

Dear [Student's Name]:

Keeping you healthy and on your journey is key at this point in the semester. Let us know how we can help you succeed.

Supplies = Success.

If you're torn between buying food or school supplies, we can help with both. Contact [The Pantry](#) to [request](#) some of the important basics – notebooks, paper, pens, pencils, and the like – and any food or personal hygiene items that you may need. You can [email](#) them, too.

Be FAFSA-ready.

Be sure to complete your [FAFSA](#) by Feb. 28 *even* if you think you and your family won't be eligible for financial aid. You may qualify for financial aid like federal grants and scholarships – assistance that you don't repay like loans. Over 90% of ACM students qualify for aid.

You can even win a basket of ACM swag and \$60 in gift cards. Every student who stops into the Student Financial Aid Office (or Student Services at the ACM Bedford County Campus) and shows proof of their completed FAFSA will receive ACM prizes.

Need FAFSA help?

- Find out [what to do](#).
- Watch a [video](#) about completing your FAFSA on your phone.
- Stop by our Student Financial Aid Office in College Center for one-on-one help.
- [Email](#) us.
- Call us at 301-784-5213.

Take control.

Everybody likes to have their say over their lives. Vaccination puts you in charge, allowing you to be free to live a healthy life while protecting your family members and friends. Talk with your health care provider, if you have one and have questions. Vaccines are [readily available](#).

Stay safe.

To keep our campus safe for everyone, please remember to:

- [Self-check](#) for symptoms daily and follow our masking and other COVID-19 [mitigation strategies](#).
- Report all symptoms, exposure, and positive COVID-19 tests **immediately** by calling 301-784-5061 or emailing covidreports@allegany.edu. You may be asked to stay away from campus.
- Contact your instructors if you're asked to stay home. Your instructors will work with you and be understanding of your situation.

Be kind – to you.

Valentine's Day may be over, but it's never too late to show some compassion for yourself or others. If you or someone you know is experiencing challenges, we're here to help.

- Locate [suggestions and resources](#).
- Take an anonymous [mental health screening](#).

- Request free [personal counseling](#) at the Nurse Managed Wellness Clinic.
- Receive emotional support or guidance by emailing [Renee Gibson](#) or calling 301.784.5206.

Warm regards,

Dr. Cynthia Bambara
President, Allegany College of Maryland