WHAT IS INTEGRATIVE WELLBEING SERVICES?

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

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.

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.

In the interim, check out our Instagram page and prepare to contribute to the Class of 2028 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

MEET THE CHAPLAINS!

Learn the many ways they will support your experience.

Welcome to Williams College! I hope this letter finds you well as you are in that liminal space, an in-between period which feels like you are in two places at once; high school and college.

Enjoy this time! Reflect on what high school has meant as you are preparing to enter college. In many ways, your liminal space between high school and college is a perfect place to just look and reflect. This is not a time to find answers. This is a time to find questions.
Religious and spiritual (and meaning making) practices and beliefs are particularly helpful in these in-between times. Often religious and spiritual text can give us language to explain experiences that transcend language, or give language for that which has not been named. And sacred text is not limited to religious materials. For some, sacred text could be poetry or literature. I look forward to learning about the writings that help you find meaning. Regardless of faith or no faith, all of us, in this time of enormous change, our sacred texts help us in the process of meaning making. For this search for meaning is part of self discovery and the exploration of this new world that will be your college experience.

We in the Chaplains’ Office are here to help you as you go through this adventure known as the college experience. We are a group of people trained as clerics or religious professionals who provide pastoral support and care to all students, regardless of their faith affiliation. We are also the primary advisors for the fourteen religious and spiritual life groups. We work with the students and support them as they plan activities, events, worship and reflection space. Although this page is being updated, names of student leaders may be found at https://chaplain.williams.edu/student-religious-organizations.

We are looking forward to meeting you this fall! Here is some information that will help you connect with the chaplains and the religious and spiritual life groups:

As soon as possible, please fill out this survey so that we can help connect you to these student-led groups and other activities in the Chaplains’ Office.

Please visit this page to declare your religious affiliation. By filling out this form, you are giving us permission to contact you and to learn more about what people are looking for in terms of religion and spirituality. It’s helpful to our diversity data to know even if you have no affiliation, no religious background or interest. There are options for “None,” “Atheist,” and “Agnostic.” To find this page go to http://www.williams.edu/students/. Then, under “Academics,” click on “PeopleSoft/SELFREG.” Sign in with your user ID and password. Then, under “Campus Personal Information,” click on “Religious Affiliation.” You’ll find a drop-down menu where you can make your selection, and you can select two affiliations if you like. (Please let us know right away if you don’t see your preferred affiliation listed.)

If you have any questions about this process or this information, please don’t hesitate to contact us in the Chaplains’ Office (413-597-2483). Until then, if you have any questions for the chaplains, please feel free to contact us. Our contact information may be found at https://chaplain.williams.edu. We look forward to meeting you in the fall!

From all of us in the Chaplains’ Office, many thanks for your help.

Peace,

The Rev. Valerie Bailey Fischer
LEARN ABOUT OUR STUDENT HEALTH CENTER

Whether you have come down with the flu, have a chronic condition, or experienced an injury, the Thompson 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 the college is in session. Call us at 413-597-2206 to schedule an appointment in advance. Walk-in appointments are not currently available, but same-day sick visits can usually be scheduled. After hours and weekend call service is available for telephone triage of urgent needs; simply call the Health Center phone number to be redirected.

Physical exams, gynecological exams, lab testing (including STI testing), and an orthopedic clinic are also available on campus by appointment. In addition to routine and sick visits, clinicians are available and qualified to discuss continuation of current treatments as well as potential need or desire for a referral to specialty services. This can include services around gender affirming care, chronic condition management and recurring medication needs.

While most services provided in the Health Center are free of charge, most laboratory tests, diagnostic studies, prescription drugs, and consultation or treatment outside the Health Center are the student’s financial responsibility.
as are certain vaccines, such as travel vaccinations that may be required for international travel. Learn more about student health insurance requirements.

Be sure to visit our website or use the QR code below to view the full list of available services at the Student Health Center and learn more about all we have to offer.

In emergencies students should call 911 from their cell phone or 9-911 from a campus phone. Local ambulance service will transport you to one of the nearby emergency departments, 10 minutes from campus.

URGENT REMINDER: COMPLETE YOUR FIRST-YEAR FORMS TODAY

To update your personal info, sign in to Student Records.

First-Year students are not permitted to have a personal vehicle on campus. You must acknowledge this in the Vehicle Information for First-Year Students Form.

SNEAK PEAK: Next Week's Edition

• What is the PEACe office? Learn about the Office of Prevention, Education, and Advocacy in Community.

• Alcohol.edu- required for all first-years to complete.

FIRST-YEAR LANDING PAD

MEET THE DEAN OF STUDENTS TEAM

HOW DO I...?