

## SUBJECT LINE: I BELIEVE IN YOU

Dear [STUDENT NAME],

I hope you had a good Thanksgiving, whether it was spent with friends or family or a mix of both. The time to *pause* on school is important for your wellbeing.

Now, with less than three weeks until the end of the semester, it's time to *un-pause* and finish strong. While I can't deliver high-intensity pep talks like one of our coaches, I can tell you that:

- **I believe in you.**
- **I believe that you were meant to be here at ACM.**
- **I know that you can do this.**

### MOVE FORWARD

You have it within you to achieve your goals. Please use college resources to support your journey.

- Talk with your instructors about your assignments or upcoming finals.
- Try a [tutor](#). We offer [online](#) and in-person tutoring as well as study labs.
- Get writing advice from the specialists at [RAWC](#).
- Contact [The Pantry](#) if you're struggling with food insecurity or a lack of personal care products.
- Visit our on-site counselor, attend a [group session](#) or connect with [self-care and crisis resources](#).

### WORK YOUR PLAN

If you're continuing with us next semester, review your graduation or transfer plan and register for courses.

- Review the [course catalog](#).
- Talk with an [advising and transfer specialist](#) or your program advisor if you have questions about your course sequence.
- Stop by our ACM Foundation or financial aid office if you're struggling with tuition or textbook expenses.

### SAVE TIME & MONEY

Speaking of textbooks, we've switched providers. You can now buy new or used textbooks from eCampus or their Marketplace, rent new textbooks, purchase a digital copy, or *sell back your old textbooks* all in one place. You'll be emailed more information about the book buy-back and launch of this provider shortly.

### TRY A MINI-PAUSE

Join the ACM family for some seated yoga at 2 p.m. and mind body skills at 2:30 p.m. on Dec. 1 in H-58. Feel free to attend one or both sessions as we work to stretch and strengthen our bodies and calm our minds.

Your wellbeing and that of our entire college community matters to us. Like many institutions, we're adjusting our COVID-19 protocols. Effective December 17, 2022, ACM will discontinue the reporting of COVID-19 symptoms and positive test results to the ACM COVID Hotline. Students must follow the [CDC Protocols and Recommendations](#) for symptoms and positive tests. Everyone is strongly encouraged to stay home if you are not feeling well for any reason. Follow the guidance of your physician and/or urgent care center, notify your instructors, and review the [COVID-19 CDC protocols](#) if you have questions about isolation standards. Additionally, daily sign in and attestation forms will be discontinued. We encourage everyone to get fully vaccinated and boosted against COVID-19.

Wishing you continued success,

Dr. Cynthia Bambara

ACM President