

# Resources

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## 1 Content Resources

## 2 Study and Professional Skills Resources

[Website: SASC General Study Strategies](#)

[Video: how to get the most out of studying](#)

[Article: how to take notes](#)

[Article: the Urgent/Important Matrix for prioritization](#)

[Video: the Urgent/Important Matrix for prioritization](#)

## 3 Mental Health Resources

### 3.1 Self-care and stress resources

[Self-care flow chart](#)

[Bates College well-being site](#)

## 3.2 Crisis resources

[Bates Counseling and Psychological Services](#)

[Bates Title IX and Civil Rights Compliance Office](#): If you are experiencing harassment or discrimination, you can get help here.

Please note that I am a responsible reporter, which means that I am required to share with the Title IX Coordinator “all knowledge of discrimination harassment, and/or retaliation witnessed or shared with” me.

You can always choose what you reveal to me if you come to speak with me about something that’s going on. I won’t ever insist that you tell me details that you don’t wish to share.

The [confidential Resource Advisor](#) is not required to disclose, and is a great resource if you’re facing something big and need some guidance.