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COVID 101 Lectures

Anyone (not exclusive to members of the Wesleyan community only) can access the mini-lecture videos by Professor William Johnston and Professor Frederick Cohan here.

- COVID101 Lecture PowerPoint

Residential guidelines

1. Family units

Family units consist of people who share the same living space. Family units include roommates in a room within a dorm or program house, apartment mates within an apartment, and housemates in wood frame houses.

a) What can you do within a family unit
   - Members of a family unit do not have to maintain a 6 feet distance or wear a face covering when interacting with each other, inside their shared living space.

b) Outside of your family unit
   - You must maintain a six feet distance from others who are not in your family unit and wear a face mask outside of your immediate living space.

c) Family unit agreements
   - All family units are expected to collaborate and agree on their expectations of each other in their shared living space. Similar to roommate contracts, family units will have family unit contracts (roommate contracts for residence halls and program houses, apartment mate contracts for Low Rise, High Rise, Fauver, and housemate contracts for woodframe houses).
   - Unit contracts will be distributed to residents during the first week of the semester. Housemates, apartment-mates, and students in doubles will receive instructions regarding how to complete and file them from their CA/HM/RA then. To see an example of contract prompts and questions, please use this link. Students should use this as a guide to start the conversation with your roommates/housemates/apartment mates regarding mutual expectations for your shared living space in the Fall.
2. Building access
   a) Residence halls (Bennet, Clark, Butterfields, Nicolson, WestCo, Hewitt, Writer’s Block, 200 Church), program houses and High Rise
      - Residence halls have a high volume of residents who will use the same touch surface already. Allowing students who do not live in those residential halls inside those spaces will increase the health risks of infection.
      - High Rise: although students live in apartments, the building has a similar structure as residence halls with many people using the same high-touch surfaces.
      - Programme houses: The smallest programme houses have 7 residents, which is more than the largest woodframe house size, and the largest program houses with 40 residents have similar structure to residential halls.

   **Policy:** Students are not permitted to enter residence halls, program houses and High Rise apartments in which they do not live. Should conditions stabilize or improve later this semester, students in residence halls, program houses and High Rise apartments may have one visitor at a time. Any policy update will be communicated to students by ResLife throughout the semester.

   b) Woodframe houses & apartments other than High Rise
      - Woodframe houses and LowRise apartments may have guests in their living space as long as they remain a 6-feet distance, wear face coverings, and do not exceed the space’s designated COVID capacity (30% of fire occupancy number)

3. Common spaces
   a) Kitchen & Laundry
      - Residential halls & PHs: Posted occupancy limits must be followed and physical distancing must be observed and face coverings worn at all times.
      - Students in all on-campus residences will have to use precautionary sanitizing practices such as wiping shared surfaces after each use. Cleaning products will be provided by the university.

   b) Bathrooms
      - Residential halls, buildings & PHs: Face coverings should be worn in bathrooms except when using the sink or shower.
      - Students should use the same bathroom fixtures (stall, sink, shower) as consistently as possible.
      - Wipe shared surfaces after each use as indicated by the cleaning protocols.

   c) Lounges
      - Residential halls, buildings and PHs: All lounges will have a maximum occupancy (COVID capacity) in order to ensure physical distancing.
      - The COVID capacity as well as preferred seating will be posted in each lounge and students are expected to maintain a 6 feet distance with other people in those spaces.
Gatherings

1. COVID Occupancy
   - The COVID occupancy of a space equals to 30% of the fire code maximum occupancy where students can maintain a 6 feet distance with others.
   - The COVID occupancy will be posted in all spaces.

2. Private Gatherings
   a) Indoor Gatherings
      - Residents of residence halls, High Rise apartments and programme houses cannot have outside guests who do not live in the building (including fellow students) in their room. Residents of a residence hall building can have a maximum of another resident who lives in the same building in their private room, and a room cannot have more than 2 people including the room occupant (including a double room). For example, you live in a single room in Hewitt. You can have another resident of Hewitt in your room. Another example, if you live in a double room with another person in a Bennet room, you can have only 2 people in the room at one time. You and your roommate present in your room at a time count as 2 people in the room.
      - Woodframe and apartment residences (except for High Rise) may have guests outside of their family unit for gatherings such as movie nights as long as:
        1. The number of people at the gathering does not exceed the COVID occupancy of that space;
        2. People maintain a 6-feet distance and wear face coverings;
        3. All contact surfaces should be disinfected before and after other students visit those spaces.
   b) Outdoor Gatherings
      - According to CT state guidelines, outdoor gatherings are allowed for up to 100 people. Everyone must maintain a 6-feet distance and face coverings must be worn at any time.
   c) Student Group Gatherings
      - Student groups will not be able to access EMS to book rooms for group meetings.
      - Student groups may have internal group meetings as long as heath and safety guidelines (face coverings & 6-feet distance) are adhered to, and the number of attendants does not exceed 25 people. Student groups cannot have group meetings in residence buildings that they do not all live in.
      - Any campus outreach or community event by a student group will have to be approved by SALD.
Off-campus travelling

- Students are discouraged from travelling outside of the Middletown area and beyond a 25-mile radius from campus (a map will be provided.)
- Why the 25 mile radius? -- There are necessary services such as health services, grocery stores including Trader Joe's or Whole Food Market as well as venues for veteran meetings that are just outside of Middletown. Using a 25 mile radius from campus allows students to access those important services without being required to quarantine upon return to campus.
- After travelling off campus:
  ■ Limit immediate interactions with people outside of your family unit on campus
  ■ Wash your hands and face coverings
  ■ Advisable to also change clothes
- If you travel outside of the Middletown area or beyond the 25 mile radius from campus, you need to call the Davidson Health Center who will provide you with necessary and appropriate guidance upon your return to campus. Students may be required to self-quarantine upon return to campus as per CDC and DPH guidelines.

Community Agreement

1. Violations
   - There is a difference to be made between incidental non-compliance and egregious or repeated non-compliance:
     i. An incidental non-compliance can happen more frequently than we think. Guidelines such as face coverings or 6 feet distance are new to our community, in the U.S. in general and on Wesleyan campus specifically. For example, residents in a dorm hall may forget to wear a mask when they step out of their dorm room just to get some water. Therefore, people need time and friendly reminders to get used to the new norms.
     ii. An egregious or repeated non-compliance is as it says. When a student is spotted to break guidelines many times despite friendly reminders from community members, or has a secret party despite being fully aware of the health risks with others outside of their family unit, those can count as violations and they should be held accountable by the community and the institution.
   - While incidental non-compliance can be alleviated with community constructive actions through appropriate bystander practices or a warning from the university, egregious or repeated non-compliance will result in disciplinary action through interim procedures (already included in the Code of Non-Academic Conduct) that will be implemented by the Dean of Students.
Categories of Violations

- **Category 1: Incidental violations or violations** that upon report to the Dean of Students Office need a minor course correction (students had masks in hand but were eating so they had them off, students were closer together than they should have been, etc)

- **Category 2:** Incidents that involve a student who clearly did not comply with the COVID agreement but the risk to the community was lower

- **Category 3:** Incidents that involve a student who violated the COVID Agreement and put themself/others at risk in doing so (prohibited gatherings, parties, etc)

Violation Proceedings

- Reporting of violations: All violations can be reported to the Dean of Students Office through the Incident Reporting Form. Residential Life staff can report incidents of violations through the Communication Report (CR). Students can also report the violations to Public Safety by calling 860-685-2345 (non-emergency) or 860-685-3333 (emergency). Public Safety will submit a report to the Dean of Students office in that case.

- Upon receiving the report(s) of violations, violations that fall into Category 2 and 3 will result in an expedited hearing overseen by the Dean of Students office after consultation with the Community Standards Board co-chairs.

Consequences:

- Category 2 violations will result in formal warnings and/or disciplinary probation.
- Category 3 violations will result in suspension and thus removal from university housing.

2. Bystander Techniques

  *Wesleyan students should try their best to rely on communitarian and collective responsibility to hold others accountable with regards to community health guidelines. It is ideal to minimize the need for any kind of policing or enforcement as much as possible. Those bystander intervention principles may give you some ideas on how to safely intervene when someone does not follow health guidelines.*

  a) **Direct:** direct intervention is exactly as it says; a bystander confronts a situation themselves. For example, you may witness a situation developing with a friend and another person that looks like it may escalate so you step in and pull your friend out of the situation and walk them away. When safe, being direct is the most immediate way to intervene in a situation.
If you see someone not following health and safety guidelines, such as not wearing masks or not maintaining a 6 feet distance in public spaces, kindly refer them back to the community guidelines and remind them to wear their masks/maintain a 6 feet distance. You can say things like: “Excuse me, you need to wear a mask in this space.” or “Please follow public health guidelines”. In many cases, people may accidentally forget about their masks/6 feet distance so a verbal and friendly reminder should be enough as an intervention practice.

For family units, if members of your family unit have not been following guidelines or the terms set out in your family unit contract/agreement, and you do not feel comfortable with that, it is OK to call them in and have a conversation about how that impacts community safety. Try to mediate while referring back to the community guidelines as well as your mutual agreement for your shared living space.

Everyone's sense of safety is different: Remember that what feels safe for you might present a health risk to others and vice versa. A residential experience takes into account this lesson and thus students should be mindful of others when following health guidelines as well as when encountering non-compliance of those guidelines in public spaces.

b) Distract: Perhaps you don’t want to address a situation directly then you can try to cause a distraction that will diffuse the situation and give a moment for things to calm down. Maybe you “accidentally” spill your drink or say that the space is reserved for an event to attempt to disperse a group in public space.

c) Delegate: If you can’t intervene directly in something because there is a barrier that makes you uncomfortable, enlist some help. Ask friends to assist you or talk to your CAs/RAs/HMs if you cannot resolve the situation yourself. If the situation is emergent, such as encountering a party with 30 people in a woodframe house or dorm room, it may be best to call P-Safe. You may also submit a written report about a non-compliance to the Dean of Students Office.

Important techniques

1. Hand-washing
   - Using hand sanitizer: Rub your hands with hand sanitizer (available in all public spaces on campus) until dry.
   - When to wash your hands or use hand sanitizer: (Source: [Unicef](https://www.unicef.org))
In the context of COVID-19 prevention, you should make sure to wash your hands at the following times:

- After blowing your nose, coughing or sneezing
- After visiting a public space, including public transportation, markets and places of worship
- After touching surfaces outside of the home, including money
- Before, during and after caring for a sick person
- Before and after eating

In general, you should always wash your hands at the following times:

- After using the toilet
- Before and after eating
- After handling garbage
- After touching animals and pets
- After changing babies’ diapers or helping children use the toilet
- When your hands are visibly dirty

2. Face coverings

- All students back on campus will be provided with 3 cotton reusable masks and a gaiter that you can use to cover your face.

- When you wear a face covering:
  - The Do’s:
    + Wear a face covering when you are physically outside of your living space, interacting with people outside of your family unit, or when the 6 feet distance cannot be maintained.
    + Wear a face covering to cover your nose AND your mouth
  - The Don’t:
    + Don’t put the face covering around your neck or up on your forehead
    + Don’t touch the face covering, and, if you do, wash your hands or use hand sanitizer to disinfect

- How to keep your glasses from fogging up while wearing a face covering: https://health.clevelandclinic.org/how-to-keep-your-glasses-fog-free-while-wearing-a-mask/

  - Tape it down! You can tape your mask down around the bridge of your nose and to your cheeks with sports or medical tape. Don’t use duct tape or tape that wasn’t made to be used on the skin. If you have sensitive skin, test the tape out beforehand to make sure that it doesn’t cause irritation, or you can simply use tape that was made for sensitive skin.

- When you take off the face covering: (CDC):
  - Untie the strings behind your head or stretch the ear loops
  - Handle only by the ear loops or ties
  - Fold outside corners together
  - Place covering in the washing machine (learn more about how to wash cloth face coverings)
- Be careful not to touch your eyes, nose, and mouth when removing and wash hands immediately after removing

3. Contact tracing
- All students should keep track of people who they have been in close contact with in their own ways.
  - What is a close contact? → Members of your family unit, intimate partners, and anyone who was within 6 feet of an infected person for at least 15 minutes starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to specimen collection) until the time the patient is isolated. (CDC)
  - Ways to keep track of people who you have been in close contact with:
    - Family units should agree on your ways to keep track of people entering your shared living space (especially for woodframe houses and apartments that can have guests). Some options include using a white board for the house to note which guests have been in your space, using a unique QR code for your family unit’s residential space that guests can use when entering your space, etc) Residents in those spaces should decide with each other on what is the best way to conduct this. The university will not play any active part in contact tracing or monitoring residences’ guests.
    - Individuals should either keep a mental note of who you have been interacting with on a regular and intimate basis, or note those down in your journal/notebooks/phones.
- Why should you keep track of this? This will make contact tracing easier if you happen to contract COVID in case you forget who you have been in close contact with. Note: The Davidson Health Center will reach out to these individuals, without revealing the identity of the person who tested positive, and they will be required to quarantine for 14 days (the maximum incubation time for COVID-19).

Self-care

1. Physical health
   a) Maintain balanced eating
      - Plan your meals in advance by scheduling pick-up meals at Usdan, Beckham Hall, Pi Cafe, Cardinal Cafe (located in Freeman Athletics), WeShop and Summies. Summies is open daily from 11am to 1am! For more detailed information, visit Dining.
      - **Stock healthy choices** of food and snacks in your refrigerator and kitchen
   b) Maintain an active lifestyle:
      - **Freeman Athletic Center**: Utilize the school gym and weight rooms with required physical distancing and appropriate sanitation practices. More
information about Freeman hours will be available to students after the 2 week-quarantine.

- **You can try out many free exercise programs at home!**
  + [CorePower yoga](#) – Free yoga classes are offered to everyone.
  + Blogilates- [YouTube channel](#) and website offers a massive library of pilates-style toning classes. In response to the outbreak, they created a [14-day quarantine workout plan](#).
  + HIIT workouts - [20-minute high intensity interval training (HIIT) workouts you can do at home](#).
  + Planet Fitness is offering free 20 minute workouts online and via their app. The online program is called “United We Move,” with workouts being streamed live on [Planet Fitness’s Facebook page](#) daily at 7 p.m. ET and also available to watch later, for those who cannot join in the live stream.
  + [MyFitnessPal](#) offers 7-minute At-Home workouts

2. Mental health

- Maintain a routine
- Stay active: try out the at-home workout ideas, take a walk around campus or in your backyard (try to avoid more dense areas on campus)
- Limit screen time: Did you know you can set screen time limits on your Apple devices?
- Stay connected with friends and family
- Utilize CAPs services:
  + [Community services](#)
  + Telehealth services
  + Therapy sessions (virtual and in-person)
- Try mediation through these apps:
  + [Calm](#)
  + [Headspace](#) (student discount - $9.99/year for students!)
  + [Insight Timer](#)
  + [Smiling Mind](#)
  + [Stop, Breathe & Think](#)

3. Sexual health

a) **Navigate intimate relationships**

- It’s not safe to physically connect with partners, unless you live with them on campus (i.e. your family unit).

- Here are some things to consider in navigating relationships during a pandemic!
  - Communication - there are other aspects of a relationship that are just as important as physical connection; nurture those aspects through communicating clearly, often, and consistently
- Boundaries - talk about boundaries just because we can be connected all of the time, doesn’t mean we have to. Remember to prioritize your own (and your partner’s!) alone time. Be sure to ask them how often and in what ways they’d like to interact. Remember the 5 W’s (plus an H!) of consent!
- Creativity - without physical connection as an option, seeing this as an opportunity to try new things, explore fantasies, and get creative with ways to get connected or stay connected with sexual or intimate partners. Have fun!

b) Options to Get Creative with Connecting
- Intimate Connections
  - Masturbation/Self-love
  - Talk about fantasies, kinks etc. - dream up what you would like to try once the pandemic is over!
  - Sexting
  - Sexy Video Chatting
  - Good old fashioned phone sex
- Social distant dates - watch a movie together, play a game, have lunch together outside (6 feet apart!) etc.
- Connecting doesn’t always have to include sex either! Plan virtual study dates, discuss an awesome podcast you’ve been listening too over tea, or send a crafty snail mail letter!

For more resources, please see this resource list.

c) Physical Connections in the Time of COVID
- We recognize that on-campus health guidelines and restrictions can make any intimate relationships, especially physical connections extremely challenging to navigate for those who choose to be physically intimate and sexually active. Students especially should not seek to physically connect with people outside of your immediate family unit at all during the required 2-week quarantine upon arrival on campus at the beginning of the Fall semester.
- If you would like to start a new relationship, just met someone you’d like to have sex with, or want to engage in casual sex and/or hookups, the risks should be considered very carefully. CDC recommends practicing physical distancing at this time to protect your health during this pandemic, and having sex with a person not in your family unit does not comply with recommendations for physical distancing by both the CDC and the university. The safest choice is to not have sex with a person outside your family unit at this time.
- However, if you choose to be physically intimate or decide to consider intimate physical connections with people outside of your family unit on campus (after the mandatory 2-week quarantined on campus), it is important to keep a few things in mind:
It is advisable to think of COVID-19 in the same way as STIs. If unprotected, and by definition an intimate relationship of any kind in times of COVID-19 is unprotected, you want to make sure that you do not have another unprotected relationship with anybody who has not, in the last day or two (the same as you), tested negative. More than three days after testing negative, for the next intimate contact with the new partner, wait until the next test results for both. This will require much patience. The really important point, as in STIs, is the ability to trace contacts. It is not a moral issue, but one of public health, keeping all privacy, and being careful. We want to keep ourselves and each other well to keep our campus safe for every member of our community during the Fall semester.

You should not solely rely on a negative test result since people can be exposed and asymptomatic between tests. It is critical to exercise extreme caution even with a negative test result.

Communicate with your partners if you choose to be physically intimate. Be transparent and honest with each other about any possible COVID symptoms, test results or their compliance of physical distancing and other health guidelines. Such information is important to make a well informed decision regarding physical connections, and thus consent.

If you are living in a shared space with other people on campus, you should also be communicative with members of your family unit so that they are informed and can take appropriate precaution in terms of health and safety guidelines if needed.

If you consider your risk low and decide to have sex with a person who lives outside your family unit, there are a few steps you can follow for which there is some evidence for safer sex: (Source: NASTAD & National Coalition of STD Directors)

- Avoid kissing
- Wear a face mask or cloth face covering and ask your partner to do the same
- Always use condoms to reduce your contact with saliva, semen and feces during anal and oral sex
- Reduce the number of sexual partners you have overall, and/or at the same time
- Have discussions about what you and your partner are doing to physically distance and protect yourselves and others while outside your family unit.

4. Social life

- We recognise that the health guidelines put many restrictions on students’ social life on campus, especially when guidelines regarding social gatherings have to be strictly adhered to.
- How to stay connected with family & friends:
  
  + Grab a meal with your friends
+ at dine-in locations on campus (Usdan Marketplace, Daniels Family Common & Beckham Hall)
+ outside on Foss Hill (when the weather allows) with appropriate physical distance if you are with friends outside of your family unit.
+ Outside dining locations: Summies patio, your house patios etc
  + Use different forms of communication (phone, text, video call, etc)
  + Use social media (responsibly)
- Games & activities you can do remotely with friends:
  + Virtual escape rooms
  + Multiplayer app games on IOS & Android devices
  + Virtual mini WesRave’s with friends (dance & music nights through Zoom!)
  + Watch movies & videos together on apps
  + Book clubs
  + Work out and do yoga with your friends on Zoom/Facetime/Facebook/etc
- Gatherings:
  + Sign up for programming with your friend groups on the Foss stage with SALD office
  + Come to Wesleyan Film Series on Foss stage
  + Make use of the warmer weather and gather outside of your house patio/Foss/spaces on campus

Access Campus Resources

If you have questions regarding:

1. **Residential life** (family unit contracts, contract violations and mediation, use of common space, etc): Contact the student staff within your building or area (RAs/HMs/CAs) or ResLife at reslife@wesleyan.edu.
2. **Student group activities**: SALD Office/CoCo (George Fuss)/SBC (Sam Brumer)
3. **Health services**:
   - Davidson Health Center (DHC): 860-685-4788
   - CAPS:
     - 860-685-3134 (Daytime)
     - 860-685-2910 (After Hours)
- **Campus COVID-19 hotline**: 1-888-675-2011 (toll free) 12pm - 4pm EDT
- **Middlesex Hospital**: 860-344-6000
4. **Dining on campus**: Dining
5. **International students**: OISA
6. **Accessibility**: Accessibility services
7. **Technology**: ITS
8. **Academics**:
   - Class Deans
   - Peer Advisors
   - Language Resources
- **Libraries** (Note that the libraries' stacks will be closed off to patrons for Fall 2020. Instead, Wesleyan members will request books (e-books and physical copies) through the usual library system for curb-side pick-up.)

9. **Equity Compliance Director & Deputy Title X Coordinator** (Debbie Colucci): 860-685-2456.

10. **Sexual Assault Crisis Center (SACS) - Women & Families Center**: 860-344-1474 (Office) or 1-888-999-5545

11. **Public Safety** (Work Order Submission): 860-685-3704

12. **Religious & Spiritual Life**: 860-685-2278

13. **Transportation Services**: 860-685-3788

14. **WesWell**:
   - Office of Health Education (Sierra Fowler): 860-685-2466
   - Alcohol and Other Drug Specialist: 860-685-3027

15. **WSA**
   - See the full list of senators (and committee members) on the WSA website (only available after internal elections during the 1st General Assembly in September)

At anytime, you can contact WSA committee chairs regarding your specific concerns:

- Academic Affairs - Ben Garfield (bgarfield@wesleyan.edu)
- Student Life - Anna Nguyen (anguyen01@wesleyan.edu)
- Student Group Funding - Sam Brumer (sbrumer@wesleyan.edu)
- Student Groups/Community - George Fuss (gfuss@wesleyan.edu)
- Equity & Inclusion - Ariana Baez (abaez@wesleyan.edu)