**STUDENT SUCCESS**

**Student Success Services**

The services provided by the Division of Student Affairs are designed to promote the growth and development of the whole student – intellectually, physically, emotionally, socially, financially, environmentally, occupationally and spiritually – to allow students to develop skills that lead to success both during school and throughout life. An integrated, holistic approach to inclusion, civic and social responsibility, wellness, achievement, and involvement programs links students to both curricular and co-curricular learning by providing support, activities, and engagement that enriches the student experience on campus and better prepares them to be an active and engaged citizens in our global community.

**Wellness**

**Counseling and Psychological Services (CAPS)**

*Caring Staff*

Our office is staffed by licensed mental health practitioners and a graduate assistant who are eager to create a vibrant and safe campus community. Each person is committed to providing you support and encouraging your personal success in identifying and reaching your goals.

*Personal Counseling*

Concerns, struggles, and changes are all normal parts of life. Sometimes we can work through them on our own; other times, talking to a professional can help. CAPS offers a safe, confidential atmosphere in which personal concerns can be openly explored and discussed. Topics often include anxiety, depression, alcohol and drug issues, goal setting, grief and loss, relationships, sexual identity, self-esteem, and stress. CAPS also provide referrals, making available a large number of professional resources at UNO and in the community. Appointments may be made by stopping by the office at the Wellness Center, 102 H&K, or by calling 402.554.2409. Learn more on the Counseling and Psychological Services website (https://www.unomaha.edu/student-life/wellness/counseling-center/).

**Health Services**

Health Services offers on-campus appointments with Board Certified Professionals and various medical services. These medical services include examinations for wellness, women’s reproductive health, men’s health, illness, injury, and STI/HIV testing. Labs, x-rays, and vaccinations are offered on-site and over the counter medications are available upon request. Provider visit costs are included in your student fees. In addition to medical services, Health Services offers health and wellness education. We welcome questions about your health. Appointments with a physician, nurse practitioner, or registered nurse can be made in person or by phone. Walk-in patients are seen as schedules permit. Health Services is located in the Wellness Center, 102 H&K. Hours are Monday through Friday, 8 A.M. to 5 P.M. To schedule an appointment, please call 402.554.2374.

*Costs*

Most services offered by Health Services are included in student fees, with the exception of x-rays, physicals, immunizations, and laboratory tests. For these services, either students can pay at the time of service or the clinic can submit a claim to the student’s insurance plan. Health services accepts insurance plans from United Healthcare, Blue Cross Blue Shield, Aetna, Coventry, Midlands Choice, and Tricare; Medicare and Medicaid are not accepted.

**Immunizations**

Health Services offers Flu shots, Measles, Mumps, Rubella, Chickenpox, Meningococcal, Tetanus, and Hepatitis A and B.

**Student Health Insurance**

The major medical student insurance policy is available to UNO undergraduate students enrolled in at least seven (7) credit hours or a degree-seeking graduate student. This reasonably priced policy is designed to provide benefits for medical and dental expenses.

**Graduate Assistants**

All new graduate assistants (GAs) receive insurance information. GAs are offered a subsidized plan. GAs must return the form accepting the Bronze Plan or decline all insurance; otherwise they will be automatically enrolled in the student plan which provides more extensive coverage for lower cost. The GA’s cost is added to their MavLINK tuition statements and paid per semester with their student fees. GAs should refer to their graduate packet for more information or call the Health Services office.

**Campus Recreation**

Campus Recreation (Campus Rec) supports students on their journey to living a healthy and balanced lifestyle while at UNO. If you are enrolled in at least one credit hour on-campus, a Campus Rec membership is included as part of your University Program and Facilities (UPF) Fees. There is no need to purchase a membership separately while taking on-campus class. A valid membership is determined on a semester basis. If you are enrolled in an online, remote, research, or thesis class, a Campus Rec membership would need to be purchased. Campus Rec is located in the H&K Building. Learn more on the Campus Recreation website (https://www.unomaha.edu/student-life/wellness/campus-recreation/).

**Accessibility Services**

The Accessibility Services Center (ASC) provides leadership in facilitating equal access to all campus opportunities for students with disabilities.

**Student Accommodations**

ASC provides individualized services to students with disabilities to establish appropriate accommodations and supports, and to remove barriers through consultation, collaboration, and accommodations. ASC inspires students to become responsible decision makers, problem-solvers, and self-advocates to request and access their accommodations.

**Requesting Accommodations**

Once you are admitted to UNO, requesting accommodations can be done in three easy steps. If you are not sure if you qualify for support services, do not hesitate to contact ASC at 402.554.2872 or stop by the ASC in 104 Health and Kinesiology Building. Learn more about requesting accommodations on the Accessibility Services Center website (https://www.unomaha.edu/student-life/inclusion/disability-services/).

**Request for Reasonable Accommodation in Field Placements**

The University of Nebraska at Omaha (UNO) supports students with disabilities and encourages their full participation in all academic programs, including field placements of all kinds. ‘Field placements’ for the purpose of this document include any practicum, field experience, clinical practice, internship, training, clinic, or work experiences (or similar) conducted for academic credit. In accordance with Section II of the Americans Disabilities Act and Section 504 of the Rehabilitation Act, UNO’s Accessibility Services Center is the designated office to work with students with disabilities to provide reasonable accommodation so they may enjoy the same benefits, experiences, and opportunities as persons without disabilities.
Student Conduct and Community Standards

The university has an obligation to maintain conditions under which the work of UNO can go forward freely, in accordance with the highest standards of quality, institutional integrity, and freedom of expression, with full recognition by all concerned of the right and privileges, as well as the responsibilities, of those who comprise the UNO community. UNO expects students to maintain standards of personal integrity that are in accordance with the goals of the institution. This means that students are expected to assume responsibility for their actions; observe national, state, and local laws and university policies; and respect the rights and property of other people. As members of the academic community, students are subject to the responsibilities laid out by the university and are urged to become familiar with all documents that pertain to your rights and responsibilities. View the full Student Code of Conduct (https://www.unomaha.edu/student-life/student-conduct-and-community-standards/policies/code-of-conduct.php). For more information, contact the Office of Student Conduct and Community Standards visit the Student Conduct and Community Standards website (https://www.unomaha.edu/student-life/student-conduct-and-community-standards/) or call 402.554.3537.

Inclusion

The Office of Military & Veteran Services

The Office of Military and Veteran Services exists to encourage a military community on campus, online, and overseas. This office supports UNO’s military community by providing military and veteran students with resources and services developed to help them succeed. Learn more on the Military and Veteran Services website (https://www.unomaha.edu/student-life/inclusion/military-and-veteran-services/).

Gender & Sexuality Resource Center

The Gender and Sexuality Resource Center welcomes and encourages people of all genders and sexualities to participate in the center’s offerings. The GSRC fosters and promotes equity, access, and inclusion for all genders and sexualities through education, resources, advocacy, and activism. This office provides specific programs and services for women, lesbian, gay, bisexual, queer spectrum, trans spectrum, intersex, asexual spectrum, non-straight, and gender non-conforming (LGBTQIA+) peoples, and survivors of interpersonal violence in the UNO community. Learn more on the Gender and Sexuality Resource Center website (https://www.unomaha.edu/student-life/inclusion/gender-and-sexuality-resource-center/).

Multicultural Affairs

The Office of Multicultural Affairs (MCA) is responsible for developing and maintaining programs and services to ensure the successful recruitment, retention, and graduation of underrepresented students on UNO’s campus. Through scholarship aid, academic services, and personal support, students are empowered to attain their educational and professional goals. Cultural programming includes celebrating cultural months (including Black History Month, Latino Heritage Month, Native Heritage Month, and Diversity Month) as well as three annual Native American events. MCA is inclusive of people of all genders and sexualities to participate in the center’s offerings. Learn more on the Multicultural Affairs website (https://www.unomaha.edu/student-life/inclusion/multicultural-affairs/).

Summer Scholars Pre-College Program

The Summer Scholars Program provides college bound high school juniors the opportunity to enroll in a course at UNO to earn college credits, prepare for college life and connect with University of Nebraska at Omaha faculty, staff, and students. The goal of the Summer Scholars Program is to expose high school students to the dynamics of a college campus environment through a five-week pre-college summer session. Participants learn about college academic coursework, time management, college admissions, ACT/SAT preparation, college scholarships, and the financial aid process. They interact with university faculty and staff, explore career options and participate in community service activities. In addition to the academic benefits of the program, the scholars receive an increased awareness of social and cultural issues. Outside of the classroom, the Summer Scholars spend a week living at the Scott Residence Hall on UNO’s Scott Campus. Learn more about Summer Scholars (https://www.unomaha.edu/student-life/inclusion/multicultural-affairs/bridge-program-and-scholarships.php).

Office of Civic & Social Responsibility

The Office of Civic and Social Responsibility (OCSR) is dedicated to developing engaged, civic-minded citizens and leaders for our communities. UNO believes service and engagement are vital components for the educational development of all students and for a sustainable, healthy community. Learn more on the Civic and Social Responsibility website (https://www.unomaha.edu/student-life/civic-and-social-responsibility/).

The Collaborative

The Collaborative creates programs that empower students to affect positive change within the community. The Collaborative is a program that connects UNO students with nonprofit organizations for an all-encompassing professional experience during the academic year. The Collaborative has several student worker positions available, and they receive ongoing education about the nonprofit sector.

Maverick Food Pantry

The Maverick Food Pantry contributes to UNO’s culture of caring by providing healthy, sustainable, and culturally sensitive food items to those in immediate need as well as connecting them with resources in the greater Omaha area for long-term support. UNO students, faculty, and staff can anonymously request a food package online and pick up the package in the Barbara Weitz Community Engagement Center within 24 hours of the request. Maverick Food Pantry’s model uses volunteers to sort donations, assemble food packages, and assist those picking up packages.

60 Minutes of Service

OCSR offers monthly opportunities for students to complete service projects. Stop by the CEC on the first Wednesday of every month from 12 P.M. to 1 P.M. to serve with Omaha nonprofit organizations and enjoy a free lunch.

Signature Service Days

Each academic year, UNO sponsors multiple days of service in which volunteers engage in service projects around the community for a day. On a Signature Service Day, UNO students, faculty, and staff, along with our K-12 partners, Metro Community College, and community volunteers, come to the CEC and are transported into the community to complete service projects.

Clinton Global Initiative University

OCSR provides support to Clinton Global Initiative University (CGI U) applicants. CGI U connects students, university representatives, topic experts, and celebrities to discuss and develop innovative solutions to pressing local and global challenges. OCSR provides mentorship to students creating their own commitments to action that address issues on campus, in local communities, or around the world.

New Student and Family Programs (NSFP)

New Student and Family Programs helps you and your family transition to UNO. Learn more on the New Student and Family Programs website (https://www.unomaha.edu/student-life/achievement/new-student-and-family-programs/). NSFP is primarily responsible for Campus Visit (https://www.unomaha.edu/admissions/visit/) experiences and New Student
Ambassadors

Our Ambassadors serve as guides for your transition experience. They are university students committed to helping first-year and transfer students by sharing all of the need-to-know information about policies and procedures, student services, academic support programs, and opportunities for involvement. The goal of our Ambassadors is to ensure that you know all about the university and to inspire you to make the most of your college experience.

Academic & Career Development

The Academic and Career Development Center (ACDC) empowers students to explore, develop, and succeed at UNO and beyond. ACDC builds bridges between students and on-campus support, community members, and local employers. Learn more on the Academic and Career Development Center website (https://www.unomaha.edu/student-life/achievement/academic-and-career-development-center/).

Undeclared Majors

It’s great to be undeclared at UNO! ACDC is dedicated to advising undeclared students and helping them choose a major before the completion of 36 credit hours. ACDC guides students to choose an academic major with confidence and keep on track for graduation. In addition to advising appointments, ACDC offers a variety of resources to support students in the exploration process.

Career Development

ACDC is here to help you transition successfully from backpack to briefcase. ACDC advisors help with résumé and cover letter reviews, and you can even schedule a mock interview to help prepare for interviews. Students also have access to exclusive job postings in Handshake (https://www.unomaha.edu/student-life/achievement/academic-and-career-development-center/career-development/handshake.php) to find part-time jobs, internships, and full-time careers.

Student Involvement

Getting involved is an important part of the college experience. With new organizations being created almost every week, there is something for everyone. Learn more on the Student Involvement website (https://www.unomaha.edu/student-life/involvement/).

Student Organizations

There are tons of ways to get involved at UNO. Joining organizations that complement your studies or appeal to your personal interests can enrich your college experience. Organizations on campus are created to suit the diverse interests of students that range from academics to volunteerism to art and music and beyond. They are a great way to get involved, make new connections, and share a common interest with your peers.

Fraternity & Sorority Life

OMAHA GREEKS shapes amazing individuals with fascinating life stories into students who are independent thinkers and hard workers. OMAHA GREEKS operate up the five pillars of leadership opportunities, lifelong friendship, commitment to philanthropy, reach beyond Omaha, and academic achievement.

Student Government

Student Government represents UNO students to administration, faculty, and staff, as well as the University of Nebraska Board of Regents and the community. They strive to lead, support, and make lasting, positive contributions to the student body.