

WELCOME TO SWARTHMORE, FROM SWAT FLI!

We know that at this time your mind is probably running circles thinking about classes and making friends, and as first generation and/or low income students there are often a few more logistical things we need to think about.

For this reason, we at the Swat FLI (First Gen/Low Income) Program, run by the First Year Dean's office, have created this *little* guide to help you navigate all the resources available to the FLI community here at Swarthmore.

Our interns and staff compiled information on different topics that we would have appreciated having easy access to as members of the first-gen, low-income community ourselves.

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COVID Information

Swarthmore Updated COVID [Information Page](#)

- [Health and Wellness Expectations for Students Returning to Campus](#)
- [Student Testing, Contact Tracing, and Monitoring Process](#)
- [Patient Care Considerations for Students](#)
- [The Garnet Pledge for Students](#) - All students are required to read, sign, and adhere to the Garnet Pledge (expectations and safety measures for all members of our community who will be on campus.)
- [Campus Testing Results](#)
- [Community messages regarding COVID-19](#)

Tips for Experiencing Swat Remotely

- [What Students Need to Know About Learning Remotely](#)
- [Tips for Better Wi-fi](#)
- [Adjusting to Remote Learning](#)

Looking for remote work?

- [Career Services - Navigating Remote Experiences](#)
- [Online Career Development & Preparation Resources](#)

Need to speak with someone?

- [Student Deans](#) - You can find your assigned deans' name in the “degree audit” section in mySwarthmore.
- CAPS
 - Schedule a virtual appointment with CAPS [here](#). Please note that this form opens Aug. 31st and CAPS will reopen on September 7th
 - Call CAPS on call at 610-328-7768
 - Talkspace Online Therapy
 - [Swarthmore Talkspace Information Page](#)
 - You can access Swarthmore College’s Talkspace at talkspace.com/Swarthmore
- [Student Academic Mentors \(SAMs\)](#)
- [Swat FLI Staff and Swat FLI Interns](#)

Need help with technology

- During the pandemic, students with demonstrated financial need can request loaner laptops by emailing support@swarthmore.edu. Any student can request help with wifi access issues by emailing support@swarthmore.edu. ITS staff can help troubleshoot existing wifi access and - for students with demonstrated financial need who are studying away from campus - ITS can provide hotspots. Students can request student emergency fund support to help cover the cost of laptop repairs.

Academics

RESOURCES

At times it might feel like you are falling behind or that you do not know what you are doing, and that is a feeling shared by all college students whether or not they make it apparent. Below are some resources that are open to all students, but we want to specifically highlight and encourage our first-gen, low-income community to make the most use of them. You will find some important academic resources below.

Additional resources can be found on the [Office of Academic Success](#) website. The Office of Academic Success coordinates advising for students and connects students to academic resources and other services on campus.

- SAM's
 - Ah yes, Student Academic Mentors. These are peer mentors who are located in each residence hall and host office hours of their own in the libraries. They are here to advise you on what classes to take, give you the low-down on classes, or help you figure out any other course related problems.
 - Here is a link where you can find more in depth information, including the names and contact info of SAM's this year:
<https://www.swarthmore.edu/academic-advising-support/student-academic-mentors>
- Office Hours
 - This can sound terrifying. Approaching professors and admitting to them you are confused is hard, but asking them for help is an important part of doing well in any class.
 - Sure, you can ask a TA for help (if there is one for the class), but asking a professor during their office hours is the quickest and most direct way to get your questions answered.
 - Professors are also actual people that can be cool and interesting! Get to know them.
 - Office Hours [Guide](#) in 3 Easy Steps
- Help/TA sessions
 - Academic departments (especially in Natural Sciences and Engineering) have science associates or TA's that will hold evening help sessions to do homework, answer questions, and review for quizzes and tests.
 - You can find the information for the individual sessions on each department website and usually in class syllabi.
- Tutors
 - If after meeting with your professor during office hours and attending Help/TA sessions, you still feel like you need additional help, you can request a private tutor (for free!)
 - To request a tutor, you need to complete and submit the [Tutor Request Form \[pdf\]](#) to Mira Baric (mbaric1@swarthmore.edu) If you are unable to complete

and submit the PDF form, please email Mira with the following information: your name, course number and instructor name for the course in which you are requesting tutoring and a description of why you feel like you need individual tutoring.

- Writing Associates
 - They are lovingly called [WA's](#), and they are great. You can send them your papers (through mySwarthmore) a day before meeting with them and they can give you feedback on whatever you need. You don't even have to have a completed draft!
 - [More information on the Writing Center](#)
- College Appointed Advisors
 - The college appoints you an advisor (professor) who can help you choose classes based on your major. If at any point you need to change your advisor, please complete a [change of advisor requests form \[pdf\]](#) and submit to Mira Baric (mbaric1@swarthmore.edu) in Parrish 108.
- Research Librarians
 - If you are working on a research paper for a class and don't know how to begin the research process, Sarah Elichko and Roberto Vargas are two Research Librarians that are happy to meet with students and help them find articles online and also provide tips on how to use the search engines.
 - [Research Information Associates \(RIAS\)](#) are students at the library who are also happy to help! You can find them at the Research and Information desk in McCabe.
- DPA's
 - Diversity Peer Advisors also live in your residence hall. They will host activities like discussions or breaks that are centered around identity and being at Swarthmore. They are great to talk to when you have any feeling about how your individual identities might affect your time here.
 - Here is a link with more information:
<https://www.swarthmore.edu/living-swarthmore/diversity-peer-advisors>

Finances

EMERGENCY FUNDS

- Sometimes things happen: computers break or you have an unexpected medical bill...etc. We understand that as low income students we often do not have room in our budgets for things like this.
 - For this reason, the Dean's Emergency fund exists. Funding is usually limited to under \$500 and most grants are under \$300. Please note the Dean's Office may not be able to fulfill all requests.
 - Here is the link to the [guidelines](#) and [application](#).
- Who to contact with questions: Jasmine Owens, Assistant Director of the FLI Program (jowens2@swarthmore.edu)

CONFERENCE FUNDING

- During the year you might find yourself wanting to attend a conference like TEDx or IvyG or the MakerFaire...etc. You might need money to cover travel or housing to attend the conference.
 - Here is the link for more information on conference funding:
<https://www.swarthmore.edu/student-life/student-conference-funding-guidelines>
 - Keep in mind that you can only get funding for one conference per school year. (\$400 limit per individual; \$600 total for group funding)

TEXTBOOK RESOURCES

- We know textbooks are expensive. So expensive, that it seems they should be teaching the course. Anyhow, below are some resources you can use to help you with your books for the year.
 - The Textbook Affordability Program (TAP) supplies funds to support registered Swarthmore students' purchase of required course materials in the Swarthmore Campus & Community Store
 - [Guide to Buying Course Materials](#)
 - You may find more information about this program [here](#).
 - Free Semester Long Rentals
 - You can borrow books through EZBorrow or InterLibrary Loan (ILL) for semester long leases!
 - Here is how you can access the EZBorrow system:
<https://trilibpages.blogs.brynmawr.edu/ezborrow/>
 - Here is how you can access the InterLibrary Loan (ILL) system:
<http://trilibpages.blogs.brynmawr.edu/interlibrary-loan/>
 - Have the 14 digit number on the back of your ID ready. The books are sent to McCabe for you to pick up, and at the end of the lease you return the books back to McCabe.
 - Underhill (Worthmore) Library

- To get the year to year guides on doing your taxes visit the FA office in Parrish East and simply ask them about it!

STUDENT EMPLOYMENT

- Taking on a part-time campus job while at Swarthmore can be very beneficial! You make money, get to be more involved with the Swarthmore community, and are able to gain work experience.
- In order to apply for a campus job, you must turn in all required paperwork into the Student Payroll Office.
 - Find required paperwork here: <https://www.swarthmore.edu/student-employment/required-student-employment-forms>
 - If you have any questions about paperwork, you can reach the SPO here: studentpayroll@swarthmore.edu
- When looking for open positions, you can use [JobX](#) to search for jobs, learn about job descriptions, and apply for jobs.

Health

MEDICAL INSURANCE

- In order to be enrolled in the college, you must have insurance, and since you are here you have satisfied that requirement either with private or college insurance. All students are enrolled in the Student Health Insurance Plan (SHIP) for 2020-2021. Before August 1st, you may waive out of the plan if you meet the requirements and provide proof of insurance.
 - [How to Waive Insurance and Benefit Highlights](#)
- If you are on financial aid, or buying insurance is a financial burden, you can ask for a waiver to cover part or all of the cost of the college's insurance (~\$2,000 from August-August). This waiver is usually sent out by someone in the Worth Health Center or Financial Aid office as you are completing your forms during the summer.
 - If you have questions, always ask Worth or Financial Aid.
- Swarthmore Health Insurance
 - Here are some health insurance [FAQ's](#). Additional Student Health Insurance Plan (SHIP) Questions? Contact Student Health & Wellness at health@swarthmore.edu
 - Here is the link to the Student Health Insurance Policy website for more info:
 - www.gallagherstudent.com (search for Swarthmore)
 - Here is the link for the SHIP plan
 - [Student Health Insurance Plan Brochure](#)
 - Some highlights:
 - **Preferred Provider:** A health care provider sponsored by the insurance company (aka their contract says they will charge less for individuals who carry this insurance). This also means some providers might cost even more to go to, so it's good to know who your plan covers!

- **Accidental injury:** Injury that results accidentally or from any external, violent and unanticipated causes.
 - If you use a **preferred provider**, the insurance will pay 90% of the charge.
 - Flu shots
 - Typically advertised for \$25 at Worth Health Center. However, if you let Worth know that you are on Swarthmore's Health Insurance, the shot is FREE.
 - Vision
 - The college health insurance covers one annual health exam.

WORTH STUDENT HEALTH CENTER

- Whether you have private or college insurance, [Worth Health Center](#) is usually the place you first go when you feel anything off with your body. Fall hours are 9-5 PM daily from Monday through Friday and by appointment only starting 9/7/2020. Please call 610-328-8058 to schedule an appointment. ****All Students are required to wear a mask when entering the Student Health Center**
 - Worth is right in front of Willets and next to the PubSafe building. (Straight down from Parrish next to McCabe! It will be on the left.)
 - You can get medications from Worth to treat things like a cold. Typically there is a charge of a few dollars per medication that is billed to your student account. If you are just given single packets of medication (like itch cream or aspirin), there is no charge. They also might give you cough drops or thermometers if you need them.
 - If the Worth staff thinks you have something else that needs to be treated elsewhere or whose treatment is out of what they can legally give you, they can refer you to a doctor or a hospital.
 - For example, if you need an x-ray or the like, you might be referred to Springfield Hospital (right behind Target).
- If you need medical advice after hours or over the weekend, please call the nurse on call at 610-328-8548
- If you are having a medical emergency, contact Public Safety at 610-328-8333 or call 911
- If you have a non urgent, routine question please email health@swarthmore.edu and a Worth Health Center staff member will get back to you within 48 to 72 hours.
- Izzy the Therapy Dog
 - Swat currently has a therapy dog in training that you can make appointments to walk or play with!
 - Due to COVID, Izzy may not be available for appointments. Please check [here](#) for updates.

MENTAL HEALTH

- This is so important! College is hard, but you shouldn't have to suffer. Most importantly, it's okay to not be okay sometimes. Just remember there are resources to help you through whatever you need. You can go to them for counseling and therapy for free as long as you are a current student.
- Counseling and Psychological Services (CAPS)
 - CAPS is located next door to Worth in the same building. Due to the ongoing COVID-19 pandemic, all CAPS sessions will be offered virtually for the fall 2020 semester. Please note that services will vary depending on the state you currently reside in.
 - [Services and in state/out of state regulations](#)
- Talkspace
 - In addition to its existing on-campus health and wellbeing services for students, Swarthmore College is partnering with Talkspace to provide convenient, personal, and professional online messaging therapy year-round. With Talkspace, you can have video sessions and send asynchronous text, audio, and video messages to a dedicated licensed therapist.
 - Here is the [CAPS page](#) with more information.
 - You can access Swarthmore College's Talkspace at talkspace.com/Swarthmore.

SEXUAL HEALTH

- [Sexual Health Advocates](#)
 - Lovingly called SHA's, these are students who volunteer to be student resources on sexual health. There is at least one SHA per residence hall.
 - Typically, they will have a bag of condoms/dental dams and lube on their doors that you can walk up to and pick from without asking anyone anything.
 - SHA's are also around to answer any sexual health questions you might have and to point you to the right resources.
- Gynecological health
 - The gynecologist hired by Swarthmore comes to Worth every Wednesday from 9-11am. This doctor can consult you on what birth control is best for you or anything that might be concerning you. ***Please check with Worth about the doctors Fall 2020 schedule***
 - Seeing the doctor for a consultation at Worth is at no charge.
 - If you have to go to her office (which is in a hospital in nearby Chester) for something like an IUD insertion or some other procedure, those procedures are billed to your insurance.
- STD/STI/Pregnancy Tests
 - You can get all of these tests done at Worth. Pregnancy tests are \$5 whilst STI or STD tests are more expensive. Both types of testing are things that are billed to your student account. You can walk in and get any of these done.

DENTAL HEALTH

- With Insurance
 - Swat Insurance
 - Preventive Dental coverage is included under the plan for students under age 19. Please refer to the policy brochure for details. After age 19, there is a separate voluntary dental plan that students can purchase directly at www.gallagherstudent.com.
 - Personal Insurance
 - This is a similar approach in that on your card you should have a phone number or website you can use to search for preferred providers near you.
- Without Insurance
 - Going to dental schools is cheaper than going to a private practice. Experienced, predoctoral and postdoctoral dental students perform routine cleaning and maintenance under the supervision of instructors. The process often takes longer, but is lower in cost.
 - Penn Dental School: prices for their services are available after consulting with a dentist at the office
 - Here is a link to a 25% off coupon for your first visit:
<http://info.penndentalmedicine.org/25-off-coupon>
 - ChesPenn Health Services <http://www.chespenn.org/>
 - ChesPenn takes outside insurance and their office charges patients on a sliding scale regardless of insurance or income status. They provide dental health care in their Chester and Coatesville locations.

DISABILITY SERVICES

- If you have never requested accommodations from Student Disability Services previously, please fill out a student accommodation request by logging into [mySwarthmore](#) and completing the **Accommodation form** located under the **Personal Information menu**.
 - We strongly recommend that you turn in your form **no later than** one week after the Add/Drop deadline since some accommodations take time to arrange.
- In order to register with the Student Disability Service, please contact the student disability services staff at studentdisabilityservices@swarthmore.edu or contact the following:
 - Director **Monica Vance**:
 - Email: mvance1@swarthmore.edu
 - Phone: 610-328-7358
- After meeting with the student disability services staff, have a licensed professional submit a completed [Disability Verification Form](#) or other formal documentation to the office
- When submitting documentation, please check with the [Documentation Guidelines](#) here for help with preparing documentation
- For further information, please visit [Disability Resources](#) or the [Student Disability Services](#) page here!

First-Gen Community

Now that you have some of the basics down, you're probably wondering about connecting with other first-gen and/or low-income students. Below are some of the groups:

- QuestBridge Scholars Network
 - “QuestBridge is a powerful platform that connects the nation's brightest students from low-income backgrounds with leading institutions of higher education and further opportunities.” The QuestBridge Chapter at Swarthmore aims to create a support network for Quest Scholars who come from varying, yet similar backgrounds that bring us together as a community. Throughout the year, we host many gatherings and study breaks where students can hang out with other awesome Questies, enjoy food, have fun, talk to each other, and possibly learn about different resources available on campus. In addition to these events, we have traditions such as National Quest Day, QuestGiving, National Service Month, and our Welcome & End-of-the-Year Banquets. We also have a mentoring program in which freshmen & transfer students can be matched with upperclassmen mentors. We hope to support all the Questies on campus so we, as a community, can all thrive at Swarthmore and beyond.
- Swat FLI
 - Led by Dean Henry and Jasmine Owens, this is the program set up to support the first gen/low income community here at Swat. We have Swat FLI interns every semester that hold office hours throughout the week. You can find them in Shane Lounge or Parrish Parlors. You can come talk to them about being a first gen/low income student here or if you have some concern you aren't sure where to look for help they can be a good starting point. Jasmine and Dean Henry have offices at the end of Parrish East.
 - If a position as a FLI Intern is open, we encourage you to apply! It's a good way to get more involved with the first-gen/low-income community, make money, and become more acclimated to life here at Swarthmore!
- Swarthmore Organization for Low Income Students (SOLIS)
 - SOLIS is a student based group that strives to provide a safe space for low-income students and connect them to various resources available on and off campus.

Equipment and Technology

COMPUTERS

During the pandemic, students with demonstrated financial need can request loaner laptops by emailing support@swarthmore.edu. Any student can request help with wifi access issues by emailing support@swarthmore.edu. ITS staff help troubleshoot existing wifi access and - for students with demonstrated financial need who are studying away from campus - ITS can provide hotspots. Students can request student emergency fund support to help cover the cost of laptop repairs.

MEDIA CENTER

- The Media Center is located in Beardsley Hall, the Arts building on campus, and has some very helpful resources, such as:
 - Printers for large posters and regular assignments available (in color and black and white)
 - Computers with programs such as Adobe, Photoshop, and Bridge

LIBRARIES

- [Library support for FLI students](#)
- You can check out a variety of items from McCabe, Underhill, and Cornell, such as:
 - Headphones
 - Cell phone and Laptop Chargers
 - Portable Chargers
 - Chromebooks and Macbooks
 - iPads
- There are also computers and printers available in each library.

INFORMATION TECHNOLOGY SERVICES (ITS)

- If you're having issues with your computer, ITS is located in Beardsley Hall might be able to help you figure out what is happening with your computer. They can also help you connect to Swarthmore's Wi-Fi should you have any problems!

Internships

CAREER SERVICES

- Career Services is located in Parrish West. Here you can take a survey to help you understand your interests and skill set. You can also meet with a Career Prep Advisor (CPA) who is a student knowledgeable on how to craft a cover letter/resume.
- If you want additional help with finding an internship, you can meet with a Career Counselor (also in Career Services) who can help align your interests with an internship, give you a mock interview, or provide additional feedback on your resume.
- Please visit the [Career Services FLI Resource Page](#) for more information.

LANG CENTER FOR CIVIC & SOCIAL RESPONSIBILITY

- Lang Center Associates (LCAs) can also help you find internships in issue areas that interest you, especially for the summer! There are multiple LCAs who focus on:
 - Arts, Media & Culture
 - Economic Development
 - Education & Access
 - Environment & Sustainability
 - Ethics & Human Rights
 - Identities & Inequality
 - Public Health
 - Politics and Public Policy
 - Refugees & Immigration
 - Science & Society
- If you need supplemental funding to cover housing, food and transportation, you can apply for funding from the Lang Center.
- Here is a link to more info: <https://www.swarthmore.edu/lang-center/summer-opportunities>

RICHARD RUBIN SCHOLARSHIP

- The Richard Rubin Mentoring program is geared towards helping underrepresented students find a campus mentor to help with career and personal goals. Once selected for the program, students have a chance to apply for internship funding, after successfully completing one year of being in the program.
- Here is a link to more info:
<https://www.swarthmore.edu/diversity-inclusion-and-community-development/richard-rubin-scholar-mentoring-program-2017>

Identity Centers

BLACK CULTURAL CENTER

- Located in Robinson House, Swarthmore College's [Black Cultural Center \(BCC\)](#) strives to critically engage students whose educational, intellectual, and personal interests include issues of race, ethnicity and the varied social, cultural and political histories of Africans across the Diaspora.
- [BCC Student Organizations](#)

INTERCULTURAL CENTER

- Located in Sproul Hall, the [Hormel-Nguyen Intercultural Center \(IC\)](#) provides programs and services that support the personal and intellectual development of Asian American, LatinX, Multiracial, Native American, Queer (Lesbian, Gay, Bisexual and Transgender), low-income, international, students with disabilities and first-generation, college students at Swarthmore College.
- [IC Collective Student Organizations](#)

INTERFAITH CENTER

- The [Interfaith Center](#) exists to promote dialogue and understanding among faith traditions, and between people of faith and those who do not belong to a faith tradition. Student Interfaith Interns organize and plan programs and activities and foster communication between different faith groups on campus.

INTERNATIONAL STUDENT CENTER

- Located in Sproul Hall, the [International Student Center](#) provides comprehensive services and programs for our international students. International students enrich classrooms, campuses, and communities in ways that endure long after students return to their home countries, and we focus on every available resource to support our diverse population. We have international students from over 50 different countries at Swarthmore College.

WOMEN'S RESOURCE CENTER

- The [Women's Resource Center \(WRC\)](#) exists as a safe space for all students at Swarthmore. The WRC staff initiates and facilitates discussions and events concerning women specifically, and gender equity broadly. All genders are welcome at the WRC.

