

GUIDE FOR STUDENTS W/DEPENDENTS

Welcome back pregnant and parenting students! We know this pandemic has been hard on everyone, but especially for student-parents. We are excited to welcome you back to campus with tips and resources to help you invest in your overall wellbeing and to succeed as a student.

Finding your community

Being a student-parent can often feel isolating, but we want you to know we are here for you. Please complete the Students with Dependents intake survey to join a community of pregnant and parenting students! Are you a transfer student? There is a center just for you! EOP is also a great center that invests in students who have been historically, economically, and/or educationally disadvantaged.

Take care of YOU

We want to acknowledge the added stress and anxiety the pandemic has brought. Campus Health & Wellbeing has various counseling services available for you, including emotional wellbeing workshops. If you want to do something fun for your mental and physical health, there are also free fitness classes, including hatha yoga. Do you like coffee and a cozy place to study? We recommend Front Porch, a local faith-based organization near campus. Get creative, relax, and restore at the Craft Center!



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For more resources visit www.deanofstudents.calpoly.edu/campuscomeback

GUIDE FOR STUDENTS W/DEPENDENTS CONT'D

Bring your children and family to campus!

For various reasons you may feel some hesitancy in coming back to campus, especially having to spend less time with your children. We wanted to invite you to bring your children to Cal Poly's Leaning Pine Arboretum. It's a beautiful spot to relax, eat lunch, and study! On a warm day enjoy some delicious ice cream at the Creamery drive-thru.

Investing in your future post-Cal Poly

We know thinking about adding anything to your already busy schedules may be overwhelming, but we are here to help with that. Did you know you can get paid to do research through the BEACoN Research experience as a mentee under a professor? There are also internship experiences on campus that you may be able to receive college credits for, dependent upon your major. Are you planning interviews and need professional clothing? Career Services has a Clothing Closet you can pick out clothes for free!

Find more resources here

<https://parent.calpoly.edu/students-with-dependents>



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