

Student Name: \_\_\_\_\_

School: University of Missouri – St. Louis

Agency

Appreciation

Beauty

<b>Academic Resources</b>	<b>If you need...</b>	<b>Contact Information</b>
<b>Academic Advising</b>	<ul style="list-style-type: none"> <li>• Help with course selection and registration.</li> <li>• Assistance with education and career development planning.</li> </ul>	<p>Before declaring a major:  <b>Location:</b> 303 Lucas Hall  <b>Phone:</b> 314-516-5501  <b>Email:</b> <a href="mailto:artscience@umsl.edu">artscience@umsl.edu</a></p> <p>After declaring a major, go to the College or School Academic Advising Office that houses your major: <a href="http://www.umsl.edu/~academicadvising/Where.html">www.umsl.edu/~academicadvising/Where.html</a></p> <p><b>General Web:</b> <a href="http://www.umsl.edu/~academicadvising/">www.umsl.edu/~academicadvising/</a></p>
<b>Career Center</b>	<ul style="list-style-type: none"> <li>• Assistance with jobs and internship search.</li> <li>• Career counseling or assistance with résumés and interviews.</li> </ul>	<p><b>Location:</b> 278 Millennium Student Center  <b>Phone:</b> 314-516-5111  <b>Email:</b> <a href="mailto:careerservices@umsl.edu">careerservices@umsl.edu</a></p> <p><b>Web:</b> <a href="http://www.umsl.edu/depts/career/">www.umsl.edu/depts/career/</a></p>
<b>Computer Lab/Library</b>	<ul style="list-style-type: none"> <li>• Access to computer hardware, software and technology support.</li> <li>• Research or educational materials or a quiet space to study.</li> <li>• Help with academic research.</li> </ul>	<p>Libraries on North Campus: Thomas Jefferson Library; St. Louis Mercantile Library; State Historical Society of Missouri Research Center - St. Louis; University Archives</p> <p><b>Public service desk phone:</b> 314-516-5057  <b>Web:</b> <a href="http://www.umsl.edu/~libweb/">www.umsl.edu/~libweb/</a></p> <p>Computing Lab Locations  <b>Web:</b> <a href="http://www.umsl.edu/technology/iss/Student%20Labs/availablelabs.html">www.umsl.edu/technology/iss/Student%20Labs/availablelabs.html</a></p> <p><b>Live lab maps:</b> <a href="http://www.umsl.edu/technology/iss/Student%20Labs/livemaps.html">www.umsl.edu/technology/iss/Student%20Labs/livemaps.html</a></p>
<b>Disability Services Center</b>	<ul style="list-style-type: none"> <li>• Support from an interpreter, reader, technology, and/or other accommodations to help you fully participate in the learning experience. (To receive services, prior registration and submission of documentation may be required.)</li> </ul>	<p><b>Location:</b> 131 Millennium Student Center  <b>Phone:</b> 314-516-6554</p> <p>Tara Cramer - Program Coordinator  <b>Email:</b> <a href="mailto:cramert@umsl.edu">cramert@umsl.edu</a></p> <p>Adam Mann - Coordinator of Student Accommodations  <b>Email:</b> <a href="mailto:mannad@umsl.edu">mannad@umsl.edu</a></p> <p><b>Web:</b> <a href="http://www.umsl.edu/services/disability/">www.umsl.edu/services/disability/</a></p>

<b>Math Center</b>	<ul style="list-style-type: none"> <li>To meet with a math tutor in-person and receive individualized help with your math-related questions.</li> </ul>	<b>Location:</b> Mathematics and Writing Academic Center, located in 222 Social Sciences Building (SSB)  Al Stanger – Math Academic Center Supervisor <b>Email:</b> <a href="mailto:stangera@umsl.edu">stangera@umsl.edu</a>  <b>Web:</b> <a href="http://www.umsl.edu/mathcs/math-academic-center/">www.umsl.edu/mathcs/math-academic-center/</a>
<b>Student Success/TRiO Support Services</b>	<ul style="list-style-type: none"> <li>Tutoring assistance, scholarships, learning strategies, study skills and advising services.</li> <li>Support services for first-generation students, students with financial need, and/or students with a disability.</li> </ul>	Office of Student Enrichment & Achievement <b>Location:</b> 107 Lucas Hall <b>Phone:</b> 314-516-5300 <b>Email:</b> <a href="mailto:umslsea@umsl.edu">umslsea@umsl.edu</a>  <b>Web:</b> <a href="http://www.umsl.edu/services/sea/">www.umsl.edu/services/sea/</a>
<b>Writing Center</b>	<ul style="list-style-type: none"> <li>Free assistance with writing projects across curriculum. (This is staffed by trained tutors.)</li> </ul>	<b>Location:</b> 222 Social Sciences Building (SSB) <b>Phone:</b> 314-516-6863  <b>Web:</b> <a href="http://www.umsl.edu/~umslenglish/Writing%20Center/">www.umsl.edu/~umslenglish/Writing%20Center/</a>

Commitment

Courage

Diligence

Encouragement

Exploration

<b>Financial Resources</b>	<b>If you need...</b>	<b>Contact Information</b>
<b>Office of Cashiers</b>	<ul style="list-style-type: none"> <li>Documentation pertaining to enrollment, course registration, grades, degree, and graduation information/services.</li> </ul>	<b>Location:</b> 285 Millennium Student Center <b>Phone:</b> 314-516-5151 <b>Email:</b> <a href="mailto:cashiers@umsl.edu">cashiers@umsl.edu</a>  <b>Web:</b> <a href="http://www.umsl.edu/cashiers/">www.umsl.edu/cashiers/</a>
<b>Financial Aid Office</b>	<ul style="list-style-type: none"> <li>FAFSA-related answers, information regarding financial aid packages, payment options, grants, loans, scholarships, work-study employment.</li> <li>Emergency aid or fee waivers.</li> </ul>	<b>Location:</b> 327 Millennium Student Center <b>Phone:</b> 314-516-5526 <b>Email:</b> <a href="mailto:financialaid@umsl.edu">financialaid@umsl.edu</a>  <b>Web:</b> <a href="http://www.umsl.edu/services/finaid/index.html">www.umsl.edu/services/finaid/index.html</a>
<b>Office of the Registrar</b>	<ul style="list-style-type: none"> <li>Documentation pertaining to enrollment, course registration, grades, degree, and graduation information/services.</li> <li>To obtain an official academic transcript.</li> <li>Add, drop, or change your course schedule.</li> </ul>	<b>Location:</b> 269 Millennium Student Center <b>Phone:</b> 314-516-5545 <b>Emails:</b> <a href="mailto:registration@umsl.edu">registration@umsl.edu</a> or <a href="mailto:onlinetranscript@umsl.edu">onlinetranscript@umsl.edu</a>  <b>Web:</b> <a href="http://www.umsl.edu/registration">www.umsl.edu/registration</a>

Growth

Involvement

Linkage

Personal Resources	If you need...	Contact Information
<b>Counseling Center</b>	<ul style="list-style-type: none"> <li>Assistance managing healthy coping strategies, concerns resulting from personal challenges, anxiety, depression, relationship problems, or difficulties with school or work.</li> </ul>	Counseling Services <b>Location:</b> 131 Millennium Student Center <b>Phone:</b> 314-516-5711  <b>Web:</b> <a href="http://www.umsl.edu/services/counselor/">www.umsl.edu/services/counselor/</a>
<b>Food Pantry</b>	<ul style="list-style-type: none"> <li>Support to help alleviate hunger and food insecurity.</li> </ul>	Triton Pop Up Pantry <b>Location:</b> Millennium Student Center, Lower Level  Triton Mobile Pantry <b>Location:</b> Parking Lot VV on UMSL's south campus, directly outside Marillac Hall (2940 Bellerive Dr)  <b>Web:</b> <a href="http://www.umsl.edu/studentsocialservices/triton%20pantry/index.html">www.umsl.edu/studentsocialservices/triton%20pantry/index.html</a>  Operated by Student Social Services <b>Location:</b> 144 Millennium Student Center Robin Kimberlin, MSW - Director <b>Phone:</b> 314-516-6369 <b>Email:</b> <a href="mailto:Kimberlinrm@umsl.edu">Kimberlinrm@umsl.edu</a>
<b>Helpdesk (IT Support)</b>	<ul style="list-style-type: none"> <li>Quick answers, solutions to your online information technology questions, password reset, or student account login services.</li> </ul>	Technology Support Center <b>Location:</b> 190 Millennium Student Center <b>Phone:</b> 314-516-6034 <b>Email:</b> <a href="mailto:helpdesk@umsl.edu">helpdesk@umsl.edu</a>  <b>Web:</b> <a href="http://www.umsl.edu/technology/tsc/">www.umsl.edu/technology/tsc/</a>
<b>Division of Student Affairs</b>	<ul style="list-style-type: none"> <li>Academic and personal support through counseling, programming, and other student involvement-related resources and activities.</li> </ul>	<b>Web:</b> <a href="http://www.umsl.edu/studentlife/dsa/servicesavailable.html">www.umsl.edu/studentlife/dsa/servicesavailable.html</a>
<b>Safety</b>	<ul style="list-style-type: none"> <li>Service-oriented campus safety and parking information.</li> </ul>	Campus Safety <b>Web:</b> <a href="http://www.umsl.edu/~safetyinitiatives/">www.umsl.edu/~safetyinitiatives/</a>  Campus Police Department <b>Location:</b> 44 Campus Police Building, right next to the North Campus MetroLink stop <b>Non-emergency phone:</b> 314-516-5155 <b>Web:</b> <a href="https://safety.umsl.edu/police/">https://safety.umsl.edu/police/</a>

Optimism

Sharing

Trust

Wonder