

## Finding Support at College

Below is a list of services commonly found at colleges and universities in the United States. Read through the descriptions of the kinds of services typically provided by each department, and find the contact information for the person or office that most closely resembles each department on *your* campus. Record that information below and keep this list handy so that you always know who you can contact about a particular problem.

### **Career Services:**

Addresses needs related to eventual career success throughout all years of college. Can help assess potential areas of strength, discuss different academic majors and career options, build connections with alumni who have interesting careers, write a professional resume, practice interview skills, apply to graduate schools, find internships or volunteer positions, etc.

*Phone number:*

*Email address:*

*Links to relevant information:*

### **Student Disability Services:**

Ensures that students are able to obtain effective academic accommodations like extra time on tests and assignments or help with note-taking. Can contact for any accommodation you need to perform academically, whether it's physical, emotional, or other kind of health problem, and whether you're learning online, on campus, or anything in between.

*Phone number:*

*Email address:*

*Links to relevant information:*

### **Registrar or Academic Records:**

Assists students in obtaining academic transcripts, degree verification, class enrollment, transferring course credit, withdrawing from courses, etc.

*Phone number:*

*Email address:*

*Links to relevant information:*



**Financial Aid Office:**

Assists with navigating, obtaining, and understanding financial aid. If you are receiving financial aid, or want to receive financial aid and need to know your options, contact this office.

*Phone number:*

*Email address:*

*Links to relevant information:*

**Centers for Student Diversity or Multicultural Affairs:**

This set of services can come with a few different names, but typically it is an office intended to promote inclusivity directives and strategies on college campuses, as well as encourage academic and personal growth for all students. This office also helps to raise awareness of students' diverse backgrounds, and promote inclusivity and advocacy on campus. They can be helpful to turn to with questions about any experiences of social isolation, discrimination, or harassment you are experiencing.

*Phone number:*

*Email address:*

*Links to relevant information:*

**Tutoring Services:**

Offers appointments or walk-in services for academic support across a range of topic areas. Can also include a Writing Center that specifically focuses on providing edits and advice for writing assignments.

*Phone number:*

*Email address:*

*Links to relevant information:*



**Counseling or Student Psychological Services:**

Provides (free or low-cost) individual therapy for an array of emotional or behavioral concerns, as well as referrals to off-campus services if you prefer. Many college counseling centers provide classes on time management or stress reduction, yoga or meditation classes, and support groups for students struggling with a particular stressor (e.g., a family member with addiction, or coping with grief). Can also include crisis counseling after hours, or consultation to students who are worried about someone else.

*Phone number:*

*Email address:*

*Links to relevant information:*

**Academic Advising:**

Assists students in choosing appropriate classes for their major, staying on track with an academic major, and earning the appropriate credits towards a degree. Provides information for transfer students about how credits may apply within the new college, and which courses still need to be completed in order to receive a degree.

*Phone number:*

*Email address:*

*Links to relevant information:*

**Library and Research Librarians:**

Library staff can provide valuable assistance with navigating online databases, identifying sources for research papers, obtaining textbooks or other class materials that are too expensive to buy, and managing citations for research papers.

*Phone number:*

*Email address:*

*Links to relevant information:*



**Advisors for Student Clubs:**

Can include numerous clubs or interest groups that are a great way of connecting with more senior peers on campus, as well as faculty club advisors.

*Phone number:*

*Email address:*

*Links to relevant information:*

**TRIO Programs:**

The Federal TRIO Programs (TRIO) is a federal initiative designed to identify and provide services for low-income and first-generation college students, as well as individuals with disabilities, as they progress through college. Can often help students from these backgrounds with finding targeted scholarships or other sources of funding, research experiences, internships, etc.

*Phone number:*

*Email address:*

*Links to relevant information:*

**International Student Center:**

Assists prospective or currently enrolled students from non-U.S. countries, and can be a resource for visa and immigration information, orientations to basic campus procedures/rules/activities, connecting with other international students, and accessing on going support around issues like language or academic difficulties, housing challenges, etc.

*Phone number:*

*Email address:*

*Links to relevant information:*



**Public Safety:**

Enforces campus policies and investigates incidents on campus in order to promote student safety. You can typically call this office at any time 24/7 if you are feeling unsafe or threatened in any way, and concerns about discrimination and harassment can be reported here. Some offices of public safety will provide rides to students who are walking by themselves late at night. It's a great idea to have their number saved on your phone just in case you ever need it.

*Phone number:*

*Email address:*

*Links to relevant information:*

**Dean of Students/Student Affairs/Office of Student Life:**

This organization's name may vary depending on university. Typically, this office oversees efforts to promote student engagement on campus, staff in this office can be a great resource for getting support around residential life on campus (e.g., changing roommates), finding out about student clubs and organizations, and participating in campus wide initiatives that promote school spirit and wellness. The Dean of Students may also interact with Student Disability Services and the Counseling Center to provide extra support to students with physical or psychological health concerns that affect their college experience.

*Phone number:*

*Email address:*

*Links to relevant information:*

