

BCLA Peer Leader Guide to Survive, Revive, and Thrive This Semester!

Survive!

- **Student Psychological Services** provides confidential services for LMU students, including counseling, consultations, and psycho-educational outreach programming. <https://studentaffairs.lmu.edu/wellness/studentpsychologicalservices/>
- **Disability Support Services** provides specialized assistance and resources to enable students with disabilities to achieve their educational goals. <https://academics.lmu.edu/dss/>
- **Community of Care** is a case management program to enhance student well-being. If you're in a slump, reach out to them for help to navigate any challenges. <https://studentaffairs.lmu.edu/wellness/coc/>
- **LionJobs** is updated regularly with employment opportunities. Check their site regularly for opportunities to financially support your LMU journey! https://lmu-csm.symphlicity.com/students/?signin_tab=0

Revive!

- **Lion Wellness** provides resources to support you on your wellness journey. Check out their updated resources curated for remote learning! <https://studentaffairs.lmu.edu/lionwellness/>
- **LEO** is home to co-curricular engagement opportunities. Check out their site to join some clubs and sign up for future virtual events! <https://lmu.campuslabs.com/engage>

Connect with your peer leader today during

BCLA Virtual Office Hours:

Monday - Friday 10 am - 12 pm and 3pm - 5pm PST.

Visit virtual office hours:

<https://lmula.zoom.us/j/537010571>



Thrive!

- **Faculty Advisors** are a great resource for offering advice on internships, research, learning communities, and more! We encourage you to reach out to your assigned faculty advisor. <https://bellarmine.lmu.edu/advisingcenter/facultyadvising/>
- **The Academic Resource Center** offers writing and course tutoring. If you need some additional help with your courses, make an appointment with a tutor today! <https://academics.lmu.edu/arc/>
- **The BCLA Advising Center** is here to help you navigate your liberal arts experience. Make an appointment with an advisor, or drop by our virtual office hours for a quick chat! <https://bellarmine.lmu.edu/advisingcenter/>
- **Microsoft Teams** is a platform to connect with the BCLA Advising Center and other resources at LMU. Download teams. <https://its.lmu.edu/whatwedo/computingsoftware/teams/>