RESOURCES

TUTORING & *Supplemental Instruction*

STEP TUTOR CENTER

- Students who use tutoring for at least six hours a semester tend to perform 15-20% better than those who do not!
- Free tutoring is available through STEP in almost 50 different classes.
- Sessions are by appointment only, made on the Penji app: web.penjiapp.com.
- STEP is open Monday-Thursday from 4-9pm and is located in Coe Library (Level I).
- STEP Satellite Tutor Center offers drop-in tutoring (no appointments necessary) and is located in the basement of Washakie. Operating hours are Sunday-Wednesday 6-10pm

CENTER FOR ASSISTANCE WITH STATISTICS & MATH (CASM)

- Free, drop-in tutoring for students enrolled in lower-division math courses
- Ross Hall basement, room 29

WRITING CENTER

- Free, 45–50-minute consultations on any writing project
- Three kinds of consultations: face-to-face, video conferencing, and submit a paper for review.
- Schedule an appointment online or drop by Coe Library, Level 1.
- Visit the Writing Center's website to find tips and resources to help you prepare for your consultation!

ORAL COMMUNICATION CENTER

- Help alleviate fears of speaking in public or receive feedback from our staff!
- Schedule an appointment online or visit Ross Hall 442, (307) 766-3815

SUPPLEMENTAL INSTRUCTION (SI)

- SI is a series of out-of-class study sessions led by a student who has successfully taken the class before. It's a great way to practice the material and work with other students to learn the content. SI works best if you attend much of the semester, not just before exams!
- Check your class syllabi for SI opportunities.

ACADEMIC COACHING

- Help with time management, exam prep, staying motivated, or advising issues
- Advising, Career, and Exploratory Studies (ACES) office in Knight Hall room 222
- Monday – Friday from 8-12 or 2-5

ASK A LIBRARIAN

LIBRARY COACHES

For help with research projects of any kind, visit the library website to chat with a librarian. This resource is available seven days a week, 10 AM to 10 PM. You can also make an appointment with a Library Coach, a peer mentor who can help you with research projects, answer questions about the library, or a librarian who works with your major/department. For appointments: www.uwyo.libcal.com/appointments/bookalibrarian.

ONLINE TUTORING

- The STEP Tutor Center provides online tutoring for students who are working at a distance or unable to come in person. Session should be made on the Penji app: http://web.penjiapp.com.
- UW also provides online tutoring through an external vendor, Tutor.com. Tutor.com is online, subject-based tutoring (e.g., help with "chemistry" not necessarily "CHEM 1020"). We recommend trying STEP before Tutor.com, but if you can't find what you're looking for at STEP, or if STEP is closed, Tutor.com is a great option. Visit the STEP website for information about Tutor.com.

STUDENT SUCCESS SERVICES

Student Success Services (SSS) is a TRIO program that strives to create an engaging environment for our students through a variety of meaningful learning opportunities. The program staff empowers students by providing tools for college life management, including academic success, university connectedness, financial literacy, and post-graduation and career planning

Because SSS is funded by the U.S. Department of Education, students need to meet certain eligibility requirements to be accepted into the program. Eligible students include first generation college students, students with limited income, and students with disabilities. (307) 766-4010

LOG MEMORIES *with SOAR*

It's never too early to start building a portfolio to boost your resume when it comes to the job search. SOAR is a competency based program at UW made up of experiences that will shape, engage and prepare students to meet unpredictable and complex challenges for the future. On SOAR, you can log activities and events that you attend in order to earn badges. By your senior year, you will have a great running portfolio of your out-of-class experiences that give you an edge in the marketplace.

COUNSELING *Center*

At the University Counseling Center, UW students may receive assistance with problems that interfere with academic progress, daily living, adjustment to university life, or relationship issues through group, individual, or couples counseling; crisis intervention services; or brief problem solving sessions. Drop-in, emergency hours and scheduled appointments are available daily. Most individual counseling is short-term and time-effective; most students get their needs meet with four or fewer sessions. After hours emergencies (risk to self and/or others) are handled by contacting the counselor on call at 766-8989.

UCC collaborates closely with the STOP Program in the Dean of Students Office by providing counseling support to students who are victims of sexual violence as well as collaborative programming regarding prevention of sexual violence and membership with the STOP campus coalition.

Appointments are made in person at the UCC office in room 341 Knight Hall. Office hours are Monday-Friday 8:00 am - 5:00 pm during the academic year. (307) 766-3412

UW DISABILITY SUPPORT SERVICES

As a college student, it is your responsibility to identify yourself to the University Disability Support Services (UDSS) as an individual with a disability and to request accommodations. An individual with a disability is someone with a physical or mental impairment that substantially limits a major life activity such as caring for one's self, performing manual tasks, walking, seeing, hearing, eating, sleeping, standing, lifting, bending, speaking, breathing, learning, working, thinking, reading, concentrating, and communicating; and/or the operation of major bodily functions.

UW students wishing to receive accommodation services must register with UDSS. For more information on the application process, please call our office at (307) 766-6189, TTY: (307) 766-3073 or stop by our office in 109 Knight Hall, 8:00 AM-5:00 PM, Monday through Friday (summer hours are 7:30 AM-4:30 PM), to pick up application materials. You may also set up an in-person or phone appointment with a UDSS coordinator if you have questions. All materials are available in alternative format upon request.

Please note: the application process can take a week to 10 days after all materials have been received.

VETERANS *Services*

The Marna M. Kuehne Foundation Veterans Services Center (VSC) welcomes military-connected students at the University of Wyoming. At the University of Wyoming we are proud to have a veteran community like no other. With over 700 veterans currently attending school, the VSC is a hub to connect with like-minded students. Dedicated to the mission of "Serving Those Who Served," the Center staff supports students in their pursuit of high-quality education.

Located in on the third floor of the of the Wyoming Union and open from 0700 to 1900, the VSC staff are there to answer any questions about the University of Wyoming, the Veterans Services Center, or the Laramie community, (307) 766-6909.

The Veterans Services Center offers many resources to our student Veterans and students who are dependents of Veterans including:

- Assistance getting Military Transcripts and credit for Military Training
- Free coffee, refreshments, and weekly meals (along with an individual coffee mug)
- Monthly social Events
- Scholarship information and applications
- In State Tuition Information
- Information on Financial Aid
- Outdoor Events and Programs
- Info on Disability Support Services
- Military Activation academic Withdrawal/Drop procedures
- VA Work study opportunities
- Assistance with Veterans Affairs
- Tutoring and Secondary Advising

POKES CENTER
for Community Resources

Pokes Center for Community Resources exists to provide a centralized location where students and their families can learn about institutional and community resources pertaining to basic life skills, resources and skills development. It serves as a conduit for education and material support in areas such as food and housing security, family support, employment and general living skills and more. All Pokes thrive when basic needs are met!

The Center includes the Associated Students of UW (ASUW) Demo Food Share Cabinet and a clothing closet. The Campus Community Closet aims to support students, staff, and faculty minimize clothing insecurity by providing gently use clothing to our community. Visitors can find everything from casual to formal attire in our closet for any occasion to support meet their basic needs.

The Center is located in the basement of the Wyoming Union, Room 12. If you have any questions, reach out to *mvigil8@uwyo.edu*

FOOD *Pantries*

In addition to the Pokes Center for Community Resources Food Cabinet, UW strives to assure that all students have enough nutritionally adequate and safe foods to eat! UW has 12+ food share cabinets around campus – they are open to any UW student … all are welcome. Each of these cabinets are open to everyone, regardless of where the cabinet is located! Learn about the meal swipe sharing program and the food pantries online.

PANTRY	LOCATION & DETAILS
Pokes Pantry	Wyoming Union Room 12
Beta House	1731 Fraternity Row: top of stairs on the second floor
Bim Kendall	804 E Fremont St. - halfway down the hallway on the first floor
Biological Sciences	Biological Sciences building basement
Bison Run	2512 E Willett Dr
Corbett Hall	Corbett Room 104
Engineering Building	Engineering basement/study area across from the vending machines
Guthrie House	1200 E Ivinson Ave
Hoyt Hall	Basement hallway near west exit
Cheney International Center	Global Engagement Office: Downstairs, halfway down the hall take a right. This pantry has a fridge/freezer.
Native American Education, Research, and Cultural Center	200 S 10th St: main floor in the kitchen
Salivation Station	First floor of the Visual Arts building: Walk in the main doors and take a right. This pantry has a kitchenette.
STEP Tutor Center	Coe Library basement in the hallway to the right of the STEP counter. This pantry has a small fridge.

SAFERIDE

SafeRide is an on-call public transportation service that operates late nights on the weekends to offer nonjudgmental "safe" rides home. Rides are offered to UW students, faculty, staff, and Laramie community members and visitors. SafeRide's service areas include the Laramie city limits. However, SafeRide will not pick-up/drop-off at specific locations within downtown Laramie. Riders wishing to be picked-up/dropped-off downtown will need to utilize the SafeRide office located at 3rd Street & Garfield. There is no on-board fare for utilizing SafeRide.

HOURS OF OPERATION

Academic Year:
Mon.-Fri:. 10pm-2am; Sat: 10am-2am; Sun: 10am-10pm
Summer: Fri. & Sat.: 10pm-2am

REQUEST A RIDE

Call 307-766-RIDE (7433) or download the Transloc Rider app to schedule a ride and track it in real time. Notify the dispatcher if a rider requires a lift and/or wheelchair tiedowns. Individuals that are deaf, hard of hearing, or speech impaired can call with a relay service or by dialing 711.

UW POLICE *Department*

UWPD is operational 24 hours a day, 365 days a year. All officers are fully trained and have full arrest authority.

HOW TO CONTACT THE UWPD:

In Person

To speak to an officer in person, come to the department at 1010 E. Ivinson in the first floor of the parking garage. If you come after 5pm, approach the window and a dispatcher will assist you.

By Phone

If it is an emergency please dial 911 from your campus phone. To speak to an officer for non-emergency issues call (307) 766-5179. A dispatcher will connect you with an officer or dispatch one to your location.

By Text Message

UWPD participates in a Text Tips Program called Tip411 using your cell phone. To send an anonymous tip via text message to the UWPD please text the keyword UWYO and your message to 847411 (Tip411). The UWPD also utilizes UW Alert, a text messaging notification system designed to inform students, faculty, and staff during emergencies.

MORE SERVICES

Safety Escorts

If you need a uniformed safety escort on campus, call (307) 766-5179.

Lost and Found

UWPD picks up and stores found items from campus locations and stores them. There is weekly collection from the Union, Coe Library and the Classroom Building, but remaining buildings are picked up on an as-needed basis. Unclaimed property is auctioned off each September.

Bicycle Registration

UWPD offers a variety of bicycle services including registration, theft recovery, as well as safety and regulation enforcement. For UW bicycle regulations as well as other information please see our Bicycle Registration page.

TIPS & RESOURCES *for* FIRST GENERATION COLLEGE STUDENTS

Adapted from the College of St. Scholastica

First-generation college students — students whose parents either never attended college or never earned a four-year degree - sometimes face a tall task when it comes to earning a college degree. Sometimes, figuring out how to go through higher education without your family members' experiences guiding you can be overwhelming. But, by working on organizational skills and taking advantage of all the resources available on campus, you will make this dream a reality!

9 TIPS FOR FIRST-GENERATION COLLEGE STUDENTS

1. Seek academic support resources early on

One of the biggest struggles first-gen students encounter in college is the lack of a family support system that has experience with the hurdles they're facing. In the midst of an increased college course load, it can be easy to become overwhelmed.

"Take time and go to tutoring if you are having trouble," says first-gen graduate Tyler Yost. "If you're stuck on a single concept, go to your professor's office hours. They don't like sitting in their office alone and you could also learn a lot while you're in there."

If you're even the slightest bit worried about a class (or classes), seek help as soon as possible! Take advantage of all tutoring resources as well as the office hours instructors keep that will help get you up to speed.

2. Find highly-motivated students to partner & study with

It's mind-boggling when you consider the time and financial commitments of pursuing a degree, but not all students in college are going to be enthusiastic learners. "There will inevitably be group projects, and it's up to you to find those who will actually work hard and you'll learn from in the process," Yost says.

Seek out group and study partners who seem to genuinely care; they'll push you to learn more and make the most of your time.

3. Embrace who you are

You don't have to come from a long line of doctors and lawyers to fit in or provide valuable perspective in the college classroom. "The classroom environment can be intimidating," says first-gen graduate Natasha Payes. "But your perspective matters. Speak up and sit in the front row."

Academic discussions in college are supposed to expose students to new points of view. You're smart enough to make it this far; don't let false notions or misconceptions about not belonging hinder your college experience. If you really engage with the course content, you'll undoubtedly walk away having learned more than if you stayed quiet in the back row!

4. Be proactive about financial assistance

While there are a variety of different scholarship opportunities available each year to students, don't expect them to just fall into your lap. It might not be the most exciting activity, but dedicating time to your scholarship search can really pay off.

Meet with your advisor and Financial Aid counselor to talk about scholarship opportunities on campus and through your major. Also look at national databases such as myscholly.com to find opportunities.

But staying on top of the scholarship search isn't the only thing you should be doing to maintain financial stability throughout your collegiate journey. It is important to keep track of any loan debt you're accruing while in school. If you need assistance with this, ask the Financial Aid office for strategies (307) 766-2116.

5. Get involved!

"I would encourage first-gen students to find a way to create a home away from home at college," says first-gen graduate Chanté Griffin. "I made it a point to get involved in clubs on campus."

Want to know the quickest way to feel like you belong? Join a club! If you're not sure where to start, look at the Campus Activities Center page (*www.uwyo.edu/cac*) and browse all the opportunities. Be sure to scroll down to "Recognized Student Organizations" and look at the 250+ groups on campus.

6. Don't overload yourself

If you're planning on working a job while attending school, be cautious and don't over-commit. Let your employer know your situation.

A common mistake is to not consider the time you'll need outside of the classroom to complete your work. You might have a class that only meets once per week, but the out-of-classroom workload will be similar to classes that meet more frequently. Plan for a heavy load and adjust!

7. Take (smart) chances

"Want to startup a business selling neon t-shirts to clubs? Start it. Want to play the mandolin. Find a group and try it," Yost says. "You won't have as much time to test things out in such a welcoming environment ever again."

This is an opportunity to go out on a limb and try something new that has always intrigued you. If it doesn't work out, you're in an environment that allows you to move onto the next thing that interests you. As much as the college environment is about educating you to be successful when you enter the workforce, it's also a fundamental time in your life to find yourself and discover new interests.

8. Build your support system

If your family is unfamiliar with navigating the challenges of college, who do you turn to for support? Be sure to tap into the many mentors who may be able to help. Your RA, instructors, and advisor are great places to start.

9. Don't doubt yourself

"I was scared. I didn't know what to expect. I just knew that college would be harder than high school, and I was deathly afraid that I would flunk out," Griffin says.

Here's the truth: The quote above could be attributed to practically any student heading into college for the first time. Some might hide it better than others, but there's always going to be a bit of nervousness and doubt when you're taking a big step in life. Don't let it get the best of you — find confidence in how hard you've worked to reach this point and don't let anything keep you from stepping forward.

FIRST GEN STUDENTS AT UW

At UW, 30-35% of students are first-generation; and many University Faculty and Staff were first-generation students themselves. Being a first-generation student is an enormous accomplishment - the University of Wyoming celebrates you!

Visit www.uwyo.edu/firstgeneration to learn about resources and events tailored to fit the needs of UW's first-generation population.

Beginning in their sophomore year, high achieving first-gen students are invited to join the Gamma Epsilon chapter of Alpha Alpha Alpha (or Tri-Alpha), the First-Generation Honor Society. Check out the first-gen website to learn more about Tri-Alpha.

More OPPORTUNITIES

SERVICE, LEADERSHIP, & STUDENT ENGAGEMENT (SLCE)

Through the SLCE program, you can learn about opportunities for leadership, community service, and involvement at UW! SLCE oversees volunteer events such as alternative spring breaks, The Big Event, community volunteering, and national days of service. You can also learn about leadership programs and community engagement opportunities such as the Good Mule Project. Find out more at www.uwyo.edu/slce.

ALTERNATIVE SPRING BREAK

The Alternative Breaks program continues to grow each year, offering more trips and more opportunities for service! In past years, trips have included Animal Wellness in Utah, hunger & homelessness in Los Angeles, California, women's education in Trinidad, and community development in Jamaica.

Apply early if you are interested! Visit the Service Leadership & Student Engagement Office website for more informatio.:

STUDENT ORGS AND ENTERTAINMENT OFFICE

Student Orgs & Entertainment provides students with valuable involvement opportunities. The staff coordinates and advises a variety of student programs such as 7220 Entertainment and Summer Programs. Office staff are available to assist or direct any of the 300+ student organizations with programming support, leadership development, and marketing services. The Student Orgs & Entertainment Office serves as an important source of information for programming and involvement on campus. Visit uwyo.edu/csil/student-orgs-entertainment for more information.

ASSOCIATED STUDENTS OF THE UNIVERSITY OF WYOMING (ASUW)

ASUW First-Year Senate is the official student government for first-year students the University of Wyoming. As a First-Year Senator, you will work to make a difference in the student experience at the University of Wyoming, review and recommend ASUW legislative action, and connect and build relationships with students, faculty, administrators, and elected officials. Check out www.uwyo.edu/ASUW to learn more! **Applications for First-Year Senate are due early in September, so check out the website for specifics.**

Cowboy COACHES

WHAT IS A COWBOY COACH?

The University of Wyoming Student Success and Graduation Hub offers a peer-mentoring program which is made up of current students called Cowboy Coaches. They bring a deep understanding and perspective to our first-year students in terms of connecting them to resources for student success.

Our mentors are matched with students based on a variety of traits including areas of study, personality, social factors, and more. Coaches are provided with a high level of training to ensure they can take solution-based, empathetic approaches in all interactions. Cowboy Coaches are supervised by professional staff in the event a student is in crisis and requires additional resources from licensed professionals.

Having a Cowboy Coach offers several benefits. They are relatable. They have shared experiences. They can provide emotional support and personalized guidance. Coaches can introduce students to like-minded individuals in your field of interest. This networking goes beyond the academic fields. Finally, having a peer mentor who believes in your abilities and supports your growth can boost your confidence. Meet your Cowboy Coaches in the Hub in the basement of Old Main,r call 307-766-5765, or email ssgraduation@uwyo.edu.

THINKING AHEAD *to Summer*

SUMMER TERM

Summer session offer a flexible schedule of over 400 courses that cater to all audiences. If you're looking to catch up or get ahead on credits, University of Wyoming Summer Session courses offers unique flexible compressed learning opportunities! To get an idea of the course offerings, go to www.uwyo.edu/registrar/class_schedules/summer-session and take a glimpse at the summer class schedule.

EDUCATION ABROAD

Education Abroad within the Global Engagement Office is one of the best ways to learn about cultures all over the world. UW has many opportunities for students to attend universities in other countries with exchanges, direct enrollment, internships, and faculty-led courses. Scholarships may be available to offset travel expenses. The best time to start planning is mid-semester during the fall term. For info: www.uwyo.edu/uwyoabroad.

UW has a great study abroad program that will allow you to experience everything the world has to offer. I spent 8 weeks in Europe and saw 8 different countries. I ate all different kinds of food, saw history that was older that the United States, and learned about people and languages that were all brand new to me. Honestly, there is nothing like eating ice cream in a donut cone while walking Charles Bridge in Prague!"

-Livi Glassock, UW Student

FIND A JOB *with Handshake!*

The Advising, Career, & Exploratory Studies Program (ACES) offers a powerful recruiting tool for the University of Wyoming students and alumni. Not only does Handshake connect students who are about to graduate with employers, but it also includes work study and part-time positions for students who are looking for jobs while they study.

Handshake's philosophy is a democratized recruiting experience for all students. Handshake seeks to provide opportunities for students nationwide through cutting edge technology. It's not only about finding a job or career, but the platform also provides opportunities to connect with employers, find career events on-campus, including job fairs, apply for jobs, and sign up for on-campus interviews.

EASY LOGIN at https://app.joinhandshake.com/login

When you access the login page, you will first select the University of Wyoming to get started. You'll be directed to login with your username and password through WyoWeb and enter some details about your education plan and agree to the terms of service and privacy policy to be able to search for jobs.

You can then select the type of employment you are looking for: part-time, internship, on-campus, or full-time. Fill out a few more specifics, and you'll have access to the job opportunities.

CAREER SERVICES *for Students*

Explore UW's diverse career services hubs strategically located across campus, each tailored to specific colleges and schools to provide resources essential for your academic and professional journey. A Career Services Center is a great resource for internship opportunities and career exploration.

Advising, Career, Exploratory Studies (ACES) Center
Arts & Sciences | Education | Health Sciences | Nursing
aces@uwyo.edu, 766-2398, 222 Knight Hall

Agriculture, Life Sciences & Natural Resources
uwyo_ag@uwyo.edu, 766-4135, Ag 155

Business: success@uwyo.edu, 766-8249, Business 175

Engineering & Physical Sciences
ceps-advising@uwyo.edu, 766-4253, Engineering 2085

Haub School of Environment & Natural Resources
haub.school@uwyo.edu, 766-5080, 804 E. Fremont

Honors College: honors@uwyo.edu, 766-4110, Guthrie

School of Energy Resources
seracad@uwyo.edu, 766-6879, Energy Innovation Ctr

www.uwyo.edu/fallbridge

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