

Matthew Cheney (Interdisciplinary Studies)

How to get help

In almost all cases, the best way to get help is to ask as soon as you know you need help. Contact me (Matt) or stop by the IDS Office in the basement of Lamson, which is open 8.30am-5pm every day and is filled with people whose job it is to help you.

Asking for help is GOOD! It shows that you are aware of what you need and that you are able to take some control of your life and education, even if it's just to say, "I have no control over my life and education! Help!"

Here are specific cases:

If you don't understand course material

Tell somebody as soon as possible! Everybody struggles with the material for this course at some point or another. It's totally expected. Don't let things snowball. It's easier to deal with difficulties earlier rather than later. The problem may not even be you; it may be a glitch in the course that you're the first person to discover.

Everybody in the CoLab/IDS office can help you with course work. We're open 8.30am-5pm every weekday. Drop in for help — it's what we're there for.

If you need accommodations for accessibility

We love our [Campus Accessibility Office](#) and work with them a lot. They'll share official accommodation plans with us, but we strive to be accessible to all students, regardless of official status. If we're not meeting your accessibility needs, let somebody know and we'll do our best to adjust. We want this course to be a community of learners, and communities take care of their members. If we can do things to make it easier for you to learn and participate, **please** tell Matt. (You can even leave an anonymous note at the office if you want.)

If you are having problems with other stuff at the university

In the CoLab and IDS office, we're happy to help, or at least guide you to other offices that can help. There are a lot of resources available on this campus, and it's unlikely you know what they all are. You can also contact the Academic & Student Advocate, Dr. David Zehr. His office is in Frost House, his email address is zehr@plymouth.edu, and his phone number is 603-535-3294. Dr. Zehr can help with all sorts of troubles.

If you are having problems with basic needs

You cannot learn well if you are anxious about food or shelter. We have some short-term resources to help, and there are resources on campus to help with longer term needs. We hope you won't hesitate to let somebody in our office know if you need help

with food and housing. Similarly, if you are struggling with transportation, with childcare, with — heck, anything. Let us know. We will try to help. Because if you are worried about these basic elements of life, you will not be able to be a good participant in our learning community, and we want you to be.

The [Student Support Foundation](#) runs a food pantry at the back of Belknap Hall which is available to all students, and they also have a program of emergency financial assistance. The IDS Office has a small in-house food pantry in Lamson 003 where you can get supplies if you are hungry (we also stock menstrual products, gas cards, and a few other basics. If you need something and can't find it, please see Hannah, Matt, Robin, or Martha). We are committed to helping you get your needs met so that you can focus on your studies.