

COVID-19: Our Community Will Get Through This Together

COVID-19 Student Resources

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Student Resources

Remote Course Instruction

With sincere gratitude for the outstanding work of our student body, we will **transition from our temporary remote teaching mode and resume in-person/hybrid teaching on Wednesday, Oct. 14.**

What the Public Health Order Means for You

Boulder County Public Health announced a [new public health order](#) that is gradually providing flexibility on gatherings for 18-22 year-olds in the City of Boulder. This means everything is staying “as-is” until at least Tuesday, Oct. 13. On that day, Boulder County will assess and provide further guidance on gathering requirements. Here is some [guidance on what to expect](#) with dining and food options, exercise, socializing, athletics and more.

Tips for Coping With COVID-19

Many of us have had to make big changes to our everyday lives in the face of uncertainty and hardship related to COVID-19. It's important that we show ourselves compassion as life continues to evolve. Here are [some ideas to help you cope](#) and practice resiliency during COVID-19.

Counseling Services

Many of our fellow Buffs are feeling anxious right now. Some students are worried about finishing classes remotely and adjusting to online learning. Others are feeling concerned for loved ones as we try to slow the spread of COVID-19. If you need counseling support can make an appointment for a virtual walk-in session with Counseling and Psychiatric Services (CAPS) by calling 303-492-2277 or visiting [Counseling Services](#).

Group Therapy Sessions

Process therapy groups are another opportunity for students to connect with other students to discuss topics like anxiety, depression, family dynamics, interpersonal concerns, and more. It can be a useful space to receive support for concerns going on in your life and to grow personally in your ability to connect deeply with others. If you're interested, schedule a [Telescreen appointment through the CAPS website](#). From there, you will meet with a therapist who can help you decide which group will be the best fit for you.

If you are interested in joining a process therapy group, please [email Leeds embedded Therapist Megan Shih](#).

Student Emergency Fund

We understand that the need to move to remote learning has created new time-sensitive needs and hardship for some students. Some students are wondering whether they can pay rent, buy food or afford to continue their education in light of the extensive impacts of the pandemic. This fund helps students in need pay bills due to lost wages, secure technology for remote learning, and gain access to food and health care. [Learn more and apply here](#).

Self-Care On a Budget

Self-care involves intentionally taking care of your own mental, physical, and emotional health, and now more than ever, self-care is extremely important. Self-care activities can vary from treating yourself to a fancy coffee to getting enough rest. Here are some ways you can practice self-care that won't cost a dime. [Learn more](#).

Academic Advising

Although our physical office is closed, we are still here for you for advising and registration help. You can continue to [schedule appointments with your academic advisor here](#).

Buff Pantry Now Open

The new Buff Pantry is now open for students. Buff Pantry was created to help students who may not know how they are paying for their next meal with rising rent and housing costs, potential job losses, medical expenses, and other issues as a result of the pandemic. The pantry is located on the first floor of the UMC. Make an appointment between **11 a.m. and 7 p.m.** and [be sure to fill out this form](#) before your first visit.

SkoTogether Dinners

Designed by your fellow Buffs, SkoTogether Dinners are way to give students a chance to connect with others safely during this challenging time. Each dinner is held over Zoom with a student moderator to get conversations going and one-on-one breakout rooms where you can meet someone new. Dinners have already begun. [Sign up online](#) to participate!

Protect Our Herd

Check out CU Boulder's new [Protect Our Herd](#) public health awareness campaign. You'll find tips, resources and basic daily actions we all must take to protect ourselves and others.

Social Impact Resources for Students and Businesses

CESR is dedicated to supporting Colorado's social impact economy and has compiled resources to help students, sustainability professionals and businesses manage the impact of the pandemic. [See the list](#).

Real Estate Resources for Students and Professionals

The CU Real Estate Center has curated resources, including articles, webinars and opportunities to connect to help professionals and students prepare for an uncertain future in real estate. [See more](#).

Study and Student Related Links

- [Zoom drop-in hours with Leeds Peer Advisors and Academic Advisors](#)
- [Leeds First-Year Experience Community Page on Canvas](#)
- [Remote learning study tips and resources](#)
- [Virtual appointments with business librarians](#)
- [Campus-Inspired and Spirit-Themed Zoom Backgrounds](#)
- [LinkedIn Learning for CU Boulder Students](#)
- [Google Analytics Academy](#)
- [Zoom tips sheet](#)
- [Writing Center – remote consulting](#)
- [Daily Health Questionnaire and Illness Reporting Form](#)
- [Public Health Order 2020-07: Gatherings Prohibition and Stay-At-Home](#)

Career Support and Resources

The economic disruption of COVID-19 presents a tremendous challenge for those looking to build real-world skills or seeking full-time job opportunities. Our [Office of Career Strategy](#) and the Graduate Career Management office are available to assist you. In addition, we've launched two new programs to support our students; see below.



Award-Winning Mentoring Programs

Get personal and professional guidance for your college journey. Leeds has three mentoring programs to support you throughout each stage of your business education. The Peer2Peer Program connects first-year students with trained student mentors, Young Alumni Mentors partners sophomores with recent Leeds graduates, and the Professional Mentorship Program pairs juniors and seniors with experienced business professionals. [Learn more and get involved here](#).



Adopt a Business Buff

This program aims to match you with a Leeds alum or community member who will help you with networking and securing a position during this unprecedented time. [Get connected today](#).



Micro-internships

Work on short-term, paid professional projects that will help you continue to build skills—and your network—while you seek the right full-time role. [Find a project](#).



Handshake

Your comprehensive online career resource and connection to all things career-related. We encourage you to be active on this platform; our corporate partners are still hiring. [Find your next opportunity](#).



Career Webinars

Alumni Career Webinar Series provides online learning opportunities that will offer you the chance to hear from experts who will discuss things like finding a job you love, getting and giving feedback, taking the entrepreneurship plunge, faculty research and more. [View recorded webinars here](#).



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