



University of Colorado **Boulder**
Office of Undergraduate Education
Fall, 2018

First-Year Seminar

RESOURCE LIST

Campus Offices Faculty Need to Know

01 Counseling & Psychiatric Services (CAPS)

Offers confidential, on-campus mental health support. Services include individual & couples counseling, groups & workshops, psychological testing, etc.

Students are eligible for up to 6 free visits each year, covered by their mental health fee.

CONTACT
C4C N352
303.492.2277 (24/7 support)
<http://www.colorado.edu/health/counseling>

Mental &
Physical Health

02 Wardenburg Health Services

Offers medical support. Services include primary care, lab, x-ray, pharmacy, women's clinic, physical therapy, allergy shots, travel advice/shots & health promotion.

CONTACT
Wardenburg Health Services building
303.492.5101
<http://www.colorado.edu/health/>

03 Center for Student Involvement

Main contact for student organizations on campus. Offers free student programming and leadership development opportunities.

CONTACT
UMC 330, 303.492.6366
<http://www.colorado.edu/involvement>



Getting Involved

04 Volunteer Resource Center

Provides community service opportunities that are day-long, week-long or on-going.

CONTACT
UMC 458, 303.735.4496
<http://www.colorado.edu/volunteer/>




Note that the above are some of the more frequently accessed by students. However, there are numerous opportunities to get involved on campus. These offices can help locate campus resources for specific student interests.

05 Writing Center

Students are able to work 1-on-1 with professional staff members - from getting started through final drafts of an essay. Students must make an appointment.

CONTACT
Norlin Commons E111, 303.735.6906
<http://www.colorado.edu/PWR/writingcenter>



Academic
Support

06 Help Rooms

Many departments offer help rooms for students to drop in for questions; typically staffed by upperclassmen and graduate students.

ASTRONOMY:
colorado.edu/aps/undergraduate-students/tutoring

CHEMISTRY: See syllabus

ECONOMICS:
colorado.edu/economics/undergraduate/tutorial-lab.pdf

MATH: math.colorado.edu/marc/

PHYSICS: colorado.edu/physics/helproom



07 ASAP Tutoring

Free tutoring available to any student living in the Residence Halls. Students are able to get tutors in up to 3 courses each semester. They can sign up online or talk to the front desk in their hall.

CONTACT
Kittredge Central N244, 303.735.3303
<https://housing.colorado.edu/tutoring>

08 BOLD Center

Open to all students in Engineering or Pre-Engineering, they offer drop-in tutoring for science and math courses.

CONTACT
ECCE 100, 303.492.4967
<http://www.colorado.edu/bold/>

09 SASC Academic Skills Workshops

Free workshops for all students on test taking and time management skills.

CONTACT
Fleming 141, 303.492.1416
<http://www.colorado.edu/sasc>

10 Bounce Back

This is a 10-week class facilitated by CAPS for students on academic alert or probation or working on reinstatement. Students meet once per week and work on time management and study skills. They must sign up for the program and commit to the 10 weeks.

CONTACT
CAPS @ 303.492.2277



Academic Advising

All advisors across campus have Open Drop-in Hours on Mondays from 1-3pm.

GET IN TOUCH WITH ADVISING

College of Arts & Sciences, Woodbury 109, 303.492.7885

Leeds School of Business, Koelbel 109, 303.492.6515

College of Media, Communication & Information, Stadium 110, 303.735.7380

College of Engineering & Applied Science, Engineering Center, 303.492.5071

College of Music, Imig Music C109, 303.492.6354

School of Education, Education 151, 303.492.6555

ENVD, ENVS & Geography, Environmental Design 171, 303.492.8010

University Exploration & Advising Center, CASE E291, 303.735.4445



Advising Conversations

Advisors work with students on choosing a major; developing academic, social, and career goals; and finding internship, research and other co-curricular experiences - they personalize a student's academic journey.

Advisors can also make 4-year graduation plans with students.



Don't Forget Career Services, C4C S440

Career Services works with all CU students on personal exploration, assessments (like StrengthsQuest), resume building, interview skills, and job/internship placement.

& Education Abroad, C4C S355

Education Abroad has programs in over 80 countries that CU students can participate in; programs range from Global Seminars, like Semester at Sea, to semester-long immersive programs.

11 Student Support & Case Management

Case managers can support and advocate for students. They help students navigate resources, work through crisis management, and work through medical and safety issues. Faculty and staff can refer students to SSCM online.

CONTACT
C4C S430, 303.492.7348
<http://www.colorado.edu/studentaffairs/sscm>



Safety & Support

12 Office of Victim Assistance

OVA provides free and confidential information, consultation, support, advocacy, and trauma informed short term counseling to students, faculty, and staff who have experienced a traumatic, disturbing, or life disruptive event. OVA's topic areas are: physical assault and hazing; bias motivated incidents; death; discrimination and harassment, including sexual harassment; intimate partner abuse; serious accidents; sexual assault and stalking; as well as other potentially traumatic situations.

CONTACT
C4C N352, 303.492.8855
<http://www.colorado.edu/ova>

13 CU Collegiate Recovery Center

CU CRC provides support for students in recovery from alcohol or drug use and other addictive behaviors and who seek to live substance-free.

CONTACT
UMC 102, 303.492.9642
<http://www.colorado.edu/recoverycenter/>

14 Campus Police

CUPD is a full-service police agency providing community-based public safety services 24 hours a day, seven days a week.

CONTACT
Emergency: 911
Non-emergency: 303.492.6666
<http://www.colorado.edu/police>

15 Student Conduct & Conflict Resolution

Helps maintain the general welfare of the university community by overseeing the disciplinary process for violations of the student code of conduct.

CONTACT
C4C S430, 303.492.5550
<http://www.colorado.edu/osccr>

16 Gender & Sexuality Center

Supports gay, lesbian, bisexual, transgender, queer, intersex, and allied (GLBTQIA) students, staff, and faculty.

CONTACT
C4C N320, 303.492.1377
<http://www.colorado.edu/gsc>

17 Veteran & Military Affairs

Helps student veterans find on-campus resources to help them identify and address their specific needs and offers support as they adapt to campus life.

CONTACT CASE W330, 303.492.7322
<http://www.colorado.edu/veterans/>



Building a
Community
at CU

18 International Student & Scholar Services (ISSS)

Supports international students with visa/immigration advising, cultural adaptation, and runs programs to help international students adjust and build communities.

CONTACT
C4C S355, 303.492.8057
<http://www.colorado.edu/oie/iss>

19 Women's Resource Center

Provides a safe and supportive space for women while offering leadership opportunities that work towards equity for all.

CONTACT
UMC 416, 303.492.5713
<http://www.colorado.edu/wrc/>

20 Disability Services

Works to ensure that students with disabilities receive reasonable accommodation and services to participate fully in the academic environment.

CONTACT
C4C N200, 303.492.8671
<http://www.colorado.edu/disability services/>