

UTAH VALLEY UNIVERSITY

RESOURCES *for* SUCCESS

2020



UVU

INCLUDE. ENGAGE. ACHIEVE.

HELP & TECHNOLOGY

UVU SERVICE DESK

Having trouble accessing UVU's secure wi-fi? Can't figure out how to forward your student Gmail account? Want to know the status of your financial aid application? Get fast, friendly help for all manner of UVU questions from UVU's service desk professionals.

Call **(801) 863-8888** to speak to a support specialist.

Hours of Operation:

Monday-Friday: 7am - 10pm

Saturday: 8am - 5pm

Email servicedesk@uvu.edu and a support specialist will respond during regular hours of operation (listed above).

WILSON THE CHAT BOT

Wilson can answer many questions and connect you with important resources. All you have to do is click "Ask Wilson" on any FINANCIAL AID, ADMISSIONS, or REGISTRAR page on uvu.edu.

FREE SOFTWARE

UVU offers a variety of free software for students, including Office 365. More information is available on the "Technology Services and Support" page under the STUDENTS tab on my.uvu.edu.

COMPUTER LABS & PRINT CREDIT

Every UVU student receives Open Lab print credit of \$10.00 per semester. Print credit is reset at the beginning of each semester and any unused balance from previous semesters is not refundable. More information about open lab locations can be found at uvu.edu/itservices/catalog/labs/.

CANVAS

Canvas by Instructure is UVU's official Learning Management System (LMS). Students use Canvas to access course syllabi, classroom information, submit assignments, and much more. We encourage you to download Canvas onto your smartphone or tablet to conveniently manage your academic activities. Available through the Apple App Store and Google Play.



LEARNING ASSISTANCE & TUTORING

LEARNING STRATEGIES SUPPORT

LC 404g / 801-863-7418 / pat.nelson@uvu.edu

Learning Strategies Support can help you with time management, test anxiety, test-taking skills, note-taking skills and reading textbooks.

uvu.edu/learningstrategies/

ACADEMIC TUTORING LABS

LA 201 / 801-863-5376 / tutoring@uvu.edu

The Academic Tutoring Lab provides free tutoring to UVU students in a variety of drop-in labs or by appointment. Tutoring is available for the following subjects: accounting, anthropology, archaeology, astronomy, biology/botany, business management, chemistry, digital media, education, economics, engineering, environmental studies, geography, geology, history, health, languages, legal studies, meteorology, microbiology, philosophy, physical science, physics, political science, psychology, sociology and zoology. Visit their website for lab locations and hours.

uvu.edu/academictutoring/

LANGUAGE LAB

CB 306 / 801-863-8518

The Language Lab provides free tutoring for students enrolled in foreign language classes. Tutoring is available for the following languages: American Sign Language, Chinese, French, Japanese, German, Portuguese, Russian, and Spanish. Tutoring is by appointment only.

uvu.edu/lang/lab/

MATH LABS

LA 201 & LA 216 / 801-863-8310 / mathlab@uvu.edu

UVU Math Labs are a great place to work on math homework in a setting where tutors can answer questions as they arise. The West Math Lab (LA 201) serves students in MATH 1050 and above, The East Math Lab (LA 216) serves students in courses up to MATH 1030.

uvu.edu/mathlab/

WRITING CENTER

FL 208 / 801-863-8936 / writingcenter@uvu.edu

Both the Writing Center and the Online Writing Lab can help you further your understanding of writing principles and enhance your writing skills. You can request help for any part of the writing process, from brainstorming to revision.

uvu.edu/writingcenter/

SCHOOL COMMUNITY UNIVERSITY PARTNERSHIP (SCUP)

723 S. 1200 West, Orem / 801-863-6800 / partnership@uvu.edu

The School Community University Partnership provides one-on-one tutoring for a minimal fee.

uvu.edu/partnership/

LIBRARY

FL / 801-863-8265 / wilsonbn@uvu.edu / text a librarian: 801-290-8123

The library offers a variety of spaces and state-of-the-art technology, creating an inviting research and study environment. Use one of more than 220 public computers to conduct research, write papers or produce multimedia projects. Group study and viewing rooms can be scheduled to work on projects or watch videos. A family study room is also available, allowing children to play while parents work on assignments. Librarians are available at the reference desk to help with research and project questions.

Hours:

Mon-Fri: 7 a.m. to midnight

Sat: 8 a.m. to 7 p.m.

Sunday: 1 p.m. to 9 p.m.

uvu.edu/library/

SUGGESTED CLASSES

SLSS 1000: University Student Success: Presents strategies to improve personal study skills, time management and stress management.

SLSS 1050: Library Research: Explains how to use the library to write research papers.

SLSS 1180: Speed Reading: Teaches how to increase reading speed.

SLSS 1190: Power Reading Strategies: Offers strategies for more effective textbook reading and retention.

ACADEMIC & CAREER RESOURCES

ACADEMIC STANDARDS

LC 404 / 801-863-5325 / academicstandards@uvu.edu

The Academic Standards Office can help you access and utilize resources that will enable you to succeed academically.

uvu.edu/academicstandards/

CAREER DEVELOPMENT CENTER

LC 409 / 801-863-6364 / careerdevcenter@uvu.edu

The Career Development Center will help you build your career and find employment while in school. Qualified counselors can assist you with job search resources, informational interviews, networking, career events and resumes.

uvu.edu/cdc/

FIRST-YEAR ADVISING CENTER

LC 402 / 801-863-8425 / firstyear@uvu.edu

The First-Year Advising Center (FAC) is designed to help incoming students with all aspects of a successful transition into the university community.

uvu.edu/firstyear/advising

INTERNSHIP SERVICES

LC 409 / 801-863-6589 / internships@uvu.edu

Our Internship Coordinators are ready to help you find and apply for engaging internship opportunities, register for academic credit, and experience success during your internship. Internship opportunities are available locally, nationally, and internationally.

uvu.edu/internships/

SUGGESTED CLASSES

SLSS 1200: The 7 Habits of Highly Effective People: Introduces powerful leadership skills that will help you build a life-long foundation of principle-based behavior and habits.

SLSS 2100: Career & Major Exploration: Facilitates an increased awareness of self, post-secondary education, and the professional world to help you make well-informed major and career decisions.

HEALTH: PHYSICAL & MENTAL

STUDENT HEALTH SERVICES

SC 221 / 801-863-8876

Provides opportunities to improve well-being through basic medical care and psychological services (counseling). Promotes healthy lifestyles through education and recreational programs and by teaching effective life skills.

Basic Visit: \$10

Mental Health Therapy: \$10

Financial waivers are available

uvu.edu/studenthealth/

STUDENT LIFE & WELLNESS CENTER

SLWC / 801-863-5552 / slwcenter@uvu.edu

A wide-range of fitness and personal wellness services are offered: fitness training equipment, fitness classes, indoor walking/jogging track, personal training, massage, bowling, climbing wall, gaming center and more. Call 801-863-5551 for membership information.

uvu.edu/campusrec/slwc/

WELLNESS PROGRAMS

SL 211 / 801-863-5553 / uvuwellnessprograms@uvu.edu

The wellness programs at UVU provide services to students and employees that enhance personal wellness. The programs offer healthy lifestyle counseling, fitness testing, health screenings and wellness workshops.

uvu.edu/wellness/

UV "YOU CAN" FOOD PANTRY

SC 105 / 801-863-8786 / socialimpact@uvu.edu

The UV "You Can" Food Pantry is for UVU students who are facing food insecurity. Students must be enrolled for a minimum of 6 credits during the fall/spring semesters to be eligible.

uvu.edu/socialimpact/programs/food-pantry.html

SUGGESTED CLASSES

SLSS 1100: Stress Management - Hardiness: Presents strategies for developing effective attitudes and skills to deal with stressful circumstances. The five main areas of focus for the course are coping skills, communication/social support, relaxation, nutrition and exercise.

“THE ONLY MISTAKE YOU CAN MAKE
IS NOT ASKING FOR HELP.”

SANDEEP JAUHAR

FINANCIAL RESOURCES

FINANCIAL AID & SCHOLARSHIPS

BA 105 / 801-863-8442 / faresponse@uvu.edu

UVU offers a comprehensive and varied program of financial assistance, including grants, loans, work study programs and scholarships. There are three types of financial aid:

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. Gift aid includes scholarships and grants.

Work Study Programs: These programs are funded by state and federal monies and include an hourly wage, which comes in part from the employer and in part from the program. These programs do not need to be repaid.

Loans: All loans have to be repaid, though student loans often have interest rates below standard loan rates. Some are repayable immediately, while others defer monthly payments until after graduation.

Students may go to the Financial Aid Office (BA 106) to meet with a financial aid counselor during regular business hours. Appointments are available on a first-come, first-served basis.

uvu.edu/financialaid

MONEY MANAGEMENT RESOURCE CENTER (MMRC)

WB 147 / 801-863-5388 / mmrc@uvu.edu

The MMRC dedicates itself to improving the financial well-being of individuals by equipping them with the knowledge and skills needed to make responsible financial decisions in college and beyond. Highly-trained student financial coaches provide free financial planning and counseling services to UVU students. Walk-ins welcome, Monday through Friday.

uvu.edu/moneymanagement



CLASSROOM BUILDING

GET INVOLVED

LEAD PROGRAM

LC 302 / 801-863-6466 / lead@uvu.edu

The LEAD Program trains UVU students to become leaders by approaching leadership development as more than simply management. LEAD is one or two certification program that focuses on four key areas of personal development: Learn, Engage, Acquire, and Discover.

uvu.edu/getinvolved/lead

CLUBS

SL 122 / 801-863-8652

UVU has a club for everyone. The University offers clubs in the following interest areas: academics, politics, social awareness, pre-professional programs, service, athletics and recreation, religion, ethnicity and culture, performing arts and media.

uvu.edu/clubs/

INTRAMURALS

SL 213 / 801-863-5568 / intramuralsports@uvu.edu

The Intramural Office helps UVU students, faculty and staff find their own niche on campus by providing opportunities to participate in a wide variety of individual, dual and team sports at various levels of competition. The office not only provides structured and organized programs, but continually looks for new sports to add as well.

uvu.edu/intramurals/

OUTDOOR ADVENTURE CENTER

SL 216 / 801-863-7052

The Outdoor Adventure Center offers outdoor excursions, equipment rentals and retail items.

uvu.edu/oac/

UVUSA STUDENT GOVERNMENT

SL 122 / 801-863-8652

UVUSA provides social and educational activities to help students connect with campus. Make your voice heard and help make a difference on UVU's campus by getting involved in UVUSA through the Independent Branch, Academic Senate, Student Life and Activities, or UV Clubs.

uvu.edu/uvusa/

CENTER FOR SOCIAL IMPACT

SC 105 / 801-863-8786 / socialimpact@uvu.edu

The Center for Social Impact develops active citizens who make social impact in our communities through curricular, co-curricular, and extra-curricular student experiences via diverse pathways of social impact.

uvu.edu/socialimpact/

OFFICE OF STUDENT ACTION LEARNING

SL 214m / 801-863-6949 / actionlearning@uvu.edu

The Office of Student Involvement provides hands-on, engaged learning opportunities for UVU students through three collaborative efforts: Action Learning Expeditions, the Engaged Learning ZONE, and Action Learning Communities (ALCs). Many students who participate with the Office of Student Action Learning are compensated through scholarships or a rent stipend.

uvu.edu/actionlearning/

THE DEN

EC 010 / 801-863-8998

The Den is the official student cheering section for all UVU athletic events. Every student can join The Den for FREE. By joining you receive free food, t-shirts, participation in contests and giveaways, and a prime seat at every game!

gouv.com/TheDen



SUPPORT SYSTEMS

WOMEN'S SUCCESS CENTER

LC 303 / 801-863-3010 / womenssuccesscenter@uvu.edu

The Women's Success Center specializes in meeting the needs of female students and is dedicated to encouraging women in all areas of education. The center provides information about opportunities and resources available on campus and within the community. The center also facilitates student success through personal consultations, scholarships, book loans and advocacy.

uvu.edu/wsc/

ACCESSIBILITY SERVICES

LC 312 / 801-863-8747 / accessibilityservices@uvu.edu

The Accessibility Services Department is committed to helping students with disabilities receive reasonable accommodations during their college experience at UVU. The department provides a variety of services, software and equipment for students with a wide range of disabilities.

uvu.edu/accessibility-services/

DEPARTMENT OF OFF-CAMPUS HOUSING

SL 214n / 801-863-8659 / housing@uvu.edu

The housing office can help you find affordable housing close to campus.

uvu.edu/housing/

MULTICULTURAL CENTER

LA 114 / 801-863-8357 / multicultural@uvu.edu

Helps facilitate student success by offering a broad range of services and mentoring aimed to support students from historically underrepresented populations. Promotes an inclusive campus atmosphere conducive to safe learning and overall well-being.

uvu.edu/multicultural/

FIRST-YEAR EXPERIENCE & STUDENT RETENTION

LC 405 / 801-863-4000 / success@uvu.edu

First-Year Experience programs are designed to help incoming students maximize their first year by becoming familiar with campus resources, connecting with the University, and building a foundation for a successful college education. First-Year Experience programs begin the summer before fall semester and continue throughout the school year.

uvu.edu/firstyear/

TRIO: STUDENT SUPPORT SERVICES

LA 012 / 801-863-8541 / jensenke@uvu.edu

Student Support Services offers mentoring, tutoring, and academic support for first-generation and low-income students.

uvu.edu/trio/sss/

OMBUDSMAN

SL 212b / 801-863-7237 / TalatouA@uvu.edu

The UVU ombudsmen are familiar with campus policies and students' rights and responsibilities. The ombudsmen can help you find useful options within these guidelines if misunderstandings or disagreements needing resolution occur. Ombudsmen services are free to UVU students.
uvu.edu/ombuds/

LEAVE OF ABSENCE

LC 405 / 801-863-8404 / leaveofabsence@uvu.edu

At some point in your education, you may need to take some time away from school, be it for a humanitarian or religious mission, military service, health/medical issues or financial or family responsibilities. If you are returning within seven semesters, you will not need to re-apply for admission.
uvu.edu/leaveofabsence/

UVU VETERAN SUCCESS CENTER

WB 100a / 801-863-8212 / veterans@uvu.edu

Helps student veterans succeed in accomplishing their educational goals. This may include helping with admission to UVU, navigating VA benefits, and applying for graduation.
uvu.edu/veterans/

I AM FIRST

LC 405 / 801-863-5755 / iamfirst@uvu.edu

At UVU, a student is first-generation if neither parent/guardian has completed a U.S. bachelor's degree. Completing a college degree program can be difficult, and even more so if you are trying to do it alone. *I Am First* connects you with a community of like-minded friends, mentors, and crucial campus resources to help you graduate.
uvu.edu/iamfirst/

CHILD CARE

CARE ABOUT CHILDCARE RESOURCE & REFERRAL

EE 010 / 801-863-8589 / childcare@uvu.edu

Care About Childcare at Utah Valley University assists parents, providers, and community partners by providing referrals, collaboration, early childhood education and resources to promote quality child care.
uvu.edu/cac/

WEE CARE CHILD CARE CENTER

1140 S. Wolverine Way, Orem / 801-863-7266

The UVU Turning Point Wee Care Center was designed to meet the childcare needs of student parents of UVU and Turning Point. Priority is given to those who are low-income, and all services are based on a sliding scale.
uvu.edu/weecare/

CRISIS HOTLINES & TREATMENT RESOURCES

CRISIS

Utah County Crisis Line: 801-691-LIFE (5433)

Crisis Line of Utah County: 801-226-4433

Suicide Prevention Lifeline: 1-800-273-TALK (8255)

Wasatch Mental Health Crisis Line: 801-373-7393

ABUSE

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

Domestic Violence Hotline: 800-799-7233

SEXUAL ASSAULT

National Sexual Assault Hotline: 800-656-HOPE (4673)

Utah County Rape Crisis Center: 801-356-2511

DRUG ABUSE

Substance Abuse Evaluation & Referral to Treatment: 801-851-7128

(Detox Center: 801-851-7652)

Intermountain Specialized Abuse Treatment Center: 801-886-8900

ANY ADDICTION / DOMESTIC VIOLENCE

Alliance Clinical Services: 801-763-7775

EMERGENCY / CRISIS

9-1-1

*Utah Valley University does not discriminate on the basis of race, color, religion, national origin, sex, sexual orientation, gender identity, gender expression, age (40 and over), disability, veteran status, pregnancy, childbirth, or pregnancy-related conditions, citizenship, genetic information, or other basis protected by applicable law in employment, treatment, admission, access to educational programs and activities, or other University benefits or services. The following office has been designated to handle inquiries regarding non-discrimination: EOAA/Title IX - 801-863-5704 - 800 W University Pkwy, Orem, 84058, Suite BA 203.



UVU