

Student Resource Guide

Dear Student,

You received this guide because you have a decision, barrier or challenge that is impacting your academic progress at UofL. No matter what the issue, there are many resources at UofL that are available to help you “get unstuck!” Look over the list below and identify the area(s) that are relevant to you.

One of the purposes for being a student at UofL is to learn how to figure things out and gain problem-solving skills. So, put on your “thinking cap” and use these questions to guide your selection of Resources...and then get connected!

1. What am I trying to achieve or make happen? (Purpose)
2. What facts, data or skills do I need to figure things out? (Information)
3. What have I tried so far and how did it work? Is there another way of approaching this problem? Who can assist me to think differently about my options? (Assumptions)
4. Do I know anyone who has had a similar problem and has been able to solve it? What did they do? Which campus Resource will I contact today? (Point of view)

If...

then...

Challenge/Decision/Barrier/Purpose	Resource
Adjustments and Transitions: Fitting In, Feeling Connected, Homesick, Lonely	<ul style="list-style-type: none"> • Dean of Students Office • Counseling Center • LGBT Services
Alcohol, Tobacco and Substance Related Concerns for Self or Someone Else	<ul style="list-style-type: none"> • Campus Health Medical Services • Counseling Center • Health Promotion
Availability of Classes	<ul style="list-style-type: none"> • Academic Advisor
Class Attendance	<ul style="list-style-type: none"> • Course Instructor/Faculty • Academic Advisor
Concentration change/decline	<ul style="list-style-type: none"> • Campus Health Medical Services • Counseling Center • REACH
Course Difficulty	<ul style="list-style-type: none"> • REACH • Academic Advisor • Faculty
Course Load Course Relevance	<ul style="list-style-type: none"> • Academic Advisor • Faculty
Critical Thinking and Problem-Solving Skills	<ul style="list-style-type: none"> • REACH • Academic Advisor
Family Illness	<ul style="list-style-type: none"> • Counseling Center • Advisor • Faculty
Financial Aid	<ul style="list-style-type: none"> • Financial Aid Office
Finances/Financial Management Skills	<ul style="list-style-type: none"> • Financial Aid Office • REACH
Health Concerns, Medical Care, Mental Health Care, Lack of health insurance and/or lack of access to affordable health care	<ul style="list-style-type: none"> • Campus Health Services • Counseling Center • Disability Resource Center • Health Promotion

Lack of Engagement / Social Involvement	<ul style="list-style-type: none"> • Dean of Students Office • Advisor/Faculty
Learning Style	<ul style="list-style-type: none"> • REACH • Disabilities Resource Center
Learning Disabilities Testing	<ul style="list-style-type: none"> • UofL Psychological Services Clinic • Counseling Center
Life Balance	<ul style="list-style-type: none"> • Health Promotion
Major / Career Selection	<ul style="list-style-type: none"> • Career Development Center
Mathematical Ability and Skills	<ul style="list-style-type: none"> • REACH
Motivation	<ul style="list-style-type: none"> • Counseling Center
Note Taking	<ul style="list-style-type: none"> • REACH • Disability Resource Center
Parental Control / Pressure	<ul style="list-style-type: none"> • Counseling Center • Academic Advisor
Personal Issues	<ul style="list-style-type: none"> • Counseling Center • LGBT Services
Reading Comprehension	<ul style="list-style-type: none"> • REACH
Relationship Issues Domestic Violence	<ul style="list-style-type: none"> • Counseling Center • PEACC • Health Promotion • LGBT Services • Department of Public Safety
Roommate Problems	<ul style="list-style-type: none"> • Housing Mediation in the Counseling Center
Safety and Relationship Trauma	<ul style="list-style-type: none"> • Bias Incident Response Team • PEACC • Department of Public Safety (DPS)
Sexual Health, Sexual Relationships	<ul style="list-style-type: none"> • Campus Health Medical Services • Health Promotion
Stress Resiliency and Sleep Efficiency	<ul style="list-style-type: none"> • Health Promotion
Study Habits	<ul style="list-style-type: none"> • REACH
Test Anxiety	<ul style="list-style-type: none"> • REACH • Counseling Center • Campus Health Medical Services
Test Taking	<ul style="list-style-type: none"> • REACH
Time Management	<ul style="list-style-type: none"> • REACH • Counseling Center • Health Promotion
Too Much Social Involvement	<ul style="list-style-type: none"> • Academic Advisor • Counseling Center
Value Conflicts	<ul style="list-style-type: none"> • Counseling Center • Health Promotion
Work Schedule	<ul style="list-style-type: none"> • Academic Advisor
Writing	<ul style="list-style-type: none"> • Writing Center

Students having difficulty resolving personal or academic issues may contact the University's Student Advocate at 852-8113, (advocate@louisville.edu) or louisville.edu/studentadvocate.

Contact Information for Resources

Resource	Website	Location	Phone
Academic Advising	louisville.edu/advising	See webpage for a list of advising center locations.	See webpage for advising center phone numbers.
Bias Incidence Response Team (BIRT)	louisville.edu/biasresponse	n/a	(502) 852-BIRT (2478)
Campus Health Medical Services	louisville.edu/campushealth	Student Health at Cardinal Station 215 Central Ave, Suite 110	502) 852-6479
Career Center	louisville.edu/career	Houchens Bldg. LL04	(502) 852-6701
Counseling Center	louisville.edu/counseling	Student Services Annex (between the SAC and Houchens)	(502) 852-6585
Dean of Students	louisville.edu/dos	Student Activities Center Rm. W310	(502)852-5787
Department of Public Safety (DPS)	louisville.edu/police	Floyd Street Parking Garage Suite 100	(502) 852-6511
Disability Resource Center	louisville.edu/disability	Stevenson Hall, Room 119	502) 852-6938
Financial Aid	louisville.edu/financialaid	Houchens Building 110	(502) 852-5511
Office of Health Promotion	louisville.edu/healthpromotion	Student Services Annex	(502) 852-5429
LGBT Services	louisville.edu/lgbt	Red Barn Room 104, The Intersection	(502) 852-0696
PEACC Program	louisville.edu/peacc	Student Services Annex (between the SAC and Houchens)	502-852-8669 Or 852-2663
Psychological Services Clinic	Louisville.edu/psychology/psc	Davidson Hall, Room 210	502-852-6782
REACH	reach.louisville.edu	Strickler Hall 126	(502) 852-6706
Writing Center	louisville.edu/writingcenter	312 Ekstrom Library	(502) 852-2173

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