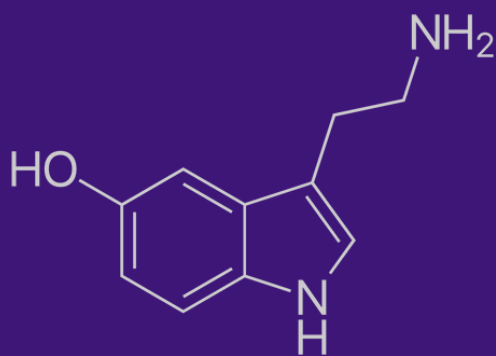


# Northwestern

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## Chemistry



# GRADUATE STUDENT WELLNESS GUIDE

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# INTRODUCTION

Booklets are printed materials with four or more pages, containing details about a business, event, product, promotion, etc. They are also known as catalogs or pamphlets, and are usually created to communicate a message to a wide variety of audiences.

Aside from keeping people informed, beautifully designed booklets can also be brought home as a keepsake. These visually appealing platforms are easy to distribute as well, and can be handed out during expos and other events, making your brand truly memorable.

Just like most print publications, the key to creating an effective booklet lies in curation. Consistency in branding is important for businesses, but good design also applies to personal or event booklets. Make sure you have clear, accurate information on each page.



# HEALTH RESOURCES



## Health Insurance

Each academic year, in the first quarter in which you have an active registration status at Northwestern, you are asked either to confirm or waive your enrollment in the NU-SHIP.

Students who elect to waive NU-SHIP coverage must affirm proof of active coverage under a comparable health insurance plan. Students who confirm NU-SHIP enrollment may also enroll dependents under their coverage during the open enrollment period.

For details, click on the “Enroll: Dependents” link on Aetna’s site for Northwestern students:

[www.aetnastudenthealth.com/northwestern](http://www.aetnastudenthealth.com/northwestern)

To confirm or waive NU-SHIP enrollment, log in to CAESAR.

Additional information:

[www.northwestern.edu/ses/students/healthinsurance/index.html](http://www.northwestern.edu/ses/students/healthinsurance/index.html)

[Transitioning off NU-SHIP](#)



[NU-SHIP PAMPHLET](#)

## Primary & Urgent Care

To support the health and wellness of our students, Northwestern University provides primary care, outpatient health services on the Evanston and Chicago campuses.

### Evanston Campus Health Services

[Searle Hall](#)

633 Emerson Street

Evanston, IL 60208

Phone: 847-491-8100



### Chicago Campus Health Services

[Northwestern Medicine](#)

Galter Pavilion

675 N. St. Clair Street, Suite 18-200

Phone: 312-695-8134

[Northwestern Medicine Immediate Care Centers](#)

[Counseling and Psychological Services](#)

[Center for Awareness, Response, & Education \(CARE\)](#)

# HEALTH RESOURCES



## Medical Leave of Absence (MLOA)

The purpose of a medical leave of absence (MLOA) is to provide students time away from campus for treatment of a physical or mental health condition that impairs a student's ability to function safely and successfully as a member of our community.

[Request an MLOA](#)

[Deadlines and Determination](#)

[Medical Leave of Absence  
Considerations](#)

## Helpful Links & Emails

[Northwestern Medicine Student  
Health Services](#)

[Emergency and After-Hours Care](#)



Email	Web Page
<a href="mailto:accessiblenu@northwestern.edu"><u>accessiblenu@northwestern.edu</u></a>	<a href="#"><u>AccessibleNU</u></a>
<a href="mailto:care@northwestern.edu"><u>care@northwestern.edu</u></a>	<a href="#"><u>Center for Awareness, Response and Education</u></a>
<a href="mailto:hpaw@northwestern.edu"><u>hpaw@northwestern.edu</u></a>	<a href="#"><u>Health Promotion and Wellness</u></a>
<a href="mailto:student.insurance@northwestern.edu"><u>student.insurance@northwestern.edu</u></a>	<a href="#"><u>Student Health Insurance</u></a>
<a href="mailto:hims@northwestern.edu"><u>hims@northwestern.edu</u></a>	<a href="#"><u>Health Information Management Services</u></a>

# WELL-BEING RESOURCES



## COUNSELING & MENTAL HEALTH

**Counseling and Psychological Services** (CAPS) serves as the primary mental health care service for students.

### **CAPS Evanston Office**

Searle Hall  
633 Emerson Street Second Floor  
847-491-2151

### **Same-Day Appointments**

847-491-2151

### **Online Booking**

### **Community Resources**

- **National Suicide Prevention Lifeline**
  - Dial 988 or [web chat](#)
- **Crisis Text Line** – text HOME to 741741
- **Trans Lifeline** – support from trans people for trans people
  - US: 877-565-8860 / Canada: 877-330-6366
- **LGBT National Help Center** – support from member of the LGBTQ community
  - (888-843-4564) or online chat
- **National Domestic Violence Hotline** -domestic or intimate partner violence
  - (1-800-799-SAFE (7233)) or online chat

## SPIRITUALITY & RELIGION

**Religious and Spiritual Life** provides programs, staff, and spaces to help students explore meaning and purpose, grow in their religious or spiritual traditions, practice social justice, and create community.

### **Find a Community**

### **Need to talk?**

### **On Campus Meditation & Prayer Spaces**



## ADDITIONAL CAMPUS RECOURCES

### **BREATHE**

### **Child & Family Resources**

### **Mindful NU**

### **Volunteerism and Community Outreach**

# ADDITIONAL SUPPORT & RESOURCES

## ACCESSIBILITY & ACCOMMODATIONS

Northwestern University and [AccessibleNU](#) are committed to providing a supportive environment for all undergraduate, graduate, professional school, and professional studies students with disabilities. We work to provide disabled students a learning environment that affords full participation, equal access, and reasonable accommodation.

[AccessibleNU: Student Overview](#)

[AccessibleNU's online application](#)

[Documentation guidelines](#)

[Laws Pertaining to Accommodations](#)

### [Contact Information](#)

Evanston  
2122 Sheridan Road, Suite 130  
Evanston, IL 60208  
Email: [accessiblenu@northwestern.edu](mailto:accessiblenu@northwestern.edu)  
Phone: (847) 467-5530

Chicago  
7th Floor of Abbott Hall, Suite 727  
710 N. Lakeshore Drive  
Chicago, IL 60611  
Email: [accessiblenu@northwestern.edu](mailto:accessiblenu@northwestern.edu)  
Phone: (847) 467-5530



## ENGLISH LANGUAGE PROGRAMS

[English Language Programs \(ELP\)](#) provides English language training, orientation, and testing for international graduate students and scholars, helping them improve their ability to communicate in the classroom and beyond.

[English Language Support Services](#)

[English Proficiency Requirement](#)

[English Proficiency Testing](#)

[ELP Online Registration](#)

[English Learner Resources](#)

# ADDITIONAL SUPPORT & RESOURCES



## MULTICULTURALISM, GENDER & SEXUALITY

### PHYSICAL

[Health Service - Evanston](#)

[NU Dining](#)

[NU Recreation](#)

[Sports Medicine](#)

[Women's Center](#)

[Gender and Sexuality Resource  
Center](#)

[Multicultural Student Affairs](#)

[All Gender Bathrooms & Facilities](#)

[Name, Gender & Personal Info](#)

[Institute for Sexual and Gender](#)

[Minority Health \(ISGMH\)](#)

[TGS-Affiliated Student Organizations  
& Campus Partners](#)



### FINANCIAL & LEGAL

[Financial Wellness](#)

[Dependent Care Professional](#)

[Development Grant](#)

[TGS Emergency Loans](#)

[TGS Graduate Student Childcare Grant](#)

[TGS Legal Services](#)

### INTELLECTUAL & VOCATIONAL

[Center for Leadership](#)

[Civic Engagement](#)

[Northwestern Career Advancement](#)

[Northwestern Career Guide](#)

[TGS Professional Development](#)

[Searle Center for Advancing Learning and  
Teaching](#)

[The Graduate Writing Place](#)

[Northwestern University – SSRC](#)

[Dissertation Proposal Development  
Program](#)



# 03

## ADDITIONAL SUPPORT & RESOURCES

### DEALING WITH STUDENT - FACULTY/STAFF CONFLICT

Students and graduate faculty are expected to conform to all Northwestern University policies, including those outlined in the [student handbook](#) and on the [Northwestern University policy index page](#); [TGS policies](#); and graduate program and/or departmental policies that are published in each graduate program handbook. Students and advisers are encouraged to use the [Guidance for Positive Graduate Student and Faculty Adviser Relationships](#) to prevent conflicts that may arise from miscommunication or differences regarding expectations.

[Dealing with Conflicts - Additional Information](#)

[Graduate Education Expectations](#)

[Office of Civil Rights and Title IX Compliance](#)

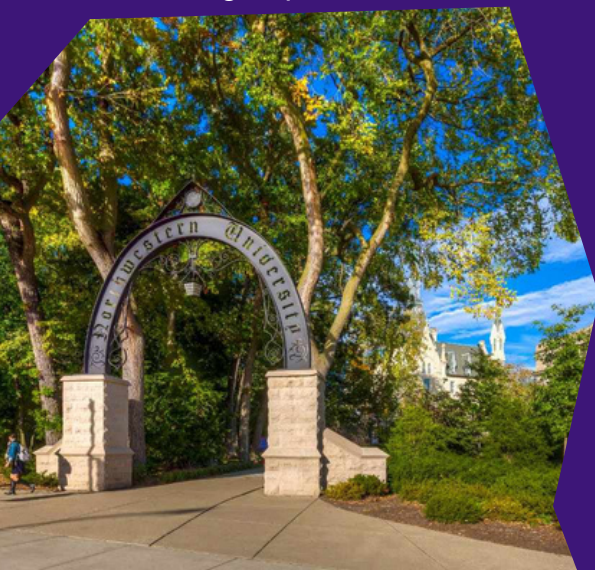
[Ethicspoint](#)

[Guidance for Positive Student/Advisor Relationships](#)

### OFFICE OF COMMUNITY STANDARDS

The Office of Community Standards fosters individual and community development through thoughtful engagement with Northwestern University's policies, expectations, and standards. We aim to build trust with our students and community partners by implementing a fair, transparent, and equitable student conduct process that acknowledges individuals' capacity to learn and grow from challenging experiences.

Anyone is welcome to submit an incident report to the OCS describing alleged student or student group misconduct.



[Report a Concern](#)

[Northwestern University Student Handbook](#)

[Chemistry Graduate Student Handbook](#)



# Northwestern

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# Chemistry

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