

# HOW TO:

## BE A DREXEL STUDENT



**A COMPREHENSIVE GUIDE  
TO EVERYTHING DREXEL!**



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# HEALTH AND WELLNESS

**A**

**PHYSICAL HEALTH**

**B**

**MENTAL AND EMOTIONAL HEALTH**

**C**

**FOOD INSECURITY**

**D**

**TIPS AND TRICKS**



The information in this section has been compiled by Drexel students, for Drexel students, with the input of Counseling Center and Health Center staff. All of the information provided is from various University resources regarding student health. As students, we are not medical experts and do not offer the following information as medical advice or guidance.

The purpose of this section is to provide students with necessary resources pertaining to health and wellness, and to show students that it is okay to talk about these topics. Please be aware that some of the information in this section relates to sensitive subjects, and may be triggering *(TW: coronavirus, mental health, eating disorders, suicidal thoughts or behaviors, depression)*.

## drexel recreation center

- Go to this link <https://drexel.edu/recathletics/>
  - To learn more about virtual programming and reservations.
  - To learn more about the fitness and wellness programs offered.
  - To learn more about getting involved in club sports and intramural sports.

## health insurance and immunizations

Go to this link <https://drexel.edu/counselingandhealth/insurance-immunizations/overview/> ■

- To know more about the HIPAA Policy. —
- To learn about the services they provide. —

## health insurance and immunization administrative holds

- Go to this link <https://drexel.edu/counselingandhealth/insurance-immunizations/announcements/>
  - If you have not complied with the Immunization Policy deadline date.
    - It will have an administrative hold placed on your record that will prevent you from registering for classes.
    - It will be removed once the immunization form is fully completed and submitted to the Drexel One account.
  - If you have questions you may contact:
    - University City Campus: [healthimmu@drexel.edu](mailto:healthimmu@drexel.edu), or visit them in Creese Student Center, Suite 215.
    - Center City/Queen Lane campuses: [vaccinescnhp@drexel.edu](mailto:vaccinescnhp@drexel.edu), or visit them in New College Building, Suite 1106.
- Go to this link <https://www.aetnastudenthealth.com/en/school/812834/index.html>
  - To access the Aetna Student health portal.
  - If you wish to use private/ non-university insurance, you must opt out of this health insurance. If you do not waive it by the deadline, you will be automatically enrolled in Drexel's Aetna plan
  - Learn more about Drexel's health insurance: <https://drexel.edu/counselingandhealth/insurance-immunizations/health-insurance/>

## health insurance terminology

- Go to this link <https://drexel.edu/counselingandhealth/insurance-immunizations/resources/>
  - To learn health insurance terms.
  - To learn more about Aetna Student Health Insurance Resources.

## how to enroll/waive health insurance

Go to this link <https://drexel.edu/counselingandhealth/insurance-immunizations/health-insurance/How-to-Enroll-or-Waive/> ■

- To learn how to successfully waive the Drexel coverage. ■
- To learn more about the University City and Center City Campus Medical Insurance Plans. ■
- To know how to access your health insurance card online. ■

## student health center

- Go to this link <https://drexel.edu/counselingandhealth/student-health-center/overview/>
  - To see their list of services.
  - To learn how to make an appointment.
  - To know their location, email and phone number.

## staying healthy during cold and flu season

Go to this link <https://drexel.edu/counselingandhealth/student-health-center/overview/cold-and-flu-season/> ■

- To learn the difference between a common cold and influenza. ■
- To learn how you can prevent getting sick or spreading the illness. ■
- To identify serious symptoms that merits calling your doctor or nurse. ■

## covid-19

- Coronavirus Advisory
  - Visits to the Drexel Student Health Center are by appointment. Call **215-220-4700**.
  - If you are sick, please contact us as early in the day as possible in order to receive same day services.
  - The Student Health Center has implemented Telemedicine Appointments to patients during the COVID-19 pandemic.
  
- Go to this link <https://drexel.edu/coronavirus/>
  - To learn about Drexel's Response to Coronavirus page.
  - To find information regarding testing and the Drexel Health Tracker.
  - To access information about what to do if you feel sick and how the university can support you.
  
- Things to Remember:
  - If you feel sick please stay home, self isolate and visit <https://drexel.edu/coronavirus/health-safety/monitor-your-health/if-you-feel-sick/> to learn next steps.
  - Wear your mask.
  - Social distance.
  - Wash your hands for at least 20 seconds every time.
  - Sanitize frequently.
  - Use the Drexel Health Tracker App to report symptoms and access resources.
  - Take care of your physical, emotional and mental health.

## office of counseling and health services

### ■ In Case of Emergency:

- If you or someone you know is experiencing a mental health emergency, follow this link: <https://drexel.edu/counselingandhealth/emergency/overview/>
  - For Drexel, Philadelphia, and National crisis resources.
  - For Sexual Assault resources.
  - To find a list of Emergency Rooms and Crisis Centers near Drexel's campus and throughout Philadelphia.

### ■ Coping with the Coronavirus Pandemic:

- Go to this link: <https://drexel.edu/counselingandhealth/counseling-center/students/coping-with-covid-19/>
  - To find numerous mental health resources available to students while living through the coronavirus pandemic.
  - To access Positive Activities that can be done while maintaining safe and physically distanced from others.
  - To learn about ways to connect outside of Drexel's campus.

### ■ Stress and Anxiety Resources:

- Go to this link: <https://drexel.edu/counselingandhealth/counseling-center/students/anxiety/>
  - To learn more about common physical, emotional and cognitive anxiety symptoms in college students.
  - To learn what things to avoid when anxious.
  - To learn tips on how to manage anxiety.

### ■ Eating Disorders and Body Image:

- Go to this link: <https://drexel.edu/counselingandhealth/counseling-center/students/eatingdisorders/>
  - To learn about common symptoms of an eating disorder and what is body image.
  - If you or someone you know is experiencing the symptoms of an eating disorder, contact the Counseling Center at **215.895.1415** or [counseling@drexel.edu](mailto:counseling@drexel.edu).
  - To learn about off-campus resources, online resources and helpful suggestions.

## ■ Depression Resources:

- Go to this link: <https://drexel.edu/counselingandhealth/counseling-center/students/depression/>
  - To find out what depression is and its common signs and symptoms.
  - To learn about various coping strategies for those experiencing depression.
  - To read about how you can help someone who is struggling.
  - To find Counseling Center and outside resources.

## ■ Suicidal Thoughts and Behaviors:

- Go to this link: <https://drexel.edu/counselingandhealth/counseling-center/students/substances/>
  - To identify common signs of suicidal thoughts and behaviors.
  - To learn about what you can do if you are having suicidal thoughts or how you can help someone who is suicidal.
  - To learn more about emergency after hour resources and additional educational resources.

## ■ Individual Therapy:

- Go to this link: <https://drexel.edu/counselingandhealth/counseling-center/counseling-services/individual/>
  - To find information about individual therapy at the counseling center.
- Go to this link: <https://drexel.edu/counselingandhealth/counseling-center/appointment/>
  - To learn how to make an appointment.
  - To find hours and contact information for the Counseling Center.

## ■ Group Therapy:

- Go to this link: <https://drexel.edu/counselingandhealth/counseling-center/counseling-services/group/>
  - To know more about the 60-90 minute group counseling sessions offered by Counseling Center staff during the quarter.
  - To learn more about the benefits of group therapy.



■ Counseling and Health Services for **Online** Students:

- Go to this link: <https://drexel.edu/counselingandhealth/counseling-center/students/online/>
  - To know more about the free, confidential counseling sessions that are available to full-time online undergraduate and graduate students who can travel to campus. *Note: “ability to travel to campus” refers to pre-coronavirus pandemic*
  - To learn how the Counseling and Health office can support Drexel students with personal, physical and psychological challenges that may interfere with your ability to complete your academic goals.
  - To know more about health insurance policy for domestic and online students.

■ Peer to Peer Support:

- Go to this link: <https://drexel.edu/counselingandhealth/counseling-center/peer-counseling/>
  - To know more about the Peer Counseling Helpline.
- Go to this link: <https://drexel.edu/counselingandhealth/counseling-center/7cups/>
  - To learn more about 7 Cups, an online service that connects users to listeners that help provide emotional support for non-crisis issues.

■ Self- Help Resources:

- Go to this link: <https://drexel.edu/counselingandhealth/counseling-center/students/>
  - To learn about mental health screenings.
  - To find a compiled list of other self-help resources provided by the Counseling Center, as well as some of the other resources already listed above.

■ General Information:

- Go to this link: <https://drexel.edu/counselingandhealth/counseling-center/overview/>
  - To be taken to the main page for the Counseling Center.
  - To explore other resources provided for students, the information provided in this section represents only some of the many services that are available to you.

## center for learning and academic success services (CLASS)

### ■ How to Get Motivated:

- Go to this link: [https://drexel.edu/~media/Files/studentlife/class/class\\_how\\_to\\_get\\_motivated.ashx?la=en](https://drexel.edu/~media/Files/studentlife/class/class_how_to_get_motivated.ashx?la=en)
  - To learn about why we lose motivation.
  - To learn how to focus and find your direction.
  - To learn how to practice healthy habits and make it fun.

### ■ Time Management:

- Go to this link: [https://drexel.edu/~media/Files/studentlife/class/class\\_time\\_management.ashx?la=en](https://drexel.edu/~media/Files/studentlife/class/class_time_management.ashx?la=en)
  - To learn about tools to manage your time.
  - To learn about project management strategies.
  - To know more online tools that can support your journey.

### ■ Tips for Online Learning:

- Go to this link: [https://drexel.edu/studentlife/student\\_family\\_resources/class/resources/remote-learning-tips/](https://drexel.edu/studentlife/student_family_resources/class/resources/remote-learning-tips/)
  - To learn how to manage your time in an online environment.
  - To learn tips on how to be prepared and consistent.
  - To learn more about resources that can support your journey.

### ■ Workshops and Events:

- Go to this link: [https://drexel.edu/studentlife/student\\_family\\_resources/class/events/](https://drexel.edu/studentlife/student_family_resources/class/events/)
  - To learn more about StudyPalooza and their stress release activities during exams.
  - To register for their workshops and events.

## mario's market

- The food pantry is located within the Student Center for Diversity and Inclusion on the 2nd floor. It is open for all students, staff, and faculty in need with a valid DragonCard.
- Additional resources will be available on Center City and Queen Lane campuses. Please contact [feedadragon@drexel.edu](mailto:feedadragon@drexel.edu).
- Students interested in participating in the meal pick-up program can sign up in this form: <https://forms.office.com/Pages/ResponsePage.aspx?id=-uZkNr1HpkWWclxPCA-MptQamsmm06INr2s9dp86mQNUOUJXRzZZSFhEWFFKSk1LSzhWT-EM2QzdLOS4u>

## meal swipe donation program

As a first-year student, meal assistance can be accessed through the Drexel Campus Dining Financial Accommodations process. Please visit the Drexel Campus Dining accommodations site: <https://drexel.edu/business-services/dining-retail/campus-dining/special-accommodations/>

As an upper-class student, meal assistance can be provided by filling out the Meal Swipe Donation Application: [https://drexel.qualtrics.com/jfe/form/SV\\_cTSUWbeh7uLAOfX](https://drexel.qualtrics.com/jfe/form/SV_cTSUWbeh7uLAOfX)

Follow this link to learn how to donate your meals: [https://drexel.edu/studentlife/student\\_family\\_resources/feed-a-dragon/](https://drexel.edu/studentlife/student_family_resources/feed-a-dragon/)

## public resources

- Supplemental Nutrition Assistance Program (SNAP) is a federal program that provides food-purchasing assistance to low- and no-income people. Follow this link learn about criteria to receive assistance, factors that affect eligibility, and more: [https://drexel.edu/studentlife/student\\_family\\_resources/feed-a-dragon/](https://drexel.edu/studentlife/student_family_resources/feed-a-dragon/)

# TIPS & TRICKS

- TIP 1** Take advantage of the resources provided by CLASS and the Counseling Center.
- TIP 2** Take advantage of the programs the Recreation Center has to offer.
- TIP 3** Carry a reusable water bottle with you and make sure to drink enough water!
- TIP 4** Try to maximize sleep- Drexel is hectic but sleep is extremely necessary!
- TIP 5** Always carry hand sanitizer with you to use after touching frequently touched surfaces.
- TIP 6** Please use the Drexel Health Tracker App to track any symptoms.
- TIP 7** If you feel sick go to the doctor and/or contact the Drexel Student Health Center.
- TIP 8** Keep yourself and your community safe, wear a mask!
- TIP 9** Keep cough drops and tissues in your bag.
- TIP 10** Wash your hands.
- TIP 11** Don't touch your nose, mouth or eyes.



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