

PHYS 110 – Week 2

Today:

- Jeffrey Graham (Counseling Center)
- Mentor breakout (discuss survey)

No class next week: Labor Day

Resources

UIUC:

- Telehelp (online counseling for students with United Healthcare): <http://telehelp4students.com>
- Counseling Center: **(217) 333-3704** (pro tip: call at 8am as they only make same-day appointments) or <https://counselingcenter.illinois.edu/counseling>
- UIUC Psych Department's List of Covid-19 Mental Health Resources: <https://docs.google.com/document/d/1-TafDvSzmPdyxWhrbxOjLxDgFNlZHaQIX6cCKC3dcKU/edit#heading=h.bnwfewihv1z3>
- DRES Mental Health Resources: **(217) 333-1970** or <http://disability.illinois.edu/health/mental-health-resources>
- McKinley Health Center Mental Health: Appointments (only by phone): **(217) 333-2701**
Website: <https://mckinley.illinois.edu/medical-services/mental-health> Emergency: **(217) 359-4141**
- Psychological Services Center: **(217) 333-0041** or <http://psc.illinois.edu>
- Campus Well-Being Services: **(217) 265-9355** or <http://humanresources.illinois.edu/campus-wellbeing-services/about.html>

RSOs:

- NAMI: <https://www.facebook.com/namioncampusuiuc/>
- Active Minds: <https://www.facebook.com/ActiveMindsUIUC/> or <https://www.activeminds.org/chapter/university-of-illinois-at-urbana-champaign/>
- STEM Mental Health Group: <https://discord.gg/57uQCBT>
- MannMukti: <https://www.facebook.com/MannMuktiUIUC/> or <https://www.instagram.com/mannmuktiuiuc/>

Resources

Local and State:

- 24/7 Champaign-Urbana Crisis Helpline: **1-217-359-4141**
- Rosecrance Substance/Mental Health Helpline: **1-866-330-8729** or [rosecrance.org](https://www.rosecrance.org) for more services
- Illinois Warm Line: **1-866-359-7953** or illinoismentalhealthcollaborative.com
- NAMI Champaign: **(217) 419-5345** or <http://www.namichampaign.org>

LGBTQ+ National Resources:

- Trevor Project Support Center: https://www.thetrevorproject.org/trvr_support_center/mental-health/
- LGBT National Youth Talkline: **1-800-246-7743**
- NAMI: <https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/LGBTQI>

National:

- 24/7 Crisis Helpline: **1-800-273-8255**
- 24/7 Crisis Textline: Text **HELLO** to **741741** or www.crisistextline.com
- NAMI Helpline: **800-950-6264**
- Website for finding mental health Medical Providers: www.psychologytoday.com/us
- National Suicide Hotline (Not trained to handle all crises): **1-800-273-8255**
- **Call 911 if there is a mental health and/or life-threatening emergency.**

Resources



Ms. Merissa Milton
Physics Department Senior
Academic Advisor
majones2@illinois.edu
290W Loomis

Merissa Milton:

- Dropping class/lightening your schedule
- Medical Withdrawal
- Dean of Students Office
- Can get you in touch with great administrative resources!



USE TIME WISELY

Online Time Management Workshop

We know it's not easy to stay focused right now, so we've put together an online version of our time management workshop. Access it anytime!



<http://counselingcenter.illinois.edu/>

CCP INSTRUCTORS

Jeffrey Graham, M.A. - CCP Program Coordinator



I have served as the Program Coordinator since Fall 2016. I have spent almost 10 years in higher education, including in college admissions, academic advising, and teaching. During that time, I also gained as a part-time hospital-based addiction recovery counselor. I earned my B.A. in History (Social Sciences) Education and Theatre Education from Illinois State University and my M.A. in Clinical Mental Health Counseling from Adams State University. Being program coordinator has afforded me the opportunity to combine my passions for education and mental health.

As an instructor, I aim to be collaborative and experiential; I also use critical pedagogy techniques when appropriate, giving students the space to consider their roles in their education and social environments. From a counseling standpoint, I tend favor cognitive behavioral, person-centered, and mindfulness techniques. I look forward to working with the CCP program and integrating my professional experience into my responsibilities.

iClicker question #2

Let's try this iClicker thing again. I brought my iClicker to class today:

A: yes

B: no

C: iClicker, what's an iClicker?



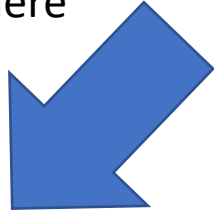
Breakout rooms

- Discuss mental health survey
- Return to this Zoom in about 10 minutes!

Mentor group 1 – outside steps

Abbamonte, Cecilia

Assemble
here



Abi-Karam, Joseph Jean-Pierre

Carey, Aidan Matthew

Carmona, Kishin Michael

Dunham, Dylan Alexander

Eckstein, James Kenzo

Heredia, Michael Adams

Hofmann, Gage

Kozintsev, Daniel

Kshatriya, Akash

More, Shubham Vishwas

Morrison, Aidan Marx

Santiago Vazquez, Lorenzo

Savalia, Yash Shailesh

Sweeney, Michael

Szczerba, Michal

Wang, Yifan

Warner, Derek

Jiang, Junyi

Miller, Claire

Wei, Toaran

Mentor group 2 – 137 Loomis

Aldrees, Nawaf Abdullah

Singhal, Yaashnaa

Assemble
here



Allen, Eleanor Ann

Burda, Jefferson Shamet

Chanan, Shivjeet

Di Cristofano, Alex

Egly, Matthew Kevin

He, Andrew Ray

Hood, Zachary Allen

Kompella, Vedanta Vishnu

Kubakh, Martha T

Mohapatra, Om

Muthu Subramanian, Pranav Shrinivas

Salzetta, Marco Christian

Schmitt, Matthew Dean

Sudhaman, Shishir

Tort Serrataco, Javier

Wang, Xinyue

Wei, Chenhao

Hu, Ruilin

Lin, Calvin

White, Marshall

Mentor group 3 – 35 Loomis

Banerjee, Tathagata

Raina, Anmol

Anand, Rohith Sudarshan

Bseiso, Sary

Chang, Chieh

Dayalani, Karan

Fajardo, Chandler Kyle

Han, Andrews Kong

Hurst, Nicholas J

Kittivanichkulchai, Hannah Elizabeth

Lan, Minghao

Milicevic, Milenko

Nair Rajeev, Varun

Rosentel, Joseph Kenneth, III

Schreiber, Charles Maximillian

Su, Lyuwei

Tsai, Chia-Ho

Wang, Xingyu

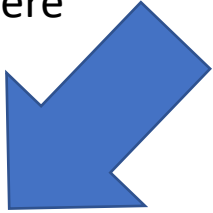
Wilberg, Richard S

Hoag, Michael

Lopez, Moises

Yang, Xin

Assemble
here



Mentor group 4 – 32 Loomis

Shaw, Ashley

Pillai, Jaydeep Rajeev

Anderson, Morgan

Bose, Shivaditya

Chaturvedi, Aarnav

Crandall, Liam Sean

Fernandes, Nicolas Frazao

Hamilton, Nicholas Scott

Hutchins, Elise Lynnea

Khot, Ayush Rajendra

Li, Luke Boling

Mason, Samuel Alexander

Narasimhan, Rohan

Roberts, Alexander Sterling

Shaffer, Alexander Winslow

Spath, Alexander K

Ursu, Alexander Ermil

Wang, Haotian

Wu, Heyun

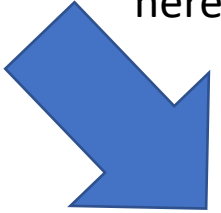
Ejjagiri, Yash

Lyu, Steve

Yu, Cheng

Zhang, Jerry

Assemble
here



Mentor group 5 – 64 Loomis

Dallal, Tamar Aziza

Patterson, Gillian Sloane

Aramanekoppa, Aniruddha Girish

Biju Sebastian, Ryan

Chen, Peng

Coughlin, Matthew Charles

Foley, Declan John

Gutknecht, Emily Rose

Jaiswal, Kanishk Chinmay

Kaushik, Vishvesh Ramaswamy

Li, Sizhe

Manley, Eric Timothy

Nibhanupudi, Spoorthi

Rheintgen, Michael A

Shaw, Ashley Michelle

Solheim, Eric Riley

Ursu, Tudor Gabriel

Wang, Chengyi

Xu, Yiwei

Chapman, Joe

Fehr, Matt

Semersky, Ryan

Mentor group 6 - here

Patel, Sahaj

Baek, Woongjae

Bianchi, Matthew Gerard

Chimaladinne, Sudhish K

Corral, Isaac Isaiah

Garg, Shorya

Gupta, Vinit

Jammi, Shreyas

Kang, Hangoo

Lin, Jeremiah

Mande, Aarav Amit

Ning, Yuxin

Raymundi Pinheiro, Natalia

Sherman, Elliot Henry

Sivakumar, Rishi

Vaidya, Arjun Milind

Wang, Cheng

Yang, Yu

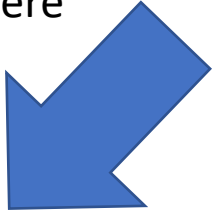
Zhou, Harry Yian

Arora, Aryan

Flores, Tomas

Su, Yue

Assemble
here



Assemble
here



Mentor group 7 - here

Gonzalez, Antonio Miguel

Olson, Margaret Solveig

Balicki, August Johnson

Bhullar, Armaan Rajab

Chit-Arkah, Siravid

Cook, Anne Lauren

Glasheen, August Dolan

Gupta, Siddharth

Jayanth, Janani Sumitra

Kang, Haaneol

Lybarger, Haddon Matthew

Mamaril, Caitlin Meora Aniceto

Norlander, Michael Gustav

Rao, Shreyas Sudarshan

Shim, Jung Moo

Sinha, Soham

Varghese Vellara, Vinay

Wang, Allen

Yin, Hanlin

Zhang, Ruoyou

Blodgett, Peyton

Gudi, Atharv

Wan, Yuxuan

Mentor group 8 – here

Kelly, Christian E

O'Leary, Daniel Joseph

Barry, John Wesley

Bhakat, Anay

Chiu, Jolim

Coelho De Souza Krzonkalla, Rafael

Goel, Lakshman

Guan, Ysabel

Jeeninga, Elizabeth M

Kalyanaraman, Hrishikesh

Maatah, Ahmad Y

Malka, Yoav

Okrzesik, Michael Joseph

Raghavendra, Savya

Siddiqui, Ebaad Hamid

Singh, Prerana

Vasisht, Ojas

Vogt, Nathan

You, Boyu

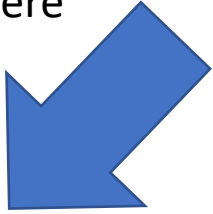
Zhang, Jialin

Hahn, Adam

Li, Jaden

Wang, Weikuan

Assemble
here



Assemble
here



Mentor group 9 – here

Li, Shunjie

Bhatia, Kunal

Baysore, Joshua Mark

Benson, John James

Choi, Hyongjoo

Chou, Cheng-Ting

Goodwin, Hulya Yasmin

Granat, Jackson Everett

Julian, Michael Waldron

Kadiri, Thejas S

Mahaadev, Pranav

Makatura, Robert Albert, III

Pinkayan, Punn

Radecki, Martin Jack

Silberman, Joseph Robert

Sillah, Najeo Mary

Vasko, Jason R

Vazquez, Mauricio

Yun, Felix

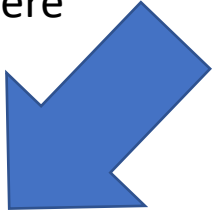
Zhang, Jiahao

Bosco, Logan

Hoseini, Soroush

Wang, Zijian

Assemble
here



Online? Join Zoom breakout
room with mentor