



CAPS

Counseling And
Psychological
Services



COVE

Career Opportunities
and Vocational
Exploration



**Global
Education**



**Health
Center**



ICP

Intercultural
Programs



ODS

Office of Disability
Services



**Peer
Coaching**



**Student
Success
Coach**



Tutoring



**Writers'
Corner**



WESTMONT

CENTER FOR STUDENT SUCCESS



For some GE and first-year STEM classes, FREE weekly study sessions facilitated by trained student tutors begin week 2.



Look in your course Canvas,



listen for announcements in class, and



find the up-to-date schedule here:



Bring your notes and course materials and study with classmates weekly!

Library tutors are Westmont students who are recommended by a professor to support a particular course. They know the course content and professor's expectations and check in with the professor regularly. They are trained to be peer educators meeting professional standards from the CRLA International Tutor Training Program Certification (ITTPC) Level 1.

Contact Dr. Theresa Covich (tcovich@westmont.edu) with questions.



Writers' Corner

Writers' Corner, Westmont's writing center, is located in the library's Learning Commons (VL 215)

MAKE AN APPOINTMENT at <https://westmont.mywconline.com/>



Hours:

Sunday:

6pm – 10pm

Monday – Thursday:

4pm – 10pm



**Clients with appointments are given first priority; drop-in clients are also welcome.
All tutorials are free of charge.**

We are closed for the first two weeks of classes, for college holidays, and during Finals Week.

Writers' Corner peer tutors are skilled writers who are nominated and trained by our faculty. They are happy to assist their peers with a range of writing concerns:

- Genres of writing (understanding assignment prompts)
- Invention (getting started)
- Arrangement (getting organized)
- Thesis statements
- Paragraph development and structure
- Integrating sources
- Common citation styles (APA, MLA, and Chicago/Turabian)
- Sentence style (grammar, mechanics, etc.)

Questions? Contact Dr. Sarah Skripsky (sskripsky@westmont.edu, 805-565-6122).

What is the Peer Coaching program?

The Peer Coaching program is a free service to current Westmont students that provides a space to seek peer support and guidance.

Through private, personalized peer coaching sessions, students will receive assistance with navigating their college experience.

Coaches work with students to identify goals, connect to resources, and learn new life and academic skills.



Where & When can I meet with a Peer Coach?



Book an
appointment
online

Our office is in **Clark N**

Why should I use a Peer Coach?

A Peer Coach will help you reach your **Peak Performance!**

Propel - Your Coach will launch you towards success by helping you set meaningful and measurable goals, and identifying specific steps to achieve them.

Provide - Your Coach will help provide you with awareness and access to the resources available to you on campus – mental, physical, social, spiritual and academic.

Promote - Your Coach will encourage and motivate you while keeping you accountable to see your goals through to the end.

What can a Peer Coach help with?

A Peer Coach is available to discuss the **FACTS** of Life!

Finances

Budgeting, credit education, financial goal setting, saving, navigating the Financial Aid process

Academic

Time management, goal setting, organization, study skills, note taking, reading tips, managing test anxiety, stress reduction techniques, registering for classes

Campus & Community Connections

Directing to campus resources, finding the right person in the right department, improved communication with faculty and staff, finding a church, selecting an internship, seeking a mentor

Taking Care of Yourself

Nutrition, sleep habits, exercise, positive health care habits, coping skills, utilizing creative approaches to address challenges, managing negative emotions/cultivating positive emotions

Social

Finding a sense of belonging, establishing peer networks, developing close and sustaining relationships, navigating life transitions

Find us on-line at Westmont.edu on the **Current Students** page under **Center for Student Success**

Office of Disability Services (ODS) FAQ's

What does ODS do for students? ODS helps students who need accommodations due to a short-term medical condition or a disability.

Where is ODS located? Upstairs in the library 311 and 310A

How does a student find out more? Go to ODS website (<https://www.westmont.edu/disabilityservices-welcome>) and/or read below:



What are Academic Accommodations? Accommodations provide a level playing field, not an unfair advantage. Accommodations are designed to allow equal access to course by providing an alternative way to accomplish the course requirements by eliminating or reducing disabilityrelated barriers. Academic accommodations vary depending upon the student, disability, and requirements of the class.

- Accommodations do not compromise the essential elements of a course or curriculum; nor do they weaken the academic standards or integrity of a course.

What is a disability? A brief definition states that an individual with a disability is a person with an impairment that substantially limits one or more major life activities.

What are examples of common accommodations? Possible accommodations may include, but are *not* limited to:

- Priority Registration
- Note-taking
- Extended Time on Exams
- Reduced Distraction Exam Rooms
- Recording lectures (per recording lecture agreement)
- Materials in Alternative Text Format (e.g. digital text, *Learning Ally*, *Bookshare* etc.)
- Interpreters, Captioning
- Keyboarding use for essay exams
- Physical education modifications
- Housing/Dietary
- Assistance animal
- Occasional flexible attendance and assignment due dates if due to the episodic nature of the condition; ODS will engage with professors often through the *Medical Disability Related Absence Agreement (MDRAAA)* to discuss how many absences are reasonable per class without altering the expected class outcomes

The above accommodations are *examples only* and are not guaranteed. You must make your requests for particular accommodations in a timely manner. Please refer to ODS [Rights and Responsibilities](#) for details.

What are examples of some common disabilities?

Learning Disabilities (LDs) Learning disabilities can affect reading, writing, speaking, spelling, math computation, reasoning, attention, memory, coordination, and social skills. Learning disabilities frequently occur in individuals of average to superior intelligence.

Attention Deficit/Hyperactivity Disorder (ADHD) symptoms are characterized by “inattention and hyperactivity and impulsivity that include behaviors like failure to pay close attention to details, difficulty organizing tasks and activities, excessive talking, fidgeting, or an inability to remain seated in appropriate situations.” (DSM-V, 2013) It can present with or without hyperactivity. The severity of this disorder determines if it meets the criteria of a disability.

Mental Health Disabilities: Psychological disorders are patterns of psychological symptoms or behaviors that may impact multiple life areas and/or create distress for the person experiencing symptoms, frequently require medication, cognitive and/or therapeutic intervention, fall into the group of *invisible disabilities*, which may or may not affect learning, and may often not be recognizable in the classroom, may include, but are not limited to depression, anxiety, OCD, Bipolar, Post Traumatic Stress Disorder (PTSD), Phobias, Psychotic Disorders and Personality Disorders (DSM-V, 2013).

Autism Spectrum Disorders (ASD), cause impairment in cognition, emotion, language and the ability to relate to others. Students with ASD exhibit in one or more of the following: Impairment in social interaction/spontaneous sharing, including use of nonverbal behavior, lack of social/emotional reciprocity, failure to develop peer relationships, and/or inability to recognize personal/emotional boundaries, difficulty with class participation, and group discussion/interaction.

Chronic Health Conditions Students may have medical conditions that are “invisible,” but cause serious problems in an academic setting. Students can be disabled by chronic illnesses such as asthma, allergies, arthritis, diabetes, colitis, Crohn’s disease, Lyme disease, migraines, cardiac conditions, cancer, immune disorders, seizure disorders, among many others. Symptoms of all these conditions can be unpredictable and fluctuate. Medical conditions, including medication side effects can adversely affect attention and concentration. In addition, students may miss class occasionally due to exacerbations, flare-ups, or treatment schedules.

Does a student need to provide documentation of a disability? Yes. Please read below.

What does the student do if he or she wants to request accommodations due to a disability?

The student needs to read more about the accommodation process on our website and download and complete specific forms. After ODS receives the student intake form, Confidentially Agreement and documentation, the student meets with director for interactive process to determine if meets criteria of a disability and if so, what accommodations would provide the student equal access in the course without fundamentally altering the course objectives. At this time, letters of accommodation would be written to each professor with accommodations listed for each course.

If a student has questions who should they contact? You can email ODS staff at ods@westmont.edu or call 805-565-6135

Director: Sheri Noble

The Four Year Plan

CAREER DEVELOPMENT AND CALLING

START

Your First Year

KNOW YOURSELF BETTER

- Personality Assessment
- Values Activity

GET TO KNOW US

- Visit us in the KCS or schedule an appointment via Handshake
- Follow us @careerdevWC
- westmont.edu/careerdev

KEEP CONNECTING

- Create your Westmont Handshake account
- Create a resume

KEEP GOING

Your Second Year

CHOOSE A MAJOR

- Schedule an appointment to discuss
- See what you can do with each major by going to our website resources

PROFESSIONALISM

- Utilize our professional development resources online or with an appointment
- Find an internship, expand your transferrable skills and use Handshake!

GET INVOLVED

- Attend career-related events like Tech Basics, Career Cafe, and others!

ALMOST THERE

Your Third Year

CAREER OPTIONS

- Complete the Strong Interest Inventory to see what occupations are recommended for you based on your interests that are similar to professionals

REFINE AND PREPARE

- Update resume, cover letter, etc.
- Arrange Informational Interviews with LinkedIn, Handshake, and other platforms.

POSITION YOURSELF WELL

- Land an internship or job in a field you're interested in
- For grad school, look into programs, talk to professors, and review requirements

MADE IT!

Your Fourth Year

FINISHING TOUCHES

- Update your resume to reflect your transferrable skills
- Research companies and people that are related to your career interests

TELL YOUR STORY

- Practice with mock interviews and attend career events
- Initiate informational interviews

LIVE YOUR STORY

- Apply for jobs & enjoy life after Westmont
- We are still here for you after graduation!

*We are here to help you with your story
- Paul, Julissa, Janay, Cassie*

app.joinhandshake.com | @careerdevWC
westmont.edu/careerdev

Westmont Health Center

During your time at Westmont you will have access to an on-campus health clinic at which a team consisting of a physician, physician assistant, medical assistant, and medical office coordinator are available to assist you with your health care needs. The Health Center is located on the lower campus, across from Van Kampen Hall.

Hours:

Monday - Friday, 9:00am - 3:00pm



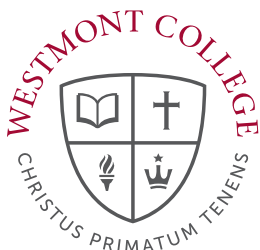
Please call 805-565-6164 or email lgriffin@westmont.edu to make an appointment.

Appointments are strongly recommended, as walk-in visits are not guaranteed

Available Services:

**MD Appointments, Bloodwork/Lab Ordering, Physical Exams,
TB Tests, Specialist Referrals, Radiology Referrals,
Women's Health, Flu Immunizations, Health Education**

In the event of an emergency, call 911



COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)

CAPS Quick Facts

Common Issues

- Anxiety / Stress
- Depression
- Relationship problems
- Loneliness
- Family issues
- Eating Concerns
- Addictive behaviors
- Trauma
- Sexual Assault

How to make an appointment

- Head to westmont.edu/caps
- Complete the forms on "Request a Counseling Appointment"
- You will receive an email in 1-2 business days with an appointment time

Emergencies / Crisis

- On-Call RD
(805) 565 6003
- Call 911
- Head to Cottage ER

Contact

- caps@westmont.edu
- 805 565 6003

College Can Be Rough

We get it. Life is often not what we had expected, and we can find ourselves confused, lost, anxious, and seemingly alone. College and young adulthood can be a season of the proverbial "best of times and worst of times." For those "worst of times" moments, Counseling and Psychological Services (CAPS) provides a safe, free and confidential space to connect with a trained professional on whatever obstacles you may face. Each of our clinicians are licensed psychotherapists and dedicated to walking with students facing an array of concerns.

What Happens in a CAPS Appointment?

It can be normal to feel nervous before the first appointment. The first session is pretty simple. You sit down with someone trained in being compassionate and supportive. They will ask questions about what is working well and not so well, and then offer some ideas for where to start. Therapy is not magic, but sharing your concerns with someone trained in this can be immensely helpful.

How Does CAPS Work?

CAPS uses a "brief therapy" model. With this model, we are able to remain available for all students to receive counseling. Some students have concerns that warrant longer term care or more frequent appointments. We work closely with community providers, helping students get connected where they can get the best support.

Is CAPS Really for Me?

By graduation, 60-70% of Westmont students will have accessed services at CAPS. College can be challenging, and it's good to not go at it alone. If you are on the fence, maybe try a session.

INTERCULTURAL PROGRAMS (ICP)

MISSION: SUPPORT AND EDUCATE OUR CAMPUS COMMUNITY AROUND CULTURAL, ETHNIC, AND RACIAL DIVERSITY

Attend ICP campus-wide events to learn something new

ICP offers a number of campus-wide events throughout the year such as Women's DiversiTEA, the Next Step Workshop, and Voices.

Be on the lookout for promo emails!

QUESTIONS?

Email the Director of ICP,
Blake Thomas, at
blakethomas@westmont.edu

Join an Intercultural Organization (ICO)

There are six ICOs that meet weekly, host fun events and campus-wide programming throughout the year. See the list below!

Intercultural Organizations

Asian Student Association (ASA):
[@westmontasa](https://www.instagram.com/westmontasa)

Black Student Union (BSU):
[@westmont_bsu](https://www.instagram.com/westmont_bsu)

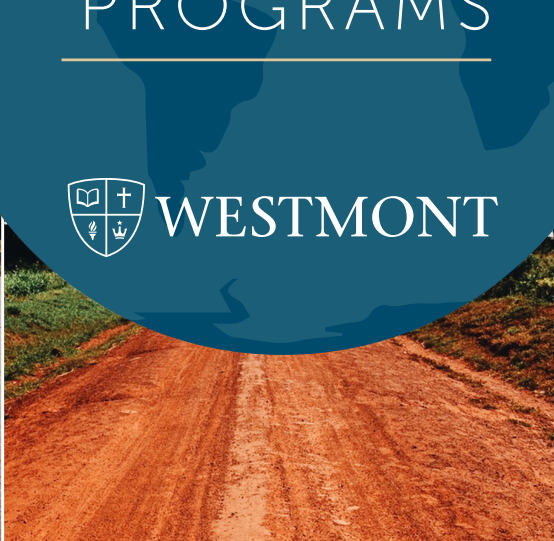
Global and International Student Association (GISA):
[@westmont.gisa](https://www.instagram.com/westmont.gisa)

Latinx Student Union (LSU):
[@westmontlsu](https://www.instagram.com/westmontlsu)

MultiEthnic Student Association (MESA): [@westmont.mesa](https://www.instagram.com/westmont.mesa)

White Students for Racial Justice (WRJ): [@westmont_wrj](https://www.instagram.com/westmont_wrj)

COME JOIN US!



EXPLORE THE WORLD WITH WESTMONT

Westmont's study-abroad programs help equip students to respond to global challenges, give them skills for cross-cultural engagement, and cultivate their desire to be part of the global church. Our ten semester-long programs are led by Westmont faculty and fulfill general education and major or minor requirements. Students from any major can find a program to meet their needs. Students can use their financial aid (merit- and need-based awards) while enrolled in a Westmont program.

WESTMONT in Asia (selected fall semesters; itinerary subject to change) Discover the rich cultural heritage of a range of Asian countries. Explore the dramatic changes taking place in cities such as Beijing, Shanghai, Chennai, and Mumbai. Includes language instruction.

WESTMONT in Cairo (selected spring semesters) Experience the heart of the Arab world from the inside, live and study in one of the most vibrant mega cities in the developing world. Explore history, politics, and culture through course work and relationships with neighbors and Egyptian students. Includes Arabic language instruction and travel to Jerusalem and Jordan.

WESTMONT Downtown (each semester) Engage with Santa Barbara's businesses, non-profits, and local agencies in this internship based program. Live in the city and benefit from strong mentoring and collaborative relationships as you learn to disrupt your comfort zones.

WESTMONT's Global Health Uganda (every fall semester) Expand your knowledge of global health through coursework and internships in a range of medical fields. Learn from Ugandan professionals in local hospitals and clinics. Develop your cross-cultural skills through home-stays or life in a residence hall with students at Uganda Christian University. Courses geared toward biology and kinesiology majors, but all majors may apply.

WESTMONT's England Semester (selected fall semesters) Study the literature of British writers in the places that shaped them, encountering their history and culture first-hand. Open to any major, the program provides upper-division English and Interdisciplinary Studies credit.

WESTMONT's Europe Semester (selected fall semesters) Traverse the continent with a cohort of students and delve deeper into the history, culture, and politics of the region through an integrated learning experience.

WESTMONT in Jerusalem (selected spring semesters) Study the New Testament and its ancient world, and encounter the challenges of modern politics while living in Jerusalem. Engage with local experts and home-stay families, hike the hills of Galilee, and wander the labyrinth of the Old City. Includes Arabic language instruction and travel to Jordan and Egypt.

WESTMONT in Mexico (every fall semester) Immerse yourself in the culture of Mexico, living in beautiful colonial Querétaro with a host family. Learn language, history, and art from Mexican professors while gaining knowledge and skills for cross-cultural engagement. Includes excursions to the mountains of the Sierra Gorda, Mexico City, the pre-Hispanic ruins of Teotihuacán, and the ancient Zapotec ruins of Monte Albán in Oaxaca.

WESTMONT in Northern Europe (selected fall semesters) Discover the complexities and hope of the peace and reconciliation process in Germany and the British Isles; extended stays in London, Berlin, and Northern Ireland; includes German language instruction.

WESTMONT in San Francisco (each semester) Live and learn in a community immersed in the vibrant city of San Francisco. Hone your professional skills and explore your vocation through an internship and in relationships with peers and mentors as you grapple with the social and economic issues facing the city.

Distinctions of Global Education at Westmont

- » Ten semester-long programs led by Westmont faculty.
- » Programs suitable for students in any major, with opportunities for General Education credit.
- » A variety of Mayterm and summer programs each year.
- » Opportunities to experience cultural immersion with a supportive Westmont community.
- » Orientation and re-entry programs that embed the semester experience in a cycle of learning.
- » Over 60% of students earn academic credit studying abroad.

I want to study off campus! Next steps?

- » Visit our website to explore programs or to learn about our 30 affiliate institutions.
- » Make an appointment or stop by the Global Education Office to find out your options and ask questions.
- » Plan ahead so you can make sure a semester off campus fits into your academic plan.
- » Attend info sessions to learn more about upcoming programs.

EMAIL ocp@westmont.edu

CLICK westmont.edu/global-education

VISIT Global Education Office, 112 Kerrwood Hall



WESTMONT



Student Opportunities for Involvement

Spiritual Formation Coordinators (SFC's)

SFC's are student leaders in each residence hall who walk alongside students and encourage them to integrate faith into everyday life.

- Need someone to talk to or pray with?
- Have questions about God or life or faith?
- Looking for a ride to church?

Find one of your res hall's SFC's. They would love to connect with you!



Capax Dei Small Groups

Small groups meet weekly for approximately 10 gatherings. Led by faculty, staff and community members, Capax Dei (loosely translated as "Capacity for God") aims to foster a deeper friendship with God through prayer, listening and reflection on Scripture and to introduce students to the classical spiritual disciplines of the Christian faith.

Watch for an all student email with a link to sign up or contact Eben for more information: edrost@westmont.edu.

Retreats

Offered several times each semester, half-day retreats offer a space to take a deep breath and grow in your friendship with God. They explore themes like calling, a flourishing life and following the example of saints who have come before us. *Watch for announcements for specific retreats by email.*

Library

A great lending library of spiritual formation resources is available at the center for students, faculty and staff. *For more information, contact Mariah.*

Meet with a Spiritual Director

Spiritual direction is a ministry of listening, discernment, and prayer in a confidential setting of encouragement and compassion. It is typical to meet with a spiritual director once per month and through this ministry learn to discern the presence and work of God's Spirit. Some spiritual directors offer free services and others offer to meet with individuals based on a sliding fee scale. *To find a spiritual director, contact Mariah.*

Want to learn more?

Contact Mariah Velasquez: mvelasquez@westmont.edu

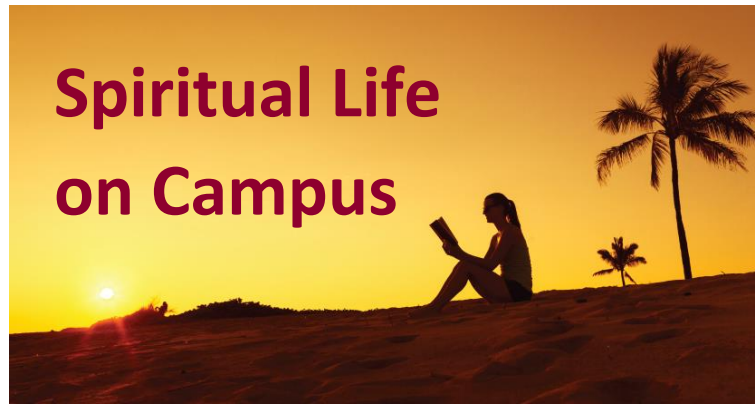
805-565-6022

Office: Willard Retreat House

Website: <https://www.westmont.edu/about/institutes-and-centers/martin-institute-christianity-culture>

Additional Resources: www.conversatio.org

The Willard Retreat House is reachable via the path between the GLC and the bridge: 909 La Paz Road, Santa Barbara, CA 93108



Spiritual Life on Campus

Student Led Ministries

Emmaus Road - Raising awareness about global issues and mobilizing students in thoughtful response.

Summer experiences in Spain, Montenegro, Peru, Southeast Asia and Uganda

Potter's Clay - Supporting the local community in building the kingdom of God in Mexico.

Spring break trip to Ensenada, Mexico on a Dental/Optical team, Children's Ministry team or Mercy Sites Ministry team.

Urban Initiative - Raising awareness about urban issues and mobilizing students in thoughtful response.

Short term immersion trips:

- Fall breakaway to San Francisco
- Spring Break trips in Santa Barbara, San Francisco, Salt Lake City, Chicago and Los Angeles

Local Outreach throughout the school year:

- Bread of Life
- Conversation Café
- East Side Kids Club
- Immigrant Hope
- Training C.A.M.P.

Catholic & Friends Club

Catholic and Friends is a group open to all, Catholic and non-Catholic, committed to fellowship with others and a deeper relationship with God. Providing an environment and connection for fellow Catholics that may not have that outlet on campus. Encouraging interfaith dialogue between different traditions so that Catholics and non-Catholics can learn from each other in a loving manner and all Christians may grow deeper together as Brothers and Sisters in Christ.

Vespers

Student led worship in the Prayer Chapel

Campus Pastor's Office

Call: 805.565.6170

Email: pastorsoffice@westmont.edu

Visit: Clark B Cottage

More on Back

This is the form given to coaches and student-athletes. For our coaches, academic success is still the main priority for all of our athletes!

WESTMONT COLLEGE ATHLETICS

Managing Academic Absences During the Athletic Seasons

Westmont College values the student-athlete. The Athletic Department is committed to students' success in the classroom as well as on the field of play. At Westmont, coaches and faculty enjoy a trusting and mutually respectful partnership as we all work together to enable you to pursue a liberal arts education in a rigorous academic program and compete at a high level in athletics.

Keeping an athletic schedule and an academic schedule at the same time requires discipline. Faculty at Westmont understand that and work with student-athletes to find a path forward when their athletic and academic schedules conflict. In the majority of cases, these conflicts can be resolved, but it requires conscientiousness on the part of the student-athlete to plan and communicate with their professors well in advance.

Below are some expectations for all student-athletes. The Athletic Department requires that all athletes adhere to the following guidelines and policies. Part of being a Warrior—a “champion of character”—is honoring these commitments. Failure to do so may result in academic and/or athletic penalties.

1. Know Your Attendance Policies

First of all, student-athletes should make themselves familiar with the academic policies on attendance (<https://www.westmont.edu/office-registrar/academic-policies-and-procedures/attendance-policies>) Pay special attention to points 3-5.

In addition to familiarizing yourself with these college-wide policies, you need to identify the specific attendance policies listed in each of your course syllabi.

2. Plan Ahead (by completing the attached form)

At the beginning of each term, compare your schedule of competition with your class schedule. For each class, you must complete the form on the back of this page identifying dates when athletic competitions will cause you to miss a class session. After reviewing the syllabus, you should identify any tests, quizzes, projects, due dates, group work, or special events that will be missed due to your absence for competition.

This comprehensive list of absences should be turned into the professor during the first week of class. Some professors may simply collect the form, while others may choose to speak with you at that time about how you can complete your work on the days of absences. Completing the form is an important way for you to plan ahead for your absences from class.

You should assume that assignments must be completed and turned in to the professor in advance of your absences, unless your professor states otherwise.

3. Remind Professors of Absences

One week before an absence, you should email or speak with your professor about your upcoming absence. At that time, ask the professors how you can fulfill the expectations for the class you will miss, including the submission of assignments or the completion of quizzes and tests. Professors should never be notified of a missed test or quiz due to athletic competition the day of the event or after the fact.

4. Communicate with Your Coach

Some professors will allow student-athletes to attend a class session remotely or will allow coaches to proctor exams. It is the student-athlete's responsibility to communicate with the professor and the coach about proctoring (and that faculty's specific requirements for a proctored exam) or remote participation in a class session.