

# Graduate College Resource Guide



For Graduate Students,  
Faculty, Advisors, and Staff

# University of Cincinnati Graduate College Resource Guide

For Graduate Students, Faculty, Advisors, and Staff

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## Purpose

The mission of the Graduate College is to champion a student-centered graduate education environment with partnerships as a critical foundation that: (1) integrates diversity, inclusion, and belonging toward a just and sustainable global society; (2) amplifies student, staff, and faculty success; (3) empowers students and mentors to develop professional identity and skills; and (4) equips the next generation of scholars and practitioners to innovate with respect to using and conducting impactful research, pursuing innovative creative works, and facilitating scholarship.

As a part of this mission, we worked to create a resource guide that can be used to holistically support our students, faculty, and staff in their work, studies, and lives.

We're here for you! If you have any questions or suggestions, please utilize the [Resource Guide Suggestions and Feedback Form](#) or contact the Graduate College via email at [grad.info@uc.edu](mailto:grad.info@uc.edu). Visit [The Graduate College website](#) to learn more about what the Graduate College has to offer and [connect with your program](#).

## Existing Resource List Links:

### UC Graduate College Handbook

- This document is designed as a helpful guide to graduate education at UC. Here is where you will find policies, procedures, and important information for the graduate student lifecycle, from admissions to graduation.
- Visit the [University of Cincinnati Graduate College Graduate Handbook](#) for more information.

### New Student Welcome Page

- This webpage on the Graduate College website provides short guide to the most important information you'll need as a new graduate student. On this [New Student Welcome page](#), you'll find information on Housing, the Student Service Center, Safety Services, and more!

### OneStop: Enrollment Services

- [Enrollment Services](#) helps you manage the business of being a student at University of Cincinnati. They provide information and answers to your questions related to financial aid, billing, money management, registration and student records.

### Canopy

- UC students can use their log in information to access Canopy, which serves as a one-stop landing page for access to your student software accounts, important UC services, and valuable information, including:
  - Bearcat card
  - Parking
  - Video tools
  - Zoom
  - Office 360
  - Learning Commons
  - Connections to Canvas, OneStop, etc.
  - Printing
  - Directory
  - LinkedIn Learning
  - And more!
- Log into [Canopy](#) to learn more.

### CARE Team: Crisis, Assessment, Response, and Evaluation

- The CARE Team responds to reports about students experiencing difficulties or whose behavior is raising concerns within the UC community. The team's responsibilities include gathering and sharing information, discerning concerns about a student within a setting or across multiple settings and managing situations that encompass a variety of issues. The committee is charged to devise a coordinated plan for assessment, intervention, and management of the concerns for the student's well-being and that of the UC community.
- Learn more by visiting the [UC CARE Team website](#).

### 211: United Way of Greater Cincinnati

- DIAL 211 to speak to a trained professional who can connect you to essential community services, a gateway to help. Certified Care Coordinators are trained to listen, engage, ask questions, assess your needs and connect you to a community resource from their large database of local providers. They serve the following areas: Adams, Brown, Clermont and Hamilton Counties in Ohio; Boone, Campbell, Grant and Kenton counties in Kentucky.
- 211 can assist with Basic Needs, Housing Assistance, Mental Health Services, Utility Bills, and Employment Services.
- To request support from [United Way](#), dial 211 or 513-721-7900 or text 211CARES to 51555.

### FindHelp

- Find free or reduced-cost resources like food, housing, financial assistance, health care, and more by entering your zip code at [FindHelp.org](#).
- This website is available in over 100 languages!

## Additional Resources (by topic):

### Accessibility

- ***Accessibility Resources Office***
  - Visit the Accessibility Resources website for information and resources regarding accessibility across campus: register for academic and housing accommodations, contact the Communication Access Team, receive support with workplace accommodations, receive guidance with making course content accessible, and more.
  - Resources include:
    - Equatio—Math writing tool that makes math both digital and accessible
    - JAWS (Job Access With Speech) – Designed for computer users whose vision loss prevents them from seeing screen content or navigating with a mouse
    - Read&Write—Literacy support tool that offers help with everyday tasks like reading text out loud, understanding unfamiliar words, researching assignments and proofing written work
    - ZoomText—Fully integrated magnification and reading program tailored for low-vision users
    - Note-taking Support
    - And more!
  - Contact Information:
    - Email: [AccessResources@uc.edu](mailto:AccessResources@uc.edu)
    - Website: [Accessibility Resources](#)
    - Phone: (513) 556-6823
    - Location: Commons Edge North, 57 W. Daniels St.
- ***UC Accommodate***
  - Implemented in July 2024, the UC Accommodate platform streamlines and centralizes the academic accommodation process. Students and instructors can both log into [UC Accommodate](#) using their UC credentials to either manage their accommodations independently or view students' accommodation letters and requests.
  - For more information, visit the [UC Accommodate website](#).
- ***Adaptive Technologies***
  - To ensure all patrons have full and equal access to all library resources, UC Libraries offers a wide array of enhanced services for patrons with disabilities, such as adaptive equipment and book retrieval.
  - For more information, visit [Adaptive Technologies](#).
- ***College2Career Partnership***



- Opportunities for Ohioans with Disabilities (OOD) provides counseling and guidance to individuals with disabilities who are seeking employment to jointly choose an employment goal based on strengths, resources, priorities, concerns, capabilities and interests. A thorough, objective understanding of your assets and liabilities, and of employment opportunities, is a prerequisite in planning.
  - This includes graduate students looking at their future career and undergraduate students who are interested in graduate school.
- For more information, visit the [College-to-Career Partnership](#) webpage.
- *Graduate School Success for Students with Disabilities*
  - Attending graduate school with a disability doesn't have to be a source of stress or anxiety, as many institutions now offer exceptional services to help students on every step on their journey. Visit the [GoGrad](#) website for information on scholarships, support resources, and expert insight for achieving an advanced degree.
- *Web Accessibility 101*
  - A UC site from Accessibility Network with guidelines, checklists, and additional resources about making web content accessible.
  - For more information, visit the [Accessibility 101](#) webpage.

## Adjusting to Grad School

- *A Field Guide to Grad School: Uncovering the Hidden Curriculum* by Jessica McCrory Calarco
  - In this book, the author hopes that it can be your field guide for graduate school and uncover the hidden curriculum that presents many barriers rarely acknowledged within the graduate school journey.
  - You can access the eBook version through the [UC Library](#) website.
    - You can access a presentation and discussion from/with the author in two videos on the [GradThriving Helpful Resources](#) webpage.
- *GradThriving*
  - Originally aimed at supporting underrepresented minority students in their Master's and PhD studies in STEM, this site also contains resources beneficial to all graduate students such as identifying advocates, time management, building community, and more.
  - For more information, visit the [GradThriving](#) website.
- *Glossaries of Academic Terms*
  - Graduate School comes with its own language. Here are a few sites to help you translate!
    - [UC Glossary of Academic Terminology](#)
    - [Research Connections Research Glossary](#)
    - [Glossary of Higher Ed](#)
- *National Center for Faculty Development and Diversity*
  - The University of Cincinnati is pleased to partner with the National Center for Faculty Development & Diversity (NCFDD) as an Institutional Member to provide FREE professional development resources and support for faculty and graduate students. Please take advantage of the enriching programs NCFDD has to offer.
  - For more information, visit the [NCFDD website](#).
- *Thrive PhD*
  - Have you ever wished for a place where you could be honest about how hard grad school is, and get actual, thoughtful support? Are you looking for a space to learn more about the Actual Work of being a scholar (reading, writing, professionalization, and the other million things you need to do!!) without having to feel embarrassed about not knowing how to do it yet? Thrive PhD was made just for you.
  - Sign up for the community for just \$5 a month or join the newsletter for free.
    - When you sign up for the newsletter, you receive a free toolkit to support navigating grad school.
    - The organizer, Dr. Katy Peplin, also offers free resources during AcWriMo (Academic Writing Month) in November.

- For more information, visit the [ThrivePhD](#) website and [Thrive PhD YouTube Channel](#).

## Assistantship and Postdoc Resources

Below are resources for Teaching Assistants (TA), Research Assistants (RA), Graduate Assistants (GA), and Postdocs here at UC. No matter what title you hold, you can visit the [Bearcat Promise Career Studio](#) for more guidance and information on professionalism and support to help you succeed in your role.

- *UC Graduate Assistantships*
  - For more information regarding how to find an assistantship and the requirements, please visit the [Graduate College Graduate Assistantships webpage](#). Graduate Assistantship openings are often posted in [Handshake](#), the UC student job portal, and shared in GradCurrents, the Graduate College's weekly newsletter for UC graduate students.
- *Bearcats Landing*
  - [Bearcats Landing](#) is UC's employee intranet. It offers online access to critical university information, documents, tools, HR information, and resources. Find quick and convenient access to all the links and tools you need to get your job done.
  - Graduate students who are also employed by UC (as GAs, student workers, etc.) have access to this intranet.
- *Canvas*
  - Have you ever found content in your course that was difficult to read or you wish came in a different format? Now, you can download alternative formats of instructor content directly from your course.
  - [Ally in Canvas for Alternative Fonts](#).
- *Center for Enhancement of Teaching & Learning (CET&L)*
  - A hub of excellence in teaching and learning. They provide customized consultations on teaching and learning for individual instructors, small groups, departments, and colleges within the University of Cincinnati. They directly support community-building through the support of interdisciplinary Faculty Learning Communities dedicated to furthering member engagement in the university's teaching mission.
  - Contact Information
    - Location: 2911 Woodside Drive, Langsam Library
    - Phone: 513-556-9319
    - Website: [CET&L website](#)
- *Faculty Enrichment Center (FEC)*
  - The [FEC](#) provides support and advocacy to develop and retain a diverse faculty who feel professionally and personally enriched and satisfied, and who contribute innovatively to the mission of the university throughout their careers.

- Services are available for Teaching Assistants with workshops, technology and space offerings, and more! Check out the [Faculty Enrichment Center Bearcats Landing intranet site](#) (UC login required).
- Contact information
  - Location: 2911 Woodside Dr, Langsam Library Suite 540
  - Phone: 513-556-7324
  - Website: [Faculty Enrichment Center](#)
  - Email: [enrichfaculty@ucmail.uc.edu](mailto:enrichfaculty@ucmail.uc.edu)
- ***Preparing Future Faculty (PFF)***
  - The [UC PFF program](#) provides instruction in modern teaching and learning and offers rich mentoring experiences that strengthen these career skills through workshops, reading groups, courses, and more!
  - Contact Information
    - Phone: 513-556-4335
    - Website: [UC PFF program](#)
    - Email: [gradpff@uc.edu](mailto:gradpff@uc.edu)
- ***Teaching Effectiveness Course***
  - Teaching Effectiveness covers the theory and practice of effective, learning-focused teaching at the college level, including how to establish student learning goals, develop a syllabus, use diverse approaches to teaching and assess student learning. All participants will develop an electronic teaching portfolio.
  - Course Code: PD8041, three graduate (semester) credits, pass/fail, offered fall semester.
  - Visit the Graduate College [Preparing Future Faculty \(PFF\) Courses website](#) to learn more.
- ***National Center for Faculty Development and Diversity***
  - The University of Cincinnati is pleased to partner with the National Center for Faculty Development & Diversity (NCFDD) as an Institutional Member to provide professional development resources and support for faculty and graduate students. Please take advantage of the enriching programs NCFDD has to offer.
  - For more information, create a free [NCFDD](#) account.
- ***UC Libraries Research and Teaching Support***
  - Access academic assistance for research questions, citation needs and data services. Find resources and expertise for scholarly research. Discover instructional support services for faculty and students.
  - For more information about these resources and workshops, visit the [UC Libraries](#) website.
- ***National Postdoctoral Association***
  - The [National Postdoctoral Association \(NPA\)](#) aims to improve the postdoctoral experience by supporting a culture of inclusive connection. At the individual,

organizational, and national levels, they facilitate enhanced professional growth, raise awareness, and collaborate with stakeholders in the postdoctoral community.

- *Postdoctoral Fellow Resources*
  - The UC Department of Internal Medicine has collected resources relevant to postdocs both within the Internal Medicine department and more broadly. Some of the broader resources include the [Postdoctoral Association SharePoint](#), [Researcher Tools](#), and continuing education opportunities.
- *Teaching Advice for Graduate Students*
  - This [article by a graduate student from Inside Higher Ed](#) discusses the challenges graduate students face in the classroom and walks through incorporating an interdisciplinary approach.
- *A Challenge for TAs: Establishing Boundaries*
  - [This article provides guidance for TAs](#) on establishing boundaries and is by Ed Himelblau who wrote *The Teaching Assistant's Guide: Essential Strategies for College Lectures and Labs* (2024).
  - Himelblau also has a website [The TA's Guide](#) which contains quick tips and templates to support TAs' efforts.
- *Graduate Students as Independent Instructors*
  - This [article for graduate student instructors](#) presents seven pieces of advice intended to better prepare the predoctoral graduate student to assume the role of the professor before assuming the title. By understanding the attitudes of undergraduate students toward graduate instructors, preparing in advance to handle the mistakes that novice teachers often make, and recognizing the correlation between outward confidence and student perceptions of instructor quality, graduate students can derive the most benefit from a stressful and time-consuming assignment.
- *University of Wisconsin – Milwaukee: Best Practices for Graduate Assistants*
  - This section of the [Graduate Assistants Handbook](#) includes best practices for areas such as Time Management, Work/Life Balance, and Managing Conflict.
- *University of California San Diego: How to be a Successful Research Assistant*
  - Every student undertaking research with a faculty mentor wants to be a successful research assistant, but not everyone is aware of how to accomplish this. This PDF contains [tips on how to be a successful research assistant](#) based on former students' research experiences.
- *Managing Conflict for Graduate Assistants*

- The University of Wisconsin-Milwaukee created a Graduate Assistant Handbook which includes recommendations on [Managing Conflict](#) and [Guidelines for Classroom Conflict Transformation](#).

## Basic Needs and Essentials

### Clothing

- **Career Closet** (Part of main [BCP Resource Center](#))
  - Free professional clothing for students who are preparing for interviews, internship experiences or professional classroom presentations. When a student picks an outfit, it is theirs to keep.
  - Book an appointment online: [BCP Career Closet Sign Up](#).
    - Students can use the Career Closet 3 times per semester.
- **The Closet, LGBTQ Center**
  - The [University of Cincinnati LGBTQ Center](#) has an initiative to provide clothing to/for gender non-conforming, transgender, nonbinary, and questioning students to find gender-affirming gently used or like-new clothing.
    - Drop by the LGBTQ Center, located on the 5<sup>th</sup> Floor of Steger Student Life Center, for more information. The closet is directly outside of the center, so even when it is not open, students have access to clothing options.
- **Dress for Success Cincinnati**
  - Dress for Success Cincinnati became renowned for providing professional clothing to women returning to or entering the workforce. Dress for Success Cincinnati offers clients styling services for upcoming interviews as well as services when you land the job.
  - To learn more about this service, visit the [Dress for Success Cincinnati](#) webpage.

### Food

- **Bearcats Pantry (BCP) & Resource Center**
  - The BCP and Resource Center is here to help any Bearcat through a time of need. From free food to social services support, we provide a diverse range of programs, services, and supplies. There is a main location in Stratford Heights Building 16, Room 007. Additionally, there are Satellite Markets and To-Go Locations across Uptown Campus that you can find via the BCP website.
  - Contact Information:
    - Phone: 513-556-3780
    - Email: [Bearcatspantry@ucmail.uc.edu](mailto:Bearcatspantry@ucmail.uc.edu)
    - Website: [Bearcat Pantry \(BCP\)](#)
- **College SNAP Project: Ohio Supplemental Nutrition Assistance Program**
  - The Ohio Supplemental Nutrition Assistance Program (SNAP), also known as Food Assistance or food stamps, provides funds to help households with low incomes purchase groceries. An eligible person or family receives an Electronic Benefits Transfer (EBT) card, which is used like any other debit card at the grocery store. The card uses money from a SNAP account set up for the eligible person or family to pay for food items.



- Visit [College SNAP Project: Ohio Supplemental Nutrition Assistance Program](#) for more information and assistance with enrollment.
- **Microwaves**
  - Locations:
    - Available in Tangeman University Center (TUC) in the 2<sup>nd</sup> floor food court area
    - [AACRC](#) student lounge area
    - [EPS Office](#)
    - Steger Student Life Center, [Commuter Student Lounge](#) on the 600 level
    - [DAAP Cafe](#)

#### Furniture

- **St. Vincent de Paul**
  - Do you need assistance with needs such as food, clothing, [furniture](#), rent, utilities, or beds? St. Vincent de Paul serves neighbors in Greater Cincinnati through its network of Conferences (groups of volunteers based at a church). They're here to offer help and hope needed most. For some, it's a one-time need. For others, the assistance is ongoing.
  - Learn more by visiting [St. Vincent de Paul: Locations](#).
- **UC Office of Sustainability Uptown Waste Diversion Event**
  - As most leases in Uptown Cincinnati conclude around July 31st, students and families undergo a thorough cleaning to prepare for relocation during that week. Historically, this has led to a significant amount of furniture, trash, electronics and other items being left on the streets or overflowing in dumpsters. In an effort to curb this issue and divert waste from landfills and support those in need, we provide additional trash and recycling dumpsters and accept donations of usable items. These donated items are available for free to the UC community and Uptown neighbors during a two-week event.
  - Learn more this opportunity and others by joining the [UC Sustainability listserv](#) or by following the UC Office of Sustainability on Instagram, [@ucsustainability](#).
- **ReStore Habitat for Humanity Greater Cincinnati**
  - The ReStore locations sell new and gently used furniture, home accessories, building materials, appliances, flooring, cabinetry, and more at a fraction of the retail price.
  - Learn more by visiting [ReStore Habitat for Humanity Greater Cincinnati](#).

#### Housing

- **Office of Graduate and Family Housing**
  - All students, faculty and staff can utilize the [University Housing website](#) in their search for housing.

- The [Private Rentals & Leasing page](#) provides:
  - Tools to facilitate your search
  - Information about signing a lease
  - Guidance to help avoid rental scams
  - Suggestions for finding roommates
  - Searchable off-campus property website sponsored by the UC Undergraduate Student Government
- The [Graduate Apartments page](#) provides:
  - Information about properties that University Housing leases to students for graduate housing.
  - These properties include 12-month leases at Senator Place and The Eden.
- The [Off-Campus Housing page](#) provides:
  - Information regarding rentals available around UC and resources for starting your search, leasing and legal questions, and more.
- The [Resident Support pages](#) provide:
  - [Transportation](#) methods and [safety information](#)
  - Setting up cable, accessing the network, and other services
  - How to submit [maintenance requests](#)
- If you have any questions about university housing resources available for graduate students, please contact the Office of Graduate and Family Housing.
- Contact Information
  - Email: [uchousing@uc.edu](mailto:uchousing@uc.edu)
  - Phone: 513-556-6461
- ***HOME: Housing Opportunities Made Equal***
  - HOME's mission is to eliminate unlawful discrimination in housing in the Greater Cincinnati area. HOME advocates and enforces housing regulations for all protected classes and promotes stable, integrated communities. Part of this includes providing a [Resources page](#) as well as [Tenant Advocacy](#).
  - HOME is located at 2400 Reading Road, Suite 118 Cincinnati, Ohio 45202.
- **Hamilton County Help Center**
  - The [Help Center for Hamilton County](#) provides residents with education, information, and limited legal advice regarding housing issues, debt collection, small claims, and more.
- **Cincinnati Neighborhoods**
  - View a list of [Cincinnati's 52 neighborhoods](#) to gain a better understanding of the city and where each neighborhood is located.

## Personal Hygiene

- ***Locker rooms***

- Bag storage and showers are available on the bottom level in the [Campus Recreation Center](#).
- *Bearcats Pantry*
  - The [BCP](#) has personal hygiene items and cleaning supplies in addition to their other available items.
- *Student Wellness Center*
  - The [Student Wellness Center](#) (SWC) empowers students to make informed decisions regarding their health and wellness by providing evidence-based education, inclusive resources, and non-judgmental support. They offer an extensive collection of resources, free products, and information about various health and wellness topics.
    - For a closer look at what they offer, check out the [SWC Events Calendar on GetInvolvedUC](#).

## BIPOC Graduate Student Resources

One great way to stay connected to campus and find community is by visiting [GetInvolvedUC](#), the platform for student organizations, student-focused campus events, and student-serving centers. It is important to search for specific cultural or interest organizations to learn when meetings and events are happening. While some groups have a majority of undergraduate student members, many clubs and associations are graduate student focused or welcoming to all UC students! Visit [GetInvolvedUC](#) to find your space to belong!

- ***African American Cultural & Resource Center***
  - The African American Cultural & Resource Center (AACRC) supports the university's mission by recruiting and retaining students of diverse identities at the University of Cincinnati. The AACRC's primary focus is to address the Black student population's academic, social, spiritual, and cultural needs.
  - Some of their offerings include:
    - Talk About It Tuesday
    - Akwaaba Black Student Welcome
    - Kujifunza Ceremony and Graduate Student Spotlight
    - Tyehimba Black Student Graduation
    - Lively or quiet study spaces and more!
  - AACRC also provides information about local restaurants, shops, and more via the [Black Resource Page](#) Google Doc on their website.
  - Additionally, they offer an avenue to connect with many Black-identified faculty and staff members dedicated to supporting students on the [AACRC Village Resource Page](#).
  - Contact Information
    - Website: [African American Cultural & Resource Center](#)
    - Phone: 513-556-1177
    - Location: 60 West Charlton, Cincinnati, OH 45219
- ***Black Graduate Student and Professional Association (BGPSA)***
  - The purpose of the University of Cincinnati Black Graduate and Professional Student Association (BGPSA) is: to assist in professional development; communicate concerns regarding diverse graduate students to the appropriate administrators at the University of Cincinnati; promote diversity in the graduate student population; develop networks aimed at providing social support and the opportunity to network with faculty, industry and other professional and community organizations; create an informative network for financial assistance and scholarship, fellowship, and internship opportunities; and participate in programs geared toward uplifting the surrounding community through outreach, volunteering and mentoring.
  - Contact Information:

- Website: [BGPSA Creating Community](#)
  - GetInvolvedUC page: [Black Graduate and Professional Student Association at the University of Cincinnati](#)
  - Email: [bgpsauc@gmail.com](mailto:bgpsauc@gmail.com)
- ***Ethnic Programs and Services (EPS)***
  - The Office of Ethnic Programs and Services (EPS), within the Division of Student Affairs, embraces the ever-increasing diversity of the University of Cincinnati campus by providing quality programs and services that:
    - Enhance the cultural, ethnic, and racial awareness of the entire university community
    - Support the needs, growth, and development of students of color
    - Build bridges between the university and the community
    - Address the academic, social, spiritual and cultural needs of the campus community
  - Contact Information:
    - Website: [Ethnic Programs and Services \(EPS\)](#)
    - Phone: 513-556-6008
    - Location: 555 Steger Student Life Center
    - Email: [eps@ucmail.uc.edu](mailto:eps@ucmail.uc.edu)
- ***Asian American Pacific Islander Heritage***
  - Connect with local Cincinnati AAPI owned organizations:
    - Community and civic groups
    - Arts and culture
    - Business and professional groups
    - Area university student groups
  - Find local student groups at area universities for networking and collaboration.
  - Contact Information:
    - Website: [AAPI Heritage Cincy](#)
    - Email: [aapiheritagecincy@gmail.com](mailto:aapiheritagecincy@gmail.com)
- ***Voicing Black Experiences: Academia & Medicine***
  - A YouTube Channel centered around Black experiences in Higher Ed.
  - VBE: Higher Education Resources & Opportunities: [Voicing Black Experiences YouTube Channel](#).
- ***The Voice of Black Cincinnati***
  - Contains information on Things to Do in Cincy, Black Businesses, Job Opportunities, Scholarships and more!
  - Learn more by visiting [The Voice of Black Cincinnati](#) website.
- ***The Latinx Guide to Graduate School by Genevieve Negrón-Gonzales and Magdalena L. Barrera***

- A guide for prospective and current Latinx graduate students.
  - This book is available as an [eBook through UC's library](#).
- You can read an interview with the authors through the Inside Higher Ed article titled [The Latinx Guide to Graduate School](#).
- *Cientifico Latino*
  - Cientifico Latino, LLC aims to promote an environment of inclusivity in STEM and increase the number of scientists from minoritized backgrounds in higher education in the sciences through mentorship, open-access resources, and professional development opportunities.
  - For more information, visit the [Cientifico Latino](#) website.
- *Hispanic Chamber Cincinnati USA*
  - The mission of the organization is to promote the creation, sustainable growth and development of the Hispanic/Latino business community in the Cincinnati Tri-State area as well as to link Hispanic professionals with the best job opportunities to foster their professional and personal growth.
  - In addition, the Chamber works closely with profit and nonprofit area businesses as well as the local and state Chambers of Commerce and the U.S. Hispanic Chamber of Commerce. They are a link and forum within the national network of Hispanics business associations and firms, working to expand business opportunities.
  - Contact Information
    - Website: [Cincinnati Hispanic Chamber](#)
    - Location: 2637 Erie Ave, Suite 206, Cincinnati, OH 45208
    - Phone: 513-979-6999
    - Email: [office@hispanicchambercincinnati.com](mailto:office@hispanicchambercincinnati.com)
- *Society for the Advancement of Chicanos/Hispanics & Native Americans in Science (SACNAS)*
  - The mission of the University of Cincinnati SACNAS chapter is to create a community at UC where ALL minority STEM graduate and undergraduate students can network with students, faculty, and industry leaders at a national level and develop mentee/mentor relationships with each other. They do this through professional development workshops, near-peer mentoring between graduate and undergraduate students, community outreach events, and social events. They are one chapter within the larger SACNAS network, one of the largest inclusive organizations dedicated to fostering the success of Chicanos/Hispanics and Native Americans, from college students to professionals, in attaining advanced degrees, careers, and positions of leadership in STEM.
  - Contact Information
    - Website: [SACNAS Chapter](#)

- Email: [cincysacnas@ucmail.uc.edu](mailto:cincysacnas@ucmail.uc.edu)
- More resources are available in other sections of the Resource Guide such as [Mental Health](#).

## Career and Work

- ***Bearcat Promise Career Studio***
  - A place where all students can participate in career exploration, planning and professional development, and get a free headshot.
  - The Career Studio employs an Assistant Director of Graduate Student Career Coaching (Megan Brown) and an Assistant Director of International Career Coaching (Rebecca Hale). Visit the [Bearcat Promise Career Studio website](#) for more information or to schedule a session with a career coach.
  - Contact Information:
    - Website: [Bearcat Promise Career Studio](#)
    - Phone: (513) 556-0381
    - Email: [careerstudio@uc.edu](mailto:careerstudio@uc.edu)
    - Location: Tangeman University Center Room 310
- ***Handshake***
  - The career platform used by UC where students, career centers and recruiters come to meet, talk and share opportunities.
    - Available for all current students and access can be requested by UC alumni.
  - For more information, visit the [Handshake](#) website.
- ***Faculty Development OneStop Workshops***
  - [Faculty Development OneStop Workshops](#) are ability-enhancing professional development workshops that provide knowledge and skills for performing duties in teaching, research and/or service in order to improve a class, aid in the completion of research or provide information for a service assignment. Many of these workshops are open to graduate students.
- ***Preparing Future Faculty (PFF)***
  - The [UC PFF program](#) provides instruction in modern teaching and learning and offers rich mentoring experiences that strengthen these career skills through workshops, reading groups, courses, and more!
- ***Lindner Career Services Center***
  - The Lindner Career Services team provides comprehensive support for business student career development, including coaching, interview prep, and resumé critiques.
  - **Reserved for Lindner College of Business students.**
  - Contact Information:
    - Website: [Lindner School of Business Student Resources](#)
    - Location: Lindner Hall, Suite 1420
- ***Interstride***



- This online tool helps international students find jobs, get immigration support, and network.
- For more information, visit the [UC Interstride](#) website.
- ***Big Interview***
  - Big Interview is a virtual interview practice tool that mimics a real-life job interview. It combines training with practice to help improve interview skills and build confidence. The service is free for UC students and is available 24 hours a day, seven days a week.
  - For more information, visit [Big Interview](#).
- ***GoinGlobal***
  - GoinGlobal is the market leader in helping job seekers of all nationalities fast track their career explorations both at home and abroad. Created by country experts, GoinGlobal features worldwide job and internship resources for more than 120 locations, including location-specific career guides, key corporate profiles, a proprietary H1B visa search engine and 16 million-plus job and internship postings.
  - For more information, visit [GoinGlobal](#).
- ***My IDP: Science Careers***
  - You have put a lot of time and effort into pursuing your PhD degree. Now it's time to focus on how to leverage your expertise into a satisfying and productive career. The Individual Development Plan (IDP) concept is commonly used in industry to help employees define and pursue their career goals. In 2003, the Federation of American Societies for Experimental Biology (FASEB) proposed an IDP framework for postdoctoral fellows in the sciences. AAAS/Science joined forces with FASEB and experts from several universities to expand on that framework. The result is myIDP - a unique, web-based career-planning tool tailored to meet the needs of PhD students and postdocs in the sciences.
  - For more information, visit the [myIDP: Science Careers](#) website.
- ***ImaginePhD***
  - ImaginePhD is a FREE online career exploration and planning tool for PhD students and postdoctoral scholars in the humanities and social sciences. Humanities and social sciences PhD students and their mentors have long recognized the need for more resources to help bridge the knowledge gap between doctoral education and the realm of career possibilities. ImaginePhD is designed to meet this need by allowing users to:
    - assess their career-related skills, interests, and values
    - explore careers paths appropriate to their disciplines
    - create self-defined goals
    - map out next steps for career and professional development success
  - For more information, visit the [ImaginePhD](#) website and create an account.

- *Inside Higher Ed: Carpe Careers*
  - The Carpe Careers blog hosted on the Inside Higher Ed website is a weekly advice column for graduate students, postdocs, and early career professionals with advanced degrees who are embarking on their professional and career journeys.
  - To browse Inside Higher Ed's blog articles, visit the [Inside Higher Ed: Carpe Careers](#) webpage.
- *Diversity Career Resources*
  - Included on this site are a few selected resources for special population and affinity groups. These include resources for International Students, LGBTQ+ Students, Students of Color, and Students with Disabilities.
  - Visit the [Diversity Career Resources](#) site to learn more.
- *LinkedIn Learning*
  - [LinkedIn Learning](#) offers dynamic video tutorials for learning software, programming, business and creative skills, study skills, and more—all FREE to UC faculty, staff and currently-enrolled student.

## Conflict Resolution and Self-Advocacy

- ***Ombuds Office***
  - The Ombuds Office provides neutral, informal, and confidential (except in cases of Title IX) conflict resolution for the UC community, and a space to talk about campus concerns, disputes, or problems to generate realistic options.
  - Resources: [Ombuds Office Resources](#)
  - Contact Information:
    - Website: [Ombuds Office](#)
    - Phone: 513-556-5956
    - Email: [Ombuds@uc.edu](mailto:Ombuds@uc.edu)
    - Location: Swift Hall 607
- ***Title IX***
  - Title IX protects every student's right to educational programs and activities free from sex discrimination including sexual assault, sexual harassment, stalking, dating violence, and domestic violence. UC's Office of Gender Equity & Inclusion ("OGEI") coordinates the University's comprehensive response to incidents of sex discrimination. Individuals can make a report and/or seek guidance from the University's Title IX Coordinator and OGEI staff by email, phone, online, or in person.
  - Contact Information:
    - Title IX Coordinator: Dr. Adrienne Lyles
    - Website: [UC Title IX](#)
    - Phone: (513) 556-3349
    - Email: [ogei@uc.edu](mailto:ogei@uc.edu)
    - Location: 308 U Square, 225 Calhoun St.
- ***Student Grievance Procedures***
  - The University of Cincinnati [Graduate Grievance Procedures](#) resolve disputes involving graduate students in a fair and collegial manner and within the department if possible. Students are encouraged to seek assistance from the University Ombuds Office for possible resolution before the formal grievance process.
- ***Managing Conflict for Graduate Assistants***
  - The University of Wisconsin-Milwaukee created a Graduate Assistant Handbook which includes a section on [Managing Conflict](#) and [Guidelines for Classroom Conflict Transformation](#).

Also see [Student Safety and Legal Information](#) for further resources.

## Diversity, Equity, Inclusion, and Belonging (DEIB) Resources

- ***Office of Equity, Inclusion & Community Impact***
  - The Office of Equity, Inclusion & Community Impact works to bring out the best in UC's students, faculty and staff by valuing their unique backgrounds, experiences, and perspectives – welcoming and leveraging individual contributions to collaborate, create, innovate, and compete in a global society. They also address issues of harassment, discrimination, sexual misconduct, and retaliation so community members can work, learn, grow and thrive in a safe environment. They aspire toward inclusive excellence by leading with courage and compassion and treating each other with dignity and respect.
  - Some of these resources include:
    - [Community Education and Workshops](#)
    - [Office of Equity and Inclusion Resource List](#)
  - Contact Information
    - Location: 600 University Pavilion
    - Phone: 513-556-8463
    - Email: [inclusion@uc.edu](mailto:inclusion@uc.edu)
- ***Racial Justice Resources for Activists, Advocates & Allies***
  - This Libguide from the UC Library aims to support the work of racial justice activists, advocates and allies by providing resources for self-guided education including:
    - Core concepts needed to understand the intergenerational effects of systemic racism and its impact today on the lives and bodies of BIPOC (Black, Indigenous, and People of Color), our society and the structures within it.
    - Healing and wellness resources for the BIPOC community.
    - Information intended to help us better understand ourselves; especially how our social identities impact others so that we can be more effective activists, advocates & allies for racial justice.
    - Tools, tips and services to assist student advocates and activists to help them document and archive their work to ensure it will be discoverable and accessible to others even after they graduate.
    - Data to guide goals setting and policy creation.
  - You can view this information on the [Racial Justice Resources for Activists, Advocates & Allies](#) webpage.
- ***Diversity Working Groups Toolkit and more***
  - Online resource list for faculty, staff, students, and postdocs leading the charge to create more equitable and inclusive communities within graduate education. This list includes useful resources for individuals and diversity committees,

councils, or task-force groups designed to strategically enhance diversity recruitment and retention.

- Explore these resources on the [University of Minnesota Faculty & Staff Diversity Resources](#) webpage.
- *The Irate8 Syllabus*
  - A crowd-sourced syllabus by faculty at the University of Cincinnati who stand in solidarity with #theIRATE8. The mission of The Irate 8 is to push for a more diverse and inclusive University of Cincinnati and seek equity through our social action. They aim to raise awareness of the experiences of Black students at the University of Cincinnati, and how they connect with the #BlackLivesMatter movement nationally.
  - As a part of this mission, [The Irate8 Syllabus](#) Google Doc was created and includes links to articles, books, and videos about topics such as: Intersectionality, political ecologies of race, critical race theory, schooling, Black families, race in the media, perceptions vs. realities of race, legal and policy perspectives, and structural understanding of racism.
- *Diversity Conference Calendar*
  - The Diversity Conference Calendar features upcoming events related to diversity, equity, and inclusion in higher education.
  - View the [Insight Into Diversity: Diversity Conference Calendar](#).

## Dissertation and Thesis Information

- ***Graduate College Electronic Thesis/Dissertation Information***
  - Contains information on submission requirements, checklist guides, accessibility, timelines and more.
  - For more information, visit UC's [Electronic Thesis/Dissertation Information](#) webpage.
- ***Academic Writing Center Graduate Writing Support***
  - The Academic Writing Center offers free workshops to graduate students on important writing concepts.
  - Contact Information
    - Location: Learning Commons 2510B French Hall West
    - Phone: 513-556-3244
    - Email: [learningcommons@uc.edu](mailto:learningcommons@uc.edu)
    - Website: [Learning Commons Graduate Student Support](#)
- ***Dissertation Success Curriculum***
  - The National Center for Faculty Development and Diversity (NCFDD) Dissertation Success Curriculum is designed to provide the skills, strategies, and support that advanced graduate students need to overcome the three biggest obstacles to finishing their dissertation: perfectionism, procrastination, and isolation. The program is built on the assumption that there is only one way to complete a dissertation: WRITE IT!
  - For more information, create a FREE (through UC) NCFDD account and view the [Dissertation Success Curriculum](#) webpage.
- ***ProQuest Dissertations and Theses***
  - Utilize ProQuest to read other dissertations or theses from your school or field to help guide your process.
  - To view submitted theses and dissertations, visit [ProQuest](#).
- ***University of Wisconsin Writing Center: Resources for Dissertators***
  - Resources for Dissertators lists helpful books and chapters that can inform your writing process and links to guides for thesis and dissertations, grant writing support, and more.
  - To view these dissertation resources, visit [The University of Wisconsin - Madison Writing Center](#) website.
- ***Helpful Books***
  - Joan Bolker, *Writing Your Dissertation in Fifteen Minutes a Day*
    - Available for loan through [DAAP's library](#)
  - Scott Rank, *How to Finish Your Dissertation in Six Months, Even if You- Don't Know What to Write*

- Paul J. Silvia, *How to Write a Lot: A Practical Guide to Productive Academic Writing*
  - Available for loan through [Langsam Library](#).

## Explore and Save

These are just a few of the many options Cincinnati has to offer and some of the student discounts you can take advantage of. Check out all the ways you can explore [Downtown Cincinnati](#) and beyond!

- *Campus Recreation Center*

- In addition to offering an award-winning fitness facility, [Campus Recreation](#) strives to be a place where members can connect with one another in a safe and positive environment - a place where everyone feels welcome. They know movement and recreational activities help improve mental and physical health, add balance, reduce fatigue, restore energy, and improve self-confidence.
- Campus Recreation's 212,000 square feet offer so many ways for members to get active – from cardio and weight equipment, to group fitness, swimming pools, a climbing wall and more. Explore all Campus Recreation has to offer!
- View [Rates & Discounts](#) for pricing (student membership is included for full-time UC graduate students who pay the Campus Life Fee).
- There is also a [Fitness Center](#) in CARE/Crawley.
- Check out the [UC Campus Recreation YouTube page](#) for home workouts.
- Contact Information
  - Location: 2820 Bearcat Way (Campus Rec); 3230 Eden Avenue (Fitness Center), Cincinnati, OH 45221-0017
  - Phone: 513-556-0604
  - Email: [campusrec@uc.edu](mailto:campusrec@uc.edu)

- *Communiversity*

- [Communiversity](#) is part of the University of Cincinnati's commitment to lifelong learning. Classes are held in-person on weekday evenings and weekends, online, and in venues around Cincinnati, tailored with the adult learner in mind. Taught by UC educators, experts, and artisans from the Cincinnati area, they bring the passion for their topics to the classroom, offering you endless opportunities to develop, grow, and learn something new! Communiversity also offers hundreds of [online courses](#) which include test prep for exams like the LSAT and MCAT.
- UC employees, students, alumni, and donors receive 15% off discount on Communiversity classes.
- Email [communiversity@uc.edu](mailto:communiversity@uc.edu) to take advantage of this offer!

- *Museums and Parks*

- [Cincinnati Public Library](#) Discovery Pass
  - Cincinnati is home to many renowned cultural and recreational institutions. The Library wants to inspire you to get out and discover these attractions through our Discovery Pass program. The Discovery Pass provides Library cardholders with free passes to arts, cultural, and



recreational attractions throughout Hamilton County. Library cardholders may check out passes to:

- American Sign Museum
- Cincinnati Art Museum Special Exhibitions
- Cincinnati Museum Center
- Great Parks of Hamilton County
- The Harriet Beecher Stowe House
- Pyramid Hill Sculpture Park & Museum
- Taft Museum of Art
- Checking out a [Discovery Pass](#) is easy! All you need is a Library card in good standing. Use the online reservation system. Please note passes are available once every 30 days per customer.
- [National Underground Railroad Freedom Center](#)
  - Free admission on the fifth and third Sunday each month, plus MLK Day and Juneteenth (through Fifth Third Community Days).
- [Cincinnati Art Museum](#)
  - General Admission is always free.
- [Cincinnati Parks](#)
  - Get out and discover the multitude of parks Cincinnati has to offer including [Krohn Conservatory](#) and [Eden Park](#).
- [Northern Kentucky Parks \(NKY\) and Botanical Gardens](#)
  - Check out parks, gardens, water adventures and more available in Northern Kentucky!
- *Arts Wave*
  - Find all the amazing arts opportunities Greater Cincinnati has to offer with this [free, comprehensive and searchable calendar](#). Buy tickets, check out parking and nearby attractions, and share your favorite events on social media.
- *Zoo*
  - Visit the [Cincinnati Zoo](#) website for more information on tickets and memberships.
  - Be sure to ask about a student discount when purchasing a membership!
- *Shopping*
  - [Over-the-Rhine](#)
    - OTR has a wide variety of boutiques, stores, and restaurants to try.
  - [Findlay Market](#)
    - Findlay Market - operated continuously in the same iron-framed building since 1855 - is not just another historic monument; it is an essential institution to life in 21st century Cincinnati. Check out the many restaurants and vendors in this area!

- [Liberty Center](#)
  - Beloved retailers and one-of-a-kind destinations at Liberty Township offer one of the most preeminent shopping mall experiences in the greater Cincinnati area.
- [Rookwood Commons](#)
  - Rookwood Commons offers many shops and restaurants to explore.
- *Sports*
  - [University of Cincinnati Athletics](#)
    - UC offers spectacular sporting events from football and basketball to swimming and track and field.
  - [UC Intramural Sports](#)
    - Whether you are looking to participate in traditional or non-traditional sports, recreational or competitive leagues, or to develop your leadership skills, be sure to explore all sport options that Campus Recreation Intramural Sports have to offer.
  - [Cincinnati Bengals](#)
    - Head over to Paycor Stadium to see the Cincinnati NFL team in action.
  - [Cincinnati Cyclones](#)
    - Cincinnati's professional hockey team & affiliate of the New York Rangers.
  - [Cincinnati Reds](#)
    - Check out the schedule and keep an eye on the Ticket Discounts available to watch the Cincinnati MLB team.
  - [FC Cincinnati](#)
    - Watch Cincinnati's soccer team play in TQL stadium.
- *Shows*
  - College-Conservatory of Music
    - [CCM OnStage](#) is the public's chance to see these "stars of tomorrow" today. Whether it's exhilarating concerts, breathtaking theatre, innovative multimedia presentations or inspiring public master classes, the artistry that you love lives here.
  - Cincinnati Opera
    - Full-time students may purchase tickets for \$16, based on availability, beginning Monday, the week of the performance. Students must present a valid, full-time student ID at Will Call to pick up tickets ordered online or by phone (no e-ticket delivery available). Seating is assigned at the discretion of the box office. Limit two tickets per eligible student.
    - Visit the [Cincinnati Opera](#) website for more information.
  - Broadway in Cincinnati

- Students, educators and staff members have priority access to purchase Broadway in Cincinnati shows at The Aronoff Center and possible discounts.
- Visit the [Cincinnati Arts](#) website to learn more.
- Cincinnati Symphony Orchestra
  - Student Access is an easy and affordable way for full-time students to attend CSO and Pops performances. Join now with a free membership and get \$15 tickets to CSO concerts and \$20 tickets to the Pops the week of the concert.
  - Visit the [Cincinnati Symphony](#) website.

## Finances

- ***PNC My Finance Academy: Student Banking***
  - Free Financial Webinars that Promote Financial Wellness along with finance tips and resources to help students manage their money.
  - To learn more, visit the [PNC My Finance Academy: Student Banking](#) website.
- ***Student Money Management***
  - The University of Cincinnati Student Money Management program assists students and their families with their ability to manage financial resources effectively. This includes increasing knowledge regarding college costs & affordability, financial aid resources, budgeting, saving, and reducing overall educational debt.
  - Run by Enrollment Services, there are two 30 min. workshops titled “Financial Literacy to prep for Graduate School (or during)” and “Teach the Teacher for UC Employees” that could be beneficial for grad students, TAs, faculty, and staff.
  - Visit [Enrollment Services: Student Money Management](#) for more information.
  - Contact Information
    - Phone: 513-556-1000
    - Email: [enrollmentservices@uc.edu](mailto:enrollmentservices@uc.edu)
- ***Mapping Your Future: Manage Your Money***
  - Mapping Your Future is a nonprofit organization committed to helping students, families, and schools navigate the higher education and student loan processes through trusted career, college, and financial aid resources. Mapping Your Future provides accurate and up-to-date information that helps students plan, prepare, and pay for higher education and contributes to national student loan default prevention efforts by providing information and services to students and their families.
  - Tools and resources are available on the [Mapping Your Future: Manage Your Money](#) webpage.

For Emergency Funding and other needs, please visit the [Funding](#) section.

## First-Generation Graduate Students

The challenges of being “first” can continue into graduate school, but you are not alone! While all the resources in this guide can be beneficial for first-generation graduate students, here are a few pieces that specifically speak to what you may experience in graduate school.

- *UC First-Generation College Student Resources*
  - At UC, first-generation college students are defined as students whose parent(s)/guardian(s) did not earn a bachelor's degree within six years after high school graduation.
  - UC offers many support services and opportunities for first-generation students. Scroll to the bottom of the [First-Generation College Students webpage](#) to locate suggested resources for first-generation students.
- *What I Wish I'd Known as a First-Gen Graduate Student*
  - In this [article by first-gen, international graduate student](#) Jiayi Shi, she recounts her experiences and provides advice for fellow first-gen grad students.
- *Community Support for First-Generation Graduate Students*
  - Check out this [Inside Higher Ed article](#) with advice for first-gen grad students and tips for faculty and staff who are working with first-gen grad students.

## Funding

### Emergency Funding

- ***Student Emergency Fund***
  - The UC Student Emergency Fund provides limited emergency financial assistance to currently enrolled students who are experiencing an unanticipated and/or temporary hardship resulting from an emergency and/or crisis situation. Funds shall be distributed as grants that do not need to be repaid.
  - To learn more about qualifications, visit the [Student Emergency Fund](#).
- ***Bearcat Emergency Fund***
  - The Bearcat Emergency Fund (BEF) is designed to assist with unexpected emergency expenses surrounding situations such as accidents, illness, death of a family member, fire damage, medical deductible, or need for temporary housing or food. Students may apply for funds when they have exhausted all other resources.
  - To learn more about qualifications, visit the [Bearcat Emergency Fund](#).
- ***St. Vincent de Paul: Financial Assistance***
  - Apply for financial assistance online from [St. Vincent de Paul](#) through the [Rent & Utilities Request Form](#). A pre-screening page will let you know if you are eligible to apply before the request form is offered.
  - Requests for rent and utility assistance from St. Vincent de Paul are not guaranteed. Hamilton County residents whose address is not covered by a Conference of St. Vincent de Paul may be served by the Neyer Outreach Center.

### Financial Aid and Awards

- ***OneStop: Enrollment Services***
  - Contact the Financial Aid Office with questions about financial aid—scholarships, grants, etc.; loan management; FAFSA (Free Application for Federal Student Aid); and more.
  - Contact Information:
    - Website: [UC Financial Aid](#)
    - Phone: 513-556-1000
    - Email: [enrollmentservices@uc.edu](mailto:enrollmentservices@uc.edu)
    - Location: 2nd Floor University Pavilion
- ***Office of the Bursar***
  - Contact the bursar office for questions about billing, late fees, tuition costs, direct deposit refunds, or payments and [payment plans](#) through Catalyst.
  - Contact Information:
    - Website: [UC Office of the Bursar](#)
    - Phone: (513) 556-1000
    - Email: [bursar@ucmail.uc.edu](mailto:bursar@ucmail.uc.edu)

- *Office of Nationally Competitive Awards (NCA)*
  - The [Office of Nationally Competitive Awards](#) supports UC undergraduates, graduate students, and recent alumni interested in applying for major external fellowships. NCA fosters the intellectual and personal development of UC's student-scholars by facilitating a rewarding application process that encourages them to engage in rigorous self-reflection, cultivate strong writing practices, and define meaningful connections among their personal commitments, academic pursuits, and future goals.
- *The Graduate College Funding Opportunities*
  - The Graduate College website contains information regarding assistantships, loans, fellowships, and scholarships.
  - Visit the [UC Graduate College: Award Opportunities](#) webpage for more information.
- *The Graduate College Awards and Fellowships*
  - The [Graduate College Current Students webpage](#) contains information on travel and excellence awards and research fellowships.
- *Graduate Student Government (GSG) Awards and Fellowships*
  - View the full list of [GSG Awards and Fellowships](#) on the webpage or visit the links below:
    - [Research Fellowship Awards](#)
    - [GSG Excellence Awards](#)
    - [Conference Awards](#)
- *Scholarship Universe*
  - Are you looking for some extra funds to support yourself through school? One of the best ways to seek supplemental income for education is to apply for scholarships, and UC has a resource that makes finding scholarships that are tailored to you and your interests easy: [ScholarshipUniverse](#).
  - With a wide array of scholarships available, you will be asked to answer a series of questions to help filter down to the best fit for you! For more information, check out this [ScholarshipUniverse article](#) from the Graduate College.
  - You can also access this resource by clicking on the icon on [Catalyst](#).
- *GrantForward Service*
  - By signing up with your UC email address, users have access to [GrantForward's](#) specialized search algorithm and team of specialists to located funding opportunities through an extensive database with over 21,000 sponsors.
- *SallieMae Graduate School Scholarship Search*
  - Register for free and create your profile to search through 850,000+ scholarships quickly and easily.
  - Visit [SallieMae Graduate School Scholarship Search](#) to start your search.

## Tips to Guide Your Conversations and Grant Applications

- ***Contacting Program Officers and Grants Management Specialists***
  - This website contains information to guide your conversations with program officers and grants management specialists and when to contact them.
    - [Contacting Program Officers and Grants Management Specialists](#)
- ***University of Wisconsin Writing Center: The Writer's Handbook***
  - Tips for writing grant proposals (and other academic/professional writing).
  - [University of Wisconsin-Madison Academic and Professional Writing](#)



## Graduate Associations and Clubs

- ***GetInvolvedUC***
  - All registered Graduate Student Associations and Clubs can be found on the Campus Link website called [GetInvolvedUC](#). Be sure to also look for clubs that may combine undergraduate and graduate students!
- ***Graduate Student Government***
  - The Graduate Student Government (GSG) is the primary organization representing all Graduate students attending the University of Cincinnati. As an organization run by graduate students for graduate students, the GSG acts as a liaison between the university administration and the graduate student body and strives to make the graduate student experience as beneficial as possible to students and the university.
  - Contact Information:
    - Website: [UC Graduate Student Government](#)
    - Phone: 513-556-6101
    - Email: [gsg-campusambass@mail.uc.edu](mailto:gsg-campusambass@mail.uc.edu)
- ***Warren Bennis Leadership Institute: Student Leadership Development***
  - The [Warren Bennis Leadership Institute](#) was created to offer leadership development opportunities for students, alumni, working professionals and community members. You can attend events hosted by the institute, request a workshop for your organization and more!
  - Contact Information:
    - Email: [warrenbennislead@ucmail.uc.edu](mailto:warrenbennislead@ucmail.uc.edu)
- ***Your Grad School Guide: Developing Leadership Skills***
  - This blog post on [Developing Leadership Skills](#) provides a range of suggestions to support your efforts towards leadership.

## Healthcare

- ***University Health Services***
  - University Health Services offers comprehensive clinical services to students enrolled at the university. UC clinicians work closely with UHS counseling and psychiatry providers, specialty clinicians, registered nurses, medical assistants, laboratory and x-ray imaging staff, and the UHS pharmacy. Visit the [University Health Services Appointment page](#) for more information about services and how to book an appointment.
- ***UC Student Health Insurance***
  - The [UC Student Health Insurance website](#) contains instructions for enrollment and information about eligibility, as well as rates, dates/deadlines, and policy benefits, can be found at their website.
- ***Free, Low-Cost, and Medicaid-Eligible Healthcare, Pharmacy Care, and Health Services in Cincinnati***
  - This article provides [insights into Cincinnati's low-cost healthcare provider network](#) offers primary care, women's health, family health, behavioral health support, and pharmacy services. Additional services are available for uninsured and under-insured residents of Greater Cincinnati. Services include health screenings, immunizations, vision care, substance abuse treatment programs, and chiropractic care.
- ***Student Wellness Center***
  - The [Student Wellness Center](#) empowers students to make informed decisions regarding their health and wellness by providing evidence-based education, inclusive resources, and non-judgmental support. They offer an extensive collection of resources and information about various health and wellness topics.
- ***St. Vincent de Paul Charitable Pharmacy***
  - The St. Vincent de Paul Charitable Pharmacy provides a last resort safety net for those who have no other way to access their prescription medications. Their three locations are in Don & Phyllis Neyer Outreach Center, inside the Western Hills Thrift Store, and next to the Milford Thrift Store.
  - Visit [St. Vincent de Paul: Pharmacy](#) for more information and to learn about eligibility requirements.

## International Student Supports

- ***International Student Services***
  - UC International Services can help you with questions regarding immigration including; visa status, work authorization, travel, taxes and more.
  - UC International Services Support Team provides:
    - Social Support
      - Cultural Event Programming
      - Workshops
      - Online Orientation for International Students-Canvas
      - Study Abroad in the USA (Mammoth Cave, Gatlinburg and Smokey Mountains National Park, New Orleans, Washington DC, Texas)
      - International Partners and Leaders (IPALs)
      - Scam Information and Resources
    - Academic Support
      - Liaison for Academic Support
      - Success Workshops: Academic Integrity, How to Succeed at a U.S. University
    - International Student Resources
      - This [International Student Resources webpage](#) links you to everything you need to be successful at the University of Cincinnati! This includes a [New International Student Checklist](#), [Travel & Orientation](#) information, [Transportation](#) and [Finance](#) resources, and more!
  - Contact Information:
    - Website: [UC International Services](#)
    - Phone: 513-556-4278
    - Email: [international.services@uc.edu](mailto:international.services@uc.edu)
  - Campus Resources can be found at [UC International Services: Life at UC](#).
- ***Global Engagement Lounge***
  - The Global Engagement Lounge (GEL) is open to all students to study, hang out or play games. Activities, meetings, and other events are also hosted here. Please stop by this space and take advantage of it!
    - Location: Edwards Center One, Room 6154
    - Hours: Open Monday-Thursday, 1-9 PM
- ***Interstride***
  - This online tool helps international students find jobs, get immigration support, and network.
  - For more information, visit the [Interstride](#) website.
- ***International Graduate Student Association***

- The International Graduate Student Association (IGSA) Advocates for international graduate students offering representation and programming on UC's campus.
- Contact Information:
  - Website: [GetInvolvedUC: IGSA](#)
  - Phone: 513-556-4335
  - Email: [intgradsa@ucmail.uc.edu](mailto:intgradsa@ucmail.uc.edu)
- ***PNC International Student Banking***
  - A new way of life begins as you study abroad in the United States. PNC has the banking resources to help you manage your finances. Learn why and how to open a US bank account, how to keep track of your money, and US Banking 101.
  - Learn more at [PNC: International Student Banking](#).
- ***International Students' Library Resources Guide***
  - UC's 13 libraries, over 4 million volumes, helpful staff, comfortable individual and group study spaces, and student-centered services can provide you with tools that you need to conduct research and complete your coursework. UC Libraries hope your time at UC is a successful one and that they can be an important partner in your academic career. Please contact them with any questions and needs anytime.
  - The [International Students' Library Resources Guide](#) will provide all the information you need to feel comfortable at UC libraries.

## Learning Commons and Other Academic Resources

- ***Academic Coaching***
  - Academic Coaching through the Learning Commons helps students investigate their academic habits and college success skills and develop stronger skills through one-on-one reflection and practice.
  - Common topics include:
    - Time Management
    - Study Skills
    - Effective Notetaking
    - Reading Strategies
    - Motivation
    - Test Taking Skills
    - Wellness and Balancing Priorities
  - Contact Information:
    - Website: [UC Learning Commons](#)
    - Phone: 513-556-3244
    - Email: [learningcommons@uc.edu](mailto:learningcommons@uc.edu)
    - Location: 2510B French Hall West
- ***Academic Writing Center***
  - The Academic Writing Center provides UC Students with free writing assistance through in-person and online appointments, as well as workshops and presentations.
  - Graduate Tutoring and Writing Support:
    - Free workshops and Graduate Writing Bootcamps
    - [Academic Writing Center: Graduate Writing Support](#) handouts
  - Contact Information:
    - Website: [Learning Commons: Academic Writing Center](#)
    - Phone: (513) 556-3912
    - Email: [acadwc@uc.edu](mailto:acadwc@uc.edu)
    - Location: Langsam 401N
- ***Center for English as a Second Language (CESL)***
  - The Center for English as a Second Language (CESL) is the academic unit which provides ESL courses to international graduate and undergraduate students at the University of Cincinnati.
  - Contact Information:
    - Website: [Center for English as a Second Language](#)
    - Phone: 513-556-3590
    - Email: [esl1@uc.edu](mailto:esl1@uc.edu)
    - Location: 610D Teachers-Dyer Complex

- ***English Speakers of Other Languages (ESOL) Conversation Group- Clifton Branch Library***
  - ESOL (English Speakers of Other Languages) Conversation Group meets regularly at the Clifton Branch Library. This group is open to students and community members and no registration is required.
  - For more information, students can:
    - Visit: 3400 Brookline Avenue
    - Call: 513-369-4447
    - Email: [elizabeth.weigand@cincinnati-library.org](mailto:elizabeth.weigand@cincinnati-library.org)
    - Go Online: [Cincinnati Public Library online calendar](#)
- ***UC Libraries***
  - The [University of Cincinnati Libraries](#) are integral partners in the university's efforts to achieve its core mission of teaching, research and community engagement. The library provides access to request and borrow materials, view special collections, receive research and teaching support, and more!
  - Contact Information:
    - Website: [UC Libraries: Contact Us](#)
- ***Cincinnati & Hamilton County Public Library (CPL)***
  - Public libraries are wonderful resources for finding physical and digital materials to support your academic and personal growth.
    - In addition to borrowing books, magazine, movies, and shows, CPLs offer resources like [Research Databases and Online Resources](#), access to [Online Courses](#) including LinkedIn Learning (for those who cannot access it through UC's free access), continuing education classes, and digital literacy courses.
  - A Library membership also gives the cardholder access to [Libby](#), a free app where you can enjoy eBooks, digital audiobooks, and magazines from your public library. All you need is a library card!

## LGBTQ+ Student Supports

- ***LGBTQ+ Center***
  - The LGBTQ Center supports the mission of the University of Cincinnati through a commitment to diversity, equity, leadership development, and intellectual inquiry with particular respect to sexual orientation and gender identity.
    - This includes support groups, on and off-campus resources, mentorship opportunities, and events.
    - There are a number of graduate student groups to support LGBTQ+ members within various programs:
      - OutGrads – Providing LGBTQ+ graduate students with opportunities to grow socially and professionally
      - Out and Allies – Law School Student Organization
      - Out in Health Care
  - Contact Information:
    - Website: [UC LGBTQ+ Center](#)
    - Phone: 513-556-7533
    - Email: [lgbtq@ucmail.uc.edu](mailto:lgbtq@ucmail.uc.edu)
    - Location: Steger Student Life Center
- ***Trevor Project***
  - Crisis intervention and suicide prevention services for LGBTQ young people. Free, confidential, 24/7.
  - Reach out via:
    - Phone: 1-866-488-7386
    - Email: [thetrevorproject.org](mailto:thetrevorproject.org)
- ***UC Gender Inclusive/Single Use Restrooms***
  - For a list of Gender Inclusive Restrooms, please visit the [UC LGBTQ+ Center: Resources](#) page.
    - Not included on the list are the Gender Inclusive bathrooms in Van Wormer Hall (home of the Graduate College) and Clifton Court.
- More resources available under other topics in this resource guide including [Mental Health](#), [Student Safety and Legal Services](#), and [DEIB Resources](#).

## Mental Health

### Crisis Lines

- ***UC Counseling and Psychological Services (CAPS): Get Immediate Support***
  - Crisis intervention services provide immediate access and support to students in need due to acute mental health crises. Some situations require immediate attention. If a student's behavior is highly disruptive, creates a risk for others' safety, appears very disorganized or out of control, or if the student expresses an intent of self-harm or suicide, seek immediate assistance by:
    - Calling CAPS (513-556-0648) and asking for the therapist on-call for emergencies OR
    - Call Public Safety at 911
- ***Crisis Text Line***
  - A live, trained volunteer Crisis Counselor receives the text and responds, all from our secure online platform. The volunteer Crisis Counselor will help you move from a hot moment to a cool calm.
  - Text 4HOPE to 741-741 or visit [Crisis Text Line](#) to chat online.
  - Free 24/7 support for any type of crisis, from anywhere in the U.S.
    - Note: The first two responses are automated, but a trained professional will assist you.
- ***National Suicide Prevention Lifeline***
  - Free and confidential 24/7 support for anyone in a suicidal crisis anywhere in the U.S.
  - Call or text or chat online [988](#) if in need of help and you will be routed to the closest crisis center in the area.
- ***National Crisis Lines***
  - THE NATIONAL GRADUATE CRISIS LINE: 1-877.GRAD.HLP (1-877-472-3457)
    - The National Grad Crisis Line helps graduate students reach free, confidential telephone counseling, crisis intervention, suicide prevention, and information and referral services provided by specially trained call-takers. Caring, professional staff and well-trained volunteers answer around the clock.
    - All counselors have completed training to understand the unique issues faced by graduate students. In addition to listening to and empathizing with a caller's concerns, counselors assess the caller's lethality risk, counsel, and offer various local support services and mental health resources for follow-up.
    - Website: [Grad Resources](#)
  - NATIONAL SEXUAL ASSAULT HOTLINE: 1-800-656-HOPE (4673)
    - This is free, confidential, and available 24/7. A chat option is also available on the [RAINN website](#).



- Rape, Abuse & Incest National Network (RAINN) is the nation's largest anti-sexual violence organization. RAINN created and operates the National Sexual Assault Hotline in partnership with more than 1,000 local sexual assault service providers across the country.
  - If you or someone you know has been sexually assaulted, help is available.
- NATIONAL DOMESTIC VIOLENCE HOTLINE: 1-800-799-SAFE (7233)
  - 24 hours a day, seven days a week, 365 days a year, the [National Domestic Violence Hotline](#) provides essential tools and support to help survivors of domestic violence so they can live their lives free of abuse.
  - Contacts to The Hotline can expect highly trained, expert advocates to offer free, confidential, and compassionate support, crisis intervention information, education, and referral services in over 200 languages.
  - Available for call, online chat, or text.
    - To text, send “START” to 88788
- NATIONAL EATING DISORDERS ASSOCIATION HELPLINE: 1-800-931-2237
  - Free & confidential. Available Monday through Friday, 9 AM to 7 PM.
  - Visit the [National Eating Disorders Association website](#) for additional support and resources.
- RAINN: 1-800-656-HOPE (4673)
  - RAINN (Rape, Abuse & Incest National Network) is the nation's largest anti-sexual violence organization. RAINN created and operates the National Sexual Assault Hotline (800.656.HOPE, [online.rainn.org](#) or [rainn.org/es](#)) in partnership with more than 1,000 local sexual assault service providers across the country and operates the DoD Safe Helpline for the Department of Defense. RAINN also carries out programs to prevent sexual violence, help survivors, and ensure that perpetrators are brought to justice.
  - Call 800-656-HOPE (4673) or visit the RAINN website to utilize the [RAINN chat helpline](#).
  - Visit the [RAINN website](#) to learn more.
- TREVOR PROJECT: 1-866-488-7386
  - Crisis counselors are trained to answer calls, chats, or texts from LGBTQ young people who reach out on their free, confidential and secure 24/7 service when they are struggling with issues such as coming out, LGBTQ identity, depression, and suicide.
  - Contact information:
    - Call 1-866-488-7386 to speak with a counselor.
    - Text “START” to 678-678 to get support via text message.
    - Visit [The Trevor Project](#) webpage.

## UC Supports and Opportunities

- ***Counseling and Psychological Services (CAPS)***
  - CAPS offers individual and group counseling, and more.
  - [CAPS Group Therapy](#):
    - ARISE - Survivors of Sexual and/or Relationship Violence (weekly; in person)
    - Art of Stress Management (art therapy; weekly; in person)
    - Building Social Confidence (weekly; in person)
    - Community Wellness Groups (weekly; in person)
    - Diverse Minds
    - Healthy Headspace
    - Mindful Self-Compassion (weekly; in person)
    - SoulCollage (8-week therapy group using SoulCollage; in person)
    - Understanding Self and Others, Graduate (weekly; virtual)
    - Wokeshop Wednesdays (bi-weekly; in person)
  - [Reach Out](#) – free UC app for smart phones providing a wealth of information for the UC community.
  - [Let's Talk](#) - free and confidential. Students can meet with a clinician for a brief 15-20 minute conversation.
  - [TAO](#) (Therapy Assistance Online) - an interactive, web-based self-help program that provides online and mobile tools to help overcome the day-to-day challenges around stressors like anxiety, depression, or other concerns.
  - [Calm](#) – UC students and benefits eligible employees can access a free year's subscription to the Calm app which provides support for better sleep, meditations, and more!
  - Contact Information:
    - Location: 225 Calhoun Street, Suite 200
    - Phone: 24 Hour Crisis Helpline (513) 556-0648
  - Website: [UC Counseling and Psychological Services](#)
- ***CAPS Embedded Counselors***
  - Graduate students may access mental health services offered via the [central Counseling & Psychological Services \(CAPS\) office](#), their academic college's embedded counselor, or the Graduate College's embedded counselor, choosing the option that works best for them.
  - Allied Health: Christy Wolfram, [wolfracm@ucmail.uc.edu](mailto:wolfracm@ucmail.uc.edu)
  - Arts and Sciences: Gianluca Bruno, [brunoga@ucmail.uc.edu](mailto:brunoga@ucmail.uc.edu)
  - CCM and DAAP: Dalziel Reliford-Stone, [relifod@ucmail.uc.edu](mailto:relifod@ucmail.uc.edu)
  - CECH: Madeleine Muller, [mullerml@ucmail.uc.edu](mailto:mullerml@ucmail.uc.edu)
  - Engineering and Applied Science: Amy Blankenship, [russelay@ucmail.uc.edu](mailto:russelay@ucmail.uc.edu)
  - Graduate College and Law: Vonda Willis, [willisvk@ucmail.uc.edu](mailto:willisvk@ucmail.uc.edu)
  - Medicine: position is currently open

- Lindner College of Business: LaSondra Wayne, [waynela@ucmail.uc.edu](mailto:waynela@ucmail.uc.edu)
- ***Bearcats Support Network (Peer to Peer programs)***
  - Bearcats Support Network (BSN) empowers University of Cincinnati students to create an inclusive community and support each other's identity, mental well-being, and day-to-day lives through peer-facilitated groups and monthly community events.
  - Contact Information:
    - Website: [Bearcats Support Network](#)
    - Email: [ucincybsn@gmail.com](mailto:ucincybsn@gmail.com)
    - Social media: @ucincybsn
- ***University Health Services – Mental Health***
  - The Mental Health professionals at University Health Services are committed to providing high quality mental health care for the vibrant and diverse students of the University of Cincinnati. Utilizing a holistic approach to treatment, they work collaboratively with primary care and psychiatry providers, as well as University of Cincinnati campus partners, to meet the ever-changing mental health needs of college students in all phases of their educational careers.
  - Contact Information:
    - Website: [University Health Services: Mental Health](#)
    - Phone:
      - UC Psychiatric Emergency Services/Mobile Crisis – (513) 584-8577
      - UHS Physician On Call— (513) 556-2564
- ***UC Behavioral Health Center***
  - The UC Behavioral Health Center is the psychological services clinic run by the University of Cincinnati Psychology Department. They serve UC and the local community by providing low-cost options for therapy. The Behavioral Health Center is a training clinic for graduate students in the Psychology Department. All services are conducted by graduate trainees and supervised by licensed clinical psychologists. They also offer learning disorder assessment services for children and adolescents.
  - Contact Information:
    - Website: [UC Behavioral Health Center website](#)
    - Location: 225 Calhoun Street, Suite 380
    - Email: [behavioralhealth@uc.edu](mailto:behavioralhealth@uc.edu)
    - Phone: 513-556-5559
- ***Student Wellness Center (SWC)***
  - The [UC Student Wellness Center](#) empowers students to make informed decisions by providing evidence-based education, inclusive resources, and non-judgmental support. They offer an extensive collection of resources and information about various health and wellness topics.

- Contact Information:
  - Website: [UC Student Wellness Center](#)
  - Email: [wellness.center@uc.edu](mailto:wellness.center@uc.edu)
  - Location: Steger Student Life Center
- **Healthy UC**
  - [Healthy UC](#) is a collaborative focused on the well-being of students, faculty and staff. Their efforts focus on mental well-being, nutrition and physical activity for all students, faculty and staff.
- **Mental Health Ambassadors**
  - [UC COM Mental Health Ambassadors](#) provide mental health assistance for graduate students in the College of Medicine.
- **UC Cares Crisis Team**
  - The [UC Cares Crisis Team](#) is a committee overseen by the Associate Dean of Students determining how to improve student well-being during a struggle of any kind (academic, social, behavioral, psychological).
  - Faculty, staff or students concerned about a student's behavior may report it via an [online confidential form](#) sent to the committee.
- **UC Advocates**
  - This website is designed to provide resources for victims or survivors of sexual harassment, including sexual assault, dating or domestic violence, gender-based harassment, or stalking. Staff are available 24 hours a day for confidential advice and assistance.
  - Contact Information:
    - Website: [UC Advocates](#)
    - Phone: 513-431-3807 (Monday-Friday, 9 AM-5 PM, UC Advocates sexual assault line)
    - Additional 24/7 crisis line for on-campus sexual assault survivors at UC; facilitated by Women Helping Women: 513-381-5610
- **Osher UC Center for Integrative Health and Wellness**
  - [Osher UC Center for Integrative Health and Wellness](#) provides Integrative Health and Wellness programs at UC Academic Health Center and throughout the community.
  - Check out their [Events Calendar](#) to view upcoming programming.

#### Community Mental Health Resources

- **Mental Health Access Point (MHAP)**
  - Acts as the front door to the Hamilton County public mental health system. MHAP, a division of Central Clinic, provides assessment, support, and

connections for children and adults residing in Hamilton County who are in need of mental health services.

- You can contact MHAP via a 24-hour helpline – (513) 588-8888
- ***Talbert House 24-Hour Crisis Hotline***
  - [Talbert House](#) consists of a team of mental health professionals who are trained to respond to crisis situations. These team members have experience dealing with youth and adults in various settings. Their mission is to help communities, schools, businesses or other groups effectively process emotions and restore functioning during times of crisis. Types of crises may include: sudden death, serious accidents, incidents of violence, natural disasters or community crises. **This service is provided in Hamilton and Brown counties.**
  - For immediate assistance, call (513) 281-CARE (2273).
- ***National Alliance on Mental Illness (NAMI) of Southwest Ohio***
  - [NAMI](#) offers free various educational programs, presentations, and support.
  - NAMI Helpline – 1-800-950 NAMI (6264)
  - Information and referral helpline – (513) 351-3500

#### National Mental Health Resources

- ***The Trevor Project***
  - Crisis counselors are trained to answer calls, chats, or texts from LGBTQ young people who reach out on their free, confidential and secure 24/7 service when they are struggling with issues such as coming out, LGBTQ identity, depression, and suicide.
  - Contact information:
    - Call 1-866-488-7386 to speak with a counselor.
    - Text “START” to 678-678 to get support via text message.
    - Visit [The Trevor Project](#) webpage.
- ***Therapy Den***
  - The [Therapy Den](#) connects you with mental health professionals seeking to make the experience of finding a therapist easy. Visit their website to find a culturally responsive, social-justice-oriented therapist.
- ***Psychology Today***
  - Visit [Psychology Today](#) to connect with a licensed mental health professional in your community.

#### BIPOC Mental Health Resources

- ***Mental Health Coalition BIPOC Resources Guide***

- The Mental Health Coalition is dedicated to addressing the mental health needs of the BIPOC community. Recognizing the critical need for inclusive and culturally affirming support, they aim to provide custom resources for mental health exploration and healing within these communities.
  - Please utilize the [MHC Resource Library](#) to locate specific mental health resources for the BIPOC community, including [BIPOC Mental Health Guides](#).

#### Mental Health Awareness Training

- ***UC ASSISTS***
  - UC ASSISTS (Awareness, Screening, Support, and Intervention Skills Training for Students) is a new Substance Abuse and Mental Health Service Administration (SAMHSA) funded initiative that will include Adult Mental Health First Aid (for students) and Mental Health First Aid for Higher Education (for faculty and staff).
  - Search on [GetInvolvedUC: UC Assists](#) for the next offering.
- ***Mental Health Champions***
  - Our university community is filled with empathetic and compassionate Bearcats who care about supporting each other. Many of these individuals are designated Mental Health Champions who have gone through training to learn more about supporting student, faculty, and staff mental health, including QPR training and Supporting Bearcats in Distress.
  - To learn more and view a list of current Mental Health Champions, visit [HealthyUC: Mental Health Champions](#).
- ***Graduate College Mental Health Summit***
  - FREE all-day summit includes professional and personal development, interactive workshops, and opportunities to network with other graduate students and local professionals. At lunch, students can attend a resource fair and participate in relaxing self-care activities. This event is offered during the Spring semester.
  - For more information, visit the [Graduate College Mental Health Summit](#) page or [GetInvolvedUC](#).
- ***Questions, Persuade, Refer (QPR) Institute Training***
  - QPR stands for Question, Persuade, and Refer — the 3 simple steps anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.
  - UC offers many opportunities to become QPR certified. Find the next opportunity by visiting [GetInvolvedUC](#).

## Self-Help Resources

- ***Supporting Graduate Students with Mental Health Resources***
  - [Mental Health Resources for Graduate Students](#) takes a look at the six most frequent mental health conditions, explores signs and symptoms, and helps readers find compassionate, accessible resources. These resources also include advice from an expert about how grad students can recognize, understand, and manage mental health issues without derailing their studies.
- ***Mental Health and Your PhD: Resources and Support***
  - Mental health is a serious issue that impacts students at any level. PhD students face unique stressors and pressure that can impact mental health. Use the resources in this [PhD Mental Health Guide](#) to find the support you need.
- ***Reach Out***
  - University of Cincinnati's [Reach Out](#) is a Suicide Prevention app that provides quick access to guidance for supporting a friend in need, suicide prevention, or coping with mental health challenges. It also supplies information about resources and services offered on the campus and in the community, including crisis hotline numbers.
- ***Calm***
  - UC students and benefits eligible employees can access a free year's subscription to the [Calm app](#) which provides support for better sleep, meditations, and more!
- ***TAO (Therapy Assistance Online)***
  - [TAO](#) is an interactive, web-based self-help program that provides online and mobile tools to help overcome the day-to-day challenges around stressors like anxiety, depression, or other concerns.
- ***National Health Service (NHS) Anxiety Self-Help Guide***
  - This [Anxiety Self-Help Guide](#) aims to help you to find out if you have symptoms of anxiety, understand more about anxiety, and find ways to manage or overcome anxiety.
- ***Healing from Loss: A Grad Student's Guide to Coping with Grief***
  - If you're struggling with grief in grad school, you are not alone. This [guide for coping with grief in graduate school](#) can help you discover practical tools, self-care tips, and support for finding peace and strength in the face of loss. It can also offer resources for if you are trying to support a graduate student coping with grief.
- ***All About Imposter Syndrome***
  - This [article on Imposter Syndrome](#) from the UC Graduate College explores the various types of Imposter Syndrome, the slippery slope of biases, and what to do about it.
- ***National Alliance on Mental Illness (NAMI) Self-Care Guide***

- This [self-care guide](#) from the National Alliance on Mental Illness (NAMI) provides suggestions for personalizing your self-care strategy.
- *10 Self-Care Tips for Returning Graduate Students*
  - Self-care is important for one's health and wellness. Because self-care is so different for each person, there is no one way to approach it. Here is a list of [10 tips for self-care](#) from a graduate student!
- *Self-Help Brochures*
  - These [virtual self-help brochures](#) from the University of Illinois at Urbana-Champaign Counseling Center cover a range of topics from Academic Difficulties to Diversity and Cultural Differences to Grief and Loss.



## Mentoring

- ***Program-specific opportunities***
  - Many programs have mentoring opportunities housed in their departments or through professional organizations related to your field. Reach out to your professors and department heads to ask about these opportunities and express your interest in mentorship!
- ***Graduate Student Mentoring Guide: A Guide for Students***
  - Graduate school provides you with the professional training to learn the knowledge and skills you need to be successful in your chosen discipline. You come to graduate school with your own unique research and career interests, and multiple individuals will need to support you in achieving your scholarly goals. Faculty play a critical role in your graduate education, and they will serve in a range of roles to support you along the way.
  - This [Mentoring Guide \(pdf\)](#) will provide you with tips on finding multiple mentors, developing clear expectations, selecting and working with a dissertation chair, and more.
- ***The National Center for Faculty Development & Diversity (NCFDD) Mentor Map***
  - Activate your [FREE NCFDD membership](#) and access the webinar “Cultivating Your Network of Mentors, Sponsors, and Collaborators” as well as the [Mentor Map template](#). This template will help you identify who makes up your network and brainstorm possible additions.
- ***iBiology Course: Build Your Research Community***
  - In this free course, scientists from different backgrounds give concrete steps to building a mentoring network so you can be a more confident researcher and feel supported by your graduate school research community. You'll develop a detailed plan to complete your degree and meet your career goals. You'll also learn evidence-based techniques and strategies for finding and building productive relationships with your primary research advisor(s), thesis committee, and other mentors during graduate school. By the time you're finished, you'll have completed a plan to build a research home to help you succeed in graduate school and beyond.
  - For more information, visit the [iBiology: Build Your Research Community Course](#).

## Opportunities to be Mentored

- ***Graduate Student Mentorship Initiative (GSMI)***
  - Cientifico Latino runs the Graduate School Mentorship Initiative (GSMI) program with the mission to help graduate school applicants from minoritized

backgrounds by pairing them with STEM professionals in their respective STEM disciplines. They provide applicants with graduate school preparation material, one-on-one guidance from a mentor in their STEM field, financial assistance in the form of fee waivers, feedback on written materials, access to webinars, mock interviews, and access to a broader community of peers and mentors.

- For more information, visit the [Graduate Student Mentorship Initiative](#) webpage.
- **PR1ZE**
  - In 2008, Professor Emeritus Dr. Kenneth Ghee and Assistant Dean of Retention in the College of Arts and Sciences Carol Tonge Mack founded the PR1ZE program (Putting Retention 1st in the Zest for Excellence) to foster and promote retention and graduation for under-served students. PR1ZE is open to all undergraduate *and graduate students*, primarily focusing on students of color and first-generation students.
  - For more information, visit the [UC PR1ZE](#) webpage.
- **Grad Resources Coach Connections**
  - There are so many aspects to graduate school to successfully navigate and going through them in isolation only compounds the stress. For students who are interested, Grad Resources offers coach connections.
  - How It Works:
    - Register. By filling out the [Coach Request form](#).
    - Partner. They partner you with a trained coach.
    - Connect. You are invited to participate in speaker events and EQ skills seminars.
    - Reach out if you want to connect with a local community group.
- **Scientist Mentoring & Diversity Program (SMDP)**
  - The one-year career mentoring program pairs ethnically diverse students (Undergraduate Juniors & Seniors, Baccalaureate, Master or Ph.D. & Post-doc) and early career researchers with industry mentors who work at companies in the medical technology, biotechnology and consumer healthcare industries. With their mentors, Scholars attend a 5-day training session to learn about career opportunities in industry and receive career development coaching. They also attend a major industry conference.
  - Visit the International Center for Professional Development's webpage on the [Scientist Mentoring & Diversity Program](#) for more information.

#### Opportunities to Mentor

- **PRISM Mentorship Program**
  - The PRISM Mentorship program is designed to connect and pair Lesbian, Gay, Bisexual, Transgender, Queer/Questioning, Intersex, A/sexual/romantic & allies

(LGBTQIA+) first year and new transfer students with student mentors from across campus.

- For more information, visit the [PRISM Mentorship Program](#) webpage.

- ***McNair Scholars Program***

- The [Ronald E. McNair Postbaccalaureate Achievement Program](#) is one of the grant-funded Federal TRIO Programs designed to assist high-achieving undergraduate students that are first-generation college students, who are Pell eligible and/or members of an under-represented ethnic group in the quest to obtain a graduate degree, ultimately the PhD.
- This program pairs senior McNair Scholars with graduate students to assist with the graduate school application process and learn first-hand about graduate school. Graduate student mentors offer a unique "insider's" perspective on what it's like to apply to and attend graduate school.
  - If you are interested in becoming a McNair graduate mentor, please visit the [McNair Scholars Program website](#), scroll down to "Graduate Student Mentor Program," and complete the online form.

- ***Connections***

- Connections is a mentoring program that pairs students with College of Allied Health Sciences (CAHS) alumni, community professionals and graduate students working in an aligned allied health field, to help develop relationships that make an impact. The program primarily serves the following populations of students:
  - Underrepresented minority
  - First-Generation
  - Lower socioeconomic
  - Limited access to higher education
  - Summer bridge participants
  - Self-identify or are identified by faculty for mentoring
- Visit the [CAHS Connections webpage](#) for more information.

## Online Graduate Students

While many of the resources included in this document can be accessed virtually, below you will find a few more resources and guides specifically for online graduate students.

- ***UC Online***
  - UC Online is here at every step for the student and is fully integrated into the University of Cincinnati. They work hard to ensure that prospective students become students and eventually University of Cincinnati graduates. Explore more from the [UC Online website](#) and explore their resources including their [Resources page](#), [FAQ](#) page, and the [UC Online blog](#). A great place to start is with these three articles:
    - [Online Readiness](#)
    - [12 Study Tips for Succeeding in Online College Classes](#)
    - [How to Balance Online Classes While Working Full Time](#)
  - UC Online's website also features a chat bot to help answer your urgent questions!
- ***UC Libraries: Online Learning Resources***
  - Through UC Libraries, learn how to find articles and e-books, get tips for online searching, gain citation knowledge, and more!
  - Visit the [Online Learning Resources](#) page for distance learners to get started.
- ***Canopy***
  - UC students can use their log in information to access Canopy, which serves as a one-stop landing page for access to your student software accounts, important UC services, and valuable information, including:
    - Bearcat card—even if you're not on campus, a student ID gives you access to resources, discounts, and more!
    - Video tools
    - Zoom
    - Office 360
    - Learning Commons—many resources are also available online!
    - Connections to Canvas, OneStop, etc.
    - Directory
    - LinkedIn Learning
    - And more!
  - Log into [Canopy](#) to learn more and visit [UC Online's Blog](#) to learn more about some of Canopy's features.

## Parent, Caregiver, and Family Resources

- ***Graduate Assistant (GA) Paid Parental Leave Policy***
  - A graduate assistant may seek a leave of absence from their assistantship duties for the birth, adoption, or foster placement of a minor child. A graduate assistant granted leave under this policy will continue to receive 100% of their assistantship stipend and their existing benefits remain in place (e.g., Graduate Student Health Insurance, enrollment status) for the duration of the leave, if the graduate assistant maintains their eligibility as set forth in this policy.
  - Visit the [Graduate Handbook](#) to learn more about this policy.
  - The Graduate College offers a work guide to walk you through [Submitting a Parental Leave Request through GradTracker \(PDF\)](#). (To view this document, you will need [Adobe Acrobat Reader](#), a free download.)
- ***Women's Center***
  - [The Women's Center](#) is part of the Identity & Inclusion unit within Student Affairs. They are committed to the personal and professional growth of women and gender non-conforming students by facilitating action toward intersectional gender equity, promoting social justice, and fostering connections for all students. They strive to challenge gender inequities and advance the rights of women and gender non-conforming people by elevating student activism and leadership through innovative and transformative programming.
  - The Women's Center has collaborated to create a [resource guide for student parents \(pdf\)](#) accessed through Google Drive. This guide contains helpful information, such as UC and local resources, childcare, scholarships, and more.
  - Contact Information:
    - Website: [UC Women's Center](#)
    - Phone: 513-556-4401
    - Email: [womens.center@uc.edu](mailto:womens.center@uc.edu)
    - Location: 571 Steger Student Life Center
- ***Office of Equity, Inclusion, and Community Impact***
  - Visit the [Pregnant and Parenting Students and Employees](#) webpage for information about your rights as a pregnant and/or parenting student, lactation rooms (towards the bottom of the page), and FAQs.
- ***Bearcats Pantry and Resource Center***
  - In addition to food and professional clothing, [BCP](#) has a variety of products for parents, including diapers and wipes.
  - Recognizing the need many students have outside of school, the BCP created the Family First Program:
    - When you enroll in Family First you can receive a supply of diapers and wipes on a monthly basis. Family First participants also have access to

other donated supplies, including formula, bottles, clothing, toys, and more subject to availability.

- Go to the [Bearcats Pantry](#) website, click on the “Resources” tab, and scroll down to Family First.
- *UC Health: Resources for Families*
  - Visit [UC Health’s website](#) for information on Parenting and Children’s Health, Emotions and Behavior, Development, and more.
- *Empower Learn Create*
  - Empower Learn Create exists to provide quality family-centered childcare for children of students, staff, and faculty of the University of Cincinnati and Northern Kentucky University with additional spaces made available to the community at large.
  - For more information, visit the [Empower Learn Create](#) website.
- *Cincinnati & Hamilton County Public Library (CPL)*
  - CPL offers many options for Parents and Caregivers such as [events for children and students](#), access to [Kanopy](#) which provides free access to thousands of movies with your library card, [Homework HelpNow](#), and more!
- *Cincinnati Summer Campus for Toddlers to Teens*
  - Towards the end of the school year is the time to start looking for [Cincinnati summer camps for children](#). These structured activities in the Queen City allow kids to make friends outside of school, gain more self-confidence, manage new situations involving teamwork, and develop a sense of independence through supervised camp activities. Learned skills from camp programs have been known to help children with their schoolwork and other social situations.

## Pet Owners

- *Ohio Animal Advocates*
  - Lack of access to information, advice, and direct animal care services produces hardships and heartaches for many pet owners in underserved communities.
  - [OAA](#) works to advance policy efforts to provide additional resources for financially challenged families and their pets. Please see the [Statewide Resource Directory](#) for low-cost spay and neuter clinics, pet food pantries, and humane society programs that provide assistance for seniors and low-income families.
- *Pets In Need of Greater Cincinnati*
  - [Pets In Need](#) (PIN) believes that everyone deserves the joy of a pet and helps to provide low-cost veterinary care to those going through hard times.
  - Their services include:
    - Basic wellness and preventative care
    - Treatment and management of chronic conditions such as diabetes or renal failure

- Spay/neuter surgeries
- Other surgeries, including mass removals and enucleations
- Dental services, including routine prophylaxis, digital x-rays, and extractions
- Treatment of heartworm disease
- Compassionate end-of-life care and humane euthanasia
- To schedule an appointment for your pet, call Pets In Need at (513) 761-7387. Phones and voicemails are answered Monday – Friday, from 10:00 AM to 4:00 PM. Their call volume is huge. If you leave a voicemail, please allow up to 48 hours for a return call.

## Printing (Copying, Scanning, etc.)

- **Wēpa Student Printing Stations**
  - Wēpa is a pay-for-print service available in computer labs, libraries, and other public spaces on UC's campus. You can conveniently print from any mobile device, cloud services and USB devices or touch-free printing with the Wēpa mobile app.
  - [Wēpa Student Printing Station Locations](#).
- **Printing Services**
  - Each copy center location offers convenient pickup, available 8 a.m. - 5 p.m., and maintains a three-day turnaround for most small and average-sized jobs. Delivery is available for a modest charge; create an account with the Print Order Desk.
  - Some of their services include:
    - [Printing brochures, booklets, and more](#)
    - [Poster Templates](#)
- **Photocopiers**
  - Locations:
    - Classics Library—black and white
    - DAAP Library—color
    - Geology-Mathematics-Physics Library—large format copier
- **1819 Innovation Hub**
  - Looking to print or make something more extensive? Check out the UC Makerspace, the most advanced makerspace in the region. The Ground Floor Makerspace is a space for research, exploration and creation of new ideas, objects and products. They support making of all kinds, including:
    - industry partnerships
    - academics
    - research
    - personal and creative projects
    - engagement with maker-oriented student groups
  - [Activate your membership](#) online and [check out the full list of equipment](#) available to see what you can start making!
  - Location: 2900 Reading Rd, Cincinnati, OH 45206
- **Public Library Printing**
  - At the [Cincinnati Public Library \(CHPL\)](#) you can print up to 20 pages in color or 33 in black and white per day for **free** at any of CHPL's 41 library locations. With free follow-me printing, send your documents to be printed from your home, email, or mobile device. When you get to a library location, you can release the job for



immediate printing with your library card number, guest ID, or email release code.

- Print jobs are available to be released at any library location for 24 hours after being sent. Additional pages can be printed at a cost of \$0.15 per page in black and white and \$0.25 per page in color. You do not need a library card to use this service.
- Visit the [CHPL website](#) to find a location close to you or, if you're outside of Cincinnati, check your local library for more information!

## Religious and Spiritual Life

- ***Prayer and Meditation Rooms***
  - Langsam Library, Room 451
    - The Prayer and Meditation Space is available for use 24/7 on a first-come basis, no reservations required. Use of the space is for quiet meditation, prayer or silent reflection. Please do not use this room as a lounge, study room or meeting room.
    - Read more in this [Prayer and Meditation Space news article](#) from the Grad College.
  - Clifton Court, Room 5150
    - This is a meditation room for quiet meditation, prayer or reflection.
  - Steger Student Life Center, Room 645B
    - This room is for individual students to pray and/or meditate and is on a first come, first serve basis.
    - This room is located in the Commuter Student Lounge in Steger.
- ***Student Groups***
  - To explore opportunities to join a religious student group, please visit [GetInvolvedUC](#).
- ***Office of Equity, Inclusion & Community Impact: Student Religious Accommodations for Courses Policy***
  - The university adopts the policy that reasonably accommodates the sincerely held religious beliefs and practices of individual students with regard to all examinations or other academic requirements and absences for reasons of faith or religious or spiritual belief system. This policy can be viewed on the [Office of Equity, Inclusion & Community Impact's website](#).
  - A non-exhaustive [collection of major religious holidays and/or festivals](#) with short descriptions is also available on their website.
- ***NIH Diversity Calendar 2024***
  - Visit the [National Institute of Health Diversity Calendar](#) to view dates for many religious holidays and more from the Office of Equity, Diversity, and Inclusion.

## Student Safety and Legal Information

- ***UC Anonymous Reporting Hotline***
  - UC has selected Navex Global/EthicsPoint, Inc. to provide you with an anonymous way to report activities that may involve illegal, unethical or inappropriate behavior in violation with UC's policies that you may not feel comfortable reporting through normal channels.
  - When to Use [Anonymous Reporting Hotline](#):
    - You are uncomfortable going to your supervisor;
    - To report university activities that are ILLEGAL, UNETHICAL or violate UC policies;
    - Student conduct matters where a student is the subject of the report involving HAZING or SEXUAL DISCRIMINATION/HARASSMENT/VIOLENCE (including partner violence).
  - When NOT to Use Anonymous Reporting Hotline
    - THIS IS NOT A 911 OR EMERGENCY SERVICE. If you require an immediate response, call 911;
    - Student conduct matters OTHER THAN hazing or sexual discrimination/harassment/violence.
      - [Student Code of Conduct](#)
    - Student academic misconduct;
    - General, service-related complaints.
  - To make a report by phone, call toll-free 1-800-889-1547 or [file a report online](#).
- ***Title IX***
  - Title IX protects every student's right to educational programs and activities free from sex discrimination including sexual assault, sexual harassment, stalking, dating violence, and domestic violence. UC's Office of Gender Equity & Inclusion ("OGEI") coordinates the University's comprehensive response to incidents of sex discrimination. Individuals can make a report and/or seek guidance from the University's Title IX Coordinator and OGEI staff by email, phone, online, or in person.
  - Contact Information:
    - Title IX Coordinator – Dr. Adrienne Lyles
    - Website: [UC Title IX](#)
    - Phone: (513) 556-3349
    - Email: [ogei@uc.edu](mailto:ogei@uc.edu)
    - Location: 308 U Square, 225 Calhoun St.
- ***UC Department of Public Safety***
  - The [Department of Public Safety at the University of Cincinnati](#) is committed to providing a safe campus environment for students, faculty, staff and visitors. The men and women of UC's Public Safety Department work hand-in-hand with

members of the Cincinnati Police Department and other community partners to prevent crime and provide vital safety services and resources. They believe that working as a team is critical to preserving the safety of UC's campus and community.

- Although safety is a shared responsibility, living in a vibrant urban city also requires personal accountability. The Department of Public Safety offers the [Bearcat Guardian](#) mobile app to enhance communication between UC Police and the campus community, in addition to free day and evening [transportation](#), [safety notifications](#), [fire prevention](#) and [safety tips](#).
- **Important Numbers:**
  - **Emergency:**  
911
  - **Non-Emergency:**  
513-556-1111 (UC Main Campus)  
513-558-1111
  - Keys, Badges, and Lost and Found:  
513-556-4925
  - Off-Campus Housing Fire Inspection:  
513-357-7585
- Contact Information
  - Location: 51 West Corry Blvd
  - Website: [Public Safety](#)
- *Student Advocacy*
  - Student Affairs supports you and your family as you navigate the college experience. They provide a variety of services and resources to support your safety, well-being, and success. The Dean of Students team serves as your primary advocates. They provide timely support through a variety of programs, including crisis management, conflict resolution, emergency response.
  - Contact Information
    - Website: [Student Affairs: Advocacy](#)
    - Location: Steger Student Life Center, Suite 630
    - Phone (available for contact at any time): 513-556-4119
    - Email: [deanofstudents@uc.edu](mailto:deanofstudents@uc.edu)
- *Help for Student Victims & Student Survivors*
  - This [student advocacy website](#) is designed to provide resources for victims or survivors of sexual harassment, including sexual assault, dating or domestic violence, gender-based harassment, or stalking. Staff are available 24 hours a day for confidential advice and assistance.

- Even if you are unsure what to do, call Counseling and Psychological Services at 513-556-0648 and you will be connected with a confidential counselor who will listen to you and help guide you as you figure out what you want to do next.
- ***HOME: Housing Opportunities Made Equal***
  - HOME's mission is to eliminate unlawful discrimination in housing in the Greater Cincinnati area. HOME advocates and enforces housing regulations for all protected classes and promotes stable, integrated communities. Part of this includes providing a [Resources page](#) as well as [Tenant Advocacy](#).
  - HOME is located at 2400 Reading Road, Suite 118 Cincinnati, Ohio 45202.
- ***Legal Access Clinic***
  - [The Legal Access Clinic \(TLAC\)](#) is designed to address the access to justice gap for low- and middle-income people in and around Cincinnati while providing real life client experiences for upper-level JD and LLM students.
  - Services include:
    - estate planning and wills
    - basic divorce
    - LGBTQIA+ name and gender changes
    - immigration cases
    - evictions and habitability issues
  - Clients will pay substantially discounted fees for services provided with services offered on a flat fee basis.
- ***Legal Services Corporation***
  - LSC is the single largest funder of civil legal aid for low-income Americans in the nation. Established in 1974, LSC operates as an independent 501(c)(3) nonprofit corporation that promotes equal access to justice and provides grants for high-quality civil legal assistance to low-income Americans. LSC distributes more than 90% of its funding to 131 independent nonprofit legal aid programs with more than 890 offices.
  - Visit the [Legal Services Corporation website](#) to find an LSC-funded legal aid organization near you. The website has a translation tool available for over 50 languages.

## Study Spaces

- ***Tangeman University Center (TUC)***
  - Study spaces are available on the 4<sup>th</sup> floor and can be requested at the Events Services Desk. These spaces cannot be reserved in advance.
- ***Libraries***
  - Visit the individual library websites (visit the [Learning Commons](#) section) or circulation desks for more information about reserving these spaces; many are first come first served.
  - Locations:
    - DAAP Library (Arnoff Center for Design & Art)
    - Geo-Math-Phys Library (Braunstein Hall)
    - CECH Library (Teacher's College)
    - Chem-Bio Library (Rieveschl Hall)
    - CEAS Library (Baldwin Hall)
    - Langsam Library
- ***African American Cultural Resource Center (AACRC)***
  - Designated quiet [AACRC study space](#) as well as lounge area for students to utilize.
- ***Steger Student Life Center***
  - There is a Commuter Student Lounge on the 600 level of Steger with lots of seating, whiteboards, and more!
- ***Additional On-Campus Spaces***
  - French Hall West (roof patio)
  - Courtyard of Old Chem
  - Ethnic Programs and Services (EPS) Office
  - UC Greenhouse (Rieveschl Hall)
  - Clifton Court Hall (Indoor and outdoor spaces)
- ***Popular Off-Campus Spots***
  - [Rohs Street Café](#)
    - Rohs Street Cafe grew out of University Christian Church's desire to connect with the Clifton Heights community, and to see social justice and fair-trade practices brought to the forefront of coffee culture in Cincinnati. They are committed to partnering with local roasters to provide direct relationship coffees with transparent supply chains and seek to partner with and source from local suppliers whenever possible.
  - [The 86 Coffee Shop](#)
    - Located on Jefferson Ave., students enjoy utilizing the upper floor for studying. Now with a location in CCM!
  - [Clifton Branch Public Library](#)

- Located at 3400 Brookline Avenue, off of Ludlow Avenue.
- [Corryville Public Library](#)
  - Located on Short Vine St., this is a free location with quiet spaces for studying.

## Transportation

- **Shuttle Services**
  - To view shuttle information and routes, visit the [UC Shuttle Services](#) website.
    - Free for UC students, faculty, and staff.
  - To view live tracking of UC shuttles, visit [Shuttle Tracker](#).
- **NightRide**
  - Free nighttime transportation provided to the UC Campus by Public Safety. Find your stop by [downloading the NightRide Shuttle Route PDF](#) (to view this document, you will need [Adobe Acrobat Reader](#), a free download) or using the [UC Live Shuttle Tracker app](#) and selecting the “NR” NightRide routes.
  - Runs every 25 minutes from 8 p.m. to 2 a.m.
- **Airport Shuttle**
  - Free transportation from the airport to campus. Check for each year’s dates/times on the [Bearcat Airport Shuttle](#) page.
- **Bikes and Scooters**
  - A free bike-share program is available through the [UC Bike Kitchen](#), created by the Office of Sustainability.
  - City of Cincinnati's [Red Bike Share](#) program also has rental stations on UC's campus.
    - Red Bike is Cincinnati’s non-profit station-based bike share system.
  - All students, staff, and faculty at UC are asked to [register their bicycle or electric scooter with the Department of Public Safety](#) which can help in case of theft. Anyone who fills out the registration form is eligible for a free bike lock.
- **Metro University Discount Program**
  - Metro is proud to continue to offer discount programs for University of Cincinnati students/staff. The [University Discount Program](#) offers Metro rides for just \$1!
  - Or visit UC’s website for the [UC Metro Program](#).
- **Zipcar**
  - Need a car? Borrow a Zipcar! UC has partnered with Zipcar to bring self-service, on-demand car sharing to the area. To use Zipcars, simply register as a member, reserve a car online or by phone, use your Zipcard to enter the car, and drive away. Return the car to the same location where you picked it up.
  - Visit the [Zipcar](#) website to learn more.



## Undocumented Students

- *Navigating Graduate School: Guide for Undocumented Students (2018)*
  - A [student scholarship resource guide for undocumented students](#) that focuses on students without DACA status.
- *Graduate School Guide for Undocumented Students (2023)*
  - This [Best Colleges graduate school guide for undocumented students](#) has advice for students as they consider graduate school, as well as links to resources for financial aid, education, legal questions, and more.
- *Ethnic Programs & Services (EPS)*
  - EPS, in an effort to increase support for UC students, has put together a list of [Undocumented and DACA Student Initiatives](#) and [Resources](#).

## Veterans

- *Veterans Programs & Services*
  - The [Office of Veterans Programs & Services](#) was founded to ensure that all individuals associated with the military that chose the University of Cincinnati would have a seamless transition from the Armed Forces to college.
  - If you have any questions, or would like to speak with a friendly staff member, please call: 513-556-6811, or email at: [vetcert@uc.edu](mailto:vetcert@uc.edu).
- *Veterans Lounge*
  - The Veterans Lounge is a space where military-affiliated students can meet, study, and socialize. Free coffee and a Nintendo Switch are also available in the lounge for students.
    - Uptown's Veterans Lounge is located on the fourth floor of Tangeman University Center (TUC 403).
    - UC Blue Ash Veterans Lounge is located at Muntz Hall 347.
    - UC Clermont Veterans Lounge is located in room 006 of the Edith Peters Jones building.
- *Student Groups*
  - To explore opportunities to join one of the student groups for veterans, please visit [GetInvolvedUC](#).
- *NAMI Homefront*
  - [NAMI Homefront Mental Health Resources](#) is a free online suite of resources for caregivers, family members, and military service members and veterans designed to increase understanding, communication, wellness and advocacy skills.
- *Student Veterans of America (SVA)*
  - [Student Veterans of America](#)® (SVA) is the premier organization leading service, research, programs, and advocacy for veterans in higher education. SVA elevates the academic, professional, and personal development of veterans in higher education through chapter programs and services, outcomes and impacts research, and advocacy at every level.

## Volunteering & Service

- *Center for Community Engagement*
  - [UC's Volunteer Portal](#) is a resource for both students and employees to find volunteer opportunities across Cincinnati. The Volunteer Portal also allows volunteers to log their service hours, which can then be shared with the Scholarship and New Student Financial Aid Center for the renewal of certain scholarships.
  - Visit the [Center for Community Engagement](#) website to view volunteer opportunities on and off campus.
- *Graduate College Sub-Committees*
  - Are you interested in shaping graduate education and support here at UC? Join one of the Graduate College sub-committees! Explore your options below and contact [grad.info@uc.edu](mailto:grad.info@uc.edu) for more information.
  - These committees include:
    - *Curriculum Committee*
      - The charge of the Curriculum Committee is to: 1) review proposals for new or revised graduate degree programs, graduate certificates, graduate interdisciplinary specializations, and other curricular matters; and 2) submit to the Academic Committee recommendations about adopting or sunseting academic degrees administered by the Graduate College.
    - *Community and Belonging Committee*
      - The charge of the Community and Belonging Committee is to: 1) advise the Program Manager for Community and Belonging on programs and events to improve community and belonging for graduate students; and 2) collect and disseminate information on community and belonging opportunities for graduate students.
    - *Policy Committee*
      - The charge of the Policy Committee is to: 1) develop and review the rules, policies, and standards pertaining to graduate education and graduate programs and to act upon any question affecting those policies; and 2) submit the revised policies for review by Graduate Council, the Provost, and the Office of General Council.
    - *Graduate Student Concern Committee*
      - The charge of the Graduate Student Concern Committee is to: 1) review existing and proposed policies and procedures and make recommendations concerning the welfare and ethics of Graduate Faculty and graduate students; 2) keep the Dean of the Graduate College apprised of issues of concern to graduate students; 3) be

available for consultation by the Dean of the Graduate College with regards to violations of accepted norms of professional behavior of Graduate Faculty and graduate students; and 4) enact parental leave and emergency funding policies for graduate students.

- *Research and Creative Works Committee*
  - The charge of the Research and Creative Works Committee is to: 1) to track and promote graduate student research and creative works; 2) advise the Graduate Council on tracking graduate student research and creative works productivity; 3) partner with Graduate Student Government and other student organizations for the promotion of funding for graduate student research and creative works; and 4) coordinate with the Office of Research and relevant organizations to promote graduate student research productivity and creative projects.
- *Graduate Program Review Committee*
  - The charge of the Graduate Program Review committee is to: 1) advise the Associate Dean and Program Managers responsible for Graduate Program Review implementation; 2) make recommendations for improving The Graduate Program Review process; and 3) implement a streamlined Graduate Program Review process for accredited programs.
- *Graduate Student Compensation and Awards Committee*
  - The charge of the Graduate Student Compensation and Awards Committee is to: 1) discuss graduate student compensation at the University of Cincinnati; 2) develop policies regarding GA funding (stipend, scholarship, and other compensation); 3) advise on Graduate College awards; and 4) develop and review a process for fielding one-time funding requests from programs and student organizations.
- *Mental Health Advisory Committee*
  - The charge of the Mental Health Advisory Committee is to: 1) advise the program manager on mental health programs and events; 2) empower faculty and staff to refer graduate students to appropriate services; and 3) improve mental health and wellness for graduate students.
- *Professional Development Committee*
  - The charge of the Professional Development Committee is to 1) advise the program manager on professional development

programs and events; 2) provide input on professional development programming (e.g., 3MT, Preparing Future Faculty); and 3) collect and disseminate information on professional development opportunities for graduate students.

## Abbreviations and Terminology

Graduate School comes with its own language of new terminology, research methods, theories, jargon, and more! UC also has many abbreviations and terms that are unfamiliar for many new members of the graduate community (students, faculty, and staff!). The links below can help clear up some of the confusion that comes with learning this new language.

### Helpful Links

- [Glossary of Academic Terminology](#)
  - The linked glossary represents a list of the various terms and definitions that students, faculty, and staff may encounter within higher education.
- [Research Glossary](#)
  - The research glossary defines terms used in conducting social science and policy research, for example those describing methods, measurements, statistical procedures, and other aspects of research.
- [The Glossary of Higher Ed](#)
  - The Glossary of Higher Ed houses and defines “all the terms that matter in post-secondary education.”

### UC Specific Terms

- 6+2: Your Username (or “6+2”) is usually the first six letters of your last name followed by your first and middle initials. There are exceptions in cases of common names or users without a middle initial.
  - An easy way to find your 6+2 is to look at the letters/numbers preceding “@” in your UC email address.
- AACRC: [African American Cultural Resource Center](#)
- Assistantships
  - GA: Graduate Assistant
  - TA: Teaching Assistant
  - RA: Research Assistant
- BCP: [Bearcat Pantry](#)
- Bearcat: UC’s mascot.
  - Both a [fictitious animal](#) and a nickname for a real animal (a [binturong](#)). [The Cincinnati Zoo’s Bearcat ambassador is named Lucille.](#)
  - Sometimes UC students are referred to as “a Bearcat” or “Bearcats.”
- Bearcat Card: The student University of Cincinnati ID works like a kind of debit card that allows the student (or their family) to deposit money to their account and is debited when they use the card.

- This card can be used on campus in stores, fast food places, dining facilities and vending machines. Many off-campus Clifton merchants accept this card as well.
- Visit the [Where To Use Your Bearcat Card webpage](#) for more information.
- Buildings: View a list of all of UC's buildings on the [UC Directory website](#)
  - 1819: The 1819 Innovation Hub
  - HSB: Health Sciences Building
  - MSB: Medical Sciences Building
  - TUC: Tangeman University Center
  - UP: University Pavilion, located on West Campus (not to be confused with University Hall on Medical Campus)
- Campuses: See the [UC Maps and Directions webpage](#)
  - West Campus
  - Medical Campus or East Campus
  - Uptown Campus – Term for referring to West Campus and Medical Campus jointly
- Colleges: See the [About UC: Colleges webpage](#)
  - A&S: Arts and Sciences
  - CAHS: College of Allied Health Sciences - you'll sometimes hear this called "cahz"
  - CCM: College Conservatory of Music
  - CEAS: College of Engineering and Applied Sciences
  - CECH: College of Education, Criminal Justice, and Human Services – sometimes referred to as "ketch" or "ketch it" to include the IT program
  - COM: College of Medicine
  - CON: College of Nursing
  - DAAP: Design, Architecture, Art, and Planning
  - LCOB: Carl H. Lindner College of Business
- Down the Drive: UC's cheer performed at athletic events
  - Watch "[UC Down the Drive Cheer](#)" to learn for yourself!
- EPS: [Ethnic Programs and Services](#)
- GSA: Graduate Student Association. Department- or college-based student government.
  - GSAs report up to the GSG.
- GSG: Graduate Student Government.
  - University-wide student government for graduate students at UC.
- M-number: UC student ID number provided to students.
  - Format is M11-22-3344.

- PAC: [Programs & Activities Council](#), student-run event programming board, responsible for organizing large on-campus events, such as speakers, comedians, special events, and concerts.
- RSO: Registered Student Organization