

Useful information that applies to all your UCLA classes

Resources for remote learning

- **Student support hotline: 310-825-3894, 9AM-7PM, Monday through Friday**
- See www.studentaffairs.ucla.edu/ for links to information on telehealth, at-home exercise, support for food and other basic needs, visa questions, virtual stress management, teletherapy
- See www.teaching.ucla.edu/resources/student-remote-learning for remote learning resources, including how-to tech videos and study advice

(These quotes are from the Undergraduate Council, but still relevant and applicable for graduate students)

Title IX resources

- “If you have **experienced gender discrimination, domestic violence, dating violence, sexual harassment or sexual violence**, there are a variety of resources to assist you.

CONFIDENTIAL RESOURCES:

- You can receive confidential support and advocacy at the CARE Advocacy Office for Sexual and Gender-Based Violence, 1st Floor Wooden Center West, CAREadvocate@careprogram.ucla.edu, (310) 206-2465. Counseling and Psychological Services (CAPS) also provides confidential counseling to all students and can be reached 24/7 at (310) 825-0768.

NON-CONFIDENTIAL RESOURCES:

- You can also report gender discrimination, sexual violence or sexual harassment directly to the University's Title IX Office, 2255 Murphy Hall, titleix@conet.ucla.edu, (310) 206-3417. Reports to law enforcement can be made to UCPD at (310) 825-1491. These offices may be required to pursue an official investigation. Students who have questions about the rights of pregnant/parenting students should contact the Title IX Office as well. The Title IX Office can assist students with reporting options and identifying resources if they believe their rights have been violated.
- Faculty and TAs are required under the UC Policy on Sexual Violence and Sexual Harassment to inform the Title IX Office—A NON-CONFIDENTIAL RESOURCE—should they become aware that you or any other student has experienced sexual violence or sexual harassment. “

*Resources for Students Dealing with **Financial Stress***

If you don't have enough to eat on a reliable basis, or a safe place to live and sleep, there is help available! Let me know, or contact one of the resources below directly:

- **"Bruin Shelter:** <http://www.bruinshelter.org/> Provides a safe, supportive environment for fellow college students experiencing homelessness by fostering a collaborative effort between universities, community-based organizations, and service providers.
- **The CPO Food Closet:** <http://www.cpo.ucla.edu/cpo/foodcloset/> Provides free food for any UCLA student who may be experiencing hunger and/or struggling to attain food due to financial hardships.
- **Economic Crisis Response Team:** <https://www.studentincrisis.ucla.edu/Economic-Crisis-Response> (ECRT), for students in financial distress. ECRT provides meal vouchers and emergency housing for 14 days."

I want this class to be accessible to everyone! If you are finding that it's not, you can always let me know directly. There is also a formal process for handling accommodations centrally, so that you don't have to deal with professors on a case-by-case basis:

Students with Disabilities, both long-term and short-term: "If you are already registered with the Center for Accessible Education (CAE), please request your Letter of Accommodation in the Student Portal. If you are seeking registration with the CAE, please submit your request for accommodations via the CAE website. Students with disabilities requiring academic accommodations should submit their request for accommodations as soon as possible, as it may take up to two weeks to review the request. For more information, please visit the CAE website, visit the CAE at A255 Murphy Hall, email caeintake@saonet.ucla.edu, or contact CAE by phone at (310) 825-1501."

Pregnancy/Lactation/Parenting

CAE can provide academic accommodations for pregnant, parenting, and lactating students. If you identify with any of the above, please reach out to the CAE office. Additional resources: Students with Dependents Program <https://www.swd.ucla.edu/>"

Physical and mental health

“UCLA is renowned for academic excellence, and yet we know that the majority of students feel overwhelmed at times by demands to succeed academically, socially and personally. Our campus community is committed to helping all students thrive, learn to cope with stress, and build resilience. Remember, self-care is a skill that is critical to everyone’s long-term success. Here are some of the many resources available at UCLA to support students:

- **Counseling and Psychological Services (CAPS):** <https://www.counseling.ucla.edu/> Provides counseling and other psychological/mental health services to students. Walk-in hours are Monday-Thursday 8am-4:30pm and Friday 9am-4:30pm in John Wooden Center West. Crisis counseling is also available 24 hours/day at (310) 825-0768.
- **Ashe Student Health and Wellness Center:** <http://www.studenthealth.ucla.edu> Provides high quality and accessible ambulatory healthcare and education by caring professionals to support the academic success and personal development of all UCLA students.
- **Consultation and Response Team:** <https://www.studentincrisis.ucla.edu/>. Support for students in crisis.
- **Healthy Campus Initiative (HCI):** <https://healthy.ucla.edu> Provides links to a wide variety of resources for enhancing physical and psychological well-being, positive social interactions, healthy sleep, healthy eating, healthy physical activity and more.
- **Campus and Student Resilience:** <https://www.resilience.ucla.edu/> Provides programs to promote resilience and trains students to help support their peers.
- **UCLA Recreation:** <https://www.recreation.ucla.edu/> Offers a broad array of services and programs including fitness, yoga, dance, martial arts, meditation, sports, and much more.
- **Equity, Diversity and Inclusion:** <https://equity.ucla.edu/> Committed to providing an equal learning, working and living environment at UCLA and supports a range of programs to promote these goals campus-wide.”
- **UCLA GRIT Coaching Program:** <https://www.grit.ucla.edu/> GRIT stands for Guidance, Resilience, Integrity and Transformation. In this program, UCLA students receive individualized support from trained peer coaches to manage stress, fostering positive social connections, set goals, and navigate campus resources.