

ACADEMIC RESOURCES

UCLA STUDENTS

- <u>Tutoring Resources</u>: Tutoring support for various disciplines, including the Writing Center, can be found <u>here</u>. **Please note, some departments may pause or reduce tutoring in summer.*
- <u>Printing Resources</u>: Please see the <u>CPO Computer Lab</u> website for location and costs.
- <u>Equipment Lending Service</u>: Laptops, iPads, phone cables, charges, adaptors, and more available through the <u>library</u>.
- <u>Bruin Resource Center</u>: <u>BRC</u> runs a variety of programs to support students' academic and personal development and wellbeing. There are groups for students who are parents, students who are undocumented, and support for students on their substance abuse recovery journey.
- <u>Center for Accessible Education</u>: Apply for an academic or housing accommodation through <u>CAE</u>.
- <u>Career Center</u>: The <u>Career Center</u> provides support for students by helping them create competitive resumes, develop interviewing and networking skills, finding and applying for internships and jobs, and connecting with employers.
- <u>Places to Study</u>: A diverse <u>list</u> of spots, including libraries and indoor and outdoor spaces.
- <u>Dashew Center</u> (*international students*): <u>Dashew</u> provides guidance and resources for international students.

VISITING STUDENTS

- <u>Tutoring Resources</u>: Tutoring support for various disciplines, including the Writing Center, can be found <u>here</u>. *Please note, some departments may pause or reduce tutoring in summer.
- <u>Printing Resources</u>: Please see the <u>CPO Computer Lab</u> website for location and costs.
- Equipment Lending Service: Laptops, iPads, phone cables, charges, adaptors, and more available through the *library*.
- <u>Bruin Resource Center</u>: <u>BRC</u> runs a variety of programs to support students' academic and personal development and wellbeing. There are groups for students who are parents, students who are undocumented, and support for students on their substance abuse recovery journey. *Please note, some resources may not be available to visiting students, please contact BRC with inquiries.
- <u>Center for Accessible Education</u>: Apply for an academic or housing accommodation through <u>CAE</u>.
- <u>Places to Study</u>: A diverse <u>list</u> of spots, including libraries and indoor and outdoor spaces.
- **Dashew Center** (international students): **Dashew** provides guidance and resources for international students.



PERSONAL WELLBEING & SUPPORT RESOURCES

UCLA STUDENTS

- **Bruin Resource Center: BRC** runs a variety of programs to support students' academic and personal development and wellbeing. There are groups for students who are parents, students who are undocumented, and support for students on their substance abuse recovery journey.
- FITTED: Fitness Improvement Training through Exercise and Diet offered through CPO provides free group exercise classes, personal training, and workshops that encourage active lifestyles. A weekly drop-in session [FITTED EATS] features education and discussions on nutrition, wellness, and healthier living.
- <u>UCLA Recreation</u>: <u>Recreation</u> provides extensive access to a broad range of recreational activities and services at various facilities across campus. **Please note, membership or other fees may apply.*
- <u>UCLA Ashe Student Health Center</u>: For non-emergency medical needs, students may visit the <u>Ashe Center</u> during regular hours. Please contact Ashe regarding fees for visits.
- <u>CAPS and the RISE Center</u>: Counselling and psychological <u>services</u> offered through CAPS and the RISE Center.
- **<u>CARE</u>**: <u>**CARE</u>** Advocates provide confidential support to victims of sexual violence.</u>
- <u>Student Legal Services</u>: Confidential legal counselling and assistance offered through <u>SLS</u>.
- <u>CSO & UCLA Safe Ride</u>: A safe means of transportation, including during evening hours, can be arranged through <u>CSO</u> and <u>Safe Ride</u>.
- <u>LBGTQ Resource Center</u>: Education and advocacy services and resources provided by the <u>LBGTQ Resource Center</u>.
- **Basic Needs Program:** The **Basic Needs Program** provides food resources, such as the food closet, to students.
- <u>Black Bruin Research Center</u>: <u>BBRC</u> offers programs and activities that provide academic guidance and facilitate the recruitment and support of a more diverse student body.
- Volunteer Center: Volunteer opportunities throughout Greater Los Angeles can be found through the Volunteer Center.

VISITING STUDENTS

- **Bruin Resource Center: BRC** runs a variety of programs to support students' academic and personal development and wellbeing. There are groups for students who are parents, students who are undocumented, and support for students on their substance abuse recovery journey. **Please note, some resources may not be available to visiting students, please contact BRC with inquiries.*
- FITTED: Fitness Improvement Training through Exercise and <u>Diet</u> offered through CPO provides free group exercise classes, personal training, and workshops that encourage active lifestyles. A weekly drop-in session [FITTED EATS] that features education and discussions on nutrition, wellness, and healthier living.
- <u>UCLA Recreation</u>: <u>Recreation</u> provides extensive access to a broad range of recreational activities and services at various facilities across campus. **Please note, membership or other fees may apply.*
- <u>UCLA Ashe Student Health Center</u>: For non-emergency medical needs, students may visit the <u>Ashe Center</u> during regular hours. Please contact Ashe regarding fees for visits.
- <u>CSO & UCLA Safe Ride</u>: A safe means of transportation, including during evening hours, can be arranged through <u>CSO</u> and <u>Safe Ride</u>.
- <u>LBGTQ Resource Center</u>: Education and advocacy services and resources provided by the <u>LBGTQ Resource Center</u>. *Please note, some resources may be available for UCLA students only.
- <u>Basic Needs Program</u>: The <u>Basic Needs Program</u> provides food resources, such as the food closet, to students.
- **Black Bruin Research Center**: **BBRC** offers programs and activities that provide academic guidance and facilitate the recruitment and support of a more diverse student body.
- <u>Volunteer Center</u>: Volunteer opportunities throughout Greater Los Angeles can be found through the <u>Volunteer Center</u>.