

Useful Resources for UUSOD Students

STUDENT SERVICES¹

<http://www.utah.edu/students/services.php/>

Our students' success and well-being are paramount in providing a world-class education. Take advantage of the numerous resources and services created to help students of all kinds prosper during their time at the U.

Academic Support

- [Academic Advising](#)
- [Block U Initiative](#)
- [Center for Teaching & Learning Excellence](#)
- [Graduate Research](#)
- [Honors College](#)
- [International Center](#)
- [LEAP Program](#)
- [Learning Abroad](#)
- [Learning Enhancement Program](#)
- [National Student Exchange](#)
- [Student Affairs](#)
- [TRIO/Educational Opportunities Program](#)
- [Undergraduate Research](#)
- [Undergraduate Research Opportunities Program](#)
- [Undergraduate Research Scholar Designation](#)
- [Undergraduate Studies](#)
- [Veteran Services](#)
- [Writing Center](#)

Campus Services

- [Campus Store](#)
- [Child Care Coordinating Services](#)
- [Dining Services](#)
- [Parking & Commuter Services](#)
- [Print & Mail Services](#)
- [Student Health Center](#)
- [Testing Center](#)
- [U Card](#)

- [University Police](#)

IT Services

- [Campus Computer Labs](#)
- [Campus Help Desk](#)
- [Software Licensing \(Including Free Adobe and Microsoft Products\)](#)
- [About U-Mail](#)
- [University Network ID \(uNID\) & Password Info](#)

Resource Centers & Organizations

- [Associated Students of the U of U \(ASUU\)](#)
- [Community Service](#)
- [Counseling Center](#)
- [Ethnic Student Affairs](#)
- [Dean of Students](#)
- [Disability Services](#)
- [Equal Opportunity & Affirmative Action](#)
- [Equity & Diversity, Office of](#)
- [International Center](#)
- [Leadership Development](#)
- [LGBT Resource Center](#)
- [Money Management Center](#)
- [Student Affairs](#)
- [Student Wellness](#)
- [Sustainability Office](#)
- [Veterans Support Center](#)
- [Women's Resource Center](#)

LEARNING RESOURCES CENTER (UUSOM)¹

<http://medicine.utah.edu/learningresources/index.php>

The Learning Resource Center provides academic guidance and assistance to maximize learning experiences for all University of Utah Medical Students.

Our mission is to facilitate student academic growth and learning potential. To accomplish this mission, Learning Resource Center staff develop, implement, maintain and coordinate a wide range of academic support programs and services.

Academic support is available to all medical students through the Office of Learning Resources. The services provided by this office are designed to afford students the opportunity to enhance their education at the University of Utah. The Learning Resources staff plays a vital role in strengthening the academic performance of our students.

Learning support is available to all University of Utah medical students through the Learning Resource Center. Our office assists students with successful transition to medical school through providing academic tools of success.

These tools include:

- [effective time management](#)
- [concentration, memory and retention techniques](#)
- [reading comprehension and efficiency](#)
- [test-taking skills](#)
- [stress management](#)

The Learning Resource Center also helps students explore learning styles, learn successful study strategies, and develop and implement an individual academic success plan that works for them.

(Their services are available to dental students.)

CENTER FOR STUDENT WELLNESS¹

<http://wellness.utah.edu/>

The Center for Student Wellness is your portal for information, resources and solutions for wellness-related issues. We offer one-stop shopping vs. searching all over campus for available resources. We want to help you be successful here at the U and in all aspects of your life. If we don't have what you are looking for, we will connect you with someone that does.

Intellectual

Intellectual wellness means staying curious and engaged in learning new things. Being a lifelong learner won't just make you a well-rounded individual, it will make you healthier. Engage in creative and mentally stimulating activities. Read for pleasure, be aware of social and political issues, or join a club or group that focuses on enhancing intellectual interests.

[Intellectual Wellness Resources](#)

Physical

Physical wellness involves maintaining a healthy body. This means moving your bodies (exercise), eating well balanced meals (nutrition), sleeping, managing stress, receiving preventative medical and dental care, and getting sexual health screenings when you become sexually active. Maintaining a healthy body is a key component to a long healthy life.

[Physical Wellness Resources](#)

Social

Social wellness involves participation in your community and developing and nurturing healthy relationships. Having a strong social network can give you support and guidance when you are stressed or need stress relief. Additionally these relationships can aid in the development of healthy bonding and boundary development.

[Social Wellness Resources](#)

Environmental

Environmental wellness means taking care of your global environment and your personal surroundings. Whether you are de-cluttering your room, recycling your trash or volunteering to clean up your environment, actively working to serve your environments can improve your health and the health of the people around you.

[Environmental Wellness Resources](#)

Financial

Financial wellness means taking steps to live within your financial means and living in, and planning for, future financial health. Learning to think short and long-term in order to manage your resources is essential for a healthy financial experience. You can do this by planning financially, creating a budget, and learning to be a good consumer.

[Financial Wellness Resources](#)

Spiritual

Spiritual wellness is a process of understanding (or attempting to understand) beliefs, values, and ethics that help guide your life. Some folks explore their spirituality through a religious or faith community, some folks spend time in the outdoors hiking, while others meditate or practice yoga. Whatever your preferred approach, spending time asking and exploring your spiritual life can be an important part to your overall wellbeing.

[Spiritual Wellness Resources](#)

Emotional

Emotional wellness is based on how you feel. College is stressful and it can be common to feel overwhelmed. Maintaining a healthy emotional life is important to overall health. Some ways to stay emotionally healthy are to manage your stress level, stay on top of school work, get eight hours of sleep, ask for help, or see a therapist at the Counseling Center.

[Emotional Wellness Resources](#)

Contact Us

We have two convenient locations on campus. Feel free to stop by or call us if you have any questions or comments! You can also contact us by email, wellness@sa.utah.edu

Main Location

Eccles Student Life Center ([Map](#))
1836 Student Life Way, suite 2100
Salt Lake City, UT 84112
Phone: 801-581-7776

Victim Advocacy Location

201 South 1460 East, Room 330
328 Student Services Building (SSB) ([Map](#))
Salt Lake City, UT 84112
Phone: 801-581-7779
Fax: 801-585-6816

UNIVERSITY COUNSELING CENTER¹

<http://counselingcenter.utah.edu/>

The purpose of the University Counseling Center (UCC) is to facilitate and support the educational mission of the University of Utah. We provide developmental, preventive, and therapeutic services and programs that promote the intellectual, emotional, cultural, and social development of students, staff, and faculty. We consistently strive to integrate multiculturalism into the everyday functioning and structure of our agency, including the individual, service, training, organizational, and administrative levels. We advocate a philosophy of acceptance, compassion, and support for those we serve, as well as for each other. We aspire to respect cultural, individual and role differences as we continually work toward creating a safe and affirming climate for individuals of all ages, cultures, ethnicities, genders, gender identities, languages, mental and physical abilities, national origins, races, religions, sexual orientations, sizes and socioeconomic statuses.

Services

The University Counseling Center (UCC) offers opportunities for personal development that will lead to enhanced learning and contribution to the University. The Center helps students, staff, and faculty resolve existing problems, prevent potential problems, and develop new skills that will enrich their lives. Counseling services address personal, career, and academic learning issues. Formats include individual, couples, and group counseling. Psychiatry services are available for clients engaged in ongoing counseling. Crisis services and support are available during counseling center business hours. Our Mindfulness Clinic offers several resources aimed to reduce stress and manage anxiety.

Confidentiality

All inquiries and discussions are treated confidentially. The fact that you are receiving counseling services, as well as the specific content of your UCC counseling, assessment, or psychiatric record(s), is confidential. No one outside the Center may have access to counseling or psychiatric information without your prior, express, written permission except for the exceptions listed below. The UCC adheres to the ethical guidelines of the American Psychological Association, National Association of Social Workers, American Psychiatric Association and American Counseling Association as well as State and local laws. UCC records are governed by GRAMA and FERPA, and we generally seek to be compliant with HIPAA standards. The UCC maintains clinical records in a confidential computerized client management system. We also keep a hard copy of some of your records and these are maintained in secure and locked files.

The *only exceptions to confidentiality* are those required by law such as requirements that we report suspected or known abuse, neglect or exploitation of children or disabled adults or previously unreported communicable disease. In cases of imminent danger to self or others the UCC may be required or allowed to break confidentiality in order to secure your safety or that of others. Counselors

may be required to give information to judges or courts of law if a valid subpoena or court order is issued. Your counselor may consult with other UCC providers about your situation in order to provide the best care possible, or for training purposes.

Making an Appointment

Getting started with counseling begins with a first-time “intake” appointment. Your intake counselor will ask you about your concerns, explain our counseling services and go over some of your personal history. You and your intake counselor will think together about what services are best for you.

There is no charge for the initial intake session. You can schedule an intake by calling our receptionist at 801-581-6826 or by coming to our center in Room 426 of the Student Services Building and speaking with a receptionist in person.

You may schedule an appointment in advance, with a specific time reserved for you. Or, you may attempt to schedule an appointment on a “same day” basis by calling in the morning of the day you would like to be seen. If all the “same day” intake appointments are taken, you may try the next day or choose to schedule an advanced intake.

Our receptionists will ask you a few questions on the phone prior to scheduling the intake, or if you are here in person will ask you to complete a brief “Welcome and Request for Services” form. If you feel you need to meet with, or speak to, a counselor prior to the earliest intake we can schedule for you, please ask the receptionist about our [Crisis Services](#).

Following your intake you will receive an email from the UCC giving you the name of your counselor or group leader. We might also let you know that we need additional information. After you receive your counselor’s name, you can call or come in to set up your first counseling appointment.

Occasionally the intake counselor, in consultation with other clinical staff, will recommend that you seek services outside the counseling center. This may be because your situation suggests you will benefit from, or need, longer term therapy; or because our staff doesn’t have the particular expertise to help you with your situation; or because your situation requires a higher level of care.

Contact Us

Salvia Artman
sartman@sa.utah.edu
 801-581-7066

201 S 1460 E, Rm 426
 Student Services Building
 The University of Utah
 Salt Lake City, UT 84112
 Phone:
 801-581-6826

Grief Counselor:
 Karen Cone-Uemura
kccone-uemura@sa.utah.edu

Emergencies:
 For after-hours emergencies, contact the
 Mobile Crisis Outreach Team 801-587-3000.

Hours:
 Monday-Friday 8 a.m. - 5 p.m.

CENTER FOR DISABILITY SERVICES¹

<http://disability.utah.edu/contact.php>

The Center for Disability Services is dedicated to students with disabilities by providing the opportunity for success and equal access at the University of Utah. We are committed to providing reasonable

accommodations as outlined by Federal and State law. We also strive to create an inclusive, safe and respectful environment. By promoting awareness, knowledge and equity, we aspire to impact positive change within individuals and the campus community.

The Center for Disability Services is the designated office at the University of Utah which evaluates disability documentation, determines eligibility, and implements reasonable accommodations for enrolled students as guided by Section 504 of the Rehabilitation Act, the Americans with Disabilities Act, and University policy.

Accommodations and Services

The accommodations and services offered through the Center for Disability Services at the University of Utah are based upon the current impact of the student's disability. For clarity and ease of use, they have been divided into different categories:

- Academic Accommodations
 - Attendance Policies
 - Attendance in class is expected for students participating in the university experience. However, if a student's condition directly impacts their ability to attend class on a periodic basis, some flexibility might be necessary and appropriate.
 - Classroom Assistants, Readers, and Scribes
 - Student may be approved for the use of a assistant, reader, or scribe in the classroom to aid with tasks that are significantly impacted by a student's condition. This accommodation is dependent upon the student's limitations and the course requirements.
 - Exam Accommodations
 - Exam accommodations vary but can include extended time, a reduced distraction location, a private room, the use of a reader and/or scribe, the use of a computer or assistive technology, and/or additional breaks.
 - Flexibility with Deadlines and Due Dates
 - Depending upon the impact of a student's condition, an accommodation may be to allow for extended time to complete and turn in assignments, papers, or projects.
 - Materials in an Alternative Format
 - For qualified students, the Center for Disability Services will assist in making books and course materials accessible. Possibilities include books in an audio format, electronic books, materials in Braille, screen and text recognition software, materials in CD or MP3 format, and enlarged text.
 - Note Taking Services or Audio Recording of Classes
 - Students may be approved for a paid or volunteer note taker in classes, or may be authorized to audio record lectures.
 - Reduced Course Load and Extended Programs
 - The Center for Disability Services may approve students with disabilities to enroll in a course load of less than full-time status.
 - Substitutions for Course Requirements
 - On occasion, when a student's specific disability would prevent them from successfully learning and completing the mathematics or foreign language general education requirements, the Center for Disability Services may consider approving substitute courses for these requirements.
- Campus Accommodations
- Housing Accommodations
- Deaf Services

- Other Services

Contact Us

Location

The Center for Disability Services is located in Room 162 of the Olpin Union Building ([map](#)).

Mailing Address:

University of Utah
Center for Disability Services
200 S. Central Campus Drive, Room 162
Salt Lake City, UT 84112-9107

Phone: 801-581-5020

Fax: 801-581-5487

Email: info@disability.utah.edu

Business Hours:

Monday - Friday: 8 a.m. to 5 p.m.

Programs & Services

- **Deaf/Hard of Hearing Related Services:** If you need interpreters, real time captioning or cued language for an event, please contact Carol MacNicholl at cmacnicholl@sa.utah.edu.
- **Exam Accommodation:** If you have a question about exam Accommodation, please contact us at exam@disability.utah.edu.
- **Note Taking:** If you have a question about note taking, please contact us at notes@disability.utah.edu.
- **Outreach:** If you would like our office to do a presentation or student panel for a class, staff/faculty meeting or event, please contact Stephanie Piani at spiani@sa.utah.edu.
- **Technology:** If you have a question about technology or if you would like to report a problem, please contact us at info@disability.utah.edu.

OFFICE OF EQUAL OPPORTUNITY AND AFFIRMATIVE ACTION¹

<http://www.oeo.utah.edu/>

The Office of Equal Opportunity and Affirmative Action (OEO/AA) is committed to ensuring a quality environment at the University of Utah where all members of the university community are treated in an equitable and fair manner.

OEO/AA Services

- Provides information and training to the university community regarding their equal opportunity and affirmative action rights and responsibilities.
- Consults with any member of the campus community regarding equal opportunity and affirmative action issues and possible violations.
- Provides information regarding the Americans With Disabilities Act (ADA) access and accommodation requirements and evaluates staff and faculty disability accommodation requests.
- To ensure fair employment practices, the OEO/AA develops, monitors, and reports on the effectiveness of the University's Affirmative Action Plan, which includes hiring and evaluation procedures.

- Encourages outreach and recruitment of diverse students, faculty, and staff in programs and activities.
- Assists members of the University community in interpreting and implementing the University's Affirmative Action Program.
- Acts as a resource for students regarding projects and assignments.

Complaints may be filed by employment applicants, faculty, students, staff, and participants in University programs or services who feel they may have been discriminated against on the basis of race, color, religion, national origin, sex, sexual orientation, gender identity/expression, age, status as a disabled individual, disabled veteran, or veteran.

Cognizable allegations of discrimination - including sexual harassment and retaliation - will be investigated by the Office of Equal Opportunity and Affirmative Action (OEO/AA).

Contact OEO/AA

201 South Presidents Circle
John Park Building, Room 135
Salt Lake City, Utah 84112

TEL/TDD: 801/581-8365

Fax: 801/585-5746

JUMPSTART

<http://linguistics.utah.edu/certificates-and-programs/eas/graduate/jumpstart.php>

Overview

Participants will receive an initial assessment at the beginning of the program, and a post program evaluation. Participants who successfully complete the program will be given a certificate of completion.

Program Goals

The goal of this program is to give participants the English and academic skills necessary to be successful in navigating expectations, policies, procedures coursework, and cultures of graduate school. The program will include multiple courses and course work designed with this goal in mind. Participants will be prepared for the rigors of graduate work in English with a specific focus on Academic skills such as: library research skills, summarizing, analyzing and synthesizing skills for academic and professional writing, critical thinking, effective reading strategies, oral presentation skills, intercultural communication, listening skills, and working in a group.

**OFFICE OF THE ASSOCIATE VICE PRESIDENT FOR
HEALTH EQUITY & INCLUSION (OHEI)**

<http://healthsciences.utah.edu/inclusion/>

Our vision is for the cornerstone values of equity and inclusion to guide, consistently and consciously, the professional actions of each student, trainee, staff, and faculty member of our academic community.

Our mission is to create and nurture a community environment that realizes inclusive excellence.

Overarching Goal

Develop, implement, analyze, and promote policies, initiatives, and programs to realize and support inclusive excellence in the UUSHC community and health equity in the communities we serve.

- Requires collaborative efforts
- Emerges in an evolutionary manner
- Promotes and supports inclusive excellence in UUSHC communities: students, trainees, staff, and faculty to provide “perfect care” for the communities we serve

Contact us

Nancy.Nickman@pharm.utah.edu

Dr. Ana Maria Lopez is the head of this group. All of the schools and colleges have representatives at these meetings.

Phone: (801) 585-1934

Office of the Associate Vice President for Health Equity & Inclusion

26 South 2000 East

5750B HSEB

Salt Lake City, Utah 84112

ASUU STUDENT TRAVEL

TRAVEL AND CONFERENCE FUNDING

A student or a student organization can request up to 50% of their eligible travel costs be covered by ASUU, up to \$400.00 per trip per student. Total amount funded per student not to exceed \$800 per fiscal year. (July 1st – June 30th) Travel awards associated with a student organization will be attributed to their overall cap of \$5,000 per student organization.

Eligible costs include transportation, lodging price during conference (including one night prior to conference and one night following the conference), conference registration, and poster printing.

This form is now closed, as of 4/26/2016 at 12pm. **We estimate that this form will re-open on August 22nd, 2016.** An application will be used to fund travel for academic conferences, student conferences, competitions and other travel as deemed appropriate by the ASUU Travel Review Committee. Applications will be awarded on a first-come, first-served basis differentiated by month.

To schedule meetings to process reimbursements if no other departments or sources are providing you funding, please contact [Celeste Cohorn](#).

As per ASUU Redbook the application for travel for the 2016-2017 year will run from August 2016-April 2017. There are no travel meetings or approvals during May-July. When this application reopens, this applies to trips ending on or after July 1, 2016 will not be reviewed until at least August 2016.

If you have any questions please direct them towards finance@asuu.utah.edu

Please note that the travel committee meets to review bills on a monthly basis. Download schedule below.

Additional Resources:

[University of Utah Graduate School Conference Funding](#)

[University of Utah Travel Office](#) (For travel information, not additional funding)

WOMEN'S RESOURCE CENTER

The Women's Resource Center (WRC) at the University of Utah serves as the central resource for educational and support services for women. Honoring the complexities of women's identities, the WRC facilitates choices and changes through programs, counseling, and training grounded in a commitment to advance social justice and equality.

Groups

The Women's Resource Center offers a variety of support groups and workshops that provide a safe place for women to discover and reclaim their true selves.

All of our groups are available to both the campus and off-campus communities

They provide a place for women to receive and offer affirmation and support

All groups provided on a sliding fee scale

Pre-group interview required for all groups

Join us to expand your consciousness and your social network!

Current Offerings

[Hand to Hand: Women Sharing Wisdom](#)

[Finding Our Voice: Women of Color Discussion Group](#)

[Body Politics: Women, Food, and Body Image](#)

[LBQQ: Lesbian/ Bisexual/Queer/Questioning Women's Discussion Group](#)

Contact Us

A. Ray Olpin Union

200 S. Central Campus Dr

Room 411

Salt Lake City, UT 84112

Phone

801-581-8030

Hours

Monday - Friday 8:00am – 5:00pm

Closed Tuesday 8:30am – 10:30am