

STUDENT RESOURCES AND CAMPUS LIFE

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Campus Activities

Office in Lory Student Center, Room 130
(970) 491-6626

Campus Activities (<http://lsc.colostate.edu/campus-activities/>), one of many LSC offices, offers students a multitude of opportunities to become involved and active on the CSU campus through our four entities: RamEvents (Programming Board), LSC Arts, Flea Market, and Campus Information & Box Office. Learn about the many exciting co-curricular possibilities and services available to you through Campus Activities.

Have a **question**? We can help! Find one of the Campus Information desks in the LSC – there is no question we can't answer.

Love **art**? We have 3 art galleries and many art pieces hanging throughout the building for you to browse through.

Enjoy **events**? RamEvents has you covered with events like TEDxCSU, RamFest, keynote lectures, comedy, and more!

Career Center

Office in Lory Student Center, Room 120
(970) 491-5707

The Career Center (<http://career.colostate.edu>) provides career exploration, planning, and job/internship search services for both graduate and undergraduate students in all majors and colleges.

Services include:

- Career counseling and career workshops
- Resume and job/internship correspondence writing skills
- On-campus recruiting program that includes two annual all-campus career fairs and several specialized fairs
- Career interviewing opportunities with over 100 employers via Handshake
- Available career and internship positions with area, regional, and national employers—information through Handshake

Child Care Options

See Adult Learner and Veterans Services (<http://www.alvs.colostate.edu/>).

CSU Health Network

CSU Health Network is every student's home for health and well-being. **All CSU students have access** to the wide range of medical, mental health, and health education and prevention services provided by CSU Health Network, **regardless of their insurance plan.**

All services are located under one roof in the state-of-the-art CSU Health and Medical Center, conveniently located on-campus at 151 West Lake St. (corner of College Ave. and Prospect Rd.)

Contact CSU Health Network:

(970) 491-7121
health.colostate.edu (<http://health.colostate.edu>)

Medical Services

CSU Health Network Medical Services (<http://health.colostate.edu/services/primary-care/>) are open to all CSU students, regardless of their insurance plan. Students can count on us for high quality, compassionate medical care for treatment of illness, injury, preventative care and wellness care. Appointments are encouraged for primary care services. Students can make an appointment online by visiting [portal.health.colostate.edu](https://portal.health.colostate.edu/ExternalAuth/?returnUrl=%2F) (<https://portal.health.colostate.edu/ExternalAuth/?returnUrl=%2F>) or by calling (970) 491-7121. Same-day appointments are also available for conditions that demand immediate attention, such as accident, injury, or the sudden onset of severe illness.

CSU Health Network is an in-network medical provider with most insurance carriers, which means they can file claims with your private health insurance plan for medical services received.

General Medical Services

- Primary Care
- Wellness and Behavioral Health Consultation
- Immunizations
- Laboratory
- Pharmacy
- Radiology

Specialty Services

- Allergy and Asthma
- Dental
- LGBTQ+ Inclusive Care
- Nutrition Consultation for Disordered Eating
- Optometry
- Physical Therapy
- Psychiatry
- Sexual and Reproductive Care
- Sports Medicine/Orthopedics
- Travel Medicine

Mental Health Services

Whether students are experiencing a situational problem, an immediate crisis, or have a longstanding mental health concern, CSU Health Network Mental Health Services (<https://health.colostate.edu/about-mental-health-services/>) are available to help. The professional staff includes licensed psychiatrists, licensed psychologists, licensed clinical social workers, and licensed professional counselors, as well as new professionals working toward licensure and graduate student staff completing their degrees in a mental health field.

A small portion of your student fees helps pay for a wide range of mental health support resources at CSU Health Network, including crisis services, skill building workshops, group therapy, and brief individual therapy. To access mental health services, visit us on the 3rd floor of the CSU Health and Medical Center, and we will work together with you to find out which services are best for you. To access psychiatry services, call (970) 491-7121.

All counseling is confidential. No information is released to anyone without a student's written consent except in the case of a life-threatening emergency or when it is otherwise required by law.

Services Offered:

- Skill-Building Workshops
- Multicultural Counseling
- Crisis Intervention
- Psychiatric Services*
- Group Therapy*
- Brief Individual Therapy*
- Drugs, Alcohol and You (DAY) Programs*
- Post-Hospitalization Support (iTEAM)*

* requires internal referral/screening

Health Education and Prevention Services (HEPS)

Health Education and Prevention Services (<https://health.colostate.edu/about-health-education-prevention-services/>) supports the health and well-being of the CSU campus community by helping students get healthy, stay healthy, and drive change toward a healthier campus community. We identify campus health priorities and deliver evidence-based, inclusive programs, services, and initiatives that empower students to achieve academic and personal success during their college years and beyond. These practices involve fostering awareness, skill-building, and addressing the environmental context in which health behaviors decisions are made to create healthy learning community.

Focus areas include:

- Substance Misuse Prevention
- Mental Health Initiatives
- Peer Education (CREWS)
- Well-Being Initiatives
- Sexual Health Initiatives

Student Insurance Services

Colorado State University requires all domestic students taking six or more resident instruction credits, and international students enrolled at any level, to carry health insurance as a way of protecting your

educational investment. You must meet the health insurance requirement your first semester at CSU and every fall semester thereafter.

CSU Health Network is an in-network provider with most major insurance carriers and can file claims with them. Students' out-of-pocket costs are dependent on their health insurance plan benefits. Learn more about Private Health Insurance Billing here (<https://health.colostate.edu/private-insurance-billing/>).

The CSU Student Health Insurance Plan (<http://health.colostate.edu/student-health-insurance/>) provides benefits both within the CSU Health Network and off-campus. The RamCare Supplement Program (<http://health.colostate.edu/student-health-insurance/ramcare-supplement-program/>) is designed for students who have another health insurance plan. It covers certain services at the CSU Health Network that would otherwise be billed at the time of services.

Services Offered:

- Student Health Insurance
- RamCare Supplemental Program
- Private Health Insurance Billing

Housing & Dining Services

Offices in the Palmer Center, 1005 W. Laurel
(970) 491-6511

Housing & Dining Services (<http://housing.colostate.edu>) provides all services and resources related to Residence Halls, Residential Dining Services, University Apartments, Conference & Event Services, and the CSU Mountain Campus.

Residence Halls

Office in the Palmer Center
(970) 491-4719

University Housing provides educational opportunities, services, programs, and facilities that are designed to enhance each student's total campus experience. Students who live in the residence halls (<https://housing.colostate.edu/halls/explore/>) have a choice of several different room and floor types. Students in the halls also have the option to join one of more than 20 Residential Learning Communities (RLCs) that are centered on students' academic and personal interests. Students who live on campus have access to resources such as professional staff and 24/7 security. Residence hall living allows students to actively participate in a variety of academic and social activities. These activities provide experiences in leadership development and co-curricular education that supplement classroom instruction and greatly enhance the quality of on-campus University life.

Housing Assignments

A Housing Guide is mailed to all newly admitted students as part of the admissions packet. Inquiries should be directed to University Housing at (970) 491-4719 or housing@colostate.edu.

Residential Learning Communities

Residential Learning Communities (RLCs) - academic and themed floors in the residence halls - provide students with an opportunity to quickly develop a sense of community at CSU. Developed around academic majors and personal interests, these communities assist students in

succeeding both academically and socially. Through a wide variety of programs, tutoring, and involvement opportunities, students in an RLC have the chance to get the most from their college experience. For more information on these communities, see Housing Options (<http://housing.colostate.edu/housing-options/>).

First Year Residence Hall Requirement - First-Year Students

Experience and research have demonstrated that students who live on campus adjust to college life more successfully, have higher GPAs, and are more likely to graduate than students who live off campus. For this reason, all newly admitted first-year students and transfer students with fewer than 15 post-high school credits, who are single, under 21 years of age, and not living with their parents in the Fort Collins area, are required to live their first two consecutive semesters in a residence hall. Credits taken concurrent with high school and/or credits attained through Advanced Placement (AP) or International Baccalaureate (IB) do not apply toward previous college experience.

All residents are required to sign a contractual agreement (<https://housing.colostate.edu/halls/policies/>), which includes meals, and is binding for the entire academic year. Inquiries regarding this requirement, including guidelines for requesting an exemption, should be directed to University Housing at (970) 491- 4719.

Residential Dining Services

Office in the Palmer Center
(970) 491-4754

Residential Dining Services (<http://housing.colostate.edu/dining/>) offers a wide range of innovative venues that are open seven days a week, featuring dine-in, mobile ordering, and grab-n-go services. Through our sustainable and environmental sourcing practices, dining centers offer nutritionally balanced food choices and resources that enable individuals to make the best dietary decisions for themselves. With the student body in mind, our dining centers feature a wide variety of food concepts offering pizza, pasta, stir-fry, plant-based, vegetarian/vegan, Tex-Mex, international cuisines, Kosher, Halal, made-to-order entrees, and design-your-own salad bars. Dining Services' bakery supplies our dining facilities with a variety of in-house made confections including both gluten-free and vegan options. Students, faculty and staff have an assortment of meal plan choices that allow access to all dining locations. The Eatwell @ CSU's nutrition program provides nutrition information through online menus and access to our registered dietitian nutritionist to assist with dietary needs.

University Apartment Housing

Office in the Palmer Center
(970) 491-4719

The University Apartments (<http://housing.colostate.edu/apartments/>) offer more than 1,100 apartments in four communities. University Housing has options for couples and family housing, graduate student housing, upper division undergraduate and transfer student housing, as well as post-doctoral and visiting scholar housing. Academic year leases are available. Individual leases in shared apartments are also offered. All apartment communities are available to domestic and international students in multicultural communities founded on the CSU Principles of Community (<https://diversity.colostate.edu/principles-of-community/>). The Housing & Dining Services website offers rental rates, 3D floor plans, and a video of each apartment village.

A Housing Guide is mailed to all newly admitted students as part of the CSU admissions packet. Inquiries from continuing students should be directed to University Housing at (970) 491-4719 or housing@colostate.edu.

International Student and Scholar Services (ISSS)

Office in Laurel Hall
(970) 491-5917
iss@colostate.edu

International Student and Scholar Services (<http://iss.colostate.edu/>), within the Office of International Programs (<http://catalog.colostate.edu/general-catalog/academic-services-support/services-programs/#international-programs>), assists international students and scholars with cultural adjustment, academic integration, professional growth and personal support, and oversees orientation and arrival, regulatory compliance, immigration services, and sponsor services and programming.

Off-Campus Life

Office in Lory Student Center, Room 274
(970) 491-2248/491-6196
ocl@colostate.edu

Off-Campus Life (<http://offcampuslife.colostate.edu>) provides services and programs to meet the diverse needs of off-campus and commuter students and to assist students in successfully transitioning, integrating, and engaging in the local community.

Services include:

- Information on housing options in the community, including online rental listing service
- Help in finding roommates
- Transportation information
- Tenant rights and responsibilities, including ordinance information
- Connection with community members through volunteer opportunities
- Tools and resources for students to have a successful off-campus living experience.

Orientation and Transition Programs

Office in east side of stadium (main entrance under sign that reads: Collaborative for Student Achievement)
1415 Meridian Ave
(970) 491- 6011; orientation@colostate.edu

Orientation and Transition Programs (OTP) (<http://otp.colostate.edu/>) provides programming and services designed to assist first-year, second-year, and transfer students with a successful transition at CSU. OTP offers a continuum of services beginning with Ram Orientation to Ram Welcome (prior to classes beginning) to transition programming throughout the first two years of students' experiences at CSU. OTP

believes in assisting students in creating a sense of belonging at CSU and understanding what it means to be a CSU Ram.

OTP recently launched the following checklists to improve the new student onboarding process:

New Student Checklist – The New Student Checklist is publicly available and includes both required and recommended action items to prepare for the first semester at CSU. This comprehensive list covers all the various tasks students need to complete to start strong at CSU.

RamStart Checklist – Students can find their individualized RamStart Checklist in RAMweb (<https://ramweb.colostate.edu/registrar/Public/Login.aspx>) that is updated as the student completes essential action items. Only students have access to view their own RamStart Checklist.

CSU Police Department

Office in Green Hall
(970) 491-6425

The CSU Police Department (<http://police.colostate.edu/>) (CSUPD) operates 24 hours a day, every day of the year. “911” access is TDD compatible and a TDD service line is available at (970) 491-2323.

The CSU Police Department is a full-service, accredited law enforcement agency whose officers are armed and have full law enforcement authority on all property owned or controlled by CSU. Officers are committed to a philosophy of community based policing and work in partnership with others to augment campus safety. CSU officers also possess peace officer commissions from the State of Colorado, the City of Fort Collins, and are commissioned deputy sheriffs in Larimer County.

CSU police enforce criminal and traffic laws, investigate all crimes that occur on campus, make arrests, and maintain full integration with the criminal justice system, including close working relationships with the District Attorney's Office, Fort Collins Police, Larimer County Sheriff's Department, and other state and federal law enforcement agencies and investigation bureaus. The programs and services of the department are designed to meet the demands and needs of a growing and thriving CSU community.

The Jeanne Clery Disclosure of Campus Security and campus Crime Statistics Act is the landmark federal law that requires colleges and universities to disclose information on security policies and timely, annual information about crime on and around campus. The CSU Safety Report (<https://safetyreport.colostate.edu/>) is published annually.

Bicyclists are expected to comply with CSU bicycle regulations, obey all traffic laws, and register their bicycles with the CSUPD (<https://police.colostate.edu/register-your-bike/>).

The Safe Walk Program (<http://police.colostate.edu/safe-walk/>) is a service designed to assist those who walk during the hours of darkness. Trained Campus Service Officers are available to walk people to and from their destination within a defined service area. Call (970) 491-1155 or use any police service callbox on campus.

Campus Safety and the Clery Act

The Jeanne Clery Disclosure of Campus Security and Campus Crime Statistics Act (“Clery Act”) is the landmark federal law that requires colleges and universities to disclose information on security policies and timely, annual information about crime on and around campus. Additional

information about the Clery Act, and campus safety is available in University Policies (<http://catalog.colostate.edu/general-catalog/policies/campus-safety/>), and online (<http://policylibrary.colostate.edu/policy.aspx?id=557>).

Concerned about someone? *Tell Someone*

If you are concerned about the health, well being, or safety of a CSU student or employee, you are encouraged to Tell Someone (<http://supportandsafety.colostate.edu/tell-someone/>). Examples of when to Tell Someone include but are not limited to:

- Threats, gestures, writings, or attempts related to suicide or violence
- Harmful to themselves or others
- Self-injurious behavior (e.g. cutting self)
- Alcohol or other substance abuse problems
- Pattern of bizarre behaviors or actions
- Hospitalization for mental health issues or drug or alcohol use
- Sudden, rapid weight loss or gain
- Poor health due to restrictive eating or possible eating disorder
- Disruption to the living, learning, or working environment.

Tell Someone by calling (970) 491-1350 or filling out the online form (<https://supportandsafety.colostate.edu/tell-someone/>).

The Tell Someone system is designed to help the individual you are concerned about, not to punish them. All reports are treated with discretion and with a reasonable expectation of confidentiality. You may access additional information regarding CSU's policy on Student Sexual Harassment and Sexual Violence (<https://titleix.colostate.edu/>).

Parking and Transportation Services

Office in Lake Street Garage, 1508 Center Avenue
(970) 491-7041
parking@colostate.edu

Parking at CSU is available for faculty, staff, students, and visitors and does require a parking permit. Parking and Transportation Services (<http://parking.colostate.edu/>) can assist with more information regarding purchasing an annual permit, information on visitor or short term permits, or pay by plate locations. In addition to commuting via automobile, many members of the campus community choose alternative transportation options. Visit the Parking and Transportation Services website for information on biking or walking to CSU, carpooling, and using the Transfort system.

Alternative Transportation

Brought to campus by ASCSU, Parking and Transportation Services, and Transfort (<http://www.ridetransfort.com/>), leave cars at home and use MAX, other Transfort (<https://ridetransfort.com/csu-resources/>) routes and Around the Horn (<https://pts.colostate.edu/transit-general/horn/>) to get around campus. Thirteen stops are serviced every 10 minutes Monday through Saturday. In addition to mass transit, CSU encourages alternative transportation (<http://pts.colostate.edu/>) (biking, walking, and carpooling).

Student Legal Services

Office in Lory Student Center, Room 274

(970) 491-1482

Student Legal Services (<http://sls.colostate.edu>) provides free legal advice to fee-paying students on a variety of legal matters. Common cases involve housing issues (e.g., review of leases), criminal law, consumer complaints, and debt problems, but all questions are welcome. Some services such as preparation of wills and powers of attorney carry an additional nominal charge. The staff also educates clients about their legal rights and responsibilities and, where helpful, guides students in the use of negotiation, mediation, and small claims court to resolve their disputes. Students who don't pay the student fee package may, in appropriate cases, pay SLS's semester fee (less than \$10) and receive services. Educational presentations by the SLS attorneys are always available.

Student Resolution Center

Office in Aggie Village Walnut, 501 W. Lake, Suite A
(970) 491-7165; FAX (970) 491-1800

The Student Resolution Center (SRC) (<https://resolutioncenter.colostate.edu/>) supports the developmental, behavioral, and educational needs of students. Through a myriad of approaches SRC strives to maximize individual student success while upholding community standards and helping students navigate challenging times. The SRC aims to assist, educate and support CSU students through two processes:

- **Conflict Resolution Services** – voluntary, neutral, confidential process to assist students when conflicts, disputes or issues arise.
- **Student Conduct Services** – one-on-one meetings to discuss alleged violations of the Student Conduct Code, hear perspectives, explore personal responsibility, hold students accountable and provide educational and restorative outcomes when appropriate.

SRC offers the following:

- Conflict coaching/consultation
- Mediation/facilitation between individuals or organizations
- Restorative justice
- Training/outreach related to conflict management and academic integrity
- Student conduct hearings
- Pre-admission hearings
- Disciplinary clearances