

Campus Life

FAQ's, Terms to Know, and Resources for Families

Campus Activities Center (CAC): the CAC is a great place for your student to get connected to campus activities and get involved at UW. The Campus Activities Center (CAC) hosts campus events, connects students to organizations for activities and volunteer opportunities, and summer programs. Click [here](#) to access the CAC webpage. Engagement on campus and ensuring your student is included in the overall campus community is important to their academic success at UW – CAC is a great place to start!

Campus Supports: a variety of campus supports are available to help your student to transition to college and navigate their UW experience. Campus supports include counseling, mental health services, student health, career advising, academic advising, campus writing center, and much more. It is important for your student to know about these services and utilize them.

Counseling Center: the transition to college can be a unique and, sometimes, stressful experience for your student. Be sure to connect them with the [University Counseling Center](#) at any time - these services are **free** to students! Business Hours: 8 a.m. - 5 p.m., Monday to Friday. Location: 341 Knight Hall. Phone Number During Business Hours: 307 766 2187; After Hours Crisis (risk to self and/or others): 307 766 8989; In Case of Emergency: 911. Their privacy is very important - please refer to the [Confidentiality page](#) for additional information. Additional services and programs are also available through the Counseling Center, we encourage students and their family members to explore this page via the Menu Tab for more programs and opportunities for services and ways to keep students well during their time at the University of Wyoming.

Dorm Life: not only will your student be embarking on a new academic career at the University of Wyoming – their living situation will change as well. Living in the dorms with new people and forming lasting friendships and connections is also part of the campus experience. You may not have all the answers, and that is okay this is a new experience for you and your student. Knowing that there are supports on campus for your students to connect with to help you both navigate these questions and new experiences is important – check out the [Residence Life](#) webpage for additional information, you may also want to refer your student to connect with their Resident Adviser (RA) as a great support in navigating dorm life as well.

Recognized Student Organizations (RSO): these are organizations made up of and run by students! Connecting to a RSO on campus is a great way for your student to become engaged and create a network of friends. More information on RSO's can be found [here](#) – this webpage will also direct you to [UW Connect](#), which is a great way to find organizations and events on campus.

Student Health: students can call ahead to check office hours and to schedule an appointment, 307 766 2130; they can also email at studenthealth@uwyo.edu. [Check out a lists of services available here.](#) Unsure if you qualify to use [Student Health Services](#)? [Click here](#) to be directed to their [Eligibility page](#) - you can also link to the [Student Health Insurance site](#) from here!

WyoOne ID: think of this as a one-stop-shop card for campus use. Students can use this card to purchase food on campus, pay for printing, reserve library rooms, and much more. Navigate to the [WyoOne Card page](#) for more information.