

## 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 Advising Study Skills Time Mgt 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 801-581-8146 <a href="http://advising.utah.edu">advising.utah.edu</a>
Personal Academic Health Career	Counseling Center	Offers individual counseling regarding personal problems and self understanding. In addition, workshops and classes on career and life planning.	426 SSB 801-581-6826 <a href="http://counselingcenter.utah.edu/">counselingcenter.utah.edu/</a>
Academic Personal 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 801-581-5020 <a href="http://disability.utah.edu">disability.utah.edu</a>
Health 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 1 555 Foothill Blvd. 801-581-6431 <a href="http://www.studenthealth.utah.edu">www.studenthealth.utah.edu</a>

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Health Personal Time Mgt? Study Skills?	Campus Wellness Connection		328 SSB 801-581-7776 <a href="http://wellness.utah.edu">wellness.utah.edu</a>
Academic Time Mgt Study Skills	Learning Enhancement Program (LEP)	Oversees many learning resources, including the following: 1-Ed Psych 2600; 2-Supplemental Instruction, 3-ASUU Tutoring, 4-Test Anxiety/Time Mgt Wksps (free) 5- Keeps list of ALL tutoring available on campus 6- Academic Skills tutoring	426 SSB 801-581-8746 <a href="http://lep.utah.edu/">lep.utah.edu/</a>
Academic Study Skills Time Mgt	ASUU Tutoring (LEP)	Provides tutoring for any course. Small fee per hour. Can do group tutoring for less.	330 SSB 801-581-5153 <a href="http://tutoringcenter.utah.edu/">tutoringcenter.utah.edu/</a>
Academic Study Skills	Supplemental Instruction (LEP)		
Career Major 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 801-581-6186 <a href="http://careers.utah.edu">careers.utah.edu</a>
Academic Time Mgt Study Skills	Free Study Skills Workshops (LEP)		426 SSB 801-581-8746 <a href="http://lep.utah.edu/">lep.utah.edu/</a>

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Academic Study Skills	Writing Center	Provides free assistance with academic and professional writing	2 <sup>nd</sup> floor, Marriot Library, Rm 2701 801-587-9122 <a href="http://writingcenter.utah.edu">writingcenter.utah.edu</a>
Academic Study Skills	Chemistry Tutoring Center	Free tutoring offered for General & Organic chemistry M-F 9am-4pm <i>(Provided by American Chemical Society Student Affiliates.)</i>	HEB 1316 <a href="mailto:uofuacssa@gmail.com">uofuacssa@gmail.com</a>
Academic Time Mgt Study Skills 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 801-581-7188 <a href="http://trio.utah.edu/">trio.utah.edu/</a>
Personal Financial	Financial Aid & Scholarships		105 SSB 801-581-6211 <a href="http://financialaid.utah.edu">financialaid.utah.edu</a> <a href="http://www.fafsa.ed.gov">www.fafsa.ed.gov</a>
Academic 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 Major Advising	International Center/ Learning Abroad	Offers educational experiences abroad and information on work opportunities abroad.	159, 410 Union Intl Center: 801-581-8876 Learning Abroad: 801-581-5849 <a href="http://ic.utah.edu">ic.utah.edu</a> <a href="http://learningabroad.utah.edu">learningabroad.utah.edu</a>
Personal 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 801-587-7973 <a href="http://lgbt.utah.edu">lgbt.utah.edu</a>

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Personal Health 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 801-581-8030 <a href="http://womenscenter.utah.edu">womenscenter.utah.edu</a>
Academic Personal Advising Financial	Center for Ethnic Student Affairs (CESA)	Offers support for minority groups	235 Union 801-581-8151 <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 801-585-5897 <a href="http://www.childcare.utah.edu">www.childcare.utah.edu</a>
Personal Financial	Personal Money Management Center		317 Union 801-585-7379 <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 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 801-581-8744 <a href="http://testingcenter.utah.edu">testingcenter.utah.edu</a>

## Campus Resources

### *Classes & Workshops*

Reason to take class	Class	Title	Other Information
Study Skills 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 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 801-581-4811 <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 801-581-2788 <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; <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; <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 801-581-3797 <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; <a href="http://www.greeks.utah.edu">www.greeks.utah.edu</a>