

## Intellectual

Feeling stimulated and engaged with learning and staying open to new ideas and perspectives.

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### Student Involvement & Leadership

- Academic Student Organizations
- Inclusive Leadership Certificate
- National Society of Leadership & Success
- Leadership workshops and programs

### Student Success Center

- Academic Advising
- Major Exploration
- Individual Tutoring
- Supplemental Instruction



### International Center

- Study Abroad
- International Educational Week

### MHealthy

- Lunch & Learn seminars/workshops

### Student Health 101 eNewsletter

- Homepage Link: [umflint.readsh101.com](http://umflint.readsh101.com)
- Student Advocate Link: [umflint.readsh101.com/category/student-advocate](http://umflint.readsh101.com/category/student-advocate)

### Department of Public Safety

- Rape Aggression Defense (RAD) training
- Crime prevention education

### Ellen Bommarito LGBTQ Center, and Women's Educational Center

- Trainings/workshops
- Domestic violence support & resources
- Safe Sex educational material
- Sex is Fun Fair
- Take Back the Night
- Domestic Violence Prevention month
- Bystander Intervention workshops
- Sexual Violence Prevention & Intervention Certificate Program

### Disability and Accessibility Support Services

- Support for learning disability, autism, Asperger's Syndrome, mental health concerns, physical impairments, etc.

## Spiritual

Your understanding of your place and purpose, how you make meaning of what happens to you, and what your mind goes to for comfort or relief.

### Reflection Rooms

- 338 University Center (UCEN)

### Student Involvement & Leadership

- Religious Student Organizations

### University Outreach

- Alternative Spring Break
- Service Saturdays
- MLK Day Volunteer Opportunities



## STUDENT HEALTH RESOURCES

### Career Center

1001 Northbank Center | [umflint.edu/careers](http://umflint.edu/careers)  
(810) 424-5450

### Counseling & Psychological Services

264 University Center | [umflint.edu/caps](http://umflint.edu/caps)  
(810) 762-3456

### Department of Public Safety

103 Hubbard, (810) 762-3333  
[umflint.edu/safety](http://umflint.edu/safety)

### Disability & Accessibility Support Services

264 University Center  
[umflint.edu/disabilitysupportservices](http://umflint.edu/disabilitysupportservices)  
(810) 762-3081

### Ellen Bommarito LGBTQ Center

213 University Center | [umflint.edu/lgbt](http://umflint.edu/lgbt)  
(810) 766-6606

### Environment, Health & Safety

801 Northbank | [umflint.edu/ehs](http://umflint.edu/ehs)  
(810) 766-6763

### Financial Aid & Scholarships

277 University Pavilion | [umflint.edu/finaid](http://umflint.edu/finaid)  
(810) 762-3444

### Housing & Residential Life

101 Riverfront | [umflint.edu/reslife](http://umflint.edu/reslife) (810) 237-6571

### International Center

219 University Center | [umflint.edu/reslife](http://umflint.edu/reslife)  
(810) 762-0867

### MHealthy

401 Northbank Center | [umflint.edu/hr](http://umflint.edu/hr)  
(734) 395-7759

### Office of the Dean of Students

375 University Center | [umflint.edu/deanofstudents](http://umflint.edu/deanofstudents)  
(810) 762-5728

### Recreational Services

401 Mill Street | [umflint.edu/reccenter](http://umflint.edu/reccenter)  
(810) 762-3441

### Student Involvement & Leadership

361 University Center | [umflint.edu/sil](http://umflint.edu/sil)  
(810) 762-3431

### Student Success Center

285 University Pavilion | [umflint.edu/studentsuccess](http://umflint.edu/studentsuccess)  
(810) 762-3085

### Student Veterans Resource Center

131 University Pavilion | [umflint.edu/studentveterans](http://umflint.edu/studentveterans)  
(810) 424-5589

### University Human Resources

213 University Pavilion | [umflint.edu/hr](http://umflint.edu/hr)  
(810) 762-3150

### University Outreach

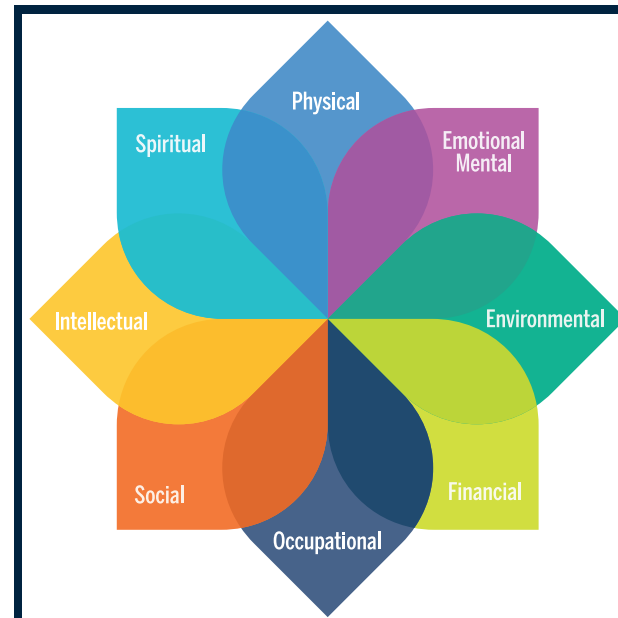
1001 Northbank Center | [umflint.edu/outreach](http://umflint.edu/outreach)  
(810) 424-5486

### Women's Educational Center

213 University Center, | [umflint.edu/wec](http://umflint.edu/wec)  
(810) 237-6648

## Personal Well-being™

# A STUDENT RESOURCE GUIDE



Provided by the

Student Health Committee

[umflint.edu/reccenter/student-health-resources](http://umflint.edu/reccenter/student-health-resources)



## Physical

The role that you take in maintaining your body for strength, vitality and energy.

### Recreational Services

- Intramural Sports
- Fitness & U-Fit classes
- Personal training, fitness assessment
- Bike lease and Zagster™ bike share
- Open rec i.e., basketball, volleyball
- Track, pool, cardio and weight equipment, racquetball courts
- Club Sports
- CrimFit Campus Training Program

### Women's Educational Center

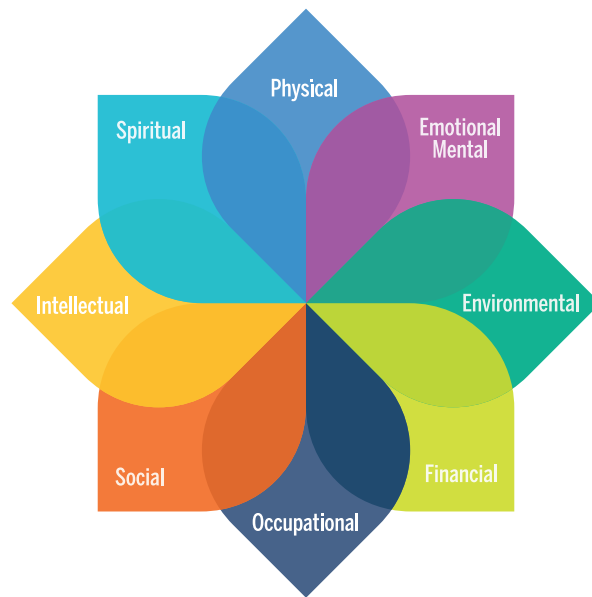
- Alcohol and informed consent

### Recreational Services, Women's Educational Center, and Counseling & Psychological Services

- Nutritional Counseling
- Health Insurance Assistance
- Ask the Nurse
- Substance use education and resources
- Sexual health education and resources

### Department of Public Safety

- Alcohol/drunk driving education and prevention



Personal Well-being™

## Emotional / Mental

Being aware and managing your feelings, being at peace with who you are, and having the tools you need to weather life's ups and downs.

### Counseling & Psychological Services

- Time management, relaxation and special workshops and programs
- Educational material
- Eating disorders
- Depression and anxiety screening
- One-on-one counseling by appointment
- Therapy services
- Suicide Prevention

### Recreational Services

- Yoga classes
- HCR 107 Basic Stress Management & Relaxation
- HCR 117 Enhanced Stress Management & Relaxation

## Environmental

Reflects the impact your environment (home, school, city, planet) has on you and the impact you have on the environment.

### Environment, Health & Safety

- Vehicle, ladder & chemical safety training
- Bloodborne Pathogen training
- Evacuation, sheltering, fire and table top drills
- All Hazards communication
- Bulletin boards throughout campus

### Department of Public Safety

- Evacuation, sheltering and table top drills
- Security cameras, Blue emergency phones
- Crime statistics/Clery Act reporting training
- Lockdown drills/active shooter tabletop exercises

## Financial

Your relationship with money and skills for managing resources, as well as your ability to make good consumer choices and seek out appropriate financial opportunities.

### Financial Aid & Scholarships, and Women's Educational Center

- Financial Literacy Advising
- Scholarships
- Financial Aid Calculators
- Scholarship Workshops (WEC)

### Student Success Center

- Academic Advising
- Financial Planning

### Student Veterans Resource Center

- Application, benefits, and tuition assistance
- Financial aid and scholarship information

## Occupational

The work you choose to do and how it contributes to your community and fulfills you.

### University Human Resources

- eRecruit - temporary employment
- Work Study

### Career Center

- Career advising & exploration
- Resume & cover letter assistance
- Interview preparation
- Internship assistance

### Student Success Center

- Major and Career Exploration

## Social

How you choose to define and connect with your community and the people around you.

### Student Involvement & Leadership

- Various Student Organizations
- Student Government
- Sponsored Student Organizations

### Housing & Residential Life

- Hall Council

### International Center

- International Taste Fest

### Department of Public Safety

- Touch A Truck
- Global Games
- Pop with a Cop
- Safety March