

On-Campus Resources at USF

Academic Success Resources

Academic Success Center (ASC)

Located on the 2nd floor of the library (LIB). Visit <http://www.lib.usf.edu/asc/> for more information and available resources. Call the ASC at (813) 974-2713

- Tutoring & SMART Lab

- ✓ Drop-in Tutoring available in the Tutoring Center or Smart Lab for many Math, Science, Business, and Language courses
- ✓ Depending on the semester and student need, you may schedule a One-on-One or Small Group appointment for specific courses
- ✓ Online tutoring available via “Smarthinking”
- ✓ Work with instructors, tutors and teaching assistants to improve performance in specific SMART Lab courses.
- ✓ Academic Coaching available to help you improve overall study skills

- Writing Studio

- ✓ Various Sessions offered such as Standard Face-to-Face Consultations, Compression Sessions, iSessions, and more
- ✓ Writing Resources available online (PDF files and Tutorials)

Technology Resources

“Atomic Learning” Online Software Help

Enrolled students can log in to my.usf.edu > Learning & Teaching Tools > Software Tutorials

- Thousands of Software Tutorials for programs, such as Microsoft, Adobe, Apple, and more
- Use keywords to search for specific applications, versions, platforms and other topics
- In addition to software help, academic success topics can be searched (i.e. note taking, study skills, learning styles and methodologies, public speaking, and much more **

Information Technology (IT) Help Desk

Located in the Library at LIB 117. Contact anytime by phone at (813) 974-1222, or email help@usf.edu

- The Help Desk provides support for MyUSF, student email accounts, connecting from home to the USF libraries, and work orders.
- Services are accessible via phone, Internet, email, or in person.
- Enrolled students may log in to ServiceNow at <http://usffl.service-now.com/> to search the online knowledge base, chat with the IT Help Desk, and more

Student Government Computer Services

Located in MSC 1308 and/or MSC 2308, online at <http://sg.usf.edu/agencies/sgcs/>, or contact the front desk at (813) 974-1406

- Computer Training Workshops
- Free printing for enrolled students
- Wireless Printing
- Handicapped Accessible Computers
- Copying, Scanning and Faxing

Library and Research Resources

“Learn It Live & Online”

Visit <http://www.lib.usf.edu/research-rescue/>

- Learn it Live:
 - ✓ Attend live workshops that are designed to teach you about how to use library resources, the scholarly research process, and academic integrity
 - ✓ Schedule a research consultation with a reference or subject librarian to find useful sources, learn to search databases effectively, or just get started in the library
- Learn it Online:
 - ✓ “Research Tools” link contains many useful links for Resources, Citation, and other Library Help
 - ✓ Tutorials on library basics and services, how to get help with research, and other in depth topics
 - ✓ Specific Subject Guides by College, Subject, and Course, as well as General and How-To Library Guides
 - ✓ Ask a Librarian to Live Chat via email, text, or online via the website

Office for Undergraduate Research (OUR)

Located in LIB210. Visit <http://www.lib.usf.edu/undergraduate-research/> or call (813) 974-6824

- “Getting Started” Link includes “First Steps” activities and courses, Frequently Asked Questions, and other useful information about the types of research experiments
- Various Undergraduate Research Workshops available for all stages of Research: Getting Started Series, Professional Development Series, and Research & Arts Colloquium Series
- Opportunities for Research, Funding, and Scholarships

Undergraduate Advising Resources

Transitional Advising Center (TRAC)

Located in SVC 2043. Visit <http://www.usf.edu/undergrad/trac/> or call (813) 974-4051

- Academic Advising available to assist students in the clarification of their life/career goals and in the development of educational plans for the realization of these goals
- Academic Foundations courses are offered to First Year and Transfer Students and cover many themes of Academic Success including Learning & Study Strategies, Critical Thinking, Managing Time & Money, Undergraduate research, Library & Technology Resources, and more

Office of Academic Advocacy (OAA)

Located in SVC 2002 and online at <http://www.usf.edu/undergrad/aaa-students/> or call (813) 974-0945

- The Office of Academic Advocacy works individually with students in academic distress to address concerns regarding academic progression and graduation and review their options

Additional Advising Offices

Visit <http://www.usf.edu/undergrad/students/advising-offices.aspx> for a list of location and contact information for the following Advising Offices:

- College of Nursing
- College of Public Health
- College of The Arts
- Honors College
- Office of Academic Advocacy
- College of Arts & Sciences
- College of Behavioral & Community Sciences
- Muma College of Business
- College of Education
- College of Engineering

Career Services

Offices are located in SVC 2088. Visit <http://www.usf.edu/career-services/> or call Career Services at (813) 974-2171 to schedule an appointment to meet with a Career Counselor.

- “Major Possibilities” program available online to explore majors and find the best fit
- “Career Express” allows students to receive job search coaching on a walk-in basis without having to schedule an appointment in advance
- “Student” tab contains links to useful information and resources including various Assessments available, Academic Courses offered, information on Internships and more
- Career Counselors are available by appointment
- Visit the Job Shop on the first floor of the library to receive Resume Critiques, Cover Letter Critiques, Part-Time Job Search Strategies, Interview Tips, Networking Strategies, and more

Health and Wellness Resources

Counseling Center

Located in SVC 2124. Visit <http://www.usf.edu/student-affairs/counseling-center/> or call the Counseling Center (813) 974-2813

- Learn how to resolve problems, practice new skills, and utilize insights and perspectives to enhance your mental wellness and be academically successful
- The Counseling Center provides a variety of psychological services for all currently registered students on the USF Tampa campus:
 - ✓ Make an appointment to meet individually with a Counselor who can help you develop your personal wellness goals, recognize strengths and areas for growth, make healthy choices, and develop better coping skills
 - ✓ Various Topics Offered for Drop-In Group Counseling Sessions
 - ✓ Relationship Counseling is available for partners, spouses, friends, or roommates (both parties must be enrolled students).
 - ✓ Utilize “Online Tools” such as a Free & Confidential Online Screening and the “Feel Better Now” relaxation techniques

Student Health Services (SHS)

SHS is located east of the Marshall Student Center and USF Bookstore, just north of the Student Services building. Call (813) 974-2331 to schedule an appointment.

- Resources available for you if you are sick or injured, managing a chronic health problem, or working to develop a healthier lifestyle
- Offered Services include General Medical Care, Primary Care, Sexual Health & Gynecology, Immunizations & Allergy Shots, and much more

Wellness Center

Located in MSC 1504. Contact by phone at (813) 974-4936

- The Wellness Center's goal is to help you adopt a balanced lifestyle
- Get help connecting with professionals who support different aspects of your well-being
- Meet with one of the Health Educators or get help connecting with members of the Counseling Center, Student Health Services, Office of Student Outreach and Support, Campus Recreation, and the Center for Victim Advocacy and Violence Prevention.

Students with Disabilities Services (SDS)

Located in SVC 1133. Call (813) 974-4309 or visit sds.usf.edu

- Academic Accommodations for disabilities
- Accommodated exams
- Assistance negotiating with instructors
- Temporary disability accommodations
- Services for hearing, mobility, sight, learning, chronic medical and psychological disabilities

Campus Recreation Center *(813) 974-7084*

- The USF Campus Recreation Center is a newly expanded, state-of-the-art fitness facility that offers a wealth of space and activities including Two Gymnasiums, An indoor suspended track $\frac{1}{12}$ mile, An indoor heated pool, a Squash court, and 5 four-walled racquetball courts
- In addition, USF Campus Recreation Center offers group fitness classes, equipment check out, daily use lockers, and expansive cardio and fitness floors with brand new equipment.
- USF Campus Recreation also maintains outdoor facilities for use by USF students



Additional On-Campus Resources

The Ombuds Office

Located in SVC 2057. Call (813) 947-0835 or visit usf.edu/ombuds

- An ombudsman (or ombuds) is a neutral third party who helps students and/or employees address problems, concerns, and complaints through informal means such as conversation, mediation, and other problem solving strategies.
- You should visit the Ombuds Office if...
 - ✓ You are not sure where to go for help
 - ✓ You have a problem, concern, complaint, or dispute you want to discuss informally
 - ✓ You would like to talk to someone confidentially
 - ✓ You are unsure of USF policies or procedures that relate to your problem
 - ✓ You would like to know what resources or options are available to you
 - ✓ You feel a policy or procedure is not being followed fairly
 - ✓ You have identified issues or trends you would like USF to address

Center for Victim Advocacy and Violence Prevention

Located in SVC 1138. Call (813) 974-5756 or visit sa.usf.edu/advocacy

- The USF Advocacy Program provides free and private services to USF students, faculty and staff, both men and women, who have experienced crime, violence, or abuse, for incidents occurring on or off campus, recently or in the past.
- Crime Victim Helpline: (813) 974-5757

Office of Veterans Services

Located in ALN 130. Call (813) 974-2291 or visit veterans.usf.edu

- Assistance accessing education benefits
- Assistance applying for VA benefits (VetSuccess on Campus)
- Transition support services
- Connection to on campus resources
- Adjustment and career counseling (VetSuccess on Campus)
- Access to Vet Center Counseling (Vet Success on Campus)