



SCU CARE

Compassionate And Responsive Educators

Culture of CARE



What is a culture of CARE?

As a Jesuit institution, one of our leading values is *cura personalis*, a Latin phrase meaning "care for the whole person". Caring for the personal development of the entire person (emotional, mental, spiritual, physical) is a community effort including support from families, peers, faculty, and staff. When there are concerns that a student may be struggling, it is important that we come together as a community to offer support.

SCU's Culture of CARE (*Compassionate and Responsive Educators*) embodies the University's commitment to supporting our students by helping them find the resources to build resilience and overcome challenges.

Learn more about the program [here](#).

What kind of support is available?

- Academic support
- Emotional support
- Support while going through a personal challenge (*death of a loved one, anxiety, etc.*)
- Support after a traumatic experience
- Food Security support

...and so much more. If you are unsure if you or another Bronco could use additional support, please reach out to the Office of Student Life by emailing osl@scu.edu or filling out [this form](#).

CULTURE OF CARE

Students Supporting Students

If you or someone you know....



STUDENT OF CONCERN

... may be struggling with personal, emotional, or academic difficulties or who may be exhibiting concerning behavior, please submit the "Student of Concern" reporting form*.



FOOD INSECURITY

... is experiencing food insecurity, please submit the "Food Insecurity" form*. Through the Office of Student Life, students have the opportunity to gain donated Flex Dining Points, gift cards to local stores, and/or access to the Bronco Food Pantry.



BIAS INCIDENT

... has been a victim of and/or witnessed an incident of bias, please submit an online report*. These incidents may not only be in violation of the Student Conduct Code, but can have long term effects on the victim(s), and corrode our community.

If you are unsure if someone needs help, please reach out to the Office of Student Life.



*Reports can be submitted anonymously



Where to Seek Help

For yourself or another Bronco



- Talk to a trusted professor or Residence Life staff member
- Campus Ministry
- Cowell Center & Counseling and Psychological Services (CAPS)*
- Drahmman Center
- LEAD Scholars Program
- Office for Multicultural Learning
- Office of Student Life
- Wellness Center*

A (*) indicates a confidential resource

How to Support a Fellow Bronco

Check-in.

If you notice something seems off with another Bronco, genuinely ask them if they are doing okay and note what you have observed that caused you concern (not eating as much, not sleeping enough, more sensitive than usual, etc.). Talk in private and in a quiet space where you both can speak freely. Remember to approach with care, concern, and empathy (check out [this video](#) to learn about the difference between empathy and sympathy) .

Listen and Offer Support.

Put your phone and any other distractions aside and listen attentively. Your role here is to listen with compassion and help connect them to the right resource, not be a counselor or confidential source. Try to not jump to solutions - focus on options, not advice. Offer to help connect them to the right resource or support system. This can be achieved by helping them look up the phone number, the email address, or walk with them to the location. Know that they may not yet be ready to take action in connecting with a support service but they surely will appreciate knowing that you noticed something was off. Don't let the conversation end. Check in often to see how things are going and continue to offer to help them find the right resources.

Seek Advice.

Talk to a trusted person about your concerns and reach out to resources to get more information. Your role is to be a caring friend. Let the professionals step in to offer their expertise to help support your friend and you along the way. Not sure where to start? Submit [this form](#).



YOU DON'T HAVE
TO DO IT ALL BY
YOURSELF.



SCU CARE

Compassionate And Responsive Educators

