Student Life and Wellbeing

The services provided by the Division of Student Life and Wellbeing (SLW) 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. The SLW Division provides an integrated, holistic approach 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.

Mission
The Division of Student Life and Wellbeing cultivates an inclusive, caring, student centered community through meaningful connection and involvement.

Vision
Student Life and Wellbeing strives to be a division that fosters comprehensive opportunities that inspire and empower students towards self-compassion, self-advocacy, and holistic wellness.

Wellness

Counseling and Psychological Services (CAPS)

Caring Staff
Our office is staffed by licensed mental health practitioners and two graduate interns who are eager to create a vibrant and safe campus community in which psychological health and academic life flourish for our diverse student body. CAPS' staff is committed to providing support and encouraging your personal growth.

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 within a culturally inclusive environment. Topics often include anxiety, depression, alcohol and drug issues, goal setting, grief and loss, relationships, sexual identity, self-esteem, and stress. CAPS can also assist with referrals to campus resources and community providers for students needing longer-term support. Appointments may be made by stopping by the CAPS office at the Wellness Center, 101 Health and Kinesiology building, 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

Nebraska Medicine UNO Health Center

The UNO Health Center is an on-campus medical clinic that helps UNO students stay healthy while they’re in school. It is staffed by board-certified medical professionals who specialize in college health. Services include care for common illnesses and injuries, wellness exams, chronic illness management, sexually transmitted infections testing and treatment, gynecological care and birth control, a variety of immunizations, lab testing and more. In addition to medical services, the UNO Health Center offers health and wellness education through presentations, on-campus outreach booths and the Health Matters blog. The health center is in the Wellness Center, 102 H&K, and is open Monday through Friday from 8 a.m. to 4 p.m. year-round. In-person and telehealth visit options are available depending on the concern. Appointments are required for care and can be made by calling 402.554.2374 or online at healthcenter.unomaha.edu.

Costs
The University Program and Facilities Fee covers the cost of certain services, but it does not cover all possible charges. Services not covered by student fees can be submitted to the student’s health insurance plan. Nebraska Medicine accepts most insurance plans. If you do not have insurance, financial assistance may be available through Nebraska Medicine. Learn more at https://healthcenter.unomaha.edu/healthcenter.unomaha.edu/ (https://urldefense.com/v3/__https://healthcenter.unomaha.edu/__;!!JkUDQA!PkvR17dglHdldKla16_oe5Hy1vqAP7Ka2FsaWSCyVWGacuJ_1icNzRFBbenyfVhTqV7svfPkg/)

Maverick Food Pantry

Located in the Barbara Weitz Community Engagement Center, the Maverick Food Pantry (MFP) contributes to UNO’s culture of caring by providing students with food, toiletries, personal hygiene items, school supplies, menstrual products, sexual health products, diapers, and parenting supplies. The MFP also connects students with resources in the greater Omaha area for other basic needs support.

Other MFP Services:
• The Oh SNAP! program serves students with eligibility questions and application assistance for the Supplemental Nutrition Assistance Program.
• Once a month, the MFP partners with other on-campus groups to host “pop-up” closets to distribute free clothing.
• During the growing season, the MFP’s Community Garden grows produce on campus to distribute in the pantry.

Overall, the Maverick Food Pantry team works to spread awareness and destigmatize basic needs insecurity on UNO’s campus.

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 an 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-rec/).

UNO Care Team

The Care Team (https://www.unomaha.edu/student-life/student-safety/how-to-report/uno-care-team.php) is a small group of staff and faculty who work to address concerns related to health and safety within our campus community. The Care Team supports all Mavericks struggling with academics, life circumstances, or any other situation; we also provide support to faculty and staff who are concerned about a student. Anyone, including all students, faculty, staff, and others, who are concerned about a student can submit a referral to the Care Team. Students can even submit a referral for themselves to get help. The Care Team referral form can be found here. (https://cm.maxient.com/reportingform.php?UnivoNebraskaOmaha&layout_id=10) You can also contact us at unocaretteam@unomaha.edu or 402.554.CARE (2273).

Accessibility Services

The Accessibility Services Center (ASC) collaborates with students, administrators, faculty, and staff to ensure access to reasonable and
appropriate student disability accommodations. ASC strives to create a fully accessible, inclusive experience for student learning, campus engagement, and residential life.

**Student Accommodations**

Through an interactive process and collaboration, ASC provides individualized services to students with disabilities to establish appropriate accommodations to create equal access. ASC encourages students to become responsible decision makers, problem-solvers, and self-advocates who request and access their accommodations.

**Requesting Accommodations**

Once you are admitted to UNO, requesting accommodations steps is initiated through the ASC Online Portal. Students fill out an application and upload supporting disability documentation to begin the process. Following this, an interactive discussion with an ASC Specialist is scheduled to complete the accommodation process.

Learn more about requesting accommodations and accessing the online portal on the Accessibility Services Center website (https://www.unomaha.edu/student-life/inclusion/disability-services/). 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 HK 104.

**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 Legal Services**

The office of Student Legal Services offers free legal assistance to all currently enrolled UNO students. All communication is completely confidential and cannot be shared with anyone. The office can provide court representation, document preparation, legal advice and counsel, and legal information. All legal matters are welcome, however, the office is unable to assist with legal issues with other students as well as issues with the University or its affiliates. Visit the Student Legal Services website (https://www.unomaha.edu/student-life/student-safety/student-legal-services/).

**Durango’s Advancement & Support Hub (DASH)**

Durango’s Advancement & Support Hub (DASH) exists to highlight and grow the four following areas:

- Hardship & Resiliency Support: Supporting and empowering students with lived experience in the foster care and justice systems, students with incarcerated parents, students who are pregnant/parenting, and students who are facing hardships. This area is focused on building and strengthening pipelines from child welfare and prison systems, as well as referral avenues from community partnerships.

- The Scholarship Collective: Creating a positive learning and mentoring experience for scholarship or special population cohorts. This area currently manages 10 donor funded scholarships and is slated to increase the scholarship capacity through new partnerships with existing nonprofits.

- The Maverick R&R Toolkit: Building and referring students to internal and external resources to create stability and support for students as they navigate life’s challenges. The purpose of this toolkit is to increase self-advocacy, retention, and social mobility.

- The Peer Mentor Alliance: Designing opportunities for peer mentors to become more well-rounded humans by focusing on basic needs or system-impacted knowledge to better support students from a peer-to-peer lens. This new focus will offer skill-advancement in critical thinking and problem-solving, empathy and compassion, and workforce development.

Our tagline: “You have the ingredients; we just add a dash of support.”

**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 their 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 email unoconduct@unomaha.edu.

**Inclusion**

**The Military-Connected Resource Center**

The Military-Connected Resource Center exists to encourage a military community on campus, online, and overseas. This office supports UNO’s military community by providing military and veteran students and their family with resources and services developed to help them succeed. Learn more on the Military-Connected Resource Center website (https://www.unomaha.edu/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, and offers advocacy for 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/).

**Student Leadership, Involvement, and Inclusion**

**Tagline: Engaging Students, Ensuring Success**

Sub Tagline: Supporting Everyone

“A space for students to learn from each other, build relationships, and foster an environment of understanding and respect.”
The office of Student Leadership, Involvement, and Inclusion at the University of Nebraska at Omaha nurtures the principle of “people over process.” Through intentional relationship building, we strive to elevate our student leaders throughout their collegiate journey.

**Summer Scholars Bridge Program**

Summer Scholars is a five-week summer program for college-bound high school juniors and seniors. Students take college-credit courses and connect with faculty, staff, students while learning about the college experience—academic coursework, time management, college admissions, scholarships, and financial aid.

**TRIO Project Achieve**

Project Achieve is open to University of Nebraska Omaha undergraduates who qualify as first-generation, limited income, and/or disabled college students. The program offers academic and life skills development; guidance related to financial aid; career and graduate study preparation; leadership development through community engagement; and personal counseling. Activities and services emphasize growth in becoming more efficient, engaged, and independent learners.

Project Achieve uses a flexible and personalized approach. Each student is encouraged to participate in activities which meet his, her, or their own learning needs. Students and staff work together in assessing students’ skills in relation to education and career goals. Personal interviews, review of academic records, checklists and diagnostic tests may be used in this process.

Learn more about Project Achieve (https://www.unomaha.edu/project-achieve/)

**Student Involvement**

The college experience at UNO is not just about what takes place in the classroom, lab, and library while students earn their degree. The Office of Student Leadership, Involvement, and Inclusion (SLII) will have countless opportunities for students to pursue their favorite activities, discover new interest, refine their skills, and build lifelong friendships. SLII is home of student government with a growing number of student-led organizations and a student-run newspaper.

**Omaha Greeks**

The fraternity and sorority community at UNO, better known as Omaha Greeks, serves to enhance the growth and development of UNO students through their engagement within these historical organizations. SLII aims to provide and integrative learning environment that fosters a sense of belonging for the individual student rooted in a shared commitment to their fraternal oath.

**Student Government**

The UNO Student Government Association represents all 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 advocate on behalf of the student body to make lasting and positive contributions to the student experience.

**Maverick Productions**

Maverick Productions (MavPro) is a student led programming board that plans and executes events for students by students. These events include major concerts, fun giveaways, and other interactive events! MavPro strives to plan events that bring in students from all parts of campus to support the Maverick Community.

**Cultural Programs**

SLII focuses on collaborative efforts within the university as well as community partners. These cultural celebrations provide students with unique opportunities to experience culturally rich identities that represent the greater Omaha area.

**Office Services and Amenities**

SLII offers free services to printing, computer labs, private study pods, FAFSA workshops, research assistance from Criss Library, math tutoring, and Counseling and psychological service support. We hold a safe space and educational environment for UNO students to learn and model.

**Scholarships**

SLII offers scholarship that are open to students enrolled at UNO. Each award is based on students’ academic effort, campus and community activity, and financial need. These scholarships these amounts are disbursed evenly between fall and spring semester provided enrollment requirements are met.

**Campus And Community Outreach**

SLII staff encourage and advocate for students to reach their full potential, such as supporting students in finding employment opportunities, internships, campus resources, and more develop both academically, personally and professionally.

**Housing & Residence Life**

Housing and Residence life creates a positive residential experience and supports the evolving needs of students at UNO. Six different on-campus housing options are available to UNO students: Maverick Village (MV) and University Village (UV) on Dodge Campus; Scott Court (SC), Scott Crossing (SX), Scott Hall (SH), and Scott Village (SV) on Scott Campus. Housing and Residence life is proud to offer apartment, traditional, and graduate-style housing to UNO students. Learn more on the Housing and Residence Life website (https://www.unomaha.edu/student-life/housing-and-residential-life/).

**Gender-Inclusive Housing**

Students and allies of all sexual orientations, gender identities, and gender expressions are eligible to live in designated Gender-Inclusive Housing. Apartment features are the same as other housing facilities.