

Utah Valley University Resources for Women

Academic Standards

800 West University Parkway

Orem, UT 84058

LC 402

801.863.8425

<https://uvu.edu/academicstandards/>

Jan Klingman, 801.863.7196, klingmja@uvu.edu

The Mission of the Equity in Education Center:

- Promote inclusion, tolerance, and respect for diversity in Utah classrooms, work environments, and communities.
- Assist Utah's workforce and future workforce become self-sufficient through knowledge of opportunities and positive decision making.
- Raise awareness of the harmful effects of media and advertising on our society.
- Raise awareness and advocate prevention of violence and abuse in our community.

The Equity in Education Center houses a free resource library that is available to the public. The library houses videos focusing on the following topics:

- Effective communication
- Dealing with discrimination and prejudice in society
- The history of prejudice in the United States
- Information about careers in trades and technology
- Women in non-traditional careers
- The history of the women's movement
- The history of the civil rights movement
- Effective educational practices
- The impacts and current realities of education
- Preventing sexual harassment and violence
- Media images of women and their impacts
- Media and societal pressures on boys and men

Academic Tutoring

Utah Valley University

800 West University Parkway

MS 201

Orem UT 84058-5999

LA 210

801.863.8310

http://www.uvu.edu/uc/acad_tutoring/

Colleen Hafen, 801.863.6712, colleen.hafen@uvu.edu

Free homework help, any subject but math and writing. Drop-ins are welcome. Individual tutoring is available. Group study areas are available. Textbooks are available.

Accessibility Services Department

800 West University Parkway
Orem, UT 84058
LC 312
801.863.8747
<http://www.uvu.edu/asd/>
Edward Martinelli, 801.863.8747, edward.martinelli@uvu.edu

The Accessibility Services Department is committed to helping students with disabilities receive reasonable accommodations during their college experience at UVU. We provide a variety of services, software and equipment for students with a wide range of disabilities. Come in and see how we can help you achieve your best!

The Accessibility Services Department coordinates the qualifying and accommodating of students on campus who claim to have a disabling condition. This could be a mental, learning, physical, or other impairment that contributes to a lack of access to course materials. If a student qualifies for services, we work with the student, their professors, and sometimes their program to provide reasonable accommodations for the student, while maintaining academic integrity for the program and the university. We also provide assistance to students who are deaf or hard of hearing.

Admissions

Utah Valley University
Admissions
800 West University Parkway, MS 106
Orem, UT 84058
admissions@uvu.edu
801.863.4636
801.863.8913 (fax)
<http://www.uvu.edu/admissions/>
Ryan Burton, 801.863.6376, burtonry@uvu.edu

Utah Valley University will maintain an "Open Door" policy, admitting all applicants whose qualifications indicate they may benefit from the instructional programs offered and are generally beyond the age of high school enrollment.

UVU is committed to the concept of equal opportunity without regard to race, color, religion, age, sex, national origin, or other legally impermissible factors.

Career and Academic Counseling Center (CACC)

800 West University Parkway
Orem, UT 84058
LC 402
801.863.8425
<http://www.uvu.edu/cacc/>

Adam Black, 801.863.6378, blackad@uvu.edu

Our center is an ideal starting point for undecided students working towards their Associates in Science (AS) or Associates in Arts (AA) in University Studies. We advise students in Pre-health majors like Nursing, or who need registration clearance for Dental Hygiene. For other students, find your advisor now. We also provide major advisor referrals, transfer/graduation information and support. Our professional staff is ready to work with you.

Career Services & Student Employment

800 West University Parkway

Orem, UT 84058

LC 409

801-863-6364

www.uvu.edu/csse/

Cary Boone Jones, 801.863.6364, jonesca@uvu.edu

Career Services & Student Employment serves students in obtaining employment opportunities in part-time, full-time and internship opportunities. CSSE career counselors each serve as a liaison to a school or college within UVU and work to enhance the professional engagement and career development of students once they have established their majors. Counselors specifically encourage internships for every student before graduation and regularly meet with employers to increase UVU's visibility in the job market, both for internship and full-time career capacities.

Center for Student Success and Retention

800 West University Parkway

Orem, UT 84058

GT 603

801.863.7260

<http://www.uvu.edu/studentsuccess/>

Michelle Kearns, 801.863.8976, michelle.kearns@uvu.edu

UVU wants students to get the most out of their educational experience. We want you to succeed in your educational goals, career development, and personal planning and decision-making.

Child Care Resources and Referral

Utah Valley University

Geneva Building

1410 Business Drive

Orem, UT 84058

801.863.8220

<http://www.uvu.edu/ccrr/>

Julia Mohr, 801.863.8557, mohrju@uvu.edu

The Mission Statement of Child Care Resource and Referral Mountainland is to improve the lives of children and families by promoting quality child care. Serving: Utah, Wasatch & Summit Counties:

- We collect and share information with families, child care providers and community partners.
- We offer professional training, technical assistance and parent education.

- We make families and child care providers aware of community resources.
- We collaborate with community partners.

Crisis Hotlines

Crisis Line of Utah County 226-4433

Suicide Intervention 1-800-SUICIDE

National Sexual Assault Hotline: 1-800-656-HOPE

Utah Rape Crisis Center: 1-801-356-2511

Center for Women and Children in Crisis: 801-377-5500

Gathering Place (24 Hour Hotline) 801-226-2255

Drug and Alcohol Rehab (24 Hour Hotline) 801-861-1768

Intermountain Specialized Abuse Treatment Center Hotline 737-0210

Educational Opportunity Center

800 West University Parkway

Orem, UT 84058

WB 146s

801.863.8357

Barney Nye, nyewi@uvu.edu

Barney Nye, Educational Opportunity Center Director, in Multi-Cultural Office can discuss financial resources that may assist you in your education.

Equity in Education Center

800 West University Parkway, MS 139

Orem, UT 84058

LC 303

801.863.8498

equity@uvu.edu

Jennie Briggs, 801.863.8498, jennie.briggs@uvu.edu

The goals of the Equity in Education Center:

- Promote inclusion, acceptance, and respect for diversity in Utah classrooms, work environments, and communities.
- Assist Utah's workforce and future workforce become self-sufficient through knowledge of opportunities and positive decision making.
- Raise awareness of the harmful effects of media and advertising on our society.
- Raise awareness and advocate prevention of violence and abuse in our community.

These goals are accomplished as the center assists educators to become aware of and address stereotyping and bias in the curriculum, classroom and school environment, and in teaching the process of becoming self-reliant and good citizens. The Equity in Education Center also focuses on providing training and resources to students, educators, youth mentors, and community members throughout Utah in an effort to help all succeed by developing skills and awareness to better prepare them to deal with many common societal challenges.

The Equity In Education Center provides the following services:

The Clothesline Project, a traveling display and now an interactive on-line experience, raises awareness about the reality and impact of violence in our communities. [Learn more about the Clothesline Project and view the display here.](#)

Annual **Expanding Your Horizons** Conference for girls. This is a math/science/technology career conference for 6th to 12th grade girls from Utah and its surrounding states. [Find more information on the Expanding Your Horizons conference here.](#)

Groundbreaking **Empowering Your Tomorrow** Conference for boys. This conference is designed for 6th - 12th grade boys and will introduce them to a variety of careers they can pursue if they continue their education. [Find more information on the Empowering Your Tomorrow Conference here.](#)

MECCA Training Curriculum. Trainings are provided free of charge to Elementary and Secondary school teachers, student teachers, and administrators; UVU faculty and staff; and interested community members and organizations.

Financial Assistance

800 West University Parkway
Orem, UT 84058
BA 105
Scholarships: 801.863.8443
Financial Aid: 801.863.8442
<http://www.uvu.edu/financialaid/>
Joanna McCormick, mccormjo@uvu.edu

We offer a comprehensive and varied program of financial assistance including grants, loans, work, and scholarships. The purpose of financial aid is to help eligible students bridge the gap between what they and their families can be expected to pay and what it will cost to attend college.

Financial aid is awarded on the basis of need and other eligibility criteria established by Federal and Institutional regulation and policy. All such regulations and policies are subject to change without notice. There is no discrimination because of race, color, religion, age, sex, national origin, pregnancy-related condition, handicap, or status as a veteran.

Gear Up

800 West University Parkway, MS 269
Orem, UT 84058
801.836.6000
gearup@uvu.edu
Elizabeth H Andrus, liz.andrus@uvu.edu

GEAR UP stands for "Gaining Early Awareness and Readiness for Undergraduate Programs"

The three goals for our statewide program are:

- **COMPETENCY** – help students achieve basic skills and readiness for college.

- **PREPAREDNESS** – increase high school graduation rates and college enrollment.
- **SCHOLARSHIPS** – help with access to post-secondary education options and financing for college.

To assist us in meeting our goals of student preparedness and success, GEAR UP offers a variety of services including:

- Direct Individualized, Academic Services
 - Life Plan
 - Educational/Career Goals
- After-school Tutoring
- Test Preparation
 - ACT/SAT
 - PLAN
 - UBSCT
- College Chats
- GEAR UP Scholarships
- College Visits
- Workshops on Financial Aid & College Preparation
- Parent/Student Meetings
- Family Outreach
- Summer Programs
- Leadership Conference

Health: Physical and Mental

Utah Valley University

800 West University Parkway

MS 201

Orem UT 84058-5999

SC 221

801.863.6074

<http://www.uvu.edu/studenthealth/>

William Erb, (801) 863-8972, erbbi@uvu.edu

Basic Health Services are Provided Including

- Allergies
- Anxiety
- Eating Disorders
- Lab Services
- Depression
- Immunizations
- Illness
- Injuries
- Prescription Advice
- Prenatal Care
- Women's Health
- Preventative Health Care
- Cancer Screening

- Physical Exams

Mental Health Therapy is available for numerous situations including

- Addiction
- Couples Counseling
- Depression
- Eating Disorders
- Learning Disability
- New Client
- Trauma & Bereavement

Latino Initiative

800 West University Parkway

Orem, UT 84058

WB 146h

801.863.7357

<http://www.uvu.edu/latinos/>

Yudi Lewis, yudi.lewis@uvu.edu or latinos@uvu.edu

The UVU Latino Initiative aims to increase educational and career opportunities for Latina/o students and their families in our local communities. By networking with community partners, engaging parents and students along their educational pathway, and providing culturally sensitive and relevant educational information. UVU is committed to providing services and informing policy decisions concerning access to higher education for the Latina/o population.

CORE GOALS & OBJECTIVES

1. Engage students, parents, educators, and community leaders in a movement (dialogue, activities, and services) that provides college access information, opportunities and resources for our Latina/o youth and their families.
2. Increase the number of Latina/o students who enroll in and graduate from Utah Valley University.
3. Assist local schools in preparing Latina/o students academically and socially for post-secondary education.

Learning Strategies Support

Utah Valley University

800 West University Parkway

Orem UT 84058-5999

LC 405 Q/R

801.863.7418

<http://www.uvu.edu/learningstrategies/>

Pat Nelson, 801.863.7418, pat.nelson@uvu.edu

Helps with: Time Management, Learning Styles, Text Anxiety, Test Taking Skills, Note Taking Skills, Reading Text Books, Better Scores on ACCUPLACER.

Math Lab

Utah Valley University
800 West University Parkway
MS 201
Orem UT 84058-5999
LA 201
801.863.8310
<http://www.uvu.edu/mathlab/>
Kathryn Van Wagoner, 801.863.8411, kathryn.vanwagoner@uvu.edu

Free math homework help. Relaxed and friendly study space. No appointment necessary. Individual tutoring available. Group study room. Ask questions of tutors. Textbooks available. Instructional videos.

Mediation/ Judicial Affairs & Dispute Resolution

800 West University Parkway
Orem, UT 84058
SC 107
801.863.8665
<http://www.uvu.edu/ombuds/mediation/>
Clay Chivers, 801.863.8694, clay.chivers@uvu.edu

The Department of Judicial Affairs and Dispute Resolution (JADR) finds solutions to academic and personal concerns of students, faculty, and staff through recommendation, mediation, and sanctions. Our services focus on fairness and equality while promoting responsibility and contributing to individual growth, education, and development.

We can help with

- Mediation of interpersonal conflicts
- Academic complaints and conflicts
- Discrimination
- Grading procedure disputes
- School policy and procedures
- Housing/Landlord disagreements
- Other problems or disputes

Multicultural Center

800 West University Parkway
Orem, UT 84058
WB 146
801.863.8357
<http://www.uvu.edu/multicultural/>
Gwen Anderson, 801.863.8143, andersgw@uvu.edu

The Utah Valley University Multicultural Center is proud to provide a full range of support services targeting American minorities, but not excluding others. Our mission is to promote educational opportunities and intercultural enrichment for diverse heritage students and the college community of UVSC. We believe in nurturing student achievement and developing relationships that will support student success, academic growth, retention, and completion of educational programs.

Student Health Center/ Medical Services

Utah Valley University
800 West University Parkway
Orem UT 84058-5999
SC 221
801.863.8876
<http://www.uvu.edu/studenthealth/>
Chris Renfro, 801. 863.7209, renfroch@uvu.edu

Student Health Services is dedicated to assisting students in their educational pursuits, by maintaining their health, during their college experience. We are a team of professionals ranging from Doctors, Licensed Nurse Practitioners, a Psychiatric Nurse Practitioner, Medical Assistants, Licensed Professional Counselors, Psychologists, Personal Trainers, as well as other well qualified staff. The services are very affordable. The first mental health visit is free and each visit thereafter is \$10. Medical services are also available for a nominal fee.

Student Health Services offers a wide range of care related to women's health issues.

We can provide:

- Pap smears
- Breast exams (Free in October for National Breast Cancer Awareness month)
- Contraception and contraceptive counseling
- Premarital exams
- Pregnancy testing
- Limited prenatal care
- Care related to PMS, Endometriosis, Ovarian cysts, menstrual problems and vaginitis

Student Success Classes

Student Success courses are offered each semester and address a variety of topics. Below is description of some of the courses offered:

CLSS 1000 - Student Success

Helps students develop a learning system for attaining maximum success in college, in work and in life. Presents effective techniques for dealing with time management, reading, writing, and critical thinking. Covers topics such as memory, note taking, test taking, and relationships. Develops an awareness of campus resources and assists students in exploring and establishing personal, academic, and career goals. Includes lectures, group interaction, exercises, and projects which apply learning to real life situations.

CLSS 1050 - Library Research

Presents in-depth library skills and research strategies. Teaches information-gathering strategies and processes. Emphasizes information access through traditional research tools and electronic resources. Covers compilation of annotated bibliographies. Successful completers should be well prepared for further intensive research and writing.

CLSS 1100 - Stress Management/Hardiness

Presents strategies to develop new attitudes for coping with stressful circumstances. Increases a broader perspective and deeper understanding of acute and chronic stress. Develops conflict resolution techniques through improved communication skills. Studies physiological signs of stress and strain. Emphasizes relaxation techniques to increase performance and reduce the effects of stressful situations. Presents how

diet affects personal performance and stress reduction. Explores physical fitness and the effects a sound body can have on coping with stress.

CLSS 1200 - The Seven Habits of Highly Effective People

Provides the foundation for personal leadership by teaching fundamental principles of character and life-changing paradigms. Examines the personal and organizational components of effectiveness. Focuses on high leverage changes such as time management, communication skills, win/win negotiation, and principle-centered life choices. Prepares students for life-long success. Includes highly interactive class discussions, application exercises, videos, and group work.

CLSS 1300 - Learning to Learn

For students who possess basic study skills and desire advanced knowledge and techniques. Introduces the power of self motivation and concrete methods for moving beyond passive "information processing" to active classroom learning. Combines insights from philosophy, psychology, education, and studies on peak performance. Focus is on memory, thinking, creativity, concentration, and the personal dynamics of the learning process. Includes self-introspection, lecture, group interaction, and application of principles to the academic setting.

CLSS 2100 - Career and Major Exploration

For students seeking help in the selection of majors and careers. Assesses and clarifies interests, skills, values, and personal characteristics. Explores college majors, careers, and the world of work. Integrates knowledge of self with career options. Teaches decision making skills to help students make well informed career decisions and goals. Develops an action plan for graduation.

Student Success UV Mentor Program

800 West University Parkway

Orem, UT 84058

LC 211

801.863.8741

<https://www.uvu.edu/success/>

Lisa Lambert, 863-8741, lisa.lambert@uvu.edu

We are students helping students. As UV Mentors, we assist students in discovering the personal attributes necessary for a successful education. We encourage students to develop study habits that will allow them to take responsibility for their education and prepare them for life. We help students connect to the campus community and find resources that will best meet their needs.

Student Support Services (TRIO)

800 West University Parkway

Orem, UT 84058

WB 100

801.863.8541

<http://www.uvu.edu/trio/sss/>

Keith Jensen, 801.863.8426, jensenke@uvu.edu

Student Support Services offers mentoring, tutoring, and academic support for first generation, low income students. TRiO is a federally funded program that provides ongoing support throughout a student's college career. The main purpose of TRIO SSS is to provide services which encourage and assist

eligible students to remain in college and to graduate with their bachelor degrees. A secondary purpose is to foster an institutional climate supportive of TRIO SSS eligible students.

To be eligible for TRIO SSS services a student must be a U.S. citizen and fit in one or more of the following categories: low income student, first-generation student, and/or a student with disabilities.

UVU's TRIO SSS program is funded to serve 150 participants. Because of our high retention rates—typically over 80% retention from fall to fall—there are usually only 30 to 40 slots that are available for new participants each year. Interested students can stop by the TRIO SSS Offices in WB-145 and speak with a counselor and fill out an application.

Turning Point

800 West University Parkway
Orem, UT 84058
LC 303
801-863-7580

<http://www.uvu.edu/turningpoint/>

Carol Verbecky, 801.863.7503

Center for Personal and Career Development is a community and university resource for individuals who want to expand on a personal and professional level. The Center has traditionally given support to men, women, and families who are going through financial and emotional crisis and transition due to death, divorce, separation, abandonment, disability, unemployment and under employment. Classes and services focus on helping participants move toward emotional and financial security through independence and personal responsibility. Services include completing education goals, building personal relationships, obtaining training, education and child care scholarships, learning job seeking skills, exploring career options and mastering communication skills. Low income individuals may qualify at little or no cost.

Tutoring

800 West University Parkway
Orem, UT 84058
LA 201K
801.863.7418

http://www.uvu.edu/uc/acad_tutoring/

Pat Nelson, 801.863.7418, pat.nelson@uvu.edu

- Time Management
- Learning Styles
- Test Taking and Note Taking Skills
- Test Anxiety
- Reading the textbook
- Better Scores on Compass
- Other study skills

UV "You" Days

800 West University Parkway

Orem, UT 84058
LC 408
801.863.8811
<http://www.uvu.edu/futurestudents/explore/uvyou.html>
uvstart@uvu.edu
Jennica Dorsey, 801.863.6182, jennica.dorsey@uvu.edu

UV You Days are department-specific events that help you become familiar with the department (major) you are interested in. Each UV You Day is open to high school students, their parents, teachers and high school counselors. You will hear from your dean and also faculty and students in your area of interest. You will also be given very important admissions and financial aid deadlines. In addition to all of this, you will enjoy a nice breakfast and lunch, along with hands-on activities. **ALL FOR FREE!** Each event will begin at **10:00am and end at 1:00pm.** Because we provide breakfast and lunch, it is necessary to register one full week before the scheduled UV You Day. Call or register online.

Wee Care Center

1140 S 400 W,
Orem, Utah 84058
801-863-7264
Monday & Wednesday 9:00 AM to 5:00 PM
Tuesday, Thursday & Friday 9:00 AM to 4:00 PM
<http://www.uvu.edu/weecare/>
Mary Ellen Larsen, 801.863.7264, larsenma@uvu.edu

The UVU Wee Care Center was designed to meet the childcare needs of student parents of UVU, MATC and Turning Point. First priority is given to those who are low-income, and all services are based on a sliding scale. Quality care is provided to children ages six weeks to twelve years.

WCC is especially proud of the parents they serve, who are low-income and often non-traditional parents working full-time and attending day and night classes. As a result, the center is open from 6:45am until 9:30pm, Fall & Spring Quarters, to accommodate the needs of students. In fact, many students have commented that, "I would have never been able to graduate if it were not for Wee Care!" Moreover, all parents are required to contribute 8 hours of service back to the center. Wee Care also participates regularly with engaged learning on campus through service projects and observations from UVU students.

Wellness Programs

Utah Valley University
800 West University Parkway
MS 201
Orem UT 84058-5999
SC 221
801.863.8127
<http://www.uvu.edu/wellnessed/>
Amy L. Grubbs, 801.863.8127, grubbsam@uvu.edu

Our mission is to provide services to students and employees that will enhance personal wellness and the ability to be successful in the five areas of health, which are Physical, Academic, Emotional, Social, and Spiritual. Our programs provide confidential, affordable and high quality education that is responsive to our populations needs.

- Health Risk Appraisals
- Healthy Lifestyle Counseling: HealthQuest
- Walking for Wellness
- UVU Walking Group
- Health & Nutrition Checks
- Diabetes Prevention Program: Lifestyle Balance

Women's Resource Center

Utah Valley University
800 West University Parkway
MS 201
Orem UT 84058-5999
LC 405 K
801-863-8080
<http://www.uvu.edu/wrc/>
Peggy Pasin, 801.863.8080, peggy.pasin@uvu.edu

The Women's Resource Center of Utah Valley University specializes in meeting the needs of women students and is dedicated to encouraging women in all areas of education. Our goal is to provide information, assistance, and referrals to the opportunities and resources available on campus and within the community. The Center facilitates student success through personal consultations, scholarships, book loans, and classes.

The following services are offered through the Women's Resource Center:

- Educational Consulting
- Financial Assistance
- Education/Child Care Scholarships
- Academic Support
- Tutoring Referrals
- Career Review/Planning
- Resumes
- Interviewing Skills
- Counseling/Referrals
- Community Services

Women in Technology

Utah Valley University
800 West University Parkway
MS 201
Orem UT 84058-5999
LC 239
801-863-7021
<http://www.uvu.edu/wit/>

Susan Thackeray, 801.863.8906, thackesu@uvu.edu

The organization provides career exploration, assistance with the development of math and computer skills; networking, interest-interviewing, and job-shadowing opportunities; mentor and internship programs; conferences, workshops, and a lecture series; positive role models; and coordinates with community organizations to provide access to valuable resources on campus.

Writing Center

Utah Valley University
800 West University Parkway
MS 201
Orem UT 84058-5999
LI 208
801.863.8936

<https://www.uvu.edu/owl/>

Leigh Ann Copas, 801.863.8099, copasle@uvu.edu

Knowledgeable tutors give students individual attention. Help with any writing assignments. Walk-ins welcome, appointments preferred. Over 40 handouts available. Textbooks and Style Manuals available.