



November 13, 2023

Dear Members of the SMU Community:

As we approach the holiday season, filled with traditions, gatherings, community and time with loved ones, it is important to acknowledge that this time of year can also be particularly stressful for many members of our community. Current global conflicts, including the Israel and Hamas war, are also weighing on people's minds. We ask each of you to be mindful of signs of stress in yourself and those around you.

Students may be overwhelmed during this time, especially first-year students as they are experiencing their initial round of final exams. As always, but especially during this time, students are encouraged to visit the offices at the [Dr. Bob Smith Health Center](#) located at 6211 Bishop Boulevard.

As faculty and staff members, please be aware of the Dean of Students' [Caring Community Connections](#) program. The online submission form allows us to convey our concerns about a student so that the University's Student Affairs staff are able to provide students with appropriate care, information, and access to resources. Additionally, if you have concerns about students and are not sure what to do, [please refer to this brochure](#), or feel free to contact the Office of the Dean of Students at 214-768-4564.

Referral Information:

[Counseling Services](#), 214-768-2277

[Office of the Dean of Students](#), 214-768-4564

[Office of the Chaplain and Religious Life](#), 214-768-4502

[SMU Police Department](#), 214-768-3388

Employees may also find managing holiday pressures to be particularly challenging, so please take advantage of – and encourage any faculty or staff who need assistance to consider the [Employee Assistance Program \(EAP\)](#).

Physical exercise is also often helpful in alleviating stress, and SMU is fortunate to have the extraordinary resources of the [Dedman Center for Lifetime Sports](#) available for faculty, students, and staff. Please take advantage of these facilities even during these busy times.

Best wishes for a happy and productive season. If you have the opportunity, we urge you to

reach out to an individual who is separated from family and friends during this time and invite them to share some of your traditions and goodwill of your family and friends.

Sincerely,

A handwritten signature in black ink, appearing to read "Elizabeth G. Lobo". The signature is fluid and cursive, with a long horizontal flourish at the end.

Elizabeth G. Lobo, Ph.D.  
Provost and Vice President for Academic Affairs

A handwritten signature in black ink, appearing to read "Kenechukwu Mmemeje". The signature is cursive and somewhat stylized.

K.C. Mmemeje, Ed.D.  
Vice President for Student Affairs