

## Campus Resources

As you can see, there are many resources that can be used to overcome obstacles in your academic career. Since you have identified at least one obstacle you may be facing, determine a campus resource you will use to overcome that obstacle.

| Color Legend |           |              |
|--------------|-----------|--------------|
| Academic     | Financial | Time Mgt     |
| Advising     | Health    | Study Skills |
| Career       | Major     | Personal     |

| Type of Resource  | Resource / Department                         | What they do   | Contact Info  |
|---|---|--|---|
| Academic<br>Advising<br>Study Skills<br>Time Mgt<br>Major | University College Advising / Transfer Center | In addition to administering the scholastic standards program, advisors in UC are responsible for advising students about: <ul style="list-style-type: none"> <li>- General education &amp; other graduation requirements,</li> <li>- University policies &amp; procedures, and</li> <li>- Helping students with major exploration and selection.</li> </ul> | 450 SSB<br>801-581-8146<br><a href="http://advising.utah.edu">advising.utah.edu</a>   |
| Personal<br>Academic<br>Health<br>Career                  | Counseling Center                             | Offers individual counseling regarding personal problems and self understanding. In addition, workshops and classes on career and life planning.   | 426 SSB<br>801-581-6826<br><a href="http://counselingcenter.utah.edu/">counselingcenter.utah.edu/</a>   |
| Academic<br>Personal<br>Health                            | Center for Disability Services                | Provides support to students with all types of disabilities (including the unseen). Things like: ADHD, depression, anxiety can be included.  | 162 Union<br>801-581-5020<br><a href="http://disability.utah.edu">disability.utah.edu</a>   |
| Health<br>Personal  | Student Health Center / Madsen Health Clinic  | Low cost medical care and student health insurance. Student health insurance is available as well.   | Madsen Health Center, Level 1<br>555 Foothill Blvd.<br>801-581-6431<br><a href="http://www.studenthealth.utah.edu">www.studenthealth.utah.edu</a> |

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| Health<br>Personal<br>Time Mgt?<br>Study Skills? | Campus Wellness Connection         |   | 328 SSB<br>801-581-7776<br><a href="http://wellness.utah.edu">wellness.utah.edu</a>               |
| Academic<br>Time Mgt<br>Study Skills             | Learning Enhancement Program (LEP) | Oversees many learning resources, including the following:<br>1-Ed Psych 2600;<br>2-Supplemental Instruction,<br>3-ASUU Tutoring,<br>4-Test Anxiety/Time Mgt Wksps (free)<br>5- Keeps list of ALL tutoring available on campus<br>6- Academic Skills tutoring | 426 SSB<br>801-581-8746<br><a href="http://lep.utah.edu/">lep.utah.edu/</a>                       |
| Academic<br>Study Skills<br>Time Mgt             | ASUU Tutoring (LEP)                | Provides tutoring for any course. Small fee per hour. Can do group tutoring for less.   | 330 SSB<br>801-581-5153<br><a href="http://tutoringcenter.utah.edu/">tutoringcenter.utah.edu/</a> |
| Academic<br>Study Skills                         | Supplemental Instruction (LEP)     |   |   |
| Career<br>Major<br>Advising                      | Career Services                    | Access to a comprehensive career library & computer program for investigation into career paths. Also provides opportunities for part-time employment, internships, & cooperative education experiences.  | 350 SSB<br>801-581-6186<br><a href="http://careers.utah.edu">careers.utah.edu</a>                 |
| Academic<br>Time Mgt<br>Study Skills             | Free Study Skills Workshops (LEP)  |   | 426 SSB<br>801-581-8746<br><a href="http://lep.utah.edu/">lep.utah.edu/</a>                       |

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| Academic<br>Study Skills                         | Writing Center                           | Provides free assistance with academic and professional writing  | 2 <sup>nd</sup> floor, Marriot Library, Rm 2701<br>801-587-9122<br><a href="http://writingcenter.utah.edu">writingcenter.utah.edu</a>  |
| Academic<br>Study Skills                         | Chemistry Tutoring Center                | Free tutoring offered for General & Organic chemistry<br>M-F 9am-4pm<br><i>(Provided by American Chemical Society Student Affiliates.)</i>   | HEB 1316<br><a href="mailto:uofuacssa@gmail.com">uofuacssa@gmail.com</a>   |
| Academic<br>Time Mgt<br>Study Skills<br>Advising | Student Support Services, TRiO, etc.     | Offers special programs and services for first-generation college students, students with disabilities, and low income students. (a.k.a. Educational Opportunity Program)              | 2075 Annex<br>801-581-7188<br><a href="http://trio.utah.edu/">trio.utah.edu/</a>   |
| Personal<br>Financial                            | Financial Aid & Scholarships             |  | 105 SSB<br>801-581-6211<br><a href="http://financialaid.utah.edu">financialaid.utah.edu</a><br><a href="http://www.fafsa.ed.gov">www.fafsa.ed.gov</a>  |
| Academic<br>Study Skills                         | Math Tutoring Center                     | Free walk-in math tutoring for any student in a University of Utah math class.   | <a href="http://www.math.utah.edu/ugrad/tutoring.html">http://www.math.utah.edu/ugrad/tutoring.html</a>  |
| Academic<br>Major<br>Advising                    | International Center/<br>Learning Abroad | Offers educational experiences abroad and information on work opportunities abroad.  | 159, 410 Union<br>Intl Center: 801-581-8876<br>Learning Abroad: 801-581-5849<br><a href="http://ic.utah.edu">ic.utah.edu</a><br><a href="http://learningabroad.utah.edu">learningabroad.utah.edu</a> |
| Personal<br>Health                               | LGBT Resource Center                     | Provides a safe environment for students, faculty, staff, alumni, and community members to promote, educate, and develop programs centering on sexual orientation and gender identity. | 409 Union<br>801-587-7973<br><a href="http://lgbt.utah.edu">lgbt.utah.edu</a>  |

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| Personal<br>Health<br>Financial               | Women's Resource Center                  | <ul style="list-style-type: none"> <li>- Central resource for educational and - support services for women.</li> <li>- Individual and group counseling and a wide array of programming for students, faculty, and staff.</li> <li>- Programs and services are available to women and men.</li> </ul> | 411 Union<br>801-581-8030<br><a href="http://womenscenter.utah.edu">womenscenter.utah.edu</a>                                 |
| Academic<br>Personal<br>Advising<br>Financial | Center for Ethnic Student Affairs (CESA) | Offers support for minority groups   | 235 Union<br>801-581-8151<br><a href="http://www.diversity.utah.edu/students/cesa/">www.diversity.utah.edu/students/cesa/</a> |
| Personal                                      | Child Care Coordinating Office           | Provides information on types and availability of childcare to students.   | 316 Union<br>801-585-5897<br><a href="http://www.childcare.utah.edu">www.childcare.utah.edu</a>                               |
| Personal<br>Financial                         | Personal Money Management Center         |  | 317 Union<br>801-585-7379<br><a href="http://www.asuupmmc.utah.edu">www.asuupmmc.utah.edu</a>                                 |
| Personal                                      | Student Advocacy Office                  | Offers resources and referrals regarding rights and legal issues.  | Contact ASUU at 801-581-8613 for information.   |
| Academic<br>Personal                          | Computer Centers                         | There are over 20 open-access labs across campus, including the 1 <sup>st</sup> floor of the Marriott Library, 130 EMCB and 161 Union. The Marriott Library (801-581-6494) offers instructional workshops free to students with ID.  | 801-581-4000  |
| Academic                                      | Testing Center                           | Administers a wide range of standardized tests as well as the University's writing & math placement exams for students.  | 498 SSB<br>801-581-8744<br><a href="http://testingcenter.utah.edu">testingcenter.utah.edu</a>                                 |

## Campus Resources

### *Classes & Workshops*

| Reason to take class     | Class                  | Title  | Other Information   |
|--------------------------|------------------------|--|---|
| Study Skills<br>Time Mgt | ED PSYCH 2600 (3 cr)   | Strategies for College Success               | Learn different techniques to develop a personalized system of learning.  |
| Academic                 | Wrtg 1010, 2010 (3 cr) | College level writing                        | The appropriate class should be taken as soon as possible.  |
| Academic<br>Study Skills | Wrtg 1060 (1 cr)       | Methods & Technologies of Library Research   |   |
| Academic                 | ESL 1040, 1050, 1060   | English as a Second Language Writing courses | Placement exam available. Call 801-581-8047. <a href="http://testingcenter.utah.edu/students/placement-tests/writing-placement.php">testingcenter.utah.edu/students/placement-tests/writing-placement.php</a> |
| Major                    | UC 1020 (1 cr)         | Introduction to PreMed Preparation           | Designed for students who are exploring a career as a physician   |
| Major                    | UC 1030                | Preparing for Admission to Dental School     | Designed for students who are exploring a career as a dentist   |
| Major                    | UC 1050 (1 cr)         | Major Exploration                            | Undecided on a major? This class is designed to assist you.   |
| Major                    | UC 1060 (1 cr)         | Preparing for Admission to Law School        | Designed for students who are exploring a career as a lawyer  |
| Career                   | Career Development     |  | Various workshops offered through the Counseling Center or Career Services  |
| Major                    | Major Exploration      |  | Workshops available upon request. Contact University College at 801-581-8146.   |

## Campus Resources

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### ***Campus Involvement Resources***

Getting involved on campus can help you feel more adjusted to the university. Below you find a few opportunities to get involved.

| Type of Resource | Resource / Department                                | What they do   | Contact Information  |
|------------------|--|--|--|
| Involvement      | Bennion Community Service Center                     | Students can volunteer for or initiate and lead community service projects.  | 101 Union<br>801-581-4811<br><a href="http://www.sa.utah.edu/bennion">www.sa.utah.edu/bennion</a>  |
| Involvement      | Student Organizations                                | Over 200 organization you can join through ASUU or you can form your own.  | 234 Union<br>801-581-2788<br><a href="http://www.asuu.utah.edu">www.asuu.utah.edu</a>  |
| Involvement      | Associated Students of the University of Utah (ASUU) | Student government with lots of leadership opportunities. Students plan events and activities, administer the budget and sit on committees and boards with administrators and faculty. | 234 Union; 801-581-2788;<br><a href="http://www.asuu.utah.edu">www.asuu.utah.edu</a>   |
| Involvement      | Intramural Sports Program                            | 75 competitive sport activities for beginners through experts.   | 214 HPER E; 801-581-3797;<br><a href="http://web.utah.edu/campusrec/Intramural/index.html">http://web.utah.edu/campusrec/Intramural/index.html</a> |
| Involvement      | Campus Recreation                                    | Use is free with student ID  | 102 Nielsen Field House<br>801-581-3797<br><a href="http://www.utah.edu/campusrec">www.utah.edu/campusrec</a>                                      |
| Involvement      | Fraternities/Sororities                              | The U of U Greek system consists of 6 sororities and 9 fraternities.   | 270 Union; 801-581-8061;<br><a href="http://www.greeks.utah.edu">www.greeks.utah.edu</a>   |