Dear New Paltz student,

This week's issue is FULL of events and opportunities, including conversations, classes, and competitions. We present the September 25, 2020 edition of the New Paltz News Hub.

Events & Opportunities

Get To Know Local Businesses in New Paltz

More coming soon from the International Student Union!

Student Corner

Did You Know?

We want to take a moment to acknowledge that 2020 has been a challenging year in a number of ways for students, faculty, and staff. In recognition of those challenges and stress we want to take a moment to remind you of several mental health resources available to you as SUNY New Paltz students.

The Psychological Counseling Center at SUNY New Paltz respects diversity in race, ethnicity, culture, gender, sexuality, religion, and ability. We respond to you using sensitive, mindful, and productive interventions that communicate respect for your individuality.

Quotes of the Day

Quote of the Day

Tip of the Day

The deadline for submissions is September 1 - 30. What is it?

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Announcements and Reminders

Virtual Advising Request

We are hoping to connect with our students remotely! Let's Talk is the online platform we use to provide this service to students. If you need or would like to talk about any personal or academic issues, we are available to talk to you.

BetterHelp

BetterHelp is provided to UnitedHealthcare StudentResources members. You can use this service for up to 6 counseling sessions per calendar year. To get started, click here.

Do you need help accessing the service?

Contact Suny New Paltz at (877) 728-2900. If you have questions about your claim, please call 1-866-281-1677. You can also contact BetterHelp at (844) 565-3426.

As an insured with StudentResources, there is no consultation fee for this service. Every communication with a BetterHelp counselor is covered 100% method that best suits your needs.

Let's Talk

Online video consultations will also be available during these hours. In addition, the counseling center is offering its Conversation Partner Program for students who are looking for an informal, confidential way to talk about stress.

International Student Services

Get Involved!

Next Big Thing

Do you have something you've written or created that you are proud of? We would love to celebrate you and your work! Click here.

International Education Week (Get Involved!)

For those who do not know, Gibberish has become very popular on Instagram in the past few months. Gibberish is your chance to show what's going on in your life and what you like to talk about! Feel free to share photos of:

- A book you are reading
- A place you have visited
- A country, A country where you traveled to for any other reason
- A language you are learning
- A hobby you are enjoying
- A food you like
- A place you call home (whether it's a city, a place, a country, or your family)

You can submit photos using the following links:

- Photography Submission (Share your photos and contribute to our collage)
- Cooking Demo Submission
- Quote of the Day

There's still time to enter the Fitness Kickoff Campaign! The campaign runs from September 7 - December 7 and includes group exercise and individual exercise challenges. To participate, you must pre-register for group exercise classes through IM Leagues. Additionally, you must complete your weekly goals and log your activities. To enter the contest, you must log at least 10,000 steps or 30 minutes of moderate exercise per week.

Announcements and Reminders

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Get Involved!

Get Involved!

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