ACADEMIC AND STUDENT SERVICES, OFFICES AND ACTIVITIES

Important Contacts
Office of Academic Affairs, 970.248.1881
Office of Student Accounts, 970.248.1567
Office of Student Services, 970.248.1366
Student Life, 970.248.1111
WCCC Student Services, 970.255.2660

Admissions Office
1100 North Avenue
800.982.6372 or 970.248.1875

The Admissions Office serves as the welcome center for prospective students and their families. Among the staff’s responsibilities are the recruitment of students and the processing of admissions applications, new student academic scholarships, and petitions for changes to residency classification for tuition purposes. Activities of the University’s student ambassadors are also coordinated through this office as well as daily tours.

Campus Recreation Services
Hamilton Recreation Center
970.248.1592

Campus Recreation Services is established to provide varied programs and services that will contribute to the health and well-being of the students of Colorado Mesa University. Hamilton Recreation Center encourages responsible use of leisure time by providing an atmosphere that fosters the development of lifelong patterns of recreational activities and opportunities for participation in such activities regardless of age, sex, race, or motor ability. To do so, facilities and resources are designed to provide appropriate environments for participants through the following:

- Providing access to recreation facilities, equipment, and activities for convenient, informal participation (Open Recreation Program). These facilities include a multi-sport gymnasium, outdoor basketball and sand volleyball courts, cardio machines, free weights, cross-functional Rogue Infinity training rig, TRX suspension training, reinforced medicine ball wall, racquetball courts, 38-foot climbing wall, and premier swimming pool.
- Offering structured and non-structured opportunities for improving and maintaining physical fitness (Wellness Program). These opportunities include group exercise classes like yoga, spin, and Zumba, wellness assessments, personal training including exercise program prescription, massage therapy, and nutrition counseling.
- Offering students significant opportunities for career development, including the acquisition of leadership, management, and technical skills in all areas of Campus Recreation Services (Student Employment Program).

Our new 24hr fitness venue, Lucero Fitness Facility, was added in 2019. All current, registered students will have MavCard access to this space. It is located in the lower level of Lucero Hall. At approximately 1,200 square feet, it includes cardio equipment, strength equipment and core/stretching equipment.

CMU also offers structured competitive and social opportunities in a variety of individual and team sports (Intramural and Club Sports). Intramural sports are free for all students at CMU. Providing an opportunity to compete against classmates, dorm mates, and other campus members in soccer, flag football, basketball, volleyball, ultimate Frisbee, softball, dodgeball, and battleship leagues and one day tournaments. Head to the Intramural Sports (https://www.coloradomesa.edu/student-life/clubs-organizations/intramurals) website or contact the Intramural Sports office at 970.248.1591 for details on how to sign up for the next league!

Club sports at CMU allow students to compete against other universities across the state, region, and country. Club sport teams practice on a weekly basis and compete on a frequent basis. We currently offer: Alpine Ski, Archery, Badminton, Baseball, Bass Fishing, BMX, Bowling, Cross Country, Cyclocross, Disc Golf, E-Sports, Fencing, Men's Ice Hockey, Men's Lacrosse, Men's Basketball, Men's Rugby, Men's Soccer, Men's Volleyball, Mountain Bike, Nordic Ski, Road Cycling, Rodeo, Softball, Swim and Dive, Table Tennis, Tennis, Track Cycling, Trap and Skeet, Ultimate Frisbee, Women's Basketball, Women's Lacrosse, Women's Rugby, Women's Soccer, Women's Volleyball, and Water Polo. For more information, please visit the CMU Athletics (http://cmumavericks.com/sports/2015/6/10/Club%20Sports%20Office_0610154949.aspx?path=club_sports_office) website or contact the Club Sports office at 970.248.1115.

Career Services
University Center, Room 107
970.248.1404

Career Services provides a variety of services to students and alumni\(^1\) to assist in attaining their career goals. Services provided are:

- Career Assessments
- Career, Graduate, Teacher and Major Fairs
- Workshops:
  - Resume/Cover Letter
  - Internships/Job Search
  - Interviewing Skills
  - Choosing a Major
  - Handshake (job/internship database)
  - Optimal Resume (resume builder)
  - On-campus Employer Recruiting
  - Etiquette Dinners

\(^1\) Some restrictions may apply.

Educational Access Services
Houston Hall, Room 108
970.248.1856

Support services for students with documented disabilities are available through Educational Access Services (EAS), a division of Academic Services. Several services are available, depending upon the documented disability. Services can include, but are not limited to, volunteer note takers, testing accommodations, and textbooks in alternate formats. Prospective students are encouraged to contact the Coordinator of Educational Access Services to discuss accommodations. Students must
initiate a request for accommodations by contacting the EAS office. A new request must be made each semester.

**Emergency Contact Services**
Lowell Heiny Hall, Room 107
970.248.1366

The Office of the Vice President for Student Services, located in LHH 107, is the referral point for emergencies encountered by students. Issues such as messaging for emergencies while a student is in class are determined on a case-by-case basis. It is important to note that the office cannot guarantee a contact with any student due to their highly mobile behavior, but a good faith effort will be made. This service is not for non-emergency situations.

**Financial Aid Office**
Lowell Heiny Hall, Room 121
970.248.1396

The Financial Aid Office works with students to meet educational expenses through various monetary resources. Depending on a student's qualifications, aid is available in the form of scholarships and grants that do not need to be repaid. Additionally, students can apply for loans that are need- or non-need-based, as well as, work-study employment.

**Intercollegiate Athletics**
Maverick Center
970.248.1503

Intercollegiate athletics provides students with equitable opportunities to enhance their education, represent the University, and participate in athletics while developing skills and understanding. All undergraduate students are encouraged to participate in intercollegiate athletics as determined by their interests and capabilities.

Participation in the program, however, is secondary to the academic expectations of students. To this end, it is the responsibility of those administering the program to schedule the length of playing seasons, the frequency of practice sessions, and the number of contests so that they shall not unreasonably conflict with students obligations to attend class regularly, to study, to develop their intellectual, moral, and social faculties, and to graduate from the university as educated men and women. The men's program at Colorado Mesa University includes baseball, basketball, football, golf, soccer, swimming, tennis, lacrosse, cross country, track and field, triathlon and wrestling. Basketball, cross country, golf, beach volleyball, soccer, softball, swimming, tennis, lacrosse, track and field, triathlon, volleyball, and wrestling are available to women.

Colorado Mesa University also offers competitive cheerleading.

**International Student Admissions and Programs Office**
Rotary Hall • 970.248.1802

The International Student Admissions and Programs Office oversees international student admissions and recruitment, international student services and advising, international initiatives and development, international student programming, and study abroad.

**IRIS Advising and Financial Counseling Center**
Lowell Heiny Hall, First Floor
970.248.1177
IRIS Website (https://www.coloradomesa.edu/iris)
iris@coloradomesa.edu

CMU provides students holistic advising through the Integrated Resources for Information and Solutions (IRIS) center, where we can assist students with anything from academic advising through financial counseling. The IRIS center acts as the academic advisor for first time freshman and students with undeclared majors. Once a student declares a major, they should meet regularly with their faculty advisor. IRIS advisors can also assist all students with explaining the financial aid process, understanding your bill, setting up payment plans, and provide financial counseling in regards to their financial status at the institution.

Undeclared students are assigned to the IRIS center and must meet with an advisor prior to registration. IRIS advisors will assist students in course selection and registration, help students with strategies for academic success, and guide students in career exploration. Students who have decided on a major will be directed to the appropriate academic department. A department's administrative assistant can officially declare or change the student’s major/minor, provide a program sheet, and assign the student to a faculty advisor.

Services provided at the IRIS center include:

- Provide general academic advising by assisting in course selection and registration
- Guide students in major exploration and assist with strategies for academic success
- Educate about administrative campus policies and procedures
- Explain and complete the financial aid process
- Help with understanding the student account and billing statement
- Assist with making payment and setting up payment plans
- Support through financial counseling

The IRIS center is committed to assisting students in attaining their educational and financial goals.

**John U. Tomlinson Library**
970.248.1244

Tomlinson Library is a welcoming, comfortable environment, providing assistance from professional librarians, reservable study rooms, 24-hour study space, computers, printers, scanners, IT support, convenient dining options, outdoor seating with a fire pit, and much more.

The library collection includes over half a million books, e-books, and audio-visual materials. Also available are over 120 databases which include access to full-text academic journals and other online resources. Additional materials are available for borrowing from many academic, research, and public libraries throughout Colorado and beyond. Materials can be delivered to the Montrose campus and Western Colorado Community College.

Librarians provide personalized research assistance to patrons. Faculty can request information literacy instruction from librarians to help students identify, evaluate, and ethically use information sources within and beyond the Library. Individualized research assistance is available at...
our Research Help Desk, by 24/7 online chat, telephone, or email. Library
staff are happy to answer any questions about the library’s resources or
services.

Little Mavericks Learning Center
1704 N 8th Street
970.248.1318

Childcare is available year round for children of Colorado Mesa University
students, faculty, and staff on a first-come-first-served basis. Little Mavs
serves infants up to five years of age. Summer, Friday, and school district
non-contact day programs are available for children in Kindergarten up to
12 years old and are open to the community. For further information, visit
the Little Mavericks (https://www.coloradomesa.edu/little-mavs) website
or contact the Center Director.

MAVcard Student ID
University Center
970.248.1059

The Colorado Mesa University MAVcard is your key to campus services
at Colorado Mesa University. The MAVcard can be used at Starbucks,
The Point, Hamilton Recreation Center, Juice Junction, Rowdy’s, Umami
Bowls and Rolls, Chick-fil-a, the Dining Hall, Sandella’s, Pandini’s, Tres
Habaneros and Jazzman’s. It can also be used at off-campus merchants
such as Mountain Grind Coffee Company, Bravo Pizza, Domino’s Pizza,
Yogo MoJos, Jimmy John’s (on 12th Street) and The Scramble at WCCC.
Your MAVcard is also used to access residence halls, Tomlinson Library,
athletic events, and student life events. The MAVcard can be enhanced
by linking to a U.S. Bank checking account, allowing free ATM usage and
direct deposit.

Mentoring Assistance
Albers Hall • 970.248.1765

The Student Services Office provides mentoring assistance for students
who are in need of support. If a student is dealing with any issue the
Student Services office will provide resources to ensure students
success. Mentoring guarantees a student that there is someone who
cares about them. A student is not alone in dealing with day-to-day
worries and pressures of a University environment. Students who meet
regularly with their mentors are 52% less likely than their peers to miss
classes. (Public/Private Ventures study of Big Brothers Big Sisters).

National Student Exchange Program (NSE)
Registrar’s Office • 970.248.1813

Colorado Mesa University is a member of the National Student Exchange
Program. NSE is a consortium of over 160 colleges and universities in
the United States, its territories, and Canada. Colorado Mesa University
students may be able to participate in this program at in-state tuition
rates for up to one academic year and receive full credit for course
work completed while on exchange. For further information, contact the
Registrar’s Office or visit C (http://coloradomesa.edu/nse)MU’s National
Student Exchange (https://www.coloradomesa.edu/national-student-
exchange) website.

Office of Student Accounts
Lowell Heiny Hall IRIS Desk • 970.248.1177

Office of Student Accounts is responsible for student billing, collection
of tuition, fees and other charges, as well as, refunding excess Financial
Aid to Students. We administer various payment options and schedules
(such as the campus tuition payment plan) to ensure bills are paid on
time without penalty. For detailed information concerning the various
costs and fees a student may incur and payment options please visit the
Office of Student Accounts (https://www.coloradomesa.edu/student-
accounts) website.

Office of Student Success
Albers Hall • 970.248.1340

The Office of Student Success (OSS) advises all Provisional
Baccalaureate (PB) students. These students fall between the Associate
and Baccalaureate admission requirements for acceptance to CMU. The
PB program gives students the opportunity to pursue a bachelor’s degree
while receiving additional advising and academic support. The primary
role of the OSS is to assist the PB students in developing the skills they
need to successfully transition to their desired Baccalaureate program.

The PB program takes a holistic approach to ensure student success
and is tailored to the individual student through extensive, one-on-one
interactions with an academic coach. The OSS has both professional
Academic Success Coaches and Peer Academic Coaches who will assist
students with all aspects of their academic experience, including helping
them successfully transition to college life, improve study skills, schedule
courses, and identify majors and careers they are interested in pursuing.

Parking Services
University Center
970.248.1921

Students and University faculty/staff members who wish to park on
campus may purchase parking permits for designated areas. Your
license plate is your permit (after it is registered and the permit fee is
paid). Multiple vehicles can be registered, but only one vehicle may
be parked on campus. A parking permit does not guarantee a parking
space, but allows on-campus parking when such space is available. Visit
the Parking Services (http://coloradomesa.edu/parking) website for more
information.

Registrar’s Office
Lowell Heiny Hall, Room 117
970.248.1555

The Registrar’s Office provides a variety of enrollment and academic
records services. Enrollment services include readmission to Colorado
Mesa University, course setup, course registration, enrollment appeals,
evaluation of transfer credits and Veteran’s benefits certification.
Academic records services include issuing official transcripts, verification
of enrollment, student demographic updates such as change of
address, and answering questions about release of information that is
protected by federal law. Additional services include certifying degree
requirements for graduation, issuing degrees, publishing the academic
calendar, and academic room scheduling. For more detailed information
on any of the services, please visit the Registrar’s Office (https://
www.coloradomesa.edu/registrar) website.
Student Diversity, Advocacy and Health
Lowell Heiny Hall • 970.248.1754

The Student Diversity, Advocacy and Health office works alongside the office of Student Services to support a diverse student body of Colorado Mesa University. This office specializes in problem solving and helping students to become better informed and grow as adults; whether these decisions involve classes or any other aspect of university life. Student Diversity and Advocacy provides students with real life inclusion experiences by interacting and learning together to respect a broad range of people from diverse backgrounds. This office offers an arena for students to have a greater appreciation and understanding of inclusion and diversity so they are prepared to take on leadership roles in society. This office supports student wellness on campus, provides access to medical and behavioral health service providers, and links students to supportive resources on campus.

Student Life
University Center, Room 212
970.248.1111

There are a number of student fee-funded organizations that are administered by Colorado Mesa University students including the following:

- Associated Student Government (ASG): ASG is the representative body and official voice of the students. The ASG operates through the General Assembly, a legislative body composed of students elected by the student body. Students involved in ASG have an opportunity to gain leadership skills by representing student opinions to the CMU administration and the University's Board of Trustees, and they are responsible for reviewing and administering student fee requests. Visit the Associated Student Government (https://www.coloradomesa.edu/student-life/clubs-organizations/asg) page for more details.

- Club Advisory Board (CAB): Many student clubs and organizations exist at Colorado Mesa University. Currently CMU has over 160 active clubs on campus including honor societies, academic club, general interest clubs, fraternities and sororities, faith-based clubs and volunteer and activist clubs, which allow students to meet other students who share similar interests. A list of current active clubs and organizations can be viewed on the Clubs and Organizations (https://www.coloradomesa.edu/student-life/clubs-organizations) page under Student Life.

- Clubs Sports: CMU provides an opportunity for students to compete in club sports with an offering of over 27 sports. For a list of sports, tryouts, and schedules visit the Club Sports page (https://www.coloradomesa.edu/student-life/clubs-organizations/clubsports.html) under Student Life.

- Cultural Inclusion Council (CIC): This council offers leadership experiences for students and organizes programs to educate students regarding multiculturalism. Member groups include the Black Student Alliance (BSA), Gay-Straight Alliance (GSA), Ho'olokahi Polynesian Club Alliance (HPA), International Student Alliance (ISA), Latino Student Alliance (LSA) and Native American Student Alliance (NASA). Visit the Cultural Inclusion Council page (https://www.coloradomesa.edu/student-life/clubs-organizations/cultural-inclusion-council.html) for more details.

- Intramural Sports: now offering more than 30 different sports IM sports are a fun way to meet people and stay active. Leagues are always forming and run from one day tournaments to 8 week competition. Sports range from flag football, softball, racket-ball, battleships and many more. Visit the Colorado Mesa University Intramural Sports page (https://www.coloradomesa.edu/student-life/clubs-organizations/intramurals) for more details.

- MavRides: Provides free safe rides to all CMU student every Thursday, Friday and Saturday nights from 9pm-2am. Call for a ride or volunteer as a driver 970-248-2222, or visit the MAVrides page (https://www.coloradomesa.edu/student-life/mavrides.html) for more details.

- Media Organizations: These organizations include The Criterion (the student newspaper), KMSA 91.3 FM (the student radio station), Literary Review (the literary and art publication), the Campus Design Studio, CMU TV and the Horizon Magazine. Each of these groups is professionally advised by faculty members and utilizes the latest equipment employed in their fields.

- Performing Arts Organizations: All CMU students are encouraged to audition to join a musical group, participate in theatre, or be part of a dance performance. Performances in the arts are highly regarded at Colorado Mesa University and are well attended by students and the community.

- Programming Activities Council (PAC): PAC is responsible for Welcome Week, Spring Concert, Homecoming and Stress Relief Weeks as well as other entertainment activities including concerts, movies, dances, comedians, hypnotists and speakers. Best of all, every one of the over 100 yearly events are free for all CMU students with their MavCard. Details about the council and activities are provided on the Programming Activities Council page (https://www.coloradomesa.edu/student-life/clubs-organizations/pac.html).

- Sustainability Council: Committed to providing sustainable solutions to CMU, the Sustainability Council (https://www.coloradomesa.edu/student-life/clubs-organizations/sustainability-council.html) oversees a recycling program, a campus garden and compost facility, and a restoring program that receives donated goods from exiting CMU residents to be purchased by incoming students the next fall.

Student Wellness Center (SWC)
1060 Orchard Avenue, Suite O
970.644.3740

Good health, both physical and emotional, is an important factor in successful college work. It is the goal of the Student Wellness Center to provide competent, accessible and comprehensive health care and wellness to all CMU students who have a valid student I.D. card regardless of the number of credit hours carried.

Medical Services
Like your family physician, the SWC provides a source of basic medical assistance for all CMU students. Outpatient health services are contracted with Community Hospital and students are required to pay a $15.00 co-pay for all health services received at the SWC. The primary services provided are: first aid, dispensing of simple medications, assessment and referral to specialty physicians and dentists, providing counsel for personal health problems, simple physicals, screenings
and limited lab tests for a nominal fee. Health services are provided by registered nurses, physicians and practitioners in providing a complement of health care. The physician/practitioner provides students with an initial health assessment and evaluation, treats minor illnesses, and refers students for hospitalization or specialized treatment as needed. A registered nurse is available to answer questions and provide medical information.

**Behavioral Health Services**

All CMU students are eligible for counseling services for a $5 copay. Students can access and referrals can be made through any office on campus directly by calling the SWC to set up an appointment. These services are provided by licensed/certified counselors and are designed to support students in assisting them with any of life’s challenges that maybe affecting their academic life.

**Empowerment Classes**

These classes are designed to support students in making adjustments to life’s transitions and the changes in their lives. These classes are based on Cognitive Behavior Therapy (CBT) approaches that focuses on the aspects of mindfulness, emotional regulation, distress tolerance and interpersonal effectiveness.

**Prime for Life Classes (PFL)**

These classes are designed to address substance misuse and prevention. The University, which is an active participant in the Mesa County Prevention Policy Board, supports the concepts of proactive prevention as part of the University’s overall policy of maintaining a safe and healthy campus. PFL is an evidenced-based, state approved curriculum for substance abuse prevention and is a harm reduction model that focuses on healthy lifestyle choices.

Behavioral Health Services are provided Monday-Saturday from 8am to 6pm for scheduled appointments. Students can schedule an appointment by stopping by the SWC or by calling 970.644.3740.

**Hours of Operation**

Monday—Saturday: 8am—6pm  
Sunday: Noon—4pm

Medical walk-in times are available during regular office hours and students can schedule a medical appointment online by selecting the Schedule Appointment Online button on the Student Wellness Center website (https://www.coloradomesa.edu/student-services/diversity-and-health/health-center.html) or by calling 970.644.3740.

**Study Abroad**

Rotary Hall • 970.248.1802

In addition to developing direct agreements with foreign institutions for exchange opportunities, Colorado Mesa University is part of the International Student Exchange Program (ISEP). ISEP is a worldwide network of over 150 colleges and universities in over 50 countries. CMU students who choose to study abroad for a semester or academic year on ISEP “exchange” pay CMU tuition/fees and room/board during the semester/year abroad. Students may also choose to go “direct” and pay ISEP directly for their study abroad semester or year. Visit the Study Abroad (https://www.coloradomesa.edu/study-abroad) website or contact the Office of International Student Admissions and Programs for more information on all study abroad opportunities available to CMU students.

**Testing Center**

Houston Hall, Room 123  
970.248.1260

The Testing Center services include, but are not limited to, examinations required for admission to graduate and professional schools, examinations for proficiency and certification in nursing and teaching, and the credit by examination program. Assessment of academic skills in college level English and mathematics are provided through the center for potential students as well as those who already have been admitted.

**Transfer Services**

Admissions Office  
970.248.1232

The Center for Transfer Services, within the Admissions Office, offers assistance to students transferring into Colorado Mesa University from other institutions. Services include preliminary transcript evaluation, education planning, transition to academic departments, and resolution of transfer problems. Transfer Services staff is available by appointment and for walk-ins. As part of the Admissions Office, the Center works closely with the Registrar’s Office to provide students with information about their transfer credits and how those credits may be applied.

**TRiO Student Support Services Program**

Houston Hall, Room 12A–D  
970.248.1492

TRIO Student Support Services assists participants in achieving their academic, personal and career goals. TRiO acts as a home base and its purpose is to increase the retention and graduation rates of its participants. The program assists enrolled students in a variety of areas including individualized tutoring, academic advising, counseling, financial aid advising, peer coaching, personal financial literacy and career development. To be eligible to apply to TRiO you must plan on finishing a four year degree and be a first generation college student and/or meet income qualifications and/or have a documented disability. TRIO is sponsored by the U.S. Department of Education and Colorado Mesa University. For more information, visit the TRIO Student Support Services (TRIO-SSS) (http://coloradomesa.edu/trio) website.

**Tutorial Learning Center**

Houston Hall, Room 113  
970.248.1392

The Tutorial Learning Center (TLC) provides free walk-in tutoring for a variety of courses and subjects. Students who would like to improve their writing skills, work through math, science, or other technical concepts, review material for any subject, or get one-on-one assistance and support from other successful students are all encouraged to come to the TLC. Qualified peer tutors, recommended by faculty, are trained to help students with their academic endeavors. The central goals of peer tutors are to help students become more independent with their learning and to create opportunities for student success. Peer tutors accomplish these goals with individuals and small groups by:

- Offering study tips;
- Giving feedback on student assignments;
- Reviewing concepts, types of problems, and rules;
- Offering encouragement;
• Helping students follow an instructor’s directions and use their textbooks, syllabi, and materials more effectively;
• Introducing students to self-help and campus resources available to them; and
• Reinforcing what students already know and understand.

Veteran Services
Lowell Heiny Hall, Room 434-435
970.248.1739

Veteran Services certifies students who are utilizing veteran education benefits while attending CMU. Trained staff and student workers can answer questions related to applying for, transferring, and using these benefits. Veterans, dependents, and active duty military can also get help with registration and schedule changes. Tutoring is available through our PAVE (Peer Advisors for Veteran Education) program. Applications, to apply for the Veteran Laptop Project, may be picked up if you want to rent a laptop for the semester. For more information, visit the Veterans Services (https://www.coloradomesa.edu/veterans) website.

WCCC Student Services/IRIS
Building B, Room 102
970.255.2670

Student Services staff at Western Colorado Community College are available to assist students with a number of services including academic advising, registering for classes, financial aid assistance, help understanding their bill and setting up payment plans, taking tuition payments, conducting campus tours, and answering questions about our one year certificates and two year associate degrees. Student Services also administers the concurrent enrollment program that allows high school students to take college classes, as well as the GOALS program, an academic support program for CMU.

Writing Center
Houston Hall, Room 223
970.248.2208 or 970.248.1392

The Writing Center serves students across all disciplines and various stages of the writing process. We provide support for students to assimilate into the writing conventions of the university and into their specific academic disciplines. It is free for all CMU students. There is online and in person tutoring, group tutoring and English Language Learner support.