

Interactive Process

- Meet with DS to explore and establish accommodations
 - Student must be present
 - Parent can provide support

Access

- Provide Academic Accommodation Letter to professors
 - Accommodations can be updated at any time
 - Reach out DS as needed

Accommodation Examples

Housing & Campus Life

- ADA accessible rooms or bathrooms
- Single room
- Meal plan modification

Auxiliary Aids

- ASL interpreters
- Real-time captioning
- Braille
- Large print
- Screen readers

Academic Accommodations

- Extended time on tests and quizzes
- Breaks during exams and class
- Priority course registration
- Audio record lectures
- Extended time for out of class assignments
- Foreign language exemptions
- Quantitative Reasoning Waivers

*This is not an exhaustive list

**Accommodations are not retroactive

Student Health Services (SHS)

- Provides caring and confidential medical care for all students.
- Phone: 703-993-2831
- Website: shs.gmu.edu



Health care for students

- Our licensed doctors, nurse practitioners, and nurses provide primary and acute medical care:
 - Diagnosis and treatment for illness and injury
 - Routine physical exams and vaccinations
 - Help managing chronic health concerns
 - On-site lab testing
 - And more
- There is no cost to be seen by a health care provider (no office visit fee).
- There are fees for supplies, vaccines, labs, some procedures. Our fee list is online.

About appointments



- Make an appointment:
 - Call 703-993-2831
 - Online in the Patient Portal
- Same-day appointments
- Video telehealth and in-person appointments
- Clinics at Fairfax, Mason Square, and SciTech campuses.
- If Student Health is closed, call & follow prompts to talk with the free nurse advice phone service.

Student health insurance plan available

- A student health insurance plan and a dental insurance plan are available for purchase.
- Domestic students are not required to have health insurance, but it is encouraged.
- Students with F1 or J1 visa status will be automatically enrolled in the health insurance plan when they register for classes.
- Students are seen at Student Health regardless of insurance status.
- Visit shs.gmu.edu/insurance for plan details.

Certificate of Immunization Form due August 1st



- All new students must submit George Mason's Certificate of Immunization Form and supporting documentation.
- The form must be transcribed (completed & signed) by a health care professional. Student Health offers this service for a fee.
- Don't wait! Take care of this early to avoid a \$50 late fee or hold placed on your student account.
- Visit shs.gmu.edu/immunizations to download the specific form and follow the steps to submit on time.

Center for the Advancement of Well-being (CWB)

- We catalyze human well-being by promoting the science and practices that foster **vitality, purpose, resilience, and engagement**, enabling individuals and organizations to thrive in a complex world.
- Website: wellbeing.gmu.edu
- Instagram: @cwb_mason
- Facebook: @cwbgmu



Programming

Bridge to Belonging

- Groups of 4 to 6 participants
- Five 1-hour sessions to build community
- Engage in thought-provoking questions and activities
- Find sessions on our website, wellbeing.gmu.edu



Colors and Connection

- 1-hour facilitated session
- Combines mindfulness, creativity and connection
- No artistic experience required- just a willingness to engage!
- Find sessions on Mason360

Initiatives

Student Strengths Coaching

- Student Strengths Coaches help their fellow students recognize and develop their top 5 CliftonStrengths
- Learn more about being coached or coming a coach at strengths.gmu.edu



Mason Chooses Kindness (MCK)

- Cultivates a kindness-driven community by inspiring intentional acts of kindness
- Empowers purposeful action through signature programs & events
- Interested in joining our kindness revolution? E-mail mck@gmu.edu for more information!



Tips to support your well-being



- Have conversations as a family about health and well-being to prepare for a new stage in life.
- Attend campus health and well-being events. Find events on Mason360.
- Practice self-care.
- Reach out if support is needed. There are many resources at George Mason or locally.

Questions?



Thank you!

Please complete this quick feedback survey
for this presentation!

