

FIRST-YEAR STUDENT HANDBOOK



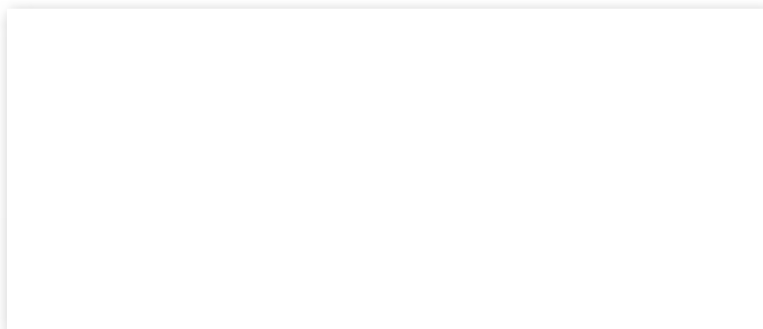
Office of
ORIENTATION & TRANSITION
THE UNIVERSITY OF UTAH



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 handbook will help you navigate:



HOW TO MEET & MAKE FRIENDS

The MUSS

The Mighty Utah Student Section (MUSS) is the University of Utah's athletics' student fan club. Students can receive free tickets to all athletics events on campus including men's and women's basketball, gymnastics, lacrosse, etc. Most tickets can be claimed at utahtickets.com/muss. Each spring students have the option to join MUSS+ for Utah Football. For \$70 the package includes a ticket for each home football game, a MUSS t-shirt and pre-game tailgate access prior to each home football game. A limited number of single game student tickets are available through the ticket office for each football game. Make sure you're following the MUSS Instagram page [@themuss](https://www.instagram.com/themuss) for up to date information about what is happening for students at all of the various athletics events.

Lowell Bennion Community Service Center

Lowell Bennion Center for Community Engagement (Bennion Center)
The mission of the Bennion Center is to support student well-being and success by providing transformative community engagement experiences that make positive impacts on student development and community needs. bennioncenter.utah.edu | Union, RM 101



Campus Connect

Campus Connect is the hub for all things student involvement at the U. This platform 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. campusconnect.utah.edu

Student Leadership and Involvement

Student Leadership and Involvement (SLI) serves students by providing leadership and involvement opportunities within the department and by connecting students to these types of opportunities on campus. Whether students are interested in starting or joining a Recognized Student Organization (RSO), participating in a Leadership Development program and experiences, or getting involved with our Brave Conversations, SLI is here to facilitate these important connections. SLI is a department within the division of Student Affairs at the University of Utah and is located in the “Student Involvement Wing” of the Union Building. leadership.utah.edu

Housing & Residential Education

housing.utah.edu

Housing & Residential Education (HRE) creates an engaging community where students live, learn, and thrive. We develop a sense of belonging, provide opportunities for personal growth, and foster a safe and supportive environment. Our team aims to make the University of Utah feel like home for students.

Data show that students who live on campus are more likely to have a higher retention rate and GPA. They also have an easier time meeting people and engaging with the community. HRE offers a variety of housing options for students, including Living Learning Communities (LLCs), traditional residence halls, and apartments on campus, as well as upper division communities in Downtown Salt Lake City and surrounding





Weeks of Welcome

Free food and swag abound during the Weeks of Welcome each fall! Find a club to join, participate in volunteer opportunities, enjoy live music or a movie night, stop by the farmers market or immerse yourself in ArtsBash. Weeks of Welcome are the best way to engage with your campus community!

belong.utah.edu/weeks-of-welcome

PlazaPalooza

On Tuesday, August 27th swing through Library Plaza for a giant block party to kick off Fall Semester. President Randall will be on hand to wish the entire student body a great start to the year with free food, music, activities, giveaways and much more. Make sure you sign up for text alerts by visiting belong.utah.edu. Change date to Tuesday, August 26th.

belong.utah.edu/plazapalooza

Block U Photo:

Join the biggest first-year tradition on campus, the Block U photo at Rice Eccles stadium, Friday, August 23rd. Be sure to sign up for text alerts by visiting: belong.utah.edu - change date to Friday, August 22nd.



Learning Abroad

Learning Abroad offers programs for every interest, every major, and most importantly, every student. To help students fund these programs, the Office for Global Engagement will award around \$325,000 in scholarships this 2024-2025 academic year. Worried about residency? Don't be! Students trying to obtain resident status can participate without penalty.

learningabroad.utah.edu

TRIO Program

trio.utah.edu

The TRIO Student Support Services Program (SSS) at the University of Utah is an educational success program for first generation, low-income, and students with disabilities who are seeking their first bachelor's degree.

The SSS Program serves qualified admitted students at the university and provides students with academic advising, tutoring, financial aid assistance, career exploration and course offerings in math, writing, and first-year experience (tuition free to those who qualify) as well as disburses \$30,000 of scholarships to participants in the program each year. This program is funded by the U.S. Department of Education, Office of Post-secondary Education.



Office of Fraternity & Sorority Life

greeks.utah.edu

The fraternity and sorority community was founded at the University of Utah in the fall of 1909 when the first fraternity was established. The first sorority was founded in 1913. Today, the community has 22 fraternities and sororities, including 13 fraternities and 9 sororities with more than 2,500 members involved, totaling nearly 9% of undergraduates. Organizations strive for values-based membership experiences focused on Brotherhood/Sisterhood, leadership development, service & advocacy, academic excellence & personal development. The community is governed by elected student leaders serving on the two governing councils - Interfraternity Council (IFC) & Panhellenic Council (PHC). The Office of Fraternity & Sorority Life oversees the community and implements programming in the areas of personal and community development, health and wellness, risk management, and the promotion of leadership development. This is done through the engagement of student leaders, faculty, staff, advisors, and alumni.

Marriott Library

lib.utah.edu

The J. Willard Marriott Library is focused on student success by providing everything from books to 3-D printers! Students can check out technology (including laptops, iPads, chargers and more), explore our collections of online databases and journals, consult with expert librarians on their research, take classes on paper making and book design in our Book Arts Program, create and innovate in our maker space, Protospace and discover our incredible treasures of rare books and manuscripts in Special Collections. Students love the variety of spaces, including group study rooms for collaborative work, the Eccles Grand Reading Room for quiet study and the Family Reading Room for students with young children that features a play area, toys and videos to keep little ones occupied while their parents study. Whether the individual is an incoming student new to the U or a graduate student, the motto remains "Success Starts Here."

Center for First-Generation Success: First-Generation Scholars

firstgen.utah.edu

First-Generation Scholars (First-Gen) is an optional college transition and success course within the Center for First-Generation Success for traditional first-year and first-year transfer students who are the first in their family to attend college.

Through this course, students will learn essential academic and college success skills, connect with campus resources, and build community with other first-generation college students. Participants will receive holistic mentoring, advising, and coaching focused on increasing their capacity to solve problems, set goals, and navigate campus and complex life events. Students will also have an opportunity to attend regular events sponsored by the Center for First-Generation Success, including First-Gen Fest and the annual First-Generation Conference (First-Gen Con). These events are open to all students at the University of Utah.

The program defines first-generation as students whose parent (s) or guardian (s) do not possess a bachelor's degree or four-year equivalent degree from a college or university within the United States of America.

Union Programming Council (UPC)

The Union Programming Council (UPC) is a group of students dedicated to making the Union a home for everyone at the U. Our mission is to develop, plan, and organize activities at the Union to fulfill a student's academic and experiential education. We work hard to create fun and exciting events such as Crimson Nights, the U's largest late-night dance party, and Family Springfest, a festival of games and entertainment specifically for children of University Students, Staff and Faculty. UPC has an event nearly every week, whether it's a national holiday event, community service activity, or free food giveaway students will want to stay up to date with all the FREE and fun things UPC has to offer. The best way to stay informed is to follow UPC's social media platforms through the handle [@upc.uofu](https://twitter.com/upc.uofu)

Lassonde Entrepreneur Institute

lassonde.utah.edu

The Lassonde Entrepreneur Institute is a nationally ranked hub for student entrepreneurship and innovation at the University of Utah and an interdisciplinary division of the David Eccles School of Business. The institute provides opportunities for thousands of students to learn about entrepreneurship and innovation. Programs include workshops, networking events, business-plan competitions, startup support, innovation programs, graduate seminars, scholarships, community outreach and more. All programs are open to students from any academic major or background.

The first programs were offered in 2001, through the vision and support of Pierre Lassonde, an alumnus of the Eccles School and successful mining entrepreneur. The institute now provides opportunities for thousands of students to learn about entrepreneurship and innovation. Programs include workshops, networking events, business-plan competitions, startup support, innovation programs, graduate seminars, scholarships, community outreach, and more. All programs are open to students from any academic major or background.



The Office of Undergraduate Research

our.utah.edu

Did you know that undergraduate students at the University of Utah participate in cutting-edge research with award-winning and nationally recognized faculty? The Office of Undergraduate Research is a vital campus resource for any student across the disciplines. Learn about how you can be involved in campus research, learn about research beyond the classroom with our education series, present and publish your research, and most importantly, get funded to do research.

T. Benny Rushing Mathematics Student Center, commonly called the Math Center

math.utah.edu/undergraduate/mathcenter.php

The Math Center offers free drop-in tutoring, a computer lab, and study areas for students enrolled in classes within the University of Utah Department of Mathematics. All tutors are able to help with algebra, trigonometry and calculus. Most tutors can help with additional courses, such as linear algebra, statistics and more. The main Math Center is located in the basement connecting LCB and JWB and is open 8 AM to 8 PM, Monday through Thursday and 8 AM to 6 PM on Friday. The satellite Math Center, located in FASB 205, is open 11 AM to 5 PM, Monday through Friday and online tutoring is available Saturday, 10 AM to 4 PM, as well as weekdays (the weekday online times may vary each semester). Stop by or visit the website for more information.



HOW TO ACHIEVE GOOD GRADES

Academic Advising

All undergraduate students at the university have a designated advisor or an advising team! You'll meet with your advisor at Orientation and again during your first semester. Advisors connect students with university resources and opportunities so that you can maximize your undergraduate experience. Advisors are your go-to source of information about academic plans and matters at the U. They are a friendly face and a part of your team for success! Beyond orientation, we encourage you to speak with your advisor once a semester, by email or by appointment, to stay on track for graduation and to stay informed about opportunities and resources. Find your academic advisor at appointments.utah.edu.

Student Success Coaches

Student Success Coaches meet individually with students in-person, on Zoom, or over the phone in 30-45 minute coaching sessions to provide support, resources and motivation in pursuing their goals and making the most of their education. Students can make an appointment with any coach by visiting the Student Success Coach website (ssc.utah.edu) and scheduling a time and location that fits their needs and schedule.

Learning Center

The Learning Center offers free academic support to currently-enrolled University of Utah students. Learning Center services are intended to help students gain a deeper understanding of course content and develop transferable skills to become more successful students and lifelong learners.

Learning Center services include:

Individual tutoring: 30-minute or 60-minute appointments held in person or virtually

Supplemental Instruction (SI): Facilitated, organized study sessions

Learning Consultations: Individual meetings to discuss developing academic success skills such as time management, study strategies, critical thinking, etc.

To view our services and schedule an appointment, visit learningcenter.utah.edu.



Writing Center

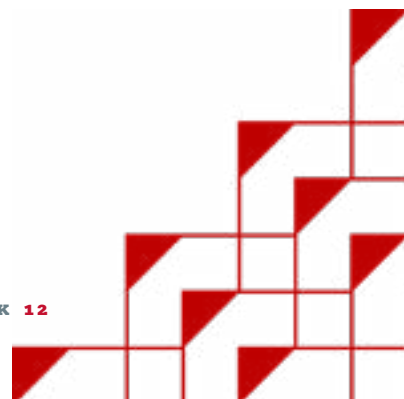
The University Writing Center - located in MLIB 2701 - is proud to offer writing support for undergraduate and graduate students. Our tutors can help writers at any stage of the writing process - from brainstorming and organizing paragraphs to citing sources and proofreading sentence-level errors. We can help with all writing assignments - from lab reports to Writing 1010/2010 essays and cover letters. The Writing Center is a supportive, nonjudgmental space that offers in-person and Zoom appointments Monday-Friday and asynchronous online consultations (daily). All U of U students and their children are welcome; we have whiteboards, markers, and a friendly staff. Visit our website for more information: writingcenter.utah.edu/ or call us at (801) 587-9122.

Presidential Internship

president.utah.edu/contact/presidential-interns

The University of Utah's prestigious Presidential Internship in Higher Education Leadership is housed in the Office of the President. This unique internship provides undergraduate students from diverse fields and backgrounds the opportunity to learn from and collaborate with the president and other university administrators. This unique experience offers an insider's look into the nuances and complexities of higher education. Through regular seminars and working alongside members of the administration, students learn about and engage in the challenges and opportunities facing the university, as well as American higher education in general. Students gain practical knowledge and skills that enrich their academic and social experiences, while also honing leadership skills and building a professional network. Since its inception in 1992, more than 150 students have participated in the Presidential Internship program. For many, the experience was a catalyst to a career in higher education. Others have gone on to leadership and career opportunities in public administration, nonprofit organizations, business, and civic and public service.

The Presidential Interns help to staff senior administrative offices and work on strategic projects designed to help advance the goals of the university, act as student representatives at various university functions and events, and attend weekly higher education leadership seminars hosted by executive leaders from the campus and larger community. In turn, the university administration benefits from student insight, perspective and collaboration in helping shape the exceptional educational experience at the University of Utah.



HOW TO FIND SUPPORT IF YOU NEED OTHER HELP

Center for Campus Wellness

The Center for Campus Wellness promotes student well-being through holistic and inclusive services. Offerings include victim-survivor advocacy, wellness coaching, harm reduction, STI/HIV testing, and safer sex supplies. Students can access trainings, workshops, and well-being navigation services to support their health journey. Services are available in-person and virtually, ensuring accessibility for all students. Follow - uofuwellness on social media:

[@uofuwellness](#) | wellness.utah.edu

Center for Disability and Access

The Center for Disability & Access provides academic, campus, and housing accommodations for students with disabilities. Services include Deaf & Hard of Hearing support, accessible media, temporary injury assistance, faculty education, and peer mentoring. disability.utah.edu

To request ADA accommodations:

Schedule & Plan Ahead- The process to obtain an accommodation may take some time. Students need to schedule an intake appointment with the Center for Disability & Access. Please call the CDA at 801-581-5020 for questions.

University Counseling Center

The University Counseling Center offers group therapy, brief individual counseling, and psychiatric medication management at little to no cost. Students can access in-person and virtual therapy, crisis support, and TELUS Health Student Support for 24/7 mental health care. The Counseling Center also teaches mental health skills through their workshops and provide outreach and training on mental health topics to the campus community. Services help students navigate stress, anxiety, depression, and life challenges.

counselingcenter.utah.edu

Student Health Center

The Student Health Center provides affordable primary healthcare for students and their families. Services include preventive care, women's health, pediatric services, immunizations, sports medicine, travel health, and low-cost HIV/STD testing. Prescription assistance is available for qualifying students. The center offers both in-person and virtual appointments, ensuring accessible care. studenthealth.utah.edu

Financial Wellness Center

The Financial Wellness Center provides one-on-one financial and credit counseling, educational workshops, tax clinics, and peer mentoring to support students' financial well-being. Programs help students budget effectively, manage debt, and build lifelong financial literacy skills through individualized and group-based guidance. financialwellness.utah.edu

Spiritual Wellness Services

Spiritual Wellness Services offer one-on-one spiritual counseling, mindfulness workshops, religious community connections, and ethical discussions. Students can explore personal spirituality, sense of purpose, and moral decision-making in a supportive, inclusive environment. wellness.utah.edu



Peer Well-being Navigation

Peer Well-Being Navigators help students navigate campus health, wellness, and academic resources. Services include peer support, advocacy, mental health guidance, and self-care strategies. Navigators are trained in health literacy, motivational interviewing, and confidentiality, providing accessible, peer-led wellness support. wellness.utah.edu

Mental Health First Responders (MH1)

The MH1 team offers after-hours mobile crisis support for students in campus housing. Services include assessment, stabilization, coping skills, group workshops, referrals, and ongoing follow-ups. MH1 ensures students receive immediate mental health support from trained crisis workers, promoting safety and well-being during evening and late-night hours. mh1.utah.edu

HOW TO 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 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



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 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](http://free.that.day). 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](http://evchargingstations.com) are available on campus at multiple locations. commuterservices.utah.edu | map.utah.edu

Bicycling

The U has approximately [3,000 bicycle parking spaces](http://3000bicycleparkingspaces.com) 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](http://CampusBikeShop.com)-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





HOW YOU CAN HAVE AN ADVENTURE

Campus Recreation Services

Campus Recreation Services provides comprehensive fitness and wellness facilities, including a 50-meter pool, hot tub, climbing walls, running tracks, and sport courts. Additional services include group fitness classes, intramural sports, personal training, outdoor adventure trips, equipment rentals, and swim lessons. Students can stay active through recreational programs and open gym access. campusrec.utah.edu

STAY SAFE ON & OFF CAMPUS



SafeRide (soon to be URide)

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. to "request a SafeRide through the TransLoc app for Apple or Android phones. commuterservices.utah.edu/safe-ride

GET CONNECTED TO WHAT'S HAPPENING ON CAMPUS

Dining

dineoncampus.com/utah

Starting college is an exciting journey, and having access to nutritious meals is an important part of your experience. Our campus dining services offer fresh, locally sourced meals that cater to a variety of diets, making it easy to find something you'll love. Whether you're looking for a flexible meal plan or a structured option, we have affordable choices to match different living arrangements and daily schedules.

Explore meal plan options and find the best fit for your lifestyle by visiting our website for details and purchasing information.

Utah 360

The Utah 360 app provides a convenient way to experience student life - helping you find your way around campus, stay up-to-date on news and events, find information about resources, and get your Athletics Tickets!

utah360.utah.edu

YOUR ONE-STOP SHOP

The Campus Store

The Official Retailer of the University of Utah

Looking for Utah gear, tax-free technology, course supplies, or even just a snack? The Utah Campus Store is your go-to spot! More than just a store, every purchase you make directly supports student and athletic programs at the University of Utah.

campusstore.utah.edu



INDIGENOUS LAND ACKNOWLEDGMENT

The University of Utah has both historical and contemporary relationships with Indigenous Peoples. Given that the Salt Lake Valley has always been a gathering place for Indigenous Peoples, we acknowledge that this land, which is named for the Ute Tribe, is the traditional and ancestral homelands of the Shoshone, Paiute, Goshute, and Ute Tribes and is a crossroad for Indigenous Peoples. The University of Utah recognizes the enduring relationships between many Indigenous Peoples and their traditional homelands. We are grateful for the territory upon which we gather today; we respect Utah's Indigenous Peoples, the original stewards of this land; and we value the sovereign relationships that exist between tribal governments, state governments, and the federal government. Today, approximately 60,000 American Indian and Alaska Native peoples live in Utah. As a state institution, the University of Utah is committed to serving Native communities throughout Utah in partnership with Native Nations and our Urban Indian communities through research, education, and community outreach activities.





Office of

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THE UNIVERSITY OF UTAH

155 S. 1452 E., Suite 350
Network Scientific Comp. Center
Salt Lake City, UT 84112

801-581-7069 | orientation@utah.edu