# Campus Resource Guide

UCR HIGHLANDER ORIENTATION

#### Academic Resource Center

The ARC offers a wide variety of programs and services to support students in being successful here at UC Riverside. Students can take advantage of academic support programs like tutoring, Supplemental Instruction, writing support and Early Assist, to get ahead in their classes. If students are interested in personal growth and development, our Assistance, Coaching, and Encouragement (ACE) peer mentoring program and **R'Success Workshops will** help develop skills that will allow students to be successful at UCR and beyond. To learn more information, go to arc.ucr.edu.

## Campus Business Services

The departments within Campus **Business Services (CBS) such as** Highlander Service Station, Card Services, and ScotSurplus offer valuable services to students. Highlander Service Station. located next to the UCR Bookstore, is where students will receive and learn more their campus ID, the R'Card. The R'Card is the ticket to the UCR experience - from meal plans, to Bear Bucks, bus pass, and entrance to events - the R'Card has many benefits. Also available at Highlander Service Station is mail and quick copy services, poster printing, and more! Twice per month (1st and 3rd Tuesday) the campus and local community can visit UCR's own vintage sale of gently used items available at ScotSurplus, located in the **Corporation Yard. From** computers to bicycles and furniture, ScotSurplus is an exciting treasure hunt! Want to learn more? Please visit: cbs.ucr.edu.



#### **Career Center**

The Career Center offers career and professional development services for UCR Students. The center provides workshops and seminars to help students develop a career plan for life in college and beyond. You can schedule appointments for career guidance, resume review, and interview preparation. Visit <u>careers.ucr.edu</u> for more information!



#### Counseling and Psychological Services

Counseling and Psychological Services (CAPS) provides FREE, Confidential, Professional Mental Health Services for all registered UCR students on a wide range of personal, emotional, and social issues in support of student success. CAPS clinical services include individual, couples and group therapy; same day walk-in and virtual consultations and crisis support for students, as well as consultations for faculty, staff, and families/friends who would like information on how to best support students who may be experiencing some mental health related distress. CAPS also provides training and education to the campus community on mental health topics such as suicide awareness and working with distressed students. CAPS services are available both in person and via telehealth. Call 951-827-5531, Option 2 to schedule an appointment or for questions. To speak to a crisis counselor 24/7, call 951-827-5531, select Option 1. Visit counseling.ucr.edu for critical mental health resources on and off campus, selfhelp tools, and more information about our services. Follow us on Instagram @ucr\_caps.

#### **Emergency Notification System**

In order to help promote the safety of our campus, UCR has their very own Emergency Notification system. This system can be accessed by their website, text, or by email. Essentially, anyone can now text "UCRSAFE" to 888777 to receive our text alerts. All UCR students will receive emails as soon as possible like the text alerts with what is happening. Learn more by going to <u>emergency.ucr.edu</u>.

# Enrich Your UCR Education with Education Abroad, Internship, Research, and Scholarship Opportunities

UCR students in all majors can participate in a wide range of high impact learning opportunities such as education abroad programs, internships, undergraduate research, and scholarship opportunities. These programs are designed to enrich students' university experience. The programs assist in the development of valuable oral and written communication, problemsolving, and intercultural skills necessary to succeed in today's global society. Learn more by clicking the following links to their respective offices:

Education Abroad: international.ucr.edu/abroad

Research: <u>se.ucr.edu/research/overview?</u> <u>ga=2.174105633.2005770282.1592</u> <u>435872-1194178439.1580244381</u>

Scholarships: <u>financialaid.ucr.edu/types-of-</u> <u>financial-aid/scholarships</u>

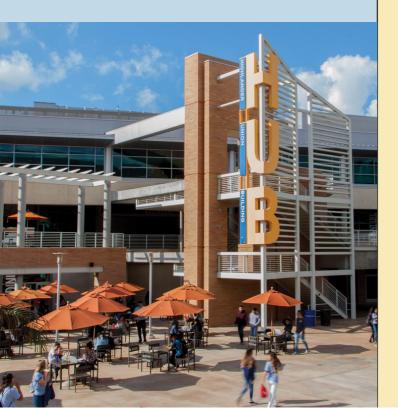
## **Housing Services**

**Housing Services offers** various housing locations for first year students. Serving more than 4,200 students in a typical year, our Residence Halls combine comfortable living with a sense of community that will make your student's housing experience memorable. Housing Services works with a variety of campus resources to help maximize your student's potential. Want to learn some more information about campus housing, click this link: housing.ucr.edu.



# Libraries: Rivera and Orbach

The UCR Library serves as an information commons and intellectual center for the campus and is the nexus for research and study at UCR. There are two libraries on campus, the Tomás Rivera Library and the Orbach Science Library. Through the UCR Library, students can borrow course reserves materials for short periods as an alternative to purchasing books, reserve study rooms, and borrow laptops. The UCR Library also holds rare and unique materials for research and study in Special **Collections & University** Archives in the Rivera Library and has a state-of-the-art makerspace called the Creat'R Lab located in the Orbach Library. Learn more at library.ucr.edu.



# Highlander Family Network

The Highlander Family Network is a group dedicated to the family members supporting our UCR students on their educational journey. We understand the important role family members have in their student's growth, and the Highlander Family Network is here to support them in that journey through familycentered programming and civic engagement.

# Student Conduct and Academic Integrity Programs (SCAIP)

The Student Conduct and Academic Integrity Programs Office addresses alleged incidents of student academic and social misconduct. The office provides options to address and resolve student concerns dealing with violations of Standards of Conduct for UCR. SCAIP commits to ensuring a safe, secure, and supportive environment for students. Go to <u>conduct.ucr.edu</u> to learn more.

# Student Disability Resource Center

**Student Disability Resource** Center strives to provide students with disabilities with equal access to educational programs so they can fully participate in all aspects of campus life. A personal consultation will help us individually tailor a plan to meet disability-related needs. Approval of accommodations is based on disability documentation and meeting with a disability specialist. For more information regarding registration, please, visit sdrc.ucr.edu.

## **Student Life**

The goal of Student Life is to provide students with the total UCR experience. That means supporting opportunities for learning, leadership, community building, and creative expression that go way beyond the classroom. **Through Student Life students** can get involved on campus, join one of our many student organizations, attend a concert, and see what other resources that are offered. Learn about all of the resources that are offered by going to studentlife.ucr.edu.



#### The Well

The Well is UCR's student health promotion & education department, dedicated to holistic well-being. Our professional and student staff provide workshops, campaigns, events, and resources on a variety of health topics important to UCR students, including mental well-being, suicide-prevention, sexual health/reproductive justice, substance use, sleep, nutrition, fitness, and more. At The Well, we know that health is integral to personal and academic success. We also recognize that there are often barriers to maintaining health and well-being, and we are here to help students overcome those challenges, to live healthy lives at UCR and beyond. Visit well.ucr.edu and to learn more.

# **Transportation and Parking Services**

**Transportation and Parking** Services (TAPS) is responsible for the coordination and administration of all transportation related services including flexible parking permit options, subsidized transit passes, bike registration, and other sustainable transportation programs to help you get to and around the campus community. TAPS also hosts regular Commuter Pit Stops to connect commuter students to local transportation resources. Learn more information at transportation.ucr.edu.



## **UCR Bookstore**

The UCR Bookstore (operated by Barnes & Noble), located next to the Highlander Union Building (HUB) is your one stop shop on campus. From affordable textbook options, school supplies, convenience items, and official UCR and Highlander gear, the campus store has something from everyone. Students can save up to 70% by renting their textbooks, explore the latest in digital options, and receive up to 50% of their purchase price during textbook buyback. Also, the UCR Bookstore price matches against major competitors to ensure students are receiving the best price. A percentage of the proceeds from the UCR Bookstore go directly back to the university, so shopping on campus helps support UCR. Want to learn more? Please visit: ucr.bncollege.com.

### Police and Campus Safety

The UCPD (University of California Police Department) works to ensure a safe campus environment. They are sworn police officers dedicated solely to UCR. They institute a number of programs to educate students about safety. UCPD operates 24 hours a day/365 day a year. Learn more at <u>police.ucr.edu</u>.