



**Programs  
and  
Services  
*for Students***



University of Colorado  
Colorado Springs

# Table of Contents

## [Academic Advising ..... 1](#)

- 1:1 Academic Advising
- In-Class Workshops
- Remote Programming and Tabling
- Graduate Assistants
- Group Advising and Webinars

## [UCCS Bookstore and Copy Center ..... 1](#)

- Bookstore Information
- Print Services
- Shipping Services
- Employment

## [Campus Recreation ..... 2-3](#)

- Special Events
- Intramural Sports
- Club Sport Teams
- Equipment Rentals
- Outdoor Recreation
- Group Fitness Classes
- Progression Training
- Bike & Ski Shop
- Education Clinics
- Aquatics Center
- Trails
- Advisory Board
- Personal Training
- Fitness Buddies

## [T. Rowe Price Career and Innovation Center ..... 4](#)

- Career Conversations & Career Fairs
- Peer-to-Peer Advisor
- Clyde's Clothing Closet
- Career Conversations & Career Fairs

## [Dean of Student's Office \(DOS\) ..... 4](#)

- Programming and Outreach
- CARE Team
- Clyde's Cupboard

## [Dining and Hospitality Services \(DHS\) ..... 4](#)

- The Sustainability, Wellness, and Learning (SWELL) Program
- Special Dining Events

## [Disability Services ..... 5](#)

- 1:1 Accommodation Support
- Classroom Accommodations
- Housing Accommodations
- Testing Center
- Temporary Medical Conditions, Injuries, and Surgeries

## [Ent Center for the Arts ..... 5](#)

- Gallery of Contemporary Art (GOCA)
- Theatreworks
- Ent Center Presents

## [Family Development Center \(FDC\) ..... 5](#)

- Childcare
- Employment and Practicum

# Table of Contents

## [UCCS Farm and Greenhouse ..... 6](#)

Student Employment & Student Volunteering  
Annual Plant Sale  
Workshops

## [Gateway Program Seminar \(GPS\) ..... 6](#)

The Gateway Program Seminar  
GPS Curriculum Peer Leader Program

## [Health/Wellness Promotion ..... 7](#)

Peer Health Coaching  
Nutrition Services  
Practicing Happiness

## [Intercollegiate Athletics ..... 7](#)

Mountain Lion Leadership Council  
SACC Community Service  
Student Study Groups  
Direct Mentoring

## [International Affairs ..... 8](#)

Education Abroad Advising  
International Student Scholar Services  
Short Term Study Program and Proposals  
New International Student Orientation  
Social Events  
Friends of International Newsletter  
Workshops  
Coffee Hours  
Predeparture Orientation

## [M.O.S.A.I.C. and LGBTQ+ Resource Center ..... 9](#)

Allyship and Advocacy Trainings  
Reflection Rooms  
Free Condoms and Menstrual Products  
E-Newsletter  
President's Fund for Student Diversity  
M.O.S.A.I.C. Gateway Learning Community

## [Mental Health Services \(MHS\) ..... 10](#)

Individuals and Couples Counseling  
Group Counseling  
Mental Health Crisis/Emergency Evaluations  
Workshops and Presentations  
Psychological and Neuropsychological Testing  
Consolation Services for Faculty and Staff  
Student Training Program

## [Office of First Year Experience \(FYE\) ..... 11](#)

Retention and Persistence Outreach  
Family Connections  
Early Alert  
Peer Coaching  
Mentor Collective  
Learning Communities Support  
First2Go

## [Pre-Collegiate Support and Success Center .... 12](#)

Transition Coaches  
Pre-Collegiate Academic Institute  
STEM Education Outreach

# Table of Contents

## **Residence Life and Housing ..... 12**

- Housing Events
- Resident Assistants (RAs)
- Happiness Program Training
- RA Training

## **Student Government Association (SGA) ..... 13**

- Executive Branch
- Legislative Branch
- Judicial Branch
- LIVE Leadership
- Radio and Newspaper
- Fraternity and Sorority Life

## **Student Health Services ..... 14**

- Beth-El Nurse Practitioner Program Preceptorship
- Health Care Provider Appointments
- Medication management
- Chiropractic Services
- Massage Therapy
- Vaccinations
- Lab Testing with Provider Appointments

## **Student Life (SL) ..... 14**

- Clubs and Organizations
- Student Activities

## **Sustainability ..... 15**

- Volunteering
- Events
- Internship & Student Employment
- Green Action Fund

## **UCCSlead & Chancellor's Leadership Class (CLC) .. 15**

- UCCSlead
- Student Leadership Conference
- Chancellor's Leadership Class (CLC)

## **Veteran and Military Affairs (VMA) ..... 16**

- McCord-Herbst Student Veteran Center
- Student Success
- Study Space
- Benefits Processing
- The Exchange
- Boots to Suits
- Tutoring
- Student Veteran Organization
- Target Success

# Programs and Services by Department/Organization

## Academic Advising (website: <https://advising.uccs.edu>)

Programs	1:1 Academic Advising	In-Class Workshops	Remote Programming and Tabling	Graduate Assistants	Group Advising and Webinars
Programs/ Services Description	Includes course selection, degree planning, graduation checks, major exploration, success planning for educational goals, academic petitions and military/other forms, and a resource to connect students with opportunities and resources available at UCCS for student growth and success. Available in-person and remote appointments.	Group advising and webinars: focused on navigating tools and resources (degree audit, student portal) and major specific information.	Easy access to advising support for quick questions registration/enrollment report.	Assist in helping students understand their tools and resources. 	Focused on navigating tools and resources (degree audit and student portal) and major-specific information. 

## UCCS Bookstore and Copy Center (website: <https://www.uccsbookstore.com> and <https://copycenter.uccs.edu>)

Programs	Bookstore Information	Print Services	Employment
Programs/ Services Description	The Bookstore is your full-service store that caters to the needs of the campus community, offering required and optional course materials, supplies, spirit clothing, gift items, snacks, and much more! The Bookstore is university-owned and operated and supports the academic mission of the university. Support the Bookstore and you are supporting UCCS!	The Bookstore is home to the Copy Center, a full-service print shop that can take care of almost any classroom print project.	The Bookstore offers seasonal temporary positions as well as semester-long employment. Growth opportunities include promotions into lead positions, student manager positions, junior buyer, and course materials assistant. Learn life-long customer service skills, business acumen, fiscal responsibility, teamwork, collaboration, accountability, leadership, diversity, inclusivity, and equity in the workplace. Positions include cashiering, merchandising, social media, online customer service, webmaster, order fulfillment, shipping/receiving, to name a few. The Copy Center offers similar experiences including technical print, design, and project management skills.
		Shipping Services	

**Campus Recreation (website: <https://recwellness.uccs.edu>)**

Programs	Special Events	Intramural Sports	Club Sport Teams	Equipment Rentals
<b>Programs/ Services Description</b>	Campus Recreation holds special events throughout the semester. These events are sometimes competitive but often times drop-in type events that are intended to be fun, stress relieving activities.	The Intramural Sports Program provides students, faculty and staff members with fun and entertaining sports and activities on both recreational and competitive levels. Eligible participants can participate in individual, partner or team sports. Showcase your competitive edge by participating in additional Intramural Sports Program offerings such as leagues, single day tournaments and special events. All skill levels are welcome and no prior experience necessary.	The UCCS Club Sports Program offers students with a passion for a particular sport the opportunity to learn more about the sport, develop additional skills while practicing or playing the sport, build character, and establish lasting friendships. These student-run organizations, all competitive by nature, emphasize leadership and education through the sports it offers. UCCS Club Sports often travel and host games and events in collaboration with other colleges and universities.	Students can rent outdoor equipment through the SOLE Center to achieve their outdoor pursuits. Equipment rentals include ski and snowboards, stand-up paddleboards, camping equipment, bikes, and much more.

Programs	Outdoor Recreation	Group Fitness Classes	Progression Training	Bike & Ski Shop
<b>Programs/ Services Description</b>	The SOLE Center offers a variety of outdoor recreation opportunities through day and overnight trips. Trips are open to any experience level and span a variety of outdoor activities from hiking to winter sports.	The Group Fitness program offers a variety of class formats to help you achieve your personal health and fitness goals, and beginners are welcome in all classes. We provide a non-intimidating, group-based environment. Our group fitness instructors are energetic and accommodating, adapting each class to the ability and skill level of its members. Whether you have a taste for cardiovascular, dance, high intensity or mind and body, we have a class for you!	Progressive Training assists clients in reaching their goals through workouts that build week after week. Learn a new skill, accomplish a new goal or just come to work out and make friends during one of our 8-week classes. Each small group will meet weekly with a trainer, continuously building knowledge and skills and motivating each other to succeed. Class sizes are limited in order to give everyone individual attention from the trainer.	The SOLE Bike & Ski Workshop offers self-service workstations for bicycles, skis and snowboards. The goal of the workshop is to educate the UCCS community on basic maintenance and repair. The use of the workshop is FREE with all basic tuning equipment provided. SOLE staff assistance is available at no cost during regular operational hours to assist with all basic maintenance and repairs. The Bike & Ski Workshop is located in the SOLE Center inside the UCCS Gallogly Recreation & Wellness Center.

**Campus Recreation continued (website: <https://recwellness.uccs.edu>)**

Programs	Education Clinics	Aquatics Center	Trails	Advisory Board
<b>Programs/ Services Description</b>	In an effort to support the campus community in their outdoor endeavors, SOLE hosts a variety of educational clinics. These clinics are focused on skill and knowledge acquisition in the areas of bicycling, climbing, ski/snowboard maintenance, avalanche awareness and more. Clinics are open to students, faculty, staff, alumni, friends and family.	The Aquatics program offers a variety of amenities and programs to meet the broad range of recreational and competitive needs of the UCCS community. Amenities include four 25-yard lap lanes, a vortex pool, drop slide, hydro-therapy jets, in-water seating, and a 20-person spa with the most amazing view of Pikes Peak and Garden of the Gods. UCCS students, faculty/staff and alumni are sure to find an option to safely enjoy the water. Want to improve your fitness in the water? Kick boards, pull buoys, noodles, aqua jogging belts and water weights are available for use. Pool depth varies from 1 to 9 feet.	The UCCS campus trails system can be enjoyed by anyone - the campus community and public. Over 7 miles of usable trails are available for those traveling by foot or bike on natural terrain of varying difficulty throughout the campus open space. Several trail segments connect to neighboring City of Colorado Spring's Open Space trails and commuter routes. The UCCS trail system, currently in development, will provide opportunities for recreation, fitness, transportation, volunteerism and education. Campus Recreation's goal is to provide access to all 13 miles of current trails on campus by the end of all construction and improvement projects.	The purpose of the Campus Recreation Advisory Board is to enhance the role of the Campus Recreation Department as UCCS's campus recreation program, service, and facility authority. It also serves to endorse the REC (as active and passive recreation, and wellness providers) for all members of the UCCS community (students, faculty, staff, alumni and guests of UCCS). It shall be the responsibility of the Board to continually review and provide feedback on policies and procedures and proposed policies and procedures pertaining to REC programs and services to the UCCS administration in order to better enhance the mission of the REC.

Programs	Personal Training	Fitness Buddies
<b>Programs/ Services Description</b>	<p>The Personal Training program provides participants with both the tools and education necessary to accomplish personal health and fitness goals in a non-intimidating, one-on-one atmosphere. Whether you just decided to start exercising, you're training for a sport-specific goal, or you're planning on participating in your first 5K or triathlon, our personal trainers can help you achieve your goal. Campus Recreation personal trainers are certified through nationally recognized organizations such as the American Council on Exercise (ACE), American College of Sports Medicine (ACSM), National Strength and Conditioning Association (NSCA) or the National Federation of Professional Trainers (NFPT).</p> 	<p>Fitness Buddies is a free program for the UCCS community to get moving together. Fitness Buddies Leaders are available to workout, exercise and move with you, in or out of the gym. A Fitness Buddy is not a personal trainer, but they can provide valuable motivation, accountability, and support to help you reach your wellness goals. With this flexible program, you can select the Buddy that matches your personal goals and interests after reading through the bios. We welcome all levels and fitness interests!</p> 

**T. Rowe Price Career and Innovation Center (website: <https://career.uccs.edu>)**

Programs	Career Conversations & Career Fairs	Peer-to-Peer Advisor	Clyde's Clothing Closet
Programs/ Services Description	There are a variety of career fairs and events every academic year for students of all majors and levels. A career fair is an excellent way to network with a large number of employers who hire Mountain Lions. Attend to learn about different industries and available job and internship opportunities with specific companies.	Career advising can help at every stage of planning for life after UCCS. If you are in need of one-on-one help in your career planning, it might be time to schedule a career advising appointment. Career advising is available through college-based as well as general career advisors. Advising is available on a variety of topics.  	Clyde's Clothing Closet is a donation-based clothing resource for students and alumni. Each semester, individuals may take up to 6 pieces of clothing (and keep them, free of charge). Whether it's for a career fair, job interview, or a day on the job, Clyde's Closet carries hundreds of clothing items, great for professional events.

**Dean of Student's Office (website: <https://dos.uccs.edu>)**

Programs	Programming and Outreach	CARE Team	Clyde's Cupboard
Programs/ Services Description	Each fall and spring, the Dean of Students Office coordinates violence prevention and alcohol awareness training through the Gateway Program Seminar.	The CARE (Campus Assessment Response and Evaluation) Team addresses concerns related to students' safety and wellbeing, and we support students in times of challenge and crisis. The CARE Team assesses and responds to reported concerns or disruptions, and creates access to resources for students to maintain their safety, health, and well-being, and we evaluate whether individuals pose a risk to themselves or others.	Clyde's Cupboard is a 100% donation based and non-need based food pantry that provides free food and toiletries for all enrolled UCCS students.  

**Dining and Hospitality Services (website: <https://diningservices.uccs.edu>)**

Programs	The Sustainability, Wellness and Learning (SWELL) Program	Special Dining Events
Programs/ Services Description	Graduate student-led program that looks at the diversity of food in the area, with an educational and nutritional spin.	Encompass diversity and inclusion as we travel to other countries to ensure culturally diverse meals for our residents.

## Disability Services (website: <https://disability.uccs.edu>)

Programs	1:1 Accommodation Support	Classroom Accommodations	Housing Accommodations	Testing Center	Temporary Medical Conditions, Injuries and surgeries
<b>Programs/ Services Description</b>	Student meetings to address barriers due to a disability or medical condition, identify accommodations, and support in receiving accommodations. Title IX accommodations, student may request accommodations due to pregnancy or pregnancy-related conditions.	Group advising and webinars: focused on navigating tools and resources (degree audit, student portal) and major specific information. Accommodations for the classroom and access to materials (i.e., captioning, ASL interpreting, alternative format textbooks, ADA furniture, note-taking resources, flexibility in attendance or assignment deadlines).	Easy access to advising support for quick questions registration/enrollment report. Accommodations for on-campus housing are reviewed by DS (i.e., Emotional Support Animals, private rooms, accessible rooms and meal plan accommodations.)	Assist in helping students understand their tools and resources. Alternative test environment and proctoring for students with approved accommodations within the Disability Services office.	Focused on navigating tools and resources (degree audit and student portal) and major-specific information. Injuries might not qualify as a disability, however we may provide recommendation of support to your faculty.

## Ent Center for the Arts (website: <https://entcenterforthearts.org>)

Programs	Galleries of Contemporary Art	Theatreworks	Ent Center Presents
<b>Programs/ Services Description</b>	The Galleries of Contemporary Art (GOCA) produces exhibitions featuring regional and international artists. The gallery is always free to visit, and GOCA manages a rotating exhibition of public artwork on the grounds surrounding the Ent Center. Students, faculty, and staff are invited to a free yoga class in the galley each Monday at noon.	Theatreworks is the professional theater company in residence at UCCS. The company offers 6-8 productions annually and UCCS students receive free admission to all Theatreworks performances and Prologue Lectures.	The Ent Center is a world-class art and theatre facility on the UCCS campus. Students can reserve space for clubs, meetings, and performances, and the building has plenty of public space to study or meet with friends. Students receive \$5 tickets to many Ent Center performances.

## Family Development Center (website: <https://fdc.uccs.edu>)

Programs	Childcare	Employment and Practicum
<b>Programs/ Services Description</b>	The UCCS Family Development Center offers high quality, year-round early care for children 1- through 5-years-old, with summer programs for elementary students. We offer a number of programs, including toddler, preschool and school age programs.	Students needing practicum experience, in early childhood education, child development, nursing, elementary education, and other related areas, can partner with the Family Development Center for placement to complete academic requirements. Students can also work for the FDC as a student employee for on campus employment opportunities.

**UCCS Farm and Greenhouse (website: <https://farm.uccs.edu>)**

Programs	Student Employment & Student Volunteering	Annual Plant Sale	Workshops
<p><b>Programs/ Services Description</b></p>	<p>The UCCS Farm and Greenhouse strives to provide high quality, organically-grown produce to UCCS's food service outlets as well as to educate the campus community about new gardening methods and sustainable growing solutions. Through researching a variety of avenues of organic gardening, the Farm seeks to use innovative as well as traditional gardening practices. Our hope is that through education and outreach, the Farm can become a resource center for sustainable organic gardening methods while producing delicious, nutritious organic fruits and vegetables for the UCCS community.</p>	<p>Over 50 varieties of potted plants are available at the annual plant sale, which takes place once a year at the end of May.</p>	<p>Workshops for classes and groups of students that can touch on everything from farming philosophy to geography to engineering.</p> 

**Gateway Program Seminar (website: <https://gps.uccs.edu>)**

Programs	The Gateway Program Seminar (GPS)	GPS Curriculum Peer Leader Program
<p><b>Programs/ Services Description</b></p>	<p>An academic program designed to help students successfully adjust to university life. GPS serves as the foundation for the Compass Curriculum, the campus-wide general education program at UCCS. Through GPS, students are exposed to interdisciplinary curriculum taught by experienced faculty from across campus to establish meaningful connections, cultivate an inclusive community, and create a sense of belonging from their first year at UCCS and beyond.</p>	<p>The GPS Peer Leader works within the Gateway Program Seminar and reports to the Assistant Director of GPS. Peer leaders examine the complementary processes of teaching and learning from both a theoretical and pragmatic perspective. Students will learn to engage, listen, and assist first-year students in a mature and professional manner relating to their adjustment to UCCS and academic success. Students will also work with assigned faculty to contribute to the instruction of their designated Gateway Program Seminar class. Peer leaders coordinate and collaborate with assigned GPS instructor(s) in planning course curriculum, which may include presentations on specific topics, facilitating group discussions, sharing personal experiences and actively reaching out to students.</p> 

**Health/Wellness Promotion (website: <https://recwellness.uccs.edu/wellness>)**

Programs	Peer Health Coaching	Nutrition Services	Practicing Happiness
<b>Programs/ Services Description</b>	UCCS Peer Health Coaches are dedicated to guiding and supporting your wellbeing while making a real connection with you both in person and remotely. With the Peer Health Coaching program, you no longer must “do health” on your own. Peer Health Coaches can work with you to develop realistic goals, adopt healthy lifestyle changes, become consistent with healthy routines, find balance in your life, and track your progress through periodic check-ins. All Peer Health Coaches work under the supervision of a certified Health Coach faculty member.	The UCCS Wellness Center is here to provide nutrition education for the student community at an affordable price. The dietitians provide reliable and evidence-based nutrition information to guide and empower students in achieving a balanced, food first, healthy approach to eating and a positive relationship with food. Students can access nutrition information in a variety of formats including individual sessions, workshops, educational visuals, and cooking demonstrations.	Practical and empowering peer-led program based on current research on positive psychology, coping skills, and happiness. The concepts covered in this group are based on years of groundbreaking scientific research about what does and does not make people truly (and sustainably) happy. Participants receive their own copy of the UCCS Happiness Workbook and journey through activities and discussions together. Participants can join a group or can host their own group by contacting the Wellness Center.

**Intercollegiate Athletics (website: <https://gomountainlions.com>)**

Programs	Mountain Lion Leadership Council	SAAC Community Service	Student Study Groups	Direct Mentoring
<b>Programs/ Services Description</b>	Mountain Lion Leadership Council works in correlation with campus to involve student athletes in campus-wide decisions.	The Student Athlete Advisory Committee is a conglomerate of student athletes that display and want to develop leadership skills. They emphasize integrating our student athletes into the community through community service. They work with programs such as Clyde’s Cupboard, the campus Winter Service Project, Ronald McDonald House, Special Olympics, The Colorado Springs Children’s Hospital, and more.	We host student study groups and study hall for all the athletes on our teams. At a minimum, once a week in the Kramer Family Library, student athletes meet to dedicate a set time to work on their studies.	We continue to pursue and emphasize direct mentoring and work one-on-one with athletes as well as students in a variety of programs across campus; ranging from areas of study of sport management to economics and finance.



**International Affairs (website: <https://international.uccs.edu>)**

Programs	Education Abroad Advising	International Student Scholar Services	Short Term Study Programs and Proposals	New International Student Orientation	Social Events
Programs/ Services Description	We offer advising and support for students going abroad for any length of trip.	We offer advising and scholar support for international students.	We develop and host short term campus visitors from abroad (cultural, academic/ learning, and logistical per proposals).	Orientation for new international students and scholars attending UCCS.	We host a variety of social events, such as slang sessions, hikes, etc., for international students to learn and socialize with each other.

Programs	Friends of International Newsletter	Workshops	Coffee Hours	Predeparture Orientation
Programs/ Services Description	Bi-weekly newsletter sent to international students and scholars and community members that contact International Affairs to receive updates.	Practical sessions held throughout the semester that focus on important topics for international students and scholars. Topics include how to apply for a social security number, work options on campus, internships, etc.	Informal check-in for international students and scholars to ask questions and for the advisor to share updates on topics such as immigration, health and wellness, etc.” Held every three weeks.	Preparation orientation for students before they study abroad.



**M.O.S.A.I.C. LGBTQ+ Resource Center (website: <https://mosaic.uccs.edu>)**

Programs	Allyship and Advocacy Trainings	Reflection Rooms	Free Condoms and Menstrual Products
Programs/ Services Description	Students are encouraged to develop their allyship and advocacy skills throughout their time at UCCS to better invest in a safer, caring campus climate and prepare for lifelong civic engagement. Opportunities include Safe Zone LGBTQ+ advocacy trainings, UndocuPeer workshops, Inclusive Excellence workshops, and Activism as Leadership workshops.	Provides a quieter space for students to engage in personal and community reflection as an investment in their overall well-being. Two rooms are in the center, and a third, larger room is located on the third level of the Kraemer Family Library.	Free condoms and menstrual products, including pads, tampons, and menstrual cups, are available to students in the center's lounge. Workshops on inclusive sex education, how to use menstrual products, and a "Know your STI Status" clinic are offered each semester.
Programs	E-Newsletter	President's Fund for Student Diversity	M.O.S.A.I.C. Gateway Learning Community
Programs/ Services Description	The newsletter is sent weekly during the fall and spring semesters. Receive updates on upcoming events, programs, resources, and trainings available to the community.	The VCDEI Student Innovation Fund supports student programs, events, and travel that contribute to the advancement of campus diversity efforts at the University of Colorado in accordance with the UCCS Diversity Strategic Plan. Registered student organizations and their members are welcome to apply for funding each semester.	Since 2010, the MOSAIC Gateway Learning Community has prepared students to think critically, maximize team-based learning, and master the skills needed to achieve a college degree. This course is designed for major-intent students accepted into the MOSAIC Gateway Learning Community. Prospective students are pre-selected for this community by the UCCS admissions committee based on a holistic review of their high school academic work, including cumulative GPA, college pre-requisites, and admissions essay.

**Mental Health Services (website: <https://recwellness.uccs.edu/mental-health-services>)**

Programs	Individuals and Couples Counseling	Group Counseling	Mental Health Crisis/Emergency Evaluations
<b>Programs/ Services Description</b>	Mental Health Services provides individual psychotherapy for students who come with a wide variety of issues. Couples may seek marital, premarital, divorce, sexual adjustment, or alternate life counseling. Counseling is available for the student and his / her partner whether the goal is to improve a good relationship or to deal with a relationship in trouble.	For many, group therapy offers both effective treatment and the strength that comes from interacting with peers who understand and may share similar struggles. Most of our group sessions do not require students to be engaged in individual therapy, and can sometimes be the fastest route to getting the support you need.	The Wellness Center offers emergency evaluations and walk-in crisis support Monday-Friday 8-5pm.

Programs	Workshops and Presentations	Psychological and Neuropsychological Testing	Consolation Services for Faculty and Staff	Student Training Program
<b>Programs/ Services Description</b>	Workshops by the staff of Mental Health Services are offered throughout each semester. Workshops include suicide prevention, de-escalation, and other mental health trainings.	At the Wellness Center we administer psychological and cognitive tests to be able to provide formal diagnoses, establish disabilities for appropriate accommodations, and/or to provide guiding information for treatment.	The Wellness Center offers consolation services for grieving staff and faculty, including for emergency and crisis situations.	The Wellness Center offers graduate and post-graduate level counseling internship and training opportunities.

**Office of First Year Experience (website: <https://fye.uccs.edu>)**

Programs	Retention and Persistence Outreach	Family Connections	Early Alert	Peer Coaching
Programs/ Services Description	FYE coordinates a variety of outreach with departments within Student Affairs to support students. This includes text and phone campaigns to check in with students, outreach campaigns to work with students to resolve holds, and a variety of enrollment outreach.	We partner with family members to support the learning, development, and success of our students. This includes participation in New Student Orientation, hosting Family Weekend, and family communications.	We continue to work to enhance our early alert program, intervention strategies, and referrals to help students who encounter challenges in classes to connect them with resources that will assist them in their success.	<p>All first-year students have an assigned peer coach who helps them navigate their first year of college. We also provide peer coaching for <u>any</u> student who would like to be paired with a coach. Our coaches tend to meet with students who are having academic challenges. In fact, this past fall, over 55% of the students who met with a coach were on early alert, and over 86% of the students who met with a coach returned in the spring.</p> <ul style="list-style-type: none"> <li>We are also expanding our coaching in a partnership with M.O.S.A.I.C. to include a dedicated coach to work specifically with MOSAIC Gateway Learning Community students.</li> </ul>
Programs	Mentor Collective	Learning Communities Support	First2Go	<ul style="list-style-type: none"> <li>We are also adding a FirstGen peer coach to support students who are the first in their family to attend college.</li> </ul>
Programs/ Services Description	We continue to be the campus liaison and coordinator of the Mentor Collective program, a student-to-student mentoring program. This past year, we were able to expand peer mentoring to our entire first-year class, and we were able to secure funding to extend an invitation to our transfer students effective Fall 2022.	We are partnering with Academic Affairs and others in the Division of Student Affairs to re-imagine our Learning Communities program. FYE is home to a new Learning Communities Support Specialist thanks to a three-year grant through President’s Initiative Funding.	Thanks to a small DEI grant, we are re-evaluating and re-launching our First2Go program in Fall 2022, which will bring together students who are the first in their family to go to college, staff, and faculty to support the success of first-generation students. We work closely with other departments, including M.O.S.A.I.C., on this initiative.	

**Pre-Collegiate Support and Success Center (website: <https://pcssc.uccs.edu>)**

Programs	Transition Coaches	Pre-Collegiate Academic Institute	STEM Education Outreach
<p><b>Programs/ Services Description</b></p>	<p>Transition Coaches are current UCCS undergraduate students who serve as peer mentors for Pre-Collegiate Scholars. Throughout the academic year, Transition Coaches facilitate Transition Coaching Workshops, where Pre-Collegiate high school students learn more about topics related to college preparation and academic success. During the yearly Pre-Collegiate Summer Academic Institute, Transition Coaches provide academic support and mentorship to students in dual enrollment classes, conducting group mentoring sessions and individual conferences with Pre-Collegiate Scholars.</p> 	<p>Each June, the UCCS campus is bustling with Pre-Collegiate high school students participating in the Summer Academic Institute (SAI). During the SAI, Pre-Collegiate students participate in dual enrollment courses, math preparation workshops, skill development workshops, and community engagement, all while getting the opportunity to connect with other students from around the Pikes Peak and Pueblo region. Many of the learning opportunities during the SAI are arranged around student pathways, including dual enrollment courses, workshops, and field trips.</p> 	<p>STEM Education Outreach was founded at UCCS in 2008. This became part of the Pre-Collegiate Success and Support Center in 2016. It is an academic program for regional K-12 students designed to motivate and expose students to a variety of STEM activities, careers, and programs. STEM's goal is to increase STEM engagement and skills among students, teachers, and parents. Additionally, the center provides academic and financial support to minority and first-generation students interested in pursuing a STEM degree at UCCS and support to UCCS faculty and departments interested in supporting K-12 STEM Outreach.</p> 

**Residence Life and Housing (website: <https://residence.uccs.edu>)**

Programs	Housing Events	Resident Assistants (RAs)	Happiness Program Training	RA Training
<p><b>Programs/ Services Description</b></p>	<p>Professional staff partner with campus partners to provide programs/events for students focused on topics that were pre-determined, including health and wellness. We also have four condom dispensers on campus in the residential areas to promote safe sex and easy access to those options.</p> 	<p>RAs provide monthly passive programs, such as putting up bulletin boards on their floor, including some for health and wellness. RAs also complete community builders, which is when they take residents to an existing campus event.</p> 	<p>New RAs receive this training offered by the Wellness Center. It's a peer-led program based on current research on positive psychology, coping skills, and happiness. The concepts that are covered are based on years of groundbreaking scientific research about what does and does not make people truly (and sustainably) happy. Participants utilize a workbook and have weekly discussions, applying the principles to their work.</p> 	<p>Campus partners, including the Wellness Center, come to RA training to talk about their programs and services. We also utilize Mental Health Services to help RAs in their role as mediators.</p> 

**Student Government Association (website: <https://sga.uccs.edu>)**

Programs	Executive Branch	Legislative Branch	Judicial Branch
<p><b>Programs/ Services Description</b></p>	<p>The Executive Branch is comprised of the Student Body President, Student Body Vice President, and the Director of Finance. We govern over and represent SGA as the executive officers of SGA. Through chairing committees, meetings with administration, and collaborating with student governments across Colorado we strive to better UCCS in all of our efforts!</p>	<p>The Legislative Branch (also known as The Senate) is comprised of 19 Senators! 7 are representatives of Colleges and Schools, 5 are specialized Senators, and the last 7 are Senators at Large. The Senate represents the electorate in all dealings directly related to SGA business or in which representation is requested. Through bills, resolutions, and other legislation we allocate funds and create change to positively impact that campus and represent the student body!</p>	<p>The Judicial Branch (or J-board for short) is comprised of the Chief Justice, Associate Chief Justice, the Election Commissioner, and 4 Justices. Our responsibilities include interpreting the constitution and all subsidiary documents to make binding decisions and recommendations through judicial reviews and questions, as well as administering all SGA regular and special elections!</p>
Programs	LIVE Leadership	Radio and Newspaper	Fraternity and Sorority Life
<p><b>Programs/ Services Description</b></p>	<p>The goal of the LIVE Leadership Program is to create involved campus citizens, life-long learners and academic leaders. LIVE leaders are engaged citizens, leading in a variety of roles on and off campus. They are engaged in leadership development throughout their time at UCCS. The LIVE program complements coursework in any academic discipline and through the program, students cultivate a firm foundation for academic and co-curricular success.</p> <p>The LIVE Leadership Program provides students the opportunity to make friends that will last a lifetime, actively participate in campus life at UCCS, develop leadership skills, and earn scholarship money to offset the cost of your tuition.</p>	<p>The Scribe is the official student-published newspaper at UCCS, and contains news written by students for students. The newspaper is provided both online and in print. Established in 1966, the Scribe is the oldest student organization on campus.</p> <p>The mission of UCCS Radio (Internet-based) is to provide an innovative medium for creative expression of thoughts and ideas to students, staff, and faculty at UCCS and the community at large. UCCS Radio seeks to provide a platform for the dissemination of information, news, and entertainment to the campus and community.</p> 	<p>Fraternity and Sorority Life at UCCS seeks to enhance the academic and co-curricular experience for students of all backgrounds. We accomplish this by providing collaborative and developmental opportunities to instill a life-long purpose among members of fraternal and sororal organizations.</p> 

## Student Health Services (website: <https://recwellness.uccs.edu/health-services>)

Programs	Beth El Nurse Practitioner Program Preceptorship	Health Care Provider Appointments	Medication Management	Chiropractic Services	Massage Therapy	Vaccinations	Lab Testing with Provider Appointments
Programs/ Services Description	The Wellness Center offers practicum experiences for graduate-level nursing students.	Routine physicals, care for illness and injuries, sexual health, travel consultations, PPD/tuberculosis screening, and more.	Psychiatric nurse practitioners are available to prescribe psychotropic and ADHD medication and family nurse practitioners are available to prescribe a variety of other medications, with some medications available on site for acute health issues.	Treatment typically involves manual therapy, often including spinal manipulation.	Massage therapist available to provide Swedish, deep tissue, and a variety of other massages to help ease pain and tension.	Routine vaccines and flu shots.	COVID-19, rapid strep, mono, influenza, urinalysis, pregnancy tests, and more.

## Student Life (website: <https://studentlife.uccs.edu>)

Programs	Clubs and Organizations	Student Activities
Programs/ Services Description	<p>UCCS is home to close to 200 clubs and organizations annually, based on students' interests and passions. Clubs and organizations offer an outlet for students to explore and promote interests, connect with peers, and grow their leadership abilities.</p> <div style="text-align: center; margin-top: 20px;">  </div>	<p>Student Activities is the hub of co-curricular student programming and entertainment. Each year, approximately 200 programs and events are offered to students ranging from Clyde's Kickoff Week, New Student Welcome Week, Homecoming, ROAR DAZE, concerts, and the annual Significant Speaker.</p> <div style="text-align: center; margin-top: 20px;">  </div>

**Sustainability (website: <https://sustain.uccs.edu>)**

Programs	Volunteering	Events	Internship & Student Employment	Green Action Fund
Programs/ Services Description	There are ample volunteer opportunities through the Office of Sustainability, including at our many events and through the Green Action Fund.	Sustainability offers many events throughout the semester including Clean the Stream, the Sustainability Summit, Colorado Bike Month, and more. More information about our events is located online.	Students can work for the office to meet academic internship requirements or in student wage positions.	The mission of the Green Action Fund is to reduce the ecological footprint of UCCS and promote sustainable environment, social and economic values through a variety of student-sponsored projects. The Green Action Fund financially supports student-led projects and programs that promote sustainability practices across campus.  

**UCCSlead & Chancellor’s Leadership Class (website: <https://chancellor.uccs.edu/student-support/clc>)**

Programs	UCCSlead	Student Leadership Conference	Chancellor’s Leadership Class (CLC)
Programs/ Services Description	The university’s student leadership development program is open to all UCCS students. Through fun, interactive experiences, students learn fundamental leadership skills and pathways to other engagement and leadership opportunities at UCCS. Students also can participate in campus-wide community service projects throughout the academic year.	This conference is hosted each fall and empowers students not only to explore leadership topics more deeply, but to share their leadership experience with others through presentations and discussion, and to connect with leaders on the UCCS campus and in the Colorado Springs community.	Offers merit-based leadership scholarships to a small cohort of UCCS students each year. This cohort meets weekly to discuss special topics in leadership, completes service hours each semester, and fulfills leadership coursework prior to graduation. Applications are open to students with at least four semesters left at UCCS, among other admission criteria. The application deadline is February 1.

**Veteran and Military Affairs (website: <https://military.uccs.edu/>)**

Programs	McCord-Herbst Student Veteran Center	Student Success	Study Space	Benefits Processing	The Exchange
Programs/ Services Description	The McCord-Herbst Student Veteran Center is a safe space for all military-affiliated students to do homework , hang out, or grab a cup of coffee. We have computers, a printer, and conference room that students can reserve during office hours.	VMA staff and peer advisors focus on and provide direct, social engagement and academic support to military-affiliated students.	The McCord-Herbst Student Veteran Center has an open lounge and private study spaces for student use.	Our dedicated team is ready to assist students with processing VA education benefits.	Textbook and technology loan program for military-affiliated students. Books, graphing calculators, wireless hot spots and more are available to borrow at no cost for the entire semester.

Programs	Boots to Suits	Tutoring	Student Veteran Organization	Target Success
Programs/ Services Description	Provides student veterans with an opportunity to gain a better understanding of the work environments they will enter following the completion of their studies. Student veterans are partnered with mentors in the community who have achieved a degree of success and can provide guidance to students interested in a variety of career fields. This program provides students with one-on-one career and resume preparation, networking opportunities and support with reintegration into the workforce.	We offer free math tutoring through the Math Excel Center every Monday from 12:00-2:00pm in the McCord-Herbst Student Veteran Center.  	Student-led organization that provides veterans, military members and their families with resources, support, and advocacy needed for student success during and after enrollment at UCCS.  	A program designed to empower military-affiliated students and encourage resiliency. This program maps out a purposeful series of steps and engagements from Admission to Post-Graduation. Students can receive one-on-one coaching, be matched with a peer mentor, attend veteran-specific workshops and networking events, earn incentives throughout the program, and much more!  