

FIRST-YEAR EXPERIENCES' "COLLEGE LINGO" GUIDE



Colleges and universities can be confusing. We have offices, departments, processes, and acronyms that don't always make sense, especially in your first year of school. This guide provides definitions on guidance on terminology you will find at CU Denver, as well as helpful tips on connecting with the various offices and staff on campus!

Check out the information below to discover more about CU Denver and all of the amazing offices that are here to help you!

Important offices at CU Denver

New Student Orientation - Every incoming student must attend a New Student Orientation registration session to meet with a Registration Specialist and to register for their first semester of classes. You only have to do this once!

Housing and Dining - Living on campus is NOT required for CU Denver students, but we highly recommend it, as it can be much more affordable than private apartment complexes in Denver! Additionally, we have multiple dining halls on campus, and students who live on-campus and those who commute can sign up for dining meal plans!

Find the Student Transitions office on campus!

City Heights/Learning Commons
1191 Larimer St, Suite 2206. Denver, CO 80204

Hours of Operation:

Monday-Friday: 8am-5pm

Closed Saturdays & Sundays

WHAT DOES THAT MEAN?

BURSAR'S OFFICE

The Bursar's Office is where you go to pay your bill. Think of it as in "B" is for "Bill". The Bursar's Office manages all of the university's tuition bills and payment plans. For more information, [visit www.ucdenver.edu/bursar](http://www.ucdenver.edu/bursar)

ACADEMIC ADVISING

Each semester, students meet with their Academic Advisor for their major to go over their degree progress, pick classes for the next semester, and talk through any degree changes, such as adding a minor, studying abroad, or changing your major.

SYLLABUS

Every professor will give you a class syllabus for your courses each semester. Your syllabus is your blueprint and guide for each class. It tells you when things are due, what each grading rubric is, and what the structure of the class looks like.

CANVAS

Canvas is our online dashboard, where all of your professors will post assignments, course syllabi, readings, and course announcements. It is extremely important to check Canvas at least once a day for all of your classes!

OFFICE HOURS

Every professor holds Office Hours each week, where students can visit them outside of class each week to get help with a project, get feedback on an assignment, and more! Office hours will be posted in your syllabi.

Note: If you're not sure where to go, the Lynx Central Front Desk, located on the first floor of the Student Commons Building, is staffed Monday-Friday 8am-5pm and can help you with general questions and campus directions!



IMPORTANT OFFICES AND LINKS CONTINUED

OFFICE SPOTLIGHT: STUDENT LIFE

Research has shown that the more involved a student is in their on-campus life, the more likely a student is to stay at their institution and graduate. We highly encourage joining a student club, organization, the Student Government Association, getting involved in Greek Life, or attending our many events that we host for our students! You can learn more at our [Student Life website!](#)

STAFF AND STUDENT SPOTLIGHT



Chloe Dechiro
(she/her/hers)
Internship Advisor &
Coordinator

As an internship advisor, I am helping students from day one with the internship process. From resumes, to finding an internship, to earning academic credit for an internship, I am there every step of the way! I love working with students and connecting them to experiential learning opportunities, as I get to see students' growth during their internships.



Jessica Valdez
Graduate Assistant for
the Office of
Undergraduate
Research and Creative
Activities

I'm one of the URCA grad assistants, and my role is to help advise undergrad researchers through appointments and workshops. I was an undergrad researcher myself, focusing on police-community relations, so I understand the challenges that come with research and how much having URCA's support can make a difference. I love being able to give back to a community that was such a big part of my undergrad experience.

WHERE CAN I FIND IMPORTANT DEADLINES?

As a university student, you are responsible for remembering the important deadlines for the university each academic term. Below are some helpful links to review at least once a semester, so you don't miss any deadlines! Click on the titles for more information!

Academic Calendar: This is updated for each upcoming academic year. View the latest academic calendar and important deadlines [here](#).

University Calendar: This calendar shows you all of the ongoing events and workshops across campus, which helps you stay connected!

Office of Financial Aid and Scholarships: Make sure you stay on-track FAFSA deadlines, scholarship deadlines, and more!

Lynx Central: This website includes important links to various offices, as well as additional resources for students. If there's one website we recommend you bookmark, it would be this one!

Note: Deadlines can creep up on you. We highly recommend saving the links above to your desktop or laptop, so you can revisit them each academic semester. We also recommend adding the important due dates and deadlines each semester to your personal calendar, so you never forget!

IMPORTANT OFFICES CONTINUED



OFFICES

CACE

Center for Access and Community Engagement: Supports all students at CU Denver in getting connected to campus and communities.

LEARNING RESOURCE CENTER

Learning Resource Center: The Learning Resource Center is an office that provides **FREE** tutoring services, academic coaching, supplemental instructions, and more!

WRITING CENTER

The Writing Center: Provides **FREE** writing support help, from essay review, thesis brainstorming help, grammar assistance, and more!

TRIO AND MCNAIR OFFICE

TRIO SSS and McNair Scholars Program: Provides ongoing academic and peer support through a variety of high-impact programs. Must apply to be considered!

AURARIA LIBRARY

Auraria Library: Provides course materials, additional research materials, workshops, research guides, **FREE** access to various journals and newspapers, and more for CU Denver students!

DISABILITY RESOURCES

Disability Resources and Support: Provides support for students with course support for documented ability-related supports and measures.

OFFICES

WELLNESS CENTER

CU Denver Wellness Center: Provides wellness and workout spaces for students, along with workout classes, our CU Denver Food Pantry, and more!

CAREER CENTER

Career Center: Get resume and cover letter support, one-on-one coaching conversations about your career aspirations, internship help, and more!

URCA

Undergraduate Research and Creative Activities: Get financial support for research, creative activities, and connections with ongoing professional and research growth through the URCA staff!

STUDY ABROAD

Study Abroad: Looking to explore a new country while earning college credit for your degree? Visit our study abroad office for trip information and applications.

COUNSELING CENTER

The Counseling Center: The CU Denver counseling center provides 10 free sessions to students each year and can help students find long-term support within the Denver surrounding region, if needed.

Note: Many students think they don't need to utilize these offices until they are further into their college degree path, but we highly recommend students visit these offices and check out their resources within their first year!

THE STUDENT TRANSITION OFFICE IS HERE TO HELP!



MEET OUR FYE TEAM!



Emilie Waggoner
(she/her)
Director of Student
Transitions & FYE
Lecturer

My name is Emilie (she/her) and I'm the Director of Student Transitions at CU Denver. I oversee the FYE program, LSA program, and I work with our PAL program as well. My favorite part of working with students is seeing how confident students feel after their first semester in our FYE courses. One piece of advice I have for students is to approach college with a growth mindset - no one is an expert yet, and learning is challenging, but each class you take gets you closer to your goal!



Isabella Luna
(she/her)
Graduate Assistant for
FYE & LSA
Major: Sociology

Hi! My name is Isabella (she/her) and I am the graduate assistant for FYE and LSA! I was an LSA student in 2022 and had the honor of being a PAL for LSA in 2024. I am very excited to be involved in LSA in this new way. My favorite part of working with students is helping them find a sense of belonging on our campus, and empowering them to achieve their goals and dreams! My advice for students is to be gentle with yourself and not overwhelm yourself with too many responsibilities.

WHAT DOES FIRST-YEAR EXPERIENCES DO?

We provide ongoing special-topics courses each Fall and Spring semester to help onboard new first-time, first-year and transfer students into college while making sure they get college course credit and adding in built-in peer advocate leaders to each class! Check out our class types below!

UNIV Courses

- UNIV courses (UNIV 1110, 1112, 2110, and 2111) are a one-credit hour **tuition-free**, general elective course that provide students with ongoing weekly lessons focused on various academic success areas, such as time management, getting involved, academic degree management, and more!

First-Year and Transfer Seminars

- These courses are not tuition-free, but they count as a three-credit hour Core Area class (which all students have to take!) and these classes focus on special topic courses, from The History of Pirates to How to Think Like a Psychologist, Anime Goes to College, and more!

Learning Communities

- Learning communities pair 1-2 courses, so that students get to see their fellow peers in more than course together for their major! We also have featured Living Learning Communities (LLCs), where students live on the same floor together in City Heights or Lynx Crossing and take 1-2 courses together. These LLCs are application-only and students must live on-campus for the full academic year.

THE STUDENT TRANSITION OFFICE IS HERE TO HELP!



MEET OUR PAL TEAM!



Liz Berry
(she/hers)
**Senior
Coordinator of the
PAL Program**

Hi! My name is Liz (she/her), and I'm the Senior Coordinator for the Peer Advocate Leaders (PAL) program at CU Denver. I work with our PALs, who provide mentorship to new students in their first year at CU Denver. I develop the training that all PALs complete to become effective coaches for their mentees and help PALs plan and host a ton of fun, informative, and helpful events for our students. My favorite part of my role is working directly with PALs to develop their skills and interests in a way that they find meaningful and make connections about how sharing their experiences can help other students learn and grow during their time in college.



Aubrey Hoffman-Maroney
(she/hers)
**PAL Graduate
Assistant**

My name is Aubrey Hoffman-Maroney and I am the graduate assistant for the Peer Advocate Leaders program. My job consists of training new and returning PALs, helping with events, analyzing data given by out first year students, and more! Helping students acclimate to CU Denver on a broad scale via PAL is very rewarding.

WHAT DOES THE PEER ADVOCATE LEADER TEAM DO?

Peer Advocate Leaders (PALs) are paid student staff members who are trained through an international certification program to provide ongoing semester-long support in each of our FYE courses. They meet one-on-one with our students, plan super fun events, and help you navigate your first semester at CU Denver!

PALs do the following tasks:

Attend your FYE class with you each week - They are there to provide in-class important announcements and to support the faculty member in ongoing events, workshops, and presentations

Host out-of-class events and workshops: Some of our events and workshops that PALs have hosted in the past include study halls, Mario Kart competitions, Studio Ghibli celebrations, friendship bracelet making, soap making, and more!

Meet 1:1 with FYE students: FYE students are required to meet one-on-one with their FYE PAL and Faculty member, where the PALs can check in on how they are doing, offer suggestions for getting connected, and provide peer support through the first semester of college

Navigate CU Denver with you: PALs are current students who know what it's like to navigate your first semester in college - they are here to get you connected and help you find your footing and belonging at CU Denver!