



# Where do I go for...?

Academic Resources – on campus, for everyone!		
A personalized list of campus-wide academic resources	PeARL	<a href="https://utdirect.utexas.edu/apps/ugs/ugsdb/pr/">https://utdirect.utexas.edu/apps/ugs/ugsdb/pr/</a>
Free tutoring, academic coaches, study groups, help with study strategies	Sanger Learning Center (SLC)	JES A332 <a href="https://ugs.utexas.edu/slc/support">https://ugs.utexas.edu/slc/support</a> <a href="https://utdirect.utexas.edu/apps/ugs/my/">https://utdirect.utexas.edu/apps/ugs/my/</a>
Consultations on any public speaking presentations, including prep and rehearsal	Public Speaking Center (PSC)	JES A315 <a href="https://ugs.utexas.edu/slc/support/speaking-center">https://ugs.utexas.edu/slc/support/speaking-center</a>
Research opportunities for students	Office of Undergraduate Research	FAC 33 <a href="https://ugs.utexas.edu/our">https://ugs.utexas.edu/our</a>
Check your degree status; info on registration, course schedules, and the academic calendar	Office of the Registrar	MAI 16 <a href="https://registrar.utexas.edu/">https://registrar.utexas.edu/</a>
Explore degree plans for majors in other colleges  Information about requirements for internal transfers to other colleges	Vick Center	JES A115A <a href="https://ugs.utexas.edu/vick">https://ugs.utexas.edu/vick</a>
Explore study abroad opportunities	Texas Global	2400 Nueces St. <a href="https://global.utexas.edu/">https://global.utexas.edu/</a>
Testing services, credit by exam course instructor surveys	UT Testing and Evaluation Services	SZB 547 <a href="https://testingservices.utexas.edu/">https://testingservices.utexas.edu/</a>
Help with any stage of the writing process  Help with internal transfer essays	University Writing Center (UWC)	PCL, 1 <sup>st</sup> floor <a href="https://uwc.utexas.edu/">https://uwc.utexas.edu/</a>
Drop a class after the 12 <sup>th</sup> class day	Start with your Academic Advisor in your college	<a href="https://onestop.utexas.edu/registration-and-degree-planning/registering-for-classes/add-drop-a-course/">https://onestop.utexas.edu/registration-and-degree-planning/registering-for-classes/add-drop-a-course/</a>
Reduce your course load for medical reasons or withdraw from UT	Start with your Academic Advisor in your college	<a href="https://catalog.utexas.edu/general-information/academic-policies-and-procedures/withdrawal/">https://catalog.utexas.edu/general-information/academic-policies-and-procedures/withdrawal/</a>
Conduct psychoeducational and psychological assessments	Psychological and Educational Assessment Center (PEAC)	SZB 260A <a href="http://sites.edb.utexas.edu/peac/">http://sites.edb.utexas.edu/peac/</a>



Help deciding on a major and career	Texas Career Engagement	SSB 4.102 <a href="https://careerengagement.utexas.edu/">https://careerengagement.utexas.edu/</a>
Personalized guidance on how to be a better leader on campus	Leadership and Ethics Institute (LEI)	<a href="https://deanofstudents.utexas.edu/leadership/workshops.php">https://deanofstudents.utexas.edu/leadership/workshops.php</a>
<b>Wellness &amp; Support</b>		
If you need medical care, a prescription [not including ADHD medications], immunization, or any health advice	University Health Services (UHS)	SSB, 1 <sup>st</sup> floor <a href="https://www.healthyhorns.utexas.edu/">https://www.healthyhorns.utexas.edu/</a> (512) 471-4955
An on-campus pharmacy	H-E-B Pharmacy	Health Transformation Building, 1 <sup>st</sup> Fl. Trinity St., Bldg. A, Ste. 105 512-320-9998 <a href="https://uthealthaustin.org/clinics/services/heb-pharmacy">https://uthealthaustin.org/clinics/services/heb-pharmacy</a>
Someone to talk to when life is difficult; Medication oversight & prescriptions for affective issues*	Counseling and Mental Health Center (CMHC)	SSB, 5 <sup>th</sup> floor <a href="https://cmhc.utexas.edu/">https://cmhc.utexas.edu/</a> (512) 471-3515 (telehealth) (512) 471-CALL (2255) (crisis hotline)
A place to meet, connect with, and share experiences similar to yours	CMHC Drop-in Discussion Groups	<a href="https://cmhc.utexas.edu/groups.html">https://cmhc.utexas.edu/groups.html</a>
A free iPhone/Android app for your wellbeing	Thrive App	<a href="https://www.healthyhorns.utexas.edu/thrive/index.html">https://www.healthyhorns.utexas.edu/thrive/index.html</a>
A way to de-stress midday using free meditations & activities	MindBody Lab	SSB, WCP, NUR <a href="https://cmhc.utexas.edu/mindbodylab.html">https://cmhc.utexas.edu/mindbodylab.html</a> <a href="https://cmhc.utexas.edu/stress-reduction.html">https://cmhc.utexas.edu/stress-reduction.html</a>
One of the best recreational facilities in the country; free at-home workouts led by UT Instructors	RecSports	GRG <a href="https://www.utrecsports.org/facilities/facility/gregory-gym">https://www.utrecsports.org/facilities/facility/gregory-gym</a> <a href="https://www.youtube.com/user/UTRecSports">https://www.youtube.com/user/UTRecSports</a>
Resources for students with disabilities	Services for Students with Disabilities (SSD)	SSB 4.206 <a href="https://diversity.utexas.edu/disability/current-students/">https://diversity.utexas.edu/disability/current-students/</a> (512) 471-6259
On-campus living and eating; reserve spaces for events	University Housing and Dining	200 W. Dean Keeton St. <a href="https://housing.utexas.edu/">https://housing.utexas.edu/</a>

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



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Support for the needs of women and LGBTQIA+ communities	Gender and Sexuality Center (GSC)	WCP <a href="https://diversity.utexas.edu/genderandsexuality/">https://diversity.utexas.edu/genderandsexuality/</a>
Confidential support for undocumented students	Monarch Student Program	<a href="https://diversity.utexas.edu/academic-equity/monarch-student-program/">https://diversity.utexas.edu/academic-equity/monarch-student-program/</a>
Information on nutrition, smoking, managing weight, sexual health	Longhorn Wellness Center	SSB <a href="https://www.healthyhorns.utexas.edu/healthpromotion.html">https://www.healthyhorns.utexas.edu/healthpromotion.html</a>
Tips and tools for how to intervene when you see something wrong	Be Vocal	<a href="https://www.wellnessnetwork.utexas.edu/BeVocal/">https://www.wellnessnetwork.utexas.edu/BeVocal/</a>
In times of crisis, a comprehensive list of resources for safety and support	Title IX Resource Wheel	<a href="https://titleix.utexas.edu/file/146">https://titleix.utexas.edu/file/146</a>
Campus community for and with students in recovery and in hope of recovery	Center for Students in Recovery	<a href="https://recovery.utexas.edu/">https://recovery.utexas.edu/</a>
<b>Day-to-Day</b>		
Public transportation (free for UT students)	Capital Metro Public Transportation	<a href="https://capmetro.org/">https://capmetro.org/</a> <a href="https://capmetro.org/app/">https://capmetro.org/app/</a> (get the app)
Parking and alternative transportation (bike, walk, etc.)	UT Parking & Transportation	Trinity Garage <a href="https://parking.utexas.edu/">https://parking.utexas.edu/</a>
After hours Lyft and walking service	SURE Walk and UT Night Rides	JES 1 <sup>st</sup> floor <a href="https://parking.utexas.edu/transportation/walking">https://parking.utexas.edu/transportation/walking</a> <a href="https://parking.utexas.edu/night">https://parking.utexas.edu/night</a>
Biking around town	City of Austin – Bicycle Pedestrian Program	<a href="https://www.austintexas.gov/page/bicycle">https://www.austintexas.gov/page/bicycle</a>
Help from a neutral third party who investigates grievances if you have a dispute at the university	Office of the Ombuds	SSB Basement <a href="https://ombuds.utexas.edu/student">https://ombuds.utexas.edu/student</a>
Need help from a trained conflict resolution mediator	University of Texas Project on Conflict Resolution	<a href="mailto:utpcr@austin.utexas.edu">utpcr@austin.utexas.edu</a> 512-471-1950 (leave a message) <a href="https://commstudies.utexas.edu/research/ut-project-conflict-resolution/how-schedule-conflict-mediation-or-consultation">https://commstudies.utexas.edu/research/ut-project-conflict-resolution/how-schedule-conflict-mediation-or-consultation</a>
Safety on campus	UT Police Department (UTPD)	UPB <a href="https://police.utexas.edu/">https://police.utexas.edu/</a>
Get help with any computer problems; replace a UT ID card	Information Technology Services (ITS)	FAC 1 <sup>st</sup> floor <a href="https://it.utexas.edu/">https://it.utexas.edu/</a>
Hardware and other media, software	Campus Computer Store	FAC 1 <sup>st</sup> floor



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		<a href="https://campuscomputer.com/campuscomputer/">https://campuscomputer.com/campuscomputer/</a>
Buy books and other UT merchandise	University Co-op	2246 Guadalupe St. <a href="https://www.universitycoop.com/">https://www.universitycoop.com/</a>
<b>Social</b>		
Resources for new students	New Student Services (NSS)	SSB Suite 3.410 <a href="https://orientation.utexas.edu/resources">https://orientation.utexas.edu/resources</a>
Explore UT Student Organizations and Events	Hornslink	<a href="https://utexas.campuslabs.com/engage/">https://utexas.campuslabs.com/engage/</a>
Explore volunteer and academic service-learning opportunities	Longhorn Center for Community Engagement	<a href="https://diversity.utexas.edu/communityengagement/">https://diversity.utexas.edu/communityengagement/</a>
Interact with students of all cultures	Multicultural Engagement Center (MEC)	WCP 1.102 <a href="https://diversity.utexas.edu/multiculturalengagement/">https://diversity.utexas.edu/multiculturalengagement/</a>
<b>Money, Jobs, etc.</b>		
Explore internships or jobs related to your major	The career office at your college	
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	SSB 4.102 <a href="https://careerengagement.utexas.edu/">https://careerengagement.utexas.edu/</a>
Get help with work study, scholarships, and student loans	Office of Scholarships & Financial Aid	MAI 1 <a href="https://onestop.utexas.edu/visit/">https://onestop.utexas.edu/visit/</a> (512) 232-6988
Find a job on or off campus	Human Resources: HireUTexas	<a href="https://hr.utexas.edu/student/finding-student-job">https://hr.utexas.edu/student/finding-student-job</a>
Limited emergency financial support, provided to currently enrolled students	Emergency Student Services: Student Emergency Fund	SSB 4.400 <a href="https://deanofstudents.utexas.edu/emergency/studentemergencyfund.php">https://deanofstudents.utexas.edu/emergency/studentemergencyfund.php</a>
Access to nutritious food & professional clothes for job and internship interviews, provided to current UT students	Emergency Student Services: UT Outpost	SSB 4.400 <a href="https://deanofstudents.utexas.edu/emergency/utoutpost.php">https://deanofstudents.utexas.edu/emergency/utoutpost.php</a>



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Federal and state veteran education benefits & support for current veterans on campus	Student Veteran Services	<a href="https://deanofstudents.utexas.edu/veterans/">https://deanofstudents.utexas.edu/veterans/</a>
Free legal advice for legal issues such as renting, car wrecks, employment law, and traffic tickets	Legal Services for Students	UA9, Suite 3.104 <a href="https://deanofstudents.utexas.edu/lss/">https://deanofstudents.utexas.edu/lss/</a>