



Election Resources

Get Involved!

You can find election-related events on the [College Calendar](#).

Community Dialogue Series - Leading in the Midst of Polarizing Times:

- Conversation with former Massachusetts Governor Deval Patrick ('78, HLS '82.) on having productive engagement across differences. [The conversation](#) on Monday, October 26, 5:00-6:30 PM EDT, will be followed by a panel discussion with Harvard faculty and leaders. [Register for the event!](#)

Fridays through December 18th

- Managing Emotions | Counseling and Mental Health Services (CAMHS)

Monday, November 2nd

- Voterrariums! Let's Talk | Harvard College Women's Center

View all [election events](#).



GET SUPPORT!

If you are worried about your academics:

- **Contact your Resident Dean** if you are worried about deadlines or exams during election week. They can work with you to communicate with instructors on things like extensions of time, or medical make-ups for exams. You can find your Resident Dean listed on your Advising Network of [my.harvard](https://my.harvard.edu).
- **First-Year or Sophomore Adviser** – Reach out to them if you are worried or concerned about anything related to your time at Harvard.
- **Reach out to your TF's, instructors, or faculty** with any questions or concerns. They are eager to hear from you.
- **Academic Resource Center (ARC)** – Offers workshops, peer tutoring and academic coaching available to all students.

For skills and strategies around health and well-being:

- [Nourishing November: Soothing Practices to Support Your Wellbeing](#)
This month, the **Center for Wellness and Health Promotion** will be offering a variety of yoga, movement, and mindfulness classes aimed at calming the nervous system and helping us navigate change and uncertainty during difficult times. Check out the highlights section on our [website](#) to explore the different class options each week and join us in a contemplative practice that will help you soothe your body and mind.
- **Counseling and Mental Health Services (CAMHS)** offers a wonderful array of virtual programs for students to promote mental wellbeing this semester.

Participation in one of our many online groups or workshops provides a confidential, safe and supportive space

HARVARD OFFICES

If you need advice for yourself, your peers, or your community, we are here to support you before, during, and after the election.

- Harvard Foundation
- BGLTQ Center
- Women's Center
- House/Yard Communities
- Resident Tutors
- Faculty Deans
- Resident Deans
- Proctors
- House Administrators
- Academic Coordinators
- First Year Experience
- PBH
- Institute of Politics
- Student Engagement
- OSAPR

IMPORTANT TIPS TO REMEMBER:

- Notice signs of difficulty or disconnection. What resources would you seek out at that point?
- Communicate. It can be hard to let your instructors, your adviser, and your Dean know that you are facing difficulty, but being in touch with them creates an opportunity to take stock of what is going on, to explore your options, and to consider what might serve best, all things considered.
- Take care of yourself. You are a whole person who needs to eat, sleep, exercise, spend time with friends and have downtime.
- Use the resources. Resourcefulness is a strength. Resourceful students use their resources.

to discuss your concerns and learn coping skills with others who may have similar challenges.

- If you are off-campus, find [information about supports](#).
- [The Journal Project](#): Engage in personal reflection via shared community prompts.