

Free Student Resources

Academic

- Tutoring at the Math Lab, Academic Tutoring, and Language Lab
- Supplemental Instruction in some classes
- Writing tutorials and ELL appointments at the Writing Center
- Unlimited printing for language classes at Language Lab
- GRE and R Workshops at the Math Lab
- Professor and TA Office Hours
- Academic Coaching/Learning Strategies Open Lab through Academic Standards
- Free peer coaching through Trula Campus
- Study room, textbook, laptop, and equipment rental at Fulton Library
- Free scanning, movie checkout, and streaming on certain services via library
- Free computer use in the library and at open computing labs across campus
- \$10 free print credit per semester
- Disability accommodation at Accessibility Services
- Free software access, including Microsoft Office Suite and Adobe (myUVU>Students>Technology Services and Support)
- Conflict resolution via the Ombuds Office
- Free support through a variety of student support services like TRIO, Asian Initiative, First-Generation, First-Year Experience, LGBTQ Student Services, and more
- Free food for students in need via UVU Food Pantry
- Free produce at Fresh Food Fridays for all students (see website for dates)
- Free activities and food at The Zone
- Free monthly health screenings and weekly mindfulness classes via UVU Wellness, plus free massage chairs on first Fridays and during finals
- Free meditation/quiet spaces at the Reflection Center and UVU Wellness's Stress Reduction Room
- Free condoms at Student Health Services
- Free period products in multiple restrooms
- Free access to Mamava Lactation Pods
- Free emotional support/crisis counseling through safeut.org or 833-3SAFEUT
- Free group therapy through Student Health Services (1+ credit in Fall/Spring, no credit requirement in Summer)
- Free individual, couples, pre-marital, and family therapy through UVU Community Mental Health Clinic

Health and Wellness

- SLWC Gym free at 10+ credits; free towel and workout equipment rental with ID
- Free rock climbing at The Project for students with a gym membership
- Free pool, air hockey, ping pong, foosball, and video games at SLWC Gaming Center
- Free financial coaching through the Money Management Resource Center
- Free tax preparation for people making \$56,000 or less via UVU VITA
- Free resume help, mock interviews, and interviews through the CDC
- Free career and personality testing through CDC and First-Year Advising
- Free UTA Bus Pass for students, spouses, and children between 6 and 24
- Free checking at UCCU
- Free passport pictures at Campus Connection