

Trainings from Skorton Center and Cornell Health for Orientation Leaders:

Cornell Community Essentials

All new undergraduate students (first-year and transfer) are required to watch this program and completion is required.

In this program, you will hear from students, staff, and faculty members about their own introductions to college life, and learn about the university's community standards, expectations, and the importance of treating each other with respect. Discover numerous ways to navigate life at Cornell, socialize, find balance, deal with setbacks, and take advantage of the multitude of campus resources.

è [Enroll in the course here](#)

For any technical difficulties, please contact: canvas@cornell.edu

Online Alcohol Education for New Students

This training is one of the items on the Cornell New Student To Do List. This online educational training is new as of July 2020 and first-year and transfer students are asked to complete the training by August 23, 2020.

This program focuses on the experience of Cornell students and provides essential information that all new students (first-year and transfer students) need to understand, whether or not you plan to drink alcohol or use other drugs.

This program will explore a range of issues, including questions such as:

- How much do Cornell students drink?
- How many Cornell students use marijuana or other recreational drugs?
- How many Cornell students use "study drugs" like Adderall?
- What is Cornell's Good Samaritan Protocol, and how do you know if someone is sick enough to need emergency help?
- How do you know if someone has an alcohol or other drug problem, and where can you turn for help?

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A Cornell Health Overview: Fall 2020 Edition

Online course for Fall 2020; designed for undergraduate, graduate and professional students; open to all Cornell community members

Takes approximately 10 minutes

This Cornell Health overview provides information about the medical and mental health services available to Cornell students during the Fall 2020 semester. This program highlights COVID-19 and non-COVID-19 related health care options, when and how to access services, information about student health insurance and costs, along with 24/7 resources.

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Life Hacks: College Edition

Online course for Fall 2020; designed for undergraduate students; open to all Cornell community members

Takes approximately 60 minutes

College is a time of many new experiences including academic, social and personal ones. "Life Hacks: College Edition" is designed to provide you with information on a variety of tips, tools, and resources to help you develop strategies and habits to support your overall mental health and well-being in order to successfully navigate your time at Cornell.

This online program was developed specifically for the Fall 2020 semester and the realities of living during the COVID-19 pandemic, the resulting economic downturn, and the renewed activism addressing the systemic racism embedded in American society.

It is important to recognize that stress is a part of life, not all stress is bad, and that the goal is to learn to manage stress well by using the strategies summarized in the program's Resilience Pyramid. Utilizing several modalities, including narrated PowerPoint slides, short videos, and ungraded quizzes emphasizing learning points, students will delve into daily health practices, opportunities to make social connections, and self-reflection techniques to guide time management and promote growth mindset thinking, meaning-making, and finding purpose. In addition to highlighting some of the particular challenges inherent to the college student experience, the differential experiences of BIPOC (Black, Indigenous, People Of Color) are acknowledged and considered in the suggested strategies and practices to help keep stress in check, find a sense of belonging, and journey toward one's purpose.

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Notice and Respond: Friend 2 Friend for Undergraduates - Fall 2020 Edition

Online course for Fall 2020; designed for undergraduate students; open to all Cornell community members

Takes approximately 30 minutes

This online bystander intervention program was developed specifically for the Fall 2020 semester and the realities of living during the COVID-19 pandemic, the resulting economic downturn, and the renewed activism addressing the systemic racism embedded in American Society.

Through the use of narrated PowerPoint slides undergraduate students go through examples of concern, urgent and emergency level mental health situations they may encounter in a friend, classmate or roommate. These scenarios highlight the signs one might notice and the ways one might respond verbally in the moment, encourage help-seeking, endorse various campus resources and help the person get connected to these. Additionally, students learn when and how to ask about suicide and that asking directly about suicide does not increase risk for the person asked. Campus resources by distress level are also reviewed.

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