

STUDENT DEVELOPMENT

Division of Student Development Mission Statement

The Division of Student Development at the College of the Holy Cross, within the context of a Catholic Jesuit liberal arts education, is committed to delivering a formative student experience. The services and programs we provide prepare students to become engaged global citizens who thrive, lead by example, act with integrity and purpose, and work in solidarity to promote justice.

Office of the Senior Vice President for Student Development

Ten departments/offices report directly to the Senior Vice President for Student Development. These offices, each described below in greater detail, represent the distinctive functions of the Division:

- Student Engagement and Involvement
- Student Health and Wellbeing
- Parent and Family Engagement
- Residence Life
- Community Standards

Community Standards

When students accept admission to the College of the Holy Cross, they accept the rights and responsibilities of membership in the College's academic and social community. High standards have been established for membership in this community, including high standards for personal conduct and behavior.

The College of the Holy Cross assumes that all students will abide by the policies, rules, and regulations of the College as well as by state, local, and federal laws. The College's Community Standards Process and Procedures are established to outline student behavioral expectations and address allegations of student misconduct. This information may be found on the Student Integrity and Community Standards (<https://www.holycross.edu/office-student-integrity-community-standards/>) website.

Residence Life and Housing

As a residential college in which 87 percent of students live on campus, Holy Cross promotes a multidimensional learning experience that transcends classroom studies. All first-year students live on campus and participate in our unique Montserrat living/learning program. Each of our residence communities feature comfortable, fully networked spaces for living, learning, and socializing.

Student resident assistants develop a culture of belonging through various activities that bring the residential floors together, such as watch parties, skill-building workshops, and door decorating competitions. In turn, our students take advantage of opportunities to explore their interests and share their talents through student groups and organizations. The result is an intimate campus and a student body that feels like a second family.

Student Involvement

Holy Cross offers a wide variety of student activities, recreational programs, leadership experiences, cultural events, and formal and informal entertainment that not only provides a respite from the rigors of academic life, but also encourages individual creativity, intellectual development, and an awareness of issues confronting society. Cocurricular involvement has long been considered an integral part of the College and all students are encouraged to participate in the wide range of clubs, organizations and activities available. There are more than 100 Recognized Student organizations, recognized each year by the Student Government Association. RSOs are groups devoted to academic pursuits, special interest activities, recreation, service, print and broadcast media and performing arts. Additionally Multicultural Student Organizations work to create communities and programming opportunities for students of all identities. Most student activities are financed through the student activities fee, which is allocated by the Student Government Association (SGA). The central representative body of Holy Cross students, SGA consists of elected officers and students who are appointed to serve on various faculty, student and campus-wide committees.

New students are introduced to the College during Gateways Orientation. This program offers students the opportunity to meet classmates and begin to form community, learn about important resources at the College and prepare for classes over a five-day program in August.

Leadership is a significant component of the student life experience. Opportunities for skill enhancement, self-reflection, and competency development are offered throughout the year in cooperation with faculty and other administrative offices.

Events

Many organizations and departments coordinate events, including distinguished speakers, musical performances, social engagements, cultural programs and other activities ranging from intellectually stimulating to purely entertaining. With more than 100 Recognized Student Organizations (RSOs) planning approximately 1000 events annually, there is always something to do on "The Hill".

In light of demanding academic schedules, the College recognizes the necessity of having positive social outlets for students. When it comes to late night activities, a variety of Friday night programs can be found. These events include comedians, singer-songwriters and cultural performances. Every weekend we offer a diverse calendar of late night programming. During afternoons and evenings, the Student Government Association provides shuttles to the Shoppes at Blackstone Valley and on the weekends to key locations throughout Worcester so students can enjoy shopping and entertainment opportunities in local and metropolitan areas.

Campus Recreation

The College promotes a wide range of recreational activities and organizations that provide students, faculty, and staff with on- and off-campus opportunities to participate, compete, lead, learn and grow in accord with the Jesuit ideal of Cura Personalis (Care of Self and Others – Mind, Body, Spirit). The Office of Campus Recreation oversees the Joanne Chouinard-Luth Recreation and Wellness Center "The Jo" and the Loyola Fitness Studio. The Jo, which opened in 2021, offers two gymnasium courts, a spin studio, multipurpose studios, an indoor track, locker rooms,

golf simulator room, and cardio and strength fitness equipment. Loyola Fitness Center offers additional cardio and strength fitness equipment.

Campus Recreation offers a variety of programs that cater to those with and without prior experience. Campus Recreation is comprised of the following core program areas:

- **Club Sports:** Holy Cross currently has over 20 club sports that are student-led Recognized Student Organizations (RSOs), which arrange activities around a common interest in a particular sport, vary in competition level and intensity, and are eligible to compete against other colleges and universities.
- **Intramurals:** The Intramurals program includes several on-campus sports leagues and events such as soccer, volleyball, flag football, basketball, and dodgeball, which are open to all members of the Holy Cross community. Intramural participants have the opportunity to play against other Holy Cross teams in weekly league play, culminating in an intramural league championship.
- **Fitness and Wellness Classes:** Fitness classes include a combination of in-person classes and online classes such as yoga, meditation, high intensity interval training, weight training, and spin. For added convenience, students have free access to a fitness class streaming service called FitnessOnDemand that lets them take a class from anywhere.
- **Student Employment Opportunities:** Students are integral in the daily operations of Campus Recreation. A variety of employment opportunities exist, including jobs such as fitness instructors, intramural referees, fitness monitors, welcome desk attendants, and building supervisors.

Spirit Programs

Spirit Programs consist of Cheer, Marching Band and Pep Band. These groups promote school spirit and engage in athletic fan experience opportunities campus-wide.

The Holy Cross Bands are committed to serving and engaging the campus community with quality music and enjoyable experiences. Dating back to 1845, the band program at Holy Cross has one of the longest running legacies of any organization on campus. Comprising two performing ensembles the Holy Cross Bands provides opportunities for all students to participate in the marching and pep bands.

The Holy Cross cheer team is responsible for promoting Holy Cross Athletics, generating school spirit and crowd involvement at various events. Members come from a variety of backgrounds including all star cheer, high school varsity cheer team and a number of other sports such as gymnastics, dance and more.

We are committed to fostering optimal student health to enhance academic success. Professionals provide services to improve and promote physical and psychological health and wellness. We work to ensure a healthy campus environment that is accessible to all students. We respect the unique needs of all individuals and embrace human differences.

Counseling Center & Psychological Services (CAPS)

The Ignatian ideal of *cura personalis* guides the work we do at CAPS. CAPS plays a vital role in the life of the College by offering a wide range

of services to members of the campus community. Our primary goal is to support students negotiating their transition into adulthood. Students normally encounter a variety of challenges during college. We provide confidential assistance to students who have a wide range of problems or concerns, such as stress, adjustment difficulties, relationship problems, anxiety, and depression. Many students seek counseling to help them through these challenges. We work collaboratively with students to promote their academic success and personal growth during their years at Holy Cross.

The Caps staff members are dedicated to creating an affirming and inclusive atmosphere for students of all ethnicities, cultures, ages, sexual orientations, gender identities, gender expressions, abilities, national origins, immigration status, spiritual practices, socioeconomic backgrounds, ideological affiliations, and life experiences. We work collaboratively with other departments on campus to raise awareness and increase sensitivity to diversity in all its forms.

All current, full-time students are eligible to receive counseling services. Students may be referred to providers in the community if specialty care is needed. Confidentiality of all counseling relationships is maintained in compliance with professional ethical standards and local, state and federal laws. CAPS is staffed by licensed clinicians and doctoral psychology externs under professional supervision. Students can make an appointment by calling or visiting CAPS. CAPS is accredited by the International Accreditation of Counseling Services, Inc. The following services are offered at CAPS:

- **Individual Counseling and Psychotherapy:** Clinicians are available to meet individually with students to address a variety of concerns. A short-term model is used and the number of sessions is determined collaboratively with the student.
- **Group Counseling:** A variety of groups is offered periodically, giving students the opportunity to meet with a staff member and other students experiencing similar issues.
- **Consultation:** Clinicians are available to provide consultations to members of the College community who desire psychological advice regarding concerns about students.
- **Outreach Programs:** A variety of workshops for students is offered on topics such as stress management, relationship issues and raising awareness about mental health. CAPS clinicians also facilitate the Counseling Outreach Peer Educators (COPE) program.
- **Psychiatric Services:** A psychiatrist is available to students engaged in psychotherapy at CAPS.
- **Crisis & Emergency Services:** For psychological crises necessitating assistance the same day, students can access our Urgent Care Monday through Friday at 10 a.m. and 3 p.m. when the CAPS is open. For psychological crises that occur after hours when the CAPS is closed, an on-call crisis counselor is available to provide support by telephone and can be reached by calling CAPS (508-793-3363) and following the prompts. For psychological emergencies, contact Public Safety (508-793-2222) or call 911.
- **Referrals:** CAPS staff members are available to assist students with referrals for psychiatric evaluations and medication management, long-term psychotherapy, and specialized services.

Students interested in making an appointment may call CAPS at (508) 793-3363 or visit us at Hogan 207 Monday through Friday from 9 a.m. – noon and 1 – 5 p.m. For more information about the CAPS, please visit our website at <https://www.holycross.edu/health-wellness-and-access/>

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Office of Student Accessibility Services

The Office of Student Accessibility Services coordinates assistance for students with disabilities in order to promote equal access to College programs and services. The Office seeks to assist students and their families in making the necessary arrangements to facilitate full participation in academic and co-curricular pursuits.

The College of the Holy Cross complies with Section 504 of the Rehabilitation Act of 1973, the Americans with Disabilities (ADA) Act of 1990, the ADA Amendments of 2008, and applicable local, state and federal statutes regarding nondiscrimination against persons with disabilities.

Student Accessibility Services staff are available for consultation and may be contacted by telephone at (508)793-3693, FAX (508) 793-3585, or by additional methods as listed on our website. For further information please visit our Student Accessibility Services (<https://www.holycross.edu/office-student-accessibility-services/>) website.

Health Services

Health Services is a medical office on campus that provides primary care and urgent medical care to students. Board-Certified Family Practice Physicians are available by appointment Monday through Friday, 20 hours per week. Health Services is also staffed full time by nurse practitioners and registered nurses. Students are referred to specialists or emergency room medical care, if indicated. In addition, nutrition-medical therapy, asthma education, smoking cessation, and many other specialized treatments are available at Health Services. Demonstrating its commitment to quality and excellence, Health Services is accredited by the Accreditation Association for Ambulatory Health Care, Inc. and is an institutional member of the American College Health Association. Health Services is located in Loyola Hall. Hours of operation are Monday through Friday: 9 a.m. – noon and 1 – 5 p.m. during the academic year. Public Safety responds to emergencies. An on-call physician is available for acute illness after hours at (508) 334-8830. Appointments can be scheduled by calling (508) 793 2276 or visiting the Patient Portal at <https://healthservices.holycross.edu/>.

College Medical Staff

Kelsey DeVoe, M.S., FNP-C

Director, Health Services/Nurse Practitioner

Kim Bombaci, M.D.

Contracted Physician

Leslie Holland, FNP-BC
Family Nurse Practitioner

Catherine Meloche, RN
Nurse Practitioner

Darlene Menz, ANP-BC
Adult Nurse Practitioner

Alexandra Weld, RN
Nurse Practitioner

Ann Zimage, FNP
Registered Nurse

Edmond Zaccaria, M.D.
Contracted Physician

Student Wellness Education

The Ignatian ideal of cura personalis - care of the whole person - guides the work in Student Wellness Education. The department develops, implements and assesses a comprehensive continuum of evidence-based initiatives and strategies that mobilize, create, and sustain campus-wide health and wellness promotion practices in order to cultivate a healthy community so students can thrive and reach their fullest potential.

Services provided include:

- Alcohol and drug education, prevention. and intervention
- Substance-free community activities and support
- Student recovery resources
- Sexual and interpersonal violence education and prevention
- Mindfulness and stress management opportunities
- Sleep and self-care education and opportunities
- Student peer health education groups

Parent and Family Engagement

The Office of Parent and Engagement partners with families as we work toward the shared goal of promoting student learning, well-being, holistic development and success. The office serves as a primary contact for families and a resource for questions and concerns that may arise. Students drive their Holy Cross education, but family involvement can be an important factor as they navigate emerging adulthood. We work with families as they seek to find effective ways to support their students and engage in their Holy Cross experience. Visit the Parent and Family Engagement (<https://www.holycross.edu/parents-and-families/>) website to learn more.