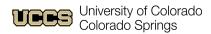


# International Student Pre-Arrival Guide

# University of Colorado Colorado Springs Fall 2021

University of Colorado Colorado Springs Office of Admissions 1420 Austin Bluffs Parkway Colorado Springs, CO 80918 www.uccs.edu



# Welcome to University of Colorado Colorado Springs!





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# **Check List**

#### Before your arrival at University of Colorado Colorado Springs, you should have:

#### Mandatory

\_\_\_\_\_ Review UCCS COVID-19 guidelines, and access COVID-19 wellness check before coming to campus.

\_\_\_\_Completed online International Orientation via Canvas. (Info will be sent to you in early March 2021)

\_\_\_\_ Accessed UCCS email to view message from UCCS Office of Registrar containing your specific course registration date and time.

\_\_\_\_Attend UCCS International Pre-departure webinars (dates will be emailed to you).

- \_\_\_\_Received UCCS Form I-20 (if you are on F-1 student visa) or DS2019 (if you are on J-1 exchange visa) Please email <u>wchao@uccs.edu</u> to request the form and submit your financial documents.
- \_\_\_\_Paid the I-901 SEVIS Fee in preparation for your visa appointment.
- \_\_\_\_\_Visited the U.S. Embassy /Consulate in your country and, with your UCCS I-20 /DS 2019, applied for and obtained an F-1 or J-1 Student Visa.
- \_\_\_\_Signed up for International Orientation and Welcome Week (iWOW) on August 18, 2021.

\_\_\_\_\_If you are living on campus, please fill out the housing application. Please email <u>housing@uccs.edu</u> if you have any related questions.

\_\_\_\_Planned to arrival in Colorado Springs prior to August 18, 2021. We suggest international students to arrival two days before iWOW.

\_\_\_Obtain J-1 compliant health insurance and submit documentation to the International Affairs Office (for J-1 visa students). Please email <u>kewald@uccs.edu</u> if you do have any questions.

#### Recommended

- \_\_\_\_Read the "International Student Pre-Arrival Guide."
- \_\_\_\_Arranged your off campus housing (If you are eligible to live off-campus).
- \_\_\_\_Planned a banking strategy: Will you want a checking or savings account (or both) while at UCCS? (More information about banking will be available during International Student Orientation).

\_\_\_\_Packed clothing appropriate for Colorado's climate; prescriptions and other essentials.

\_\_\_\_If interested, reached out to the UCCS iBuddy Program by appropriate deadlines.

# **Immigration and Visa Information**

# Applying for a Student Visa

Applying for a visa can be very time consuming; thus it's important to apply as soon as possible. However, you may not apply for a student visa more than 120-days in advance of your program start date (as noted on item #5 of your I-20) at University of Colorado Colorado Springs (UCCS). (Information on the visa application process is available at: http://travel.state.gov/visa/temp/types/types\_1268.html).

To obtain a visa, you must first pay the SEVP/SEVIS I-901 fee, which you can pay <u>online</u>. You need your I-20 or DS-2019 to pay the fee and begin the visa application process.

\*Canadian Citizens do not need visas to study in the U.S. You do need to obtain an I-20 (or DS-2019) Certificate of Eligibility from the university that you plan to attend. At the time you receive the I-20 (or DS-2019) you will be registered with SEVIS, the student tracking system. You will be assigned a SEVIS number, and be required to pay the SEVIS I-901 fee.

Additional information on the SEVIS fee payment and visa application process is available at Study in the States. Useful Websites:

- I-901 SEVP/SEVIS Fee (https://www.ice.gov/sevis/i901)
- U.S. Embassy (https://www.usembassy.gov/)
- <u>Study in the States (https://studyinthestates.dhs.gov/students)</u>

## Preparing for the Consulate Interview

Advance preparation for your visa interview with a US consulate officer will help you overcome some of the nervousness/anxiety surrounding this process. In general, the consulate officer wants to confirm three things: 1) you have a legitimate reason to study in the United States, 2) you have the financial ability to pay for your education and support yourself while in the U.S., and 3) you intend to return to your home country upon completion of your studies. You should be prepared to answer the following types of questions:

## Questions asked to verify your intent as a legitimate student:

- Why do you want to study in the U.S.?
- Why do you want to study at University of Colorado Colorado Springs?
- What are the job opportunities in your country for your field of study?

## Verifying your finances:

Typically, you will be asked to show proof of your ability to pay for your studies in the United States.

#### Questions asked to determine your intent to return home after your studies:

- Do you have family in your home country?
- ... What do they do?
- What do you intend to do once you complete your studies?
- What types of jobs will be available for you once you return home?



# **Immigration Regulations:**

# **General Information**

While studying in the United States, it is important to properly and carefully maintain your legal F or J student immigration status. Your status relates to the purpose, or reason for why you want to come to the United States. The U.S. Department of State issues you your visa based on your intended purpose.

# Information for UCCS F-1 Visa Students

Students with F-1 or J-1 visa status based on documentation from UCCS should read the following information carefully and be aware of their responsibility for understanding it. Any questions about any of this information should be directed to your international student advisor in the International Affairs Office, <u>international@uccs.edu</u>.

## Full-Time Status for Legal Purposes

Each fall and spring semester you are required by regulation/law to be a full-time student. This is also true in summer sessions if the summer is your first, or final, semester. For undergraduate students at UCCS, this means taking at least 12 credit hours per semester. For graduate students this means taking at least 5 credit hours per semester. You also need to progress normally in your degree program according to the length of time given on your I-20, which may mean that you'll need more than the minimum number of credits in some or all semesters. Any exception to the full-time status rule must be applied for and approved by your international student advisor in the International Affairs Office in advance, or it is a violation of the F-1 or J-1 regulations.

## Leaving and Re-entering the United States

If you are planning to depart from the United States temporarily, you should contact the International Affairs Office at least two weeks in advance of your departure in order to receive the appropriate advice and documents, such as a new Form I-20 or endorsement of your I-20 for reentry into the United States. **Note:** When you re-enter you must present a current and properly endorsed (signatures on pages 1 and 2) I-20, a valid F-1 visa and your passport.

## **Employment On-Campus**

F-1 students are eligible to work on-campus. When school is in session, F-1 student on-campus employment is limited to 20-hours per week (part-time) and it must be concurrent with full-time studies. During school vacations, F-1 student on-campus employment is limited to 40-hours per week (full-time), although UCCS policy does not allow any students to work up to 40 hours. In the process of arranging for an on-campus job you may need to visit the International Affairs Office for confirmation of your eligibility to be employed.



# Arrival Information

Please plan to arrive to Colorado two days prior to Wednesday, August 18, 2021. The International Welcome and Orientation Week (iWOW) in will begin on August 18, 2021 and will be immediately followed by a wide range of activities to help new international students adjust to their new life in the U.S. and at UCCS. Classes begin **on August 23, 2021**. A complete calendar for the academic year is located at: <u>http://www.uccs.edu/academics/calendar.html</u>.

# Getting to Colorado Springs

**By Plane to Colorado Springs:** If you will be flying to Colorado, we recommend that you fly directly into Colorado Springs. Please email <u>international@uccs.edu</u> if you need information about getting to UCCS campus. For your general information, the Yellow Cab Company operates a taxi service from the airport. It costs about \$35 one way (not including tip) to UCCS. The phone number for the Yellow Cab Company is (719) 777-7777. By Uber and Lyft to campus from Colorado Springs: You can also download the applications on your phone to schedule rides to campus.

**By Plane to Denver:** If you will be arriving in Denver and cannot take a flight to Colorado Springs, you may take a bus (coach) for the approximately 110-kilometer ride from Denver to Colorado Springs. This can be difficult if you have a lot of luggage, so we strongly encourage you to fly into Colorado Springs.

*By Bus from Denver International Airport:* <u>https://www.visitcos.com/directory/groome-</u> <u>transportation/</u> **Groome**—a shuttle service that departs from Denver International Airport to Colorado Springs. Services are based on reservations, and the fare is roughly \$50. The Shuttle last stop is at the Academy Hotel, which is located 10 minute from campus. (From there Lyft, Uber, or taxi)

*By Bus from Denver:* If you decide to take the bus (coach) from downtown Denver to downtown Colorado Springs, you will need to take a taxi (about \$40) or public bus (RTD...about \$10) from the Denver International Airport to the downtown Denver Greyhound/TNM&O Bus Station (about a half hour ride). The bus ride from Denver to Colorado Springs takes approximately two hours and the cost is \$17.00 one way (depending on the time of day). Visit <u>http://www.greyhound.com</u> for departure times and more information.

- <u>http://www.rtd-denver.com/</u> (The Regional Transportation District; Bus Services from Denver International Airport to downtown Denver)
- <u>https://ridebustang.com/</u> **Bustang** are transportation buses that take you from Denver to Colorado Springs. Fares (\$12 single ride) are listed on the website as well as schedules and routes.



# Preparing for your UCCS Journey

# What to Bring?

Two of the biggest concerns for any college student are what to bring and what not to bring. When packing, please consider the following recommendations of past students:

# For Your Room.

The university housing office does not provide free linen service (sheets, blankets and towels) for new students. Students can purchase bedding supplies, and dormitory items via:

- <u>DormCo</u>
- <u>OCM</u>

# Clothing:

Be aware that Colorado weather varies greatly from summer to winter. You should pack shorts for nice weather, and heavy sweaters for the colder months.

## A note on computers.

University of Colorado Colorado Springs provides the use of computer equipment free of charge. Computers are available in the Kraemer Family Library. If you already own a laptop, you will probably want to bring it with you. If you wish to purchase a laptop you may want to wait until you arrive on campus. You will have opportunities to buy a laptop during the shopping trips during International Welcome Week.

# COVID-19 Information. What to know?

Stay informed by visiting the UCCS COVID-19 information link. https://covid19.uccs.edu/

On that link you will find the UCCS Campus Access page where you will locate:

- Campus Access Training
- Wellness Check Test (this has to be done daily)
- COVID-19- ready dashboard

## Please note: These all must be reviewed before coming to UCCS campus.

When on campus: wear a mask, and abide by social distancing guidelines (6 ft. apart). Please refer to the CDC updated guidelines <u>here</u>.

# Health Insurance

# Health insurance is not mandatory for all students!

You may use your own insurance from home, providing proof of such insurance when you arrive on campus or purchase U.S. based insurance upon your arrival. UCCS does not have international insurance. Although health insurance is not mandatory for F-1 students (it is for J-1), it is highly recommended.

It is important that you complete the Certificate of Immunization for College/University Students, Measles Certificate and Meningococcal vaccination if you are living on campus.

Please email <u>wellness@uccs.edu</u> if you have any questions.

# Finances

# Money and Banking

Before you leave home, check with your local bank to learn more about your country's regulations regarding the transfer of funds overseas. Some countries do not allow for large sums of money to be wired abroad, whereas other countries have no limits. The following figures can give you an <u>estimate</u> of how much your year at the University of Colorado Colorado Springs will be:

Approximate I-20 Figure (Please refer to the I20/D2019 form for the exact numbers)		
Undergraduate	Est. 2019-2020	Est. 2020-2021
Tuition and Fee	\$26,160.90	\$26,208.84
Living Expenses	\$12,600	\$12,600
Total Cost for the Year	<u>\$38,760.90</u>	<u>\$38,808.84</u>
Graduate	Est. 2019-2020	Est. 2020-2021
Tuition and Fee	\$24,123.80	\$24,606.28
Living Expenses	\$12,600	\$12,600
Total Cost for the Year	<u>\$36,723.80</u>	<u>\$37,206.80</u>

You may want to consider opening a bank account once you arrive in Colorado Springs. There are many different types of accounts in the United States and it can be confusing to know which type of account to open. More information on banking will be covered in the International Student Orientation, but if you wish to look into opening an account before you arrive, these are a few banks located close to campus:

## • Chase Bank

• 4190 Austin Bluffs Parkway (719) 227-6315



- ENT Federal Credit Union
  - UCCS University Center (719) 574-1100
- Wells Fargo Bank
  - 560 Garden of the Gods Road (719) 528-4515
- Note: To open an account, you will need a local address, passport, visa, I-20 or DS-2019, and admissions letter.

## Paying for Your Tuition and Fees

You can pay your bill after your arrival on campus via your UCCS student portal. We offer different options for you to set up a payment method. A workshop on how to pay your bill will be hosted during the International Student Welcome Week and Check-in.

# If you have any questions regarding your bill or making a payment, please contact the Student Financial Services Bursar Office at: <u>bursar@uccs.edu</u>.

# Cultural Adjustment

(Adapted from <u>NAFSA's International Student Handbook – A Guide to University Study in the</u> <u>USA</u>, Washington D.C.: NAFSA: Association of International Educators.)

Being immersed in a different culture is a wonderful opportunity for growth! You will learn how to improve communication cross-culturally and become more appreciative of other cultures as well as your own. Living abroad is a fun and very rewarding experience. As you learn, you might make mistakes. Our advice for now: don't worry, relax, keep your humor and be informed of the adjustment process.

## **Emerging Differences**

As you become more involved in activities and gradually get to know the people around you, differences might become increasingly apparent to you. Over time, these differences may seem more irritating than interesting or quaint. Small incidents and difficulties may make you anxious and concerned about how best to carry on with academic and social life. As these differences emerge, they can be troubling and sometimes shocking. This emotional state is called "culture shock." Culture shock does not happen all at once. It is a feeling that grows little by little as you interact with other students, faculty, and people in the community.

#### Coping with Culture Shock

Students are sometimes unaware of the fact that they are experiencing culture shock. There are ways to deal with this period of culture shock. Learning about culture shock before you arrive in the USA will help ease this experience. The most effective way to combat culture shock is to step back from a given event that has bothered you, assess it, and search for an appropriate explanation and response.

Below are strategies you can use to ease the adjustment process:

- Settle into your living space as much as possible. Put up pictures of your family, listen to music you enjoy, and try to get settled as quickly as possible.
- **Get involved.** Join a student organization, play a sport, perform community service, or anything else you enjoy doing. These activities will help you make friends and take your mind off your homesickness.
- **Establish a routine.** Try to keep regular eating and sleeping habits, and to do at least one activity you look forward to on a regular basis at the same time each week.
- **Be physically active.** This can improve your mental and physical health. Many CC students find that participation in outdoor activities hiking, biking, jogging, mountain climbing can be an especially good way to get exercise, relieve stress *and* enjoy the beauty of Colorado.
- **Talk to other international students.** While international students who've been here some time may seem very happy and well-adjusted, it probably wasn't easy for them in the beginning, either. Ask them what they did that helped the most.

Although it can be disconcerting and a little scary, the "shock" gradually eases as you begin to understand the new culture. It is useful to realize that often the reactions and perceptions of others toward you - and you toward them - are not personal evaluations but are based on a clash of cultural values. The more skilled you become in recognizing how and when cultural values and behaviors are likely to come in conflict, the easier it becomes to make adjustments that can help you avoid serious difficulties.

Culture shock is felt differently by different people; however, many international students experience it in the following stages:

**Euphoria** – The first few hours, days or weeks abroad are often characterized by feelings of excitement and elation. Everything seems new and interesting. *You can't believe you're finally here!* 

**Irritability and Hostility** – Once the initial "honeymoon" phase subsides, differences between your own culture and the U.S. begin to seem more pronounced, and a sense of alienation can set in. Everything seems so different and there are so many challenges to cope with. This stage is often characterized by feelings of frustration, insecurity, withdrawal and depression.

**Gradual Adjustment** – With time, you'll begin to orient yourself to a different set of cultural practices and feel increasingly comfortable and confident in your new surroundings. Your sense of humor, which may have been lying dormant for a while, will reemerge.

**Reentry or Reverse Culture Shock** – Upon returning home, you will be faced with integrating your life in the U.S. with your life at home. You may feel disoriented, out of place or changed by your experience in a way that makes relating to family and friends difficult.



# (Sources: Glimpse Abroad Guide to Culture Shock; Yale University Office of International Students and Scholars) Living in Colorado Springs

# General Information about Colorado and Colorado Springs

Located in the foothills of Pikes Peak, one of the most spectacular mountains in the U.S., Colorado Springs is a haven for outdoor activities including hiking, skiing, white water rafting, biking, etc. The four seasons are very distinguishable here in Colorado Springs with the average temperature being 62.1F in summer and the average temperature in the winter being 35.8F. Colorado Springs, a mid-sized city of 500,000-plus residents, is small enough to still be friendly, but large enough to attract nationally known performers, speakers, and events. And, plenty of outdoor activities all year long.

# Housing

On campus housing information can be located here.

Off campus housing resources can be located here.

Looking for a roommate?

You can post information here.

## **Dining and Shopping**

Within proximity to UCCS

#### Marketplace at Austin Bluffs

Located at the intersection of Austin Bluffs Parkway and Academy Boulevard

## Dining

- <u>Old Chicago</u>—Family-friendly chain restaurant featuring Italian entrees along with a wide beer selection
- <u>Del Taco</u>—Fast-food chain for Mexican standards like tacos, burritos & quesadillas plus breakfast
- <u>Firehouse Subs</u>- Fast casual restaurant that serves a variety of warm sandwiches served with chips & other sides.
- <u>Scooters Coffee & Yogurt</u>—Drive-thru chain serving espresso & other coffee drinks, plus a variety of smoothies & pastries
- <u>Starbucks</u>—Seattle-based coffeehouse chain known for its signature roasts, light bites and WiFi availability
- <u>TCBY</u>—Bright chain yogurt shop serving up varied frozen treats & chilled coffee drinks
- Jack in the Box—Burgers, chicken, tacos & breakfast items fill out the menu at this fast-food chain
- <u>Qdoba Mexican Grill</u>—Mexican chain for counter-serve, custom burritos, tacos & more, including health-oriented options
- <u>Papa Murphy's Take N' Bake Pizza</u>—Chain outlet offering build-your-own takeaway pizzas, to be cooked at home



#### Shopping and Services

- <u>King Soopers</u>—A grocery store chain brand of Kroger in the Rocky Mountains of the United States
- <u>Fashion Nail and Spa</u>—Nail salon and spa service
- <u>Office Depot</u>—Chain selling office & school supplies, electronics & furniture (most featuring a copy center)
- <u>Great Clips</u>—Barber shop and salon
- <u>Hancock Fabrics</u>—Chain specializing in supplies for crafts & sewing, including fabric, needlework & kids' projects
- <u>T-Mobile</u>—Wireless cellphone provider
- <u>Crocs</u>—Footwear retail store
- <u>24 Hour Fitness</u>—Gym
- <u>Performance Bicycle</u>—Chain retailer offering a variety of bikes, cycling accessories & apparel, plus repairs
- <u>Alpine Vision</u>—Eye glasses, eye exams, sunglasses
- <u>Credit Union of Colorado Springs</u>—Banking

#### University Village Colorado

Located at the intersection of Austin Bluffs Parkway and Nevada Ave

#### Dining

- <u>BJs restaurant</u> A brewpub style restaurant with many food options like deep-dish pizzas, pastas, steaks and BBQ ribs.
- <u>Bonefish Grill</u> A unique fresh fish restaurant that serves innovative dishes that are hand cut daily and wood grilled. They also have steak and grilled chicken options.
- <u>Chipotle</u>—Mexican style fast food chain that serves burritos, tacos and burrito bowls with any choice of toppings.
- <u>Noodles & Co</u> A fast food chain restaurant that serves endless styles of pastas. There are other options like salads, soups and sandwiches.
- <u>Sawara sushi</u>—Japanese infused restaurant that caters to anyone's sushi needs.
- <u>Panera Bread</u>— A bakery inspired café that serves pastries, soups, sandwiches and salads.

#### Shopping and Services

- <u>Trader Joes</u> Grocery store that has variety of options of the "Trader Joe" brand.
- <u>Costco</u> warehouse store that carries variety of things like appliances to food options at prices below wholesale or retail outlets.
- <u>Locals Barber Shop</u> Barber shop and salon
- <u>LV Nails</u> -- Nail Salon and Spa
- <u>Vision Institute</u> Eyewear and Eye exams.

## **Downtown Colorado Springs**



From business and enterprise to dining, shopping, arts, and entertainment, downtown Colorado Springs truly is the economic and cultural heart of the city. Throughout downtown, historic architecture rubs shoulders with modern buildings. Fashionable boutiques are nestled between gourmet cook shops, bookstores, and extreme outfitters. Local brewpubs, martini bars, and everything to eat from sushi and steak to roadside food trucks, will satisfy any palette.

#### Things To Do in Colorado Springs

There are many options for recreation in Colorado Springs and the surrounding areas. The Colorado Springs Visitor's Bureau has current event information as well as discounts for area businesses. Visit <a href="http://www.visitcos.com/">http://www.visitcos.com/</a> for more information.

#### Things To Do in the State of Colorado

Colorado is packed full of things to do year-round. There are many family attractions, national parks, and outdoor adventures to choose from. Please visit the Colorado Official Visitors Web Site at <a href="http://www.colorado.com/">http://www.colorado.com/</a> for more information.



# UCCS Campus Transportation

**Shuttle service** departs the lot every ten minutes en route to the Centennial Hall building in the center of campus. The shuttle also makes trips from University Hall, Sunset Village, Alpine Village, and The Lodges to Centennial Hall. To view more information about the shuttle schedules for the semester, you will receive a shuttle bus schedule in your welcome package upon check in at our International Welcome Week and Check-in event.

<u>**City Bus**</u> gives you access to downtown Colorado Springs, local attractions and shopping. Bus routes and schedules can be viewed here: <u>https://www.uccs.edu/pts/city-bus</u>

**Parking** on campus is limited. Students wishing to park on campus need to purchase a parking pass from UCCS Parking and Transportation Services. You can choose from a variety of different parking passes. Students may also choose to park for free at the Four Diamonds Sports Complex, located on north Nevada Avenue, between the hours of 7:00 am and 11:00 pm, Monday -Friday when classes are in session.

**Biking** is also a great option to get around on campus. Various dedicated bike routes exist around the city of Colorado Springs. A printed version of the UCCS Commuter Cycling Map is available at the University Center and at the Department of Public Safety located in on the 2nd floor of the UCCS Parking Garage. You can find a copy of the bicycle route map online through UCCS Sustainable Transportation.

Additionally, the university has several bike racks located outside of campus buildings for securing your bike. All campus shuttles and the Colorado Springs' Mountain Metro Transit buses are equipped with bicycle racks. Do note that bikes are not permitted inside any university buildings, nor are bicycles to be locked to features (such as fences, light posts, signs, etc.) other than designated bicycle racks.

Don't have a bike? Does your bike need a tune-up? Located in the Student Outdoor Leadership Experience (S.O.L.E) Office in the campus Recreation Center, the UCCS Bike Share Program offers free bikes to rent for UCCS students, faculty and staff. Bikes are available for on or off campus use. In addition to the bike rental service, you may also receive assistance with bike maintenance and tune-ups at the Bike Shop. For more information, visit the SOLE website.



# Student Services

# Academic Advising

Main Hall 208

If you have any questions regarding requirements for your degree program or need assistance with course selections, please make an appointment with your academic advisor. Advisors are assigned to students based on their college of study. To learn more about your advisor, or to schedule an appointment with them go to the Academic Advising page on the UCCS website.

## **Campus Bookstore**

#### University Center 105

Located on the first floor of the University Center, the bookstore has a wide variety of textbooks, merchandise, apparel, supplies, technology, and graduation items. Visit the bookstore website for more information, or email books@uccs.edu.

# **Campus Dining and Food Services**

There are several options for food on campus. Visit the food services website for more information on specific venues for dining. If you are interested in purchasing a meal plan, more information for on-campus residents can be found here. If you are living off-campus or are a commuter student, you can find information about meal plans available to you on the UCCS Dining website.

## **Campus Mail and Shipping Services**

Campus Services Building

If you are living on-campus, Residence Life and Housing will give your housing address and package pick-up location information to you. Information on outgoing international mail and other mailing services can be found on the UCCS Mail and Shipping Services website.

## **Campus Recreation**

In addition to tuition, all UCCS students pay a student service fee that grants automatic access to the UCCS Recreation Center. Students can participate in all Campus Recreation programs and services including group fitness classes and intramural sports. Visit their website for more information.

# Student Outdoor Leadership Experience (S.O.L.E.)

Additionally, the Student Outdoor Leadership Experience (S.O.L.E.) program offers monthly outdoor excursions at little or no cost. Seats are limited, so advanced registration is necessary. You can visit the S.O.L.E. website for more information about their trips and registration.

## **Career Center**

## Cragmor 101

The UCCS Career Center strives to help current students and alumni explore their employment options, prepare for their future, and achieve their career goals. They will happily answer any questions you might have related to careers and future employment. For more information, visit the career center's website.



## **Copy Center**

University Center 108

Located in the University Center, this office can help you with any document printing, binding, or copying needs. Visit the copy center website for more information.

## Mental Health Services

Wellness Center

Feeling homesick? Want to talk with someone? The University Counseling Center (UCC) is designed to serve the counseling and mental health-related needs of UCCS students. The mission of the University Counseling Center is threefold: (1) to assist UCCS students with their academic success when personal/psychological matters are complicating and interfering with the students' efforts; (2) to serve as a training site for graduate students in Clinical Psychology and Counseling fields; and (3) in accordance with UCCS tradition, create, implement, and develop services that are open to various organizations in the community. They also offer workshops on a variety of topics.

# **Excel Centers**

Need tutoring or extra help? The Excel Centers at UCCS include five academic centers designed to provide critical academic and individual support to all students in the University in all major academic areas, both within and beyond the classroom.

- <u>Communication Center</u> Columbine Hall 312
- <u>Languages and Social Sciences Center</u> Dwire Hall 270
- <u>Math Center</u> Engineering 233
- <u>Science Center</u> Centennial Hall 204
- <u>Writing Center</u> Columbine Hall 316

## Family Development Center

1425 Austin Bluffs Parkway Colorado Springs, CO 80918 At UCCS, we recognize that some students need childcare in order to be successful in their studies. The Family Development Center offers childcare programs at a reduced rate for UCCS students. There are also many learning and volunteer opportunities available. Visit the center's website for more information.

## The Graduate School

Cragmor Hall 110

The Graduate School has the responsibility for oversight and coordination of all graduate programs, and to ensure compatibility among programs and compliance with Graduate School policies. Visit their website or email them (gradinfo@uccs.edu) for more information.



#### Graduate Student Association

A recognized student club at UCCS, the Graduate Student Association works to enhance the experience of graduate students on campus by providing graduate students with organized social events and special outings. It is free to join. Please email gsa@uccs.edu for more information.

#### Multicultural Office for Student Access, Inclusiveness, and Community (M.O.S.A.I.C)

University Center 110 The Multicultural Office for Student Access, Inclusiveness, and Community (M.O.S.A.I.C.) is a safe place for all students to engage in discussions about social identities, cultures, experiences, and viewpoints. We offer a wide range of services for students of diverse backgrounds, including information on scholarships, job opportunities, meeting space, and other services. If you have specific questions, feel free to email mosaic@uccs.edu or visit their website. While there, be sure to ask about resources for international students.

## **UCCS Cultural Clubs**

- African Student Association (ASA)
- Asian Pacific Islander Student Union of UCCS (UCCS APISU)
- German Club (German Club)
- Indian Student Alliance
- Mi Gente My People (MGMP)
- Middle East and Northern African Club (MENAC)
- Native American Student Union (NASU)

#### **International Affairs Office**

#### Copper House 9202

The UCCS Office of International Affairs aims to expose the UCCS campus to the global community by providing integrated services and activities to support the international student integration and immigration regulation services. Visit their website to learn more about the office and to seek out.

#### **Office of Student Activities**

#### University Center 104

The Office of Student Activities (OSA) at UCCS hosts events for the student body ranging from casino nights, tailgating, formals, bonfires, comedian shows, hypnotists, etc. OSA traditions include: Disorientation Week, Back to the Bluffs, Family Friends & Alumni Weekend, Welcome Week and ROAR DAZE! OSA is always looking for friendly volunteers and student input on event ideas. Visit their website for more information on campus events.

#### Student Employment Assistance Network (S.E.A.N's Place)

The Student Employment Assistance Network is an online job posting service for UCCS students. Log in and browse available on and off-campus positions. Your student profile allows potential employers to see information about your work availability and previous experience. To learn more about potential employment opportunities, visit their website.

#### Wellness Center



#### Recreation and Wellness Center

The Wellness Center is committed to providing affordable, quality health care and personalized health education so that students can make informed choices regarding their health. The Student Health Center is available to all full-time students and part-time students who have paid the student fee for the Health Center. Students are encouraged to take advantage of the center's convenient location and reasonable charges. Visit their website for more information, or email wellness@uccs.edu.

## Student Life and Leadership

#### University Center 102

The Student Life and Leadership office serves as a great way to get involved on campus. They host the Office of Student Activities, the Student Government Association, Fraternity and Sorority Life, UCCS Radio, and The Scribe student newspaper. In addition to providing students with a friendly and comfortable student gathering space, they also house over 140 clubs and organizations. You can use Mountain Lion Connect to search for clubs and organizations to join, or you can even start your own! Please visit the Student Life and Leadership website for more information.

#### **Mountain Lion Connect**

Mountain Lion Connect, UCCS' web-based club and organization management software, puts over 140 UCCS clubs and organizations at your fingertips, allowing you to get involved, make new friends, and develop leadership skills. Manage membership, create calendars, communicate via e-mail and text, fill out required forms, store files, connect your organization with service opportunities, and even track individual leadership experiences through Mountain Lion Connect. To log on, go to Mountain Lion Connect website and enter your UCCS username and password.

#### Student Government

The UCCS Student Government Association (SGA) is composed of student-elected undergraduate and graduate student leaders. SGA works to investigate and resolve common student concerns, advocate for the inclusion of students in the overall policy and decision-making process of the university, promote awareness of the students' decision-making roll in the academic community, enhance the quality and scope of education both inside and outside of the classroom, and empower students with leadership and management opportunities. For more information on SGA or to find out about how to run for an office, visit the SGA website.



# Important Dates

# Fall 2021

#### Mar 29

Class Search & Enrollment Date/Time Available in myUCCS Portal

#### Apr 10

Class Shopping Carts Open

## Apr 12

Class Registration Begins for Select Students

#### Aug 01

Open Enrollment

#### Aug 09

Pre-Term Courses Begin (add, drop, and financial deadlines vary)

#### Aug 19

Gateway Program Seminar Start-Up Days (All Freshmen on Campus)

#### Aug 20

Gateway Program Seminar Start-Up Days (All Freshmen on Campus)

#### Aug 23

Semester Begins (Main Campus)

#### Aug 29

Last Day to Add Full Semester Length Courses (Main Campus) in myUCCS Portal Without Dean/Instructor Approval

#### Aug 31

Session A Census Date (Important Please Review!)

#### Sept 06

Labor Day Holiday (No Classes - Offices Closed)



# Sept 07

Labor Day Holiday (No Classes - Offices Open)

# Sept 09

Census Date (Important Deadline - Please Review!)

#### Nov 24 - Nov 29

Thanksgiving Break (No Classes) - Offices Open November 24th

#### Dec 13 - Dec 17

Finals Week

#### **Dec 18**

Semester Ends (Main Campus)