The Office of the Dean of Students was established to provide an entry point for students who need assistance solving problems. To that end, we want to work in cooperation with you and become a solution-center for students as they experience difficulties.

This just came across Dateline this AM. I realize that many of you may have completed Fall course syllabi but if they have not yet been released, please add one of these two examples provided below. Thank you!

Providing a safety net for our students

As you begin to create your syllabi we recommend that you include one of the following examples of information:

Syllabi Insert #1:

If you are experiencing undue personal or academic stress at any time during the semester or need to talk with someone about a personal problem or situation, I encourage you to seek support as soon as possible. I am available to talk with you about stresses related to your work in my class. Additionally, I can assist you in reaching out to any one of a wide range of campus resources, including:


Syllabi Insert #2:

Diminished mental health, including significant stress, mood changes, excessive worry, or problems with eating and/or sleeping can interfere with optimal academic performance. The source of symptoms might be largely related to your course work; if so, I invite you to speak with me (or your other professors) directly. However, problems with relationships, family worries, loss, or a personal struggle or crisis can also contribute to decreased academic performance, and may require additional professional support. Binghamton University provides a variety of support resources: the Dean of Students Office and University Counseling Center offer coaching on ways to reduce the impact to your
grades. Both of these resources can help you manage personal challenges that impact your well-being or ability to thrive at Binghamton University. Accessing them, especially early on, as symptoms develop, can help support your academic success as a University student.

In the event I feel you could benefit from such support, I will express my concerns (and the reasons for them) to you and remind you of our resources. While I do not need to know the details of what is going on for you, your ability to share some of your situation with me will help me connect you with the appropriate support.