News You Can Use: Bulletin for StFX Students
April 15, 2020

This Bulletin includes:

Departmental Service Updates
• StFX Library Virtual Services
• Students of African Descent: Financial Help, Counseling from the Association of Black Social Workers, and other supports
• Office of Internationalization: “Canadianize” Your Resume
• Spring Convocation - Lobster Dinner Ticket Refunds

COVID-19 Links

For the most recent information concerning Academic Classes and Alternate Delivery, please check the StFX website here.

DEPARTMENTAL SERVICE UPDATES

StFX LIBRARY

Library services continues to provide support to StFX students. Check out our guide to services here: http://stfx.libguides.com/libraryservices where you will find quick video tutorials on how to access our services and resources, including electronic books, from home. Other more in-depth video tutorials on a variety of topics can be found here: http://www2.mystfx.ca/library/tutorials.

STUDENTS of AFRICAN DESCENT

To slow the spread of the coronavirus, people around the country are asked to stay home and practice physical distancing. As we are adjusting to the new realities of this pandemic, we know you will be facing various challenges during this stressful time. To help you cope through this difficult situation, we have included a few supports specifically for the Black community. If you need help, please reach out to these supports, you do not have to go through this alone.
• The StFX African Descent Student Affairs Office is offering **video chat support** sessions through Zoom. Please, contact Kelsey Jones at kjones@stfx.ca to set-up a session.

• The Association of Black Social Workers is providing **free support** to help you navigate this challenging time. Please call the toll-free number 1-855-732-1253 or email nsabswcovid19@gmail.com. Regular office hours are: Mon-Fri: 8:30 a.m. to 4:30 p.m.

• The Black Lives Matter Solidarity Fund Nova Scotia raised over $21,000 to help members of the Black community of Nova Scotia to buy necessities like food and medication. Based on the application, they will be providing a **one-time stipend of $100**. To apply to the fund as a recipient, please access the application form for the Black Lives Matter Solidarity Fund for Nova Scotia by clicking here.

**OFFICE of INTERNATIONALIZATION**

The team at the StFX Office of Internationalization would like to support international students in "Canadianizing" their resume. Students intending to look for employment can submit their resumes and receive feedback on how to better communicate their skills and strengths. Please send your draft resumes by email to international@stfx.ca for review.

**SPRING CONVOCATION - Lobster Dinner Ticket Refunds**

All students/families who have purchased tickets for the 2020 Spring Convocation Lobster Dinner at the StFX Keating Centre Box Office, please contact box office coordinator Oliver Hewish via email **by April 17th** in order to get your refund - ohewish@stfx.ca

**COVID-19 LINKS**

StFX University Resources: [https://www.stfx.ca/coronavirus](https://www.stfx.ca/coronavirus)

If members of the campus community have questions/concerns that are not covered within our FAQs, please email Comments&Questions@stfx.ca. This email will be monitored 9 a.m. – 4:30 p.m., Monday to Friday.

Province of Nova Scotia Resources: [https://novascotia.ca/coronavirus/](https://novascotia.ca/coronavirus/)

THE EVOLVING NATURE OF COVID-19 CAN CAUSE DISTRESS AND ANXIETY, BUT YOU DO NOT HAVE TO FEEL ALONE IN MANAGING THESE EMOTIONS. HEALTHYMINDSNS ONLINE MENTAL HEALTH SERVICES ARE HERE FOR YOU 24/7. REACH OUT ANYTIME FOR SUPPORT.

YOUR MENTAL HEALTH IS IMPORTANT.

IF YOU ARE EXPERIENCING FEELINGS OF DISTRESS AND ANXIETY, HEALTHYMINDSNS ONLINE MENTAL HEALTH SERVICES ARE HERE FOR YOU 24/7. REACH OUT ANYTIME FOR SUPPORT.

YOU ARE NOT ALONE.