

Subject Line: Don't miss this check-in!

Dear [Student's Name],

How are you doing? Is your semester off to a great start? Are you keeping up with your classes? Are you running short on food or hygiene supplies? Are you finding your place outside of class, too?

If you were standing in my office, I'd ask you these and a dozen more questions now that we're a few weeks into the semester.

Just know that we're here to connect with you and help you succeed. **Please check in with us.** [Email](#) or call 301-784-5005 if you need help but you don't know where to start.

Pick up a class

Maybe you dropped a class or you underestimated your class load. It happens. ACM's Delayed Start term begins on Feb. 3 with enrollment still open. Contact [Registration](#) today if you're interested.

Be success-minded

- Download and use the [Navigate](#) Student app to keep track of important dates/deadlines, communicate with your advisor, develop a flexible schedule, and more.
- Being food-insecure impacts your ability to learn. If you're a student in need, please contact [The Pantry](#) to request food and personal supply items.
- Reach out to our [Foundations](#) for student emergency grants.
- Get extra help with class through [Learning Commons](#) services like Study Labs, in-person and online tutoring, the RAWC, and more.
- Connect with [Academic Access & Disability Services](#) to access available accommodations and resources.
- Assess your [needs](#) and learn about [mental health and counseling options](#).

Stay well and be safe

- Get vaccinated or boosted as soon as possible. Vaccination helps protect your loved ones, take personal control of your life, and allows you to be free to live a healthy life. Vaccines are [readily available](#).
- [Self-check](#) for symptoms daily and follow our masking requirements 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 to stay on track if you must stay home. Be assured that your instructors will work with you and be understanding of your situation.

Warm regards,

Dr. Cynthia Bambara
President, Allegany College of Maryland