

STUDENT LIFE AND WELLBEING

Student Life & Wellbeing

The services provided by the Division of Student Life and Wellbeing (SLW) are designed to promote the growth and development of the whole student – intellectually, physically, emotionally, socially, financially, environmentally, occupationally and spiritually – to allow students to develop skills that lead to success both during school and throughout life. The SLW Division provides an integrated, holistic approach to both curricular and co-curricular learning by providing support, activities, and engagement that enriches the student experience on campus and better prepares them to be an active and engaged citizens in our global community.

Mission

The Division of Student Life and Wellbeing cultivates an inclusive, caring, student centered community through meaningful connection and involvement.

Vision

Student Life and Wellbeing strives to be a division that fosters comprehensive opportunities that inspire and empower students towards self-compassion, self-advocacy, and holistic wellness.

Wellness

Counseling and Psychological Services (CAPS)

Caring Staff

Our office is staffed by licensed mental health practitioners and two graduate interns who are eager to create a vibrant and safe campus community in which psychological health and academic life flourish for our diverse student body. CAPS' staff is committed to providing support and encouraging your personal growth.

Personal Counseling

Concerns, struggles, and changes are all normal parts of life. Sometimes we can work through them on our own; other times, talking to a professional can help. CAPS offers a safe, confidential atmosphere in which personal concerns can be openly explored and discussed within a culturally inclusive environment. Topics often include anxiety, depression, alcohol and drug issues, goal setting, grief and loss, relationships, sexual identity, self-esteem, and stress. CAPS can also assist with referrals to campus resources and community providers for students needing longer-term support. Appointments may be made by stopping by the CAPS office at the Wellness Center, 101 H&K, or by calling 402.554.2409. Learn more on the Counseling and Psychological Services website (<https://www.unomaha.edu/student-life/wellness/counseling-center/>).

Health Services

Nebraska Medicine UNO Health Center

The UNO Health Center is an on-campus medical clinic that helps UNO students stay healthy while they're in school. It is staffed by Board Certified medical professionals who specialize in college health. Services include care for common illnesses and injuries, wellness exams, chronic illness management, sexually transmitted infections testing and treatment, gynecological care and birth control, a variety of immunizations, lab testing, radiology and more. In addition to medical services, the UNO Health Center offers health and wellness education through presentations, on-campus outreach booths and the Health Matters blog. The health center is in the Wellness Center, 102 H&K, and is open Monday through Friday from 8 a.m. to 4 p.m. year-round. In-person and telehealth visit options are available

depending on the concern. Appointments are required for care and can be made by calling 402.554.2374.

Costs

The University Program and Facilities Fee covers the cost of certain services, but it does not cover all possible charges. Services not covered by student fees can be submitted to the student's health insurance plan. Nebraska Medicine accepts most insurance plans. If you do not have insurance, financial assistance may be available through Nebraska Medicine. Learn more at <https://healthcenter.unomaha.edu/>

Maverick Food Pantry

The Maverick Food Pantry contributes to UNO's culture of caring by providing healthy, sustainable, and culturally sensitive food items to those facing food insecurity as well as connecting them with resources in the greater Omaha area for other basic needs support. UNO students, faculty, and staff can request up to two food packages per week either online or in person and pick up in the Barbara Weitz Community Engagement Center. The Maverick Food Pantry's model uses a full-time staff member, student workers, and volunteers to sort donations, assemble food packages, and assist those picking up packages as well as working to destigmatize and demystify basic need insecurity on UNO's campus.

Campus Recreation

Campus Recreation (Campus Rec) supports students on their journey to living a healthy and balanced lifestyle while at UNO. If you are enrolled in at least one credit hour on-campus, a Campus Rec membership is included as part of your University Program and Facilities (UPF) Fees. There is no need to purchase a membership separately while taking an on-campus class. A valid membership is determined on a semester basis. If you are enrolled in an online, remote, research, or thesis class, a Campus Rec membership would need to be purchased. Campus Rec is located in the H&K Building. Learn more on the Campus Recreation website (<https://www.unomaha.edu/student-life/wellness/campus-recreation/>).

UNO Care Team

The Care Team (<https://www.unomaha.edu/student-life/student-safety/how-to-report/uno-care-team.php>) serves as the coordinating hub of a network of existing resources and focuses on prevention and early intervention in campus situations involving students experiencing distress or engaging in harmful or disruptive behaviors. If you wish to share or report a concern about yourself or someone else, please complete this form (https://cm.maxient.com/reportingform.php?UnivofNebraskaOmaha&layout_id=10) and a member of the Care Team will be in touch.

Accessibility Services

The Accessibility Services Center (ASC) collaborates with students, administrators, faculty, and staff to ensure access to reasonable and appropriate student disability accommodations. ASC strives to create a fully accessible, inclusive experience for student learning, campus engagement, and residential life.

Student Accommodations

Through an interactive process and collaboration, ASC provides individualized services to students with disabilities to establish appropriate accommodations to create equal access. ASC encourages students to become responsible decision makers, problem-solvers, and self-advocates who request and access their accommodations.

Requesting Accommodations

Once you are admitted to UNO, requesting accommodations steps is initiated through the ASC Online Portal. Students fill out an application and upload supporting disability documentation to begin the process.

Following this, an interactive discussion with an ASC Specialist is scheduled to complete the accommodation process.

Learn more about requesting accommodations and accessing the online portal on the Accessibility Services Center website (<https://www.unomaha.edu/student-life/inclusion/disability-services/>). If you are not sure if you qualify for support services, do not hesitate to contact ASC at 402.554.2872 or stop by the ASC in 104 Health and Kinesiology Building.

Request for Reasonable Accommodation in Field Placements

The University of Nebraska at Omaha (UNO) supports students with disabilities and encourages their full participation in all academic programs, including field placements of all kinds. "Field placements" for the purpose of this document include any practicum, field experience, clinical practice, internship, training, clinic, or work experiences (or similar) conducted for academic credit. In accordance with Section II of the Americans Disabilities Act and Section 504 of the Rehabilitation Act, UNO's Accessibility Services Center is the designated office to work with students with disabilities to provide reasonable accommodation so they may enjoy the same benefits, experiences, and opportunities as persons without disabilities.

Student Legal Services

The office of Student Legal Services offers free legal assistance to all currently enrolled UNO students. All communication is completely confidential and cannot be shared with anyone. The office can provide court representation, document preparation, legal advice and counsel, and legal information. All legal matters are welcome, however, the office is unable to assist with legal issues with other students as well as issues with the University or its affiliates. Visit the Student Legal Services website (<https://www.unomaha.edu/student-life/student-safety/student-legal-services/>).

Office of Hardship and Resiliency Support

The office of Hardship & Resiliency Support provides direct support to students with lived experience in the foster care or justice systems, students with incarcerated parents, and students who are pregnant or parenting. Visit the Office of Hardship and Resiliency Support website (<https://www.unomaha.edu/student-life-and-wellbeing/hardship-and-resiliency-support.php>).

Student Conduct and Community Standards

The university has an obligation to maintain conditions under which the work of UNO can go forward freely, in accordance with the highest standards of quality, institutional integrity, and freedom of expression, with full recognition by all concerned of the right and privileges, as well as the responsibilities, of those who comprise the UNO community. UNO expects students to maintain standards of personal integrity that are in accordance with the goals of the institution. This means that students are expected to assume responsibility for their actions; observe national, state, and local laws and university policies; and respect the rights and property of other people. As members of the academic community, students are subject to the responsibilities laid out by the university and are urged to become familiar with all documents that pertain to your rights and responsibilities. View the full Student Code of Conduct (<https://www.unomaha.edu/student-life/student-conduct-and-community-standards/policies/code-of-conduct.php>). For more information, contact the Office of Student Conduct and Community Standards visit the Student Conduct and Community Standards website (<https://www.unomaha.edu/student-life/student-conduct-and-community-standards/>) or email unoconduct@unomaha.edu.

Inclusion

The Military-Connected Resource Center

The Military-Connected Resource Center (formerly the Office of Military and Veteran Services) exists to encourage a military community on campus, online, and overseas. This office supports UNO's military community by providing military and veteran students and their family with resources and services developed to help them succeed. Learn more on the Military-Connected Resource Center website (<https://www.unomaha.edu/military-and-veteran-services/>).

Gender & Sexuality Resource Center

The Gender and Sexuality Resource Center welcomes and encourages people of all genders and sexualities to participate in the center's offerings. The GSRC fosters and promotes equity, access, and inclusion for all genders and sexualities through education, resources, advocacy, and activism. This office provides specific programs and services for women, lesbian, gay, bisexual, queer spectrum, trans spectrum, intersex, asexual, non-straight, Two Spirit, and gender non-conforming (LGBTQIA2S peoples, and survivors of interpersonal violence in the UNO community. Learn more on the Gender and Sexuality Resource Center website (<https://www.unomaha.edu/student-life/inclusion/gender-and-sexuality-resource-center/>).

Multicultural Affairs

The Office of Multicultural Affairs (MCA) is responsible for developing and maintaining programs and services to ensure the successful recruitment, retention, and graduation of underrepresented students on UNO's campus. Through scholarship aid, academic services, and personal support, students are empowered to attain their educational and professional goals. Cultural programming includes celebrating cultural months (including Black History Month, Latino Heritage Month, Native Heritage Month, and Diversity Month) as well as three annual Native American events. MCA is inclusive of all UNO students. Learn more on the Multicultural Affairs website (<https://www.unomaha.edu/student-life/inclusion/multicultural-affairs/>).

Summer Scholars Pre-College Program

The Summer Scholars Program provides college bound high school juniors the opportunity to enroll in a course at UNO to earn college credits, prepare for college life and connect with University of Nebraska at Omaha faculty, staff, and students. The goal of the Summer Scholars Program is to expose high school students to the dynamics of a college campus environment through a five-week pre-college summer session. Participants learn about college academic coursework, time management, college admissions, ACT/SAT preparation, college scholarships, and the financial aid process. They interact with university faculty and staff, explore career options and participate in community service activities. In addition to the academic benefits of the program, the scholars receive an increased awareness of social and cultural issues. Outside of the classroom, the Summer Scholars spend a week living at the Scott Residence Hall on UNO's Scott Campus. Learn more about Summer Scholars (<https://www.unomaha.edu/student-life/inclusion/multicultural-affairs/bridge-program-and-scholarships.php>).

UNO Success Academy

The UNO Success Academy is a learning community aimed at supporting first-year and incoming transfer students. The Success Academy provides students with a foundation for future success through a wide range of meaningful activities, including participation in the US 1010 (Critical Thinking for the Modern Day College Student) first-year seminar class. The program exists to help prepare students to take advantage of their time on campus and support their transition to university life.

Success Academy helps students make connections with other students, staff, faculty, and the UNO campus, with program benefits including access to one-on-one academic and career coaching, support from a peer

mentor, access to the program office in the Milo Bail Student Center, and the opportunity to earn scholarship dollars through an incentive program.

Learn more about the Success Academy (<https://www.unomaha.edu/student-life/achievement/academic-and-career-development-center/success-academy/>)

TRIO Project Achieve

Project Achieve is open to University of Nebraska Omaha undergraduates who qualify as first-generation, limited income, and/or disabled college students. The program offers academic and life skills development; guidance related to financial aid; career and graduate study preparation; leadership development through community engagement; and personal counseling. Activities and services emphasize growth in becoming more efficient, engaged, and independent learners.

Project Achieve uses a flexible and personalized approach. Each student is encouraged to participate in activities which meet his, her, or their own learning needs. Students and staff work together in assessing students' skills in relation to education and career goals. Personal interviews, review of academic records, checklists and diagnostic tests may be used in this process

Learn more about Project Achieve (<https://www.unomaha.edu/project-achieve/>)

Jim and Shirley Young Scholars Program

The Jim and Shirley Young Scholars Program is a scholarship program that supports a select group of first-generation college students attending UNO. Students in Young Scholars participate in a variety of activities such as weekly study sessions, various social and academic events, and service projects throughout the school year, and have a support system at UNO that includes a mentor with whom they meet regularly. In addition to this support, the program provides a financial scholarship to the students selected for the program.

Learn more about the Jim and Shirley Young Scholars Program (<http://www.unomaha.edu/youngscholars/>)

Student Involvement

Getting involved is an important part of the college experience. With new organizations being created almost every week, there is something for everyone. Learn more on the Student Involvement website (<https://www.unomaha.edu/student-life/involvement/>).

Student Organizations

There are tons of ways to get involved at UNO. Joining organizations that complement your studies or appeal to your personal interests can enrich your college experience. Organizations (<https://unomaha.presence.io/organizations/>) on campus are created to suit the diverse interests of students that range from academics to volunteerism to art and music and beyond. They are a great way to get involved, make new connections, and share a common interest with your peers.

Fraternity & Sorority Life

OMAHA GREEKS shapes amazing individuals with fascinating life stories into students who are independent thinkers and hard workers. OMAHA GREEKS operate upon the five pillars of leadership opportunities, lifelong friendship, commitment to philanthropy, reach beyond Omaha, and academic achievement.

Student Government

The UNO Student Government Association represents all UNO students to administration, faculty, and staff, as well as the University of Nebraska

Board of Regents and the community. They strive to lead, support, and advocate on behalf of the student body to make lasting and positive contributions to the student experience.

Maverick Productions

Maverick Productions (MavPro) is a student led programming board that plans and executes events for students by students. These events include major concerts, fun giveaways, and other interactive events! MavPro strives to plan events that bring in students from all parts of campus to support the Maverick Community.

Housing & Residence Life

Housing and Residence life creates a positive residential experience and supports the evolving needs of students at UNO. Six different on-campus housing options are available to UNO students: Maverick Village (MV) and University Village (UV) on Dodge Campus; Scott Court (SC), Scott Crossing (SX), Scott Hall (SH), and Scott Village (SV) on Scott Campus. Housing and Residence life is proud to offer apartment, traditional, and graduate-style housing to UNO students. Learn more on the Housing and Residence Life website (<https://www.unomaha.edu/student-life/housing-and-residential-life/>).

Gender-Inclusive Housing

Students and allies of all sexual orientations, gender identities, and gender expressions are eligible to live in designated Gender-Inclusive Housing. Apartment features are the same as other housing facilities.