

# Resources for You!

## Biology

### Academic Support On-Campus

Tri-Beta Mentoring: [beta@geneseo.edu](mailto:beta@geneseo.edu)

[Academic Peer Mentors](#)

[Supplementary Instructor Sessions](#)

[Academic Planning and Advising Office](#)

Go to office hours - we're here to help!

### Off-Campus Support & Mentoring

[STAR-NY tutoring](#)

[National Institute of Health: Mentoring](#)

[Project Short](#): Pre-Health Mentoring

### Changing our Study Perspective

Growth Mindset: [Video](#) and [Poster](#)

[Benefits of taking notes](#)

[Study smarter](#) from [Make It Stick](#)

### Get Involved...

[GROW STEM](#)

[McNair Scholars Program](#)

National Science Foundation:

[Research Experience for Undergrads](#)

[Geneseo Allies for Social Justice and Diversity](#)

### Understanding & Managing Stress

*Mental health & mental hygiene are for everyone.*

Coping with Stress: [CDC Resources](#)

[Student Health & Counseling](#)

[Student Emergency Loan Fund](#)

[Cares Act Emergency Grant](#)

Contact the [Dean of Students](#) to discuss non-academic concerns that are interfering with success in class.

[Student Aid Emergency Fund](#)



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## Build Your Team

Seek support when you need it  
**and before** you need it.