

A STUDENT SUPPORT & RETENTION & ACADEMIC SUCCESS CENTER COLLABORATION

Hope College CAMPUS RESOURCES

Throughout their academic journeys, students cultivate resilience holistically across six pillars: Academic, Belonging, Physical, Faith, Generosity, and Life Preparation. Below, is a curated list of Hope College's Campus Resources for reference as you support our students. Developing skills within these six areas will help our students flourish at Hope College and in the world beyond college life.



ACADEMIC

- Academic Advisor
- Academic Success Center
- Disability & Accessibility Resources
- Faculty
- Klooster Center for Excellence in Writing
- Library
- Registrar
- Student Support & Retention

BELONGING

- Athletics
- CAPS
- Center for Diversity and Inclusion
- Culture & Inclusive Excellence
- Fried Center for Global Engagement
- Greek Life
- Residential Life
- Student Congress
- Student Life

PHYSICAL

- Campus Safety
- CARE Team
- Dow Center
- DeVos Fieldhouse
- Dining Services
- Equity and Compliance
- Group Fitness
- Health Center
- Hope Closet
- Intramurals
- Keeping Hope Care Pantry

FAITH

- Small Groups Bible Study
- Campus Ministries
- Chapel
- St. Benedict Forum
- The Gathering

GENEROSITY

- CASA
- Dance Marathon
- Days of Service
- Hope Forward
- Immersion Trips
- Philanthropy & Engagement
- S.E.E.D. Trips
- Volunteer Services

LIFE PREPARATION

- Boerigter Center for Calling & Career
- Center for Leadership
- Financial Aid
- Internships
- Off Campus Study
- Peer Academic Coaching
- Student Employment

ACADEMIC

Academic resilience focuses on developing skills for effective study habits and strategies, time management, and prioritizing tasks. This pillar aims to empower students with a growth mindset to overcome life challenges, adapt to college rigor, and foster a passion for lifelong learning.



Encourage students to

- Identify positive strategies and barriers that may impact coursework
- Create goals to develop better habits
- Organize due dates in a calendar or planner
- Attend class regularly

You can

- Refer to support as a positive and proactive strategy
- Model a growth mindset

Start a conversation

- Tell me about your study habits. What does managing your time look like?
- What are you learning about in class? What particular topics do you find challenging or interesting?
- What does your class participation look like? What do you need to be present in class?
- How did your quiz or test go? Are you happy with your grade? Did it surprise you?
- What would you like to improve or do differently moving forward?



Resources

[Academic Coaching](#)

[Disability & Accessibility Resources](#)

[Group Study Sessions](#)

[Peer Partnership Learning](#)

[Study Strategies](#)

[Test-Taking Strategies](#)

[Time Management](#)

[Tutoring](#)

[Writing Assistance](#)

BELONGING

Fostering a sense of belonging and community helps students build strong social connections and cultivates overall flourishing. This pillar promotes mental well-being and emotional support, combats loneliness, and enhances student engagement in college.



Encourage students to

- Spend consistent time with others
- Cultivate high-quality connections
- Try new activities, clubs, or organizations
- Have daily, positive interactions with others
- Give and accept kindness

You can

- Help students reflect on their relationships and support systems
- Facilitate connections to support networks

Start a conversation

- What friends or connections have you made with other students in your classes or dorm?
- What are some of your interests or hobbies? What are extra-curricular activities are you involved in?
- Tell me about your support systems here at Hope. How have faculty, staff, or friends supported you?
- What is something kind you've done or observed done by others?



Resources

[Athletic Events](#)

[CAPS](#)

[Events Calendar](#)

[Greek Life](#)

[Hope Traditions](#)

[Residential Director \(RD\)](#)

[Student Activities Committee \(SAC\)](#)

[Student Congress](#)

[Student Organizations](#)

PHYSICAL

Exercise, balanced nutrition, adequate sleep, and self-care activities are the foundation of physical resilience. A healthy lifestyle is crucial for one's overall well-being, including energy, mood, concentration, and stress management.



Encourage students to

- Prioritize sleep by creating a consistent night-time routine
- Have a healthy and balanced diet
- Add physical movement into a daily routine
- Make time for self-care and “flow activities” (activities that engage and challenge the mind)
- Practice mindfulness meditation

You can

- Promote healthy lifestyle choices
- Integrate physical movement into routines or curricula (e.g. walking meetings or movement breaks)

Start a conversation

- Tell me about your sleep patterns and night-time routines. How do you feel when you wake up in the morning?
- How often do you eat meals throughout the day? What are you eating? How do you access healthy food options on campus?
- How often do you engage in physical activity or exercise?
- How do you manage stress? How do you relax?



Resources

[Accident Injury Report](#)

[Campus Safety Services](#)

[Care Form](#)

[DeVos Fieldhouse](#)

[Dietary Needs](#)

[Dow Center](#)

[Emergency Information](#)

[Group Fitness](#)

[Health Center](#)

[Hope Closet*](#)

[Insurance](#)

[Keeping Hope Care Pantry](#)

[Safety Tips](#)

[Sexual Assault Resources](#)

*Reach out to Student Life to learn more.

FAITH

Cultivating faith develops an ethical and moral foundation that fosters a broader sense of purpose. This pillar encourages curiosity and reflection on life's existential questions and provides the framework to view life's challenges with hope and moral direction.

Encourage students to

- Practice prayer and introspection
- Ponder life's existential questions
- Attend Chapel and church
- Participate in Bible studies
- Seek guidance from religious leaders or mentors

You can

- Discuss and respect diverse religious and spiritual perspectives
- Share your journey

Start a conversation

- What role does faith or spirituality play in your life?
- What are some big questions about life and existence that you find intriguing? How will you answer these questions?
- What experiences have shaped your beliefs and values the most? How do you reflect on your beliefs and values? (Journaling, prayer, mediation, sharing with others?)



Resources

[Faith & Sport](#)

[Local Churches](#)

[Recorded Music](#)

[Small Group Bible Studies](#)

[Talk to a Chaplain](#)

[Worship Services](#)

[Worship Team](#)

GENEROSITY

Acts of generosity and service foster empathy and compassion. This pillar helps students discover personal fulfillment and purpose, build character, and inspire ongoing positive social impact and responsibility, locally and globally.



Encourage students to

- Volunteer
- Donate to charity or other good causes
- Ask for help
- Have active community engagement
- Perform random acts of kindness
- Help a loved one

You can

- Highlight the benefits of service
- Facilitate access to service opportunities

Start a conversation

- What does generosity look like in your life? When have you benefited from generosity?
- What are some causes or issues you feel passionate about?
- Tell me about a moment when you felt particularly impactful or connected to the community you were serving. How do you think your efforts have made a difference?
- How do you think your efforts have made a difference in the lives of others or the community?



Resources

[Dance Marathon](#)

[Days of Service](#)

[Hope Forward](#)

[Immersion Trips](#)

[Volunteer Services](#)

[Ways to Give](#)



LIFE PREPARATION

Preparing for life beyond academics involves developing practical skills for digital and financial literacy, career exploration, problem-solving, and independence. This pillar encourages a smooth transition into adulthood and empowers students to manage future responsibilities, tasks, and goals.

Encourage students to

- Identify and set priorities
- Research financial planning
- Build their resume
- Practice interview skills
- Obtain an internship
- Research career paths

You can

- Discuss goals and life outside of academics
- Share real-world experiences

Start a conversation

- What do your future plans or goals look like?
- How have you explored different career paths?
- How prepared do you feel to navigate post-graduate life decisions (housing, insurance, retirement, budgeting, etc)? What aspects do you feel least prepared for?
- Describe your network of support for after graduation.
- Do you have strategies for managing stress and maintaining work-life balance?



Resources

[Career Assessments](#)

[Center for Leadership](#)

[DiscoverWork](#)

[Financial Aid](#)

[Graduate School Resources](#)

[How-To Guides](#)

[Internships](#)

[Interviewing](#)

[Job Search Process](#)

[Major Exploration](#)

[Mentoring](#)

[Networking](#)

[Student Employment](#)

THANK YOU FOR SUPPORTING OUR STUDENTS



A MESSAGE FROM THE STUDENT SUPPORT & RETENTION TEAM

We recognize that the transition to college life can be a complex one and that no two students are exactly the same. While this is true, research shows that we, as humans, have similar, universal needs and these six areas (academic, belonging, physical, faith, generosity, and life preparation) act as pillars to building resilience and are crucial to developing students who flourish in college and the world beyond. Please use these Hope College resources as guiding support for our students.

If you are concerned about a student, please remember that you can submit a Care Form. We do not expect you to be the expert in everything and the CARE Team is comprised of trained professionals with varied backgrounds and perspectives. As always, if you are concerned for the immediate well-being of a student and the situation is a true emergency, 911 is the best first option.

Thank you again for all your work and commitment to our students. By empowering our students, we not only help them achieve their personal goals, but also cultivate empathy, growth, and excellence for a brighter future.

If you have questions, please email studentsupport@hope.edu.



[CARE FORM](#)