

# UW-Madison Student Resources

## Engineering Wellness & Wellbeing

### Academic Wellness

Academic wellness is managing our school lives and moving closer to achieving our goals in a healthy way.

Depts/Programs/Services	Website	Description
Undergraduate Academic Advising	<a href="https://www.engr.wisc.edu/academics/student-services/academic-advising/">https://www.engr.wisc.edu/academics/student-services/academic-advising/</a>	Each College of Engineering program has academic advisors dedicated to serving its students. Program advisors can help current College of Engineering students with questions about accessing courses, navigating degree requirements, resolving academic issues and more.
Undergraduate Learning Center (ULC)	<a href="https://www.engr.wisc.edu/academics/student-services/ulc/">https://www.engr.wisc.edu/academics/student-services/ulc/</a>	PrEPS ((Practicing Engineering Problem Solving) Lab Sessions, Drop-in Tutoring, Tutoring by Request, PrEPS Study Tables, MATLAB & Advanced MATLAB training, R workshops, Math/Vector reviews, tutoring jobs
Engineering Undergraduate Student Resources	<p>First Year Students  <a href="https://www.engr.wisc.edu/academics/student-services/academic-advising/first-year-undergraduate-students/">https://www.engr.wisc.edu/academics/student-services/academic-advising/first-year-undergraduate-students/</a></p> <p>Off-Campus Transfer Students  <a href="https://www.engr.wisc.edu/academics/student-services/academic-advising/transfer-students/">https://www.engr.wisc.edu/academics/student-services/academic-advising/transfer-students/</a></p>	Get familiar with all things specific to first-year students: group advising, progression requirements, major exploration tools and more. Discover who, what, when, where and why your advisors are available. Learn about the timeline, course requirements and GPA benchmarks for progression in or admission to another program.
UW-Madison Tutoring & Learning Support Resources	<a href="https://advising.wisc.edu/learning-resources-list?field_special_groups_tid%5B%5D=2">https://advising.wisc.edu/learning-resources-list?field_special_groups_tid%5B%5D=2</a>	Examples: The Writing Center, GUTS, The History Lab, etc.
McBurney Disability Resource Center (McBurney)	<a href="https://mcburney.wisc.edu/">https://mcburney.wisc.edu/</a>	We partner with students, faculty, and staff to design accessible environments and to provide academic accommodations so that students can engage, explore and participate in the Wisconsin Idea.
Engineering Undergraduate Research options	<a href="https://www.engr.wisc.edu/academics/beyond-the-classroom/undergraduate-research/">https://www.engr.wisc.edu/academics/beyond-the-classroom/undergraduate-research/</a>	Research opportunities exist in several forms. As one of the premier research universities in the nation, UW-Madison offers an important way to enhance your undergraduate education: by working for credit or for an hourly wage on engineering research projects.
Summer Collegiate Experience (SCE)	<a href="https://cae.ls.wisc.edu/summer-collegiate-experience/">https://cae.ls.wisc.edu/summer-collegiate-experience/</a>	A high-impact, quality-learning, first-year experience for students entering the university. Students typically enter SCE through <a href="#">PEOPLE</a> , <a href="#">First Wave</a> , and <a href="#">CAE</a> ; however, any interested student may apply to participate through CAE. As an SCE student, you will take two classes for degree credit, register for fall courses, and learn about UW-Madison resources and campus culture during a six-week residential summer program.
International Engineering Studies & Programs (IESP)	<a href="http://international.engr.wisc.edu/">http://international.engr.wisc.edu/</a>	Study abroad for engineers. IESP prepares UW-Madison engineering students to study abroad and receives

		international exchange students coming to study at the College of Engineering. With <a href="#">more than 20 programs</a> , including many with instruction in English, IESP is here to help you gain flexibility, adaptability, confidence and crosscultural skills for the job market and fulfill your desire for adventure and learning.
WISCIENCE- STEM Immersion	<a href="https://wiscience.wisc.edu/">https://wiscience.wisc.edu/</a>	It's an immersive orientation experience for underrepresented and first-generation incoming students interested in Science, Technology, Engineering, or Math (STEM) disciplines. STEM Immersion begins with a 4-day program in August and continues with events and informal gatherings during the academic year.
International Student Services (ISS)	<a href="https://iss.wisc.edu/">https://iss.wisc.edu/</a>	International Student Services (ISS) offers a wide variety of services and programs to international students at the University of Wisconsin-Madison. The ISS staff provides information and programs to international students about the campus and community and provide support and assistance concerning visas and related immigration issues.
Cross-College Advising Services (CCAS)	<a href="https://ccas.wisc.edu/">https://ccas.wisc.edu/</a>	Cross-College Advising Service (CCAS) provides academic advising and facilitates career development for undergraduates who are exploring majors and careers. We serve UW-Madison across all eight undergraduate schools and colleges.
Engineering Honors in Liberal Arts (EHLA)	<a href="https://www.engr.wisc.edu/academics/undergraduate-academics/honors/">https://www.engr.wisc.edu/academics/undergraduate-academics/honors/</a>	The EHLA program is intended for a certain number of high-ability students who have a special interest in taking challenging background courses in physical science, natural science, humanities, foreign language, and social science.
Chemistry Learning Center	<a href="https://www.chem.wisc.edu/areas/clc/mission.htm">https://www.chem.wisc.edu/areas/clc/mission.htm</a>	The mission of the Chemistry Learning Center is to assist students who are enrolled in general and organic chemistry courses. Enrollment is voluntary and there is no fee. We offer a supportive learning environment where students meet in small groups with staff to work out effective strategies for mastering the chemical content.
Center for Educational Opportunity (CeO)	<a href="https://ceo.wisc.edu/">https://ceo.wisc.edu/</a>	Program that provides services for students that are first generation, meet certain federal family income guidelines, and students with documented disabilities. CeO Advisors and Staff embrace a personal approach and provide support in every aspect of the student's path to achievement and success.
Badger Bridge	<a href="https://badgerbridge.com/">https://badgerbridge.com/</a>	Provides a platform for networking with Badgers in your field.
DACA/Undocumented Student Support	<a href="https://msc.wisc.edu/undocumented-student-resources/">https://msc.wisc.edu/undocumented-student-resources/</a>	The University of Wisconsin-Madison welcomes and supports students without regard to their immigration status. The university is committed to supporting members of our undocumented community and offers the following information to help better understand the potential impact.
UWell-Career and Academic Wellness	<a href="https://uwell.wisc.edu/career-and-academic-wellness/">https://uwell.wisc.edu/career-and-academic-wellness/</a>	Resources for Career and Academic Wellness

## Career Wellness

Career wellness is managing our work lives and moving closer to achieving our goals in a healthy way.

Depts/Programs/Services	Website	Description
Engineering Career Services (ECS)	<a href="https://ecs.wisc.edu/">https://ecs.wisc.edu/</a>	Aids all Engineering students through the job preparation and search process.
Handshake	<a href="https://wisc.joinhandshake.com/login">https://wisc.joinhandshake.com/login</a>	Pursue a cooperative education assignment, summer internship or full-time job if you are graduating. Log in using your NET ID and complete your profile.
Hire a Badger Engineer-LinkedIn	<a href="https://www.linkedin.com/groups/2236946/">https://www.linkedin.com/groups/2236946/</a>	This is the LinkedIn group created by ECS. We have over 6,300 members. Many jobs get announced here!
Career Exploration Center (CEC)	<a href="https://cec.ccas.wisc.edu/">https://cec.ccas.wisc.edu/</a>	We help students focus on their interests, values, strengths, and personality to give them the tools they need to make decisions about their careers and their futures.
McNair Scholars Program	<a href="https://diversity.wisc.edu/mcnair/">https://diversity.wisc.edu/mcnair/</a>	<p>The Ronald E. McNair Post-Baccalaureate Achievement Program (McNair Scholars Program) creates a bridge to graduate education for undergraduate students at the University of Wisconsin–Madison.</p> <p>The goal of the McNair Scholars Program is to increase the attainment of Ph.D. degrees by students from underrepresented segments of society.</p>
Wisconsin Emerging Scholars (WES)	<a href="https://www.math.wisc.edu/undergraduate/wes">https://www.math.wisc.edu/undergraduate/wes</a>	WES sections are discussion sections attached to a large calculus lecture, but the WES section meets for more hours per week than do the regular discussion sections. A WES discussion section is generally more diverse than a regular section, and students work in small groups on challenging problems designed to foster high levels of understanding and interest. The class is led by a Teaching Assistant (TA) who has exhibited a passion for teaching
Undergraduate Research Scholars Program (URS)	<a href="https://urs.ls.wisc.edu/">https://urs.ls.wisc.edu/</a>	The URS program is for students who want to learn not only the hard and fast skills of their field but also want to acquire an interdisciplinary perspective on research, develop critical thinking, and grow as an informed citizen. Scholars are 1st- and 2nd-year students or transfer students who participate in the two-semester course and participate in a research or creative work project.
UWell-Career and Academic Wellness	<a href="https://uwell.wisc.edu/career-and-academic-wellness/">https://uwell.wisc.edu/career-and-academic-wellness/</a>	Resources for Career and Academic Wellness

## Emotional Wellness

Emotional wellness is being aware of your emotions and how they affect your mood.

Dept/Program/Service	Website	
Let's Talk	<a href="https://www.uhs.wisc.edu/mental-health/lets-talk/">https://www.uhs.wisc.edu/mental-health/lets-talk/</a>	no-cost, informal, confidential consultations at locations around campus throughout the academic year
THRIVE Workshops	<a href="https://www.uhs.wisc.edu/mental-health/thrive/">https://www.uhs.wisc.edu/mental-health/thrive/</a>	Learn skills to help you “thrive” in college.
Mental Health Services-UHS	<a href="https://www.uhs.wisc.edu/mental-health/">https://www.uhs.wisc.edu/mental-health/</a>	Provides mental health and basic health care and prevention services
Multicultural Student Center Wellness Programs	<a href="https://msc.wisc.edu/mental-health-wellbeing/">https://msc.wisc.edu/mental-health-wellbeing/</a>	Drop-in
SilverCloud	<a href="https://www.uhs.wisc.edu/mental-health/silvercloud/">https://www.uhs.wisc.edu/mental-health/silvercloud/</a>	SilverCloud is an online, self-guided, interactive mental health resource that provides UW-Madison students with accessible treatment options 24 hours a day. SilverCloud does not require a referral from a mental health or medical provider.
You@Wisc	<a href="https://you.uhs.wisc.edu/">https://you.uhs.wisc.edu/</a>	Interactive modules within three overarching themes—succeed, thrive, and matter—engage students in many facets of life including community involvement, mental and emotional well-being, and academic and professional success. Student connection portal with tools, content, and resources specific to UW-Madison student life designed to build resilience within students and foster campus connections.
Recovery from Substance Abuse	<a href="https://www.uhs.wisc.edu/mental-health/aoda/">https://www.uhs.wisc.edu/mental-health/aoda/</a>	
24-hour crisis services	<a href="https://www.uhs.wisc.edu/mental-health/crisis/">https://www.uhs.wisc.edu/mental-health/crisis/</a>	<b>If your situation is immediately life-threatening, call 911 or get safely to the nearest hospital emergency room.</b>
Access Appointment	<a href="https://www.uhs.wisc.edu/mental-health/getting-started/">https://www.uhs.wisc.edu/mental-health/getting-started/</a>	Everyone who comes to Mental Health as a new client starts with an <i>Access Appointment</i> to collaboratively determine your needs and connect you to the best resources. There is no charge for this appointment.  To schedule an <i>Access Appointment</i> phone screening call the MHS reception desk at 608.265.5600 (option 2) or log on to <a href="#">MyUHS</a> for 24-hour web appointment booking.
Compassion Training Center for Healthy Minds (UW Madison)	<a href="https://centerhealthyminds.org/join-the-movement/compassion-training">https://centerhealthyminds.org/join-the-movement/compassion-training</a>	Compassion is the feeling of caring for and wanting to help others who are suffering. Compassion meditation is like training the compassion muscle, starting with the lightest weight of a loved one and working up to a heavier weight of a difficult person. 30 minutes a day for two weeks increased altruistic behavior

		and changed the brain's responses to human suffering.
Relaxation	<a href="https://www.uhs.wisc.edu/wellness/relaxation/">https://www.uhs.wisc.edu/wellness/relaxation/</a>	
Counseling	<p>Group Counseling - <a href="https://www.uhs.wisc.edu/mental-health/group-counseling/">https://www.uhs.wisc.edu/mental-health/group-counseling/</a></p> <p>Individual Counseling- <a href="https://www.uhs.wisc.edu/mental-health/individual/">https://www.uhs.wisc.edu/mental-health/individual/</a></p> <p>Couple/Partner Counseling- <a href="https://www.uhs.wisc.edu/mental-health/couple-partner/">https://www.uhs.wisc.edu/mental-health/couple-partner/</a></p>	
Individual Wellness Sessions	<a href="https://www.uhs.wisc.edu/mental-health/getting-started/">https://www.uhs.wisc.edu/mental-health/getting-started/</a>	
Stress Management	<a href="https://www.uhs.wisc.edu/mental-health/getting-started/">https://www.uhs.wisc.edu/mental-health/getting-started/</a>	Students who not already seeing a UHS provider and are interested in a stress management appointment should come to the reception desk of the UHS counseling service (333 East Campus Mall, 7th floor) any time between 9 am and 4 pm, Monday through Friday, for an <a href="#">Access Consultation</a> .
Meditation Classes	<a href="https://www.uhs.wisc.edu/mental-health/mental-health-news/relaxing-and-meditation-101/">https://www.uhs.wisc.edu/mental-health/mental-health-news/relaxing-and-meditation-101/</a>	Meditation classes at UHS introduce the general principles and benefits of meditation. Students will practice different types of meditation including: breathing-focused, mantra-focused, loving kindness, humming, and seven chakra. All classes are free and open to students, faculty, and staff. No registration required.
eCheckup: Alcohol & Marijuana	<a href="https://www.uhs.wisc.edu/prevention/substance-abuse/echeckup/">https://www.uhs.wisc.edu/prevention/substance-abuse/echeckup/</a>	UW-Madison has two online programs available to students who are interested in examining their relationship with alcohol and/or marijuana. By taking <a href="#">Alcohol eCheckup</a> or <a href="#">Marijuana eCheckup</a> , students can learn more about their own substance use habits, compare their behaviors to those of their peers, and helpful campus resources. Both programs are free and available to students 24/7.
Survivor Services	<a href="https://www.uhs.wisc.edu/survivor/">https://www.uhs.wisc.edu/survivor/</a>	Survivor Services provides confidential support to UW-Madison student victims/survivors of sexual assault, sexual harassment, dating violence, domestic violence, and/or stalking. <b>These services are available at no cost.</b> Survivor Services does NOT operate a 24-hour crisis line and does not provide the following: on-call services, diagnosis, prescribe medication, treatment for mental health diagnoses, and legal advice.
Self-help resources	<a href="https://www.uhs.wisc.edu/mental-health/self-help/">https://www.uhs.wisc.edu/mental-health/self-help/</a>	Mental Health, Alcohol and Other Drugs, Treatment and Recovery, etc.
UWell-Emotional Wellness	<a href="https://uwell.wisc.edu/emotional-wellness/">https://uwell.wisc.edu/emotional-wellness/</a>	Resources for Emotional Wellness

## Environmental Wellness

Environmental Wellness is taking care of the setting in which you work, study, and play and realizing how these settings affect you. Environmental wellness is the act of making an effort, however small it may be, to affect change in one's environment.

Depts/Programs/Services	Website	Description
Office of Sustainability	<a href="https://sustainability.wisc.edu/">https://sustainability.wisc.edu/</a>	Find certificate programs, student intern programs, Environment and Sustainability Student Organizations, Green Fund, campus initiatives, etc.
Campus Map	<a href="https://map.wisc.edu/">https://map.wisc.edu/</a>	Interactive campus map
UW-Madison Police Department	<a href="https://uwpd.wisc.edu/">https://uwpd.wisc.edu/</a>	We take pride in our partnership with the campus and area communities to provide leadership in solving community problems, preventing crime, and providing a safe environment to fulfill the mission of the university.
SAFEWalk	<a href="https://transportation.wisc.edu/safewalk/">https://transportation.wisc.edu/safewalk/</a>	<b>TO REQUEST A SAFEWALK, CALL OR TEXT (608) 262-5000.</b> SAFEwalkers can accompany you throughout campus and near-campus locations! ( <a href="#">Service boundaries</a> do not include far west campus, such as UW Hospital and Eagle Heights.) SAFEwalk is a free walking companionship service available to all students, faculty, staff, and UW visitors.
Bias Incidents/Reporting	<a href="https://doso.students.wisc.edu/bias-or-hate-reporting/">https://doso.students.wisc.edu/bias-or-hate-reporting/</a>	If you are visiting this page, you or someone you know is likely hurting after experiencing a bias or hate incident on campus. That should never be part of the Wisconsin Experience and we want address the issue and provide you with resources you might need.
Non-Academic Complaints	<a href="https://doso.students.wisc.edu/non-academic-complaints/">https://doso.students.wisc.edu/non-academic-complaints/</a>	Information pertaining to specific complaints in the following areas can be found: housing, transportation services, UW Police, UHS, Enrollment Management (Admissions, Financial Aid, Bursars, Registrar)
Emergency Assistance (non 911 emergencies)	<a href="https://doso.students.wisc.edu/topics/emergency-assistance/">https://doso.students.wisc.edu/topics/emergency-assistance/</a>	Information regarding: Sexual Assault, Dating, Domestic Violence, and Stalking; Hazing; Bias or Hate Reporting; Missing Student; Crisis Loan; Drop In
Campus Area Housing	<a href="https://campusareahousing.wisc.edu/">https://campusareahousing.wisc.edu/</a>	UW-Madison's Official Source for Off-Campus Apartments
Office of Child Care and Family Resources	<a href="https://occfrc.wisc.edu/">https://occfrc.wisc.edu/</a>	The Office of Child Care and Family Resources promotes the academic and professional goals of the University of Wisconsin community through the administration of early education and family support programs.
Campus Winter Weather Resources (Accessibility)	<a href="https://mcburney.wisc.edu/resources/winter-weather-resources/">https://mcburney.wisc.edu/resources/winter-weather-resources/</a>	Campus snow removal requests and accessibility; Campus Accessible

		Circulator Shuttle; Indoor routes on the campus
DACA/Undocumented Student Support	<a href="https://msc.wisc.edu/undocumented-student-resources/">https://msc.wisc.edu/undocumented-student-resources/</a>	The University of Wisconsin-Madison welcomes and supports students without regard to their immigration status. The university is committed to supporting members of our undocumented community and offers the following information to help better understand the potential impact.
UWell-Environmental Wellness	<a href="https://uwell.wisc.edu/environmental-wellness/">https://uwell.wisc.edu/environmental-wellness/</a>	Resources for Environmental Wellness.

### Financial Wellness

Financial wellness is minimal stress due to personal finances.

Depts/Programs/Services	Website	Description
UW Madison Food Assistance (various resources)	<a href="https://www.uhs.wisc.edu/food/foodassist/">https://www.uhs.wisc.edu/food/foodassist/</a>	Day-to-day expenses like food, clothing, and rent can make it challenging for students to make ends meet. The <a href="#">resources</a> and student organizations listed at this website are available at no cost to all students. There is no requirement to prove need or affiliation with the groups listed.
FoodShare Wisconsin	<a href="https://www.dhs.wisconsin.gov/foodshare/index.htm">https://www.dhs.wisconsin.gov/foodshare/index.htm</a>	FoodShare Wisconsin was created to help stop hunger and to improve nutrition and health. FoodShare helps people with limited money buy the food they need for good health.
GradReady	<a href="https://gradready.com/gradready/sponsor/wisc">https://gradready.com/gradready/sponsor/wisc</a>	<b>FREE</b> online financial wellness program called <a href="#">GradReady</a> . With <a href="#">GradReady</a> , the more you know the less you'll owe. By creating an account, users are able to learn about paying for college, money management, and real world finance through module-based learning. Videos, quizzes and personalized budgeting exercises allow you to earn badges as you go. <b>GradReady is now available to all students, staff, faculty, and alumni.</b>
Office of Student Financial Aid	<a href="https://financialaid.wisc.edu/">https://financialaid.wisc.edu/</a>	Workshops, provides assistance regarding various types of aid available.
Bursar's Office	<a href="https://bursar.wisc.edu/">https://bursar.wisc.edu/</a>	The Bursar's Office manages student tuition account billing and collection. You will find valuable information on our website on how to understand your tuition bill, how to pay your tuition, and how to receive a refund.
Wisconsin Scholarship Hub (WiSH)	<a href="https://wisc.academicworks.com/">https://wisc.academicworks.com/</a>	You can apply to and find specific information on scholarships at UW-Madison.
Free Application for Federal Student Aid (FAFSA)	<a href="http://www.fafsa.gov">www.fafsa.gov</a>	The annual application for federal, state, and institutional financial aid.

ASM Bus Pass	<a href="https://www.asm.wisc.edu/resources/buspass/">https://www.asm.wisc.edu/resources/buspass/</a>	ASM Bus Passes are good for unlimited use of the <a href="#">Metro Transit</a> public transportation system by student registered at UW-Madison. Students pay for the program through student fees, and this program is exclusively for the use of students who have been charged these fees for the appropriate semester.
Crisis Loans Dean of Students Office	<a href="https://doso.students.wisc.edu/services/crisis-loan/">https://doso.students.wisc.edu/services/crisis-loan/</a>	Short term loans may be sought by students when an unexpected life event or circumstance takes place that causes financial hardship. These loans are generally under <b>\$500</b> . They may not be used for paying tuition/fees or any fines. Dollars for this fund are from generous gifts from private donors and from the proceeds of fundraising efforts by student organizations. Short term loans should be paid back within 3 months and are interest-free during this time period.
Student Jobs	<a href="https://studentjobs.wisc.edu/">https://studentjobs.wisc.edu/</a>	Welcome to the hub for Student Jobs, where students have access to thousands of part-time employment opportunities both through UW-Madison as well as businesses within the local community.
Veteran Services & Military Assistance Center	<a href="https://veterans.wisc.edu/">https://veterans.wisc.edu/</a>	Our team assists with the transition to campus, handles the certification of education benefits, and connects military-affiliated students with needed resources to achieve academic success.
Office of Child Care and Family Resources	<a href="https://occf.wisc.edu/">https://occf.wisc.edu/</a>	The Office of Child Care and Family Resources promotes the academic and professional goals of the University of Wisconsin community through the administration of early education and family support programs.
Wisconsin Union Jobs	<a href="https://union.wisc.edu/get-involved/jobs/">https://union.wisc.edu/get-involved/jobs/</a>	There are many jobs to choose from, including barista, pizza maker, housekeeper, computer support, event manager and more. We have opportunities at many locations: Memorial Union, Union South and more than 25 dining locations across campus.
Tenant Resource Center	<a href="http://www.tenantresourcecenter.org/">http://www.tenantresourcecenter.org/</a>	A nonprofit, membership organization dedicated to promoting positive relations between rental housing consumers (tenants) and providers (landlords) throughout Wisconsin. By providing information and referrals, education about rental rights and responsibilities, and access to conflict resolution, we empower the community to obtain and maintain quality affordable housing.
Student Discounts	<a href="https://it.wisc.edu/news/tech-deals-5/">https://it.wisc.edu/news/tech-deals-5/</a>	Various student discounts. Check to make sure they're still valid.  Babcock Hall Dairy Store and all University Housing and Wisconsin Union dining locations provide a 5% discount on most



Using your Wiscard	<a href="https://wiscard.wisc.edu/wiscard-account/why-use-your-wiscard-account/">https://wiscard.wisc.edu/wiscard-account/why-use-your-wiscard-account/</a>	purchases. In addition, enrolled students do not pay the 5.5% sales tax on food when using Wiscard, effectively saving them over 10% total on these items. University Housing residents receive additional discounts at University Housing dining locations.
UWell-Financial Wellness	<a href="https://uwell.wisc.edu/financial-wellness/">https://uwell.wisc.edu/financial-wellness/</a>	Resources for financial wellness.

## Physical Wellness

Physical wellness is taking care of our bodies in our everyday lives.

Depts/Programs/Services	Website	Description
University Recreation & Wellbeing	<a href="https://recsports.wisc.edu/">https://recsports.wisc.edu/</a>	Intramural sports, sport clubs, group fitness, etc.
UW Running Routes	<a href="https://lakeshorepreserve.wisc.edu/visit/places/the-lakeshore-path/">https://lakeshorepreserve.wisc.edu/visit/places/the-lakeshore-path/</a>	The Lakeshore Path is the ribbon that ties the entire Lakeshore Nature Preserve together—the path either runs through or near all the major areas in the Preserve. There are actually two trail segments that make up the Lakeshore Path: the Howard Temin Path and the Lake Mendota Path.
UW Fitness Trail	<a href="https://recsports.wisc.edu/facilities/fitness-trail/">https://recsports.wisc.edu/facilities/fitness-trail/</a>	The Fitness Trail along the lakeshore path features nine stations designed to target specific muscle groups. Check the <a href="#">Fitness Trail website</a> for the full route, plus videos and descriptions of each station to give you some ideas on how to use them.
Medical Services	<a href="https://www.uhs.wisc.edu/medical/">https://www.uhs.wisc.edu/medical/</a>	With two convenient clinic locations, our providers address concerns relating to colds, the flu, injuries, stress, and gynecologic care as well provide health consultations for international travel and trans health care services. Most medical services are free of charge.
McBurney Disability Resource Center	<a href="https://mcburney.wisc.edu/">https://mcburney.wisc.edu/</a>	We partner with students, faculty, and staff to design accessible environments and to provide academic accommodations so that students can engage, explore and participate in the Wisconsin Idea.
Trans Health Services at UHS	<a href="https://www.uhs.wisc.edu/front/trans-health/">https://www.uhs.wisc.edu/front/trans-health/</a>	Health Services
Let's Yoga	<a href="https://www.uhs.wisc.edu/mental-health/lets-yoga/">https://www.uhs.wisc.edu/mental-health/lets-yoga/</a>	Yoga
Nutrition Services (UHS)		UHS nutritionists can help with weight management, cholesterol or blood pressure control, vegetarianism, and general nutrition questions. Initial visits are 45 minutes and may include: <ul style="list-style-type: none"> <li>• developing personalized strategies for changing habits</li> <li>• disease management or prevention</li> <li>• development of meal plans</li> <li>• healthy cooking techniques</li> </ul>

		<ul style="list-style-type: none"> <li>• routine exercise</li> </ul>
Massage Therapy	<a href="https://www.uhs.wisc.edu/wellness/massage/">https://www.uhs.wisc.edu/wellness/massage/</a>	Massage is offered year-round at UHS. A 50-minute massage costs \$40. Cash and personal checks (made out to the massage therapist) are accepted for payment. Credit cards or online payment are <i>not</i> available for massage.
Acupuncture	<a href="https://www.uhs.wisc.edu/wellness/acupuncture/">https://www.uhs.wisc.edu/wellness/acupuncture/</a>	The <u>cost</u> is \$20 (cash only) paid directly to the acupuncturist at the start of treatment. UHS acupuncture services are <b>not</b> covered by the Student Health Insurance Plan. UHS does not bill insurance nor provide billing statements to submit for insurance reimbursement for acupuncture services.
Yoga for Every Body (BMI >30)	<a href="https://www.uhs.wisc.edu/uncategorized/finding-your-zen-plus-size-yoga/">https://www.uhs.wisc.edu/uncategorized/finding-your-zen-plus-size-yoga/</a>	Groups are held on Mondays at 1 pm in the 4th floor multi-purpose room of the Student Activity Center. This yoga group is intended for students with a BMI of 30 or above. If you match that criteria and are interested, sign up by calling us at 265-5600 (option 2).
Eating Disorders	<a href="https://www.uhs.wisc.edu/mental-health/eating-disorders/">https://www.uhs.wisc.edu/mental-health/eating-disorders/</a>	Many students who have concerns related to eating and body image could benefit from an Eating Disorder Assessment. This is a two-session process to explore aspects of a student's behavior, thoughts, and emotions related to past and current eating behaviors and body image to clarify diagnosis and recommend treatment options. UHS takes an integrated team approach to treating eating disorders with a treatment team consisting of counseling, psychiatry, <u>medical</u> , and <u>nutrition</u> providers.
Wisconsin Hoofers	<a href="https://www.hoofers.org/">https://www.hoofers.org/</a>	Premier outdoors club at the University of Wisconsin-Madison. Hoofers is one of the oldest and largest student organization on campus. Hoofers is a place where people of all abilities can learn outdoor skills and enjoy outdoor activities. Mountaineering, Outing, Riding, Sailing, Scuba, Ski & Snowboarding
Paddling, Yoga & Snowshoe Group Activities	<a href="https://union.wisc.edu/events-and-activities/outdoor-uw/group-paddling/">https://union.wisc.edu/events-and-activities/outdoor-uw/group-paddling/</a>	Group activities
Wisconsin Basecamp	<a href="https://union.wisc.edu/events-and-activities/outdoor-uw/wisconsin-basecamp/">https://union.wisc.edu/events-and-activities/outdoor-uw/wisconsin-basecamp/</a>	Join us on a summer wilderness adventure that prepares you for campus life and connects you with a small community of other new students. Wisconsin Basecamp, a student-led orientation program, will challenge you in ways both obvious and unexpected.
UWell- Physical Wellness	<a href="https://uwell.wisc.edu/physical-wellness/">https://uwell.wisc.edu/physical-wellness/</a>	Resources for physical wellness

## Social Wellness

Social Wellness includes building supportive and caring social relationships that contribute to a healthy community and support your individual successes.

Depts/Programs/Services	Website	Description
Engineering Student Organizations	<a href="https://www.engr.wisc.edu/academics/beyond-the-classroom/student-organizations/">https://www.engr.wisc.edu/academics/beyond-the-classroom/student-organizations/</a>	There are more than 50 engineering affiliated student organizations on campus, so there is bound to be a group that speaks to your interests and passions.
Wisconsin Involvement Network (WIN)	<a href="https://win.wisc.edu/">https://win.wisc.edu/</a>	UW-Madison Student Organizations. Find organizations, discover events, track your activities and memberships.
Wisconsin Experience	<a href="https://wisconsinexperience.wisc.edu/">https://wisconsinexperience.wisc.edu/</a>	UW-Madison's vision for the total student experience combines learning in and out of the classroom, with students engaging in four areas of intellectual and personal growth. Find opportunities to connect through: Empathy & Humility, Relentless Curiosity, Intellectual Confidence, and Purposeful Action
International Student Services (ISS)	<a href="https://iss.wisc.edu/">https://iss.wisc.edu/</a>	International Student Services (ISS) offers a wide variety of services and programs to international students at the University of Wisconsin-Madison. The ISS staff provides information and programs to international students about the campus and community and provide support and assistance concerning visas and related immigration issues.
Multicultural Student Center (MSC)	<a href="https://msc.wisc.edu/">https://msc.wisc.edu/</a>	The primary mission of the Multicultural Student Center is to collaboratively strengthen and sustain an inclusive campus where all students, particularly students of color and other historically underserved students, can realize an authentic Wisconsin Experience.
Black Cultural Center (BCC)	<a href="https://msc.wisc.edu/about-bcc/">https://msc.wisc.edu/about-bcc/</a>	<b>Black Cultural Center (BCC)</b> at the University of Wisconsin-Madison serves Black students (including African-American, Caribbean, Afro-Latinx, and African Diaspora) by facilitating opportunities for academic and social support, co-curricular programming, and community building.
Gender and Sexuality Campus Center (GSCC)	<a href="https://lgbt.wisc.edu/">https://lgbt.wisc.edu/</a>	The Gender and Sexuality Campus Center provides education, outreach, advocacy, and resources for UW-Madison student communities and their allies to improve campus climate and their daily intersectional experiences.

Women in Science & Engineering (WISE)	<a href="https://www.housing.wisc.edu/residence-halls/learning-communities/wise/">https://www.housing.wisc.edu/residence-halls/learning-communities/wise/</a>	Based in Waters Residence Hall, the Women in Science and Engineering (WISE) residential learning community is a welcoming environment where women interested in STEM fields build a strong community with each other and UW-Madison staff and faculty who share their interests.
UW-Madison's Campus Women's Center	<a href="http://www.campuswomenscenter.org/">http://www.campuswomenscenter.org/</a>	We provide a variety of support and education services to the campus community on fem-centered issues and intersections of identity. We affirm and celebrate women's power to create social change by challenging and transforming institutions and relationships that oppress women.
Transfer Transition Program	<a href="https://transfer.wisc.edu/">https://transfer.wisc.edu/</a>	
UW Badger Athletics	<a href="https://uwbadgers.com/">https://uwbadgers.com/</a>	UW Athletics
Center for Leadership & Involvement (CfLI)	<a href="https://cfli.wisc.edu/">https://cfli.wisc.edu/</a>	Assists students in intentionally connecting with the far ranging opportunities that exist throughout campus, including student organizations, the Greek community and many others. As a Center we offer leadership programming that supports students in making meaning of these experiences and in developing leadership capacity – the ability to affect positive change.
Morgridge Center for Public Service	<a href="https://morgridge.wisc.edu/">https://morgridge.wisc.edu/</a>	The <a href="#">Morgridge Center for Public Service</a> connects campus and community through service, service learning and community-based research to build a thriving democratic society.
Associated Students of Madison (ASM)	<a href="https://www.asm.wisc.edu/">https://www.asm.wisc.edu/</a>	The Associated Students of Madison (ASM) is first and foremost a grassroots organization that works to directly involve and empower all students in making their own lives better by participating in strategic campaigns. Through this work students learn to be effective, engaged citizens who can coordinate and advocate for themselves. ASM is not a Registered Student Organization. The roles of ASM can be divided into three categories: direct action, governance, and service.
The Leadership Institute (LI)	<a href="https://lcice.wisc.edu/learning-communities/the-leadership-institute-li/">https://lcice.wisc.edu/learning-communities/the-leadership-institute-li/</a>	Provides participants with a dialogue-based professional development opportunity. In weekly meetings, participants co-create inclusive learning environments as they share experiences, confront assumptions, and deconstruct historically dominant social paradigms. In doing so, participants develop their personal leadership capacities to interact more effectively across multiple perspectives and social identities. Year-long exposure engenders relationship and trust building – a critical component to sustaining equitable, working, teaching, and learning environments for all.

DACA/Undocumented Student Support	<a href="https://msc.wisc.edu/undocumented-student-resources/">https://msc.wisc.edu/undocumented-student-resources/</a>	The University of Wisconsin-Madison welcomes and supports students without regard to their immigration status. The university is committed to supporting members of our undocumented community and offers the following information to help better understand the potential impact.
Arts on Campus	<a href="https://arts.wisc.edu/">https://arts.wisc.edu/</a>	Find the rich art scene on campus. There are many ways for students and community members to get involved with the arts on campus!
UW-Madison's Events Calendar	<a href="https://today.wisc.edu/">https://today.wisc.edu/</a>	Find out what's happening across campus.
UWell- Social Wellness	<a href="https://uwell.wisc.edu/social-wellness/">https://uwell.wisc.edu/social-wellness/</a>	Resources for social wellness

### Spiritual Wellness

Spiritual wellness is focused on subjective experiences and psychological growth that encourages meaningful acts and experiences. Spirituality can be found through many avenues. Stay true to your own beliefs and stay open minded towards others'. Spirituality can be found through religion, mindfulness practice, or taking time for yourself.

Depts/Programs/Services	Website	Description
Various religious/spiritual Organizations	<a href="https://win.wisc.edu/">https://win.wisc.edu/</a>	Search the 'religious/spiritual' category for results.
Center for Religion and Global Citizenry	<a href="https://religion.wisc.edu/">https://religion.wisc.edu/</a>	Has events, supports a UW Interfaith Network  Has an Interfaith Fellows Program that trains up to fifteen undergraduate students to become more knowledgeable about different religious traditions and more skilled at communicating with people from other religious backgrounds.
Center for Healthy Minds	<a href="https://centerhealthyminds.org/">https://centerhealthyminds.org/</a>	Cultivate well-being and relieve suffering through a scientific understanding of the mind. Resource: Your Well-being Toolkit
Religious Studies Certificate	<a href="https://religiousstudies.wisc.edu/certificate/">https://religiousstudies.wisc.edu/certificate/</a>	A Certificate in Religious Studies is available to all undergraduates and special students studying at UW-Madison.
The Center for Contemplative Mind in Society	<a href="http://www.contemplativemind.org/">http://www.contemplativemind.org/</a>	We envision higher education as an opportunity to cultivate deep personal and social awareness: an exploration of meaning, purpose, and values in service to our common future.  Contemplative practices & resources provided.
Wellness for Culture (Indigenous Wellness Initiative)	<a href="https://www.wellforculture.com/">https://www.wellforculture.com/</a>	WELL FOR CULTURE is a grassroots initiative which aims to reclaim and revitalize Indigenous health and wellness. We study and implement the lifestyle teachings of our ancestors, meanwhile incorporating new information to contribute to this ancient and ongoing chain of knowledge.
UWell- Spiritual Wellness	<a href="https://uwell.wisc.edu/spiritual-wellness/">https://uwell.wisc.edu/spiritual-wellness/</a>	Resources for spiritual wellness

### For Parents/Families Supporting Students

Resources for parents and families supporting their student through college.

Depts/Programs/Services	Website	Description
Parent and Family Program	<a href="https://parent.wisc.edu/">https://parent.wisc.edu/</a>	<p>Provides resources, information, event information, news, and answers your questions.</p> <p>The University of Wisconsin–Madison recognizes that you are a very important partner in your student’s success. The Parent and Family Program helps you stay connected to campus and serves as your ongoing resource throughout your student’s college career.</p>
Suicide prevention resources for Parents	<a href="https://www.uhs.wisc.edu/prevention/suicide-prevention/parent-suicide-prevention-resources/">https://www.uhs.wisc.edu/prevention/suicide-prevention/parent-suicide-prevention-resources/</a>	<p>Parents and guardians can play an important role in promoting a student’s mental health. It is important for family members to be aware of common stressors students face at college, intervene when there are concerns about a student, and know about available resources. We recommend that all parents familiarize themselves with the 3 R’s: <a href="#">Recognize</a>, <a href="#">Respond</a>, <a href="#">Refer</a>.</p>
PARENT & GUARDIAN RESOURCES from the Center for Leadership & Involvement	<a href="https://cfli.wisc.edu/parent-guardian-resources/">https://cfli.wisc.edu/parent-guardian-resources/</a>	<p>Parents and guardians play an integral part in encouraging a student to get involved during their time at the University. There are many benefits as to why your student should get involved on campus, such as making the large campus feel smaller, assisting a student figure out their career path, and helping gain admission to a school/college or obtaining an internship.</p>
UWell- 7 Dimensions of Wellness	<a href="https://uwell.wisc.edu/">https://uwell.wisc.edu/</a>	<p>Information and resources for the Dimensions of Wellness at UW-Madison.</p>

### Community Resources

Depts/Programs/Services	Website	Description
211 Wisconsin	<a href="https://www.unitedwaydanecounty.org/get-help/2-1-1-2/">https://www.unitedwaydanecounty.org/get-help/2-1-1-2/</a>	<p>The network of social services is vast and complicated. By calling 2-1-1 people get connected with a specialist who can help navigate the system.</p> <p>Whether you need financial assistance, food resources, housing search, addiction treatment, health care, mental health, or</p>

		heating and utilities assistance, our specialists will talk to you to find out what you need and walk you through all the options to find the right service or program to fit your needs.
Friends of the State Street Family	<a href="https://friendsofthestatestreetfamily.org/get-help/">https://friendsofthestatestreetfamily.org/get-help/</a>	Resource Guide
Link Dane	<a href="https://link-dane.co/">https://link-dane.co/</a>	Resources for food, hygiene, medical, shelter, technology, and community
WisCARES	<a href="https://wiscares.wisc.edu/">https://wiscares.wisc.edu/</a>	Wisconsin Companion Animal Resources, Education, and Social Services (WisCARES) is an outreach partnership at the University of Wisconsin that provides basic veterinary medical care, housing support and advocacy, and other support services to Dane County pet owners who are low income, currently experiencing or are at risk of homelessness, as well as those who are unable to pay for veterinary medical services needed for access to housing.
Mad City Homeless Resource Guide	<a href="http://www.madcityhomelessresourceguide.com/">www.madcityhomelessresourceguide.com/</a>	Resource Guide
UWell- 7 Dimensions of Wellness	<a href="https://uwell.wisc.edu/">https://uwell.wisc.edu/</a>	Information and resources for the Dimensions of Wellness at UW-Madison.

**\*\*Note: By no means is this list comprehensive; it is simply a starting point for identifying resources.\*\***

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