

STUDENT HANDBOOK



Continuing Education Pre-Health Advising

University of Colorado Boulder



Continuing Education

UNIVERSITY OF COLORADO **BOULDER**

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Part 1: Welcome and Understanding the Advising Relationship

Welcome to the Division of Continuing Education at the University of Colorado Boulder! We are proud of the quality of advising that we offer to our non-degree pre-health students. Whether you are here to complete all of your prerequisite coursework from scratch or you only need to complete a few last prerequisites, we are here to support you as you prepare for and apply to professional school.

As you prepare for the year(s) ahead, please start by familiarizing yourself with the handbook. We are so glad to have you here and wish you success on your pre-health journey!

Responsibilities in the Advising Relationship

At the outset, we would like to outline the responsibilities that both the advisor and the advisee must uphold to maintain a highly productive advising relationship:

Advisor Responsibilities:

We offer pre-health, career, and academic advising in a student-centered, supportive environment that respects nontraditional paths. We take responsibility for providing accurate information, strategic solutions, and compassion to help people identify their options and to make informed decisions about their academic and professional journeys.

Advisee Responsibilities:

- Engage fully
 - Schedule at least two individual pre-health advising sessions per year.
 - Attend as many pre-health group meetings as possible (or watch the recorded versions).
- Do your part
 - Consider writing down your questions as they occur and bringing the list to your advising session.
 - Do your research on the schools that interest you.
 - Prerequisites
 - Required assortments of letters of recommendation
 - Etc.
 - Follow through on your plans
 - Get to know your professors (you will need at least two professor letters of rec)
- Plan Ahead
 - Although we are here to help if a crisis occurs, remember that high-quality advising requires thoughtful, strategic planning, rather than rushed decisions.
 - Schedule your advising sessions in advance. Anticipate a 1- to 3-week wait period for individual pre-health advising appointments.
 - If you realize you won't be able to attend an advising appointment you've scheduled, please cancel it so that another student can make use of that time.

Choose the Right Advisor for Your Needs

Pre-Health Advising

- Developing a strategic plan and timeline to become a strong applicant to professional school
- Reviewing your progress, helping you avoid pitfalls, suggesting next steps, providing referrals to activities and resources that will enhance your candidacy
- Guidance on preparing strong application materials for the professional school admissions process.
- Preparation for professional school interviews, including videotaped mock interviews.

Academic Advising

- Our academic advisors are experts on CU Boulder's policies and procedures, such as:
 - Enrollment options (pros/cons of degree-seeking vs. non-degree)
 - Enrollment procedures and logistics
 - Important dates and deadlines
 - Tuition and Student fees
 - Course registration and navigating waitlists
 - Withdrawing from courses
 - Continuing Ed scholarships

Career Advising

- Guidance as you decide whether to pursue a career-change into a clinical healthcare field
- Guidance as you decide among the various career options within healthcare
- Assessment options for those wanting to gain a better understanding of their personality preferences, professional values, and strengths
- Preparation for professional school interviews, including videotaped mock interviews
- Assistance with preparing resumes and cover letters for jobs in your gap year(s)

How to Schedule Advising Appointments

- Individual Appointments can be conducted in person, over the phone, or via Zoom.
- Call our office at (303) 492-5148 or log into [Buff Portal Advising](#):
 - **Academic advising:**
 - Graham Douglas is the primary academic advisor for pre-health post-baccalaureate students, but you are welcome to meet with any of the academic advisors in Continuing Education.
 - Click on the advisors photo or the Continuing Ed icon under Student Services and select “Academic Advising” from the drop-down list.
 - **Pre-health advising:**
 - To set up your first pre-health advising appointment, follow the steps posted on the “Get Started” page of the www.colorado.edu/ceprehealth website.
 - Thereafter, log into [Buff Portal Advising](#) and click on the photo of Elisa Cripps or Jessica Talbot to pull up their schedules.

Getting the Most Out of Pre-Health Advising

• Frequency of Individual Advising Appointments

We encourage all CE Pre-Health students to schedule a minimum of two individual Pre-Health advising sessions per year.

Please be aware that our pre-health advisors serve over 100 non-degree seeking post-baccalaureate students enrolled at CU Boulder; the highest demand for advising appointments typically comes at the beginning and end of each fall, spring, and summer. If you anticipate that you will benefit from an advising appointment during an advising “rush” period, do your best to schedule it in advance.

• Pre-Health Group Meetings and Special Events

We encourage you to attend ALL Continuing Education Pre-Health group meetings. The group meetings are an essential component of our advising program; individual advising cannot substitute for the wealth of information offered at the many group meetings that we offer throughout the program year. (You may also watch the [recorded versions](#) of these presentations.)

A schedule of each year’s group meetings is posted on the [Upcoming Events page](#) of the www.colorado.edu/ceprehealth website. If you plan to attend a group meeting, do your best to sign up for it in advance (using [Buff Portal Advising](#) or by calling our office at (303) 492-5148).

• Email Pre-Health Advising

If you have quick advising questions, you may send them via email to elisa.cripps@colorado.edu or jessica.talbot@colorado.edu. Please allow up to 3 business days for a response to your email.

• Urgent Pre-Health Questions

If you have a time-sensitive question, please call the Continuing Education Advising front desk at (303) 492-5148 to explain the nature of your question and to ask if an advisor can contact you.

Part 2: Getting Started as a CU Boulder Student

As a non-degree-seeking student, your administrative home is the **Division of Continuing Education (CE)**. Most of the administrative assistance you will need as a student will be accessed in-house through CE (see *Contact List* at the end of this handbook).

CU IdentiKey (university credential)

- To activate your IdentiKey, go to the [IdentiKey Manager website](#) and click on the Activate My IdentiKey link found in the Accounts section on that page.
- When you activate your IdentiKey, you also will be prompted to set up two other mandatory student accounts:
 - Your CU Boulder email account
 - Your access to CU's learning management system (Canvas)

CU Email Account

While you are a student at the University of Colorado Boulder, our faculty and staff will use your colorado.edu email account as their primary means of communication with you. Please be sure to check that account regularly or arrange to have the messages forwarded to one of your existing accounts. (If you forward the messages, however, be aware that some instructors will only respond to messages sent from colorado.edu email addresses.)

Buff Portal (<https://buffportal.colorado.edu/>)

- Set up your CU student e-mail account
- View your course schedule and book lists
- View and pay your tuition bill
- Register your clicker
- Order transcripts
- ... and more.

Student ID Card

You will use your **Buff OneCard** card for access to computer labs, printers, the library, restricted rooms and buildings to which you have been granted access, the Rec Center (if you pay student fees or purchase a membership), and other campus services. The cost of a Buff OneCard is \$30. You may submit a photo to the Buff OneCard office in advance so that it will be waiting for you when you stop by their office to pick it up.

Complete Your Application Through the GET Mobile App

- Download the app from the [Apple Store](#) or [Play Store](#)
- Log in using your IdentiKey
- Navigate to the settings tab and click on "Update Photo"
- Upload photos of the front and back of your government-issued photo ID
- Upload your desired photo (follow [U.S. Passport photo guidelines](#) when uploading your Buff OneCard photo)
- The app includes a cropping feature so that you can adjust your photo before uploading
- Submit your photo for review

General Photo Requirements for Buff OneCard

The photo you submit should be a passport-style photo:

- Solid white background
- Color photo (not black-and-white), taken recently
- Photo must be from the top of shoulders to top of head, with some blank space above the head
- Looking straight ahead (no profile or angled shots)
- No hats, caps, scarves or sunglasses
- A straight face or smile; no funny faces, please

Immunizations: All students residing in the state of Colorado must complete CU Boulder's vaccination requirements. Learn more about the vaccination requirements for students on the [Health & Wellness Requirements page](#).

- **Measles, Mumps and Rubella (MMR) vaccine:** For all individuals born on or after January 1, 1957, Colorado State Law requires all individuals enrolled in credit and non-credit programs to submit proof of two (2) doses each of the measles, mumps and rubella (MMR) vaccination. Please note: If you provided copies of immunizations in a previous semester, you do not need to provide a new verification.

Enrolling in Courses

Use [CU Boulder's Class Search](#) to review CU Boulder Main Campus and Continuing Education courses. (You can view past, current, and future courses on this page.)

- To learn how to sign up for your courses, please refer to the instructions in the "How to Add a Class" section of this [webpage](#)
- If the following special enrollment situations apply to you, refer to the instructions on this [webpage](#):
 - If you plan to take a course for which you completed the prerequisites at another school
 - If you plan to take a course that is restricted to students with specific majors
 - If you plan to take any of the following courses, be aware that you can be given early enrollment privileges by following the instructions on the webpage mentioned above:
 - Organic Chemistry 1 and 2 (lectures and labs)
 - Anatomy lecture and lab
 - Physiology lecture
- Familiarize yourself with course enrollment dates, but note there may be some exceptions:
 - Summer Session:**
 - Enrollment opens for all courses in March
 - [Summer Session website](#)
 - Fall/Spring:**
 - [Main Campus courses](#):
 - Enrollment typically opens the week before classes begin
 - [Online](#) and [Evening](#) Courses
 - For Fall courses, enrollment typically opens in March
 - For Spring courses, enrollment typically opens in November

Financial Aid Advising

For detailed information on financial aid eligibility and the required paperwork, we encourage all pre-health post-bacc students seeking financial aid to talk directly with the nondegree specialist in the Office of Financial Aid: send an email to cefinaid@colorado.edu to arrange a time to talk.

Pro Tip: Do NOT call the general phone number for the Office of Financial Aid to ask aid-related questions. Federal financial aid rules are quite different for non-degree students than for degree-seeking students, so always speak directly with our non-degree specialist.

Veteran and Military-affiliated students interested in utilizing VA benefits should connect with academic advisor Lindsey Vaughan (lindsey.vaughan@colorado.edu) for information on how to use your benefits with this program.

- Students using VA benefits should visit our [Military-Affiliated Student page](#) and connect with [Veteran & Military Affairs Office \(VMA\)](#) for more information on next-steps for military benefits.

Eligibility

- **As a nondegree post-baccalaureate student, your eligibility for federal financial aid** is based on factors such as the following:
 - *You must take 6+ credit hours of **required prerequisite courses** (not recommended or elective courses) per term* (summer term, fall term, spring term)
 - If you already hold a bachelor's degree, you will not qualify for financial aid for any course that is not a prerequisite for professional school.
 - Not exceeding a lifetime limit of 180 undergraduate credit hours (even if you didn't previously take out financial aid)
 - Not exceeding three consecutive terms of financial aid as a non-degree student. The clock starts as soon as you start receiving financial aid, even if you do not continue taking aid for the full year.
 - Earning passing grades in all of your courses (no Is, Fs, or Ws).

Applying for Financial Aid

- Complete the [Free Application for Federal Student Aid \(FAFSA\)](#)
- Complete the [Contract for Nondegree Aid](#) and submit it to the Office of Financial Aid via the link to their secure server at the bottom of the form.
- At your first individual pre-health advising appointment, let your advisor know that you are applying for federal financial aid. Your pre-health advisor will need to complete and submit a [Nondegree Course Certification Form](#) for you.

Filling out a SAP Appeal Form

- You'll need to fill out this form if you hope to receive financial aid but expect to go over the 180 credit hour lifetime cap on undergraduate coursework or if you've received an I, F, or W on your transcript

Continuing to receive financial aid after switching to degree-seeking status

- You may need to complete a "Financial Aid Degree Audit Form" to be eligible for additional aid after leaving Continuing Education.

Accepting your financial aid offer:

- Log in to [Buff Portal \(https://buffportal.colorado.edu/\)](https://buffportal.colorado.edu/)
- Navigate to the **Financial Aid card**.
- Select the appropriate aid year from the **year drop-down** near the top of the card
- Click **View Financial Aid**. At the bottom of the card, click **Accept or Decline Aid**.
- [What the screens will look like](#)

Additional Financial Aid Pro Tips:

- Federal Financial Aid types:
 - Subsidized loans (no interest accrued while in school – this is preferred if available)
 - Unsubsidized loans (interest immediately begins to accrue)
- Please be aware that federal loans (*not* grants) typically are available to qualifying students for a single calendar year of the program.
 - Students often are surprised to learn that the dollar amount of the financial aid awarded to students who already hold a bachelor's degree is smaller than the amounts they received when they completed their original bachelor's degree.
 - In general, the financial aid awards for non-degree students typically cover the cost of tuition, but not living expenses.

Tuition, Scholarships, and Student Fees

If you have questions about your tuition bill, setting up a [payment plan](#), or paying your tuition, please contact the CE Bursar's office at (303) 492-2212 or cebursar@colorado.edu.

Tuition Rates

- Tuition is based upon your residency status as either a Colorado in-state resident or out-of-state resident. Current tuition rates are posted on the Continuing Education Pre-Health website (<https://www.colorado.edu/ceprehealth/>) – click on the *Structured Cohort* or *Individually Designed* menu option. If you have questions about your residency, please email CErecords@colorado.edu for more information.
 - If you have lived in Colorado for the past 12 months, you may be eligible for in-state tuition rates. To learn more or provide documentation of residency, contact our classification coordinator at (303) 492-5148.
- **If you are an in-state or military-affiliated student, you may be eligible for the College Opportunity Fund (COF).** COF is a stipend given by the State of Colorado to residents who are taking university courses. This amount can only be used by students enrolling in undergraduate credit courses at a Colorado college or university. Each year, the Colorado Legislature sets the stipend amount given to students as a per-credit-hour amount. More details on the necessary steps to use COF are posted on the Continuing Education website (<https://ce.colorado.edu/resources/college-opportunity-fund>).

Paying Tuition

- **Your CU bill will NOT arrive in the mail.** You must log on to Buff Portal to view and pay for your bill. Failure to make payment in full by the tuition due date will result in a stop placed on your account, a 1% monthly service charge, and possible referral of the account to a collection service. If you will have trouble paying your bill on time, please contact the CE Bursar's Office at (303) 492-2212 or cebursar@colorado.edu to discuss your options.
- **To pay tuition,**
 - Log into Buff Portal: <https://buffportal.colorado.edu/>
 - Locate the Tuition & Fees card (it is on the main Buff Portal page), then click Balance Summary
 - On the Balance Summary view, you can see your current balance.
 - To see the bill, click View/Pay Bill. You will see options for main campus (CU Boulder Tuition and Fees) and Continuing Education. Click View Account Details if you would like to see the bill first. Otherwise, click Pay Boulder Tuition and Fees.
 - You'll also see a link here for information about setting up a payment plan.

Scholarships

- **Continuing Education Scholarship for Nondegree Seeking Students**
Individually Designed Post-Baccalaureate students are encouraged to apply for the Continuing Education Non-Degree Student Scholarship (<https://ce.colorado.edu/resources/topics/financial-aid-scholarships>). You can only receive this award once. Please talk with an academic advisor for details.

Note: Students enrolled in the cohort-based Post-Baccalaureate Health Professions Program are not eligible for this scholarship during the program, but they may utilize this scholarship while taking CU Boulder courses as a non-degree student before or after the cohort program.

- **Other Scholarships**
Former students have created and added to this [collective scholarship spreadsheet](#). You are

welcome to use it as a resource and add to it but be aware that the scholarships listed here have not been vetted by nor are endorsed by Continuing Education or the Post-Baccalaureate Program.

Student Fees

All CU Boulder students automatically are billed for the full package of student fees, which provides access to the Student Recreation Center, the RTD bus and rail system, and other campus services. As a non-degree student, however, you have the option to opt *out* of certain fees that are mandatory for CU Boulder's degree-seeking students.

Approximate cost of the full student fee package:

- Fall and Spring semesters: ~\$900
- Summer: ~\$650

You may reference a detailed list of services/resources and their fees on the CU Boulder [Bursar's website](#). (Using the sidebar, click on a given academic term to review the "Mandatory Undergraduate Fee" details. Note that Post-Baccalaureate Health Professions students are considered full-time students.)

If you do not plan to utilize the resources covered by student fees, you may [follow the instructions on this page](#) to waive the majority of your fees. Even if you opt out of paying the full student fee package, you still may selectively opt into the following resources, as follows:

- **Recreation Center**
 - You can join the Rec Center directly as a "Student Affiliate." (Pay at the front desk of the Rec Center.) Current rates are posted [on this website](#).
- **RTD College Bus/Rail Pass**
 - Visit the [Buff OneCard office](#) to pay them directly for a semester-long bus/rail pass at the college student rate (~\$100/semester).

If you have further questions about whether or not to opt out of the student fees package, please discuss with one of our academic advisors. If you have a logistical question regarding student fees, please contact the CE Bursar's office (cebursar@colorado.edu or 303-492-2212) for assistance.

Please note that if you're planning on waiving student fees, you'll have to complete this process every semester that you're enrolled in classes.

Part 3: Academic Tools and Resources

- **Clickers** are required for use in most CU science courses. You must purchase your iClicker remote from the CU Bookstore, though textbooks may be purchased elsewhere. You will need to register your clicker by following these [instructions](#).
- **Canvas** is the online learning platform used by most courses taught at CU Boulder. Via Canvas, you can find each course syllabus and grades for assignments throughout the semester.
- Download and install your **CU Zoom** account following [these instructions](#) (be aware that you must sign into your CU Boulder Zoom account—not a personal account—to access remote courses.)
- [Register with Disability Services](#) if you believe you qualify for accommodations.
- **Self-enroll in Continuing Education’s Academic Skills Resource on Canvas.** This free resource provides tutorials on academic and time management skills, and it is designed to allow you to work in any order on any modules that are relevant to you and your situation. Follow these steps to self-enroll:
 1. Click on this link: <https://canvas.colorado.edu/enroll/D6K98D>
 2. Login to Canvas using your IdentiKey
 3. Click the blue “Enroll in Course” button

You will receive a confirmation when you have successfully enrolled. Click the blue “Go to the Course” to open and view the course.

- **If you need assistance with accessing the internet from home,** you may be eligible to check out a free mobile hotspot this year. A mobile hotspot is a portable device that provides internet access for multiple types of devices, including laptops, smartphones or tablets. The equipment comes with its own internet access and does not use your mobile data plan or home internet service. For more information, visit the Norlin Library Circulation Desk.
- We highly recommend that you read **Teach Yourself How to Learn**, by Sandra Yancy McGuire, before your classes begin.

Recommended Approaches to Prepare for Chemistry and Physics

We strongly encourage all incoming post-baccalaureate students to prepare themselves in advance for Chemistry and Physics. Here are the resources we recommend:

Math

Your success in Chemistry and Physics will be dependent upon your level of mastery and recall of college-level Algebra and Trigonometry topics.

- The best way to prepare for chemistry and physics courses is to take a college-level Precalculus course (or to take both College Algebra and College Trigonometry). Community college courses can be a great option.
- An option for self-study (if you will keep yourself accountable for truly completing the whole course) is an ALEKS course called "Prep for Calculus." Users must pay a \$20/month subscription fee, but this option covers all of the topics needed to prepare for college chemistry and physics.
 - Directions for purchasing access to this ALEKS course:
 - Go to https://www.aleks.com/buy_aleks_now. Sign up as a new user.
 - Use the following entries to select the course:

Market:

Class:

Chemistry

- The best way to prepare for General Chemistry 1 at CU Boulder is to take an Introductory Chemistry course. The one offered at CU Boulder (CHEM 1021) is known to prepare people well for our rigorous General Chemistry 1 course.
- If you do not take CU Boulder's Introductory Chemistry course, we strongly encourage you to complete all of the math and chemistry review materials in the Chemistry' department's *Chemistry Preparation and Placement Program* Canvas course:
<https://www.colorado.edu/chemistry/courses/chemistry-preparation-placement-program>
- You can use [Khan Academy's free online modules](#) for instructional support as you work your way through that course.
 - Most students who complete the entire course go on to be highly successful in General Chemistry, whereas those who skip it often end up struggling. For reference, those who have not recently taken a chemistry course have found that it takes around 40 hours of focused work to complete the review packet. This approach works!

Places to Know Around Campus

- **The University Memorial Center (UMC)** is the student union building; it houses meeting rooms, the [CU Bookstore](#), several restaurants, a bowling alley, and many student organization offices.
- **The Center for Community (C4C)** is a dynamic student center; it houses Counseling and Psychological Services, the Buff OneCard office, and a variety of dining options.
- **Recommended Study Spots on Campus**
 - Norlin Commons (quietest in summer term)
 - Natural History Museum Basement
 - Law Library (next to Baseline)
 - Geology/Earth Sciences Building
 - Music Library (3rd Floor, off of 18th St)
 - Math/Engineering Library (very quiet, great for intense studying)
 - 4th floor MCDB building Lounge
 - 5th floor lounge of UMC (not many know it is there, beautiful views)
- **Libraries**

All CU Boulder students have full access to the services offered by [CU Campus Libraries](#), even if you waive student fees (see Tuition & Financial Aid). You must use your **Buff OneCard to check out library books and materials.**

Excused Absences for Religious Reasons

The CU Boulder [campus policy regarding religious observances](#) requires that faculty make every effort to reasonably and fairly deal with all students who, because of religious obligations, have conflicts with scheduled exams, assignments, or required attendance.

Part 4: Health and Wellness Support Services

Mental Health and Emotional Wellness Services at CU Boulder

Pre-health coursework and preparation often becomes academically and emotionally intense. Please make use of the following on- and off-campus resources for support during your journey:

Office of Victim Assistance

303-492-8855

C4C N450

www.colorado.edu/ova

Free and confidential information, consultation, support, advocacy and short-term counseling services to CU students, graduate students, faculty and staff who have experienced a traumatic, disturbing, or life disruptive event. Walk-in services and a 24/7 phone line available. Free to all CU Boulder students.

Raimy Psychology Clinic

1905 Colorado Avenue, Boulder, CO 80309

<https://www.colorado.edu/clinicalpsychology/raimy-clinic>

- **Psychotherapy Clinic**
 - Low-cost psychotherapy services for students and community members. Staffed by psychology PhD students and supervised by licensed psychologists.
 - To make an appointment, call (303)492-5679 or email info@psych.colorado.edu
- **Brain Behavior Clinic**
 - Assessment-based rather than therapy-based; provides ADHD and learning disability evaluations (reading, writing, and math).
 - ADHD and learning disability evaluations are typically done together, but learning disability evaluations can be done alone if you already have an ADHD diagnosis or if you are only seeking a re-evaluation of an existing diagnosis (for an out-of-date diagnosis from childhood)
 - Typically a long waitlist (6-8 months), but cost is much lower than market rate.
 - To make an appointment: call 303-492-5679 and leave a voicemail. They will call you back to conduct an initial 20-30 minute phone screening and to schedule your appointment.

CU Boulder Telehealth by AcademicLiveCare

<https://www.colorado.edu/health/cu-boulder-telehealth-academiclivecare>

(Log in with your CU Boulder Identikey and password. Use Service Key: ALC)

This service provides remote mental health support 24/7 and allows students to schedule appointments with mental health professionals licensed to work with you in whichever state you are currently located. You may access this service even if you have waived your student fee package.

Mental Health Partners

<https://www.mhpcolorado.org/mental-health/>

This is an off-campus resource that provides a wide variety of mental health services in locations around Boulder and Broomfield Counties. Some services are provided on a sliding scale.

Counseling and Psychiatric Services

303-492-2277

C4C N352

www.colorado.edu/counseling

CAPS is a campus service that is available to students who are on the CU Gold Student Health Insurance Plan. Most post-baccalaureate students are not on this plan. CAPS provides a limited number of counseling sessions, walk-in, and crisis services, as well as psychiatry, medication management, unlimited group sessions and workshops, and a 24/7 phone line.

Health Insurance Options

- **CU Health Insurance**

- Non-military-affiliated students who are enrolled in at least 6 credits and paying the fees package may be eligible to purchase the [CU Gold Student Health Insurance Plan \(SHIP\)](#) for a maximum of three semesters. To enroll in SHIP, you must start by completing the health insurance eligibility form with a Continuing Education academic advisor.
 - Note: Nondegree students must apply for insurance and complete the Nondegree Health Insurance Eligibility form **each** semester in which they wish to enroll in health insurance coverage.
- **SHIP Considerations:**
 - Cost is greater than some other insurance options
 - You must opt into the entire student fees package to be eligible
 - Gives you access to on-campus mental health resources
 - The VA will not cover SHIP for our students, as they exclude students enrolled with non-degree-seeking status.
 - Learn more and apply: <https://www.colorado.edu/health/cu-gold-ship>

Note that Post-Bacc Health Professions students do NOT have to provide evidence of health insurance, though we strongly recommend that you have it. It is fairly common for post-bacc students to sign up for Medicaid.

- **Colorado Medicaid**

- Easy to apply, decent number of providers in area who serve Medicaid patients
- See if you qualify, apply here: <https://www.colorado.gov/pacific/hcpf/colorado-medicaid>

Food Assistance Resources

[CU Boulder's Basic Needs Center](#) is the place to go if you are in need of referrals to on- and off-campus resources for food assistance (Buff Pantry, mobile food pantries, and SNAP benefits) as well as other support services such as emergency housing.

Part 5: Additional Info

Helpful Campus Resources

- **The Office of Information Technology** is available to assist you with any technology issues that you may experience as a student (including, but not limited to, assistance with your CU email account, your Identikey information, and issues with your own computer.) You may reach them at 303-735-HELP.
- **CU Boulder's VPN (Virtual Private Network) service** provides a secure connection to the campus network from any location, as long as the device has internet connection. The VPN can be used to access campus resources (e.g. library resources, file servers) or to securely browse the Internet. Visit <https://oit.colorado.edu/services/network-internet-services/vpn> to learn how to access our VPN.
- **The Disability Services Office** offers assistance to students who require accommodations to successfully complete courses. Always give them plenty of lead time! Disability Services determines accommodations based on documented disabilities. Visit the [Disability Services website](#) for more information. You may contact them (303) 492-8671 or visit their office in the Center for Community (C4C), suite N200.
- **Veterans Services:** <http://veterans.colorado.edu/>
- **CU Boulder Medical Services:** <https://www.colorado.edu/healthcenter/>
- **On-Campus Housing (including family housing):** <http://housing.colorado.edu/>
- **Off-Campus Housing Assistance:** <https://ralphieslist.colorado.edu/>
- **Campus Map:** <http://www.colorado.edu/campusmap/>

Working While Completing Pre-Health Prerequisites

- If you need to work, talk with your pre-health advisors to get a sense of an appropriate time commitment, as informed by your planned courseload.
- Our Career Advisor, Jordan Maness, can help you with a job search for part-time positions. You may reach him at jordan.maness@colorado.edu or can schedule a time to meet with him by logging into [Buff Portal Advising](#) and clicking on the Continuing Ed icon and selecting “Career Advising” from the drop-down list.

Note: If you are applying for a job, be upfront about your need for flexibility. Your academics **must** come first. Some weeks you’ll be swamped with school work; other weeks, you’ll be more available. Be clear with potential bosses about your school situation and try to find an employer that is willing to be flexible with your schedule.

Are You Planning to Take More Than One Year of Coursework at CU Boulder?

- If you plan to complete more than one year of coursework at CU Boulder, we encourage you to speak to one of our academic advisors before the end of the fall semester so that you can talk through logistics, costs, and decisions to be made, such as whether or not to switch to degree-seeking status, which can give you an earlier enrollment window and can provide continued access to financial aid. (Non-degree students can only receive a total of one consecutive year of financial aid.)

Please note: Degree-seeking students access pre-health advising through the Office of Pre-Health Advising on main campus (<https://www.colorado.edu/programs/prehealth-advising/>). Once you switch to degree-seeking status, you will need to switch to a new pre-health advisor unless you meet the following eligibility requirements to continue to access pre-health advising through Continuing Education:

- You have completed at least 18 credit hours of pre-health prerequisite coursework at CU Boulder while enrolled as a non-degree student.

If you decide to switch to degree-seeking status, you may schedule an admissions counseling appointment using this online appointment scheduling system:

<https://ugrad.apply.colorado.edu/portal/tr-admission-appt-ig>

Commuting and Parking

Driving

- Can park for free off-campus in surrounding neighborhoods. Time to walk / bike to campus - usually 5-25 minutes but can vary depending on walking vs biking, season, how crowded the neighborhoods are, local events, etc.
 - Recommended parking area: 29th Street Mall (you can park in their parking garage in the winter and take the Hop (in front of Panera) to and from campus.
 - Other locations to try: Baseline Rd, near Naropa, Pleasant St., on University west of Broadway
- Can purchase on-campus parking spot:
 - Lottery system, expensive, but offers more consistency
 - Accessed via parking website: <https://www.colorado.edu/pts/permits/parking-permits/student-permits>
- Can park in pay-by-the-hour lots:
 - Only feasible for days when you're running late and need a quick / convenient spot to park. Gets expensive quickly.
 - Good to know: some hourly lots on campus are more expensive than others (e.g., Euclid garage is the most expensive)
- Can commute with other students:
 - Possible to utilize HOV/express lane for free if 3+ people are in the car. Need to purchase an HOV transponder in order to do so.
 - Learn more about (and purchase) HOV transponders here: <https://www.codot.gov/programs/expresslanes>
- Taking the Bus:
 - Busses come directly to campus and can be a great commuting resource
 - Pros = bus pass comes with student fees, time to study / decompress / sleep, good if you live near bus stop
 - Cons = less control over your time than if driving, some people find it hard to study in moving vehicle, general drawbacks of a shared space with others
 - Access schedules here (at bottom): <http://www.rtd-denver.com/Schedules.shtml>
- Park N Rides:
 - Solid commuting option, but only prior to morning commute time. If utilizing Park N Ride in mid- or late- morning, it will be difficult/impossible to find a parking spot!!

Continuing Education Contact List

- ***If you aren't sure whom to contact, start with our front desk:***
 - Martha Olmedo: ceadvise@colorado.edu, (303) 492-5148
- ***Pre-Health Advisors***
 - Jessica Talbot: jessica.talbot@colorado.edu
 - Dr. Elisa Cripps: elisa.cripps@colorado.edu
- ***Academic Advisors***
 - Graham Douglas: graham.douglas@colorado.edu (*primary academic advisor liaison to post-bacc students*)
 - Annie Lemberg: annie.lemberg@colorado.edu
 - Lindsey Vaughan: lindsey.vaughan@colorado.edu
 - Sat Sonecha: satyashil.sonecha@colorado.edu
- ***Assistant Director of Student Success (director of the academic advising team)***
 - Graham Douglas: graham.douglas@colorado.edu
- ***Non-Degree Financial Aid Advisor***
 - Ashley Lamoureux, cefinaid@colorado.edu
- ***Colorado State Residency Information***
 - Melissa Montano and Taryn Hanson, cerrecords@colorado.edu
- ***CE Bursar's Office (questions about tuition & fees, paying your bill)***
 - (303) 492-2212 or cebursar@colorado.edu