

## UNDERGRADUATE ADVISING OFFICES

### Academic Success/Advising

- pre-business
- pre-engineering
- undeclared majors

NC 2024 303-556-3520

### Business School

CU 277 303-315-8100

### College of Arts and Media

AR 177 303-556-2279

### College of Engineering

NC 30243 303-556-2870

### College of Liberal Arts and Sciences

NC 4002 303-556-2555

### Teacher Licensure

NC 4002 303-556-2555

### School of Public Affairs

LSC 525F 303-315-2227

## How can I use WRAP?

- **Identify Wellness Resources**
- **Learn about a wide range of services for students**
- **Find Locations and Contact Information**

### For Students:

Have you ever been overwhelmed by everything that is on campus? Spend too much time searching the web? WRAP is designed to help you navigate through all of the resources that are available to you as a student.

### For Faculty and Staff:

Tired of sending students on a wild goose chase to find the resource they are looking for on campus? Use WRAP as a tool to help students identify and locate wellness resources. WRAP can make referring students to the right department or office easy!

## Know Your Resources!

**W**ellness  
**R**esources  
**A**ction  
**P**lan

Take advantage of  
all that is included in  
your educational  
experience!

University of Colorado Denver  
Downtown Campus

<b>Counseling Center Resources</b>	<b>Description</b>	<b>Location &amp; Contact Information</b>
<b>Individual Counseling</b>	10 free sessions per academic year for UCD students.	North Classroom 4036 303-556-4372
<b>Couples Counseling</b>	Couples counseling offered to UCD students and community.	North Classroom 4036 303-556-4372
<b>Family Counseling Services</b>	Family therapy offered to UCD students and community.	North Classroom 4036 303-556-4372
<b>Groups</b>	Unique and specialized groups are offered for free each semester.	North Classroom 4036 303-556-4372
<b>Think Strong/Skill Building Workshops</b>	Mindfulness, relationship and emotional management skills.	North Classroom 4036 303-556-4372
<b>Psychoeducational Assessment &amp; Testing</b>	Assessments include Learning Disability (LD) and ADHD testing.	North Classroom 4036 303-556-4372
<b>Case Management</b>	Additional support connecting with resources or during a crisis.	North Classroom 4036 303-556-4372
<b>Health &amp; Recreation Resources</b>	<b>Description</b>	<b>Location &amp; Contact Information</b>
<b>Health Center at Auraria</b>	Provides medical and health education information and services.	Plaza Building 150 303-556-2525
<b>Health Insurance</b>	Health and dental coverage is available to students who qualify.	Tvovll Student Union 303 303-556-6273
<b>Campus Recreation at Auraria</b>	Gym, recreation facilities and recreational opportunities.	PER Events Center 108 303-556-3210
<b>Lifering Secular Recovery</b>	Peer-led sobriety support group based on "recovery by choice".	Tuesdays noon, call Kathleen 303-586-1325
<b>1-2-Step Meetings</b>	Learn about your or a loved one's substance issues.	Wednesdays 11:30, call Billi 303-556-2525
<b>Student Safety &amp; Conduct</b>	<b>Description</b>	<b>Location &amp; Contact Information</b>
<b>Phoenix Center at Auraria</b>	Confidential services for survivors of sexual assault, stalking, etc.	Tvovll Student Union 227 303-556-6011
<b>Community Standards and Wellness/BETA</b>	Conflict management and resolution & educational services.	Tvovll Student Union 227 303-556-2444
<b>Auraria Campus Police Department</b>	Supports and maintains a safe and secure campus environment.	Administration Building 110 303-556-5000
<b>Ombuds Office</b>	Prompt, impartial, and confidential conflict resolution services.	CU Denver Building 107 303-556-4493
<b>Financial &amp; Career Services</b>	<b>Description</b>	<b>Location &amp; Contact Information</b>
<b>Financial Aid Office</b>	Financial aid, scholarships, and student employment.	North Classroom 1030 303-556-2886
<b>Scholarship Resource Office</b>	Scholarship information and guidance in the application process.	Tvovll Student Union 259 303-352-3608
<b>Student Employment (Work Study)</b>	Assists students in finding meaningful work experiences.	North Classroom 1030 303-556-6219
<b>Student Loan Office</b>	Information about student loan options.	North Classroom 2204 303-556-2937
<b>Career Center</b>	Job search and strategies, academic major, and career direction.	Tvovll Student Union 267 303-556-2250
<b>Cultural Services and Support</b>	<b>Description</b>	<b>Location &amp; Contact Information</b>
<b>Black Student Programs &amp; Outreach</b>	Academic advising, scholarships, cultural programs, & advocacy.	North Classroom 2010 303-556-2701
<b>American Indian Programs &amp; Outreach</b>	Academic advising, scholarships, cultural programs, & advocacy.	North Classroom 2013 303-556-2860
<b>Asian American Programs &amp; Outreach</b>	Academic advising, scholarships, cultural programs, & advocacy.	North Classroom 2014 303-556-2578
<b>Hispanic Student Programs &amp; Outreach</b>	Academic advising, scholarships, cultural programs, & advocacy.	North Classroom 2012A 303-556-6209
<b>Resources for Student Experience</b>	<b>Description</b>	<b>Location &amp; Contact Information</b>
<b>Student Advocacy Center</b>	Ensures that students' needs are met by direct service or referral.	North Classroom 2012C 303-556-2065
<b>Student Life</b>	Academic, out-of-class learning and recreational opportunities.	Tvovll Student Union 303 303-556-3399
<b>Student Housing</b>	Information and services for on and off campus housing options.	Tvovll Student Union 227 303-556-2444
<b>Student Government Association</b>	Student clubs, organizations, campus events	Tvovll Student Union 301 303-556-2510
<b>Student Organization Resource Center</b>	Student organization and engagement information and services.	Tvovll Student Union 303 303-556-3399
<b>Student Leadership Initiating Change</b>	Provides access, educational opportunities, leadership, development	North Classroom 2008 303-352-3740
<b>GLBT Student Services</b>	Gay, lesbian, bisexual, transgender support, education & advocacy.	Tvovll Student Union 213 303-556-6333
<b>Disability Resources and Services</b>	Services for a diverse community of students with disabilities.	North Classroom 2514 303-556-3450
<b>Veteran Student Services</b>	Information and assistance for qualified veterans.	CU Denver Building 107 303-556-2630
<b>International Student and Scholar Services</b>	Offering immigration services, programming, & advising.	Lawrence Street Center 932 303-315-2230
<b>Dean of Students</b>	Facilitates appeal process and helps with student conflict.	Tvovll Student Union 227 303-556-3519
<b>Academic Resources</b>	<b>Description</b>	<b>Location &amp; Contact Information</b>
<b>Academic Advising—Undergraduate</b>	Academic advising, scheduling, and time-management.	Various locations— listed on next page
<b>Learning Resource Center</b>	Study skills, tutoring, and managing course loads.	North Classroom 2006 303-556-2802
<b>First Year Experience</b>	Helps to ensure a successful transition into college.	Lawrence St. Center 300 303-315-2133
<b>Writing Center</b>	Helps with writing ideas, organization, grammar, references, etc.	North Classroom 4014 303-556-4845
<b>Math Education Resource Center (MERC)</b>	Assist students with math skills and homework questions.	North Classroom 4015 303-556-8532
<b>TRIO Student Support Services</b>	Assists first generation students and students with disabilities.	North Classroom 2506 303-556-3420
<b>Experiential Learning Center</b>	Internships, service learning, community engagement, research.	Tvovll Student Union 260 303-556-6656
<b>Honors and Leadership Program</b>	Offers extra academic challenge and leadership opportunities.	Email <a href="mailto:hdh@ucdenver.edu">hdh@ucdenver.edu</a> 303-556-5297
<b>CU Online</b>	Same educational experience, same faculty, entirely online.	Website <a href="http://cuonline.edu">cuonline.edu</a> 303-315-3700
<b>Study Abroad</b>	Pursue your educational goals outside of the United States.	1380 Lawrence St., 9 <sup>th</sup> Floor 303-315-2232