Biology 342: Parasitology

SYLLABUS - Fall, 2025



What is this course?

Course Description

In this course, we will examine parasites and parasitism, emphasizing the influence of parasites on the ecology and evolution of free-living species, and the role of parasites in global public health. Prerequisites: Ecology (BIOL 203) OR Genetics (BIOL 222) OR Heredity (BIOL 271). Credits: 4 (3-3).

Course Format

For the Fall of 2025, the lecture and lab are fully in person. Our assigned classroom is not set up for remote participation. Lectures this semester are Tuesdays and Thursdays from 11:00-12:15, and lab is on Tuesday from 2:00-4:50.

Biodiversity included:

Parasitism is the predominant trophic mode on earth, and the range of organisms we could study is enormous. In this course, we will focus primarily on protists, helminths and arthropods that parasitize animal hosts, particularly humans. Coverage of viruses, prokaryotes, fungi and plants is limited to considerations of parasitism and of the impact of parasites on the ecology and evolution of their hosts.

Who is teaching this course?

Contact information

Dr. Susan Bandoni Muench: bandoni@geneseo.edu

Office: ISC 332A Phone: 585-245-5309

Office hours: Tuesdays 9:00-9:50, Thursdays 2:00-2:50 (ISC 332A), Fridays 10:00-10:50, and <u>by</u>

appointment.

I hold office hours in ISC 332A, inside the Biology Office. Please note that my duties as Chair of the Biology Department sometimes require rescheduling my office hours. Watch for announcements in Brightspace.



What will you learn?

Learning Outcomes

Course learning outcomes:

Students who are active participants and complete all course requirements will be able to:

- Demonstrate through tests and on writing assignments an understanding of parasitism, including the diversity of symbiotic associations and their populational, dynamic and contextual nature.
- Demonstrate through tests and on writing assignments an understanding of views of parasites and parasitism, including social and cultural perceptions of parasitism, and varying views of parasitism among scientists from different disciplines.
- Demonstrate through quizzes, class activities and tests an understanding of the taxonomic diversity of parasites, and the universality and variety of symbiotic associations.
- Demonstrate familiarity with common protozoan and helminth parasites of humans as well as some related parasites of livestock and companion animals on quizzes, class activities and tests.

- Analyze case studies and scenarios, interpret data and use evidence to address problems in parasitology, including clinical, public health and biological issues.
- Analyze research challenges in diagnosis, treatment and control of parasitic infections in humans and in veterinary contexts through examination of evidence.
- Demonstrate an understanding of the roles of parasites and of infectious diseases on the ecology and evolution of their hosts, and of the role of symbiosis in the evolution of life on earth.

Program learning outcomes:

Students who are active participants and complete all course requirements will be able to:

- 1. Critical Thinking and Problem Solving: Students will have the knowledge base and intellectual (conceptual) framework to use reasoning and problem-solving skills to: (1) read critically; (2) evaluate support for competing hypotheses; and (3) critique experimental design.
- 2. Laboratory Inquiry and Technique: Students will have the laboratory and inquiry skills and technical ability to formulate hypotheses, design and run experiments using instruments to test
- 3. their hypotheses, and analyze and interpret the results. They will be able to build on earlier work to design further experiments.
- 4. Communication: Students will be able to communicate biological ideas from literature or their own laboratory investigations to audiences of biologists and non-biologists in a variety of formats including written reports, poster and oral presentations.
- 5. Attitudes and Personal and Professional Development: Students will recognize the importance of scientific integrity and ethical research and applications of biology to science policy. They will be able to work independently and in teams for life-long learning.
- Students will be able to demonstrate a broad and diverse background in biology and related sciences and a strong foundation for graduate and professional programs of study or employment.
- 7. Students will recognize evolution as the central tenet of biology which explains the unity and diversity of life and interrelatedness of levels of biological organization.

All of the Biology learning outcomes are addressed in this course to varying degrees, but those emphasized in this course are critical thinking and problem solving, attitudes and personal and professional development, and diverse biological content.

What will you need for this course?

Required text: Despommier DD, Griffin DO, Gwadz RW, Hotez PJ, and Knirsch CA. Parasitic Diseases, 7th edition. <u>Parasites Without Borders</u>, 2019. Available as a book from the publisher or from the Geneseo Bookstore. Also available on Amazon as a Kindle book (ISBN-10: 1097115909), and available on the <u>Parasites Without Borders</u> website as a <u>free</u> downloadable PDF file. Note that the authors of this text have produced a series of lecture videos as well, so if you prefer video lectures to reading, this is an option.

Laboratory resources: We will make extensive use of a free online resource from the Centers for Disease Control, DPDx: <u>Laboratory Identification of Parasites of Public Health Concern</u>. This site also has information useful to the lecture portion of the course. Also helpful is the <u>WHO Bench Aids for Diagnosis of Intestinal Parasites</u>.

Brightspace: Additional articles, case studies, links to videos, additional laboratory resources, and lecture presentations will be available on Brightspace. A weekly announcement provides specific information about preparing for class each week.

How will you demonstrate what you've learned in this course?

Short research paper on parasitism, parasite ecology, or parasite evolution

Evaluation — Summary Day-to-day activities (Reading quizzes, engagement assignments, reflections) Application assignments and reflections (1-2 per week) Tests (4, lowest score reduced to half weight) Laboratory class activities Laboratory (class activities, two larger tests) 15%

15%

Detailed Information About Evaluation

Below is a brief description of the quizzes, homework, in-class assignments, tests, paper, lab assignments, and presentations that contribute to your grade. This class is structured around segments of lecture interspersed with discussion in small groups or with the full class. Obtaining your first exposure to new information outside of class through independent reading and video and through other assignments will make meaningful class discussion possible. Every assignment and activity is carefully designed with a goal of assisting you to learn. If you are not seeing the purpose or benefit of what we are doing, ask me!

Day-to-Day:

Every week, there are several types of assignments to support your learning. These include multiple choice quizzes on the parasites we are discussing. These ensure that you have a foundation of essential vocabulary and an understanding of the life cyclse that will enable us to have substantial discussions in class. Most class periods, there will be a portion of a worksheet with discussion questions and practice problems (engagement assignments) that you scan and turn in after class or a brief online assignment. Except for the quizzes, these assignments are generally graded pass-fail with feedback to the class as a whole, rather than being graded. The assignments from each lecture or lab class are due whether or not you attend class unless you are working with the Dean of Students.

Application assignments

Application assignments are groups of short answer questions based on old test questions. There may be multiple choice or true-false questions, but most questions will be short answer, requiring no more than

one or two sentences. Many questions will test your ability to apply the information in the context of a case study or scenario, and some questions will require you to analyze or evaluate information. Some will be online and some will be pencil and paper assignments. Some or all of these may have a required group component. These provide an opportunity to practice the skills needed for the tests. There will be one per week. If there is an individual and a group component, you must complete the individual component first, before the group portion, or a substantial penalty will apply.

Tests

There are four tests, spread roughly equally through the semester. The format will be similar to the application assignments but longer. Often but not always, there is some choice in questions to answer.

Paper:

There will be a short paper requiring that you read primary literature addressing a host-parasite relationship or the ecological or evolutionary impact of parasites. The paper is meant to be short(5 pages) but in-depth and highly focused. Instructions will be provided separately. A series of assignments will assist you in managing this project through the semester.

Laboratory

In the laboratory, you will have observation and review assignments each week, and two larger tests. Observation assignments are designed to build your microscopy skills. Review assignments support readiness for the practical tests. Some assignments may be completed in groups. You will have the opportunity to prepare a bench aid for the larger tests, and will receive credit for these separately from questions on the test.

Presentations:

There will be several group presentations on interesting taxa of parasites that we are not able to study in greater depth. These are brief presentations in varied formats. These will count toward your lab grade.

Explanation of final grades:

Grades are determined using the scale presented below almost always without any adjustment or curve. There are no limits on numbers of high grades, and helping others can only help you and cannot hurt your grade in any way. Scores will be rounded up or down to the nearest whole number. The point distribution is the standard Geneseo distribution; Canvas is set to display this. The distribution is as follows: A: (>93%), A- (90-92%), B+ (87-89%), B (83-86%), B- (80-82), C+ (77-79), C (73-76), C- (70-72), D (60-69), E (<60%).

Appealing grades:

Any graded work may be submitted for re-evaluation along with a written appeal. Appeals must be submitted promptly, within two weeks of when the work is returned to you. The appeal should contain a brief written explanation of your concerns, including your understanding of the test question or

assignment directions and why you believe your work meets the requirements. At the time that you turn in the work for appeal, we will schedule a conference to discuss my response.

What is our schedule for the semester?

Important notes regarding the schedule

This schedule is tentative and subject to change. It is possible that changes to the schedule, assignments or content delivery mode will be necessary after the semester has started. If this is the case, be assured that I will prioritize student success and open lines of communication. Check the weekly announcements to see what is required. Generally, test dates will not change but content covered on a test may change.

Week	Tuesday lecture	Lab	Thursday lecture
1	8/26 Welcome! Let's get acquainted and get started. Symbiosis	8/26 (Re)Learning to use a microscope. Introduction to parasite slides. Getting started with amebas (time permitting)	8/28 Amebas Read: Worm Hunt Diagnosis; PCR
2	9/2 Defining parasitism	9/2 (What are protozoa?) Amebas	9/4 Flagellates Laboratory diagnosis: immunological tests
3	9/9 Defining harm	9/9 Flagellates; review amebas	9/11 Leishmaniases Diagnosis: PCR Immune system – innate
4	9/16 TEST 1	9/16 Leishmanias and trypanosomes	9/18 Trypanosomiases Immune system – adaptive
5	9/23 Immune system Virulence	9/23 Malarias and other Apicomplexans Presentations	9/25 Malaria Immune system – evasion

Week	Tuesday lecture	Lab	Thursday lecture
6	9/30	9/30	10/2
	Sanitation	Lab test	Cyclospora, Cryptosporidium
	(test 3)		<u>& Toxoplasma</u>
7	10/7	10/7	10/9
	TEST 2	Nematodes	Enterobius, Ascaris and
			<mark>whipworm</mark>
8	10/14	10/14	10/16
	Fall Break – no classes	Fall Break – no classes	Hookworms & strongyloides;
			zoonotic nematodes
9	10/21	10/21	10/23
	Wuchereria & Brugia,	Nematodes, continued	Eradication vs. Elimination;
	Onchocerca & Loa loa		Vaccines &
	Dracunculus, Trichinella		Chemotherapy
12	11/11	11/11	11/13
	Cospeciation	Tapeworms; start	Larval tapeworms
		trematodes	
		Presentations	
13	11/18	11/18	11/20
	Intestinal, liver and lung	Trematodes – intestinal and	Blood flukes
	flukes	blood flukes	
10	10/28	10/28	10/30
	Catch up and review	Filarial worms	TEST 3
11	11/4	11/4	11/6
	Tolerance	Adult tapeworms	Adult tapeworms
14	11/25	11/25	11/27
	Integrated control	Review	Thanksgiving break, no class
15	12/2	12/2	12/4
	Review	Lab test	
16	Thursday, 12/12, 12:00-		
	3:20 TEST 4		

What should you do when something out of the ordinary happens?

Attendance and expectations for class:

The lecture and laboratory sessions are in person unless I am sick and choose to go online. Attendance is strongly linked to student success, and your active participation in class is not only vital to your success, but also contributes to other students' learning. Our classroom is not set up for simultaneous local and remote participation. If you are unable to participate in person, daily assignments can be completed by working with the course materials on your own and getting assistance in office hours. Participation assignments help you stay engaged with the content, and are generally not excused if you miss class. The exception to this is if you are missing all of your classes for a week or more and working with the Dean of Students (deanstu@geneseo.edu).

Missing Tests

For tests, it will be possible to make these up within a day or two. However, if you are unable to make up a test quickly, you will need to take a different test. Please plan to meet with me at the earliest possible opportunity, and be prepared to propose and discuss solutions.

Missing Day-to-Day assignments:

Due dates for day-to-day assignments vary in flexibility. Assignments that prepare you for class may have penalties for not completing them on time. This is particularly true for assignments that you do first individually and then as a group. Assignments that are reflective in nature can be turned in late without penalty, but not usually after the test for which they are relevant. The table below indicates assignments that do and do not have late penalties associated. Please contact me as soon as possible when you are having trouble completing day-to-day assignments, and be prepared to propose and discuss solutions. If you will be unable to complete course work for a week or more, please contact me along with the Dean of Students (deanstu@geneseo.edu). If you are working with Accessibility Services and have accommodations related to due dates or class attendance, please meet with me early in the semester to discuss the supports that you need.

Assignment or Quiz	Due	Penalty/No penalty
Preparation Quiz	Start of class	Maximum 50% if completed after class
Application Assignment	Start of class	Maximum 50% if completed after class unless absent for class.
Reflective Assignment	One week after class	Flexible until day of next test

Assignment or Quiz	Due	Penalty/No penalty
Engagement Assignments	One week after class	Flexible until day of next test
Observation assignment (lab)	Due at end of class	No penalty with explanation for extension up until lab test.
Review assignment (lab)	Due at end of class	No penalty with explanation for extension up until lab test.
Project assignments	Target and final deadlines	After final deadline, missing assignments earn zero.

Missing laboratory guizzes and tests or accommodations for these

Setting up practical quizzes and tests can be very time-consuming. Missing these will usually mean taking a modified test identifying photographs rather than microscope slides. Some students find this task more difficult. Without jeopardizing your physical or mental health or the health of others in our class, you should make every effort to attend on days when the larger practical tests are scheduled. Note that lab tests cannot be given in the Testing Center without a change in format that may be disadvantaging. Please consult with me early and we can work with the Office of Accessibility Services to determine how best to meet your needs within the constraints of the course and materials.

Extensions on the Paper:

Because the project is due near the end of the semester, extensions on the paper will be limited; solutions may require an initial grade of incomplete until the project is finished. Please contact me as soon as you know there is a problem so we can work out a solution together.

What academic support and assistance is available to you?

Communication:

A weekly email will provide information on the topics and assignments for the following week. Check Brightspace announcements regularly, and set up Brightspace to provide daily updates via email or text message to ensure that you receive updates or changes to the schedule.

Besides drop-in office hours, the fastest way to get in touch with me is via e-mail. To preserve my work-life balance, I may delay answering emails sent after 5 pm or on the weekends until the start of the next business day. If I am unable to respond to a question about a quiz or assignment quickly, I will consider this before applying any late penalty.

Accessibility

SUNY Geneseo is dedicated to providing an equitable and inclusive educational experience for all students. The Office of Accessibility (OAS) will coordinate reasonable accommodations for persons with disabilities to ensure equal access to academic programs, activities, and services at Geneseo.

Students with approved accommodations may submit a <u>semester request</u> to renew their academic accommodations. More information on the process for <u>requesting academic accommodations</u> is on the OAS website.

Office of Accessibility Services
Erwin Hall 22
585-245-5112
access@geneseo.edu

Academic Support Services

For this course, the most important resource for help is your instructor. Office hours are intended for use, and the best way to get help is to ask. Lab also provides an opportunity to seek help with lecture as well as lab.

The Navigate Student App is the student-facing platform that offers a wide range of resources including study buddies, to do's & events, and more. You can download the Navigate Student App at the Apple or Google Play app store. You can also find the Navigate Student content on your computer: geneseo.navigate.eab.com.

The college offers a number of peer mentoring programs that are designed to reinforce good academic habits. These include:

- <u>Academic Peer Mentors in the Office of Advising</u> provide students with promising study strategies and can host on-going appointments with students seeking an "accountability buddy"
- The Leadership in Academic Success workshop series sponsored by the GOLD Leadership Program
 introduces students to a variety of study skills, time management techniques, and instruction on
 how to access campus resources for academic and career guidance. A <u>full list of GOLD</u>
 workshops can be accessed online.

Library Research Help

Milne Library has an award-winning staff trained in finding the best information using library resources and advanced search strategies. Students may ask questions about using library services, locating materials, or conducting research projects. There is a librarian who specializes in the subject matter for each major. Students can book a research help meeting during the librarians' office hours or <u>email their questions</u>. Learn more at the <u>Library's website</u>.

Sherry Larson-Rhodes is the librarian for this course. She can meet with you to find information, format citations, and brainstorm and narrow your research topics. You can schedule a meeting with her (in-person or online) at https://geneseo.libcal.com/appointments/aotero. You may request a different meeting time by emailing her at rhodes@geneseo.edu. As instructor for this course, I can also provide assistance with library research help during office hours or lab.

Technology Support

<u>CIT provides a range of technology support resources</u>. For assistance with your computer or mobile device, visit the CIT HelpDesk in Milne Library. Geneseo students, faculty and staff have free access to the entire <u>LinkedIn Learning training library</u> (over 7,500 courses, including tutorials for software, digital tools, web development, programming, and design) through Geneseo's site license.

Getting Help with Brightspace

CIT has developed a number of resources that can help you learn how to use our new learning management system, Brightspace. All students are automatically enrolled in "Geneseo's Introduction to Brightspace for Students" course, a course intended to introduce learners to Brightspace and review its basic functionality. Following successful completion of this course, learners will receive a digital certificate of completion that can be provided to faculty members, upon request. There is also the Student Guide for Brightspace at Geneseo self-help article, which includes links to video tutorials for common tasks. For technical assistance with Brightspace, please email the Brightspace Support Team. For questions about a course and its content, please contact the instructor directly.

Student Course Experience (SCE) Survey

During the last week of the semester, students are invited and encouraged to complete a four-item course experience survey through KnightWeb. Responses are completely anonymous at all times, and the results are only shared with instructors after final grades have been submitted. Instructors use the feedback to improve their courses in the future, and results from the SCE surveys are included in faculty portfolios used in renewal, tenure and promotion decisions. To participate: In a web browser, visit MyGeneseo. Select KnightWeb, Surveys, then SCE (formerly SOFI) Surveys. You are welcome to submit responses for each course listed.

How do we maintain a respectful classroom environment?

SUNY Geneseo's Commitments, Mission and Values

SUNY Geneseo has several core documents that articulate our shared commitments and learning objectives. These include:

SUNY Geneseo Mission, Vision and Values

- Community Commitment to Diversity, Equity, and Inclusion
- Sustainability as a Core Value
- Geneseo Learning Outcomes for Baccalaureate Education

Land Acknowledgment

Land acknowledgements are expressions of sorrow and remembrance to those whose historic territory one resides on. Geneseo resides on the homeland of the Seneca Nation of Indians and Tonawanda Seneca Nation. I encourage you to learn more about these original occupants and those indigenous to other places you have lived. You may consider using the Native Land app and/or websites such as sni.org to learn more about the community of more than 7,000 enrolled Indigenous Peoples.

Religious observances

New York State Education Law 224-a stipulates that "any student in an institution of higher education who is unable, because of [their] religious beliefs, to attend classes on a particular day or days shall, because of such absence on the particular day or days, be excused from any examination or any study or work requirements" (see General Classroom Policies for more information). SUNY Geneseo has a commitment to inclusion and belonging, and I want to stress my respect for the diverse identities and faith traditions of students in my class. If you anticipate an absence due to religious observations, please contact me as soon as possible in advance to discuss your needs and arrange make up plans. The New York State Department of Civil Service maintains a calendar of major religious observations.

Military Obligations and Class Attendance

Federal and New York State law requires institutions of higher education to provide an excused leave of absence from classes without penalty to students enrolled in the National Guard or armed forces reserves who are called to active duty. If you are called to active military duty and need to miss classes, please let me know and consult as soon as possible with the Dean of Students.

Accommodations for English language learners:

Individuals who have been using English as the primary language of instruction for 6 years or fewer and are actively working to improve English fluency may receive extra time on in-class tests and online quizzes. Please see me for assistance early in the semester if this applies.

Guidelines for Attendance and Public Health

As we continue to deal with variants of the COVID-19 virus and other contagious respiratory illnesses, I share these expectations for classroom attendance and protecting public health. SUNY Geneseo is a residential liberal arts college where we all learn together in a shared space. Because I want you to be successful and because I value your contribution to the course, I expect you to prioritize attendance. However, please also keep in mind that some in our group may be at higher risk of complications, and others may live or work with people who are more fragile. Please consult the <u>guidelines from the Center for Disease Control</u> for precautions when sick with flu, COVID and other illnesses to decide when to come

to class and when to stay home. Frequent absences may impact your ability to realize your full potential in this class. For extended absences (i.e., more than a couple of days of classes), you should contact the Dean of Students (deanstu@geneseo.edu) who can assist with reaching out to faculty.

Diversity and inclusion

Parasitology is about people as well as about fascinating organisms and the diseases that they cause. I intend for this course to serve students from all backgrounds and with different perspectives. Student diversity is an asset and a resource, and benefits everyone here, and our class discussion benefits from each person bringing their unique life experiences. It is my intent for course activities to be respectful of diversity including gender, sexual orientation, ability, age, socioeconomic status, ethnicity, race, culture, religion and other background characteristics. I have designed instruction in this course to support the needs of diverse learners. I welcome discussion and feedback about how the instructional approach works for you, and let me know if you have suggestions for increasing learning or inclusivity in this course.

Inclusive language:

Parasitology is about people as well as about biodiversity and disease, and the use of inclusive language contributes to creating an environment conducive to learning for everyone. This will include use of individuals' preferred names and pronouns, use of group descriptors preferred by members of that group, and using language that is people-centered and non-discriminatory. Especially critical in the context of Parasitology is using non-judgmental descriptions of human behavior. Inclusive language is dynamic and socially constructed, and requires living with tension as we learn from each other in community.

Bias-Related Incidents

At SUNY Geneseo, we want to provide a space where everyone feels welcome to learn and grow in their identities as well as in their role as students, faculty, and staff. If you witness or experience an incident of bias, we encourage you to reach out to the Chief Diversity Officer, Dr. Rodman King (rking@geneseo.edu), or Clifton Harcum (charcum@geneseo.edu), Director of Multicultural Affairs, and/or our University Police Department. You may also choose to report it through the bias-related incident reporting form. In trying to create an environment that facilitates growth through diverse thoughts and ideas, reporting incidents of bias - including threats, vandalism, and microaggressive behaviors - can help bring a better understanding of our campus climate as well as provide opportunities for learning and restoring harm.

Academic integrity:

Geneseo's Milne Library offers an online tutorial to help students understand how to paraphrase, quote, cite outside sources, and use AI properly. The tutorial is meant to educate about the importance of using

original ideas and language, and how to incorporate paraphrases and quotes into writing. <u>Access the</u> Plagiarism Tutorial using this link.

Academic dishonesty includes cheating, knowingly providing false information, plagiarizing, and any other form of academic misrepresentation. College policies and procedures regarding academic dishonesty are available online.

Generative Artificial intelligence (AI), such as campus-supported Copilot, may be used for some assignments with appropriate citation, but NOT for the reflective assignments, presentations or most components of the paper. If you are in doubt as to whether you are using generative AI appropriately in this course, I encourage you to discuss your situation with me. Guidance for citing AI-generated content is available. You are responsible for fact-checking claims and sources generated by AI tools.

Copyrighted materials:

Many of the materials that are provided to students in this course have been created by your instructor or by authors of published sources excerpted under educational fair use. You should assume that all course materials are protected by legal copyright. Copyright protection means that reproduction of this material is prohibited without the author's consent. Thus, you are prohibited from sharing or posting copyrighted material to any websites outside of our course Brightspace site. Also prohibited is sharing materials with more limited groups (e.g., sorority/fraternity test bank), as is feeding instructor-provided course materials into any AI tool other than our campus Copilot which carries protections for copyrighted material.

How can you take care of yourself this semester? Health and Well-being

Well-Being

Prioritizing well-being can support the achievement of academic goals and alleviate stress. Eating nutritious foods, getting enough sleep, exercising, avoiding drugs and alcohol, maintaining healthy relationships, and building in time to relax all help promote a healthy lifestyle and general well-being. Your health and wellbeing are foundational to your ability to learn, and if you find that you are feeling unwell (physically or mentally) and it is impacting your ability to complete your coursework, please reach out. In a similar way, I will occasionally ask for some patience and flexibility on your part.

If I am slow responding to an email, if I take some time to grade an assignment, or if I am a bit late posting course materials, please be patient (and feel free to send me a 'nudge'; I will not be offended). You will never suffer any disadvantage in the course because of delays on my part. Remember that we are all in this together.

A Discipline-Specific Concern About Well-Being:

Even though we will discuss diagnosis throughout the course, you will not be qualified to diagnose parasitic diseases on completion of this course. It is especially important not to use the class as an

opportunity to self-diagnose. If you believe that you have a parasite infection, please consult a physician. This course may not be a good choice for anyone who has received a diagnosis of Morgellon's disease or delusional parasitosis.

Basic Needs Statement

In order to foster a sense of belonging and connection, a state of financial, mental, emotional and physical stability must be achieved. If you are facing food insecurity, displacement, an emergency, crisis, or health-related or medical expense, you are not alone. Concerns about academic performance, health situations, family health and wellness (including the loss of a loved one), interpersonal relationships and commitments, and other factors can contribute to stress. Students are strongly encouraged to communicate their needs to faculty and staff and seek support if they are experiencing unmanageable stress or are having difficulties with daily functioning. The Dean of Students (585-245-5706) can assist and provide direction to appropriate campus resources. For more information, visit the Dean of Students Office website.

Mental Health

As a student, you may experience a range of challenges that can impact your mental health and thus impact your learning; common examples include increased anxiety, shifts in mood, strained relationships, difficulties related to substance use, trouble concentrating, and lack of motivation, among many others. These experiences may reduce your ability to participate fully in daily activities and affect your academic performance.

SUNY Geneseo offers free, confidential counseling for students through Student Health and Counseling, and seeking support for your mental health can be key to your success at college. You can learn more about the <u>various mental health services available on campus online</u>. To request a counseling appointment, please <u>complete the online form</u> on the linked page.

Food Security for SUNY Geneseo Students

There are resources available for students who are food insecure. If you're unfamiliar with the phrase "food insecurity," you can learn more at the following link on Feeding America's website: <u>Understanding Food Insecurity</u>. <u>The Pantry at Geneseo</u>, our on-campus food pantry, can provide a monthly bag of food to students who are food insecure. <u>Submit a request here</u> and interns from the food pantry will connect directly with you to communicate next steps and the time of your pick up. Pickups will take place in the MacVittie College Union, Room 114 - the GOLD Leadership Center. Students are also able to access the <u>Geneseo-Groveland Emergency Food Pantry</u> on their own if that is their preference. It is located at 31 Center St. and is open Tuesdays and Thursdays 10 AM - 2 PM and Wednesdays 4 - 6:30 PM. If you have any questions about this process or anything relating to food insecurity, or have a need beyond what is

outlined above, please reach out to <u>knightsharvest@geneseo.edu</u> or phone the food pantry at 585-245-5893 or the Dean of Students at 585-245-5706.

Emergency Funding

The college has three sources of emergency funding for students experiencing short-term financial crises. The <u>Camiolo Student Emergency Loan Fund (SELF)</u> provides short-term loans to students for situations both temporary and beyond their control. The <u>One Knight Student Aid Emergency Fund</u> assists Geneseo students who are facing financial emergencies. The fund offers grants (one-time award) depending on a student's documented financial need. For those students expecting financial aid, a Temple Hill loan of up to \$500 can be offered prior to the approved loan dispersal. If you are experiencing financial hardship, please contact the Dean of Students (585-245-5706), who can assist and provide direction to appropriate campus resources.