

Academic Success Student Resources

Provided by the Utah Valley University Academic Standards Office

Education and Career Goals:

Academic Standards, LC 402, 801-863-8075

<http://www.uvu.edu/academicstandards/>

We can help you access and utilize resources that will enable you to succeed academically. We specifically work with students on continued probation and suspension status.

Career and Academic Counseling Center, LC 402, 801-863-8425 cacc@uvu.edu

<http://www.uvu.edu/cacc/>

We can guide your progress in discovering, evaluating, and determining your career path. Our comprehensive career services include testing, one-on-one career counseling sessions, and access to research sites. We also advise students who have not yet chosen a major.

Career Services and Student Employment, LC 409, 801-863-6364 csse@uvu.edu

<http://www.uvu.edu/csse/>

Career Services & Student Employment will help you to build the career you want. We can help you with job search resources, internships, mentors, informational interviews, networking, career events, resumes, and practice interviews.

Learning Strategies Support, LC 405 Q & R, 801-863-7418 pat.nelson@uvu.edu

<http://www.uvu.edu/learningstrategies/>

Meet with the learning strategist to get help with time management, learning styles, test anxiety, test taking skills, note taking skills, and reading textbooks.

Suggested Classes:

CLSS 1000: Student Success ~Study skills, time management, stress management

CLSS 1050: Library Research: ~Learn how to use the library to write research papers

CLSS 1180: Speed Reading: ~Increase reading speed

CLSS 1190: Power Reading Strategies: ~Learn a variety of strategies for more effective textbook reading and retention

Research Instructors at www.ratemyprofessors.com

Health: Physical and Mental

Student Health Services, SC 221, 801-863-8876

<http://www.uvu.edu/studenthealth/>

We offer physical & mental health services including counseling for stress and test anxiety.

- Doctor/Nurse Basic Visit \$10/ Mental Wellness 1st Visit Free, Subsequent Visits \$10
- Financial Waivers are Available

Wellness Programs, SC 221, 801-863-8127

<http://www.uvu.edu/wellnessed/>

Our mission is to provide services to students and employees that will enhance personal wellness. We offer health risk appraisals, healthy lifestyle counseling, and health & nutrition checks.

Accessibility Services, LC 312, 801-863-8747

<http://www.uvu.edu/asd/>

The Accessibility Services Department is committed to helping students with disabilities receive reasonable accommodations during their college experience at UVU. We provide a variety of services, software and equipment for students with a wide range of disabilities. Come in and see how we can help you achieve your best!





Tutoring Labs:

Academic Tutoring Lab, LA 201, 801-863-8310

www.uvu.edu/peertutoring

FREE tutoring is available to UVU students on a drop-in basis—students can come on a regular basis or just when they need some questions answered.

Tutoring is available for the following subjects: Accounting, Anthropology, Archeology, Astronomy, Biology/Botany, Business Management, Chemistry, Digital Media, Education, Economics, Engineering, Environmental, Geography, Geology, History, Health, Languages, Legal Studies, Meteorology, Microbiology, Philosophy, Physical Science, Physics, Political Science, Psychology, Sociology, and Zoology

Language Lab, LA 003g, 801-863-7257

If you are enrolled in a foreign language class you can stop by the Language Lab to sign up for free tutoring. We have tutors available for the following foreign languages: American Sign Language, Chinese, French, Japanese, German, Portuguese, Russian, and Spanish. Tutoring is by appointment only.

Math Lab, LA 201, 801-863-8310

www.uvu.edu/mathlab/

You can visit the math lab on a drop in basis to get assistance with your math homework.

Writing Center, LI 208, 801-863-8099

www.uvu.edu/owl/

The UVU Writing Center and OWL provide a space where students of all disciplines may further their understanding of writing principles and enhance writing skills. Students can come in for help for any part of the writing process from brainstorming to revision.

School, College, and University Partnership 801-863-8565, Location: 1062 W 800 S, Orem

<http://www.uvsc.edu/partnerships/initiatives/initiatives.html>

One-on-one tutoring is available for a small fee.

Financial Resources:

Financial Aid, BA 105, Scholarships: (801) 801-863-8443/ Financial Aid: 801-863-8442

<http://www.uvu.edu/financialaid/index.html>

We offer a comprehensive and varied program of financial assistance including grants, loans, work, and scholarships.

The purpose of financial aid is to help eligible students bridge the gap between what the student and their families can be expected to pay and what it will cost to attend college.

There are three types of financial aid:

1. Gift Aid: These programs are funded by government and private monies. They do not have to be repaid and are awarded upon a wide range of eligibility requirements. They include Scholarships and Grants.
2. Work Study Programs: The Work Study Programs are funded by state and federal monies and include an hourly wage, part of which comes from the employer and the other part from the program. These programs do NOT need to be repaid, and are a valuable work experience that can be referenced on a future resume.
3. Loans: All Loans have to be repaid. Their interest rates are often below standard loan rates. Some are repayable immediately, while others defer the monthly payments until after graduation. Some student loans can be awarded even if the calculated financial need showed the student to not be eligible for any aid.





Support Systems:

Women's Resource Center, LC 405K, 801-863-8080

Contact Peggy Pasin: peggy.pasin@uvu.edu

The Women's Resource Center of Utah Valley University specializes in meeting the needs of women students and is dedicated to encouraging women in all areas of education. Our goal is to provide information, assistance, and referrals to the opportunities and resources available on campus and within the community. The Center facilitates student success through personal consultations, scholarships, book loans, and advocacy.

Center for the Advancement of Leadership, LC 302, (801) 863-6466

<http://www.uvu.edu/leadership/>

CAL provides a cutting edge personal, interpersonal, organizational, and civic/service Leadership Certification Program (10-Step/3-Step) for any student wishing to achieve their leadership potential. If you are looking to take your UVU experience to the next level while developing your leadership potential, visit their web-site and make an appointment to meet with their staff (863-6466). Their office is located at LC 301.

Clubs, LC 101, 801-863-6754

<http://www.uvsc.edu/clubs/>

UVU has a club for everyone. They offer clubs in the following interest areas: academic and political, social awareness, pre-professional, service, athletics & recreational, social, sports, religious, ethnic & cultural, and performing arts & media clubs.

Housing Hotline: 801-863-7368

<http://www.uvsc.edu/housing/>

Need to find housing? Call the housing hotline or visit the housing website to find affordable housing close to campus.

Intramurals SC-108h, 801-863-6163

<http://www.uvu.edu/intramurals/>

We at the Intramural Office are dedicated to helping UVU students, Faculty, and Staff in finding their own niche on campus. We provide opportunities to participate in a wide variety of individual, dual and team sports at various levels of competition. We strive to provide not only structured and organized programs, but we are always looking for "new sports" to add.

Multicultural Center, WB 146s, 801-863-8357

<http://www.uvu.edu/multicultural/>

The UVU Multicultural Center's mission is to promote educational opportunities and intercultural enrichment for diverse heritage students and the university community of UVU. We offer scholarship and financial aid resources, mentors and tutors, clubs, academic counseling and advising, an outstanding First Year Experience program for new students, and a home away from home.

Outdoor Adventure Center, SC 103, 801-863-8791

<http://www.uvu.edu/oac/>

The Outdoor Adventure Center offers adventure trips, equipment rentals, and much more.

Student Government, SC105, 801-863-8652

<http://www.uvu.edu/studentgovernment/>

Let your voice be heard and help make a difference on UVU's campus. Students involved with campus life gain valuable leadership experience. UVUSA wants you to take advantage of all of the exciting opportunities available, whether it is a UV Club, student government or just supporting campus.

TRIO Student Support Services, WB 100, 801-863-8541

<http://www.uvu.edu/trio/sss/>

Student Support Services offers mentoring, tutoring, and academic support for first generation, low income students. Stop by the office to learn more and pick up an application.

Turning Point, LC 303A, 801-863-7580

<http://www.uvu.edu/cpcd/>

The Center for Personal and Career Development is a community resource center for individuals who want to expand on a personal and professional level. Services include completing education goals, building personal relationships, obtaining training, education and child care scholarships, learning job seeking skills, exploring career options, and mastering communication skills.

Veteran's Services, BA 114, 801-863-8212

<http://www.uvu.edu/veterans/>

Veteran's Services offers assistance in applying for and using veteran's benefits.

Volunteer and Service Learning, LC 205, 801-863-8786

<http://www.uvu.edu/volunteer/>

The Volunteer & Service-Learning Center is the place for volunteer and community outreach opportunities. The Center provides information on local volunteer needs, opportunities for leadership, details on academic service learning, and other events that link the campus and the community.



Child Care:

Child Care Resources and Referrals, UVU Geneva Building (1410 Business Drive, Orem), 801-863-8220

<http://www.uvu.edu/ccrr/>

The Mission Statement of Child Care Resource and Referral Mountainland is to improve the lives of children and families by promoting quality child care. Parents can learn more about quality child care and get in touch with local child care providers.

Wee Care Center, 1140 S 400 W, Orem 801-863-7266

<http://www.uvu.edu/weecare/>

The UVU Wee Care Center was designed to meet the childcare needs of student parents of UVU, MATC, and Turning Point. First priority is given to those who are low-income, and all services are based on a sliding scale. Quality care is provided to children ages six weeks to twelve years.

Crisis Hotlines

Crisis:

Crisis Line of Utah County: 801-226-4433

Suicide Intervention: 1-800-SUICIDE

Abuse:

Gathering Place (24 Hour Hotline): 801-226-2255

Center for Women and Children in Crisis: 801-377-5500

Sexual Assault:

National Sexual Assault Hotline: 1-800-656-HOPE

Utah County Rape Crisis Center: 801-356-2511

Drug Abuse:

Drug and Alcohol Rehab (24 Hour Hotline): 801-861-1768

Intermountain Specialized Abuse Treatment Hotline: 801-373-0210