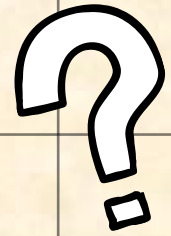
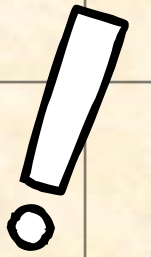
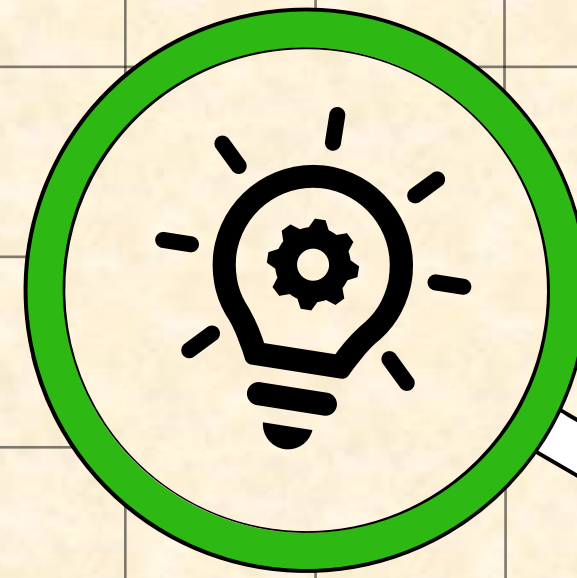
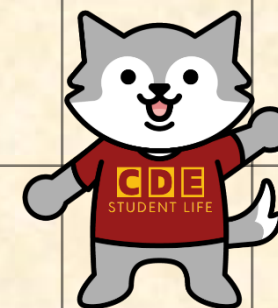
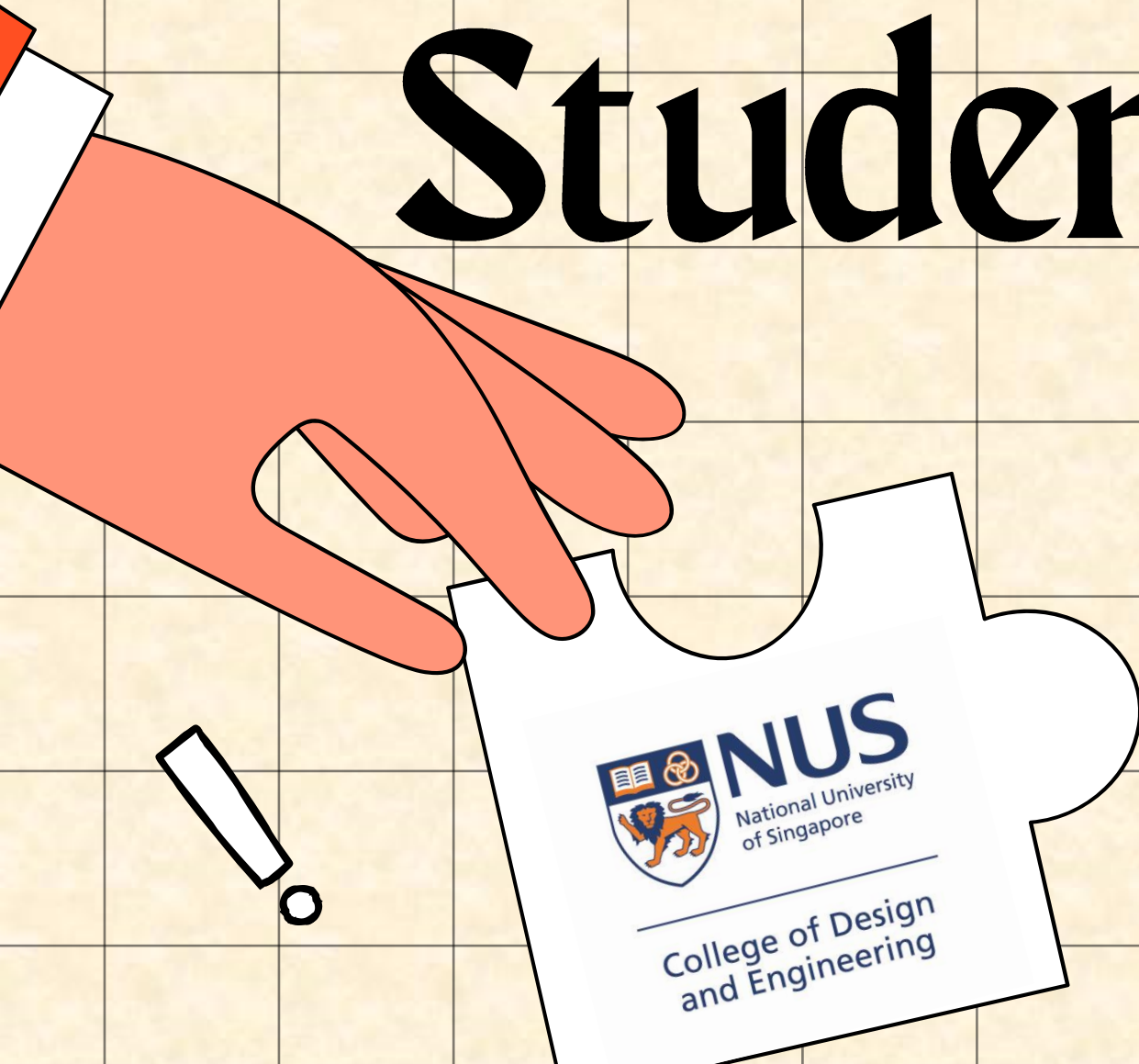


# WELCOME TO CDE



Presenting

# Student Support Services



By CDE Office of Student Life



# OVERVIEW

01

FACILITIES

02

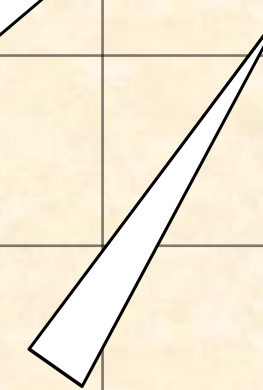
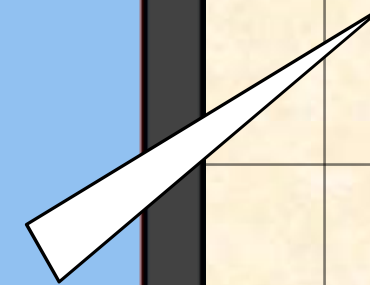
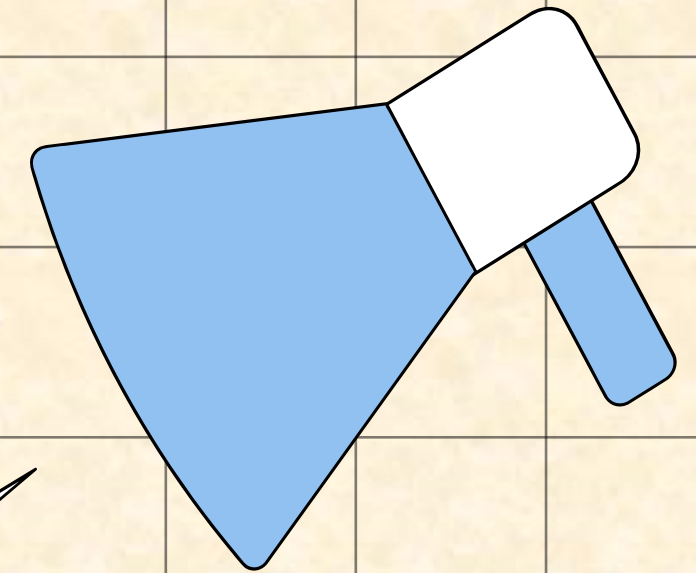
EVENTS & WORKSHOPS

03

STUDENT-LED SUPPORT

04

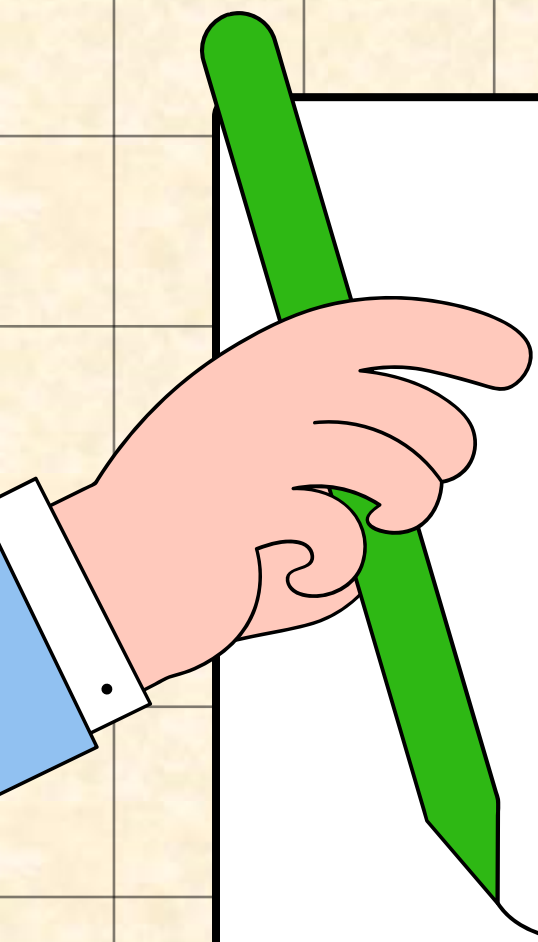
MENTAL HEALTH & OTHER  
WELLBEING RESOURCES



NUS  
National University  
of Singapore

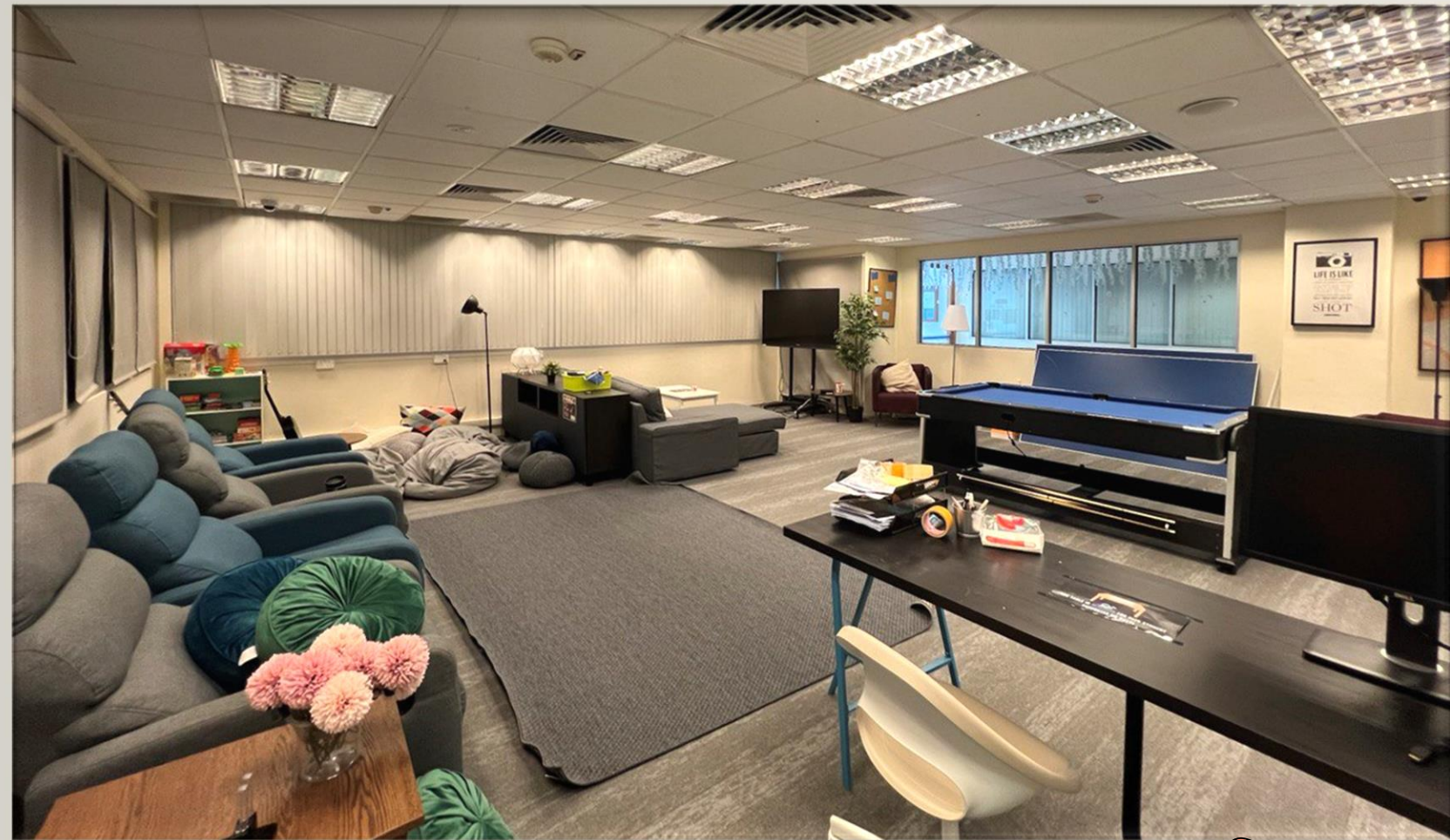
College of Design  
and Engineering





**Places you should know  
about as a CDE Student**

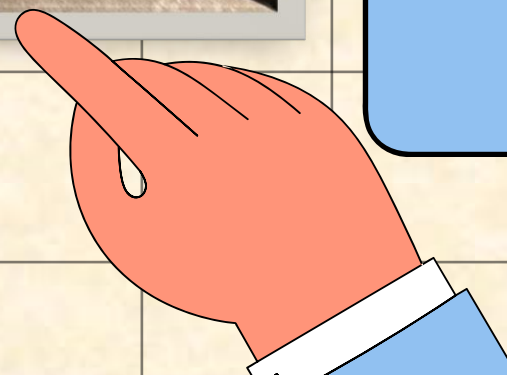
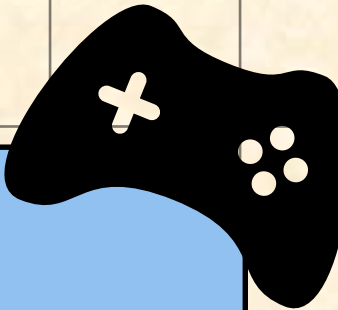
# THE SPACE BAR | PITSTOP @ CDE



Block E1, Level 4 (E1-04-14)

The Space Bar is a place for students to:

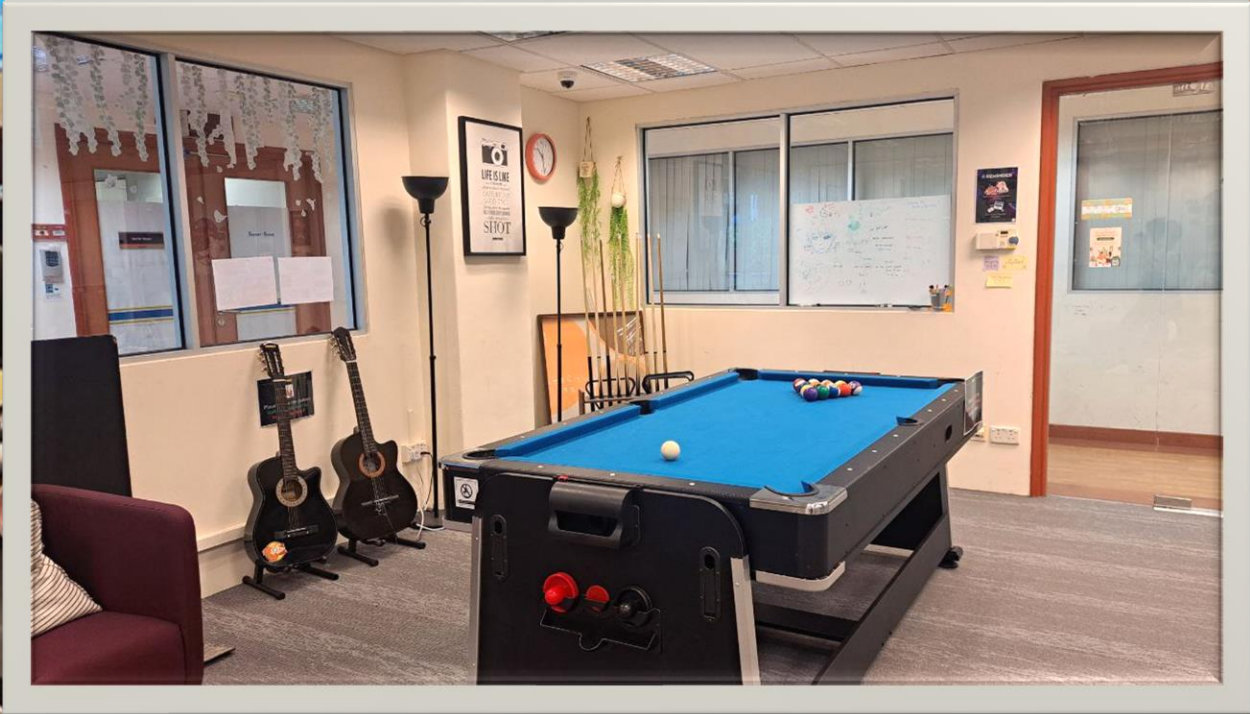
- Relax and Recharge
- Hangout with friends
- Play games



# AMENITIES



# AMENITIES



# DIRECTIONS



# DIRECTIONS



Block E1, Level 4 (E1-04-14)

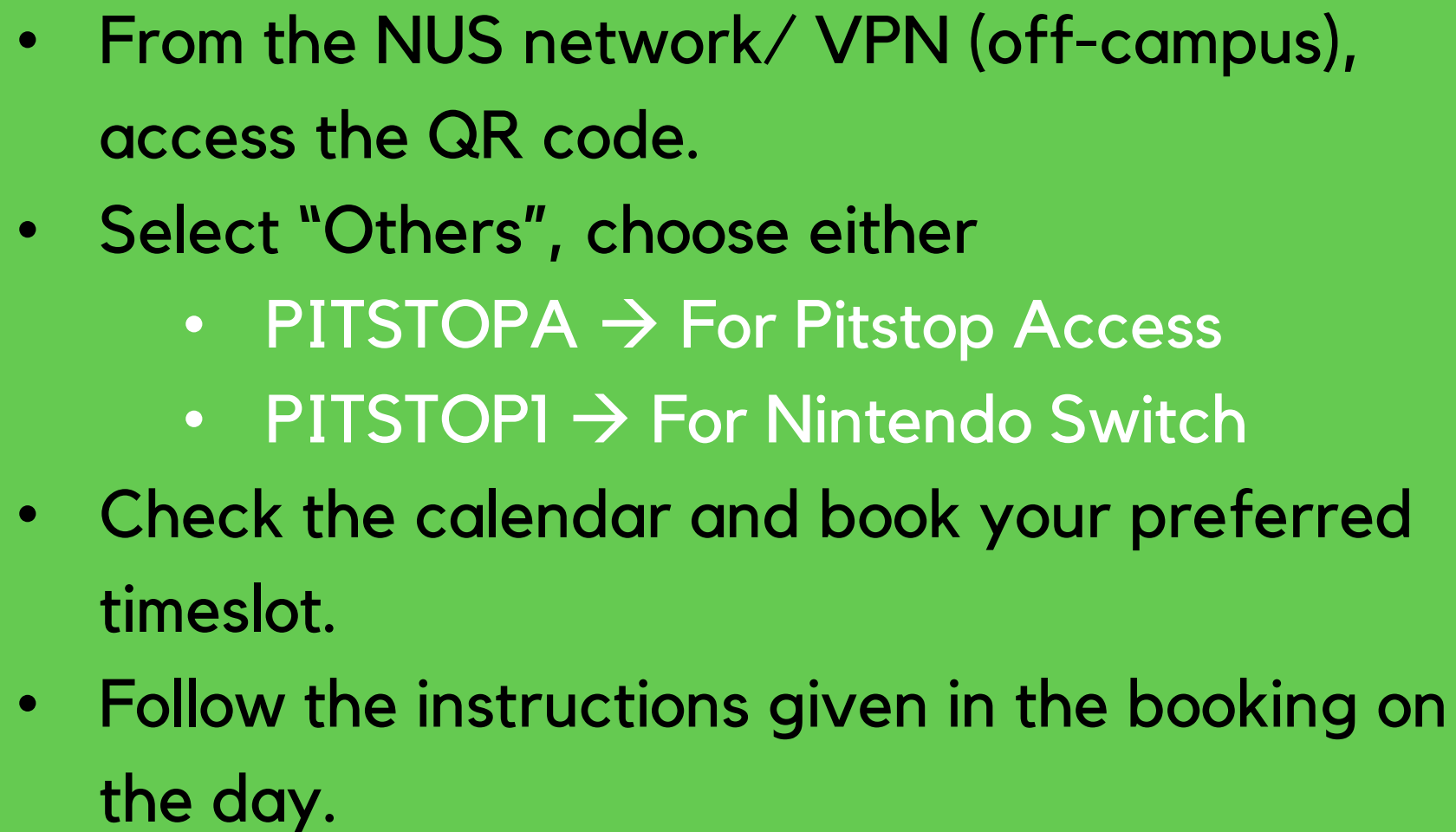
# DIRECTIONS





# HOW TO BOOK



- 
- From the NUS network/ VPN (off-campus), access the QR code.
  - Select "Others", choose either
    - PITSTOPA → For Pitstop Access
    - PITSTOP1 → For Nintendo Switch
  - Check the calendar and book your preferred timeslot.
  - Follow the instructions given in the booking on the day.



## TIP!

Check out our **opening hours** @  
[linktr.ee/CDEStudentWellness](https://linktr.ee/CDEStudentWellness) !



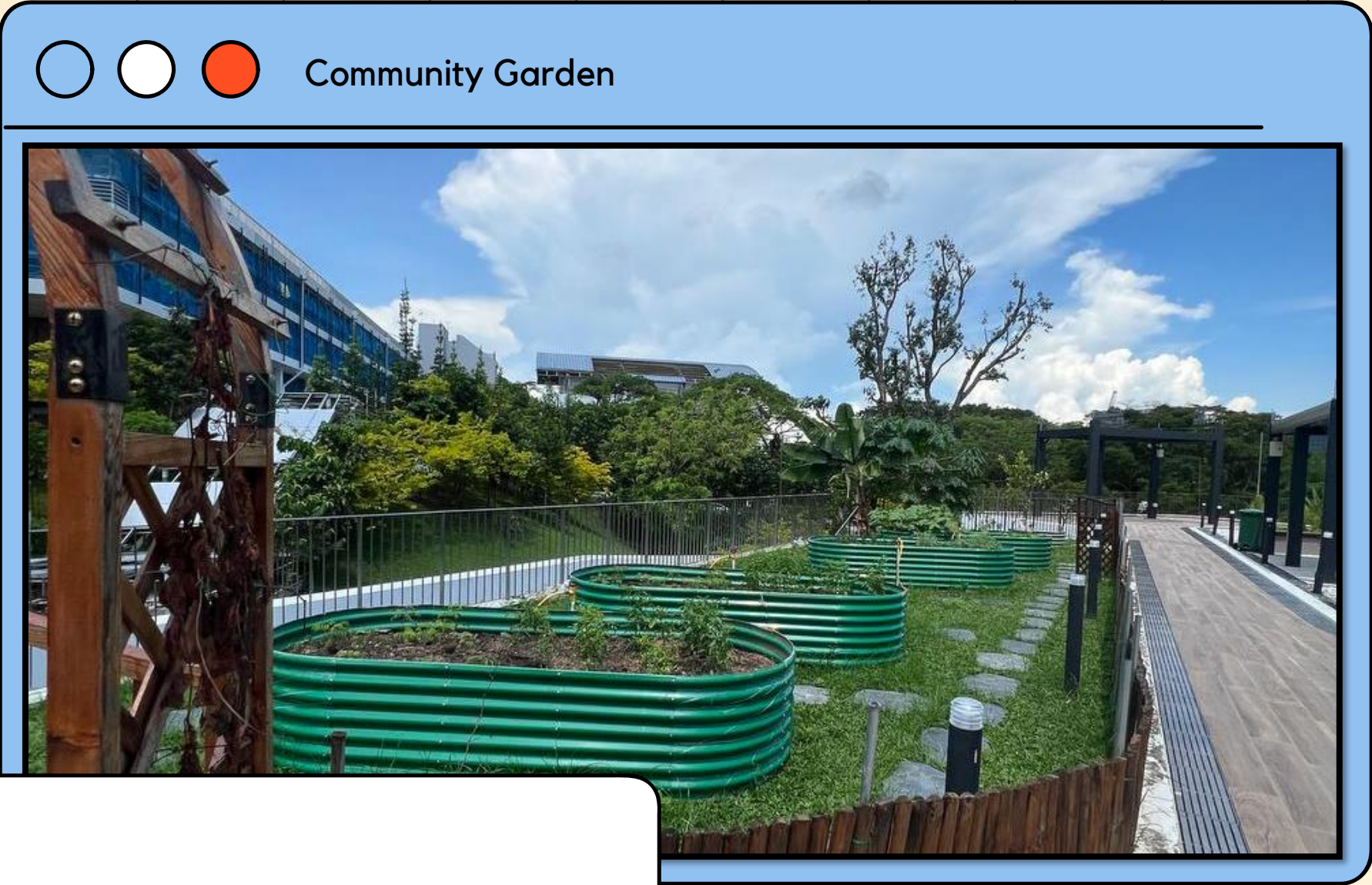
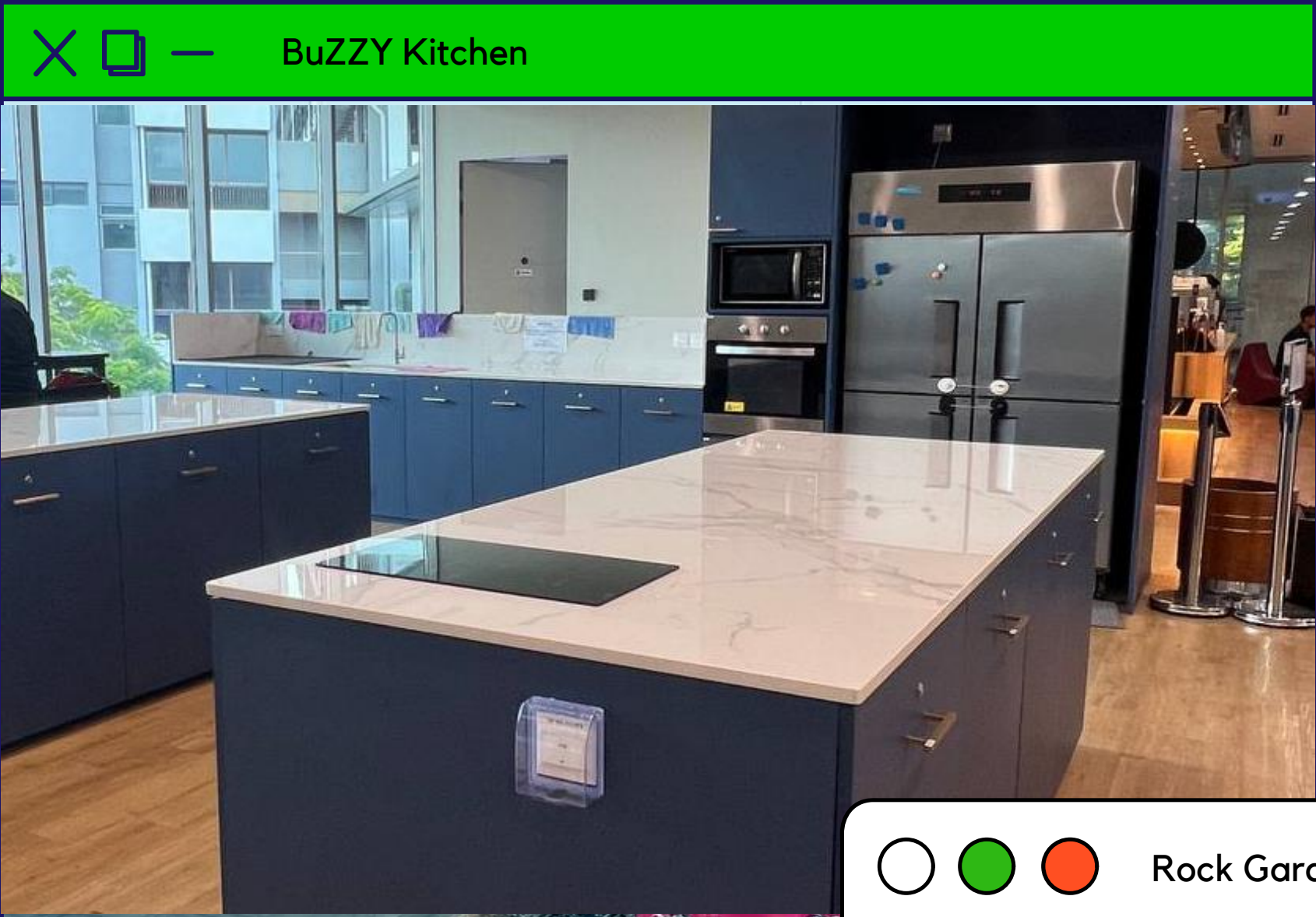
# TO-GATHER SPACE | TECHNOEDGE



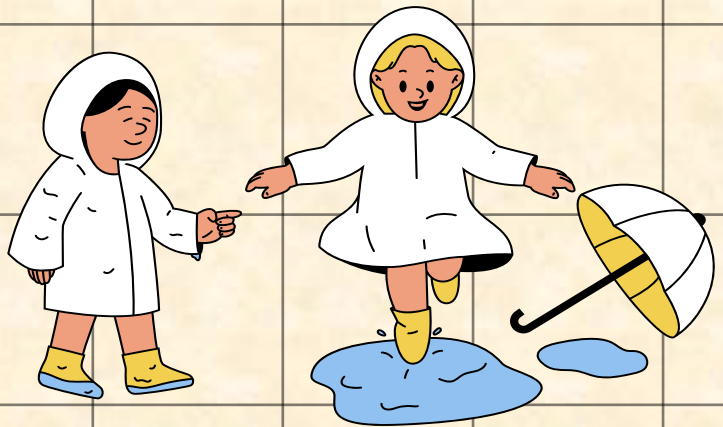
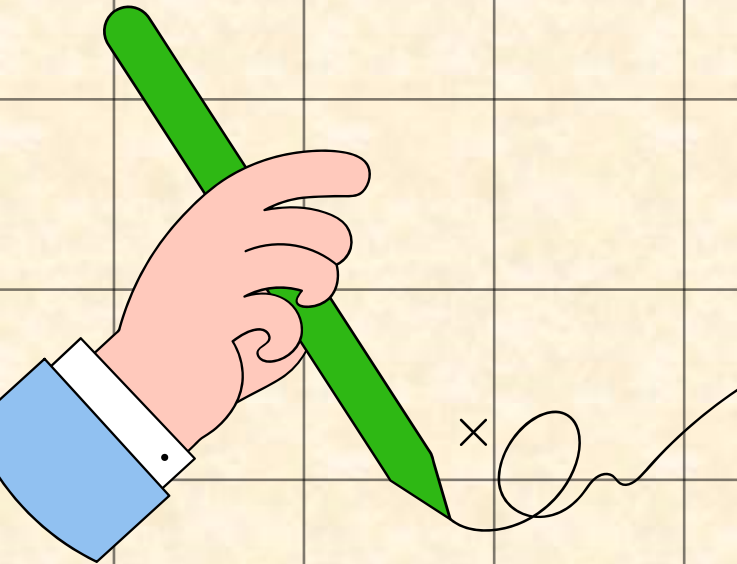
Conveniently located where Starbucks is!

To-Gather Space is a space with:

- Kitchen (BuZZy)
- Arts & Craft Corner
- Community Garden



○ ● ● Rock Garden





# WORKSHOPS & EVENTS



Interested? Stay tuned for  
upcoming workshops!

# Past Workshops

## TAKE-A-PAWS

Pet therapy workshop  
with our furry friends



## WELLNESS HIKE

Sentosa Boardwalk to  
Vivocity

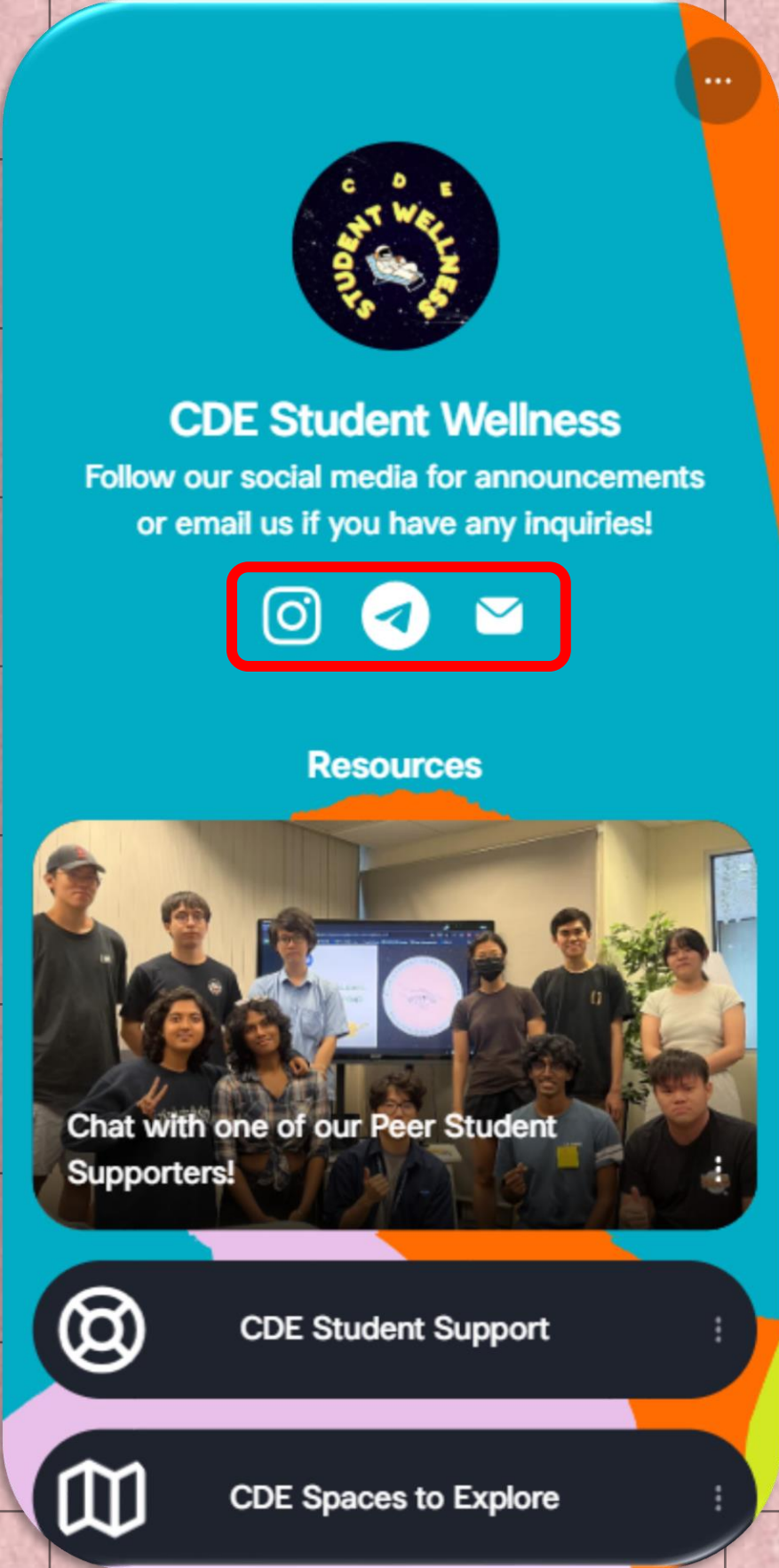


## CROCHET CLASS

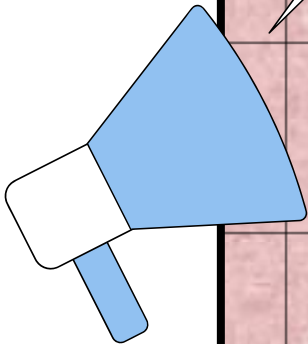
Beginner  
crocheting class



# WHERE & HOW



Most of the workshops/events are **FREE**



Announcements are usually announced on:

- **CDE Student Life EMAIL**
- **CDE Student Life/Wellness INSTAGRAM**
- **CDE Student Wellness TELEGRAM**



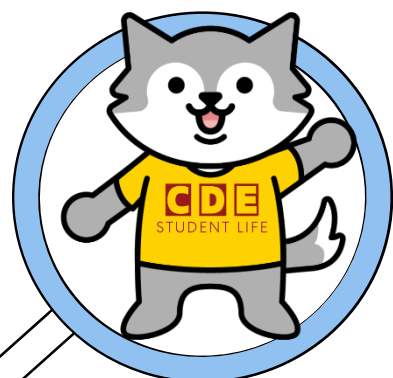
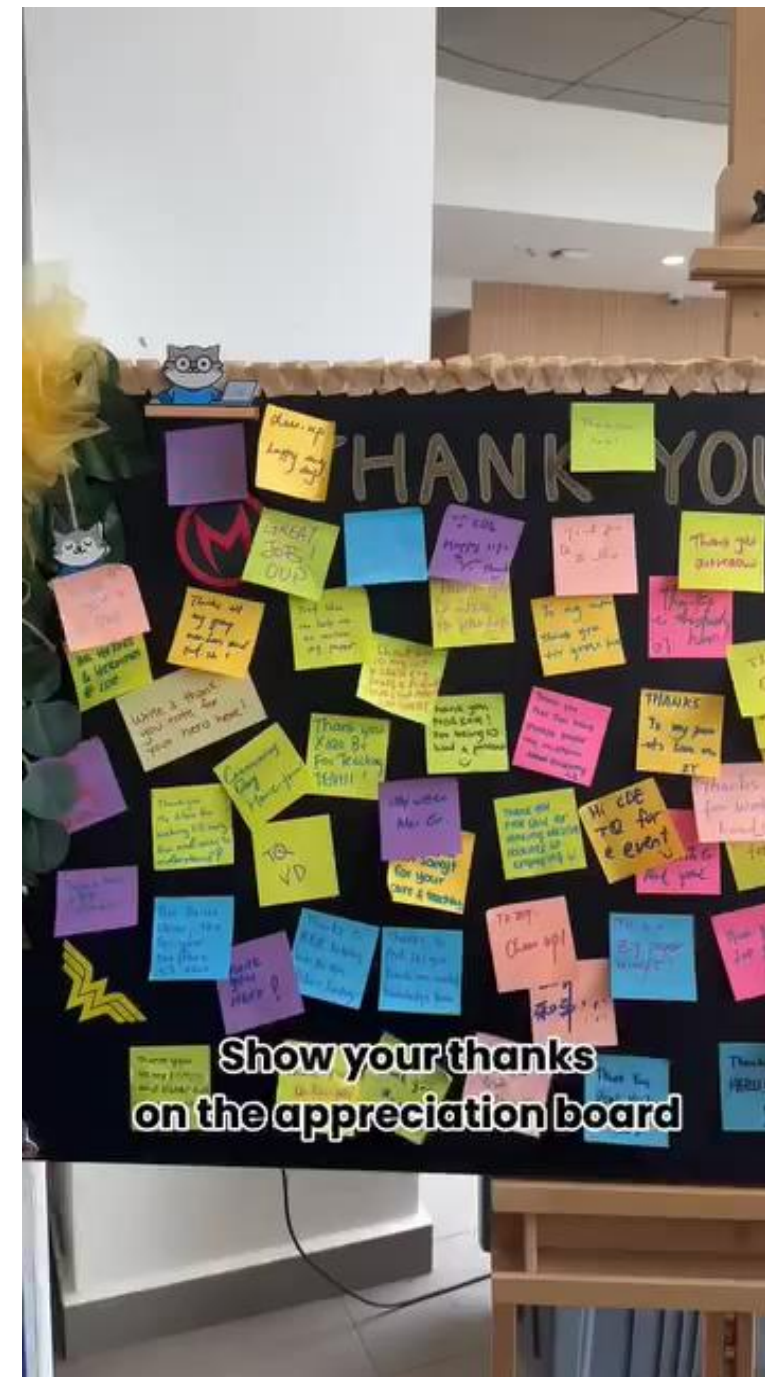
Find our socials here!  
(click the respective icons  
in the link)

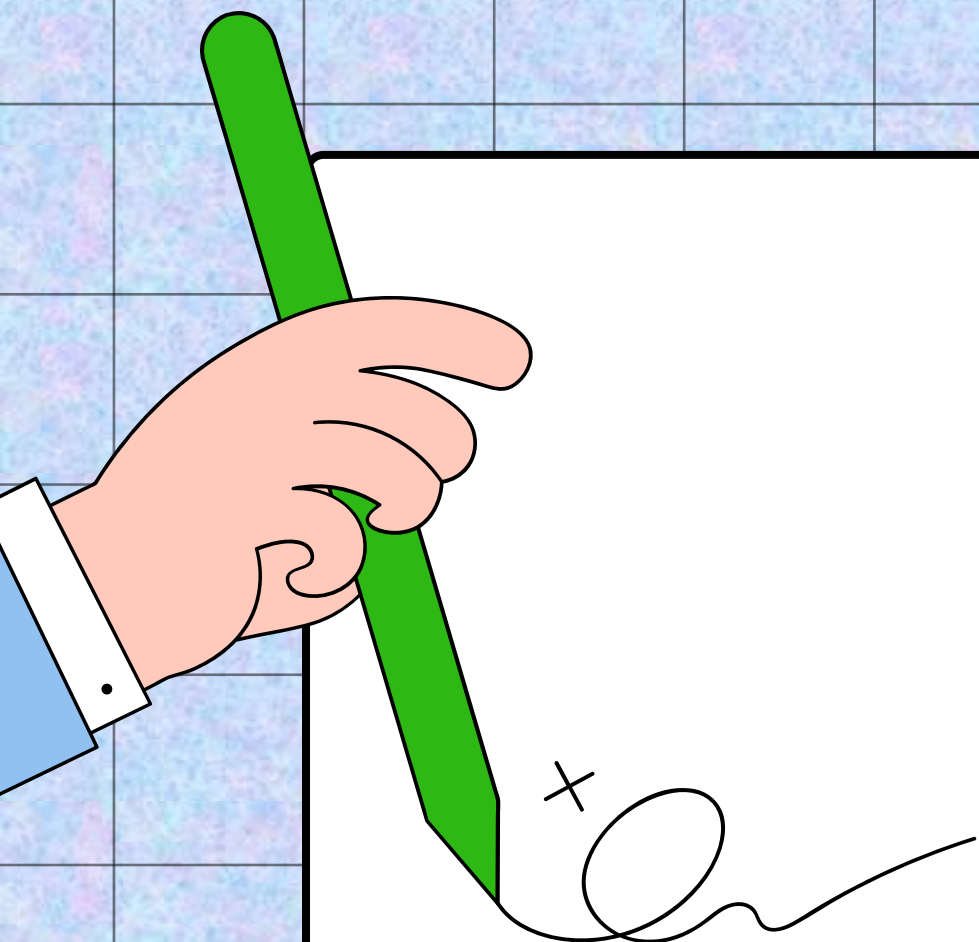
# SOME ANNUAL EVENTS YOU CAN EXPECT

## College of Design and Engineering (CDE) Day



## CDE Community Day





# STUDENT-LED SUPPORT

(Join us as an ambassador!)



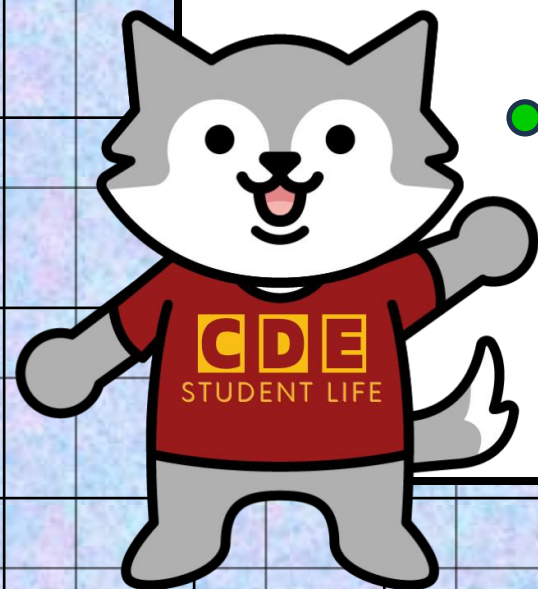
Want to chat with us?  
Reach out here!



# Peer Student Support Group

- Comprises of student volunteers.
- Here to be a friendly listening ear — and to support other students facing challenges.
- To be the advocates of mental health and well-being.

If you are interested in joining us,  
please connect with us at  
[cdewapssg@gmail.com](mailto:cdewapssg@gmail.com)!

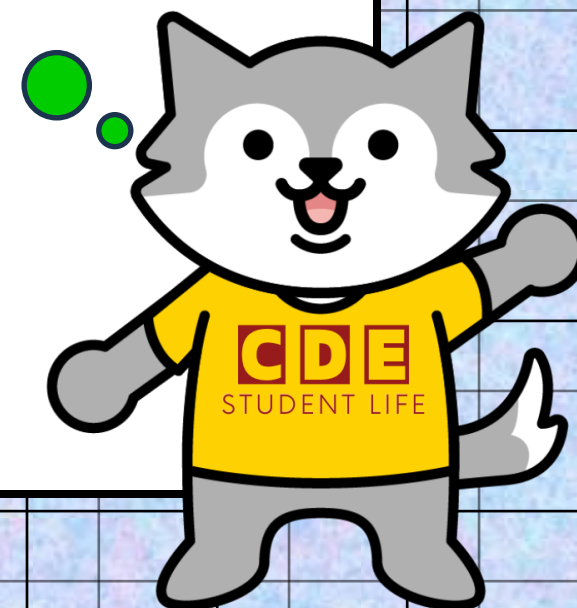


# Wellness Ambassadors



- Comprises of student volunteers.
- Primary focus is on curating wellness workshops for CDE students.
- To be the advocates of mental health and well-being.

If you are interested in joining us,  
please connect with us at  
[cdewapssg@gmail.com](mailto:cdewapssg@gmail.com)!



# BENEFITS

01

Event Planning skills through  
curating events and wellness  
workshops

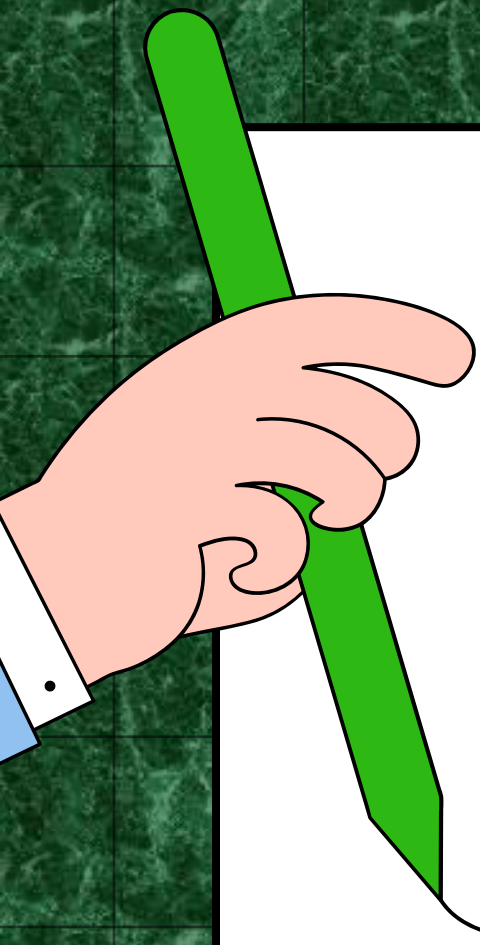
02

Networking and creating  
meaningful friendships across the  
faculty

03

Recognition of voluntary work as  
Value in Action (VIA) hours





# MENTAL HEALTH & OTHER WELLBEING RESOURCES



# YOU MATTER AND YOU ARE NOT ALONE

## AS AN INDIVIDUAL

- Friends
- Family

## AS A STUDENT

- Supervisors
- Professors
- Peers
- Peer Student Supporters
- Wellness Ambassadors

## NUS AS A SCHOOL

- Student Support Managers
- University Counselling Services
- Residential Wellness Managers



# FACULTY STUDENT SUPPORT MANAGERS (SSMs)



## Student Support Managers

**Ms Shanmuga Priya D/O Subramaniam**  
(Contact for OSL facilities and wellness workshops)  
Email: [sps@nus.edu.sg](mailto:sps@nus.edu.sg)  
Tel/WhatsApp: +65 65161659

**Mr Jerrell Kwan**  
(Contact for CDE Club and Sub-clubs Matters)  
Email: [jerrell@nus.edu.sg](mailto:jerrell@nus.edu.sg)  
Tel/WhatsApp: +65 65167612

**Ms Rosanne Ang**  
(Contact for Peer Student Supporters Group)  
Email: [rosanne@nus.edu.sg](mailto:rosanne@nus.edu.sg)  
Tel/WhatsApp: +65 66014934

**Ms Vivian Lee**  
Email: [vivianl@nus.edu.sg](mailto:vivianl@nus.edu.sg)  
Tel/WhatsApp: +65 65161267

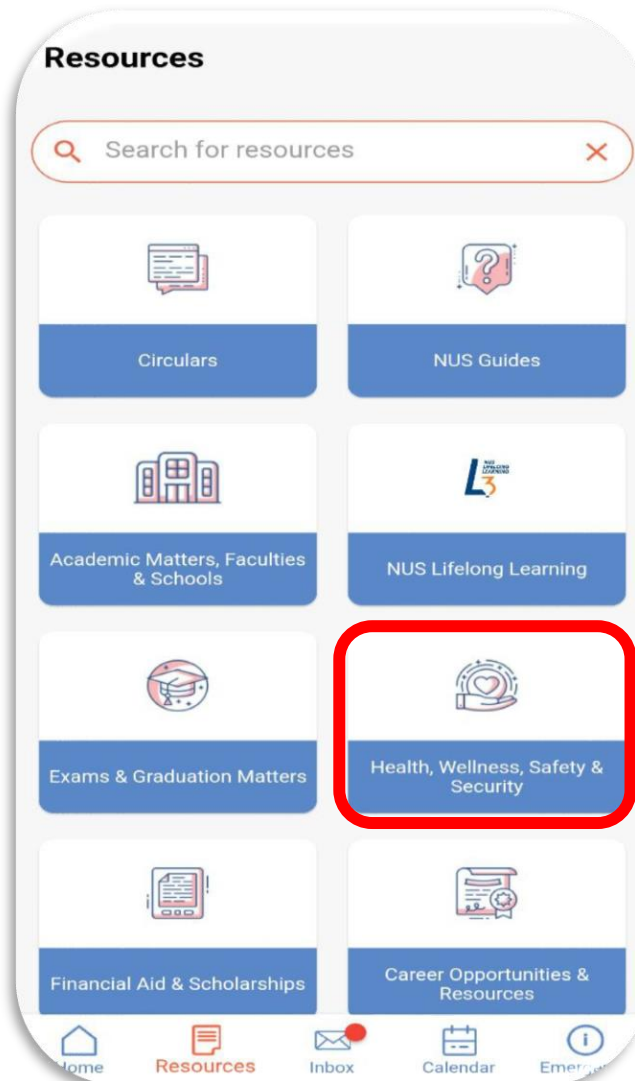
## CDE Student Life Website

Block C1, #03-01C  
TechnoEdge  
2 Engineering Drive 4  
Singapore 117584

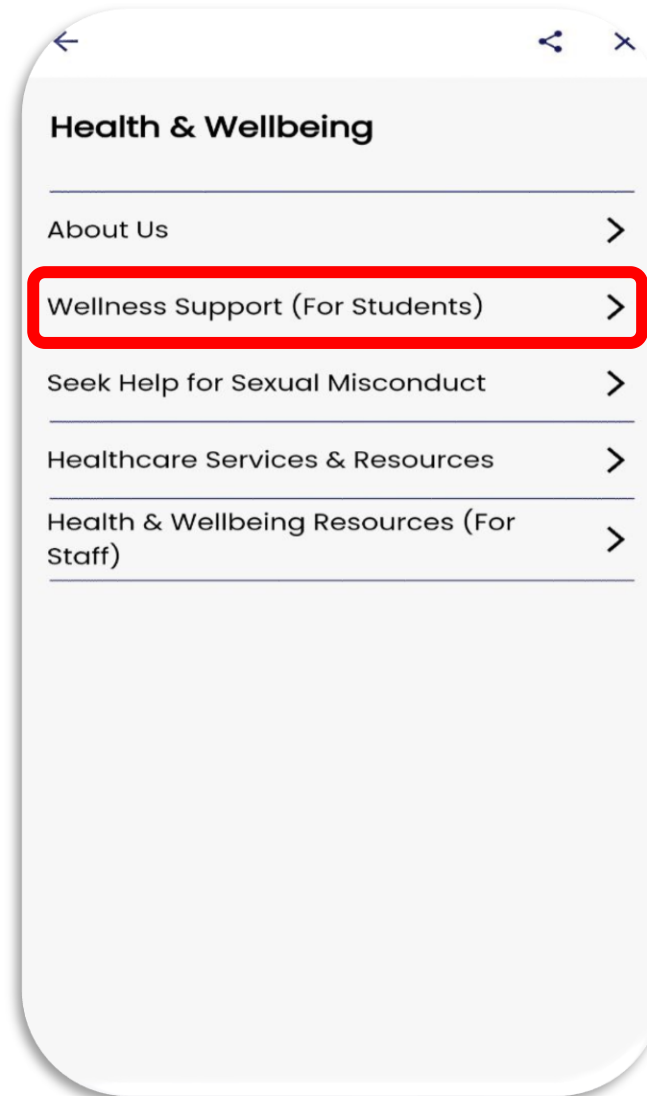


# FACULTY STUDENT SUPPORT MANAGERS (SSMs)

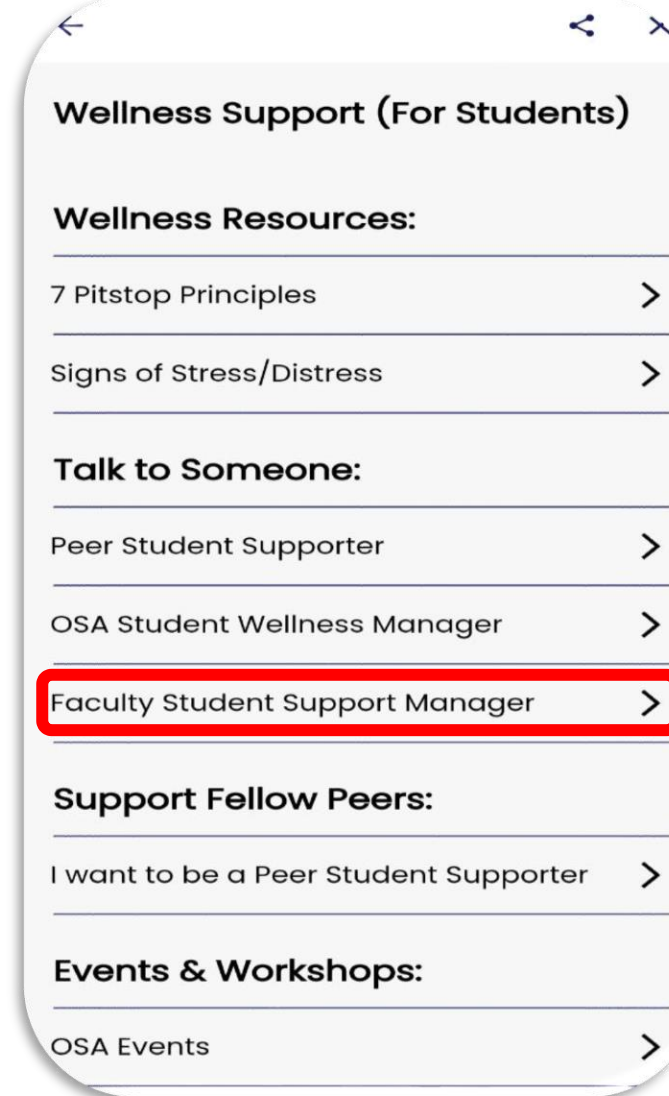
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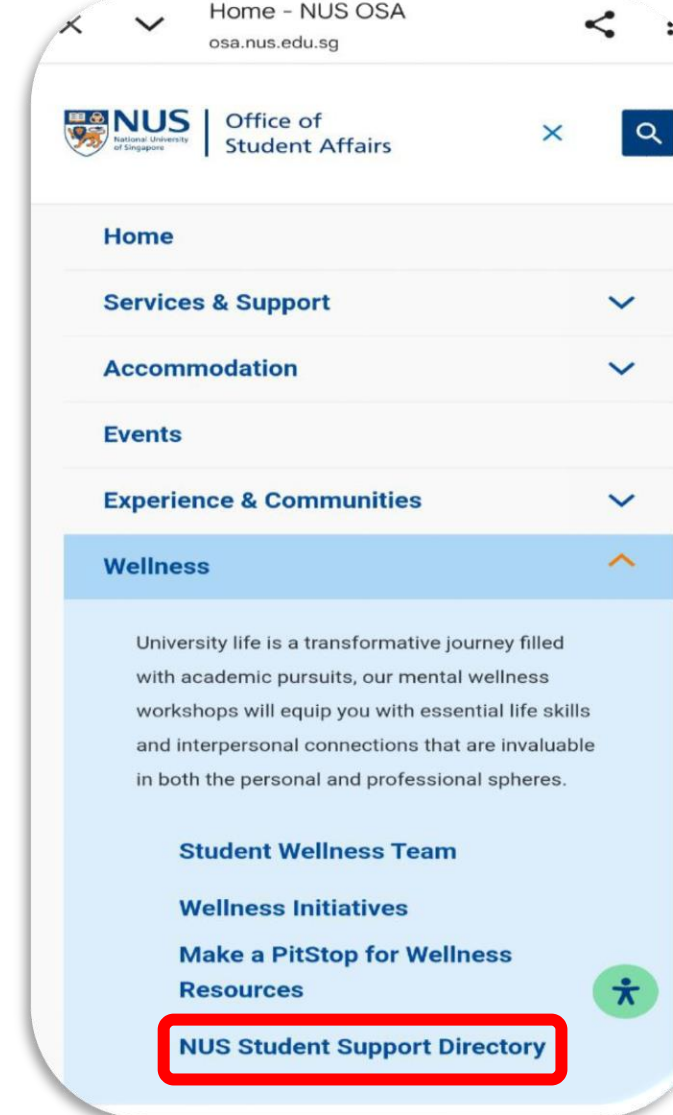
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3



4



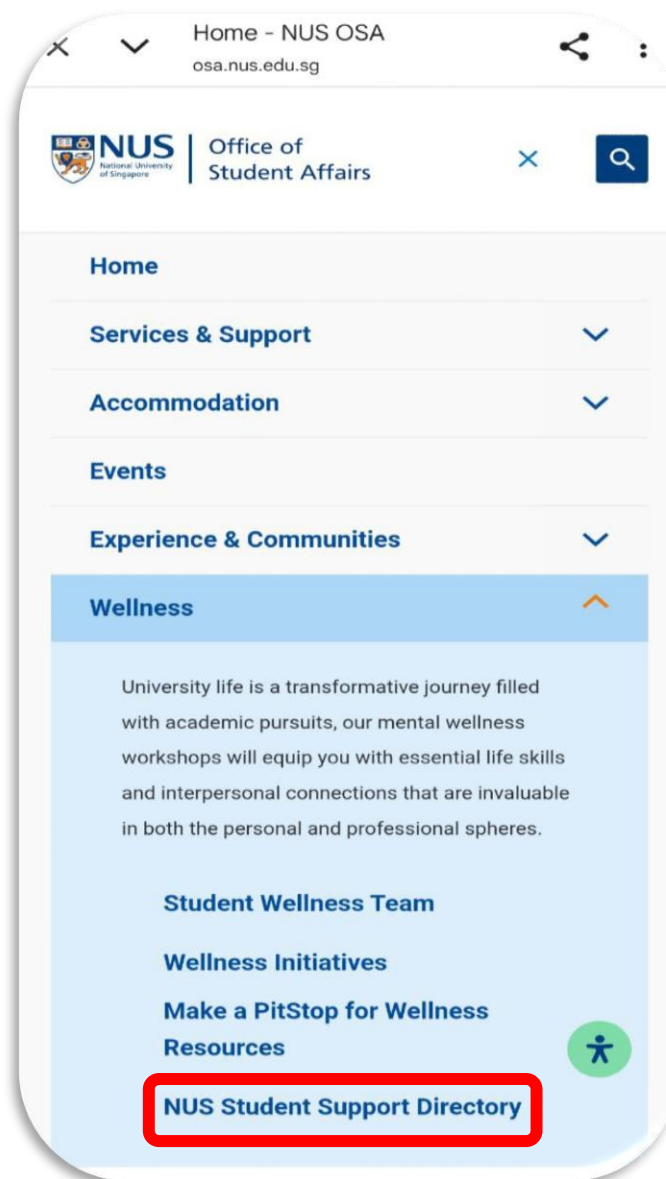
via uNivUS App

Block C1, #03-01C  
TechnoEdge  
2 Engineering Drive 4  
Singapore 117584

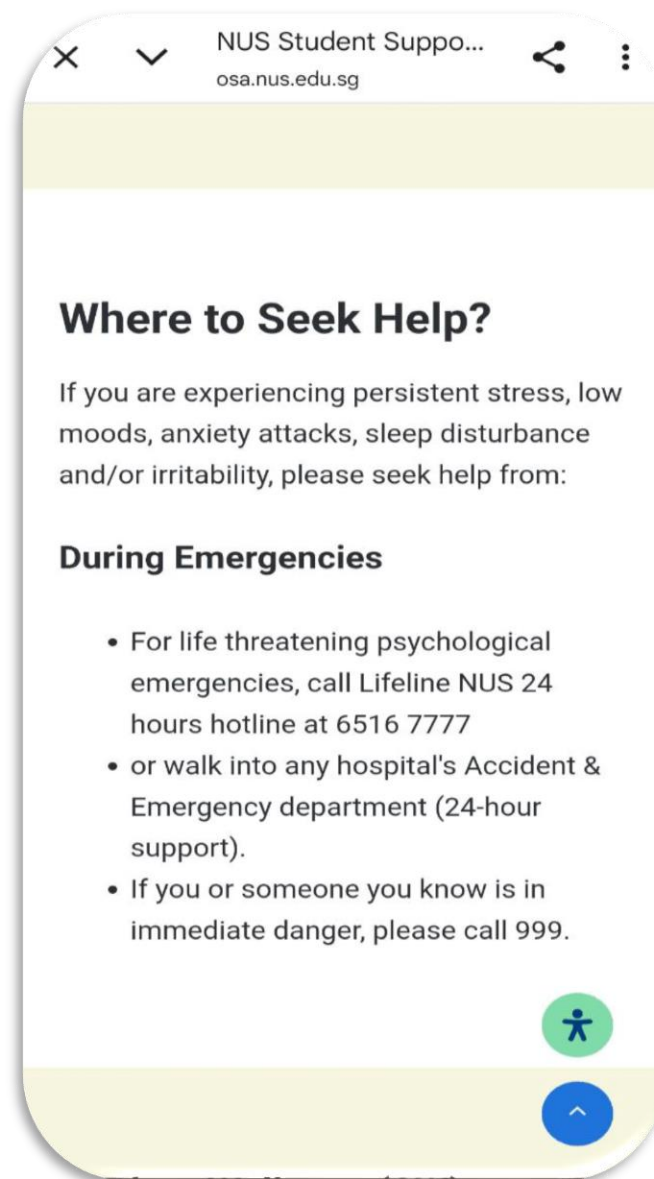


# WHERE TO FIND OTHER CAMPUS WELLNESS RESOURCES

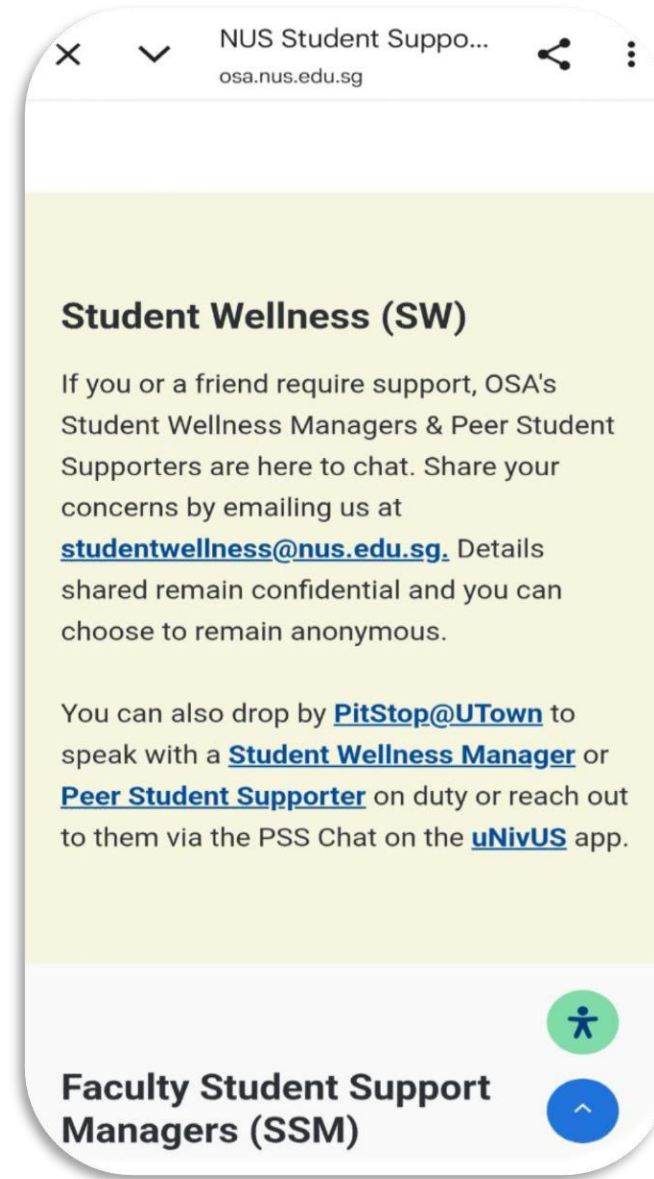
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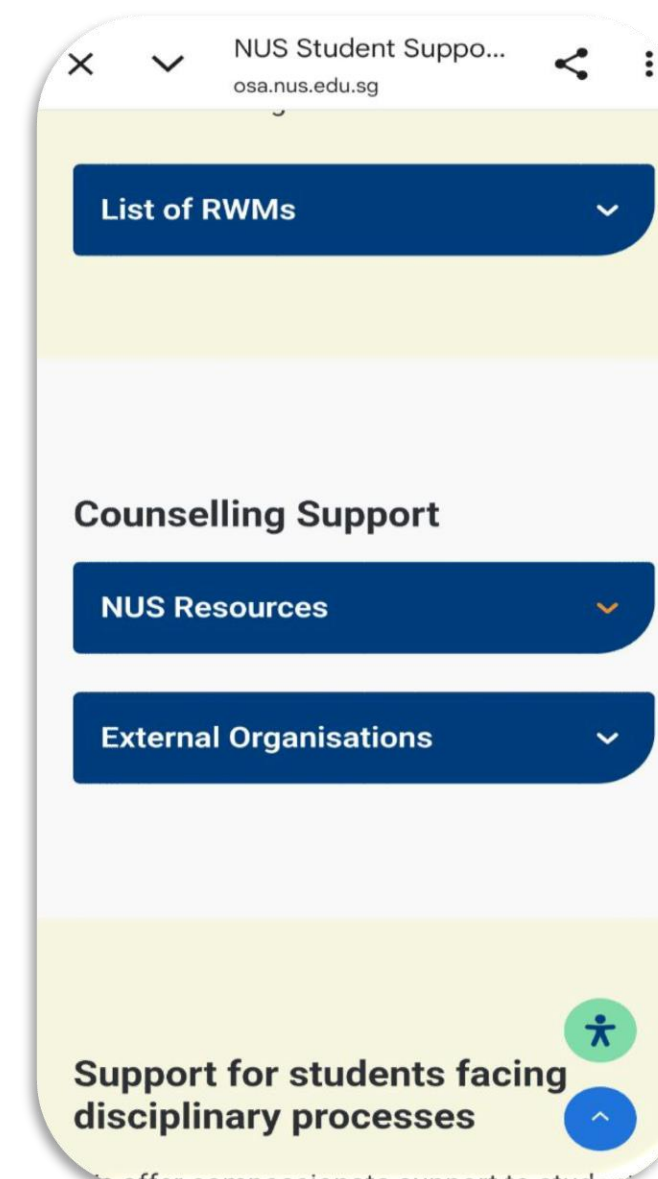
6



7



8



via uNivUS App



# ● ○ ○ University Counselling Services

**Email:** [uhc\\_counselling@nus.edu.sg](mailto:uhc_counselling@nus.edu.sg)

**Phone:** 6516 2376

20 Lower Kent Ridge Road Lvl 2  
Singapore 119060

## **Operating Hours:**

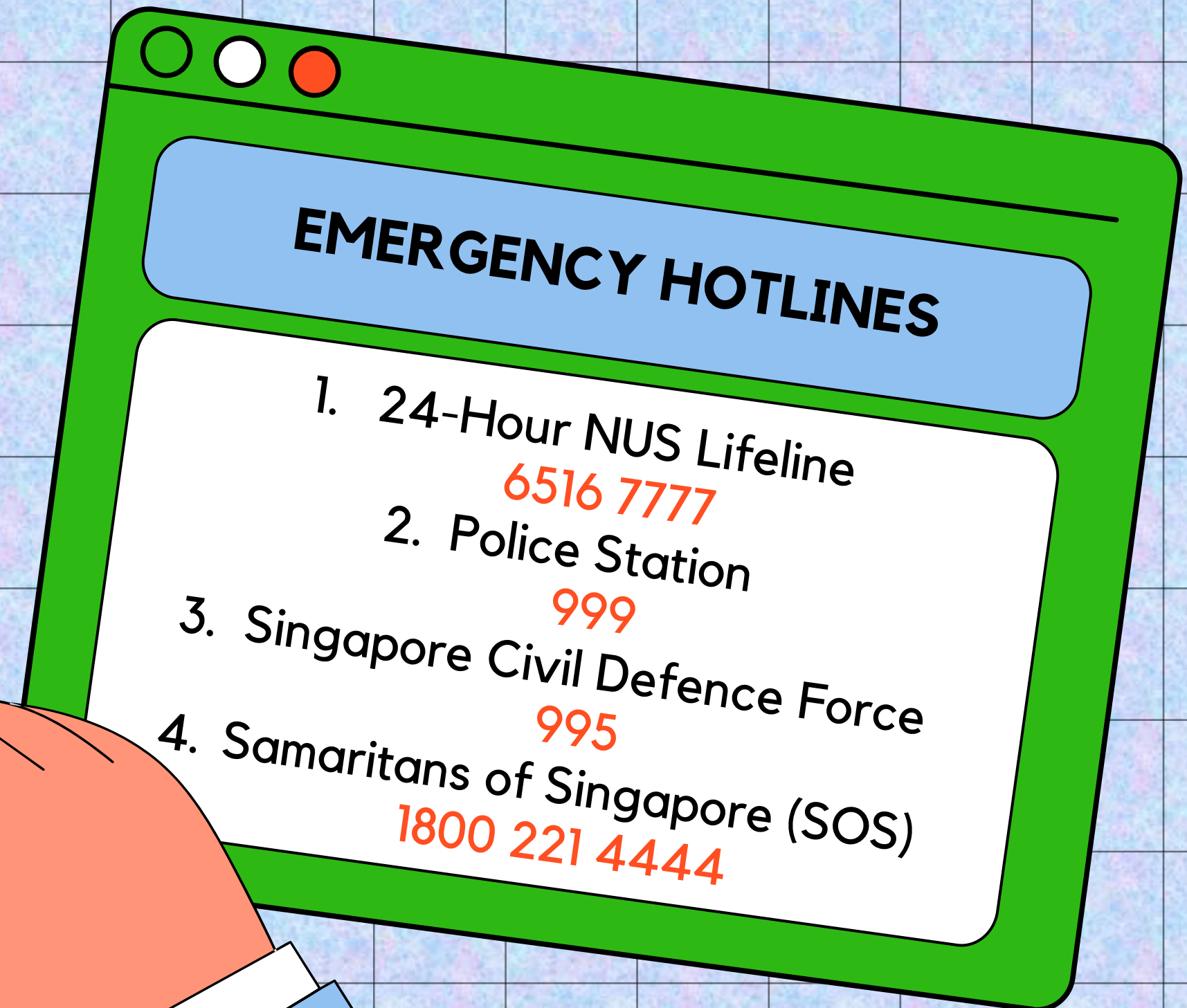
Mon: 9:30am to 6pm (5:30pm last walk-in)

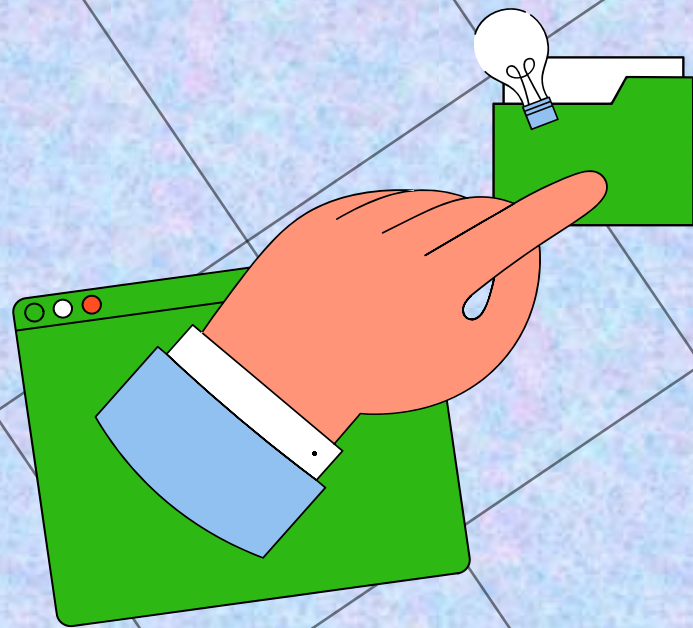
Tue – Thurs: 8.30am to 6pm (5:30pm last walk-in)

Fri: 8.30am to 5.30pm (5pm last walk-in)



# OTHER SUPPORT RESOURCES





# INTELLECT



24/7 Distress Helpline

Easy-Access Wellbeing Support

Personalized/Customizable

Can be done in the  
comfort of your own  
safe space

After Office Hour Services

- Counselling
- Coaching

Guided Self-help Tools

Free for all Fulltime  
NUS Students



Guided Self-help Tools

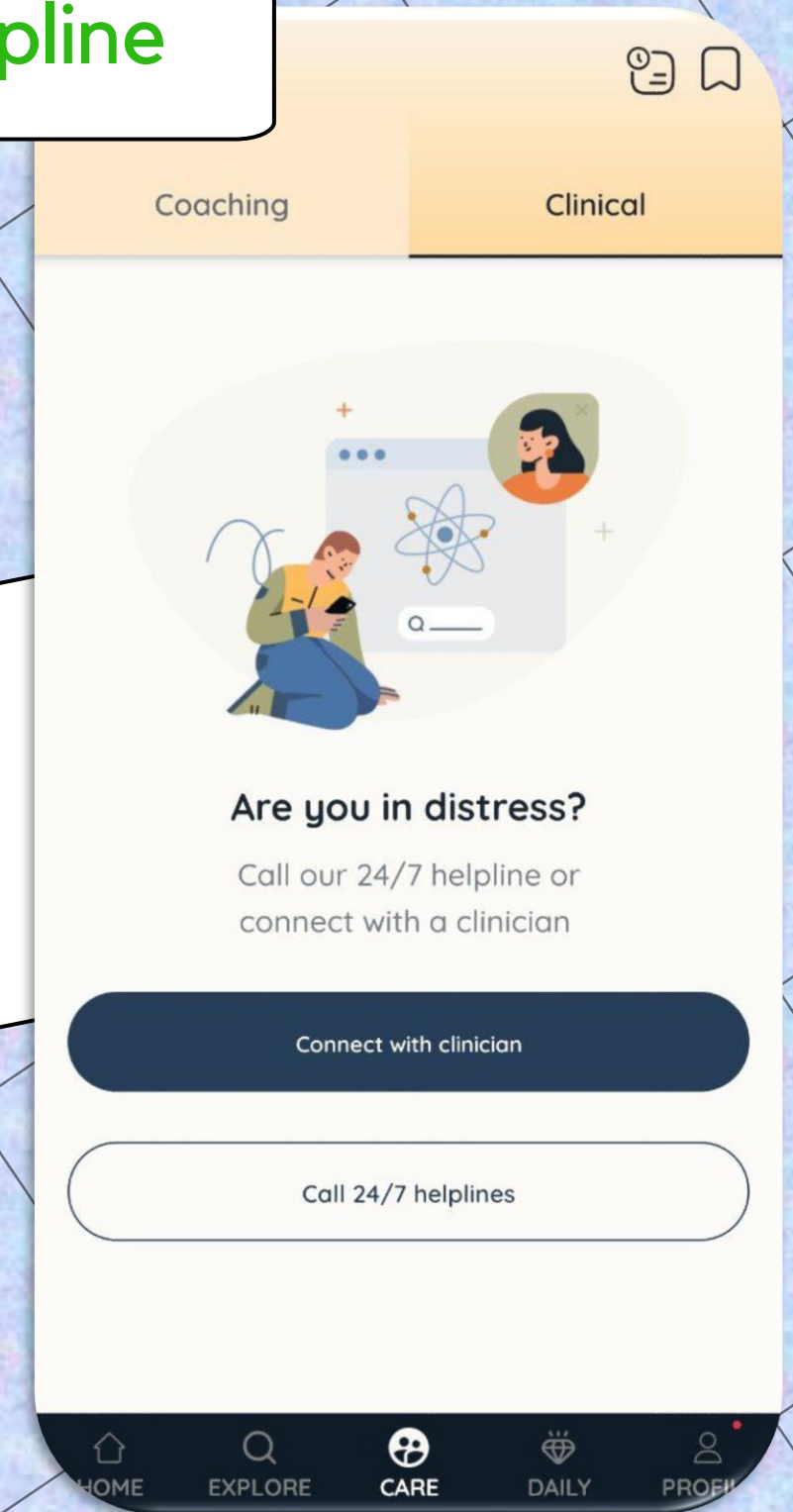
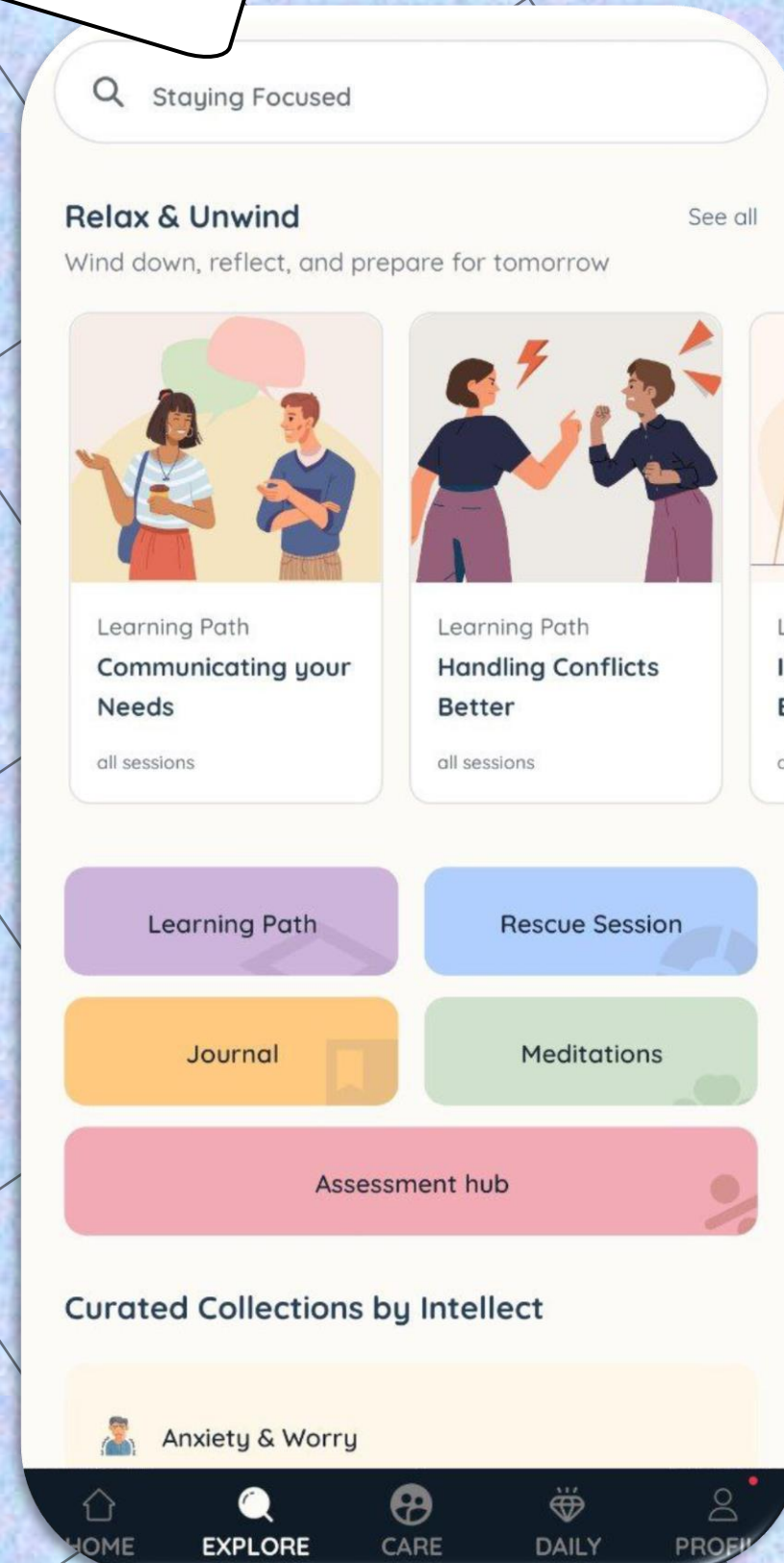
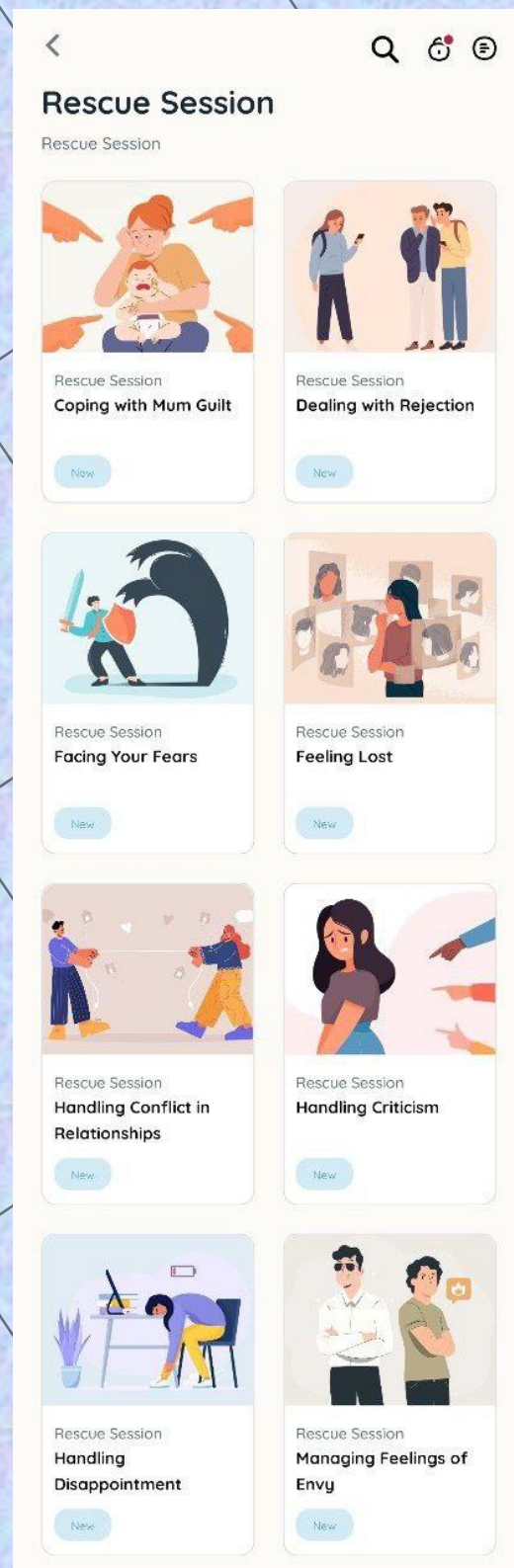
# INTELLECT



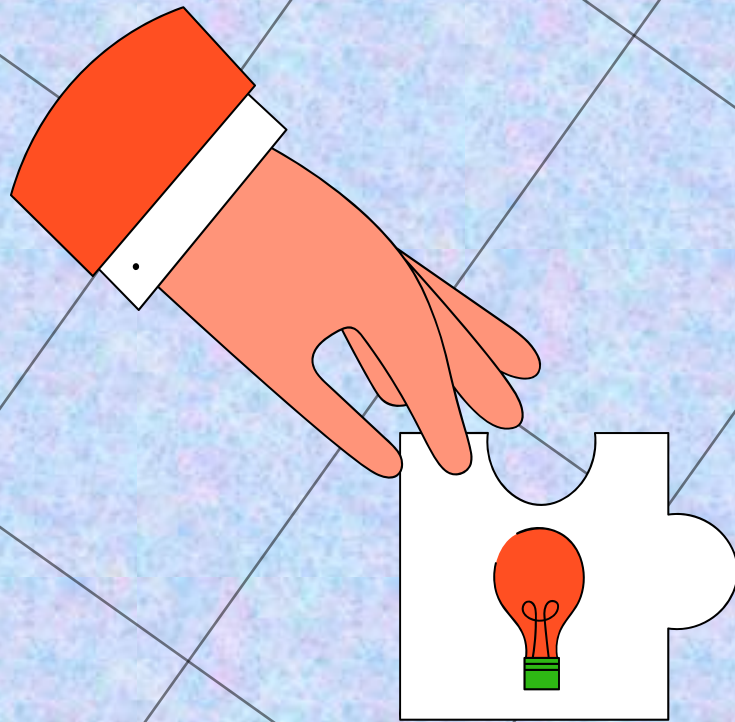
24/7 Distress Helpline

After Office Hour Services

- Counselling
- Coaching



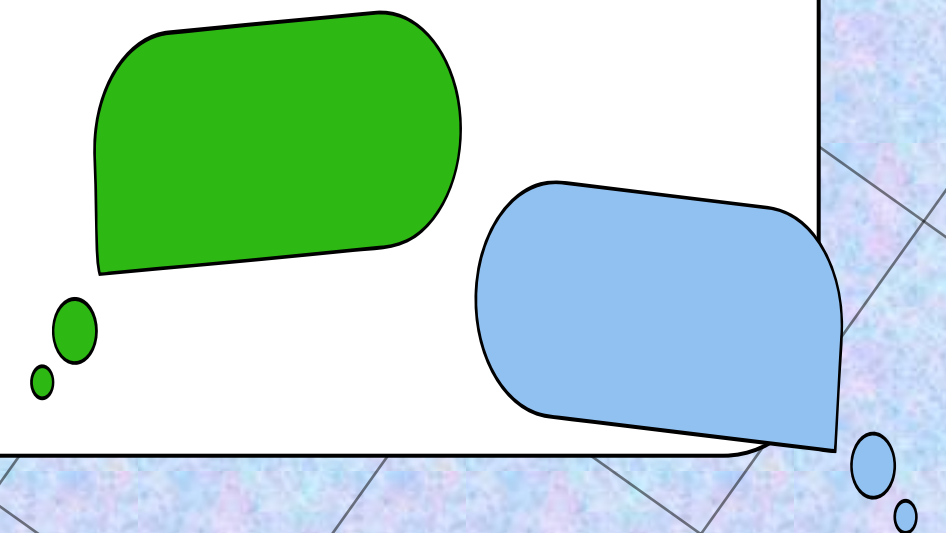
# INTELLECT

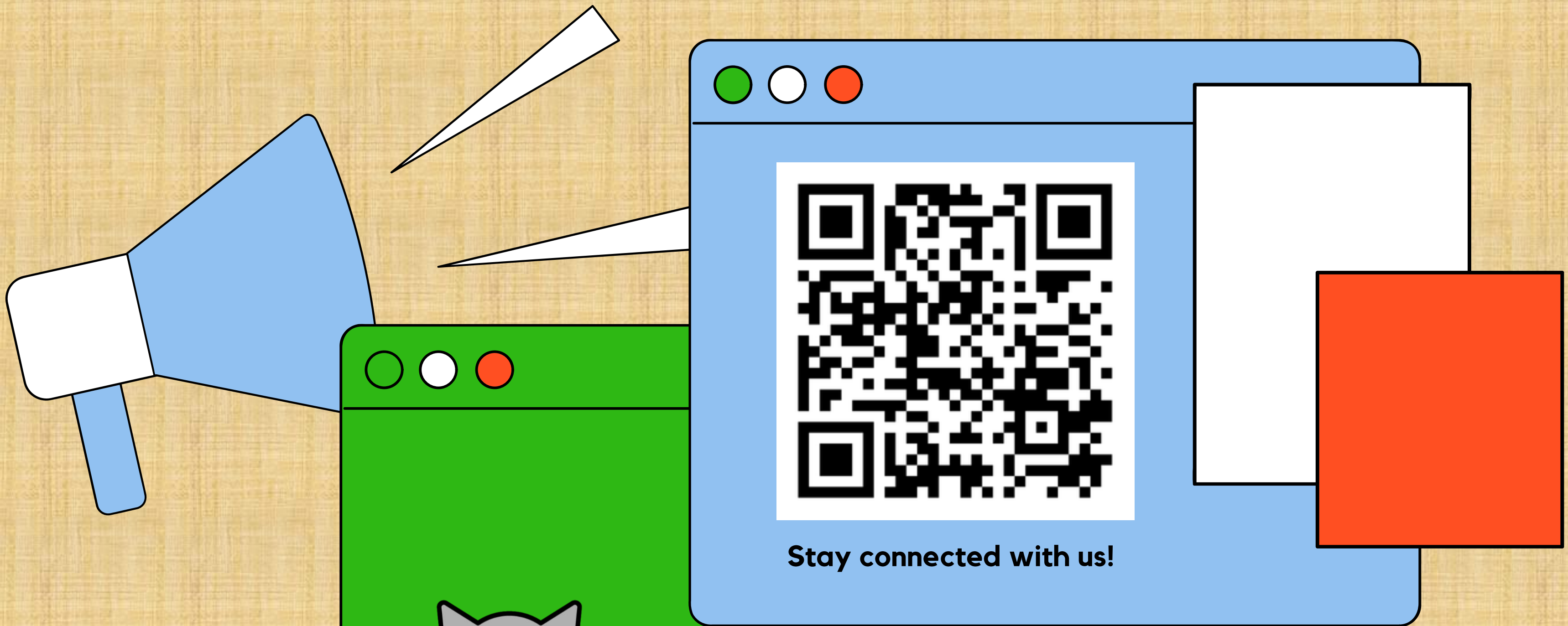


## How to Install?

- Install the app via this QR Code
- Select '**Join with your Organization**'
- Click '**Continue with SSO**'
- Login with your NUS email (e.g. e0123456@u.nus.edu)

And...that's it!





YOUR JOURNEY WITH US IN NUS MATTERS  
**THANK** **YOU**