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Welcome to the University of Illinois!

We are thrilled that you have selected the University of Illinois Urbana-Champaign! As you begin your transition to the university, we look forward to helping make the process as seamless as possible.

This resource guide is designed to help you navigate your first year at the University of Illinois. Inside this guide you will find important information and resources that are designed to help you be successful. Make sure you review the information in this guide prior to the start of classes and bring it with you when you return to campus. We guarantee that the guide will be helpful to you during your first year. We are excited to meet you at New Student Registration and look forward to seeing you again at Welcome Week / Fall Orientation!

New Student Programs

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ILSISI INC



Asian American Cultural Center

The Asian American Cultural Center (AACC) promotes cross-cultural understanding of Asian and Asian American experiences. Resources that we offer include leadership trainings, art shows, lending library, student internship, and volunteer opportunities. The AACC also supports a wide variety of programs that promote global awareness.

> Sign up for our newsletter at go.illinois.edu/AACC_Newsletter.

AACC Program Highlights

Asiantation

This annual student welcome program introduces new students to the Asian American campus community and its numerous resources.

Food for thought

Part of the Office of Inclusion and Intercultural Relation's Lunch on Us series, Food for Thought is a weekly noontime discussion about topics relevant to the Asian and Asian American communities.

South Asian American Leadership Conference

Each year this conference strives to foster unity, strengthen the community, provide opportunities for leadership development, and offer safe spaces to talk about the issues and challenges South Asian American students face.

Theme meal dinners

The Asian American Cultural Center partners with University Housing in presenting annual Diwali, Lunar New Year, and Eid al-Fitr dinners. Free programming, including arts and craft activity tables, are offered in celebration of each themed dinner.

Asian American Leadership Awards

This annual ceremony highlights outstanding student organizations, events/programs, and alumni who uplift and support our Asian and Asian American campus community.

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Bruce D. Nesbitt African American Cultural Center

Welcome to Illinois!

The Bruce D. Nesbitt African American Cultural Center mission is to support the social, cultural, and academic well-being of Black students and Black heritage at Illinois.

"Collectivity: because everything worthwhile is done with others" ~Mariame Kaba



We welcome students to campus annually through the Circuit- Pre-Orientation Program. The Circuit is a free, early move-in experience for incoming Black students (both first-year and transfer). This program curates a safe and welcoming environment where our new students (you!) meet new friends, learn how to succeed at Illinois, and become a part of our wonderful community.

The fun does not stop there! During Welcome Week, BNAACC's 100 STRONG program hosts *Wake Up Call*! This high energy, performance and resource sharing event is designed by students for students! This official welcome to all Black students is crafted by the 100 STRONG executive board. At Wake Up Call, you will be exposed to various students and Black greek-lettered organizations, learn more about the history of activism, and the values of 100 STRONG! Students leave this program with a commitment to excellence through community connections.

Wondering what this infamous 100 Strong Program is? Well, it is a program that will help students develop a network of sustainable connections across the campus rooted in BNAACC's rich, culturally responsive support. 100 STRONG cultivates leaders by offering a peer mentorship program, skill development and experiential learning opportunities for new students! The goal of the program is to ensure 100% of students persist and graduate!

During your first week of classes, we host the Welcome Black BBQ to begin fostering a community of care and inclusivity! At the BBQ, you will meet the BNAACC professional staff, student employees and a wide array of your peers and Black faculty and staff all committed to your success! Throughout the academic year, we offer numerous opportunities to be involved with the center through committees, outreach opportunities, educational exploration programs, and communitybuilding events from yoga to book chats to cooking classes. Every Wednesday, we host a lunch and learn called Food for the Soul, where we share a delicious meal together and explore topics and histories impacting communities across the African diaspora. Bi-weekly, on Thursdays, you can connect with your 100 STRONG peer mentors and other mentor groups to discuss trending topics, check-in with one another, and learn tips and tricks to finding success on campus! Finally, you can join our Shelley Ambassador Program to connect with prospective students and their families by sharing your story in hopes that it helps them also choose Illinois as their collegiate home in the future!

At BNAACC, we go BIG! One of our signature programs includes the Black & Latinx Summit – a conference led by students in La Casa Cultural Latina and the BNAACC to promote solidarity. You can be a part of this planning committee right away as a new student on campus by contacting us! Another signature program is our Black Congratulatory Ceremony where we celebrate our Black graduating students in style with various cultural traditions.

Ensuring that you thrive at Illinois is our top priority, so we partner with our friends across campus to provide many resources right here in the BNAACC! We partner with the Office of Minority Student Affairs (OMSA) to provide academic coaching; the Counseling Center's Black student outreach team, Sankofa, for mental health resources; the McKinley Health Center for physical health resources; the Women's Resources Center to provide confidential advising for people who have experienced sexual or domestic violence or who are interested in learning how to navigate relationships; the Office of the Vice Chancellor for Diversity, Equity, and Inclusion to provide undocumented and DACA-mented mentors: and the Libraries to help you learn how to use research tools!

We are so excited to welcome you to the **BNACC fam-ILL-y**!

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Campus Recreation

Campus Recreation provides an inclusive environment for all patrons, with sustainable facilities and educational programs that inspire campus and the community to engage in recreation and wellness. Over 1,600,000 visitors come to Campus Rec facilities every year. Students, faculty, staff, community members, and visitors come for everything from education, cheering on friends, to personal relaxation and meditation.

There is approximately 500,000 square feet of stateof-the-art indoor recreation space, as well as 75 acres of outdoor areas that offer opportunities for students to stay active year-round.

Membership

All current, full-time undergraduate students are automatically Campus Rec members! All you need is your i-card or Illinois app wallet QR code to gain entry.

Facilities

The two main on-campus fitness facilities are the Activities and Recreation Center (ARC) and Campus Recreation Center East (CRCE). The ARC is one of the country's largest on-campus recreation centers and is home to an indoor and outdoor pool, a 35.5ft tall rock climbing wall, an instructional kitchen, three gymnasiums, specialty fitness equipment, and more! Campus Recreation Center East (CRCE) hosts an aquatic center, indoor track, three racquetball/squash courts, two gymnasiums, and hundreds of free weights and machines.

Campus Rec also manages the only Ice Arena in the area. This facility offers unique options for students and community members to ice skate, including broomball and hockey, as well as group skating parties. Students also have access to the Campus Bike Center. This hands-on, educational space provides knowledge and experience about fixing bicycles. Looking for outdoor recreation opportunities? Campus Rec has turf fields, sand volleyball pits, outdoor tennis courts, outdoor basketball courts, softball diamonds, and more!

Programs

Campus Rec offers myriad programs and services - there is sure to be an activity that fits your interests and lifestyle!

- Adventure Recreation: rock
 climbing clinics and outdoor/camping
 gear rentals
- Aquatics: swim lessons, lifeguard courses, and scuba diving certifications
- Fitness: group fitness classes and personal training packages
- Ice Skating: ice skating lessons, figure skating, and hockey programs
- Intramural Activities: team/partner sport leagues, events, and virtual games
- Student Wellness: instructional cooking classes, nutrition programs, and wellness workshops

Employment

Campus Rec is one of the largest on-campus employers with almost 700 student employees, ranging from lifeguards, to sports officials, to facility staff, to ice skating instructors. Student employees play an invaluable role in Campus Rec operations by providing customer service, safety, and fun to our guests. Applications can be submitted online and are accepted on a rolling basis throughout the year. Apply today!

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201 E. Peabody Dr. Champaign, IL 618020



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217-333-3806

Counseling Center

The Counseling Center understands the importance of your mental wellbeing and provides a variety of services to help you be your best. Here, you'll have access to individual counseling, access to referrals in the community, and a variety of skill-building experiences that can help you be your best.

Counseling

Students can make a same-day appointment by calling the Counseling Center at 217-333-3704, Monday-Friday 8 a.m. to 5 p.m. In addition, we offer the ability to schedule in-person appointments through our online portal.



Visit our website or scan the QR code to be taken to appointment information!

We also offer same-day consultations for students who are feeling extreme distress. Students can come to the Counseling Center anytime during business hours. If possible, please call ahead to tell us you're coming.

Clinical services can include time-limited individual counseling, specialized assessments such as alcohol and other drugs or disordered eating, group counseling, or meeting with one of our many embedded counselors specific to a major. Over 20 types of groups are offered each semester, and this is the Center's long-term treatment option.

Required Programming

The ACE IT workshop is a required program for all incoming students under the age of 21, including first-year students, transfers, and international students. ACE IT can be accessed online through a student's Canvas account (Illinois.canvas.edu). Self-paced and interactive modules, with videos led by peer educators, provide information and harm-reduction based education on alcohol and other drugs from a college student's perspective. Follow-up consultations in-person are also available.

Outreach & Prevention

The Center has a wide variety of inperson and online programming options available to attend or personalize to meet your group's needs. Subscribe to our In the Know newsletter to receive updates on available workshops and events, or Request an Outreach to receive a personalized presentation for your group or class.

Get Involved

Are you interested in working with the Counseling Center during your time as a U of I student? We have several opportunities through our Training Programs that may fit your skills and interests. Openings for volunteers, interns, paraprofessionals, and practicum students range in levels of commitment and recommended majors, so there are options for many varieties of students.

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counselingcenter@illinois.edu





217-333-3704

Diversity & Social Justice Education

Diversity & Social Justice Education (DSJE) offers programs to create transformational education spaces.

Sign up for our newsletter by emailing <u>diversityed@illinois.edu</u>.

Through classes, workshops and trainings, DSJE works to improve the campus climate and promote critical thinking both within our university community and in the greater society. Our learning objectives seek to:

- Build capacity of students, staff, and faculty to push the boundaries of their own perspective by understanding others perspective.
- Create transformative learning spaces, opportunities, and programs that encourage critical thinking and action.
- Develop a community of students, staff, and faculty who can expand their knowledge beyond the learning environment.

Conversation Café

On Fridays, the University YMCA and Diversity & Social Justice Education invited the campus community to enjoy lunch and presentations from community leaders, scholars, creatives, and leading voices in the fight for racial and social justice. Conversation Café is part of the Office of Inclusion and Intercultural Relations (OIIR) Lunch On Us Series, supported by Student Cultural Programming Fee.

Social Justice Educator Paraprofessional Program

The SJEP Program is a peer educator program for undergraduate students who learn the skills necessary to facilitate discussions with peers on topics of diversity and social justice in I-Journey workshops every Thursday night.

Academic Courses

EPSY 203 is a 1-credit hour, second eight-week courses that use a structured dialogue format to explore intergroup and intragroup differences and similarities within historical and contemporary contexts. Topics include: Race and Ethnicity, Exploring Gender: Cisgender/Transgender Dialogue, Conservative/Liberal Dialogue, Resisting Marginalization. PSYC 496 Facilitating Intergroup Dialogue is a 3-credit hour course that gives students an overview of the skills and knowledge needed to facilitate culturally diverse group interactions. Students explore the impact of gender, ethnicity, race, religion, sexual orientation, socioeconomic class, disability and physical appearance on group dynamics.

I-Connect Diversity & Inclusion Experience

An experiential training designed to help incoming students (first year and transfer students) embrace differences and recognize shared experiences to foster a welcoming and inclusive campus community. Facilitated by fellow students, I-Connect uses collaborative exercises and engaging discussion to build participants' communication skills and their ability to collaborate, learn, and work in diverse environments.

Racial Justice Allies & Advocates Training

Designed to assist students, staff, and faculty at the University of Illinois in understanding race and racism in deeper ways, promote racial justice, and dismantle racism.

dsje.illinois.edu



@DSJEillinois

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Fraternity & Sorority Affairs

150 years ago, fraternities and sororities were founded at Illinois.

These groups started as literary societies and have continued today to provide support, housing, career development, mentorship, and coaching to over 6,100 students who claim membership in one of the (90+) chapters on campus. Over the long history of fraternal life at Illinois, one central element is key: friendship. Students have sought membership in our fraternity and sororities not only for the many co-curricular experiences or opportunities for career planning, but for the life-long friendships that are formed through membership.

"People join people."

Frequently asked questions

What makes joining a fraternity or sorority different than another Registered Student **Organization? (RSO)?**

While similar to a general student organization, there are two aspects which make fraternal organizations unique-they are values-based and your membership is for life!

When can I join?

Eligibility to join a fraternity or sorority is dependent on the individual organization. Many organizations allow first-semester freshmen to join, while some organizations require students to have completed a particular number of credit hours.

How do I find the organization that's right for me?

As a young adult, selecting which organization you would like to join as a lifelong member can seem overwhelming. However, through intentional interactions, finding the right fit is simply a matter of knowing what feels right. With many options to select from with different letters, colors, mascots and mottos, the best decision to join can be found in finding a group of people who you know will be a great fit for you.

How do I join?

- Informal recruitment/intake: The majority of fraternities and sororities at Illinois engage in informal recruitment or intake throughout the year. This method of recruitment can occur during the fall semester, spring semester, summer, or an ongoing basis throughout the year. Regardless of the recruitment type, the most important thing you can do as a prospective member is to meet as many of the members as possible and begin getting to know them.
- Primary recruitment: A select number of our organizations collaborate and host primary recruitment once a year on campus. These organizations, primarily know by their national affiliation with the National Panhellenic Conference or NPC, consist of women's fraternities and sororities. Primary Recruitment is coordinated by the Panhellenic Council and is held at the start of every fall semester. Women seeking to join one of the 19 Panhellenic organizations are encouraged to register for primary recruitment.

How can I meet the chapters?

Many of our chapters, both fraternities and sororities will be at Quad Day 2022 on Sunday, August 21. You will have the opportunity to meet members of the community and ask guestions to learn more about our chapters.

active chapters on campus with over 6,000 members

culturally based groups

of the undergraduate population are fraternity and sorority members

b1%

of members hold a GPA of 3.5 or higher

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217-333-7062

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Gender & Sexuality Resource Center

The mission of the Gender & Sexuality Resource Center (GSRC) is to foster and advocate for an intersectional environment that is open, safe, and inclusive for Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, Asexual+ (LGBTQIA+), Nonbinary, and Gender Nonconforming faculty, staff and students from our global community at the University of Illinois and the Urbana-Champaign community.

The GSRC also seeks to help in the efforts to address homophobia and transphobia at UIUC on campus as well as, work to make the environment safe, affirming, and inclusive for all students, faculty, staff, and LGBTQIA+, nonbinary, and gender nonconforming students, faculty, and staff.

The values and roles that guide the GSRC's mission, purpose and programming include Education, Support and Referral services.

Educational Role

The GSRC collaborates with other cultural/resource centers, registered student organizations (RSO), Urbana-Champaign agencies and University Illinois schools to develop programs, workshops, research, and training to advance campus awareness about LGBTQIA+, nonbinary, and gender nonconforming concerns; as well as provide workshops and research that centers on advancing the education, community knowledge, and selfdiscovery of our LGBTQIA+ community.

Support Services

The Gender and Sexuality Resource Center provides a supportive space for LGBTQIA+, nonbinary, and gender nonconforming students, faculty, and staff to discuss the campus climate, as well as works with campus units and academic departments to increase awareness and affirmation of LGBTQIA+, nonbinary, and gender nonconforming people to reduce discrimination and harassment based on gender identity/ expression and sexual orientation in the UIUC community.

The Referral Role

The center helps LGBTQIA+, nonbinary, and gender nonconforming students, staff, and faculty identify existing resources, allies, and services within the UIUC community that assist in addressing issues, problems, and concerns. The GSRC refers LGBTQIA+, nonbinary, and gender nonconforming individuals to appropriate confidential campus and community reporting and support services. In addition, it collaborates with faculty, staff, and students to develop programs to celebrate the LGBTQIA+, nonbinary, and gender nonconforming presence on the campus by organizing and sponsoring events associated with these topics and issues.

Hours of operation

Located in the Illini Union, Room 323

- Monday-Friday, 9:00 am-5:00 pm
- Other hours by appointment.

Opportunities to learn and socialize

- Annual GSRC Welcome Back Event
 (August-September)
- Quench Lunch Discussions (First and Third Mondays)
- National Coming Out Day (October)
- Pride Parade and Fair (Fall semester)
- Transgender Day of Remembrance
 (November)
- TransDay of Visibility (March)
- GAYpril Empowerment Week (April)
- Speaking Queerly Series (Each semester)

Affiliated Registered Student Organizations

- A Space
- Actually Neurodivergent
- BlacQ
- CUTES
- F.U.S.E.
- Gender & Women's Studies Club
- LGBT Jew
- LGBTQ+ Kiki
- NetworQ
- oSTEM
- Queer Book Club
- Queer Library Alliance
- Queer Muslim
- Women of Pride

For more information regarding affiliated student organizations, visit <u>oiir.illinois.</u> edu/lgbt-resource-center/affiliatedstudent-organizations.

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Illini Union, Room 323 | 1401 W. Green St. Urbana, IL 61801

217-244-8863

gsrc@illinois.edu @GSRCIllinoisL

Housing at Illinois

UIUC offers 39 housing options across campus for first-year students to fulfill the campus live-on requirement. Regardless of where you choose to live, we are excited to provide your home for the Illinois experience.

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Move-In

Both <u>University Housing</u> (UH) and <u>Private Certified Housing</u> (PCH) will send information specific to their move-in process in late June or early July. Keep an eye on your Illinois email!

Get Involved

Once you arrive in August, make the most of your <u>Illinois Residential</u> <u>Experience</u> by getting involved! Join your hall council to plan events for your community, an identity-based or service-related <u>student organization</u> or participate in a signature program like Cotton Club, Dial-a-Carol or <u>Alternative Spring Break</u>. There are so many opportunities throughout housing to meet life-long friends, expand your network and gain valuable leadership experience.

Work Where You Live!

Housing is the largest student employer on campus with opportunities in a variety of job types like customer service, technology, hospitality management, marketing, dining, or live-in positions like resident advisors. No matter how you are looking to compliment your resume, we have a position for you!

• UH Jobs

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<u>PCH Jobs</u>

Service at Your Fingertips

University Housing residents use technology to access a variety of programs and services. The resident portal, MyHousing, can be accessed directly from the University Housing website. Additionally, the <u>Illinois App</u> provides UH residents with access to dining menus, nutritional information, dining feedback tools, hall community group communication, hall events and laundry availability.

PCH residents may have their own specific resident portals and can use the <u>Illinois App</u> to access resources like athletics, campus events, health and wellness and more!

It Pays to Stay!

Students who live in certified housing for two or more years are more likely to graduate and graduate in four years than a student who moves out after only one year. Housing is committed to your success!

Both PCH and UH offer incentives for residents who stay in housing beyond the first year. Check with your PCH facility about their benefits.

In University Housing, constant rate means that the room and board rates from the first year you live with us will still apply, for up to four years, if you live continuously in our residence halls. In the future, if you select a different room type or meal plan, you will pay for those choices based on the rate structure from your first year with Housing. Returning residents also have access to choose space in additional upper-division halls like Bousfield, Daniels, Nugent, Sherman, Taft, Van Doren, Wassaja and Ashton Woods Apartments.

100 Clark Hall, 1203 S. Fourth St. Champaign, IL 61820

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Illini Union

The Illini Union draws together all members of the University of Illinois community. Come and experience everything that the Illini Union has to offer!

2.5 million

visitors per year

97%

of students say the Illini Union has a positive impact



of students say the Illini Union offers a place for entertainment

Illini Union Board

The Illini Union Board is the campus event-planning board, providing over 160 entertaining events and activities for students. Comprised of 11 different planning committees, the IU Board plans hundreds of annual events, ranging from comedy shows, movie nights, art exhibits, special appearances, to weekly trivia, craft nights, to special events like the monthly Illinites, and the annual outdoor concert on the Quad – Spring Jam. The Board provides a fun opportunity to gain real-world experience for students interested in improving their organizational skills and professional training.

IU Board members are also the student ambassadors for anything and everything at the Illini Union. Since 1942, the IU Board has served as the voice of the students and advises the administration on building policies and procedures. If it's happening at the Illini Union, the IU Board is typically helping it happen. Board members also get to make lasting connections with peers, faculty, staff, and alumni. Because the IU Board is involved in the daily operations of a vibrant Union, the experience is both rich and diverse.

Join by emailing iuboard@illinois.edu.

Follow us on

- Instagram: @IlliniUnionBoard
- Facebook: @IUBoard
- Twitter: <u>@IUBoardPresents</u>

Illini Union Rec Room

The Illini Union Rec Room is a multiactivity recreation area offering 14 bowling lanes, 10 pool tables (1 snooker and 1 carom billiards tables), arcade games, photo booth, and a lounge area with big screen TV. The Rec Room is a popular place to meet friends and relax, while also offering planned events in addition to open walk-in play. Tournaments, leagues, classes, and special events are held throughout the semester and serve as a way for students to connect with others who share the same interests.

Courtyard Café

The Courtyard Café in the Illini Union is an entertaining, cultural, and social hub with something to offer everyone. There are over 100 events per year in the Café. Check out these weekly events:

Music Mondays

Every Monday at 7pm enjoy a musical night featuring campus/local artists or national touring acts.

Karaoke Wednesday

Every Wednesday at 7pm join us for a night of karaoke. This is your chance to choose your song and sign it loud!

Friday Funnies

Every Friday at 7pm join us for a night of laughter. These nights will feature campus comedy/improv groups, local funny people, or national comedians and improv groups.

Noontime Performances

Every weekday at noon Illinois students entertain the crowd with music. If you are interested in performing, check out union.illinois.edu.

1401 W. Green St. Urbana, IL 61801

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Illinois Leadership[®] Center

The Illinois Leadership® Center (ILC) is a resource hub on campus designed to provide comprehensive leadership education to all students at the University of Illinois Urbana-Champaign.

Our work is to study about leadership and teach our students the relevant skills to be effective leaders so that they can make positive impacts for society! In addition, the Center supports faculty and staff who are pursuing leadership-related teaching, research, and student engagement activities. All of our programs are FREE to Illinois students to develop effective leadership skills now while they are in college

... because the world needs better leaders.

Learn more at leadership.illinois.edu.

Why should you make time to visit the ILC?

Leadership education enhances the selfefficacy, academic performance, civic engagement, interpersonal intelligence and professional development of our students. Students who participate in our programs and services gain greater sense of self-awareness, as well as a deeper understanding of the knowledge, skills, and attitudes necessary for effective leadership practice.

Time commitment of our programs & services

Less than 60 minutes:

- Illinois Leadership Inventory (ILI): a tool designed to help better understand oneself and their leadership competencies
- Made to Lead Podcast: an auditory approach to deliver leadership education in a fun and easily digestible way
- The #IlliniLeader's Digest: an online space for ILC stakeholders to learn and voice their perspectives about leadership

1-2 hours:

- Workshops: a variety of sessions for enhancing leadership skills and knowledge
- Online Training: a series of training modules available for selfenrollment anytime

2-6 hours:

• **i-Programs:** a series of seminars focused on a particular aspect of leadership practice

Ongoing or overnight:

- Leadership Certificate Program: a customization, multi-semester program for developing leadership competencies
- LeaderShape[®] InstituteTM: a nationally recognized five-day, fournight, leadership development retreat that takes place over winter-break
- **Donaldson Leadership Retreat:** a weekend gathering of RSO student leaders to develop skills and discuss issues affect their organizations and campus as a whole
- Leadership Studies Minor: an undergraduate minor focused on the theory of leadership and its application
- Cavenaugh Leadership Resource Library: a collection of leadership resources—books, scholarly articles, and teambuilding activities—available for the campus community

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Illini Union Suite 290 | 1401 W. Green St. Urbana, IL 61801

LEARNING & LABOR

leadership.illinois.edu



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International Education

The University of Illinois has the largest international student community of any US public university, with over 10,000 international students. International Education enhances learning opportunities for students to engage with cultures from around the world.

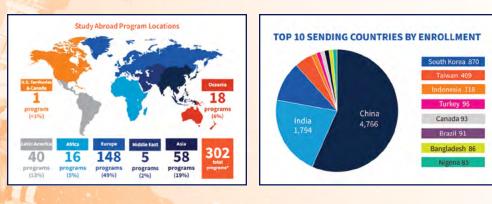
International Education is for all!

Interested in learning about world cultures? Planning to study abroad during your college life? Coming back from your journey abroad and wanting to give back? Wanting to be part of the community to enhance the inclusive and welcoming campus climate?

The mission of International Education (IE) is to embrace world cultures and global perspectives, engage international and domestic students, and empower all students with global learning opportunities through cocurricular activities and programs.

The vision of IE is to provide transformative learning experience to nurture world citizens and future leaders in local and global contexts. With the weekly iCU (Now I See What You Mean) Intercultural Dialogue Series and GEL (Global Engagement Lounge) sessions, as well as Home Away from Home Break programs, International Education (IE) offers events throughout the year to enhance the transformative learning experience for all students at the University of Illinois. Global Leaders Orange and Blue Engagement (GLOBE) offers immersive experiences while connecting international and domestic students with meaningful interactions.

There are many opportunities to be involved in International Education. Students can contribute to the Name Project, present/participate at IE weekly event, volunteer/apply for Graduate Assistantships, graduate hourly, and undergraduate internships.



I ILLINOIS International Education

newstudent.illinois.edu

GAGEMENT

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internationaled.illinois.edu

217-300-0463

International Student & Scholar Services

International Student and Scholar Services (ISSS) is committed to providing culturally sensitive services of the highest quality. We strive to create an environment that is conducive to a successful educational, personal, and professional experience. We serve our international population and campus units through advising, immigration services, programming, advocacy, and outreach.

Immigration advising

ISSS offers advising to about 10,000 international students on campus, with options of express and appointment advising services. Appointments are available for international students and in some cases, their dependents. Advising sessions and services provided include:

- Travel-related questions
- Updating and processing immigration documents
- Maintaining immigration status
- Work authorization within the United States
- Express Advising Queue
- Response Team advisor for emergency situations

Programming

Illinois International offers diverse programming throughout the year, in order to bring intercultural awareness on campus through implementing educational, cultural and social programs with the hopes of gaining broader perspectives. ISSS partners with units and departments across campus, in order to increase global awareness among students, scholars, faculty and staff. ISSS hosts workshops, panels, and events to instill global competence and intercultural self-management skills across international populations and diverse teams.

- Intercultural training: Training workshops, Intercultural Spotlight, and global competence training
- **ISSS35:** Uniquely Global; Uniquely USA; Uniquely Illinois; NISE
- International Week

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217-333-1303



La Casa Cultural Latina

Welcome to UIUC, Familia!

La Casa Cultural Latina welcomes you to campus and invites you to spend time in your home away from home right on Nevada Street.

La Casa is UIUC's Latinx **Cultural Center on campus** that is committed to supporting the wellbeing, advancement, and empowerment of the Latinx community on campus and beyond. At La Casa, we provide programs and resources to guide you through your time at UIUC and celebrate your accomplishments as you thrive throughout your campus career!

Conéctate

To kick-start your UIUC Journey, join us at Conéctate! Conéctate is a free earlymove-in program designed with you in mind. Throughout the program, you will be connected with Latinx students, faculty, and staff to build your community on campus. Conéctate will also be your welcome to campus and you will be given invaluable resources and workshops to thrive during your first year. Conéctate will take place from August 16-18, we can't wait to see you there!

Programming

There's always something to do at La Casa! On Mondays, stop by La Casa for M.E.T.A (Mentoring, Educating, Teaching, and Achieving) or our Latinx Resilience Network programs to build skills to support your well-being and reach your goals. Has someone ever told you "hay comida en La Casa"? Well, that's definitely true with us! Stop by for our Lunch on Us Series every Thursday at Noon for great food and even better presentations. Throughout the year, catch La Casa at some of our signature programs including Paleta Social, Dia de Los Muertos, Latine Family Visit Day, and the Black and Latinx Summit (co-sponsored with the Bruce D. Nesbitt African American Center). La Casa also is home to several student organizations you can join, meet them all at Paleta Social on the first day of classes! When there isn't a program going on, stop by La Casa to grab a snack, study with friends, or just hang out!

Resources

Above all, La Casa is here for you. Resources at La Casa include Undocu/ DACA Support Services, Counseling Center Drop-In Hours, Advising through the Office of Minority Student Affairs, and the Womens Resource Center. Through our A.C.E Mentorship program, get matched up with a Latinx Upperclassman who will serve as your friend and mentor throughout the year to further build your community. La Casa Staff is more than happy to connect you with resources across campus and our community!

Connect

Stay in touch with all things La Casa by following us on Instagram, Twitter, and Facebook @LaCasaIllinois.

Questions?

Feel free to reach out to us via social media or email us at lacasa@illinois. edu. We can't wait to see you on campus!

Felicidades!

priendo Caminos

1203 W. Nevada St. Urbana, IL 61801

go.illinois.edu/lacasa

lacasa@illinois.edu

@LaCasaIllinois

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@LaCasaIllinois

.edu

newstudent.illino

Native American House

The Native American House is committed to supporting and empowering Indigenous students and communities through facilitating opportunities for cultural and academic support, engagement, and advocacy.

Our center is dedicated to providing a space for sovereignty to be expressed, practiced, and understood. The Native American House welcomes all, while centering the voices and lived experiences of Indigenous peoples.

Commitments & Purpose

NAH works to cultivate a more nuanced understanding of Indigenous cultures and communities as they exist today through our annual events and programming:

- Native November
- Native Women in Art
- NAH Congratulatory Ceremony
- Indigenous Peoples Day
- Miniature Therapy Horse Visits
- Fall Welcome Back

Affiliated RSOs

- Native American & Indigenous Student Organization
- American Indian Graduate
 Student Association

Questions?

For more information about Native American House, our programs, culturally responsive workshops and educational opportunities, please contact us directly.

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nah@illinois.edu

@NAHillinois



New Student Programs

Our office is designed to help facilitate the success of all new students throughout their first year. The programs and services we provide are designed to help you get familiar with campus resources, connect you with other students, faculty, and staff, and introduce you to educational and social opportunities at the University of Illinois.

Welcome Week / Fall Orientation

You will not want to miss any Welcome Week events this year! With events ranging from New Student Convocation, Illinois Sights & Sounds, Quad Day, and all of the college specific events, the first few days on campus will be exciting! Our hope is you'll feel more comfortable about the people, places, and opportunities available to you at Illinois.

Transfer orientation and transfer specific programs

Transferring from another institution to the University of Illinois is unique for each transfer student. Therefore, our office has created special orientation sessions and other programs just for our new transfer students. Make sure you check your Illinois email account in August to sign up for these programs!

Year round programming and support

During the first year at the University of Illinois, you will find there are numerous people and resources available to help you. Successful students are those who take advantage of the services available to them. Our hope is to help you make the most of your first year by helping you get connected to those key services and resources. Make sure to check out newstudent.illinois.edu throughout the year to learn more!







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Office of Civic Life

The Office of Civic Life guides students into active citizenship and celebrate the pathways they choose in making a positive impact towards social change.

We define what it means to be an Illini by integrating students into the fabric of the Champaign-Urbana community and challenging them to address complex societal issues and sustained community activism.

CURIOSITY REFLECTION ACTION CHANGE

Service Based Organizations

OCL supports and advise service-based organizations, including Volunteer Illini Project (VIP). VIP is a student-run, studentstaffed volunteer organization committed to peace, unity, and change. By working with and within the community, VIP makes a positive impact through service, thereby enriching students' educational experiences and committing students to a lifetime of volunteerism.

OCL hosts several programs throughout the year that supports active citizenship.

Change Maker-Expo

Civic life invites Champaign-Urbana community partners to showcase the many opportunities that Illini can volunteer during their time at the university.

Legacy of Service and Learning Scholarship

Initiated by the Illinois student body, scholars are eligible for an annual award as part of their participation in a servicelearning program. Cohorts focus on various aspects of community engagement that leads to sustained volunteerism in the Champaign-Urbana community.

Service Saturdays

Coordinated throughout the academic year, students have the opportunity to learn about the various community partners through direct hands-on engagement for the day.

Community Engagement Day

Brings together different facets of "community" that aid volunteers in the exploration of community needs and issues in C-U, create pathways to and interest in sustainable and responsible volunteerism, and encourage community involvement year-round.

Thanksgiving Meal Drive

Civic Life partners with campus departments at Illinois to support the Big Give at Stone Creek Church. This drive begins in October and runs through mid-November. Campus typically collects more than \$5,000 in monetary gifts and 1,700 pounds of food.

Holiday Toy Drive

Civic Life partners with students, student orgs, and campus departments to collect toys for the Cunningham Children's Home. The drive starts mid-November and runs through first week of December.

Make plans to participate by viewing our events calendar, and sign up for OCL NEWS to receive the latest details on these engagement opportunities.

Student Democratic Engagement

An engaged Illini is one who participates in a comprehensive experience that challenges them to participate and through that participation provide a service or benefit that meets the needs of our community. Civic education is a combination of promoting the education of students for engaged participation through democratic participation in their communities, respect and appreciation of diversity, applied learning, and social responsibility.

At Illinois we are committed to working to reduce apathy, increase engagement, and graduate civic-minded students prepared to solve the country, and the world's, most pressing challenges. With this in mind, we offer students many opportunities to become engaged citizens through our student voter initiatives.

At Illinois, our goal is to normalize voting behavior through initial opportunities that allow all students to register, learn about issues and candidate, and vote. Democracy relies on each of you to help shape our Illini community and your communities at home. Voting is just one way that each of you can participate in civic engagement that is part of our collective responsibility as citizens. As you get to learn more about Illinois, we encourage you to learn more about democratic engagement at civiclife.illinois.edu/illinivote/ or on Instagram @illinivote.

Student who are US citizens can register to vote at <u>illinois.turbovote.org</u>.

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University YMCA Building | 1001 S. Wright St. Champaign, IL 61820

@ocl uiuc

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Office of the Dean of Students

The Office of the Dean of Students (ODOS) strives to help students in their journey to reaching their full potential inside and outside the classroom. We support students through advocacy in the Student Assistance Center (SAC), promotion of accountability and responsibility in the Office for Student Conflict Resolution (OSCR), legal assistance in Student Legal Services, and enhancement of landlordtenant relationships and success with Off-Campus Community Living (OCCL).

We also facilitate the Behavioral Intervention Team, which receives reports of concerning or threatening student behavior that have the potential to lead to targeted violence.

Student Assistance Center

Web: go.illinois.edu/sac Email: <u>helpdean@illinois.edu</u> Phone: 217-333-0050

The Student Assistance Center in the Office of the Dean of Students is a collaborative resource that promotes the holistic growth and development of Illinois students. To that end, we partner with students, faculty, staff, and family members to address disruptions to students' academic and social stability or behaviors that cause distress in our community. We strive to foster a community of care in which all members have a personal responsibility to themselves and others.

Our team is ready to provide support or assistance! Whether you are experiencing academic difficulty due to health issues, extenuating circumstances that are impacting your ability to be successful, need help finding or getting connected to campus resources, or are seeking information about university policies and procedures, we are here to help. Other ways our team assists students include:

- Medical withdrawals
- Absence-related documentation for class
- Absences due to religious observance
- Food and housing insecurity and related issues

We strongly encourage students to call and make an appointment. Appointments are available Monday-Friday from 9:00 am-4:30 pm and are typically 30 minutes. Although appointments are recommended, the Student Assistance Center offers drop-in hours from 10:00 am-3:00 pm, Monday-Friday. During this time, students can meet with a Dean to begin a conversation about a presenting issue/concern. Drop-in appointments are usually relatively short and are intended for addressing specific questions. Following this initial meeting, the Dean may suggest a follow-up appointment for further discussion/assistance.

Off-Campus Community Living

Web:occl.illinois.eduEmail:off-campuscommunityliving@illinois.eduPhone:217-333-0112

Many students will transition to living off-campus after their first year at the University of Illinois. Off-Campus Community Living (OCCL) helps students make this transition successfully. OCCL teaches students how to conduct an apartment search, review leasing contracts, resolve disputes with roommates and landlords, and provides tips to prevent issues while renting an apartment. We offer helpful and educational workshops in real-time and available online to enhance your experience living experience off-campus and assist in navigating through any challenges that may arise.

We encourage you to reach out and make an appointment to learn more about our services and avoid the pressure to sign a lease earlier than necessary.

217-333-0050

300 Student Services Building | 610 E. John St. Champaign, IL 61820

Office of Minority Student Affairs

The Office of Minority Student Affairs (OMSA) mission is to provide exceptional support services that enhance the academic achievement, personal development, and graduation rates of first generation, low-income, and historically underrepresented students at Illinois.

<u>34%</u>

of all incoming freshmen are eligible for OMSA services

<u>93%</u>

of SSS students remain in good standing with a 82% 6-year graduation rate

1,700+

students participated in OMSA tutoring last year, while 1,200+ were invited to mentoring

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scholarships totaling over \$14,000 that OMSA awarded in 2022-2023

Advising and Mentoring

Promotes students' retention, academic success, and provides a strong foundation for persistence to graduation and contributions to success.

Tutoring and Academic Services

Undergraduate and graduate tutors provide support in a wide range of subject areas and workshops.

OMSA Academic Services Center (ASC)

1103 W. Oregon St. Urbana, IL 61801 omsa-asc@illinois.edu 217-333-7547

Student Support Services (SSS)

Helping students with the transition from high school to college and eventually graduation.

McNair Scholars

Preparing underrepresented first generation and low-income juniors and seniors for graduate school research.

Have a question and not sure who to ask?

The OMSA is here for you!

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130 Student Services Building | 610 E. John St. Champaign, IL 61820



omsa@illinois.edu

@OMSAillinois

217-333-0054

Salaam

Middle East & North Africa Cultural Center

Come visit UIUC's newest cultural center and Urbana's best-kept secret! One of the main features of the UIUC Salaam Middle East & North Africa (MENA) Cultural Center is its inviting, hospitable, and relaxing cafe-like qahwah (coffee) house and chai (tea) khoone atmosphere.

SALAAM

Cultural Cente

Open to students, staff, and visitors of all backgrounds, our center is the perfect place to study, hang out, meet new people, hold a meeting, host events, play cards, dabble in board games, play FIFA 2023, etc. over a cup of coffee or tea from across the MENA region. The center comfortably accommodates thirty people and comes equipped with round and rectangular chafing dishes, a large charcuterie board, diverse seating arrangements, and an open area for mingling. We are located at 706 East Gregory Street, between Cafe Bene and Tenko Tea; right across from Basil-Thai@Urbana, and Rosati's Pizza; and around the corner from Dubai Grill and Ko-Fusion. The center is also home to the best hot sauce collection in the entire county, a perfect pairing with a slice or empanada from Manolo's, a short hop, skip, and jump away.



Reserve space

Visit <u>go.illinois.edu/salaamspace</u> or scan the QR code above to request a space reservation.

About Us

The UIUC Salaam Middle East and North Africa (MENA) Cultural Center provides a safe space for historically marginalized, misrepresented, and underrepresented culturally related communities across North Africa, the Sub-Saharan African Sahel, East Africa, Southwest Asia, West Asia, Central Asia, the Mediterranean, Eastern Europe, the Caucasus, and their diasporas. Through the keen lenses of criticality, intersectionality, interculturality, and paradigm proliferation, the center seeks to provide a home and an in-depth understanding of the loosely defined colonial terms "Middle East and North Africa" and its peoples. This includes MENA's encounter with "race" in the West as well as colonialism, post-colonialism, and selfcolonization in the region.

The aim is that by deconstructing exclusionary narratives and enriching them with counternarratives, we will jointly reconstruct inclusive narratives that allow for time and spaces of belonging for all who have called, do call, or will call the region home. Our goal is to establish the Salaam MENA Cultural Center as the pinnacle of student success and a home away from home for all.

Hours

- Monday–Thursday, 12:00–6:00 pm
- Friday, 12:00–5:00 pm

By reservation Tuesday–Thursday until 9:00 pm

CR



706 E. Gregory St. Urbana, IL 61801

217-333-1774

Student Engagement

Student Engagement is your gateway to an incredible Illini experience where you can immerse yourself through infinite possibilities.

Student Organizations

New students are encouraged to explore ways to get involved, including joining a student organization. Students who were members of a student org reported having a higher sense of belonging and being more connected to campus. Student Organization Development & Administration (SODA), a unit of Student Engagement, has a dedicated team that provides student organizations support through education and leadership development. In addition, serving as a member of a student org offers opportunities for personal growth and the development of critical skills outside of the classroom, which prepares students for success after college.

Quad Day

Quad Day, a tradition at Illinois, is the ultimate way to explore our student orgs. Hosted on Sunday before the fall semester, join us at the Main and South Quads as we kick off the semester.

Student Sustainability

Another great way to get involved is with Student Sustainability. Student Sustainability works throughout campus to develop and support green initiatives. In addition, this unit plays host to the Student Sustainability Committee, which allocates funds received via the Cleaner Energy Technologies Fee and the Sustainable Campus Environment Fee to campus programs and projects that aim to improve sustainability at Illinois.

student organizations

\$15+ million

allocated to projects by SSC since 2008

900+

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Illini Union, Suite 264 | 1401 W. Green St. Urbana, IL 61801

TLLINOIS



<u>@involvedillini</u>



studentengagement@illinois.edu

217-300-8757

The Career Center

Empowerment and action begins here

From the moment you arrive on campus, we equip you with the vital tools and resources to empower and prepare you for the next step in your career path. We guide you through a journey of self-discovery and the career development process to help you successfully transition from the University to a thriving life and career.

How we help

We can help you plan your next step. Visit us for:

- Career and major exploration
- Job and internship preparation
- Health professions advising •
- Graduate and professional • school assistance



🔺 Learn more

To learn more, please visit us at <u>careercenter.illinois.edu</u> and follow us on Facebook, Instagram, Twitter, and LinkedIn.



Handshake

Login to handshake.illinois.edu to find jobs and internships and to register for career-related campus events.

What we offer

Career coaching and assessment

We brainstorm with you to clarify your career goals and identify your next step.

Pre-health advising

We provide specialized services and pre-professional advising that assist with your planning, preparation, and application to health-related professional programs.

Drop-in advising

We assist you with your career-related concerns by connecting you to relevant resources and accurate information. Resume, cover letter, and personal statement reviews: We provide feedback on your resume, cover letter, or personal statement so it grabs the attention of employers and recruiters.

LinkedIn profile assistance

We help you build a LinkedIn profile that strengthens your connections with professionals and employers.

Specialized workshops and events

We host a wide range of free in-person and virtual workshops and events throughout the year that fit your careerrelated needs.

Appointments and drop-in services are available.

715 S. Wright St. Champaign, IL 61820



<u>careercenter@illinois.edu</u>

@UofICareerCenter

217-333-0820

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Wellness Wheel & Resources

McKinley Health Center

McKinley Health Center provides studentfriendly healthcare services at the University of Illinois. The Health Center is open Monday-Saturday and provides 24/7 Dial-A-Nurse service. Located on the Southeast corner of campus at 1109 S. Lincoln Avenue, Urbana.

Health Resource Centers

Provide over-the-counter self-care supplies at no additional cost: cold medications; wound care supplies, overthe-counter contraception, pregnancy test kits, sleep kits, allergy kits and yeast infection treatment kits. Visit McKinley's website for the various locations.

McKinley Mental Health

The Mental Health Unit at McKinley Health Center provides assessment and recommendations for treatment for a variety of emotional and behavioral difficulties. Short-term individual psychotherapy is provided by our mental health professionals.

McKinley Wellness App

Download McKinley's Wellness App to stay connected with McKinley and other campus resources to help keep you well to excel.

Relaxation Exercises

Relaxation techniques are an important tool in reducing daily stress. Download a variety of exercises to refresh your mind and body. Choose from deep breathing, guided imagery, progressive muscle relaxation and instrumental music.

Health Education

McKinley's Heath Education Unit has health educator's who specialize in fitness, nutrition, sexual health and stress management. They are available for one on one appointments and to help you keep a balanced and healthful lifestyle. Call today to schedule an appointment, 217-333-2700.

Healthy Illini Podcasts

The Healthy Illini Podcast is available where ever you listen to podcasts. Weekly episodes feature a variety of health and wellness topics. Tune in to hear from healthcare professionals, experts and students.

Campus Recreation

Campus Recreation provides a welcoming environment with sustainable facilities and programs that inspire the University community to engage in recreation and wellness opportunities.

Food Assistance & Wellbeing Program

FAWP is located inside the Activities and Recreation Center (ARC), provides nutritious food in a welcoming space for our Illinois Community. It's a shopping style pantry where food is set up on shelves by food groups.

Instructional Kitchen

The Instructional Kitchen provides a variety of educational and nutrition focused programming for students to cultivate healthy habits. Check out active.illinois.edu.

ARC Reflection Room

Take time to rest, relax and reboot in our Reflection Room located at the ARC. It is a great space for structured and unstructured meditation along with other activities.

Campus Well

PHYSICA

Campus Rec has partnered with CampusWell, an interdepartmental platform of resources that provides articles and videos about topics ranging from body image, nutrition, and mindfulness, to time management, substance abuse, finances, and much more.

Wellness Reflection Tool

Use the Wellness Reflection Tool to see how well you are in each of the different dimensions of wellness.

EMOTIONAL

ENVIRONMENTAL

VOCATION

Dimensions

of Wellness

Counseling Center

The Counseling Center provides mental health counseling and wellbeing education for students. Our center is staffed by a group of diverse professionals who understand the range of concerns facing students.

Kognito

The Kognito At-Risk online training simulation will help motivate distressed students to seek help, help faculty/staff identify students who are at risk for suicide and put students in touch with support services.

Well Track

Well Track is an app that allows you to track your moods and learn about how you can better control conditions like anxiety and depression. It is available to all Illinois students—you do not need to be a client of the Counseling Center to access it.

Self-Health Brochures

A variety of brochures are available on health and wellness topics for your perusal.

More Wellness Resources

- Mental Health Resources
- Food Resources
- <u>Campus Safety</u>
- <u>Bike at Illinois</u>

Women's Resources Center

The Women's Resources Center (WRC) is an on-campus office that specializes in gender equity, sexual violence prevention and response. Our mission is to improve the campus climate for women students, which we do by offering programs for students of all gender identities that address social issues through an intersectional lens.

People of all genders and identities are welcome at the Women's Resources Center!

Sign up for our newsletter at <u>go.illinois.edu/wrcnewsletter</u> and never miss out on an opportunity.

How to get involved with the WRC

The WRC offers several opportunities for students to get involved in ending sexual misconduct, advancing gender equity, and advocating for social change, including:

- Volunteers
- Interns
- Peer educators
- Graduate assistants
- Program committees
- Public events
- Workshops by request

Advocacy and support services

The Women's Resources Center provides free confidential advising services, offering advocacy and support to students, faculty, and staff of all identities who have experienced sexual misconduct (sexual assault, sexual harassment, sexual exploitation, stalking and/or dating/domestic violence).

What is a confidential advisor?

Confidential Advisors (commonly referred to as advocates) are trained to provide campus-specific crisis management, share referral services, explore and navigate reporting options, and provide survivor advising. Our confidentiality means for purposes of Title IX, we are NOT required to initiate a sexual misconduct investigation/report related to what is shared with us. That means when we talk with students, faculty, and staff who have experienced harm, we make sure you get what you need on your terms! Confidential Advisors provide a variety of support and advocacy services for a variety of needs, including:

- Academic needs
- Housing needs (on and off campus)
- Student disciplinary system and/or criminal justice system
- Employment needs
- Information and advocacy for medical needs
- Support for partners, friends, and parents
- Referrals for mental and physical health needs on campus and in the community

To make an appointment with a confidential advisor, please email <u>wrcadvocacy@illinois.edu</u> or call the office at 217-333-3137. In person and virtual appointments are available. You can learn more about confidential advising services by visiting wrc.illinois.edu.

To learn more about available sexual misconduct services on campus, including reporting options and confidential resources, please visit wecare.illinois.edu.

FYCARE

Web: <u>go.illinois.edu/fycare</u> Email: <u>fycare@illinois.edu</u>

The FYCARE workshop is a required program for all incoming students, including first-year students, transfers, and international students. FYCARE is a peer-led, interactive discussion on sexual misconduct that strives to build awareness and improve our capacity to create healthier relationships. Workshops are led by trained peer facilitators and designed to encourage engaging discussion in a relaxed atmosphere. Peer facilitators draw upon their own experiences as students at Illinois to keep the workshop informative and relatable.

FYCARE discusses the dynamics of sexual violence and relationship violence, consent, bystander intervention, ways to support survivors, and campus and community resources.

In an effort to create and maintain a safe campus community, the University of Illinois has mandated that all students attend a FYCARE workshop during their first semester on campus. Evaluations show that the vast majority of past attendees found the workshops beneficial to their overall transition to the campus.

You will receive an email from New Student Programs with the link to register or reschedule if needed. There will be a limited number of FYCARE workshops offered virtually over the summer, with the majority of workshops taking place in the fall semester.

616 E. Green St. Suite 202, Champaign, IL 61820 | MC-302

womenscenter@illinois.edu

@IllinoisWRC



<u>@IllinoisWRC</u>



app.illinois.edu

FOR THE PERFORMING ARTS