

Office of the Vice Provost for Teaching and Learning

Dear Students,

At the end of the quarter when burnout is always high, and appears to be especially high this year, we want to pause and talk about the importance of caring for one another and our individual well-being.

At UCI, we are one community and the mutual care and respect we show for one another is, as always, important. We know it can be hard to focus on anything beyond what feels most urgent at this moment. We hope this advice and the resources available to you will help in managing the stressors around us and remind you of the expectations we have of one another in our community.

- **Take care of yourself.** If you are feeling overwhelmed, know you aren't alone. Take a break if you need one. Find a place where you can restore. Get out nervous energy with some stress-busting physical activity and remember, there are [school](#) and university [counselors](#) as well as [wellness](#) activities across campus to support you. For graduate students the academic counselors in the Graduate Division (Phong B. Luong <pbluong@uci.edu>; Amelle Beauvil <abeauvil@uci.edu>) can be great additional resources. Don't be afraid to ask for the help that you need.
- **Show compassion for your professors and other students.** Communication might be slow, and your grades may be delayed, but please remember that your instructors are doing their best to keep up. This is often the busiest time of the year for faculty, and in many cases, even more so this year.
- **Do not panic!** Information may be slow to come. It may feel as though you are being ignored, but in many cases, people are just inundated with emails and slower than usual to respond.
- **Show respect for our community.** Remember, you may have differing opinions about what is happening on campus right now. We should all respect one another's rights to express or not express those opinions. Bullying and intimidation have no place on our campus.
- **Focus on what you can control and take action.** The campus tutoring center (LARC) [lists some of the resources available to you](#).
- **Use your support network!** Social support can really help in times of stress. Form study groups and create your own study guides as a team.

- **We are aware of and addressing potential impacts.** We are here to help you. The campus is working on solutions that will prevent any negative effects to your financial aid, scholarships, and other concerns in relation to the current situation on campus.

Remember that you've got this! You've been learning all quarter - have confidence in the knowledge and skills you've been developing. Make a finals work plan and stick to it, ask for help when you need it, and success will follow. Balance is key, and if you need additional help or resources, please reach out to the UCI Counseling Center at 949-824-6457 or visit <https://counseling.uci.edu/>.

Michael Dennin

Vice Provost for Teaching and Learning

Dean, Division of Undergraduate Education

Professor of Physics and Astronomy

Gillian Hayes

Vice Provost for Graduate Education

Dean, Graduate Division

Kleist Professor of Informatics

Willie L. Banks Jr., Ph.D.
Vice Chancellor for Student Affairs

ovptl.uci.edu

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