

## University Resources

**Academic Advising** (101 D.D. Dougherty) [advising.appstate.edu](http://advising.appstate.edu) 828-262-3044  
Academic advisors assist students in choosing the correct classes to achieve academic goals. They can also assist students in determining a major and understanding academic policies.

**Academic Consultations** (246 D.D. Dougherty) [lap.appstate.edu/academic-consultations](http://lap.appstate.edu/academic-consultations) 828-262-3044  
Consultations are available with a study skills specialist to discuss strategies and study plans on an individual basis.

**As-U-R** (213-D Edwin Duncan Hall) [collegestar.appstate.edu/u-r/u-r](http://collegestar.appstate.edu/u-r/u-r) 828-262-6332  
A weekly support service to aid students with executive function challenges such as organization, planning and setting priorities, getting started and completing tasks, monitoring progress on tasks, and decision-making. An application is required because limited spaces are available.

**Career Development Center** (3<sup>rd</sup> Floor JET) [careers.appstate.edu](http://careers.appstate.edu) 828-262-2180  
Develop a career plan with a career counselor, revise and share your resume with employers, sign up for practice interviews, and receive alerts about real interviews.

**Career Exploration Office** (216 PSU) [careereexploration.appstate.edu](http://careereexploration.appstate.edu) 828-262-2029  
Meet with students, graduate students and/or a professional career counselor to explore options for majors and to identify strengths and interests.

**Early Intervention Team** [eit.appstate.edu](http://eit.appstate.edu) 828-262-7065  
A team which meets with students who are showing signs of difficulty with university life and who have been referred by faculty or staff.

**Library Research Assistance** (Belk Library) [library.appstate.edu/gethelp/rap](http://library.appstate.edu/gethelp/rap) 828-262-2818  
Sign up for a Research Advisory Program appointment to gain extensive support on research projects.

**Office of the Dean of Students** (324 PSU) [deanofstudents.appstate.edu](http://deanofstudents.appstate.edu) 828-262-8284  
The Dean of Students oversees the Office of Student Conduct, the Student Legal Clinic, Off-Campus Community Relations, and Parent and Family Services.

**Office of Disability Services** (112 Anne Belk Hall) [ods.appstate.edu](http://ods.appstate.edu) 828-262-3056  
Students with documented disabilities may qualify for accommodations, such as extended time on tests or distraction-reduced testing environments.

**Office of Student Success (OSS)** (238 I.G. Greer) [studentsuccess.appstate.edu](http://studentsuccess.appstate.edu) 828-262-6987  
Connects students to resources, provides Academic Success Workshops, academic coaching, and individual meetings.

**Office of Transfer Services (OTS)** (130 JET) [transfer.appstate.edu](http://transfer.appstate.edu) 828-262-7877

The Office of Transfer Services provides the knowledge and resources necessary to empower students through their Appalachian journey by advocating and collaborating to build the bridges necessary for student transition, integration, and success. Students can engage and connect through various support groups and services offered by OTS. [transfer.appstate.edu/current-students](http://transfer.appstate.edu/current-students)

**Peer Academic Coaching** (208 D.D. Dougherty) [lap.appstate.edu/interdisciplinary-tutoring](http://lap.appstate.edu/interdisciplinary-tutoring) 828-262-7917

Sign up for regular weekly appointments with a trained peer tutor to develop study plans and manage deadlines. Best to sign up in person.

**Tutoring Services** (208 D.D. Dougherty) [lap.appstate.edu/tutoring](http://lap.appstate.edu/tutoring) 828-262-3060

Sign up in person for weekly appointments with a tutor to discuss specific course content. **Best to sign up early in the semester.**

**Writing Center** (204 Belk Library) [writingcenter.appstate.edu](http://writingcenter.appstate.edu) 828-262-3144

Drop in or arrange an appointment to discuss a writing project at any point in the writing process with a consultant.

## **Wellness Resources**

Appalachian offers a wide variety of wellness activities and services for the campus community. The Department of Wellness and Prevention Services, which leads these efforts, follows a holistic approach encompassing eight dimensions: **emotional, environmental, financial, intellectual, occupational, physical, social and spiritual**. In order to promote these dimensions, Wellness and Prevention Services offers a variety of educational and skill building programs along with individual and group services. The following are some of the services available to members of the Appalachian community:

**Wellness and Prevention Services** (2<sup>nd</sup> floor of Miles Annas building) 828-262-3148  
[wellness.appstate.edu](http://wellness.appstate.edu)

### **Alcohol and Other Drug Counseling (AOD)**

AOD counseling provides students with information and help processing their experiences and feelings. This can be a single session, short term (2 to 6 sessions), or longer depending on the goals.

### **BASICS: Brief Alcohol Screening and Intervention for College Students**

The BASICS program offers students an opportunity to examine and explore their alcohol and other substance use. The program serves students individually, providing a personalized BASICS feedback report and a confidential session with a trained counselor.

### **Nutrition and Body Image Programs**

Students may set up individual appointments with the nutritionist as well as engage in group sessions. In addition, students may attend programs such as grocery store tours and learn how to interpret food labels and ways to better navigate grocery venues and make healthy food purchases within a limited college budget.

**Sexual Health Education**

The Student Wellness Coordinator is available to meet with students to discuss healthy relationships, intimacy, and making informed decisions regarding sexual activity.

**Mental Health Programs**

Transitioning to the university environment and thriving within that setting can take a heavy toll on the mental well-being of students. For that reason, the department offers a variety of stress management services. Students can enroll in ongoing Koru Mindfulness classes at the AppSync events page. This four-week class will teach students a variety of mindfulness and meditation techniques. In addition, guided meditations are offered weekly to students as well as faculty/staff. These may also be found on the AppSync events page.

Additionally, students have access to several suicide prevention resources and trainings, many of which are facilitated by the Coordinator for Student Mental Well-being within the Department of Wellness and Prevention Services. More information regarding suicide prevention can be found at the following website, <http://preventsuicide.appstate.edu/>.

**Sexual Assault Prevention**

The Red Flag Educators are a student group that serves the Appalachian community through the Department of Wellness and Prevention Services, and seeks to educate and empower peers on “Red Flags” of sexual, interpersonal, and dating violence. The Red Flag Educators are available to present to peer groups, organizations, and classes on topics of interpersonal violence, active bystander intervention, and rape culture. More information can be found at <http://redflag.appstate.edu>.

**Counseling Center** (1<sup>st</sup> Floor, Miles Annas Building) [counseling.appstate.edu](http://counseling.appstate.edu)

828-262-3180

**Individual Counseling**

Brief counseling (a limited number of sessions per semester) is available. If weekly support for the entire semester is needed, a referral to a private therapist or community service will be made as early as possible.

**Group Counseling**

Short-term and long-term group programs are available.

**Couples/Family Counseling**

Problems that are centered on an ongoing relationship may need to be addressed in couple or family counseling. Services are offered to couples regardless of marital status and/or sexual orientation, as long as at least one of the partners is a current student.

**Eating Concerns Program**

The Eating Concerns Treatment Team (ECTT) offers specialized services for individuals with eating and body image issues.

**CU THRIVE** [appstate.cuthrive.com](http://appstate.cuthrive.com)

CU Thrive is a program built specifically for college students to help them explore, understand and share their unique college experiences. There are a wide variety of resources including mental health screenings, interactive modules, articles and even recipes!

**M.S. Shook Student Health Service** (2<sup>nd</sup> Floor, Miles Annas Building)

828-262-3100

[healthservices.appstate.edu](http://healthservices.appstate.edu)

In addition to clinical services related to preventive care (e.g., influenza vaccination and physical exams) and illness (e.g., common cold), Student Health Services also houses an injury clinic, pharmacy, and a travel health clinic.

## **Financial Resources**

**F.A.R.M. Cafe** (617 W. King Street) [farmcafe.org](http://farmcafe.org)

828-386-1000

F.A.R.M. Cafe is a non-profit, pay-what-you-can community kitchen that builds a healthy and inclusive community. HOURS: Monday-Friday 11:00am-12:00pm

**Financial Aid** (265 JET) [financialaid.appstate.edu](http://financialaid.appstate.edu)

828-

262-2190

Apply to qualify for loans and scholarships on campus. Be sure to check out your major department's website for major-specific scholarship opportunities. Once a student applies for financial aid by completing the Free Application for Federal Student Aid (FAFSA), SAP (Satisfactory Academic Progress) will be checked and if the student is meeting the SAP standards, financial aid processing will continue as normal, no matter the probationary status of the student.

### **Satisfactory Academic Progress**

- Must successfully complete 67% of all hours enrolled in after the 5th day of classes.
- Must not exceed total hours beyond 150% needed for degree. If an undergraduate student attempts 183 hours, they are no longer meeting SAP because they have attempted more than 150% of the length of the degree program.

Remember that only courses required for your degree are eligible for financial aid. Financial aid eligibility is based on enrollment in required coursework only.

**Office of Sustainability Food Pantry** (Basement Level of East Hall)

828-262-2659

<https://sustain.appstate.edu/news/2016/11/food-pantry-now-open-office-sustainability>

Anyone with food or goods needs are invited to visit Appalachian's food pantry and free store. The Food Pantry offers non-perishable staples as well as seasonal, local fruits and vegetables as available. The Free Store offers school supplies, home goods, clothing, and more. HOURS: Monday-Friday 8:30am-5:00pm

**Student Employment** (389 JET) [studentemployment.appstate.edu](http://studentemployment.appstate.edu)

828-262-2879

Offers information about on-campus and part-time off-campus jobs for students.

**T.M.S. Tuition Payment Plan** [studentaccounts.appstate.edu/payment-options](http://studentaccounts.appstate.edu/payment-options)

The TMS Payment Plan is an interest-free alternative to paying your college expenses that allows you to spread your payments over multiple months. The Annual (10-Pay) plan allows you to budget payments for 10 months (June to March) and cover both fall and spring charges.

## **Spiritual Resources**

**Rich Mountain Meditation Room** (3rd Floor, PSU) 828-262-3032  
[studentunion.appstate.edu/rich-mountain-meditation-room](http://studentunion.appstate.edu/rich-mountain-meditation-room)

Designated as a meditation room for students to use. This walk-in space can be used as a quiet reprieve from their busy lives and for prayer and meditation or small group spiritual gatherings.

**Appalachian Spiritual Life Association (ASLA)** [ministries.appstate.edu](http://ministries.appstate.edu)

ASLA promotes a spiritual climate in which all members of the University community have the freedom and opportunity to practice their respective faiths, to worship in accordance with their individual beliefs, to inquire about religious problems and interests, and to work together on common concerns.

## **Other Resources**

**Off-Campus Campus Community Relations** (324, PSU) [offcampus.appstate.edu](http://offcampus.appstate.edu) 828-262-8284

Offers information about off-campus housing and houses an Off-Campus Student Advisory Committee. The mission of the Office of Off-Campus Community Relations is to enhance the quality of life for off-campus and transfer students, and the community; to develop and support opportunities for student involvement in and connection to the university and community; to encourage personal and social development as responsible citizens; and to nurture an understanding of the interdependencies of people and their environments.

**Henderson Springs LGBT Center** (International Hallway, PSU) [lgbt.appstate.edu](http://lgbt.appstate.edu) 828-262-8566  
Provides resources, support, information, and a welcoming atmosphere for LGBT individuals and their allies.

**L.E.A.D (Linking Education & Diversity)** (PSU 255) [multicultural.appstate.edu/lead](http://multicultural.appstate.edu/lead) 828-262-6158  
L.E.A.D is a Multicultural Student Development program designed to create fellowship among students and families of historically underrepresented backgrounds and to help ease their transition to Appalachian State University. L.E.A.D. will give students who participate an opportunity to become leaders on the App State campus and within the Multicultural Student Development office.

**Multicultural Center** (112 PSU) [multiculturalcenter.appstate.edu](http://multiculturalcenter.appstate.edu) 828-262-6158  
Staffed by students, the Multicultural Center promotes diversity and inclusion through educational and social programming that is open to all students.

**Office of Equity, Diversity and Compliance (EDC)** (123 I.G. Greer Hall) [edc.appstate.edu](http://edc.appstate.edu) 828-262-2144  
EDC is charged to ensure that equal access to education and employment is guaranteed, respectful treatment is assured, and an appreciation of differences is fostered for all members of the university community.

**Ombuds Office** (236A I.G. Greer) [ombuds.appstate.edu](http://ombuds.appstate.edu) 828-262-2559  
Provides an independent, confidential environment for faculty, staff and students of the Appalachian community to discuss campus-related concerns or problems.

**Student Engagement and Leadership** (231 PSU) [engageandlead.appstate.edu](http://engageandlead.appstate.edu) 828-262-3032  
Connect with clubs, organizations, and leadership opportunities that match your interests and/or ambitions.

**Student Legal Clinic** (324 PSU) [legalclinic.appstate.edu](http://legalclinic.appstate.edu) 828-262-8284  
Free legal advice, information and referrals provided by a licensed attorney. Services are convenient and confidential.

**University Housing** (321 JET) [housing.appstate.edu](http://housing.appstate.edu) 828-262-2160  
Find links to housing applications, information about where to request maintenance for your room, where and how to receive packages, and more.

**University Recreation** [urec.appstate.edu](http://urec.appstate.edu) 828-262-2100  
Participate in outdoor programs, club sports, intramural sports, group or individual fitness, as well as aquatic activities. Activities and opportunity for engagement occur at the Student Recreation Center, the Quinn Recreation Center, Mt. Mitchell Fitness Center, the State Farm Intramural and Club Sport Fields, and Camp Broadstone.

**Veteran Services** (251 PSU) [studentveteranservices.appstate.edu](http://studentveteranservices.appstate.edu) 828-262-2722  
The office eases the transition of student veterans from service to education by providing a dedicated resource center in the student union, assistance navigating campus concerns, and connection to on and off-campus resources.

**Women's Center** (International Hallway, PSU) [womenscenter.appstate.edu](http://womenscenter.appstate.edu) 828-262-6744  
Staffed by students, the Women's Center educates the Appalachian community, about eliminating gender discrimination, promoting social, economic, and political equity, and empowering women and girls.

PREPARED BY OFFICE OF STUDENT SUCCESS & EARLY INTERVENTION TEAM