

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).

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 alumni¹ 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) Advising Center, where we can assist students with anything from academic advising through financial counseling. The IRIS Advising 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 understanding 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 Advising 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 Advising 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
- Assisting with administrative campus policies and procedures
- Understanding and completing the financial aid process
- Understanding your student account and billing statement
- Help with making payment and setting up payment plans
- Support through financial counseling

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

John U. Tomlinson Library

970.248.1862

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. Little Mavs serves children one year and walking 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, Umari Bowls and Rolls, Chick-fil-a, the Dining Hall, CMU Bookstore, Houston Café, 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, and 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 services that include registering students into classes, maintaining academic records, VA benefits and certifying degree requirements for graduation. The office is responsible for processing applications for readmission to Colorado Mesa University, as well as forms to add/drop a class, holds on registration, change of address, non-release of directory information protected by federal law, and enrollment verification for loan or insurance purposes. The office also prepares Colorado Mesa University transcripts and evaluates transcripts from other institutions to determine the number of credits that will apply toward a particular degree. 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.
- Club Advisory Board (CAB): Many student clubs and organizations exist at Colorado Mesa University. Currently CMU has over 125 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 Colorado Mesa University website 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 website under Student Life.
- Cultural Diversity Board (CDB): This student organization 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), International Student Alliance (ISA), Latino Student Alliance (LSA) and Native American Student Alliance (NASA).
- 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.
- MavRides: Provides free safe rides to all CMU student every Thursday, Friday and Saturday nights from 9pm-3am. Call for a ride or volunteer as a driver 970-248-2222.
- Media Organizations: These organizations include the student newspaper The Criterion, the student radio station, KMSA 91.3 FM, the literary and art publication Literary Review, the Campus Design Studio and the Horizon Magazine. Each of these groups is professionally advised by faculty members and utilizes the latest equipment employed in their fields.
- Outdoor Program: This group is CMU's headquarters for outdoor adventure and education. The OP organizes trips and classes including whitewater rafting, rock climbing, and skiing. The rental center is located next to the Residence Life Center. Rent mountain bikes, canoes, kayaks, cross-country skis, backpacks, and other gear.
- 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 Concert, Homecoming and MavFest as well as other entertainment activities including concerts, movies, dances, comedians, hypnotists and speakers. Best of all, everyone of the over 100 yearly events are free for all CMU students.
- Sustainability Council: Committed to providing sustainable solutions to CMU, the Sustainability Council 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 and the International Student Exchange Program (ISEP)

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" will 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 ISEP website (<https://www.isepstudyabroad.org>) or contact the Office of International Student Admissions and Programs for more information.

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 121A–D

970.248.1492

TRiO Student Support Services assists participants in achieving their academic, personal and career goals. The purpose of TRiO 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. Veterans and active duty students who are interested in our VA Work Study program can stop by to inquire about work study positions that are open at the VA Medical Center. For more information, visit the Veterans Services (<https://www.coloradomesa.edu/veterans>) website.

WCCC Student Services

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, conducting campus tours, and answering questions about our one year certificates and two year associate of applied science degrees. Student Services also administers the concurrent enrollment program that allows high school students to take college classes. The office also administers the GOALS program, an academic support program for CMU.