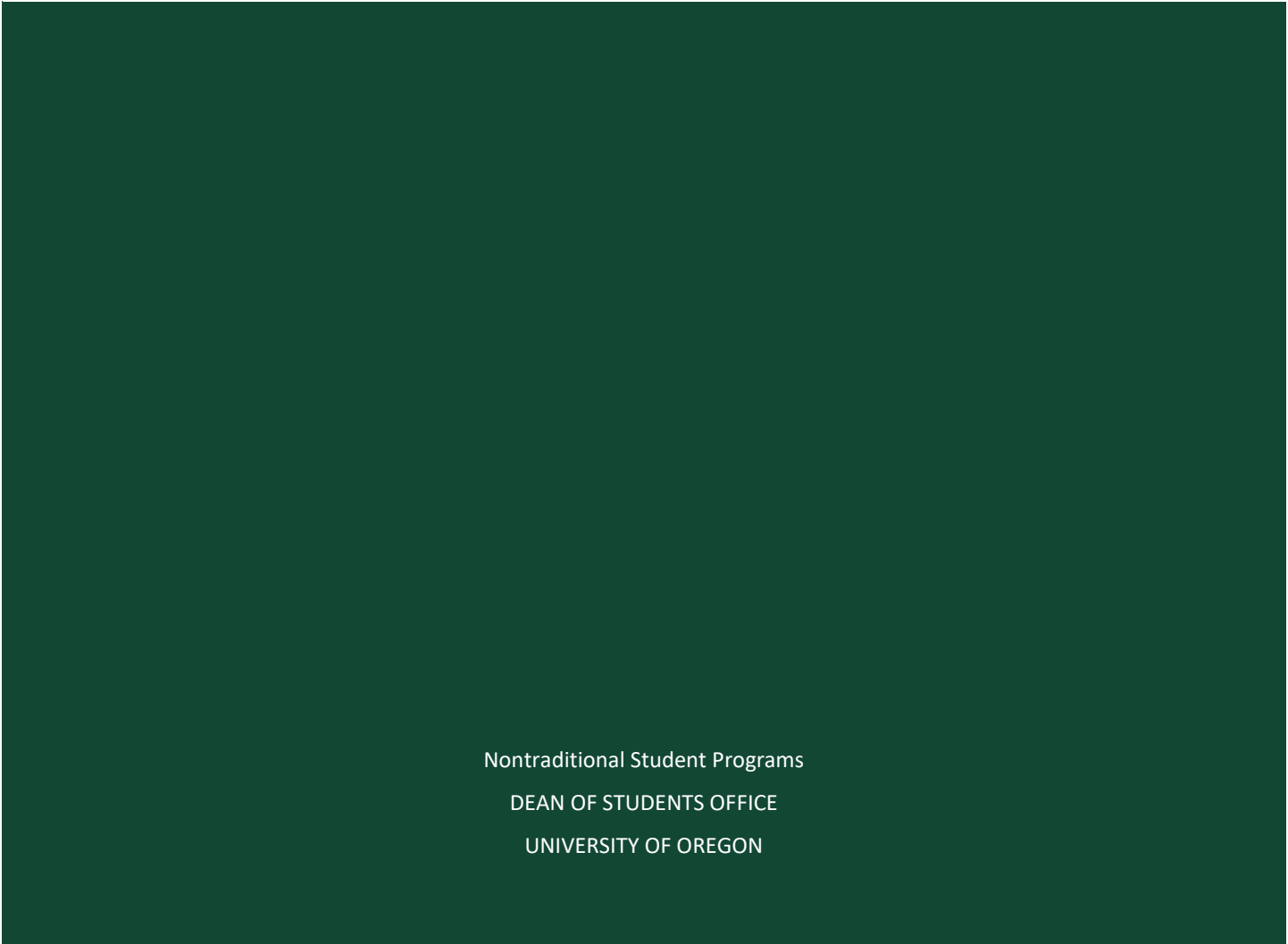




# NONTRADITIONAL STUDENT RESOURCE GUIDE



Nontraditional Student Programs  
DEAN OF STUDENTS OFFICE  
UNIVERSITY OF OREGON

# Nontraditional Student Resource Guide

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## DEFINITION OF A 'NONTRADITIONAL STUDENT'

Welcome to the University of Oregon. The Nontraditional Student Resource Guide is the result of a collaborative effort between the Office of the Dean of Students' Nontraditional Student Engagement and Success and the Nontraditional Student Union to provide information and resources that are particularly important to nontraditional students. Use this handbook as a guide, but also be sure to ask questions of faculty, staff, and other students when you need more information.

Nontraditional students fall into one or more of the following categories:

- |  |  |
|--|--|
| <input type="checkbox"/> Over the age of 24  | <input type="checkbox"/> Changing careers                  |
| <input type="checkbox"/> Married, divorced, partnered  | <input type="checkbox"/> Veterans of the armed forces      |
| <input type="checkbox"/> Work full-time  | <input type="checkbox"/> First-generation college students |
| <input type="checkbox"/> Have children and/or family members to support                            | <input type="checkbox"/> Low income                        |
| <input type="checkbox"/> Returning to college after a break or starting college for the first time | <input type="checkbox"/> Independent financial status      |
|  | <input type="checkbox"/> Transfer admission status         |

## Nontraditional Student Resource Guide

The University of Oregon wants to encourage and support you in your educational journey. We are committed to helping you connect to the campus and surrounding communities.

### NONTRADITIONAL STUDENT ENGAGEMENT AND SUCCESS

#### Mission

The mission of Nontraditional Student Engagement and Success is to support and promote nontraditional student degree attainment while enhancing their educational and interpersonal experiences at the UO. Nontraditional Student Engagement and Success promotes college access and lifelong learning through collaboration with the university community to provide services and support that address the unique needs and life experiences of nontraditional students.

#### Programs and Services

- Individual consultations and resource referral
- Monthly Nontrad Email Updates
- Bernard OSHER Re-Entry Scholarship Program
- Annual events for students and families
- Leadership and involvement opportunities
- Nontrad Grad- a graduation ceremony for nontraditional students

Contact: Maria Kalnbach, Director of Nontraditional Student Engagement and Success  
(541) 346-1160 | [mariak@uoregon.edu](mailto:mariak@uoregon.edu) | [Nontrad@uoregon.edu](mailto:Nontrad@uoregon.edu)  
Location: Office of the Dean of Students, 164 Oregon Hall

For more information about nontraditional student programs and specific services provided, please visit us on the web at: <http://nontrad.uoregon.edu>  
Also, look for us on Facebook at [facebook.com/uonontrad](https://www.facebook.com/uonontrad)

### GETTING STARTED

#### Academic Advising

Office of Academic Advising  
364 Oregon Hall, (541) 346-3211  
Web: <http://advising.uoregon.edu>

As you plan your schedule, be sure to consult with an advisor. Advising is available for undeclared students in the Office of Academic Advising. Departmental advisors are assigned to students once you have declared a major.

The Office of Academic Advising is open each day during the week with hours from 9:00-4:30. Call to make an appointment to meet with one of us today!

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### First-Year Programs Transfer Seminars

[First-Year Programs Transfer Seminars](#) -- offered primarily during fall term -- give students an opportunity to explore their major or other disciplines of study. Transfer Seminars are designed for students who have spent at least one term at another institution of higher education after high school graduation.

### Orientation

Student Orientation Programs

119 Ford Alumni Center, (541) 346-1159

E-mail: [uointro@uoregon.edu](mailto:uointro@uoregon.edu)

Web: <http://orientation.uoregon.edu>

### IntroDUCKtion

IntroDUCKtion is the UO orientation program for new students. IntroDUCKtion provides an opportunity for you to learn about UO's academic programs and support services, meet with an academic advisor, and register for classes. In the fall, transfer students may choose between a one or two-day session. Students starting during winter, spring, or summer term attend a one-day session.

Registration is required.

### Week of Welcome

Week of Welcome (WOW) is a four-day program scheduled just before fall term classes begin. This program offers students more than 300 academic, social, and cultural activities to ease the transition to UO. On Thursday of the Week of Welcome, nontraditional students are invited to meet for coffee. For details visit <http://nontrad.uoregon.edu>.

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### REGISTRATION PROCESS

To register you must have a Personal Access Code (PAC). Your PAC is given to you once you have met with an advisor during orientation. If you have misplaced your PAC, you may contact the Office of the Registrar to have it reset.

### Office of the Registrar

220 Oregon Hall, 541-346-2935

Email [registrar@uoregon.edu](mailto:registrar@uoregon.edu)

### DuckWeb

Web: [https://duckweb.uoregon.edu/pls/prod/twbkwbis.P\\_WWWLogin](https://duckweb.uoregon.edu/pls/prod/twbkwbis.P_WWWLogin)

UO's interactive information system for students, faculty, and staff. This is where current students can view, update, or print personal data and register for classes.

## Nontraditional Student Resource Guide

### Class Schedule

Web: <http://classes.uoregon.edu>

Provides information on when classes are offered.

### Course Catalogue

Web: <http://uocatalog.uoregon.edu/>

Provides information on tuition and fees, university requirements, academic requirements, final examinations, and grading.

### Schedule Builder

Web: <http://registrar.uoregon.edu/current-students/schedule-builder>

The student interface for searching for term classes and creating an optimal schedule for your needs. Schedule builder can also be accessed through DuckWeb.

### Canvas Course Management System

Web: <https://canvas.uoregon.edu/>

This is the interface for class communication and online courses.

### Duck Mail:

To check your student email, go to <https://webmail.uoregon.edu/>

To manage your password, e-mail forwarding, etc. go to <https://duckid.uoregon.edu/>

## TEXTBOOKS AND PRINTING RESOURCES

### UO Duck Store

895 E 13th Ave, (541) 346-4331

Web: <http://uoduckstore.com/>

### Smith Family Bookstore

Campus Location: 768 E. 13th St.

Downtown Location: 525 Willamette St.

Web: <http://smithfambooks.qwestoffice.net/welcome.html>

### Campus Copy

EMU Ground Floor

Web: <http://uoprint.uoregon.edu/>

### Duck Bucks

Web: <http://emu.uoregon.edu/duck-bucks>

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The University of Oregon utilizes the UO ID card in a debit card program called Duck Bucks (previously called Campus Cash). This program is intended to add flexibility and convenience for purchases at multiple locations across campus, including vending machines.

### UO Libraries

Access to Scanners, Printers, and many Textbooks are 'On Reserve' at the Library Web: <http://library.uoregon.edu/> (see also: [Academic Resources](#) for more information)

## HOUSING

### University Apartments and Family Housing

(541) 346-4277

Family Housing and University Apartments offer a wonderful environment suited for students with children, students who are married or in a domestic partnership, or students at least twenty years of age. To be eligible, students must be enrolled full time. Priority goes to UO students with children. If you are interested in Family Housing, it is important to apply early. You can apply online at the website <http://housing.uoregon.edu/apartments/>.

### Campus Housing options include:

- Agate Apartments
- Graduate Village
- Moon Court Apartments
- Spencer View Apartments
- East Campus Houses

### Off-Campus Housing

A guide to some of the available housing off-campus including university-owned and private housing. There is also a roommate locator that allows you to create your own profile to assist you in finding a roommate.

<https://offcampushousing.uoregon.edu/>

## CHILD CARE AND FAMILY SUPPORT SERVICES

*UO-Affiliated Services – Each program listed below provides a unique environment of high-quality early childhood care and development that meets and exceeds state certification standards.*

### Co-op Family Center at Spencer View

2250 Patterson St., (541) 346-7400

E-mail: [coopfcsv@uoregon.edu](mailto:coopfcsv@uoregon.edu)

Web: [www.coopfamilycenter.org](http://www.coopfamilycenter.org)

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The Co-op Family Center is an independent, non-profit co-operative located in UO Spencer View Family Housing. Student families receive priority and a tuition discount. The center serves children eight weeks to ten years.

### **Moss Street Children's Center**

1685 Moss Street, (541) 346-4384

E-mail: [mscc@uoregon.edu](mailto:mscc@uoregon.edu)

Web: <http://moss.uoregon.edu/>

Moss Street Children's Center, a program of the Erb Memorial Student Union, offers university student families priority and a tuition discount. The center serves children three months through fifth grade.

### **Vivian Olum Child Development Center**

1650 Columbia St., (541) 346-6586

Web: <http://olum.uoregon.edu>

The Vivian Olum CDC, a program of Human Resources, offers faculty and staff members' families priority and a tuition discount to all UO-affiliated families. The center serves children eight weeks through fifth grade.

### **Lactation and Family Support Rooms**

UO parents have available several dedicated, campus spaces to facilitate their return to work or school by providing lactation support and a family-friendly environment that can accommodate very young children. Each room provides a private space for mothers to nurse and/or express milk. Interested parents should call Work/Life Resources at (541) 346-2962.

- Room 231B, Knight Law Center
- Room 30, Prince Lucien Campbell Hall
- Room 64, University Health, Counseling and Testing Center
- Room 161, McKenzie Hall (McKenzie Parent and Baby Co-op)
- Room 311, Lewis Integrated Science Building (LISB)
- ASUO Women's Center (EMU) This room serves both as a lactation support room, and an on-campus room designed for parent-managed care for children six weeks to one-year-old. Call the ASUO Women's Center at (541) 346-4095 to schedule use or for more information.

### **ASUO Women's Center**

EMU Room 012, 541-346-4095

Email: [womentctr@uoregon.edu](mailto:womentctr@uoregon.edu)

Web: <http://blogs.uoregon.edu/women/>

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The mission of the ASUO Women's Center is to advocate for the best educational and working environment for the women at the University of Oregon. We accomplish this by working toward societal change and the end of oppression and by supporting personal growth. We are entirely student fee funded.

### **ASUO Child Care Subsidy**

ASUO Executive Office; EMU 004, (541) 346-0632

E-mail: [subsidy@uoregon.edu](mailto:subsidy@uoregon.edu)

Web: <http://uoregon.orgsync.com/org/childcaresubsidy>

Funded by student incidental fees, this subsidy provides financial assistance for child-care costs to eligible university students that can be used for either UO-affiliated or certified community child care.

### **ASUO Women's Center Child Care Reimbursement**

ASUO Women's Center; EMU 012, (541) 346-4095

Web: <http://blogs.uoregon.edu/women/scholarships-and-aid/>

Students who attend a campus event may be reimbursed for child-care costs incurred during the event. Applications must be submitted at least three weekdays (72 hours) before the event.

### **Child and Family Center**

195 West 12th Avenue, (541) 346-4805

<http://cfc.uoregon.edu>

The Child and Family Center is a research institute within the University of Oregon. It is dedicated to understanding and promoting mental health and resilience in families in all cultural communities. CFC strives toward innovation in assessment, prevention, and intervention services for children and families. In doing so, CFC collaborates with local, tribal, state, national, and international organizations and researchers who are involved in similar efforts. CFC directly supports the health of our community by offering low-cost assessment, diagnosis, referral, and intervention services for children age 2 through 17 years. This family-centered approach gives special attention to supporting parents as they learn to address the multiple needs of their children.

### **Oregon Dept. of Human Services Child Care Subsidy**

Working families whose income is below 150% of the Federal Poverty Level may be eligible for financial help with child-care costs. For more info, visit:

<http://www.oregon.gov/DHS/children/Pages/index.aspx>

### **Oregon Student Child Care Grant**

The Oregon Student Child Care Grant is administered by the Oregon Student Assistance



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Commission (OSAC) to assist student parents in providing their children with dependable care during their college enrollment. For more information, visit

[http://www.getcollegefunds.org/child\\_care\\_grant.html](http://www.getcollegefunds.org/child_care_grant.html)

### TRANSPORTATION

#### Lane Transit District Public Transportation

University of Oregon students may ride for free on LTD buses and the EmX simply by showing your student ID card when you board. There are LTD bus stops along Kincaid, from 14th to 12th Avenue. The EmX stops near east campus at the corner of Agate Street and Franklin Boulevard and near west campus on 11th Avenue at Kincaid Street at Dad's Gate. <https://www.ltd.org/> Use Google Maps and click the Public Transit Icon mode for the best options ('show directions' if necessary).

#### Campus Parking Permits

If you plan to drive your car to campus, you must have a UO student parking permit. Parking permits are for sale at the Department of Public Safety located on 15th Avenue. Parking spots can be difficult to find around campus. See the parking map at <http://map.uoregon.edu/> (check the parking box) to find places where you can park with your student permit.

#### Bike Rental Program

Students can rent bikes from the Outdoor Program. The Rental Facility, "OP Barn", is located on the NE corner of 18th and University streets. <http://outdoorprogram.uoregon.edu/bikes> 541-346-4371

### ACADEMIC RESOURCES

#### University Teaching and Learning Center

68 Prince Lucien Campbell, (541) 346-3226

E-mail: [tlc@uoregon.edu](mailto:tlc@uoregon.edu)

Web: <http://tlc.uoregon.edu>

The University Teaching and Learning Center (TLC) provides many resources to boost quality and confidence in academic work.

Services include:

- Writing lab—Drop in or make an appointment 9-4 Monday-Friday in 72 PLC for free writing assistance: any course, any topic, any stage of the writing process.

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- Math lab—Drop in 9-4 Monday-Friday in 72 PLC for free math support. Most appropriate for students in algebra, trigonometry and calculus.
- Small-group and individual tutoring—Get (or become!) a tutor for lower-division math, foreign language, and sciences.
- Standardized exam preparation—Get ready to take the GRE, GMAT, MCAT or LSAT
- Credit courses—Dig into study skills, time management, test taking, speed reading, public speaking, grammar, critical thinking, and more!
- Workshops—Pick up new ideas in brief, free sessions throughout the year (examples from fall term's schedule – Preparing for Finals, Alleviating Academic Anxiety and Strategies for Language Learners).
- Appointments and drop-in sessions with TLC instructors—Bring one question or many and leave with individualized strategies for a stronger academic approach.

TLC also houses two **TRiO programs** that provide comprehensive support to qualifying students.

### Student Support Services – TRiO

68 PLC, (541) 346-3226

Web: <http://tlc.uoregon.edu/sss/index.html>

Student Support Services (SSS) provides free, comprehensive support to qualifying students who are committed to graduating from the UO. Applicants are screened to verify their academic needs align with available services. To qualify, students must be US citizens or permanent residents and meet at least one of the following criteria:

#### Eligibility:

- First-generation college student
- Low-income background
- Documented disability

#### Services include:

- Appointments with faculty for one-on-one support with writing, math, and foreign language
- Academic advising and term-by-term graduation planning
- FREE tutoring for lower-division math, foreign language and some science courses
- Opportunities to apply for financial assistance through scholarships and grants
- Help navigating financial aid systems
- Personal counseling
- Support with graduate school research and the application process
- A quiet study lounge with computers and free printing, 75 copies per term.

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- The potential to earn priority registration privileges

### The McNair Scholars Program

Web: <http://tlc.uoregon.edu/mcnair/index.html>

The McNair Scholars Program prepares undergraduate participants who aspire to earn PhD degrees for the challenges and culture of graduate study. Participation in McNair is limited, and selection is competitive. To qualify, students must be US citizens or permanent residents and meet eligibility requirements.

#### Services Include:

- Academic support
- Focused courses
- Workshops
- Tutoring
- Graduate School Applications
- Preparation for the GRE
- Writing support for personal statements and essays
- Application fee waivers
- Financial assistance
- Scholarships
- Summer research stipends with a housing allowance
- Faculty mentoring
- Travel to graduate schools and conferences

### Libraries

The University of Oregon Library system supports all the university's instructional and research programs and is a critical partner in your academic success. The range of support is broad, including reference and research assistance, access to collections, interlibrary loan and reserve reading programs, credit and noncredit library courses, access to computers and electronic resources, and instructional technology support and training. Also, scanners, Duck Bucks printers, and many textbooks are 'On Reserve' at the Library. <http://library.uoregon.edu/> E-mail: [libref@uoregon.edu](mailto:libref@uoregon.edu)

Name	Main Campus Location	Hours
Knight Library	1501 Kincaid Eugene, OR	24 Hours
Architecture & Allied Arts	1299 University of Oregon	8am – 11pm
Global Scholars Hall Commons	1710 E. 15 <sup>th</sup> Avenue, Room 112	10am – 10pm
John E. Jaqua Law Library	270 Law Center, 15 <sup>th</sup> & Agate St.	7:30am – Midnight
Mathematics Library	218 Fenton Hall, 2 <sup>nd</sup> Floor	11am – 7pm

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Science Library	1218 Franklin Blvd. Onyx Bridge (Lower Lvl)	8am – 11pm
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The library's website, <http://library.uoregon.edu>, is an excellent starting point from which to explore information resources. With front-page search capabilities, the website gives users access to the library's online catalog, online periodical indexes, newspapers, eBooks, and e-journals. The website also provides convenient access to growing collections of digitized print and non-print material.

The Libraries use a Learning Commons service model that integrates research consultation and information resources with convenient access to educational technologies. For more information, see <http://library.uoregon.edu/commons/index.html>. Facilities include individual and collaborative computer workstations, group study rooms, a presentation practice room, and laptop checkout. The various libraries offer many different environments for individual and group study, including designated quiet study areas. Research assistance is available in all branches on a drop-in basis, by telephone, by e-mail, and by chat. For advanced consultation on specific topics, the Libraries' subject specialist librarians are available by appointment. Go to <http://library.uoregon.edu/general/research/> for more information. Subject specialists also teach credit courses to help you become more fluent in finding, using, and evaluating information. Undergraduate students may check general books out for three weeks. Graduate students receive a six-month loan for books. Current UO students are also eligible for direct borrowing from partner libraries in the Orbis-Cascade Consortium.

LCC students and the public may also be eligible to borrow UO materials; ask at the Checkout and Information Desk in Knight Library for more information, or call (541) 346-3065.

<http://library.uoregon.edu/dc/directory/index.php>

### Accessible Education Center

164 Oregon Hall, (541) 346-1155

Email: [uoaec@uoregon.edu](mailto:uoaec@uoregon.edu)

Web: <http://aec.uoregon.edu>

The Accessible Education Center is dedicated to the principles of equal opportunity in education and actively supports both individual students and systemic changes to increase accessibility and inclusivity across campus. The AEC works directly with students who are encountering barriers in the design of physical, curricular, and social environments. We encourage Universal Design as an approach for making classes accessible and usable by all students with the goal of reducing the need for accommodations. We particularly encourage student veterans and other nontraditional students to connect with us.

The AEC offers a variety of support that includes:

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- Academic advising, skill-building, and strategies, such as learning strategy groups for students with ADHD, individualized meetings to learn how to address curricular, attitudinal, or structural barriers, and strategic course planning.
- Accommodations, for example instructor notification letters, accommodated exams, and adaptive technology, including text to speech programs, and alternate formats of printed materials.
- Advocacy and outreach, including efforts to increase awareness of universal design and the reduction of attitudinal, environmental, and curricular barriers to accessible education.

### **Center for Multicultural Academic Excellence (CMAE)**

164 / 465 Oregon Hall, 541-346-3479

Email: [CMAE@uoregon.edu](mailto:CMAE@uoregon.edu)

Web: <http://cmae.uoregon.edu/> or <http://inclusion.uoregon.edu/cmae>

The Center for Multicultural Academic Excellence (CMAE) is a collaborative pilot program among the Divisions of Undergraduate Studies and Student Affairs and The Office of Institutional Equity and Diversity.

*Purpose:* To ensure that all University of Oregon students have the opportunity for a rich education – one that is intellectually adventurous and socially rewarding.

*Premise:* As part of the educational experience, all students should be provided with opportunities to explore, understand, and affirm the complexities of cultural identity that shape the human experience. Cultural identities include many attributes – for example, race, ethnicity, sexual orientation, gender, religion, and physical ability. The Center will support exploration by providing cohesion, coordination and linkage among cultural programs across campus, and by fostering community for students with a special emphasis on serving students from historically underserved and/or underrepresented groups. Additionally, all students should have the opportunity to pursue an intellectual interest in depth and to engage in creative work. The Center is committed to making such an experience accessible to all interested students – regardless of their social, cultural or educational histories. The goals of the center are to promote academic success for all University students and empower students to succeed by enhancing inclusive excellence, social support, and equity

The three focus areas of the center are:

1. Multicultural Inclusion and Support- This Division develops and implement educational programs, services and activities that enhance access and inclusion across the institution and social support for underrepresented groups.
2. Academic Enrichment- This Division will promote academic engagement and the rewards of deep learning through involvement in undergraduate research and other creative work.

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3. Graduation and Post-Graduation Success- This Division will develop and implement programs and services that support academic success and the transition from the University to professional careers, graduate school, and post-graduate activities.

### Testing Office

Rm. 270 University Counseling and Testing Center, (541) 346-3230

ETS computer based testing registration: (541) 346-2772

Web: <http://testing.uoregon.edu/>

Mon.-Fri. 9am-5pm

Whether obtaining information about the various types of testing that you will need or want to take (e.g., placement tests, or by helping you to understand university policy and procedure), the Testing Office staff is always available. This will become especially important if you have graduate or professional school goals. The Testing Office is responsible for administering all the national standardized tests that are taken for admission to graduate and professional schools. This includes the GRE, GMAT, LSAT, MCAT, MAT, PRAXIS, CBEST, ORELA, and many others. Knowing where to go to find out about testing dates, registration deadlines and procedures, fees, fee waiver requests, options for test preparation, etc. can be very helpful. The Testing Office has an “open door” policy, meaning that you are always welcome to stop in with your questions. We wish you great success in your academic pursuits and encourage you to visit us at any time.

### Computer Assistance

The Information Services (Computing Center) Help Desk can provide assistance with your computer, browser problems, or email login. The Help Desk is in 151 McKenzie Hall at 346-4412. You can also access the Help Desk online at <https://it.uoregon.edu/>.

### Canvas Assistance

Course Management System Tutorial: <https://canvas.uoregon.edu/courses/26168> For in-person assistance with using Canvas, visit the computer help desk in the Knight Library Learning Commons.

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## FINANCIAL SUPPORT SERVICES

### UO Student Financial Aid and Scholarships

260 Oregon Hall

(541) 346-3221

E-mail: [fawww@uoregon.edu](mailto:fawww@uoregon.edu)

Web: <http://financialaid.uoregon.edu>

### Scholarship Information

#### Applications

- General University (deadline Jan. 15) (only for transfer, graduate, continuing, and law students)
- Diversity Excellence Scholarship (deadline Feb. 1)
- Oregon Student Access Commission Private Awards (deadline Mar. 1)
- Miscellaneous outside scholarship applications

#### Reference Material

- Oregon Student Access Commission – Scholarship Programs
- The Big Book of Minority Opportunities
- The Complete Scholarship Book/Outside Scholarship Announcements
- UO Publications List – Graduate Funding Library

### Ford Family Scholarships

Funded by a private foundation, this scholarship for single-parent students provides extensive financial assistance, including subsidies for child-care costs. For more information access the website: [www.GetCollegeFunds.org](http://www.GetCollegeFunds.org) or <http://www.oregonstudentaid.gov/ford-scholarships.aspx>

### OSHER Re-Entry Scholarship

The OSHER Re-Entry Scholarship is available to students who have experienced an interruption in their education of five or more years and who now want to resume their undergraduate studies and complete their first bachelor's degree. Applicants should demonstrate financial need, academic promise, and be committed to completing their degree. Applicants apply during winter quarter and the scholarship is awarded during spring quarter for the following academic year. Those students who are awarded the scholarship receive approximately \$2,000 for one academic year. Those who have been awarded the scholarship in past years may apply for renewal. For more information and to download the application, visit:

<https://uodos.uoregon.edu/Nontrad.aspx>

### ASUO Women's Center Book Aid Scholarship

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The ASUO Women's Center offers FOUR (4) \$50 Book Aid Certificates per academic term for students with financial need who are enrolled at the UO. Preference is given to single parents and Nontraditional students.

### SALT

SALT is a free online program geared towards helping University of Oregon students and alumni manage their money and student loans. Through SALT, students and alumni will have access to resources on financing their education, managing their loan debt, and building money skills for life.

### Additional Resources

There are many sources for scholarships and financial aid. The key is to be willing to spend the time in searching and applying for them. A stop by the Financial Aid office coupled with a web search is probably the most effective.

- UO Student Financial Aid Site <http://financialaid.uoregon.edu>
  - Fast Web (free and highly recommended scholarship search service) [www.fastweb.com](http://www.fastweb.com)
  - Oregon Student Access Commission Private Awards [www.osac.state.or.us](http://www.osac.state.or.us)
  - National Financial Aid web site [www.finaid.org](http://www.finaid.org)
- Check with your individual department website.



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### ORGANIZATIONS FOR NONTRADITIONAL STUDENTS

#### **AASU – AccessABILITY Student Union**

Location: EMU 109

Email: [aability@uoregon.edu](mailto:aability@uoregon.edu)

AccessABILITY Student Union is a cross-disability student group. We are students with disabilities and nondisabled allies who believe that disability can be a valued and celebrated part of identity and community. Our mission is (1) to raise awareness on campus about disabilities and disability culture, (2) to advocate for equal access in physical, academic, and social environments, and (3) to have fun and support one another. Our activities include: holding regular meetings to plan and socialize; organizing disability awareness events that involve films, panels, or cultural activities; and inviting locally and nationally recognized speakers with disabilities to UO to share their experiences.

#### **ASUO's Nontraditional Student Advocate**

E-mail the ASUO Chief of Staff for the current contact information

The Nontraditional Student Advocate provides a variety of services including monitoring policies that affect nontraditional students and advise the ASUO Executive on issues addressing communities of nontraditional students, develop creative and personal ways to support nontraditional student groups, advise and support nontraditional student groups in ASUO processes, collaborate with NSU, Office of Veterans Affairs, Veterans and Family Student Association (VFSA) and other relevant stakeholders to support nontraditional students, and more.

#### **LGBTQIA+**

Web: <http://lgbt.uoregon.edu/>

#### **Dean of Students**

#### **164 Oregon Hall**

Creating a campus that is welcoming to all means providing a space for all sexual orientations, attractions, gender identities, and gender expressions that is free from transphobia, heterosexism, homophobia, and gender bias of any kind. We work to create a positive experience for all students, faculty, staff, and visitors by providing educational and support resources. Our campus has been recognized as one of the top 25 schools for LGBTQIA+ students and we are dedicated to making sure you have a positive and inclusive college experience.

#### **LGTQA3**

E-mail: [lgbtqa@uoregon.edu](mailto:lgbtqa@uoregon.edu)

#### **EMU 022**

Through education, engagement, and support, we are committed to our lesbian, gay, bisexual, transgender, queer, questioning, intersex, asexual, aromantic, and ally students' success. Within the LGTQA3 office, located in the EMU, you can meet with professional staff, receive

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support, and learn about ways to be involved with the LGBTQIA+ community. The UO strives to create an environment of inclusivity, respect, and encouragement for all our students.

### **NSU – Nontraditional Student Union**

EMU 212

E-mail: [nsu@uoregon.edu](mailto:nsu@uoregon.edu)

Web: [www.facebook.com/nsu.uo](http://www.facebook.com/nsu.uo)

The Nontraditional Student Union strives to provide a positive and supportive environment to promote the success of Nontraditional students in achieving their personal and professional goals. The NSU's primary purposes are to provide a social network, to promote awareness of resources of interest to Nontraditional students, and to provide a supportive environment for the transition of Nontraditional students into the discipline and richness of academic life.

### **VFSA – Veterans and Family Student Association**

EMU 015

E-mail: [vsfa@uoregon.edu](mailto:vsfa@uoregon.edu)

The members of the Veteran Student and Family Association come together with a strong belief in honor of their country, for those who have served, are serving, or will serve. The organization strives to create a community of veterans on campus and to help educate the student body and the public on personal sacrifices made by this nation's sons and daughters.

### **Women's Center (ASUO)**

EMU 012

E-mail: [womenctr@uoregon.edu](mailto:womenctr@uoregon.edu)

Web: <http://blogs.uoregon.edu/women/>

The ASUO Women's Center advocates for the best educational and working environment for the women at the UO. Women's Center staff provides resources and referral, advocacy, event planning and coordination, support groups, a feminist magazine, community outreach, and cultural events co-sponsored with other student organizations. There is a "Women in Transition Program," which has weekly meetings for Nontraditional students. Book Aid and Childcare Scholarships are available.

## VETERANS' RESOURCES

### **Veterans Affairs**

215 Oregon Hall

Phone: (541) 346-3119

E-mail: [veterans@uoregon.edu](mailto:veterans@uoregon.edu)

Web: <http://registrar.uoregon.edu/veterans>

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The UO Office of Veterans Affairs, in the Office of the Registrar, helps eligible student veterans, reservists, and dependents obtain educational benefits in compliance with the procedures and regulations of the United States Department of Veterans Affairs.

### PAVE

Web: <https://dos.uoregon.edu/pave>

PAVE is a peer support program that connects incoming student veterans with student veterans already on campus to help them navigate college life, identify challenges they are facing, refer them to the appropriate resource on or off campus, and provide ongoing support to their academic and personal ventures.

**Additional Veteran Resources:** <https://admissions.uoregon.edu/veterans>

### OTHER CAMPUS RESOURCES

#### University Health Center

13th Avenue and Agate Street

Appointments: (541) 346-2770

Web: <http://healthcenter.uoregon.edu>

Health Center Hours: Monday – Friday 9:00a.m. to 5:00 p.m. Saturday 10:00 a.m. to 2:00 p.m.

When the Health Center is closed – After Hours Nurse Advice: 541-346-2770

Visit the Website for more options: <http://healthcenter.uoregon.edu>

The University Health Center welcomes all Nontraditional students to access the services we offer. These services include:

- Doctor or nurse practitioner appointments for \$15 to treat illnesses, injuries or for wellness checks. Please call ahead for an appointment.
- Free HIV testing and Chlamydia testing as money lasts. Free HIV testing may be accessed by dropping by the Peer Health Office during free HIV testing hours or you may ask for testing while at your appointment. Free Chlamydia testing available through your doctor or nurse practitioner appointment. Brought to you by our Student Health Advisory Committee and ASUO.
- Pharmacy for prescriptions and low cost over-the-counter items.
- Lab and x-ray services.
- Travel clinic for all the immunizations needed for traveling abroad.
- Flu shots.
- Physical therapy and sports medicine services.
- Free tobacco cessation products. Drop by the Peer Health Office, main floor, for hours or call 541-346-4456.

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- Relax and Renew meditation class offered all terms (except summer) from weeks 3-8. Only \$15 for all six weeks. Learn to manage your stress. Call appointment line to register.
- Nutrition education.
- CCare provides free contraception if you qualify. Check out our [website](#) for more information.
- Free condoms (male and female), lube, dams and fingercots in baskets throughout the clinic.
- Dental clinic.
- Diabetic education and support including an academic class.
- Massage.
- Acupuncture. New this year. Located in the Sports Medicine/Physical Therapy Department.
- Sleep class.
- Leadership opportunities as a peer educator or member of our Student Health Advisory Committee.

### Food Pantry

Thursdays from 4-6pm  
1329 E. 19th Ave.  
Bring student ID

### Center for Family Therapy

HEDCO Clinic

1655 Alder Street, Suite 170, (541) 346-0923

Web: <https://education.uoregon.edu/admin-unit/hedco-clinic>

The Center for Family Therapy offers high quality, affordable individual, couple, and family therapy services to the community at large and to UO students. The clinic serves a wide variety of counseling issues, including relationships, depression, couples conflict, child behavior issues, eating disorders, stress and anxiety, anger management, substance abuse, sexual concerns, sexual orientation and gender identity issues, and separation/divorce issues. The clinic is staffed by graduate interns in the UO College of Education's Couples and Family Therapy and Counseling Psychology programs who are supervised by program faculty.

### UO Career Center

220 Hendricks Hall, (541) 346-3235

E-mail: [career@uoregon.edu](mailto:career@uoregon.edu)

Web: <http://career.uoregon.edu/>

The Career Center offers career counseling services to help students identify their skills and interests to facilitate major and career planning. The Career Center also provides professional skill development with résumé, cover letter, interview and job search preparation and is a great resource for finding work study jobs, on and off campus employment, and post-graduation career positions. Drop In counseling is available every day from 11-4 and individual appointments can be scheduled.

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### Outdoor Program

EMU 008,

Phone: 541-346-4365 OP Office

541-346-4371 Equipment Rental & Bike Rental

E-mail: [opwww@uoregon.edu](mailto:opwww@uoregon.edu)

Web: <http://outdoorprogram.uoregon.edu/>

For nearly forty-five years, the Outdoor Program has been a place where people have gathered to learn, share and enjoy a wide variety of outdoor adventures. Students and community members just like you organize and plan adventures. All UO students are members of the Outdoor Program; non-students join the co-op for just \$15 a year! Many trips are family friendly and appropriate for beginners!

The OP Resource Center is filled with a variety of maps, guidebooks, DVDs, handouts, and information for folks planning an OP trip or personal adventure. Our staff is also a great source of information. Also check out all the wilderness and environmental links we have collected. Students can also rent equipment from the OP. The OP rental program offers an extensive array of outdoor clothing and equipment including snowboards, rafts, backpacks, snowshoes, tents and much more! The Rental Facility, "OP Barn", is located on the NE corner of 18th and University streets.

### Student Rec Center

1320 East 15th Ave., (541) 346-4183

E-mail: [src@uoregon.edu](mailto:src@uoregon.edu)

Web: <https://uorec.uoregon.edu/>

The Student Rec Center offers a wide range of services and programs to students to promote healthy living including cardio and weight facilities, a pool, a climbing wall, intramural sports, and fitness classes and appointments. The Student Rec Center is open Monday through Friday from 6:00 am to Midnight, Saturday and Sunday from 10:00 am to Midnight.

The Student Rec Center also hosts the Family Recreation Program and is a good place to bring your children. Family Recreation time at the Student Recreation Center is a great way for you to enjoy physical activity with your little ducks in our pool, at the rock wall and in our gyms!

Participation in the Family Recreation Program is a great way to set a healthy example for your children and make exercise a regular part of your family time.

### Family Rec hours:

Web: <https://uorec.uoregon.edu/youth-family/family-recreation/>

Rec Center	Saturday & Sunday	10:00 a.m.–5:00 p.m.
Pool	Saturday Sunday	1:30 p.m.–5:00 p.m. 10:00 a.m.–5:00 p.m.
Climbing Wall	Saturday & Sunday	Noon–5:00 p.m.

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Student Tennis Center	Saturday & Sunday	Noon–5:00 p.m.
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Fees listed on website.

### **University Counseling and Testing Center**

University Health and Counseling Center, (541) 346-3227

Web: <http://counseling.uoregon.edu/dnn>

The University Counseling & Testing Center's central mission is to enhance the psychological climate of the university community to provide an optimal student experience. We view ourselves as partners with students, faculty, and staff in facilitating students' academic and personal success. To us this means that we strive to stay current about the needs, issues, and trends our diverse student population brings to campus; that we listen to student needs and respond with appropriate programs and services. In practical terms, that means we focus on hiring staff who have specific interest or expertise on issues relevant to a diverse university population including substance abuse, eating disorders, stress, and depression, and who understand the concerns of students who identify as LGBTQIA+, students of color, differently-abled, and nontraditional.

We offer programs and services that include brief individual therapy, assisting students with referrals to community therapists and agencies, group therapy, educational testing, and educational programming on topics relevant to academic and personal success. We are always looking for ways to expand our offerings to meet the needs of our students.

This includes providing assistance and/or training to student organizations, offering classes for credit to deal with life issues and stressors, mentoring, assistance in navigating campus services, providing disability assessments and CLEP exams to further academic success, and offering topical discussions or presentations on issues of importance to you or your group. We consistently ask for feedback on how our services are meeting your needs or what we could offer to help support you in your academic and personal goals.

As you can see, our overriding concern is to help you adjust to the university experience, balance life with your academic pursuits, and achieve your personal and academic goals. Our counseling services are paid for by student fees so your visits here are at no extra cost to you; however, there may be some cost associated with academic, disability, and placement testing.

### **Legal Services**

EMU RM 334, (541) 346-4273

Web: <http://asuolegal.org/> or <https://studentlife.uoregon.edu/financial-legal-services>

Legal services are free to currently registered students at the University of Oregon, although additional court costs and document preparation fees may apply. Our services include, but are not limited to: landlord/tenant disputes, uncontested divorces and family issues, off-campus

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employment issues, misdemeanor criminal representation, expungement (sealing the court record) of qualified criminal convictions, consumer complaints, small claims counseling and personal injury advice.

Due to conflict rules, the adverse party cannot be another UO student, professor or instructor, or representative of the university. Legal services are not offered to those enrolled through the community education program. A \$5 no-show fee is charged to students who fail to cancel appointments 24 hours in advance. Call or drop by the office to schedule an appointment with one of our professional staff.

### Student Advocacy

Room 334, EMU, (541) 346-3722

E-mail: [asuosa@uoregon.edu](mailto:asuosa@uoregon.edu)

Web: <http://officeofstudentadvocacy.org/>

The Office of Student Advocacy (OSA) provides free advocacy and defense services within the university's administrative framework to incidental fee-paying students. OSA helps students resolve problems related to their university experience, including the following: conduct code charges, academic dishonesty, grade disputes, financial aid, sexual harassment, discrimination, student employment, faculty concerns, residency appeals, privacy and access to student records, and disputes with the Department of Public Safety, University Housing, the Athletic Department, and other administrative units. OSA also provides advocacy on behalf of students' rights.

### Ombuds Program

1685 E. 17th Avenue, (541) 346-6400

Email: [ombuds@uoregon.edu](mailto:ombuds@uoregon.edu)

Web: <http://ombuds.uoregon.edu/>

The Ombuds Program offers all members of the campus community a central, safe, and easy place to gain access to support and problem-solving resources. The Ombuds Program promotes a visitor-driven process that honors the guiding principles of independence, neutrality, confidentiality, and informality.

Ombuds' assists with:

- Listening
- Coaching
- Informal consulting
- Facilitated dialogue
- Informal mediation
- Shuttle diplomacy
- Suggesting referrals to existing services

### Conflict Resolution Services

164 Oregon Hall, (541) 346-0617

E-mail: [crs@uoregon.edu](mailto:crs@uoregon.edu)

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Web: <http://dos.uoregon.edu/crs>

Conflict Resolution Services offers mediation, facilitation, personal coaching, and communication workshops and classes. It is a free service that can help you work through challenges or conflicts related to academics, student group involvement, interpersonal dynamics, work relationships, family issues and more.

### COMMUNITY RESOURCES

#### Department of Human Services

2885 Chad Drive  
Eugene, OR 97408  
(541) 687-7373

Web: <http://www.oregon.gov/DHS/pages/index.aspx>

#### Health and Human Services

125 E. 8th Ave  
Eugene, OR 97401  
(541) 682-4035  
Monday-Friday 8-5

Web: <http://www.lanecounty.org/Departments/HHS/Pages/default.aspx>

#### Planned Parenthood

3579 Franklin Blvd, Eugene, OR 97403  
(541) 344-9411

Web: <https://www.plannedparenthood.org/>

#### LCC Dental Clinic

2460 Willamette St, Eugene, OR 97401  
(541) 463-5206

Web: <https://www.lanecc.edu/dentalclinic>

#### White Bird Clinic

341 East 12th Avenue, Eugene, OR 97401  
(541) 342-8255 or (800) 422-7558

Web: <http://whitebirdclinic.org/services/>

#### Cahoots Crisis Support

Eugene: (541) 682-5111 available 24/7



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**Springfield** urban growth boundary: (541) 726-3714 9am-3am daily

### KEEPING UP WITH THE COLLEGE PACE

#### **Communicate with Faculty**

As a student, it can be helpful to get to know to your faculty. Try introducing yourself to your faculty on the first day of class, visiting office hours, and communicating clearly about your situation. Establishing this relationship can benefit you in many ways. Having a good relationship with faculty can result in positive letters of recommendation for graduate school or employment, research opportunities, professional connections, and a mentor relationship. Having this established relationship can also be helpful if other responsibilities arise that impact your academic performance. If you find yourself in a situation in which you cannot keep up with an assignment of coursework, there may be options for you. Be sure to check out your options with both your faculty and an academic advisor.

#### **Seek Tutoring or Study Groups! Group Meeting Spaces are available to reserve on campus**

- <http://library.uoregon.edu/study/reserve>
- <http://library.uoregon.edu/rooms-study-spaces/browsable>
- *Lundquist Business Only* <https://business.uoregon.edu/lillis-complex/room-request>

#### **Dropping the class**

You may drop a class using your DuckWeb account. Dropping a class means that class will not show up on your transcript. However, to drop a class, you must do so early in the quarter and you may not get a refund. For drop deadlines, look at the Academic Dates and Deadlines Calendar. If you have further questions about dropping a class, please talk to Academic Advising.

#### **Withdrawing from a class**

You may withdraw from a class using your DuckWeb account. Once the deadline for dropping a class passes, you have the option of withdrawing from a course. If you withdraw from a course, that class will appear on your transcript as a 'W'. When you withdraw during the quarter will also determine how much of a refund you will receive. For more information on withdrawal deadlines and the refund schedule, refer to the Academic Dates and Deadlines Calendar. If you have further questions about withdrawing from a class, please talk to Academic Advising.

#### **Taking an Incomplete**

If you have an emergency and have completed a large amount of the assignments for the class, you may have the option of receiving an Incomplete. Talk with your professor, as it is his or her decision to grant an Incomplete for the course. If you take an Incomplete, you will have an 'I' on your transcript for that class, and you will have one year to complete the coursework. When

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you have completed the assignments, your grade will switch from an 'I' to whatever grade you have earned. If you do not complete the work within the year, you will receive an F for that course on your transcript. Be aware that taking an incomplete may have an effect on merit-based scholarship awards. If you have questions, please talk to Academic Advising.