



ARE YOU STRUGGLING WITH STRESS, ANXIETY, OR SOMETHING ELSE?

Here are some resources around campus to help you out!

ARE YOU FEELING OVERWHELMED AND NEED TIPS AND ACADEMIC SUPPORT?

One Stop Student Services: <https://und.edu/one-stop/>

- Financial Aid
- Academic Coaching and Tutoring
- Learning Tips & Tools
- Student Employment

**Knowledge Commons (Chester Fritz Library) - A central
“academic one stop”:**

<https://libguides.und.edu/knowledge-commons/home>

- Receive peer-to-peer assistance
- Appointments or drop-ins welcome

DO YOU HAVE A WRITING ASSIGNMENT COMING UP YOU NEED ASSISTANCE WITH?

**Contact NCoBPA Writing Coach: Carissa Green at
Carissa.Green@UND.edu**

- Assistance on papers including:
- School Assignments
- Grad School Applications
- Cover Letters, etc.

UND Writing Center:

<https://und.edu/academics/writing-center/>

- Currently offering Zoom writing appointments
- Class assignments
- Resumes and CVs
- Job/school/scholarship application essays
- Graduate theses and doctoral dissertations
- Creative writing projects

ARE YOU WORRIED ABOUT GETTING A JOB OR AN INTERNSHIP? DO YOU FEEL ISOLATED FROM CAREER PROFESSIONALS OR POTENTIAL EMPLOYERS?

Pancratz Career Center:

<https://business.und.edu/current-students/pancratz-career-center/index.html>

- Discover and leverage strengths
- Define professional goals
- Job & internship search and strategies
- Interview preparation

NEED LEARNING ACCOMMODATIONS?

Student Disability Services:

<https://und.edu/student-life/disability-services/index.html>

- Apply for Disability Services
- Schedule an Accommodation Test
- Find Accessible Technologies
- Log into Read & Write Software

STRUGGLING WITH A RELATIONSHIP?

CVIC at UND:

<https://und.edu/student-life/violence/cvic.html>

- Confidential Campus Advisor/Advocate
- 24-hour crisis line
- Support and Advocacy for:
- Relationship Violence and Sexual Assault
- Harassment and Stalking
- Protective orders

SEEKING SUPPORT FOR TRANSITIONING INTO CAMPUS LIFE?

TRIO Student Support Services:

<https://und.edu/student-life/trio/student-support-services/index.html>

- Help students navigate the university system
- Help students accomplish their goals

IF YOU'RE LOOKING FOR ANY ASSISTANCE IN YOUR ACADEMIC CAREER

NCoBPA Office of Academic Advising – Appointments through Starfish or call 701-777-2975

- Plan out future classes
- Get advice on what classes to take
- Ensure that you are on track to graduate

NEED HELP WITH REGISTRATION OR ACCESS TO YOUR TRANSCRIPTS?

Registrar's Office: <https://und.edu/academics/registrar>

- Registration assistance
- Maintain academic records
- Verify transcripts
- Assistance with class scheduling

LOOKING FOR EMPLOYMENT OR WORK STUDY OPPORTUNITIES?

Student Employment:

<https://und.edu/one-stop/student-employment/index.html>

- Work Study and Non-Work Study Jobs
- Summer Employment for Students
- International Student Employment

NEED A CHECK-UP OR LOOKING FOR HEALTH RESOURCES?

Student Health Services:

<https://und.edu/student-life/student-health/index.html>

- General Medical Care and Physicals
- Sexual Health
- Mental Health Services

WANT TO TAKE YOUR WELLNESS INTO YOUR OWN HANDS CLOSE TO CAMPUS?

Wellness Center:

<https://und.edu/student-life/wellness-center/covid-19.html>

- Group Exercise Classes
- Personal Training
- Fitness Assessments
- First-Aid and Nutrition Programs
- Online Resources
- Mental Health/Emotional Wellness: <https://und.edu/student-life/wellness-center/online-resources/mental-health.html>
- Movement & Exercise: <https://und.edu/student-life/wellness-center/online-resources/movement-exercise.html>
- Nutrition & Cooking: <https://und.edu/student-life/wellness-center/online-resources/nutrition-cooking.html>

STRESSED? STRUGGLING WITH HOW YOU FEEL? WANT TO IMPROVE YOUR WELLBEING?

University Counseling Center:

<https://und.edu/student-life/counseling-center/>

- Tele-Mental Health
- Addresses a variety of clinical services including stress, academic issues, mental health issues, substance abuse, etc.
- Mindfulness practices
- Offers groups & workshops
- Self-Assessment & Online Resources
- <http://www.ulifeline.org/und/>
- <http://www.halfofus.com/>
- <https://www.apa.org/helpcenter/>

ARE YOU LOOKING FOR SCHOLARSHIPS?

Scholarships:

<https://und.edu/one-stop/financial-aid/scholarships.html#opendoor>

- New Student Scholarships
- Current Student Scholarships
- Non-UND Scholarships
- Emergency Scholarships

WANT TO EXPLORE WHAT CAMPUS HAS TO OFFER AND HOW YOU CAN GET INVOLVED?

Student Diversity & Inclusion:

<https://und.edu/student-life/diversity/multicultural/>

- Spiritual Wellness on Campus: <https://und.edu/student-life/diversity/multicultural/interfaith.html>
- LGBTQIA Resources: <https://und.edu/student-life/diversity/pride/index.html>

Student Involvement:

<https://und.edu/student-life/student-involvement/index.html>

- Fraternity & Sorority Life
- Cross-cultural Events
- Student Organizations
- Student Government

LOOKING FOR WAYS TO COPE DURING THE PANDEMIC?

UND Care Toolkit: <https://und.edu/npsc/und-care.html>

- Pandemic stress management
- Mental health tools and resources

DO YOU NEED FOOD ASSISTANCE?

Food for Thought Food Pantry:

<https://und.edu/student-life/student-rights-responsibilities/food.html#food-pantry>

Call 701-777-4200

- Nonperishable food items
- Personal hygiene products

Donated Meals:

<https://und.edu/student-life/student-rights-responsibilities/food.html#swipe-forward>

Call 701-777-2664

- Get meal passes for use in UND dining centers

HAVE SOME EXTRA TIME TO IMPROVE YOUR WELLBEING?

TTaDA Online sessions: <https://und.edu/academics/ttada/>

- Time Management
- Stress related to the pandemic
- Navigating conflict and having difficult conversations
- Recorded sessions on managing stress, wellness, self-care

 NCOBPA WANTS YOU TO KNOW
**YOU ARE NOT ALONE. WE
ARE ALL IN THIS TOGETHER.**