Dear UAA students,

As the semester heats up and the weather cools down it is a challenging time for all of us to stay focused, productive, and well. College during COVID is a challenge, but UAA is here to help. Please check out these Mental Health and Well-Being Resources if you are feeling overwhelmed or just need some help getting through the semester. And don't hesitate to reach out to the Learning Commons if you need some help in your classes. Successful Seawolves know when to ask for help.

I wish you all the best completing your classes this semester.
Claudia

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