

Resources for Students in Support of their Academic Success, Social Belonging, and Overall Well-Being as Bruins:



UCLA has a multitude of resources and services available to all undergraduates, many of which are listed below. ***Please provide a link to this webpage on your CCLE course site or post the following list in your syllabus or as a resource on your CCLE course site.*** Encourage your students to explore these resources and services as needed.

- **Academic Achievement Program (AAP):** This program advocates and facilitates the access, academic success, and graduation of students who have been historically underrepresented in higher education; informs and prepares students for graduate and professional schools; and develops the academic, scientific, political, economic, and community leadership necessary to transform society. Learn more at <http://www.aap.ucla.edu/>
- **Academic Support on the Hill – UCLA Residential Life:** Study spaces, computer labs, and free workshops on a wide variety of issues relating to academic & personal success; (310) 825-9315; <https://reslife.ucla.edu/academics/>
- **Academic Counseling:** Academic counseling can help students determine how to fulfill requirements, create degree objectives, or decide on a major. <http://www.registrar.ucla.edu/Academics/Academic-Counseling>
- **Academic & Student Services (AS2):** Assist student-athletes in their transition to the university, earn their UCLA degree, and develop their skills and confidence to be champions in life. <https://uclabruins.com/news/2013/4/17/208272559.aspx>
- **Bruin Resource Center:** Student Activities Center, Suite B44: (310) 825-3945; <http://www.brc.ucla.edu/>
- **Bruin Guardian Scholars:** <http://www.guardianscholars.ucla.edu/>
- **Bruin Guardian Scholars Academy:** <http://www.bgsa.ucla.edu/>
- **Free Meals:** <http://www.brc.ucla.edu/Resources>
- **GRIT Peer Coaching Program:** <http://www.grit.ucla.edu/>
- **Intergroup Relations Program:** <http://www.igr.ucla.edu/>

- **Students with Dependents Program:** <http://www.swd.ucla.edu/>
- **Transfer Student Center:** <http://www.transfers.ucla.edu/>
- **Veterans Resource Center:** <http://www.veterans.ucla.edu/>
- **Undocumented Student Program:** <http://www.usp.ucla.edu/>
- **Career Center:** Don't wait until your senior year – visit the Career Center today to begin building a portfolio and engaging in opportunities to support your professional development and career success;
<http://www.career.ucla.edu/>
 - Use **Handshake** to find internships, jobs and career opportunities;
<https://career.ucla.edu/Handshake>
- **Center for Accessible Education:** Located in A255 Murphy Hall: (310) 825-1501, TDD (310) 206-6083; <http://www.cae.ucla.edu/>
- **Clubs, Organizations, Recreation:** Get involved in extracurricular activities and other happenings on campus that represent your interests both inside and outside the classroom; learn more at
- **Clicker Loan Project:** Offers free rental of clickers to students; may check out for entire quarter. Learn more at
<http://lendme.oid.ucla.edu><http://www.ucla.edu/campus-life/clubs-organizations-and-recreation>
- **COMPASS Life Sciences:** Resource for undergraduate students to learn about mentorship and research opportunity programs in life sciences.
<https://compass.lifesci.ucla.edu/>
- **Counseling and Psychological Services (CAPS):** Students in distress may speak directly with a counselor 24/7 at (310) 825-0768, or may call 911; located in Wooden Center West; www.caps.ucla.edu
- **Dashew Center for International Students and Scholars,** 106 Bradley Hall: (310) 825-1681 www.internationalcenter.ucla.edu
- **Dean of Students Office:** Located in 1206 Murphy Hall; (310) 825-3871; www.deanofstudents.ucla.edu
- **Financial Aid:** Located in A129 Murphy Hall; (310) 206-0400; Explore available scholarships, work study positions, and more by visiting the website: www.financialaid.ucla.edu.
- **Scholarship Resource Center:** <http://www.scholarshipcenter.ucla.edu/>

- **Financial Wellness:** Find low-cost and affordable resources including employment, print/loan services (lab coats, laptops), food security resources, housing assistance (including shelters and emergency housing), and health and well-being services
 - Click [here](#) for access to Resource Guide with comprehensive list of campus programs.
- **Arthur Ashe Student Health and Wellness Center:** Visit for medical services; <http://www.studenthealth.ucla.edu/default.aspx>
- **First to Go:** This program provides support for First-Generation to College Bruins. First-Gen Bruins represent a little over 30% of the undergraduate population and UCLA is committed to their success; <https://firsttogo.ucla.edu/About/Mission>
- **Food Security:** UCLA and the Los Angeles region more broadly both provide several resources for students who do not have the financial means to consistently purchase nutritious food. Access information about these resources and links to campus resources here: <https://eatwell.healthy.ucla.edu/2018/03/16/food-security-on-uclas-campus/>
- **Healthy Campus Initiative:** Promotes living well on campus through its seven areas: BEWell, BreatheWell, EatWell, EngageWell, MindWell, MoveWell, and ResearchWell; learn more at <http://healthy.ucla.edu/>
- **International Student Ambassadors, Dashew Center:** <https://www.internationalcenter.ucla.edu/programs-events/ambassadors>
- **LGBTQ Resource Center:** Education and advocacy services supporting intersectional identity development as well as fostering unity, wellness, and an open, safe, and inclusive environment for UCLA's LGBTQ community; <http://www.lgbt.ucla.edu/>
- **Library:** Get help with your research, find study spaces, attend a workshop, rent a laptop, and more. Learn more: <http://www.library.ucla.edu/>
 - **Group Study Spaces:** Find inspiring places to study and collaborate; <http://www.library.ucla.edu/support/support-students/find-places-study-collaborate>
- **Office of Equity, Diversity, and Inclusion:** Report an incident, access resources and attend public events: <https://equity.ucla.edu/>
- **Partnership UCLA | Alumni Career Programs**

- **Bruin Development Academy:** This experience is designed to provide participants with a competitive edge whether for internships or post-undergrad employment.
<http://partnership.ucla.edu/bruin-development-academy/>
- **Recreation and FitWell:** Explores healthy lifestyle choices at the John Wooden Center in the areas of fitness and exercise, nutrition and weight management, stress management, and general health education; learn more at: <http://www.recreation.ucla.edu/fitwell>
- **RISE – Resilience in Your Student Experience:** The mission of the UCLA campus and student resilience program is to promote resilience skills — emphasizing connection and belonging, service, self-efficacy and mastery, and self-reflection. Visit their website to learn about our Resilience Peer Network, join our collaboration with the UCLA Depression Grand Challenge (DGC), discover the DGC's STAND Program for Screening & Treatment for Anxiety and Depression, explore Mindful UCLA, check out new resilience-building programs in the RISE space in Lu Valle Commons, and get inspired – discover & join campus partners that support resilience:
<https://www.resilience.ucla.edu/>
- **Sexual Violence Prevention and Response:** Access FAQs, resources, information, and learn about how to report an incident:
<http://sexualviolence.universityofcalifornia.edu/>
- **Startup UCLA:** The 10-week Summer Accelerator provides early-stage startups with a workspace and guidance by top entrepreneurs, investors and skill experts. Teams travel to the Bay Area to visit venture capital firms and startup entrepreneurs, making valuable connections while getting constructive feedback on their pitches from industry professionals and also pitch to local investors on “Demo Day”: <https://startupucla.com>
- **Student Legal Services:** Located in A239 Murphy Hall: (310) 825-9894;
www.studentlegal.ucla.edu
- **Undergraduate Resources to Support Learning in STEM**
 - **Scientific papers** – Click [here](#) to find resources about how to read scientific papers
 - **Study Strategies** – Click [here](#) to learn about six strategies for effective learning
- **Undergraduate Research Portal:** This online tool helps students and faculty connect over research opportunities. It is available under the Academics tab on MyUCLA and can be directly accessed at: urp.my.ucla.edu

- **Program for Excellence in Education and Research in the Sciences (PEERS):** Assist students develop a strong foundation in the sciences and make teaching and/or research a part of their life's work. <http://www.ugresearchsci.ucla.edu/prospeers.htm>
- **Undergraduate Writing Center:** Peer learning facilitators (PLFs) are undergraduates who understand the challenges of writing at UCLA. Scheduled appointment and walk-in options are available, see www.wp.ucla.edu/uwc for more information about writing programs and to get assistance with your writing.
- **UCLA ONE:** An interactive, online gateway for mentorship, professional networking, peer driven career advice and exclusive job leads (similar to LinkedIn for the UCLA community): <https://uclaone.com/>
- **UCLA STAR (Stress & Resilience) Program:** This program (a collaboration between CAPS, the UCLA Depression Grand Challenge, Ashe and Rise Center) enables students to check in on their stress and resilience and routes them to recommended resources. Even if students choose not to enroll in the recommended program, they can sign up for monthly reminders to check in again. This program is only open to UCLA students: <https://www.stand.ucla.edu/star>
- **UCLA WI+RE:** UCLA's Writing Instruction and Research Education provides quick and practical research and writing strategies, collaboratively designed by students, teachers, and librarians at UCLA; find research tips at <https://uclalibrary.github.io/research-tips/>

Additional resources outside of UCLA:

- **Help.org's Guide to Drug & Alcohol Rehabilitation Centers in California:** A group of medical professionals at Help.org, based on conversations with addiction experts across the US, seeks to aid the vast majority of people who need treatment for substance abuse disorders. Though there are many barriers that discourage people from getting the help they need, cost is a significant factor. Help.org created a guide that provides comprehensive information on topics like, available care options, financial support, and free resources that are available in California. You can learn more about their guide here: <https://www.help.org/drug-and-alcohol-rehab-centers-in-california/>