

Seneca offers support as global unrest affects students

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Unrest in different parts of the world is deeply impacting so many of us. Seneca's supports and services are here and committed to supporting you. Please connect with the resources available to you:

- Academic Support — Speak with your professor if you are having academic challenges. This can help your professor support your success in your courses.
- Well-Being Support — [Schedule an appointment](#) with [Counselling Services](#) to meet with a Student Well-Being Specialist to discuss your feelings and learn of services on and off campus that can help you.
- International Student Support — Connect with the [International Student Support team](#) to receive information and guidance to supports and resources.

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