STUDENT RESOURCES AND CAMPUS LIFE

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

Campus Activities (http://lsc.colostate.edu/campus-activities) offers students many opportunities to become involved and active on the CSU campus through our four entities: RamEvents, Flea Market, Campus Information and Box Office, and LSC Arts Program. Learn about the many exciting outside-the-classroom possibilities and volunteer opportunities available through the Lory Student Center and Campus Activities.

Our Vision: Have a transformational impact on the lives of every student.

Our Mission: Create incredible experiences that reach all students through programming and services.

Our Values:

• Community: We believe in the intentional creation of an interdependent and inclusive environment based on shared experiences, awareness of differences, individual development and a commitment to the CSU spirit.

• Diversity: We acknowledge that social justice is both a process and a goal; we continually challenge oppression and seek to embrace difference.

• Education: We enrich the educational mission of CSU by creating and sustaining opportunities for active and ongoing learning.

• Collaboration: We leverage our strengths and resources by partnering to create exceptional results. We are accountable and responsive.

• Innovation: We actively seek creative ways to serve our community while honoring traditions and pursuing best practices.

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

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

Services include:

• Career counseling and career workshops
• Resume and job/internship correspondence writing skills

• On-campus recruiting program that includes two annual all-campus career fairs and several specialized fairs
• Career interviewing opportunities with over 100 employers via Handshake
• Available career and internship positions with area, regional, and national employers—information through Handshake

Child Care Options
See Adult Learner and Veterans Services (http://www.alvs.colostate.edu).

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

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

Contact CSU Health Network:
(970) 491-7121
health.colostate.edu (http://health.colostate.edu)

Medical Services

The CSU Health Network Medical Services (http://health.colostate.edu/services/medical-services) offers care and consultation for students’ medical concerns. In addition to scheduling appointments by telephone, students may schedule through the online health portal for some of the most common symptoms, conditions, and needs.

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

General Medical Services

• Primary Care
• Behavioral Health
• Immunizations
• Laboratory
• Pharmacy
• Radiology

Specialty Services

• Allergy and Asthma
• Dental
• Men’s Care
• Massage Therapy
• Nutrition Consultation for Disordered Eating
• Optometry
• Physical Therapy
• Psychiatry
• Sports Medicine/Orthopedics
• Transgender Care
• Travel Medicine
• Women’s Care
Counseling Services

Whether students are experiencing a situational problem, an immediate crisis, or have a longstanding mental health concern, CSU Health Network Counseling Services are available to help. The professional staff includes licensed psychologists, licensed clinical social workers, and licensed professional counselors, as well as graduate student staff from each of these disciplines.

By paying student fees, all CSU students can access a wide range of mental health support services. If you are in need of support, call (970) 491-6053 or visit Counseling Services on the 3rd floor of the CSU Health and Medical Center, and we will work together with you to find out which services are best for you.

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

Services Offered:
• Individual and Couples
• Groups and Workshops
• Crisis Intervention
• Post-Hospitalization Support (iTEAM)
• Consultations with Colleagues/Parents/Friends

Health Education and Prevention Services (HEPS)

Health Education and Prevention Services supports the health and well-being of students through the identification of campus health priorities and delivery of relevant programs, services and multidisciplinary initiatives that enable students to accomplish their academic goals and enhance personal development. Using evidence-based best practices, in collaboration with campus and community constituents, a holistic approach to health education and prevention is used for a diverse campus population. These practices involve opportunities to foster awareness and skills, as well as address the environmental context in which health behavior decisions are made.

Focus areas include:
• Substance Abuse Prevention
• Mental Health Initiatives
• Peer Education (CREWS)
• Resiliency and Well-Being
• Sexual Health Initiatives
• Tobacco Cessation
• Spiritual Care

Student Insurance Services

Colorado State University requires all domestic students taking six or more resident instruction credits, and international students enrolled at any level, to carry health insurance as a way of protecting your educational investment. You must meet the health insurance requirement your first semester at CSU and every fall semester thereafter.

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

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

Services Offered:
• Student Health Insurance
• RamCare Supplemental Program
• Private Health Insurance Billing

Housing & Dining Services

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

Housing & Dining Services provides all services and resources related to Residence Halls, Residential Dining Services, University Apartments, Conference & Event Services, and the CSU Mountain Campus.

Residence Halls

Office in the Palmer Center (970) 491-6511

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

Housing Assignments

A Housing Guide is mailed to all newly admitted students as part of the admissions packet. Inquiries from continuing students should be directed to University Housing at (970) 491-6511 or housing@colostate.edu (residencelife@colostate.edu).

Residential Learning Communities

Residential Learning Communities (RLCs) - academic and themed floors in the residence halls - provide students with an opportunity to quickly develop a sense of community at CSU. Developed around academic majors and personal interests, these communities assist students in
succeeding both academically and socially. Through a wide variety of programs, tutoring, and involvement opportunities, students in an RLC have the chance to get the most from their college experience. For more information on these communities, see Housing Options (http://housing.colostate.edu/housing-options).

First Year Residence Hall Requirement - First-Year Students

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

All residents are required to sign a contractual agreement (http://reshallpolicies.colostate.edu/residence-hall-contract-guidelines), which includes meals, and is binding for the entire academic year. Inquiries regarding this requirement, including guidelines for requesting an exemption, should be directed to University Housing at (970) 491-6511.

Residential Dining Services
Office in the Palmer Center
(970) 491-4754

Residential Dining Services (http://housing.colostate.edu/dining) operates five dining centers, two Express locations, and RAMwich - an online sandwich ordering system. "Late Night" dining options are available at three of our full-service locations until 11 p.m., as well as both express locations until 1 a.m. Each dining center features a unique combination of food concepts, offering choices such as sushi, pizza, pasta, stir-fry, vegan/vegetarian options, Tex-Mex, an array of international options, and made-to-order entrees. Extensive salad bars feature fresh fruits and vegetables, and a variety of toppings and dressings. The on-campus bakery, Grateful Bread, provides a wide range of artisan breads, desserts, gluten-free and specialty items. Students have a choice of meal plans that allow access to any of our dining centers. Menus include vegetarian, vegan, gluten-free friendly, and a host of healthy and nutritional options at each meal. Residential Dining Services has a registered dietitian nutritionist on staff, who can assist students with special dietary needs.

University Apartment Housing
Office in the Palmer Center
(970) 491-6511

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

A Housing Guide is mailed to all newly admitted students as part of the CSU admissions packet. Inquiries from continuing students should be directed to University Housing at (970) 491-6511.

International Student and Scholar Services (ISSS)
Office in Laurel Hall
(970) 491-5917

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

Off-Campus Life
Office in Lory Student Center, Room 274
(970) 491-2248/491-6196

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

Services include:

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

Orientation and Transition Programs
Office in east side of stadium (part of Collaborative for Student Achievement)
1415 Meridian Ave
(970) 491-6011

Orientation and Transition Programs (http://otp.colostate.edu) provides programming and services designed to assist first-year, second-year, and transfer students with a successful transition at CSU. OTP offers a continuum of services beginning with Ram Orientation to Ram Welcome (prior to classes beginning) to transition programming throughout the first two years of students’ experiences at CSU. OTP believes in assisting students in creating a sense of belonging at CSU and understanding what it means to be a CSU Ram.

CSU Police Department
Office in Green Hall
(970) 491-6425

The CSU Police Department (http://police.colostate.edu) (CSUPD) operates 24 hours a day, every day of the year. “911” access is TDD compatible and a TDD service line is available at (970) 491-2323.
The CSU Police Department is a full-service, accredited law enforcement agency whose officers are armed and have full law enforcement authority on all property owned or controlled by CSU. Officers are committed to a philosophy of community based policing and work in partnership with others to augment campus safety. CSU officers also possess peace officer commissions from the State of Colorado, the City of Fort Collins, and are commissioned deputy sheriffs in Larimer County.

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

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

The Bicycle Education and Enforcement Program (http://police.colostate.edu/bike-traffic) (BEEP) is a unit of the police department designed to address bicycling issues on campus. Bicyclists are expected to comply with CSU bicycle regulations, obey all traffic laws, and register their bicycles with the CSUPD.

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

**Campus Safety and the Clery Act**

The Jeanne Clery Disclosure of Campus Security and Campus Crime Statistics Act (“Clery Act”) is the landmark federal law that requires colleges and universities to disclose information on security policies and timely, annual information about crime on and around campus. Additional information about the Clery Act, and campus safety is available in University Policies, and online (http://police.colostate.edu).

**Concerned about someone? Tell Someone**

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

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

Tell Someone by calling (970) 491-1350 or filling out the online form (http://supportandsafety.colostate.edu/referral-form).

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

**Parking and Transportation Services**

Office in Lake Street Garage, 1508 Center Avenue
(970) 491-7041

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

**Alternative Transportation**

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

**Student Legal Services**

Office in Lory Student Center, Room 284
(970) 491-1482

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

**Student Resolution Center**

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

Student Resolution Center (SRC) (https://resolutioncenter.colostate.edu) supports the developmental, behavioral, and educational needs of students. Through a myriad of approaches SRC strives to maximize individual student success while upholding community standards and helping students navigate challenging times. The SRC aims to assist, educate and support CSU students through two processes:
- **Conflict Resolution Services** – voluntary, neutral, confidential process to assist students when conflicts, disputes or issues arise.
- **Student Conduct Services** – one-on-one meetings to discuss alleged violations of the Student Conduct Code, hear perspectives, explore personal responsibility, hold students accountable and provide educational and restorative outcomes when appropriate.

SRC offers the following:

- Conflict coaching/consultation
- Assistance with grade appeals, roommate disagreements, student/faculty conflicts, academic matters/appeals
- Mediation/facilitation between individuals or organizations
- Student conduct hearings
- Pre-admission hearings
- Training/outreach related to conflict prevention and management, academic integrity, and civility
- Outcomes/education, including referrals to the Drugs, Alcohol and You (DAY) Programs, Party Partners, and skill-building workshops.