



The University of Texas at Austin
Sanger Learning Center
 Undergraduate College

Where do I go for...?

Academic Resources – on campus, for everyone!		
A personalized list of campus-wide academic resources	PeARL	https://utdirect.utexas.edu/apps/ugs/ugsdb/prl/
Free tutoring, academic coaches, study groups, help with study strategies	Sanger Learning Center (SLC)	JES A332 https://undergradcollege.utexas.edu/slc/
Consultations on any public speaking presentations, including prep and rehearsal	Public Speaking Center (PSC)	JES A315 https://undergradcollege.utexas.edu/slc/support/speaking-center
Research opportunities for students	Office of Undergraduate Research	FAC 33 https://undergradcollege.utexas.edu/our
Check your degree status; info on registration, course schedules, and the academic calendar	Office of the Registrar	MAI 16 https://registrar.utexas.edu/
Explore degree plans for majors in other colleges Information about requirements for internal transfers to other colleges	Vick Advising Excellence Center	FAC 2.116 https://undergradcollege.utexas.edu/vick
Explore study abroad opportunities	Texas Global	2400 Nueces St. https://global.utexas.edu/
Testing services, credit by exam course instructor surveys	UT Testing and Evaluation Services	SZB 5.102 https://testingservices.utexas.edu/
Help with any stage of the writing process Help with internal transfer essays	University Writing Center (UWC)	PCL, 1 st Floor https://uwc.utexas.edu/
Drop a class after the 12 th class day	Start with your Academic Advisor in your college	https://onestop.utexas.edu/registration-and-degree-planning/registering-for-classes/add-drop-a-course/
Reduce your course load for medical reasons or withdraw from UT	Start with your Academic Advisor in your college	https://catalog.utexas.edu/general-information/academic-policies-and-procedures/withdrawal/

Help deciding on a major and career	Texas Career Engagement	FAC 2.236 https://careerengagement.utexas.edu/
Personalized guidance on how to be a better leader on campus	Texas Leadership Education & Development	https://deanofstudents.utexas.edu/leadership/workshops.php
Wellness & Support		
If you need medical care, a prescription [not including ADHD medications], immunization, or any health advice	University Health Services (UHS)	SSB, 1 st floor https://www.healthyhorns.utexas.edu/ (512) 471-4955
Help finding a pharmacy and paying for your prescription	UHS Website	https://healthyhorns.utexas.edu/pharmacy.html
Someone to talk to when life is difficult; Medication oversight & prescriptions for affective issues*	Counseling and Mental Health Center (CMHC)	SSB, 5 th floor https://cmhc.utexas.edu/ (512) 471-3515 (Main Office) (512) 471-CALL (2255) (Crisis Line)
A virtual mental health and well-being platform for currently enrolled students	TimelyCare	https://cmhc.utexas.edu/timelycare.html
A place to meet, connect with, and share experiences similar to yours	CMHC Drop-in Discussion Groups	https://cmhc.utexas.edu/groups.html
A free iPhone/Android app for your wellbeing	Thrive App	https://healthyhorns.utexas.edu/thrive/
A way to de-stress midday using free meditations & activities	MindBody Lab	SSB, WCP, NUR https://cmhc.utexas.edu/mindbodylab.html https://cmhc.utexas.edu/stress.html
One of the best recreational facilities in the country; free at-home workouts led by UT Instructors	RecSports	GRG https://www.utrecsports.org/facilities/facility/gregory-gym https://www.youtube.com/user/UTRecSports
Resources for students with disabilities	Disability and Access	SSB 4.206 https://community.utexas.edu/disability/current-students/ (512) 471-6259
On-campus living and eating; reserve spaces for events	University Housing and Dining	200 W. Dean Keeton St. https://housing.utexas.edu/

* e.g., anxiety, depression, ADHD for those who have had full psychoeducational diagnostic testing

Support for the needs of women and LGBTQIA+ communities	The Women's Community Center	WCP https://community.utexas.edu/wcc/
Information on nutrition, smoking, managing weight, sexual health	Longhorn Wellness Center	SSB https://healthyhorns.utexas.edu/healthpromotion.html
Tips and tools for how to intervene when you see something wrong	Be Vocal	https://www.wellnessnetwork.utexas.edu/BeVocal/
In times of crisis, a comprehensive list of resources for safety and support	Title IX University Resource Wheel for Students	https://titleix.utexas.edu/sites/default/files/2023-09/title-ix-student-resource-wheel_08.23.jpg
Campus community for and with students in recovery and in hope of recovery	Center for Students in Recovery	https://recovery.utexas.edu/
Day-to-Day		
Public transportation (free for UT students)	Capital Metro Public Transportation	https://capmetro.org/ https://capmetro.org/app/
Parking and alternative transportation (bike, walk, etc.)	UT Parking & Transportation	https://parking.utexas.edu/parking/ut-parking-garages
After hours Lyft and walking service	SURE Walk and UT Night Rides	JES, 1 st Floor https://parking.utexas.edu/transportation/walking https://parking.utexas.edu/night
Biking around town	City of Austin – Bicycle Program	https://www.austintexas.gov/page/bicycle
Help from a neutral third party who investigates grievances if you have a dispute at the university	Office of the Student Ombuds	SSB Basement https://ombuds.utexas.edu/student
Need help from a trained conflict resolution mediator	Conflict Management and Dispute Resolution (CDMR)	CMDR@austin.utexas.edu 512-475-7930 (leave a message) https://hr.utexas.edu/current/services/conflict-management-and-dispute-resolution-office
Safety on campus	UT Police Department (UTPD)	UPB https://police.utexas.edu/
Get help with any IT problems; replace a UT ID card	Information Technology Services (ITS)	FAC, 1 st floor https://it.utexas.edu/
Hardware and other media, software	Campus Computer Store	FAC, 1 st floor

		https://campuscomputer.com/campuscomputer/
Buy books and other UT merchandise	University Co-op	2246 Guadalupe St. https://www.universitycoop.com/
Social		
Resources for new students	New Student Services (NSS)	SSB Suite 3.410 https://newstudentservices.utexas.edu/resources
Explore UT Student Organizations and Events	Hornslink	https://utexas.campuslabs.com/engage/
Explore volunteer and academic service-learning opportunities	Center for Community Engagement	SSB Suite 3.200 https://community.utexas.edu/communityengagement
Money, Jobs, etc.		
Explore internships or jobs related to your major	The career office at your college	https://joinhandshake.com/
Explore major and career options, including career testing Get help with your resumé Get help with graduate school application essays Explore internships and jobs not related to your major	Texas Career Engagement	FAC 2.236 https://careerengagement.utexas.edu/
Get help with work study, scholarships, and student loans	Office of Scholarships & Financial Aid	MAI 1 https://onestop.utexas.edu/visit/ (512) 232-6988
Find a job on or off campus	Human Resources: HireUTexas	https://hr.utexas.edu/student/finding-student-job
Limited emergency financial support, provided to currently enrolled students	Emergency Student Services: Student Emergency Fund	SSB 4.400 https://deanofstudents.utexas.edu/emergency/
Access to nutritious food & professional clothes for job and internship interviews, provided to current UT students	Emergency Student Services: UT Outpost	SSB 4.400 https://deanofstudents.utexas.edu/emergency/utoutpost.php

Federal and state veteran education benefits & support for current veterans on campus	Student Veteran Services	SSB, Suite 4.472 https://deanofstudents.utexas.edu/veterans/
Free legal advice for legal issues such as renting, car wrecks, employment law, and traffic tickets	Legal Services for Students	SSB, Suite 4.104 https://deanofstudents.utexas.edu/lss/