



# FIRST-YEAR STUDENT HANDBOOK

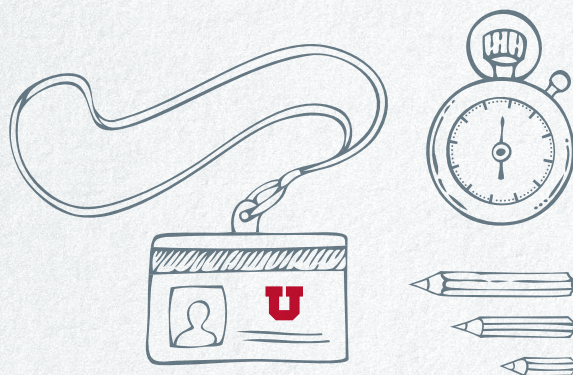
WELCOME TO

**THE UNIVERSITY OF UTAH**





# WELCOME TO ORIENTATION



WE KNOW YOU HAVE A LOT OF QUESTIONS ABOUT COLLEGE.  
AND WE'RE HERE TO MAKE THE TRANSITION TO THE U EASIER.

THIS GUIDE WILL HELP YOU NAVIGATE:

STUDENT LIFE,  
FIND FRIENDS & COMMUNITY,  
AND HELP IF YOU NEED IT



# HOW DO I MEET & MAKE FRIENDS?

## CAMPUS LIFE MENTOR PROGRAM

WHAT BETTER WAY TO LEARN ABOUT THE OPPORTUNITIES AVAILABLE AND TIPS FOR A GREAT START TO COLLEGE THAN FROM A SUCCESSFUL U STUDENT? CAMPUS LIFE MENTORS ARE CURRENT STUDENTS WHO SERVE AS A GUIDE, SUPPORTER, AND FRIEND TO GROUPS OF FIRST-YEAR STUDENTS. GROUPS ATTEND EVENTS TOGETHER AND MENTORS ARE ALWAYS THERE FOR THEIR STUDENTS. [bit.ly/orientation-campus-life-mentor](http://bit.ly/orientation-campus-life-mentor)

## CAMPUS CONNECT

CAMPUS CONNECT IS THE STUDENT INVOLVEMENT PLATFORM AT THE U THAT EMPOWERS STUDENTS TO CONNECT TO CAMPUS, DISCOVER INVOLVEMENT OPPORTUNITIES, AND TAKE CHARGE OF THEIR U EXPERIENCE. IN CAMPUS CONNECT, EVERY STUDENT IS ABLE TO EXPLORE MORE THAN 600 RECOGNIZED STUDENT ORGANIZATIONS, CAMPUS RESOURCES, AND COUNTLESS CAMPUS EVENTS. OVER TIME, STUDENTS ARE ABLE TO DOCUMENT THEIR CO-CURRICULAR EXPERIENCES AND DEVELOP A PORTFOLIO OF THEIR OUT-OF-CLASSROOM LEARNING. [getinvolved.utah.edu](http://getinvolved.utah.edu)

## WEEKS OF WELCOME

WEEKS OF WELCOME (WOW) WILL HELP YOU GET ACQUAINTED WITH LIFE ON CAMPUS, MEET OTHER INCOMING STUDENTS, AND FIND INVOLVEMENT OPPORTUNITIES THROUGH STUDENT GROUPS AND ORGANIZATIONS. THERE IS BOUND TO BE TONS OF FREE FOOD AND SWAG DURING WOW, SO DON'T MISS OUT. [tinyurl.com/weeksofwelcome21](http://tinyurl.com/weeksofwelcome21)





## MUSS

THE MUSS IS THE UNIVERSITY OF UTAH'S STUDENT FAN CLUB. STUDENTS CAN RECEIVE FREE MUSS TICKETS TO ALL ATHLETIC EVENTS ON CAMPUS INCLUDING MEN'S AND WOMEN'S BASKETBALL, GYMNASTICS, LACROSSE, ETC. STUDENTS HAVE THE OPTION TO JOIN MUSS PREMIUM FOR \$50 WHICH INCLUDES RESERVED SEATING AT ALL HOME FOOTBALL GAMES, AN UNDER ARMOUR T-SHIRT, AND PRE-GAME TAILGATE ACCESS PRIOR TO EACH HOME FOOTBALL GAME. MUSS PREMIUM REGISTRATION TAKES PLACE IN LATE MARCH/EARLY APRIL AND DETAILS CAN BE FOUND AT ALUMNI. [alumni.utah.edu/muss](http://alumni.utah.edu/muss)



## LOWELL BENNION COMMUNITY SERVICE CENTER

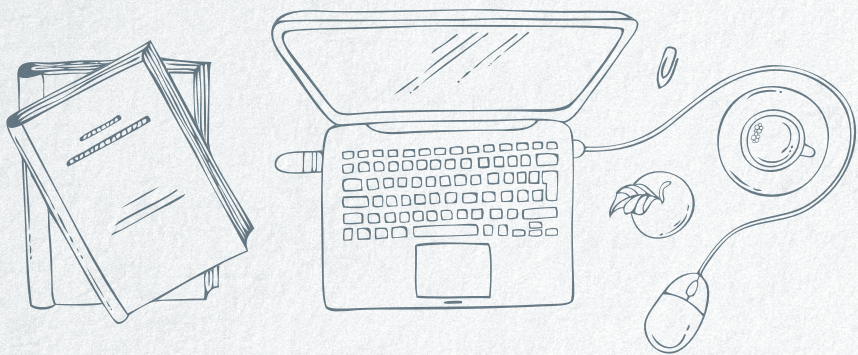
THE BENNION CENTER FOSTERS LIFELONG SERVICE AND CIVIC PARTICIPATION BY ENGAGING THE UNIVERSITY WITH THE GREATER COMMUNITY IN ACTION, CHANGE, AND LEARNING. [bennioncenter.org](http://bennioncenter.org)

## ASSOCIATED STUDENTS OF THE UNIVERSITY OF UTAH (ASUU)

THE ASUU IS THE UNIVERSITY'S STUDENT GOVERNMENT. IT'S A GREAT WAY TO GET INVOLVED IN CAMPUS LIFE. CONSIDER A POSITION IN ASUU AS A REPRESENTATIVE FOR YOUR COLLEGE, AN ASSEMBLY MEMBER, A MEMBER OF STUDENT SENATE, OR JOIN THE CAMPUS EVENTS BOARD. THROUGHOUT THE YEAR ASUU HOSTS FREE CONCERTS, MOVIES, DANCES, AND OTHER EVENTS DESIGNED TO ENHANCE THE CAMPUS COMMUNITY. AS A REGISTERED STUDENT, YOU ARE ALREADY A MEMBER OF ASUU.

[asuu.utah.edu](http://asuu.utah.edu)





# HOW DO I ACHIEVE GOOD GRADES?

## ACADEMIC ADVISING

EASE YOUR TRANSITION TO THE U BY MEETING WITH YOUR ACADEMIC ADVISOR. EXPLORE MAJORS, TRANSFER CREDITS, AND SET UP THE PERFECT CLASS SCHEDULE. ADVISING IS A PROCESS, NOT A ONE TIME EVENT. YOU'LL MEET WITH YOUR ADVISOR AT ORIENTATION AND AGAIN DURING YOUR FIRST YEAR. WE ENCOURAGE YOU TO MEET WITH YOUR ADVISOR ON A REGULAR BASIS. [advising.utah.edu](http://advising.utah.edu)

## STUDENT SUCCESS ADVOCATES

THESE ADVOCATES KNOW THAT EVERY STUDENT IS UNIQUE. ADVOCATES TAKE TIME TO WORK CLOSELY WITH STUDENTS TO LEARN ABOUT THEIR PARTICULAR NEEDS, ASPIRATIONS, AND GOALS. SUPPORTING STUDENTS IN CREATING SUCCESS HERE AT THE UNIVERSITY OF UTAH IS THE MOST IMPORTANT THING STUDENT SUCCESS ADVOCATES DO. AN ADVOCATE WILL MEET YOU WHERE YOU ARE, LITERALLY, ANYWHERE ON CAMPUS. TO MAKE AN APPOINTMENT, CONTACT THE OFFICE OR A STUDENT SUCCESS ADVOCATE DIRECTLY. [ssa.utah.edu](http://ssa.utah.edu)



## LEARNING CENTER

THE UNIVERSITY WANTS YOU TO SUCCEED. RESOURCES ARE AVAILABLE WHEN IT COMES TO ACADEMIC SUPPORT. TUTORING IS AVAILABLE TO ALL STUDENTS AT REALLY AFFORDABLE RATES. SOME OF THE LEARNING CENTER RESOURCES INCLUDE:

- INDIVIDUAL TUTORING
- DROP-IN TUTORING
- STUDY SKILLS AND LEARNING SUPPORT

[Learningcenter.utah.edu](http://Learningcenter.utah.edu)



## WRITING CENTER

FREE TO ALL STUDENTS, THE WRITING CENTER WILL HELP YOU BECOME A MORE CONFIDENT WRITER BY WORKING WITH PEER TUTORS AT THE WRITING CENTER. THESE TUTORS WILL HELP YOU DEVELOP STRATEGIES TO SEE YOUR POTENTIAL AS AN ACADEMIC AUTHOR. THE WRITING CENTER IS LOCATED IN THE MARRIOTT LIBRARY ON THE 2ND FLOOR IN ROOM 2701.

[writingcenter.utah.edu](http://writingcenter.utah.edu)





# HOW DO I



# FIND SUPPORT IF I NEED HELP?

## CENTER FOR STUDENT WELLNESS

THE CENTER FOR STUDENT WELLNESS STRIVES TO HELP STUDENTS BE SUCCESSFUL IN THEIR ACADEMIC AND PERSONAL ENDEAVORS THROUGH A COMPREHENSIVE AND INTERSECTIONAL APPROACH TO WELLNESS. THE OFFICE FOCUSES ON PREVENTION, EDUCATION, AND RESPONSE FOR A VARIETY OF WELLNESS AREAS SUCH AS INTERPERSONAL VIOLENCE, RELATIONSHIP AND SEXUAL HEALTH, STRESS MANAGEMENT, LOW-RISK DRINKING, AND MORE. [wellness.utah.edu](https://wellness.utah.edu)

## CENTER FOR DISABILITY AND ACCESS

THE CENTER FOR DISABILITY AND ACCESS PROVIDES ACCOMMODATIONS AND SERVICES TO STUDENTS WHOSE CONDITION SIGNIFICANTLY IMPACTS THEIR ABILITY TO FUNCTION IN THE ACADEMIC SETTING. [disability.utah.edu](https://disability.utah.edu)

## OFFICE OF EQUITY AND DIVERSITY

COMPRISED OF LEADERS, EXPERTS, AND EDUCATORS, THIS OFFICE DRIVES THE UNIVERSITY'S EFFORTS TO CREATE A SAFE AND WELCOMING CAMPUS CLIMATE. CONNECT WITH RESOURCES, GET INVOLVED WITH STUDENT GROUPS, AND UTILIZE STUDENT CENTERS TO ENHANCE YOUR EXPERIENCE AT THE U. [diversity.utah.edu](https://diversity.utah.edu)

## DREAM CENTER

THE DREAM CENTER ENGAGES IN SPECIALIZED COLLEGE OUTREACH, PROVIDES INDIVIDUALIZED MENTORING, AND SCHOLARSHIP SUPPORT. THEY ALSO WORK TO INCREASE COMMUNITY-WIDE AWARENESS OF POLICIES AFFECTING CURRENT, AND FUTURE, UNIVERSITY OF UTAH UNDOCUMENTED STUDENTS WITH AND WITHOUT DACA. [dream.utah.edu](https://dream.utah.edu)



## STUDENT HOMELESSNESS TASK FORCE

STUDENTS MAY FACE HOUSING ISSUES OR FIND THEMSELVES DISPLACED FOR MANY REASONS. EACH STUDENT'S SITUATION REQUIRES AN INDIVIDUALIZED RESPONSE THAT SUPPORTS THE ACHIEVEMENT OF THEIR EDUCATIONAL GOALS.

## UNIVERSITY COUNSELING CENTER

THE UNIVERSITY COUNSELING CENTER OFFERS MENTAL HEALTH SUPPORT TO STUDENTS FACING CHALLENGES IN PERSONAL, ACADEMIC, AND CAREER CONCERNS. THEY WORK WITH STUDENTS THROUGH A COLLABORATIVE, GOAL-CENTERED, AND MULTICULTURALLY ORIENTATED APPROACH. AIMED AT MAXIMIZING STUDENT SUCCESS, THEIR SERVICES INCLUDE: INDIVIDUAL, COUPLES, AND GROUP COUNSELING; PSYCHIATRIC MEDICATION MANAGEMENT; CRISIS SERVICES; ACADEMIC, CAREER, AND PERSONALITY ASSESSMENT; OUTREACH AND TRAINING FOR THE CAMPUS COMMUNITY. [counselingcenter.utah.edu](http://counselingcenter.utah.edu)

## LGBT RESOURCE CENTER

THE LGBT RESOURCE CENTER ACTS IN ACCOUNTABILITY WITH THE CAMPUS COMMUNITY BY IDENTIFYING THE NEEDS OF PEOPLE WITH A QUEER RANGE OF (A) GENDER AND (A)SEXUAL EXPERIENCES AND RESPONDING WITH UNIVERSITY-WIDE SERVICES. CONNECT WITH THE LGBT CAMPUS COMMUNITY THROUGH WORKSHOPS, EVENTS, MENTOR PROGRAMS AND CAUSAL EVENTS. [lgbt.utah.edu](http://lgbt.utah.edu)

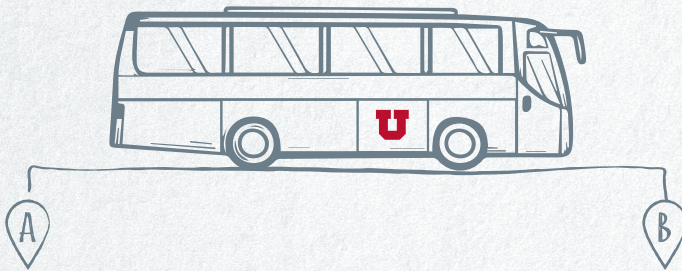


## WOMEN'S RESOURCE CENTER

THE WOMEN'S RESOURCE CENTER SERVES AS THE CENTRAL RESOURCE FOR EDUCATIONAL AND SUPPORT SERVICES FOR WOMEN AND FEMME INDIVIDUALS. THE CENTER FACILITATES CHOICES AND CHANGES THROUGH PROGRAMS, COUNSELING, AND TRAINING GROUNDED IN A COMMITMENT TO ADVANCE SOCIAL JUSTICE AND EQUALITY. WE OFFER COUNSELING SERVICES, SCHOLARSHIP FUNDING, AND PROGRAMMING FOCUSED ON OUTREACH, RECRUITMENT, AND RETENTION OF UNIVERSITY STUDENTS. [womenscenter.utah.edu](http://womenscenter.utah.edu)



# HOW DO I GET TO & AROUND CAMPUS?



## CAMPUS SHUTTLES

FREE CAMPUS SHUTTLES OPERATE **MONDAY THROUGH FRIDAY** AND SHUTTLE TIMES VARY DEPENDING ON THE ROUTE. THERE IS NO REGULAR WEEKEND SHUTTLE SERVICE. VISIT [UOFUBUS.COM](http://UOFUBUS.COM) OR DOWNLOAD THE RIDE SYSTEM APP TO TRACK EACH SHUTTLE AND TO PLAN YOUR RIDE. ROUTE INFORMATION AND APPROXIMATE TIMES ARE DISPLAYED ON THE LEFT SIDE AND APPROXIMATE ARRIVAL TIMES ARE LOCATED UNDER THE 'DETAILS' SECTION.

[uofubus.com](http://uofubus.com)







## UTAH TRANSIT AUTHORITY (UTA)

UTA SERVES SALT LAKE AND THE SURROUNDING COUNTIES WITH BUS, LIGHT RAIL (TRAX), AND HIGH-SPEED RAIL (FRONTRUNNER) SERVICES. STUDENTS CAN USE THEIR UCARD TO RIDE UTA FOR FREE. USE UTA'S TRIP PLANNER AT [RIDEUTA.COM](https://rideuta.com) TO PLAN YOUR ROUTE. IN ADDITION, GUESTS WITH A VALID TICKET TO SELECT ATHLETIC EVENTS MAY RIDE UTA VEHICLES TO CAMPUS FOR FREE THAT DAY. [rideuta.com](https://rideuta.com)

## PARKING

CAMPUS MAPS DESIGNATE VEHICLE AND BICYCLE PARKING AREAS. VEHICLE PARKING ON CAMPUS IS LIMITED AND STUDENTS CHOOSING TO DRIVE MUST HAVE A PARKING PERMIT OFFERED BY COMMUTER SERVICES.

EV CHARGING STATIONS ARE AVAILABLE ON CAMPUS AT MULTIPLE LOCATIONS. [commuterservices.utah.edu](https://commuterservices.utah.edu) | [map.utah.edu](https://map.utah.edu)



## BICYCLING

THE U HAS APPROXIMATELY 3,000 BICYCLE PARKING SPACES ACROSS CAMPUS. WE RECOMMEND THAT STUDENTS WHO BRING BICYCLES TO CAMPUS REGISTER THEIR BIKES WITH CAMPUS POLICE TO FACILITATE RECOVERY IF LOST OR STOLEN. COMMUTER SERVICES MANAGES THE CAMPUS BIKE SHOP—A FULL-SERVICE BICYCLE REPAIR SHOP FOR STUDENTS AND THE CAMPUS COMMUNITY. SERVICES INCLUDE: FLAT REPAIR, TUNE-UPS, PARTS, AND DISCOUNTED USED BICYCLES FOR SALE. [commuterservices.utah.edu](https://commuterservices.utah.edu)

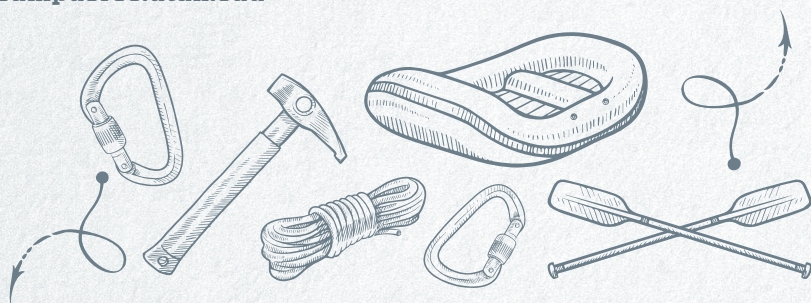


# HOW DO I HAVE AN ADVENTURE?

## CAMPUS RECREATION

OUTDOOR ADVENTURES OFFER BACKCOUNTRY SKIING, CANYONEERING, RAFTING, ROCK CLIMBING, CROSS-COUNTRY SKIING, AND SO MUCH MORE. THE OUTDOOR EQUIPMENT RENTAL SHOP IS THE LARGEST OF ITS KIND IN THE NATION AND IS OPEN TO STUDENTS, FACULTY, STAFF, AND THE GENERAL PUBLIC.

[campusrec.utah.edu](http://campusrec.utah.edu)



## GEORGE S. ECCLES STUDENT LIFE CENTER

HAVE AN ADVENTURE WITHOUT EVER LEAVING CAMPUS. AMENITIES INCLUDE A 50-METER POOL, INDOOR AND OUTDOOR LEISURE POOLS, LARGE INDOOR HOT TUB/SPA, 320-YARD INDOOR RUNNING TRACK, BOULDERING AND 4-STORY CLIMBING WALL, 15,000 SQUARE FOOT FITNESS CENTER, OUTDOOR MEZZANINE, OUTDOOR FIRE PIT, 5 SPORT COURTS, RACQUETBALL COURTS AND 4 GROUP FITNESS STUDIOS. ADDITIONAL AMENITIES INCLUDE A BRANCH OF THE UNIVERSITY FEDERAL CREDIT UNION, FRESHEN'S CAFE, AND THE CENTER FOR STUDENT WELLNESS. [campusrec.utah.edu](http://campusrec.utah.edu)

## LEARNING ABROAD

LEARNING ABROAD OFFERS PROGRAMS FOR EVERY INTEREST, EVERY MAJOR, AND MOST IMPORTANTLY, EVERY STUDENT. TO FACILITATE THESE EXPERIENCES, THE OFFICE FOR GLOBAL ENGAGEMENT AWARDS AROUND \$250,000 IN SCHOLARSHIPS ANNUALLY, AND ON AVERAGE 1 IN 4 STUDENTS WILL RECEIVE A SCHOLARSHIP TO LEARN ABROAD. WORRIED ABOUT RESIDENCY? DON'T BE! STUDENTS TRYING TO OBTAIN RESIDENT STATUS CAN PARTICIPATE WITHOUT PENALTY. [learningabroad.utah.edu](http://learningabroad.utah.edu)



# HOW CAN I STAY SAFE ON & OFF CAMPUS?



## SAFEU

SAFEU IS YOUR RESOURCE FOR ALL SAFETY-RELATED INFORMATION AT THE U. YOU CAN REPORT INCIDENCES OF THEFT, CRIME, ASSAULT, OR BIAS. YOU CAN ALSO ACCESS A WIDE VARIETY OF RESOURCES AND FIND OUT ABOUT SAFETY-RELATED TRAININGS OFFERED ON CAMPUS. [safeu.utah.edu](https://safeu.utah.edu)

## DEPARTMENT OF SAFETY/CAMPUS POLICE

**801-585-2677 (non-emergencies) | 911 (emergencies)**

THE UNIVERSITY IS COMMITTED TO PROVIDING A CAMPUS ENVIRONMENT THAT PROMOTES A FEELING OF SAFETY AND SECURITY. THE DEPARTMENT OF PUBLIC SAFETY PROVIDES LAW ENFORCEMENT AND SECURITY SERVICES TO BOTH THE HOSPITAL AND THE UNDERGRADUATE CAMPUSES, INCLUDING ON-CAMPUS HOUSING. [dps.utah.edu](https://dps.utah.edu)



## COURTESY ESCORTS

MANY STUDENTS NEED TO BE ON CAMPUS AT NIGHT OR AT ODD HOURS. IF YOU FEEL NERVOUS WHEN YOU NEED TO WALK TO YOUR VEHICLE, RESIDENCE HALL, OR ANOTHER BUILDING ON CAMPUS CALL FOR A COURTESY ESCORT. DIAL 801-585-2677 AND TELL THE DISPATCHER YOU'D LIKE A COURTESY ESCORT. A SECURITY OFFICER WILL BE DISPATCHED TO WALK WITH YOU OR GIVE YOU A RIDE TO YOUR DESIRED LOCATION. [safeu.utah.edu](http://safeu.utah.edu)



## CAMPUS ALERT

THE CAMPUS ALERT SYSTEM IS DESIGNED TO REACH EVERYONE ON CAMPUS IN THE BEST WAY POSSIBLE DURING AN EMERGENCY. MOST ALERTS ARE SENT VIA EMAIL, BUT ON RARE OCCASIONS EMERGENCY MESSAGES WILL BE SENT VIA TEXT. STUDENTS SHOULD REGISTER THEIR CELLPHONE NUMBERS THROUGH THE CAMPUS INFORMATION SYSTEM (CIS) TO RECEIVE TEXT MESSAGE NOTIFICATIONS DURING SERIOUS EMERGENCIES. [alert.utah.edu](http://alert.utah.edu)

## SAFEUT CRISIS TEXT AND TIP LINE

THIS FREE APP IS DESIGNED TO PROVIDE SUPPORT THROUGH REAL-TIME CONFIDENTIAL CRISIS INTERVENTIONS VIA LIVE CHATS AND CALLS. USERS CAN ALSO SUBMIT CONFIDENTIAL TIPS. THESE SERVICES ARE PROVIDED 24/7. [tinyurl.com/safeut](http://tinyurl.com/safeut)

## SAFERIDE

SAFERIDE IS A FREE CAMPUS TRANSPORTATION SERVICE THAT ENHANCES SAFETY DURING NIGHT HOURS. STUDENTS CAN REQUEST AN ON-DEMAND RIDE AT NIGHT TO AND FROM MOST LOCATIONS ON CAMPUS, MONDAY-FRIDAY FROM 6 P.M.-12:30 A.M. REQUEST A SAFERIDE THROUGH THE TAPRIDE APP FOR APPLE OR ANDROID PHONES. [commuterservices.utah.edu/safe-ride](http://commuterservices.utah.edu/safe-ride)



# HOW DO I GET CONNECTED TO WHAT'S HAPPENING ON CAMPUS?



## MOBILEU

MOBILEU PROVIDES A CONVENIENT WAY TO NAVIGATE STUDENT LIFE, HELPING YOU FIND YOUR WAY AROUND CAMPUS, STAY UP TO DATE ON NEWS AND EVENTS, AND FIND INFORMATION ABOUT HELPFUL ACADEMIC AND TECHNOLOGY RESOURCES. [it.utah.edu/mobileu/index.php](http://it.utah.edu/mobileu/index.php)

# YOUR ONE-STOP SHOP

## THE CAMPUS STORE

LOOKING FOR A ONE-STOP SHOP? THE UNIVERSITY OF UTAH CAMPUS STORE IS HERE TO HELP YOU SUCCEED. THE CAMPUS STORE OFFERS EDUCATIONAL AND TAX-FREE PRICING WITH CASH BACK OPTIONS. WATCH OUR VIDEO AND LEARN MORE.

[campusstore.utah.edu](http://campusstore.utah.edu)







THE UNIVERSITY OF UTAH

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ORIENTATION & TRANSITION**

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[orientation.utah.edu](http://orientation.utah.edu)**