

Supporting Student's Arrival in NS

Students arriving or returning to Nova Scotia must have a plan to self-isolate for 14 days. Information on self-isolation requirements, preparation, travel precautions, tips for self-isolation, and more can be found on [Dalhousie's COVID-19 website](#).

Keeping Students Connected

A variety of programming will be offered through the holiday break to help students stay connected with each other. Virtual Speed Friending, Christmas Carol-oke and Virtual Exam Focus and Stress Relief Meditation are just a few examples of what will be offered to students both on- and off-campus. Students can learn more about holiday break programming at dal.ca/studentevents or on the [Dal Mobile app](#).

Supporting Students' Health Needs

The Student Health & Wellness Centre in Halifax will remain open with [reduced hours](#) through the holiday break, with the exception of being closed on December 25, December 26 and January 1. Students can [book appointments online](#) with doctors, nurses, same-day counsellors and the social worker.

Students located on the Agricultural Campus can book in-person and virtual appointments with Health Services through the holiday break. Up-to-date information on hours of operation, as well as contact information to book an appointment, can be found on [the Student Success Centre website](#).

Life as a university student can be stressful at the best of times. Add in the uncertainty of the Covid-19 pandemic, and we can expect students may need additional support. Student Health and Wellness has support resources in place to help address feelings of stress and anxiety, including same-day counselling, group counselling, online programs, and workshops. Information about these resources is available at dal.ca/mentalhealth.

Student Declaration of Absence Form Reminder

Instructors are reminded and encouraged to implement the *Student Declaration of Absence Form* for winter 2021 courses.

The Faculties of Engineering, Medicine, Law, Dentistry, and the College of Pharmacy will continue to be exempt from this regulation. These faculties have separate regulations to cover short- and long-term absences.

Further details about the *Student Absence Declaration Form* are available at dal.ca/studentabsence.