CMU-SV Covid-19 Updates
Student Resources: Spring 2022

DUE TO THE EVOLVING SITUATION WITH COVID-19, THE INFORMATION IN THIS
STUDENT RESOURCES DOCUMENT IS SUBJECT TO CHANGE IN THE FUTURE.

CLICK HERE TO REVIEW THE MINIMUM REQUIREMENTS TO RETURN TO
CAMPUS
Covid-19 Updates: Student Resources

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Resource Summary

This student resource document is designed to help students prepare for the Spring 2022 Semester. The CMU-SV student affairs team will update this resource throughout the semester when updates are needed. Students will be notified via Canvas when an update is made. All students are encouraged to conduct a thorough review of the material before the start of the semester. Together, we can come out of this pandemic a stronger community if we all do our part in creating a safer campus this spring and beyond!

Students can continue to get the latest CMU-SV updates by accessing their respective CMU-SV student sites via Canvas.

**Spring 2022 Incoming students** can access: [Launching Your CMU-SV Hybrid Student Experience]

**Students who started in Fall 2021** can access: [Launching Your CMU-SV Hybrid Student Experience]

**Students who started in Spring 2021** can access: [Launching Your CMU-SV Hybrid Student Experience]

**Students who started in Fall 2020** can access: [Launching Your CMU-SV Hybrid Student Experience]

**Students who started prior to Fall 2020** can access: [Your CMU-SV Hybrid Student Experience]
Campus, County, and State Updates

**CMU Covid-19 regulations:** Our campus follows CMU’s Covid-19 regulations. The most up-to-date information on CMU’s regulations can be found at [Carnegie Mellon's response to the coronavirus](https://carnegiemellon.edu/coronavirus/). CMU’s latest Covid-19 student requirements can be found at [Students - COVID-19 Updates](https://www.students.cmu.edu/coronavirus). The application of CMU’s regulations at the CMU-SV campus may be modified when there are differences in local laws or capabilities. Where there is a conflict between CMU’s response to the coronavirus and local regulations, if either the California Department of Health Guidance or the Santa Clara County Public Health Orders are stricter, the stricter Order must be followed.
Getting Ready for Spring 2022

Our community has shown creativity, innovation and resilience during this global pandemic. The spirit of the CMU-SV campus has been seen and felt from the Bay Area and around the globe.

We are confident that we will continue to get through this together and emerge stronger on the other side. During the past academic year, a response team has been working long hours to make the transition to in-person classes and engagement opportunities possible. The realities of this pandemic mean that life may continue to be necessarily different as we resume classes in person. Even as we plan for the start of classes, we want to be transparent that the redesign of our educational approach must reflect ever-changing and new public health expectations that we all must embrace to mitigate the spread of the coronavirus. **Building upon the success of our experience during the 2020/2021 academic year, we will continue to deliver a robust set of programs and services that strengthen the Tartan CMU-SV community and support your health and safety.**
A Tartan’s Responsibility

Foundational to the university’s community standards is the Carnegie Mellon Code, under which students are expected “to meet the highest standards of personal, ethical and moral conduct possible.” The Code sets a high bar for members of the student body to personally uphold the standards of the community, and to likewise hold fellow students accountable for these ideals, recognizing that “it is rare that the life of a student in an academic community can be so private that it will not affect the community as a whole.”

The importance of this shared responsibility has never been more apparent than now, as we navigate these challenging, unprecedented and risk-filled times. University leadership, faculty, and staff have worked in partnership since March of 2020 to implement measures that are carefully designed to protect community health and well-being while safeguarding our ability to deliver an in-person educational experience. There are few certainties about the COVID-19 pandemic, but we do know that each of us can and must take an active role in preventing spread of the virus. As such, every member of the Carnegie Mellon University Silicon Valley community has a shared responsibility to uphold a culture of safety that balances health considerations with our desire to fulfill the university’s core mission. Further, we understand that we are also members of the broader Bay Area community, and that our actions, both on and off campus, protect their safety as well as our own, and will have a direct effect on our ability to continue the privilege of offering in-person instruction.

A Tartan’s Responsibility has been modified slightly for the Silicon Valley campus and outlines the expectations we have for all CMU Silicon Valley students who will resume learning, working and interacting with our campus community.
By coming to Silicon Valley for in-person instruction, research and campus engagement, you agree to adhere to the following rules both on and off campus, for as long as they are in effect. These rules are based on the Minimum Requirements that apply to our entire community. They are designed, following federal, state and local guidance, to maintain our collective health and vitality, to promote a culture of shared responsibility for the safety of all community members in and around our university, including our neighbors, and to preserve our ability to continue to offer an in-person experience. Faculty and staff are also adhering to strict requirements as conditions for returning to campus, which encompass the general requirements set forth below in addition to requirements specific to their particular job responsibilities.
BY RETURNING TO CAMPUS, YOU AGREE TO:

1. **Minimize the introduction of COVID-19** into and around our community in the Bay Area as required by the [State of California](https://www.ca.gov) and [Santa Clara County](https://www.santaclara.ca.gov), monitoring your health for COVID-19 symptoms throughout that period, and completing pre-arrival testing and COVID-19 vaccination verification. In connection with our launch of the spring semester, CMU requires all students, faculty and staff, whether on or off campus, to complete a baseline test during the month of January regardless of vaccination status. Testing can be completed via [CMU'S Quest Asymptomatic Testing Program](https://questmedcentral.com), at-home test kits or testing at other locations.

   If your test is negative, there is nothing more you need to do. If it is positive, follow the steps outlined here.

2. **Prevent the spread of Covid-19**. Consistent with scientific evidence on the importance of vaccine adoption to control spread of the virus, to the extent permissible by law, Carnegie Mellon University requires all enrolled undergraduate and graduate students in U.S.-based programs to be fully vaccinated for COVID-19, and when eligible, receive a COVID-19 booster shot with a [World Health Organization emergency use listed](https://www.who.int) or [U.S. emergency-use authorized vaccine](https://www.fda.gov). Detailed instructions about how to complete and upload required vaccine and booster documentation can be found by clicking on this CMU link.

   Those who are not fully vaccinated (e.g., two weeks have passed since the final vaccine dose) or who have received an approved exemption from the vaccine requirement will be permitted to engage in campus life provided they uphold the following mitigation requirements: completing the [Daily Symptom Check-In](https://dailycheckin.cmich.edu), participating in weekly testing through the [Asymptomatic Testing program](https://asymptomatic.cmich.edu), wearing [facial coverings](https://www.cmich.edu) in all public indoor settings.

   All students are required to have submitted valid documentation of their completed vaccination(s) and boosters through [HealthConnect](https://healthconnect.cmich.edu) (or provide documentation...
supporting an approved medical, religious or strong moral/ethical objection exemption to University Health Services). All students eligible for a COVID-19 booster as of December 16, 2021 are required to upload their booster verification to HealthConnect by February 16, 2022. Anyone becoming eligible from December 16 onward is required to upload their booster verification within 60 days of their eligibility. Students who do not meet this expectation will be placed on administrative suspension and will be expected to immediately absent themselves from campus.

3 **Contribute to the identification of COVID-19** in and around our community by complying with required testing protocols, completing Quest Diagnostics asymptomatic testing through CMU’s program, responding to contact tracing and other related requests as necessary, and receiving a seasonal flu vaccine.

4 **Support the containment of COVID-19** in and around our community by timely reporting to CMU-SV Student Affairs and following their guidance when experiencing symptoms or when you believe that you may have been exposed to the virus.

Additionally, students are expected to engage with and follow the instructions of CMU-SV staff regarding the need to [quarantine or isolate](#).

These expectations are subject to change as conditions of the pandemic evolve, so students should regularly consult the university’s COVID-19 website, this document, and also thoroughly review all COVID-related university communications for the latest information and guidance.

Should you find that you are unable or unwilling to comply with these rules at any point during the academic year, then, in acknowledgement of your responsibility to the community, you agree to remove yourself from campus immediately.

The university strongly believes that adherence to these expectations is critical to maintaining a healthy living, learning and working environment during the pandemic. To be successful as a community in upholding these expectations, each of us must embrace our role as active bystanders to help one another. Students
who fail to adhere to these rules will be subject to immediate action, which may include administrative suspension, and student conduct action.

We recognize that these rules may impact your experience on campus. We also know the pandemic has had disproportionate impacts on communities of color and on vulnerable populations, and has led individuals from other countries to feel less welcome in the United States. We trust you will join us in upholding our values as an inclusive and equitable community with a shared commitment to the continued health and well-being of the entire CMU and extended community this coming year. We also trust that together we will persist through these challenging times to preserve the privilege of delivering an in-person education for those who join us in Silicon Valley.

As Tartans, we are all in this together, and our ability to be successful rests upon all members of this community embracing our responsibility to live out these expectations each and every day.
Prepare for Your Arrival

CAMPUS ARRIVAL

The CMU-SV campus is a closed campus. Only employees and students are allowed entry. Visitors may come to campus by invitation only. Please review the minimum requirements to return to campus. Students, if you have questions about campus visitors, please email student-services@sv.cmu.edu who review requests on a case-by-case basis.

CMU-SV is located at NASA Ames Research Park at Moffett Field.

NASA-Ames has updated its Covid-19 guidelines, effective July 28, 2021 as follows:

- All personnel and visitors shall wear a face mask and stay 6 feet apart regardless of vaccination status.
- These guidelines apply when entering Moffett Field and while outside B23, including when you pass through the guard gate. Please remember to wear your mask when you show your i.d. to the guard.

If you are new to CMU-SV, please take a moment to review the CMU-SV website for more information about required forms of ID and additional visiting instructions.
ENTERING CAMPUS

Building 23 is where all in-person classes are held. In order to enter the building, you will do so through the front entrance of B23 (shown in the picture to the right). You will scan your CMU ID card to the right of the door, which will unlock the doors.

High-quality, well-fitting facial coverings (sufficient to cover the nose and mouth) are required on campus at all times indoors, regardless of vaccination status.

Should you find yourself in need of a facial covering, email facilities@sv.cmu.edu
Health and Wellness

Your health and safety remain our priority as we plan for the spring semester. Our protocols for return to campus are driven by science and research-based evidence, recognizing that our knowledge of the virus continues to evolve. We will be responsive to emerging guidance as the semester commences. Please continue to revisit this resource during the semester.

HEALTH INSURANCE

○ **All full-time students who are physically located in the U.S. must have medical insurance that meets the university's requirements.** If your insurance meets those requirements, you may apply to waive CMU’s Student Health Insurance Plan (SHIP).

○ Part-time students are not subject to the requirement, but the plan is available for enrollment. **Part-time students are still expected to submit a waiver if they plan to use another health insurance plan.**

○ If you do not have insurance that meets the university's requirements as a full-time undergraduate or graduate student, you must enroll in the Student Health Insurance Plan (SHIP).

○ If you do not take action during your annual open enrollment period to enroll in CMU SHIP or to waive the university's insurance, you will be default-enrolled in CMU's Student Health Insurance Plan (SHIP).

○ Students must be engaged in coursework for the first 31 days of the semester to be eligible for the plan.

○ Highmark Blue Cross Blue Shield will be our 2021-2022 student health insurance provider; plans are available for Carnegie Mellon University undergraduate and graduate students and their eligible dependents. Medical (SHIP), dental and vision plans are available. See the [CMU Student Health Insurance website](#) for more information.

If you have any questions regarding CMU SHIP, enrollment or waivers, please email student-services@sv.cmu.edu.
MINIMIZE THE INTRODUCTION OF COVID-19

Campus Arrival

1. CMU Requires 1 Baseline COVID Test

In connection with our launch of the spring 2022 semester, CMU requires all students, faculty and staff, whether on or off campus, to complete a baseline test during the month of January regardless of vaccination status. Testing can be completed via Quest’s Asymptomatic Testing Program by clicking here. These unobserved, self-collected PCR test kits will be sent to your home address in California. Testing can also be completed using at-home test kits or testing at other locations, if preferred.

If your test is negative, there is nothing more you need to do. If it is positive, follow the steps outlined here.

- If you find you are not yet added to the Quest program, please contact CMU-SV Student Affairs at: student-services@sv.cmu.edu

See additional guidelines on the CMU-SV website.

2. Uploading Covid-19 Vaccination Record

CMU requires all students, faculty and staff to be fully vaccinated and have a booster once eligible. All students, faculty and staff eligible for a COVID-19 booster as of December 16, 2021 are required to upload their booster verification to HealthConnect by February 16, 2022. Anyone becoming eligible from December 16 onward is required to upload their booster verification within 60 days of their eligibility.

INSTRUCTIONS ON HOW TO UPLOAD VERIFICATION
ONE MEDICAL

As a CMU-SV student, you are also given a membership to One Medical. This benefit will greatly assist you in navigating local health care. Learn more about One Medical Bay Area by clicking here.

To enroll:

1) Register online for the benefit by going to: http://www.onemedical.com/mybenefit/

2) Go to Sign up Now and Enter the code: CMSVOM

3) Add the mobile app to your phone: http://www.onemedical.com/mobile/. Add the phone number to your phone in case you ever want to call One Medical 24 hours a day, 7 days a week. 408.520.4510.

The One Medical benefit provides students with access to the One Medical app as well as free virtual visits with a health care provider. For in-person visits, One Medical accepts CMU’s student insurance health plan. If you do not have the CMU student health insurance plan, please check this link for insurance plans accepted by One Medical. If you have questions, please email student-services@sv.cmu.edu.
CMU-SV COVID-19 TESTING INFORMATION

ONE MEDICAL

One Medical is currently offering Covid testing to any person who has concerns. As a reminder, One Medical is a benefit provided to all CMU-SV students. All you have to do to access One Medical is enroll! Covid-19 tests are available by appointment in multiple locations around the Bay Area. Click here for more information about Covid-19 testing through One Medical. If you have any questions or concerns, please contact student-services@sv.cmu.edu.

QUEST DIAGNOSTICS ASYMPTOMATIC TESTING

As part of the university’s ongoing strategy to detect and prevent the spread of COVID-19 in all of our campus communities, Carnegie Mellon University is partnering with Quest Diagnostics to provide asymptomatic COVID-19 tests for students, faculty and staff at our Silicon Valley campus. Unvaccinated students, or students who are not fully vaccinated will be required to continue testing weekly through the Quest Asymptomatic Testing Program.

The COVID-19 tests will be:

- Free of charge
- Available every week (only one test per week)
- For those without symptoms

If you receive notification of a positive result, Quest will send your results to your local county health department to initiate contact tracing.

Additionally, you should:

- Immediately isolate yourself from others and not attend in-person events or classes.
- Contact your primary care provider for guidance and care.
- Notify Lauren Schachar, Assistant Dean of Student Affairs (lauren.schachar@sv.cmu.edu).
SYMPTOMS

Introduction

People with COVID-19 have had a wide range of symptoms reported — ranging from mild symptoms to severe illness. Symptoms may appear 2–14 days after exposure to COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- Diarrhea
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting

This list does not include all possible symptoms. See the CDC website for more information. Even if you do not think you have COVID-19, please do not come to campus if you are ill.

You may want to read this article from One Medical on what to do if you are experiencing cold or flu-like symptoms amidst Covid-19 outbreaks.
COVID-19 VACCINATION INFORMATION

CMU-SV students in California who need to receive a COVID-19 vaccine may now schedule an appointment to do so. Below is information the State of California has provided on scheduling COVID-19 vaccination appointments as well as general information about the vaccine.

Students residing in locations other than California should check with their local country, state, and county government for more information about COVID-19 vaccination eligibility and availability.

How to Schedule an Appointment

Californians can schedule an appointment at myturn.ca.gov or call (833) 422-4255. If appointments are not available, you can sign up to be notified when appointments open up. Appointments may come and go quickly, so you may find that you need to refresh your browser or check multiple times to see if a new appointment is available.

Some local health jurisdictions provide vaccination appointments separately from My Turn. You can use the CDC’s VaccineFinder tool to find vaccination locations near you. Students may also utilize the Santa Clara County Public Health Covid-19 Vaccination Eligibility and Scheduling tool to book an appointment. Finally, you may also check with your healthcare provider. They can advise if you can get your vaccination with them, or in another setting.

More Information About the COVID-19 Vaccine

For more information about the COVID-19 vaccine, please visit the covid19.ca.gov website on California’s vaccination plan. Below are some commonly asked questions taken from the covid19.ca.gov, Santa Clara County, and CMU websites:

What will the Covid-19 Vaccine cost me? Nothing. COVID-19 vaccines, including their administration, are free to the public. Read more at the Department of Managed Health Care’s Know Your Health Care Rights PDF.
Do I need to be a California resident to get COVID-19 vaccine? No. Vaccine distribution is based on eligibility irrespective of residency or immigration status.

Will I have a choice between the various COVID-19 vaccines? It depends on vaccine availability. Check with your health care provider to find out which vaccines they have available. The VaccineFinder allows you the option to search for vaccines by manufacturer.

Do I need a California ID to be vaccinated? A state ID is not required to be vaccinated according to the State of California, but counties and vaccine distributors can set their own rules. CMU-SV is located in Santa Clara County, and Santa Clara County Public Health provides extensive guidance on their website under the FAQ section regarding COVID vaccinations and who is eligible. At this time, anyone who lives, works, or attends school in Santa Clara County is eligible to receive the vaccine at a Santa Clara County vaccination site. To demonstrate eligibility at County Health System vaccination sites, you should bring a document showing that you live, work, or attend school in Santa Clara County. Visit the FAQ portion of the Santa Clara County website for examples of documents the County will accept at the time of your appointment:

Please note that the requirements at vaccination sites run by other providers, such as Kaiser, Stanford, or Palo Alto Medical Foundation, may require different documentation.

For additional questions, please email student-services@sv.cmu.edu.
STUDENT GUIDANCE

If you are experiencing a health emergency, please call 911 or go to the nearest emergency department.

If you are in need of non-emergency medical care, ONE MEDICAL is the healthcare provider for most students. Students should meet with a One Medical physician virtually if you suspect you have COVID-19.

Action Plan for CMU-SV STUDENTS When COVID-19 SYMPTOMS Are Identified or for STUDENTS Who Receive a Positive Covid-19 Test Result

If you are experiencing potential COVID-19 symptoms, suspect you have COVID-19, have had close contact with someone diagnosed with COVID-19, or receive a positive Covid-19 test result, follow these four simple steps:

1. Assess & Connect
   Take the Daily Symptom Check-in Via One Medical to assess your current symptoms.
   Contact a healthcare provider if you:
   - Answered yes to any of the symptom-related questions
   - Suspect you have COVID-19
   - Have had close contact with someone diagnosed with COVID-19
   - Test positive for COVID-19

2. Report
   If you are probable or confirmed positive for COVID-19, you must report this information to CMU-SV Student Affairs by emailing covid@sv.cmu.edu

3. Care & Support
   If you have a probable or confirmed COVID-19 case, it is important for you to remain isolated for a minimum of 7 days to care for yourself and the community.
   Emotional and academic support will be offered.

4. Follow Instructions
   You will be guided through the process to return to campus.
   Toward the end of your isolation period (after a minimum of 7 days) you will receive an email from CMU-SV Student Affairs with further instructions.

Definitions

Confirmed: A diagnosis confirmed by a positive COVID-19 test conducted by an accredited medical lab.
Probable: An unvaccinated person who is symptomatic after close contact with an individual who has a confirmed COVID-19 diagnosis.
ACTION PLAN FOR CMU-SV STUDENTS WHEN COVID-19 SYMPTOMS ARE IDENTIFIED

See the [CDC website](https://www.cdc.gov) for more information about COVID-19 symptoms. Even if you do not think you have COVID-19, **please do not come to campus if you are ill.**

Take the [COVID-19 Daily Symptom Check In](https://onemedical.com) Via [One Medical](https://onemedical.com) to assess your current symptoms.

**Contact a healthcare provider if you:**

- Answered yes to any of the symptom-related questions
- Suspect you have COVID-19
- Have had close contact with someone diagnosed with COVID-19
- Test positive for COVID-19

➔ [Request a COVID-19 Test Kit](https://onemedical.com)
➔ Reminder: [CMU's asymptomatic testing program](https://onemedical.com) is for asymptomatic individuals.

[ONE MEDICAL](https://onemedical.com) is the healthcare provider for most students. Students should meet with a One Medical physician virtually if you suspect you have COVID-19.

[Book a Meeting](https://onemedical.com) with Lauren Schachar, Assistant Dean of Student Affairs, if you have any questions or need additional guidance or help. We are here to support you!
PROCESS FOR CMU-SV STUDENTS WHO RECEIVE A POSITIVE COVID-19 TEST RESULT

If a CMU-SV student receives a COVID-19 positive test result, the following steps will be followed.

**STEP 1: INFORM AND CONNECT**

Report your probable or confirmed positive Covid-19 test to CMU-SV:

- If you are probable or confirmed positive for COVID-19, you must report this information to CMU-SV STUDENT AFFAIRS by emailing covid@sv.cmu.edu

- Information regarding your circumstances will only be shared as necessary for the university to safeguard the community and to comply with any applicable laws or government orders.

- CMU-SV Student Affairs will consult with you directly to assess your circumstance and will require you to provide as much information as possible.

**STEP 2: CARE AND SUPPORT**

If you have a probable or confirmed COVID-19 case, it is important for you to remain isolated for a minimum of 10 days to care for yourself and the community.

CMU-SV is here for you! Should you receive a positive or suspected Covid diagnosis and report to Student Affairs (Step 1), you will receive care and emotional support. Whether you need a daily check-in call or text for an added layer of support, or assistance with grocery delivery, guidance on contacting professors, or help navigating the health care system, we are here to offer support and guidance.

Students experiencing COVID-19 symptoms who may require some short-term academic accommodations related to their illness should contact Lauren Schachar (lauren.schachar@sv.cmu.edu) who will connect you with CMU Disability Resources.
**STEP 3: FOLLOW INSTRUCTIONS**

You will be guided through the process to return to campus.

Toward the end of your isolation period (after a minimum of 7 days) you will receive an email from CMU-SV Student Affairs with further instructions.

**Book a Meeting** with Lauren Schachar, Assistant Dean of Student Affairs, if you have any questions or need additional guidance or help. We are here to support you!
INSTRUCTIONS FOR CMU-SV STUDENTS WHO ARE IDENTIFIED AS A CLOSE CONTACT

"Close contact" is defined by the Center for Disease Control (CDC) as someone who has spent more than 15 minutes within 6 feet of an individual who has tested positive for COVID-19 during the time they were presumed to be infectious.

If you are identified as a close contact of an individual who has tested positive for COVID-19, then you are required to report this information to CMU-SV Student Affairs at covid@sv.cmu.edu. Specific close contact guidelines can be found on CMU’s COVID-19 website.

Vaccinated

- Not required to quarantine but required to report close contact to covid@sv.cmu.edu
- Required to continue to wear a facial covering and monitor for symptoms using the COVID-19 Daily Symptom Check In
- If symptomatic, test ASAP and isolate until doing so
- If asymptomatic, test 5-7 days after exposure

Unvaccinated

- Required to quarantine for 10 days from last exposure. Required to report close contact to covid@sv.cmu.edu
- If symptomatic, test ASAP and isolate until doing so
- If asymptomatic, test 5-7 days after exposure

➔ Request a Test Kit
➔ Reminder: CMU’s asymptomatic testing program is for asymptomatic individuals.
Contact Information

You are welcome to contact us regarding any questions, concerns, or issues you may have. Before doing so, we encourage you to first exhaust all of the online resources you have been provided (this document, your Canvas course material, any academic Canvas courses, departmental websites, emails, etc.).

STUDENT AFFAIRS TEAM INFORMATION:

Click here for detailed bios of CMU-SV’s Student Affairs team:

- Assistant Dean of Student Affairs, Lauren Schachar (lauren.schachar@sv.cmu.edu)
- Associate Director of Student Services & Engagement, Stephanie Caruso (student-services@sv.cmu.edu)
- Assistant Director of Career Services, Leigh Mason (career-services@sv.cmu.edu)
- Communication & Language Specialist, Jennifer Wolfeld (career-services@sv.cmu.edu)

Contact Information:

→ COVID-19 Reporting/Guidance: covid@sv.cmu.edu
→ Questions pertaining to student services: student-services@sv.cmu.edu
→ Questions pertaining to career services: career-services@sv.cmu.edu
→ Campus access, facilities issues: facilities@sv.cmu.edu
→ AV/tech/IT needs: help@sv.cmu.edu

Canvas Reminder:

- Access your appropriate Canvas course here