

Students QUICK LINKS to UCR Resources

Visiting UCR - Campus Orientation

Resource	Web Link
About UCR	https://www.ucr.edu/about
Campus Map	https://campusmap.ucr.edu/
Campus Tours	https://admissions.ucr.edu/visit
Campus Virtual Tours	http://admissions.ucr.edu/visit-ucr/virtual-tours.html
HOSS Highlander One Stop Shop	http://hoss.ucr.edu/
UCR Academic Calendar	https://registrar.ucr.edu/calendar
UCR-GUEST Wi-Fi	https://ucrsupport.service-now.com/ucr_portal/?id=kb_article&sys_id=badb282fdb387f48f6a471198c9619e3
View Classrooms	http://classrooms.ucr.edu/
Visit UCR	https://www.ucr.edu/about/visitors
Visitor Parking	https://transportation.ucr.edu/visitor-parking

Student Affairs Administration

Resource	Web Link
Dean of Students	http://deanofstudents.ucr.edu/
Student Affairs (VCSA)	https://studentaffairs.ucr.edu/

Health and Wellness Services

Resource	Web Link
Alternative Transport	https://transportation.ucr.edu/
Basic Needs	https://basicneeds.ucr.edu/
CAPS (Counseling Center)	http://counseling.ucr.edu/
CAPS Self-Help Library	https://counseling.ucr.edu/your-fingertips
Case Management	https://casemanagement.ucr.edu/
Healthy Campus Initiative	https://hr.ucr.edu/about-us/workplace-health-wellness/wellness
Mental Health Services	https://mentalhealth.ucr.edu/
Mobility Transport Services	https://transportation.ucr.edu/mobility
Parenting Resources	https://wrc.ucr.edu/programs/r-kids/campus-resources
R'Pantry	https://basicneeds.ucr.edu/rpantry

Resource	Web Link
R' Recovery	https://well.ucr.edu/r-collegiate-recovery
Recreation Center	http://recreation.ucr.edu/
SDRC Student Disability Resource Center	http://sdrc.ucr.edu/
SHWS Student Health & Wellness Services	https://studentwellness.ucr.edu/
Student Health Insurance Plan (SHIP)	https://studenthealth.ucr.edu/student-health-insurance-plan-ship
Student Health Services	http://studenthealth.ucr.edu/
The WELL	http://well.ucr.edu/
Wellness Resources	https://well.ucr.edu/campus-resources/wellness-resources

Administrative and Academic Resources

Resource	Web Link
Alumni	https://alumni.ucr.edu/
ARC Academic Resource Center	http://arc.ucr.edu/
ASC Academic Support Center	https://sdrc.ucr.edu/resources/academic-support-center
ASPB Associated Students Program Board	https://aspb.ucr.edu/
ASUCR Associated Students at UCR	https://asucrexchange.ucr.edu/
Athletics	https://gohighlanders.com/
Career Center	http://careers.ucr.edu/
Colleges and Schools	http://admissions.ucr.edu/academics/index.html
Computing & Communications	https://its.ucr.edu/bearhelp
Computing Services for Students	http://cnc.ucr.edu/scs/ ; https://cnc.ucr.edu/scs/services.html
Conduct and Academic Integrity Policies	http://conduct.ucr.edu/policies/index.html
Dining	http://dining.ucr.edu/
Discounted Tickets	https://asucrexchange.ucr.edu/services/tickets
Financial Aid	https://financialaid.ucr.edu/help
Graduate Division	https://graduate.ucr.edu/
GSA Graduate Student Association	https://gsa.ucr.edu/
Highlander Link	https://highlanderlink.ucr.edu/
Housing-Dining-Residential Svcs	http://housing.ucr.edu/
HUB Highlander Union Building	https://hub.ucr.edu/
International Scholar Center	https://internationalscholars.ucr.edu/
Library	https://library.ucr.edu/

Resource	Web Link
Mobility Transport Services	https://transportation.ucr.edu/mobility
OMBUDS Office	http://ombuds.ucr.edu/
Office of the Registrar	https://registrar.ucr.edu/
Parking	https://transportation.ucr.edu/
R'Card	http://www.ucrcard.ucr.edu/
Residential Life	http://housing.ucr.edu/residential-life/index.html
Student Business Services	http://sbs.ucr.edu/
Student Engagement	https://se.ucr.edu/
Student Life	http://studentlife.ucr.edu/
Student Organizations	https://studentlife.ucr.edu/student-organization-list
Transfer Student Resources	https://admissions.ucr.edu/transfer#resources
TRIO	https://trio.ucr.edu/
UCR Events Calendar	https://events.ucr.edu/
Undergraduate Education	https://ue.ucr.edu/
University Honors	https://honors.ucr.edu/
UWP University Writing Program	https://uwp.ucr.edu/

Registration, Course and Classroom Related

Resource	Web Link
Academic Calendar	https://registrar.ucr.edu/calendar
Admissions	https://admissions.ucr.edu/
Class Schedule	https://registrar.ucr.edu/registering/schedule-of-classes
Colleges and Schools	http://admissions.ucr.edu/academics/index.html
CNC-SCS Computing Services for Students	http://cnc.ucr.edu/scs/ ; https://cnc.ucr.edu/scs/services.html
Final Exam Schedule	https://registrar.ucr.edu/calendar/final-exam-live
Financial Aid	https://financialaid.ucr.edu/help
General Catalog	http://registrar.ucr.edu/registrar/schedule-of-classes/catalog.html
Highlander Guidebook	https://guidebook.com/guide/72314/poi/5801860/ https://guidebook.com/app/UCR/
Highlander Orientation	https://orientation.ucr.edu/
HOSS Highlander One Stop Shop	http://hoss.ucr.edu/
iLearn	https://ilearn.ucr.edu/
ITS-Student Services	https://its.ucr.edu/bearhelp/student-services

Resource	Web Link
MyUCR	https://my.ucr.edu/
Office of the Registrar	https://registrar.ucr.edu/
R'Web	http://www.rweb.ucr.edu/
Summer Sessions	https://summer.ucr.edu/
UCRWPA Wi-Fi	https://ucrsupport.service-now.com/ucr_portal/?id=kb_article&sys_id=9349ef84db6df7400d74755a8c9619fd
View Classrooms	http://classrooms.ucr.edu/

Cultural Offices - Ethnic & Gender Programs

Resource	Web link
African Student Programs	http://asp.ucr.edu/
Asian Pacific Student Programs	http://apsp.ucr.edu/
Chicano Student Programs	http://csp.ucr.edu/
Diversity	http://diversity.ucr.edu/
Foster Youth Support Services	https://guardianscholars.ucr.edu/
International Students	http://internationalcenter.ucr.edu/
LGBT Resource Center	https://out.ucr.edu/
Middle Eastern Student Center	http://mesc.ucr.edu/
Native American Student Programs	http://nasp.ucr.edu/
R'Kids	https://wrc.ucr.edu/programs/r-kids/about-r-kids
UC Immigrant Legal Services	http://undoc.universityofcalifornia.edu/
Undocumented Student Programs	http://usp.ucr.edu/
Veterans	http://studentlife.ucr.edu/veterans
Women's Resource Center	http://wrc.ucr.edu/

Emergency and Crisis Resources

Resource	Web link
24/7 Crisis Hotline UCR-TALK 951-827-8255	https://counseling.ucr.edu/urgent-services-contacts#247_support_resources
CAPS Counseling Center	http://counseling.ucr.edu/
CARE	http://care.ucr.edu/
Hate Bias Reporting	https://deanofstudents.ucr.edu/hate-bias-response-team
International Students in Crises	http://internationalcenter.ucr.edu/emergency/index.html
OMBUDS Office	http://ombuds.ucr.edu/

Resource	Web link
Responding to Distressed Students	https://counseling.ucr.edu/responding-distressed-students
Student Affairs Emergency Services	https://studentaffairs.ucr.edu/emergency-services
Students in Crisis Resources	https://deanofstudents.ucr.edu/emergency-help
Title IX	http://titleix.ucr.edu/
UCR Police	http://police.ucr.edu/
UCR Campus Escort	https://wrc.ucr.edu/programs/campus-safety-and-escort/using-the-campus-escort-service
UCR Campus Emergency Services	https://emergency.ucr.edu/
UCR Campus Emergency Status	http://campusstatus.ucr.edu/
CAPS Urgent Services and Contacts	https://counseling.ucr.edu/urgent-services-contacts

Off-Campus Coping Resources: Stress Relief and Guided Audio Files to Practice Mindfulness Based Stress Reduction

Resource	Web Link
UCLA Mindful Awareness Research Center	http://marc.ucla.edu/mindful-meditations
UCSD Center for Mindfulness	https://health.ucsd.edu/specialties/mindfulness/programs/mbsr/Pages/audio.aspx
Addiction Help	https://www.addict-help.com/
Guided Meditation	https://www.uclahealth.org/marc/mindful-meditations
Learn about Cognitive Behavioral Therapy	https://psychologytools.com/what-is-cbt-self-help.html
National Institute on Alcohol Abuse and Alcoholism	https://www.niaaa.nih.gov/
National Institute on Drug Abuse	https://www.drugabuse.gov/
Relaxing Stress Relief Activities	https://goodrelaxation.com/2017/12/relaxing-stress-relief-activities/
Stress Management	https://www.helpguide.org/articles/stress/stress-management.htm
TED Talks on Happiness	https://www.ted.com/topics/happiness

Online articles

- What are signs and symptoms of Bipolar Disorder?
<http://www.ulifeline.org/topics/129-bipolar-disorder>
- Netflix 13 Reasons Why: What Viewers Should Consider
<https://www.jedfoundation.org/13-reasons-jed-point-view/>
- 12 Tips for better Sleep
<https://www.mindbodygreen.com/0-14723/12-tips-to-sleep-soundly-every-night.html>
- This Is Your Mind On Grad School
<http://berkeleysciencereview.com/article/mind-grad-school/>
- Up to a third of all graduate students are coping with mental health problems

<http://www.apa.org/gradpsych/2012/01/heal.aspx>

- All-nighters and self-doubt: learn from our dissertation disasters
<https://www.theguardian.com/education/2016/mar/25/all-nighters-and-self-doubt-learn-from-our-dissertation-disasters>