

## CAMPUS RESOURCES LIST

### Academic Support

Academic Support services are here to help when coursework feels overwhelming, when you're unsure how to plan your semester, or when you need strategies to study more effectively. Whether you're struggling with a class, managing your time, or navigating a disability-related barrier, these resources give you the tools and guidance to succeed.

#### *Potential Services*

Advising, tutoring, study skills, time management, academic coaching, disability services, accommodations, and assistive technology among other things.

Name	Location / Time	Web URL
<b>EXAMPLE: Tutoring Center</b>	Located in Ryan Hall Open M-F 10am to 4pm	

### Belonging & Engagement

Belonging and engagement resources help you connect with people, find community, and feel more at home on campus—especially if you're unsure where you fit in or want to meet others with similar interests. These services can help you build friendships, explore yourself, and create a support network that strengthens your overall college experience.

#### *Potential Services*

Student organizations, specialty groups, and first-generation support among other things.

Name	Location / Time	Web URL
<b>EXAMPLE: Student Affairs office</b>	Located in Ryan Hall Open M-F 10am to 4pm	

## Fitness & Recreation

Fitness and recreation resources are here to help when you're feeling stressed, need an outlet to recharge, or want healthier ways to take care of your mind and body. These services give you opportunities to unwind, build healthy habits, and boost your overall well-being.

### *Potential Services*

Campus recreation services/facilities, intramural sports, group fitness classes, and other outdoor activities among other things.

Name	Location / Time	Web URL
<b>EXAMPLE: Student Recreation Center</b>	Located in Ryan Hall Open M-F 10am to 4pm	

## Physical & Mental Health

Physical and mental health resources are available whenever you're facing illness, feeling overwhelmed, or looking to build healthier habits. Whether you're navigating stress, seeking guidance on your wellbeing, or simply trying to take better care of yourself, these supportive, accessible services are here to help you stay balanced, healthy, and focused throughout the semester.

### *Potential Services*

Student health services (including on-campus clinics), preventive care, nutrition education, sexual health services, counseling, stress management, and crisis support among other things.

Name	Location / Time	Web URL
<b>EXAMPLE: Student Health Services Center</b>	Located in Ryan Hall Open M-F 10am to 4pm	