

Rutgers ScarletWell – Self-Care Advisement and Mentoring Tips

The checklist is focused on increasing awareness of student needs since staff and mentors often have frequent interactions with students and may be well-positioned to notice signs of distress or other concerns. Faculty advisors and mentors can use to support student self-care during advisement meetings and follow-ups, work with student teams in labs, etc. ScarletWell is available to provide training (see the Trainings and Workshops tab on the [ScarletWell website](#)).

Establish a Safe and Welcoming Environment:

- Greet the student warmly and invite them to take a seat.
- Maintain open body language and eye contact to convey approachability.
- Create a comfortable setting by offering water or snack if available.

Normalize Self-Care Discussions:

- Introduce the topic of self-care as a natural part of the advisement/mentoring conversation. You can also include these topics as part of regular project or lab meetings.
- Normalize the importance of balancing academic and personal wellness.

Explore Self-care Strategies:

- Ask the student about their current self-care practices.
- Brainstorm together to identify new self-care strategies that align with the student's interests and preferences.
- Provide resources or link to [self-care activities](#), [self-care resources](#) available at the university, including recreation activities (<https://recreation.rutgers.edu/rurec2go>). Encourage them to take advantage of these resources.

Follow-Up and Check-Ins:

- Schedule a follow-up meeting or check-in to review the student's progress and self-care goals.
- Document action items and commitments made during the meeting for reference.
- Provide ongoing support and encouragement to help the student stay on track with their self-care plan.

Normalize Reaching Out for Support:

- Discuss the importance of seeking help for mental health and substance use concerns and reducing stigma around help-seeking. Share mental health and substance use resources and encourage the student to utilize them if needed. <https://health.rutgers.edu/resources>
- Familiarize yourself with specific campus offices that support graduate and undergraduate students. We understand that every additional step in finding resources can deter someone from reaching out for support. By knowing exactly where to direct a student, you can provide a vital connection to the help they need.