

## **ART450 (Section 01E): CERAMICS III, 80779**

COURSE SYLLABUS: FALL 2026  
EAST TEXAS A&M UNIVERSITY

Instructor: Christy Wittmer

Office Location: Room 101 Wathena Temple Fine Arts

Office Hours: Tuesdays and Thursdays 2-3pm and by appointment

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### **Class Information**

Fall 2026: 8/20/2026 through 12/11/2026

Credits: 3.00

Meeting times: Tuesdays and Thursdays, 8-10:50am

Location: WTFA 116

**Preferred Form of Communication:** Email

**Response Time:** 24-48 hours during weekdays

### **Course Description**

This course offers further exposure to ceramic forming processes; surface treatment; and firing processes. This will include both; throwing on the wheel and hand-building or mold making projects. Increased attention will be given to the conceptual and aesthetic aspects of ceramics and the development of an expressive, individual direction. Increased emphasis on critical research in contemporary and historical ceramics.

### **Catalogue Description**

ART 450 - Ceramics III                      Hours: 3

This course offers further exposure to ceramic forming methods, surface treatment, and firing processes that include oxidation, reduction, raku and cold-finishes. Increased attention will be given to the conceptual and aesthetic aspects of

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the ceramics medium and the development of an expressive, individual direction. Increased emphasis is placed on critical research in contemporary and historical ceramics.

### **Student Learning Outcomes**

At the conclusion of this course students will be able to:

- Demonstrate advanced wheel throwing and hand building skills
- Demonstrate excellent craftsmanship
- Discuss how objects embody meaning
- Discuss historic and contemporary ceramics and the issues that pertain to ceramics as an art form
- Demonstrate an understanding of clay and glaze chemistry
- Demonstrate an understanding of mold making and slip casting
- Use and maintain studio equipment properly
- Demonstrate the development of a personal direction in their artwork
- Demonstrate the development of a solid, sustained work ethic and time-management skills
- Demonstrate the ability to benefit from the critiques of one's own work and the work of others

### **Course Requirements**

#### **Textbooks, Technologies and Materials**

Textbook(s) Required: No textbook is required.

Software Required: You will need a camera or cell phone to take photographs of your work. Please contact the instructor if you have questions or concerns about using the technology.

#### **Suggested Text Books And Resources**

- Contemporary ceramics: <https://cfileonline.org/>
- Contemporary ceramics: <https://www.ceramicsnow.org/>
- Ceramics techniques and videos: <https://ceramicartsnetwork.org/>
- Contemporary art: <https://hyperallergic.com/>
- Artwork images: [Artstor](#)

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- Historical ceramics: <https://www.metmuseum.org/>
- Textbook Recommended: *Clay and Glazes for the Potter*, Revised, Expanded Edition, written by Daniel Rhodes, Revised by Robin Hopper.

## **Required Materials**

Please purchase supplies and bring them to the second day of class.

Basic Pottery Tool Kit - sponge, metal rib, wire clay cutter, ribbon tool, loop tool, aluminum needle tool, modeling tool, potters rib

Small container with lid for storing your own slip

Sumi brush for decorating

Large towel for wheel throwing (optional)

Spray Bottle

Plastic trash bags

Exacto knife

Ruler with centimeters

## Optional Materials:

Fettling knife

Serrated ribs

Rubber ribs

Small containers with lids for storing slip and glaze

P100 Respirator

**Write your name on all your tools and supplies.** The ceramic tools are available in the campus bookstore and others can be found at: Amazon, Wal-Mart, the Dollar Store, art stores, kitchen stores, or hardware stores.

## **Instructional Methods**

This course is 16 weeks long. It will consist of:

**Lectures:** The instructor will present examples of historical and contemporary ceramic artwork related to the ceramic techniques being taught.

**Demonstrations:** The instructor will demonstrate hand building, wheel throwing, decorating and glazing techniques.

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**Projects:** In hands-on projects working with clay you will have the opportunity to practice the skills that were learned during the lectures/demonstrations.

**Presentation:** You will give a presentation on your project research, including images of work by a contemporary ceramic artist who is inspiring your project, sketches of your project and a week-by-week timeline for completing the project.

**Sketches and Research:** In preparation for more involved clay projects you will be expected to do your own visual research and draw out a plan for your project.

**Critiques:** During critiques we will discuss the work you have made intellectually. This is an opportunity to receive feedback on your work and provide feedback to your classmates about their work.

### **Expectations**

1. Working outside of class is required. Expect to spend at least 6 hours per week outside of class. Access to the studio at night and on weekends will be through the swipecard system. Use the east entrance to the building. **Work out of class is not a substitute for in-class work and participation.**
2. Timely completion of required work by the critique dates is required.
3. Criticism and discussion are important aspects of artistic activity and development. Attendance and active, thoughtful verbal participation at all critiques is mandatory.
4. Participation in loading, firing, and unloading the kilns is required. Students should be aware that these activities sometimes take place outside of class time. Studio Policy on quality control: Any work that is defective or damaged (such as too heavy, cracked, broken, etc.) will not be fired. Extra work must meet the standards of the studio.
5. Students in the advanced class are required to help with the maintenance and the running of the ceramics studio. This includes mixing the communal batches of slips and glazes, cleaning and re-coating kiln shelves, and other tasks that contribute to maintaining a clean and appropriate work environment. Technical information and an explanation of "best practice" will be given relating to these tasks.
6. Students are expected to engage in personal research on ceramics websites and in the university library where there is an extensive collection of books on ceramics as well as the periodicals *Ceramics Monthly*, *American Craft*, and *Studio Potter*. You can also see ceramic work in person in nearby museum collections, especially the DMA, The Crow Collection of Asian Art, and the Kimbell Art Museum.

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7. Students are expected to attend all exhibitions in The University Gallery as well as other events hosted by the Department of Art such as visiting lecturers and visiting artist workshops.

8. General Studio Rules:

- **The ceramics studio is a pet-free, child-free zone 24/7.**
- Do not touch or move other people's work.

9. Remove all work and tools at the end of the semester. Your instructor is not responsible for work left behind when the course ends.

## Grading

Final grades in this course will be based on the following scale:

90-100% A | 80-89% B | 70-79% C | 60-69% D | 0-59% F

## Assignment Grading Details:

Grading is based on a completion of course assignments, quality of individual technical and critical development, personal commitment and ability to work in a community studio setting. Personal commitment involves regular attendance, consistent effort, completion of work and participation in group critiques and the willingness to try new things and take creative risks. There are multiple required group critiques throughout the semester of in-progress and finished work.

**Assignments :** Assignments

**90%**

**Critiques, Research**

**10%**

**100%**

## Late Work:

Assignments may not be turned in late unless there is a legitimate documented emergency. You must contact me before the due date and ask for an extension. I will consider each request on a case-by-case basis. Late assignments will automatically lose 20% of the grade and must be submitted by the final critique.

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## Assignment Submission & Format:

All work is due by the due date listed in the assignment. **Images of your finished projects should be posted in the assignment in D2L to receive full credit.**

## Assessments

Projects will be graded as follows:

**A (Excellent)** will be given to ambitious projects that demonstrate superior conceptual, expressive, and technical abilities. A sustained and committed work ethic must be evident.

**B (Good)** will be given to those projects that complete the requirements of the assignment in a creative manner, display a good level of technique, and in which a good work ethic is evident.

**C (Average)** is given to those projects that satisfy the specifications of the assignment on an adequate level. Reasonable effort has been demonstrated in order to complete the assignments.

**D (Passing - Minimum)** will be given to those projects which attempt to address the assignments but which fall short in understanding, creativity of solution, quality of technique, and effort.

**F (Failure)** is given to projects that show a complete lack of understanding, creativity, and effort.

## Course Procedures and Policies

1. **Attendance Policy:** Attendance is critical for your success in this course. Students are expected to be present in each class, for the entire class period. If you arrive 15 minutes late or leave more than 15 minute before class ends, it will be considered an absence. **After the fourth absence of the semester, the instructor may lower the student's final semester grade by one letter grade for each subsequent absence.** No distinction will be made between excused and unexcused absences. Please contact the instructor in advance of any absence.

**A student who misses a class or is late for class is responsible for any material discussed and any announcements made during class.** Demonstrations will not be repeated for excused or unexcused absences. The student is also responsible for making up the missed work time.

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## **Studio culture and cell phone usage**

For the next 16 weeks we will be working together in the shared space of the studio. You are expected to treat your instructor and your classmates with respect at all times. In this spirit, **cell phones should be muted during class**. If you must receive a call during class time please leave the studio before answering it. To be considerate of others working in the studio there should be no phone conversations, text messaging, movie watching, etc. in studios. Online web searches related to course assignments may be done during studio work time, not during lectures and demonstrations. You may also use your phone to document your work. You may use your phone to watch the demonstration videos from D2L during class, but you may not watch or listen to other programs, video games, series or movies during class.

For the health and safety of everyone, please clean up your workspace, table, floor and all tools and equipment that you used before you leave the studio. **Throwers should mop around their wheel at the end of every work session. Hand builders should mop around their table.** Leave the space cleaner than you found it.

**Headphone policy:** You may wear headphones while you are working in the studio during class time. For the safety of yourself and consideration of your classmates, the volume must be low enough that you can still hear what is happening in the studio. Also, you are still responsible for any announcements that are made while wearing headphones. **You may not wear headphones during lectures, demonstrations or critiques.**

Video/audio recording is prohibited without permission.

**Firing policy:** Smoking/drug paraphernalia, including but not limited to pipes, ashtrays, images or slogans will not be fired.

## **Safety**

Always wear a mask when working with dry materials and while spraying glaze. If you are pregnant you will need to take caution in the glaze area and be sure to wear gloves while glazing. Everyone should wear gloves when working with glazes

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containing a high metal content and glazes marked "Not Food Safe". For safety while sanding and sweeping we recommend you wear a mask. You may want to purchase a P100 Particulate Respirator Mask.

There is no roller skating, roller blading or skate boarding in the studio.

### **Syllabus Change Policy**

The syllabus is a guide. Circumstances and events, such as student progress, may make it necessary for the instructor to modify the syllabus during the semester. Any changes made to the syllabus will be announced in advance.

**Department of Art, Health and Safety Guidelines:** All students enrolled in face-to-face art courses are required to comply with the procedures and policies of the Department of Art's Health and Safety Guidelines. The Guidelines cover activities in all East Texas A&M University art facilities on both the main campus and off-campus sites. Please report any safety issues immediately to your instructor(s), per health and safety guidelines outlined, studio/lab assistant, or the Department of Art, studio technician & health/safety liaison.

[https://inside.tamuc.edu/academics/colleges/humanitiesSocialSciencesArts/departments/art/documents/DOA\\_health\\_safety\\_handbook.pdf](https://inside.tamuc.edu/academics/colleges/humanitiesSocialSciencesArts/departments/art/documents/DOA_health_safety_handbook.pdf)

Health and Safety Form (to be signed online by all students)

<https://dms.tamuc.edu/Forms/ArtLabPolicy>

Please, click on the following link to access East Texas A&M University Covid 19 Information, <https://new.tamuc.edu/coronavirus/>

## **COURSE OUTLINE / CALENDAR**

### **Week 1: 8/20**

**Thursday:** Introduction to Course

Lecture: Introduction to Objects as Self-Portrait Project, due 9/22

Research due 8/25

**Independent Study:** Plan for Project 1 due uploaded into D2L by 8/25, we will discuss during class

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**Week 2: 8/25**

**Tuesday:** Research due, sketches for 5 objects due

Demonstration: Building solid and hollowing out, making slip

Begin building objects

Independent Study: Plan for Project 1 due uploaded into D2L, we will discuss during class

**Thursday:** Demonstration: Making paper clay, attaching small parts

**Week 3: 9/1**

**Tuesday: Syllabus quiz due**

Demonstration: Two different ways to hang a ceramic object

Continue building objects, Sculpting demonstration as needed

**Thursday:** Strengths Learning Lab Discussion Board Due

In progress critique of Objects as Self-Portrait Project, 5 objects due finished in greenware

**Week 4: 9/8**

**Tuesday:** Demonstration: Surface decoration with underglaze

Continue building objects, Sculpting demonstrations as needed

**Thursday:** Demonstration: Kiln loading

Continue building objects, Sculpting demonstrations as needed

**Week 5: 9/15**

**Tuesday:** In progress critique of Objects as Self-Portrait Project, 10 objects due finished in greenware

Ceramics III: Introduce first open-ended project

Demonstration: How to create a template for hanging wall work

**Thursday:** Continue building objects, Sculpting demonstrations as needed

Ceramics III: Discuss plans for open-ended Project 1

Independent Study: Plan for Project 2 due uploaded into D2L, we will discuss during class

**Week 6: 9/22**

**Tuesday:** Critique of Self-portrait Project due, finished in greenware, load into kiln for firing

Ceramics II wheel throwing demo: Cylinder refresher

Ceramics II Assignment: 6 thrown and trimmed cylinders, at least 6" tall, due 10/1

**Thursday:**

Ceramics II: Work day, throwing cylinders

Ceramics III: Work on open-ended Project 1

**Week 7: 9/29**

**Tuesday:** Ceramics II: Work on cylinders, glaze Objects

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Ceramics III: Introduce Clay body building and read Ch. 5 "Kinds of Clay" in *Clay and Glazes for the Potter* by Daniel Rhodes on D2L and clay body building article, upload notes to D2L for credit by 9/25

**Thursday:** Ceramics II critique of cylinders at 8:00am

Demonstration: Throwing a plate, Assignment: 8 thrown and trimmed plates, with blue and white surface design, plates must be at least 7 inches wide, due 10/13

Ceramics III: Lecture and demonstration of clay body mixing

Ceramics III Assignment: Make four cone 6 clay bodies, recipes due 10/9, clay bodies due 10/13 in greenware, uploaded into D2L on 10/15

### **Week 8: 10/6**

**Tuesday:** Ceramics II demonstration: Surface decoration-blue and white painting, Plate trimming

Ceramics III: Work on open-ended project

Independent Study: Plan for Project 3 due uploaded into D2L, In-progress critique

**Thursday: Fall Break, No Classes**

### **Week 9: 10/13**

**Tuesday:** Plates due (without surface decoration), Critique of plates at 8am

Demonstration: Throwing a bottle/vase

Ceramics II Assignment: 6 thrown and trimmed bottles/vases, due 10/22

Designs/sketches for 8 vases due on 10/15

Ceramics III: Work on open-ended project

**Thursday:**

Ceramics II and III: Create templates for hanging wall sculptures

Ceramics II: Load plates for bisque, Vase trimming demonstration, Vase designs due uploaded into D2L

Ceramics II: Throw and trim vases

Ceramics III: In-progress critique of open-ended project 1 and discussion of ideas for open-ended project 2 due 11/12, make changes to project 1 and finish by 10/22

### **Week 10: 10/20**

**Tuesday:** Install exhibition in Wathena Temple Project Space

Ceramics II: Work on vases

**Thursday:** Ceramics II: Vases due, critique vases at 9:30am

Ceramics II: Glaze making lecture and demonstration

Ceramics II Assignment: Mix 2 cone 6 glazes and apply to test tiles, 100g batches, due for firing on 11/5

Ceramics III: Open ended Project 1 due in greenware, work on open-ended Project 2

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**Week 11: 10/27**

**Tuesday:** Ceramics II Demonstration: Lidded Jar

Ceramics II Assignment: Three lidded jars with trimmed feet, due in greenware on 11/6

Designs/sketches for four lidded jars are due on 10/29

**Thursday:** Ceramics II demonstration: How to trim a lid and attach a knob

Ceramics II: Upload designs for lidded jars into D2L, make glaze tests, work on lidded jars, decorate bisque plates

Ceramics III and Independent Study: In-progress critique

**Week 12: 11/3**

**Tuesday:** Load cone 10 kiln

All: Install exhibition

Ceramics II: Work on lidded jars

Ceramics II: Make glaze tests, work on lidded jars, decorate bisque plates

**Thursday:**

Ceramics II: Critique of lidded jars due in greenware at the beginning of class

Ceramics II: Two cone six glaze tests due, load glaze tests into glaze kiln

Ceramics II: Demonstration of how to throw off the hump

Ceramics II Assignment: Throwing 8 small cups and bowls off the hump

**Fire cone 10 kiln**

**Week 13: 11/10**

**Tuesday:** Ceramics II: Work on throwing off the hump

Demonstration: How to photograph artwork

Last day to throw

**Thursday:** Ceramics II: Trim small cups and bowls, Deinstall exhibition

Ceramics III: Open-ended Project 2 due in greenware.

Independent Study: All projects due finished in greenware.

**Last day to work in clay.** All pieces must be on the shelf to be fired by the end of your class.

**Week 14: 11/17**

**Tuesday:** Glaze, load bisque kiln

**Thursday:** Glaze, load bisque kiln

**Week 15: 11/24**

**Tuesday:** Glaze! Load bisque kiln for final bisque firing.

**Thursday: No class. Thanksgiving Break - Campus closed.**

**Week 16: 12/1**

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**Tuesday: Mandatory clean up** (one grade down if not attended)

**Last Cone 6 Firing**

**Thursday:** Final critique and removal of all work and tools.

**Finals Week: 12/8**

Meet as needed, Documentation Project due 12/8, remove all tools and work

## **TECHNOLOGY REQUIREMENTS**

### **LMS**

All course sections offered by East Texas A&M University have a corresponding course shell in the myLeo Online Learning Management System (LMS). Below are technical requirements

LMS Requirements:

<https://community.brightspace.com/s/article/Brightspace-Platform-Requirements>

LMS Browser Support:

[https://documentation.brightspace.com/EN/brightspace/requirements/all/browser\\_support.htm](https://documentation.brightspace.com/EN/brightspace/requirements/all/browser_support.htm)

Zoom Video Conferencing Tool

[https://inside.tamuc.edu/campuslife/CampusServices/CITESupportCenter/Zoom\\_Account.aspx?source=universalmenu](https://inside.tamuc.edu/campuslife/CampusServices/CITESupportCenter/Zoom_Account.aspx?source=universalmenu)

## **ACCESS AND NAVIGATION**

You will need your campus-wide ID (CWID) and password to log into the course. If you do not know your CWID or have forgotten your password, contact the Center for IT Excellence (CITE) at 903.468.6000 or [helpdesk@etamu.edu](mailto:helpdesk@etamu.edu).

**Note:** Personal computer and internet connection problems do not excuse the requirement to complete all course work in a timely and satisfactory manner. Each student needs to have a backup method to deal with these inevitable problems. These methods might include the availability of a backup PC at home or work, the temporary use of a computer at a friend's home, the local library, office service companies, Starbucks, a TAMUC campus open computer lab, etc.

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## **COMMUNICATION AND SUPPORT**

If you have any questions or are having difficulties with the course material, please contact your Instructor.

### **Technical Support**

If you are having technical difficulty with any part of Brightspace, please contact Brightspace Technical Support at 1-877-325-7778. Other support options can be found here:

<https://community.brightspace.com/support/s/contactsupport>

## **STUDENT RESPONSIBILITIES FOR COURSE**

### **CWID and Password**

You will need your campus-wide ID (CWID) and password to log into the course. If you do not know your CWID or have forgotten your password, contact the Center for IT Excellence (CITE) at 903.468.6000 or [helpdesk@etamu.edu](mailto:helpdesk@etamu.edu).

### **Technology-Related Issues**

Personal computer and internet connection problems do not excuse the requirement to complete all course work in a timely and satisfactory manner. Each student needs to have a backup method to deal with these inevitable problems. These methods might include the availability of a backup PC at home or work, the temporary use of a computer at a friend's home, the local library, office service companies, Starbucks, a ETAMU campus open computer lab, etc.

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## **TECHNOLOGY REQUIREMENTS AND SUPPORT**

### **Minimal Technical Skills Needed**

Students will need reliable computer and internet access for this course. Students must be able to effectively use myLeo email, myLeo Online D2L, and Microsoft Office.

### **Learning Management System (LMS) - D2L**

All course sections offered by East Texas A&M University have a corresponding course shell in the myLeo Online Learning Management System (LMS). Below are the technical requirements:

- View the [Learning Management System Requirements Webpage](#).
- Learn more on the [LMS Browser Support Webpage](#).

### **Technical Support**

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If you are having technical difficulty with any part of Brightspace, please contact Brightspace Technical Support at 1-877-325-7778. Other support options can be found on the [Brightspace Support Webpage](#).

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## **COMMUNICATION AND SUPPORT**

### **Interaction with Instructor Statement**

If you have any questions or are having difficulties with the course material, please contact your instructor. Correspondence will always be through university email (your "myLeo" mail) and announcements in myLeo online (D2L). You will not RECEIVE email through D2L, so be sure to check your ETAMU email for communication. Students are encouraged to check university email daily.

### **Include the Following in Emails with Instructor:**

- Course name and subject in the subject line
  - Salutation (Good afternoon, Dr. Jackson)
  - Proper email etiquette (no "text" emails - use proper grammar and punctuation)
  - Student name and CWID after the body of the email (possibly add to student signature on email)
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## **COURSE AND UNIVERSITY PROCEDURES/POLICIES**

### **Syllabus Change Policy**

The syllabus is a guide. Circumstances and events, such as student progress, may make it necessary for the instructor to modify the syllabus during the semester. Any changes made to the syllabus will be announced in advance.

### **Student Conduct**

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. The [Code of Student Conduct](#) is described in detail online in the [Student Guidebook](#).

Students should also consult the [Rules of Netiquette Webpage](#) for more information regarding how to interact with students in an online forum.

### **ETAMU Attendance**

For more information about the attendance policy, please view the [Attendance Webpage](#) and the [Class Attendance Policy](#)

### **Academic Integrity**

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Students at East Texas A&M University are expected to maintain high standards of integrity and honesty in all their scholastic work. For more details and the definition of academic dishonesty see the following procedures:

[Undergraduate Academic Dishonesty University Procedure 13.99.99.R0.03](#)

[Undergraduate Student Academic Dishonesty Form](#)

[Graduate Student Academic Dishonesty University Procedure 13.99.99.R0.10](#)

[Graduate Student Academic Dishonesty Form](#)

### **Use of Artificial Intelligence**

East Texas A&M University acknowledges that there are legitimate uses of Artificial Intelligence, ChatBots, or other software that has the capacity to generate text, or suggest replacements for text beyond individual words, as determined by the instructor of the course.

Any use of such software must be documented. Any undocumented use of such software constitutes an instance of academic dishonesty (plagiarism).

Individual instructors may disallow entirely the use of such software for individual assignments or for the entire course. Students should be aware of such requirements and follow their instructors' guidelines. If no instructions are provided the student should assume that the use of such software is disallowed.

In any case, students are fully responsible for the content of any assignment they submit, regardless of whether they used an AI, in any way. This specifically includes cases in which the AI plagiarized another text or misrepresented sources

### **Students with Disabilities-- ADA Statement**

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact:

### **Office of Student Disability Resources and Services**

East Texas A&M University

Velma K. Waters Library Rm 162

Phone (903) 886-5150 or (903) 886-5835

Fax (903) 468-8148

Email: [studentdisabilityservices@etamu.edu](mailto:studentdisabilityservices@etamu.edu)

Website: [Office of Student Disability Services](#)

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### **Nondiscrimination Notice**

East Texas A&M University will comply in the classroom, and in online courses, with all federal and state laws prohibiting discrimination and related retaliation on the basis of race, color, religion, sex, national origin, disability, age, genetic information, or veteran status. Further, an environment free from discrimination on the basis of sexual orientation, gender identity, or gender expression will be maintained.

### **Campus Concealed Carry Statement**

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in East Texas A&M University buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and ETAMU Rule 34.06.02.R1, license holders may not carry a concealed handgun in restricted locations.

For a list of locations, please refer to the [Carrying Concealed Handguns On Campus](#) document and/or consult your event organizer.

Pursuant to PC 46.035, the open carrying of handguns is prohibited on all East Texas A&M University campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

### **East Texas A&M Supports Students' Mental Health - Counseling Services**

The Counseling Center at East Texas A&M University, located in the Halladay Building, Room 203, offers counseling services, educational programming, and connection to community resources for students. Students have 24/7 access to the Counseling Center's crisis assessment services by calling 903-886-5145. For more information regarding Counseling Center events and confidential services, please visit [www.tamuc.edu/counsel](http://www.tamuc.edu/counsel)

### **Mental Health and Well-Being**

The university aims to provide students with essential knowledge and tools to understand and support mental health. As part of our commitment to your well-being, we offer access to Telus Health, a service available 24/7/365 via chat, phone, or webinar. Scan the QR code to download the app and explore the resources available to you for guidance and support whenever you need it.

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