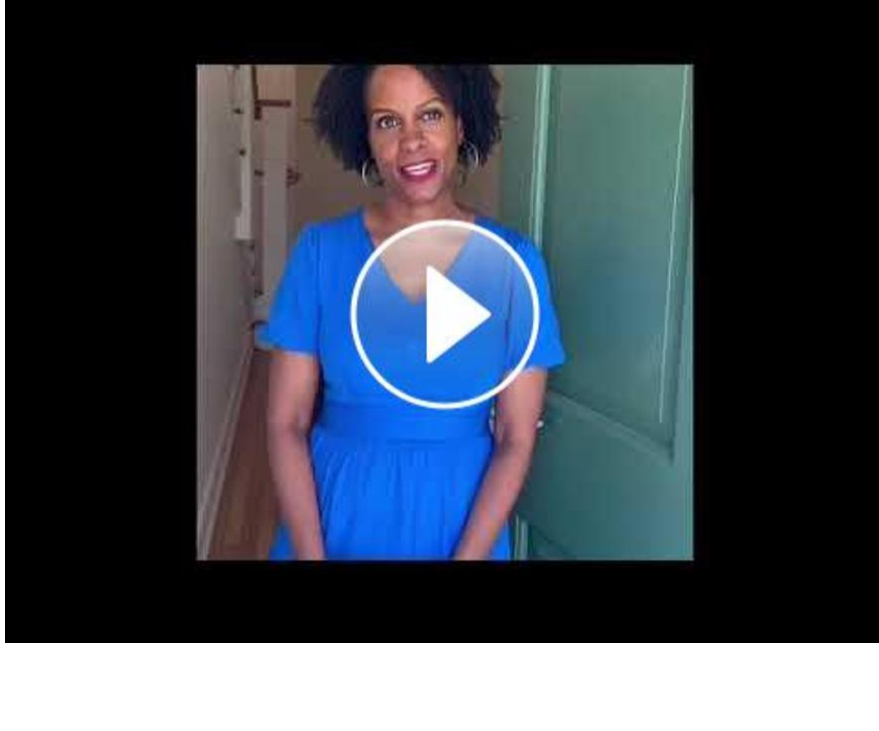


New Eph Update: First-Year Essentials

Williams
College

July 11, 2023, EDITION 7



WHAT IS INTEGRATIVE WELLBEING SERVICES?

At IWS, we honor your heart, mind, body and spirit.

As you think about joining the Williams' community in the fall, you may experience waves of excitement about all that awaits you, twangs of guilt about leaving family, friends and loved ones, curiosity about all the memories and stories you will accumulate while at Williams, anticipatory anxiety about building community, moving to another coast or state or country, concerns about your health or the health of someone you care about at home, fantasies of winning Nationals in your sport and everything in between.

Whatever is on your mind, the therapists at Integrative Wellbeing Services want to hear all about it. You don't have to figure it out alone and you deserve support. We can offer that as you figure out your unique Williams experience. Contact us to schedule an appointment if you need space to hear your own voice, yearn to make peace with your inner critic, pause to celebrate your victories in the midst of a busy schedule and anything else that is in your heart and in your mind. At IWS, we honor your heart, mind, body and spirit.

Note to Self:

Give yourself permission to evolve. The only way to do that is to allow yourself to have new experiences. You won't always know the end of the journey. Sometimes, the path won't be clear - that's how life is sometimes. Your best bet is to stay curious, be open to what happens next and ask for support along the way. IWS has a team of therapists waiting to support you.

In the interim, check out our [Instagram](#) page and prepare to contribute to the Class of 2027 ChooseWell soundtrack.

[The Top Ten College Transition Tips](#)

[Everything You Need to Know IWS Services](#)

[ChooseWell at Williams](#)

[Seven Self-Care Tips for College Students](#)

[TalkSpace for Williams Students](#)



LEARN ABOUT OUR STUDENT HEALTH CENTER



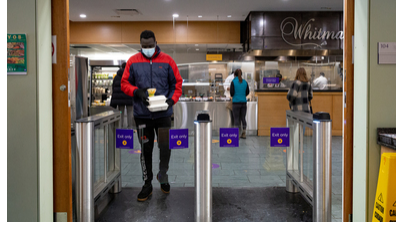
Whether you have come down with the flu, have a chronic condition, or experienced an injury, the Thomson Health Center is here for you.

There are no charges for clinic visits at [the Health Center](#). Students can make appointments to see a health care provider Monday through Friday while we are in session. *Call us to schedule an appointment in advance.* Same-day sick visits can usually be accommodated. Our RN staff manages weekend visits, and a local physician is always on call. Physical and gynecological exams, lab testing including STI testing, and an orthopedic clinic [are also available on campus](#) by appointment.

Most laboratory tests and diagnostic studies, prescription drugs, and consultation or treatment outside the Health Center are the student's financial responsibility, as are certain vaccines required for students traveling internationally. Learn more about [student health insurance requirements](#).

In emergencies students should call 911 from their cell phone or 9-911 from a campus phone. Local ambulance service will transport you to Berkshire Medical Center's [emergency department](#), 10 minutes from campus.

ALL ABOUT STUDENT DINING



Fuel your mind and body: Williams Dining Services

Williams College Dining Services is a full-service dining operation that serves the entire campus community including students, faculty, staff, alumni, parents, and campus guests. Our friendly staff take pride in their effort to make available a wide array of options to meet your dining and nutritional needs. [Learn more about meal plans, allergies, religious and medical dietary needs, EphPoints, and the GET app here!](#)

The dining hall experience is one of the most memorable parts of the Williams journey. This is another space where connections are made, community is energized, dining staff get to know you, last minute study groups convene, and a cup of coffee can be grabbed on the way to class.

Your first dining hall experience will take place on move in day, August 31. Get excited for the Dining Hall; Debut where you will enter with your entry and JAs to have your first meal together as Williams students!

SNEAK PEAK: Next Week's Edition

Ready for Class Pre-registration?!

Williams has a unique Class Registration process. Get ready to learn all about it through a video tutorial. Additionally, we will present to you the importance of the academic calendar, major academic policies, preparing to meet your Academic Advisor.

FIRST-YEAR LANDING PAD

MEET THE DEAN OF STUDENTS TEAM

QUESTIONS & ANSWERS

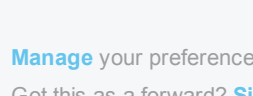
LET US KNOW WHAT YOU NEED HELP WITH!

PAST EDITIONS

FOLLOW US FOR EVENTS, UPDATES, & MORE!

For All New Ephs — first-year@williams.edu /413-597-4171

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