

— JOHN CARROLL UNIVERSITY —

ORIENTATION

JCU RESOURCES FOR STUDENTS NEW TO THE CAMPUS COMMUNITY

Living on campus?

Each floor in the residence halls has a student leader known as a resident assistant (RA), who is assigned to help build a community on the floor and help students resolve their problems. If students don't feel like they can talk to their RAs, they should seek out their area coordinator, a professional staff member who supervises the RAs and helps run the hall where they live. **Questions? Contact Residence Life at 216.397.4408.**

Commuting from home?

The Office of Student Engagement (OSE) is located above the bookstore in the Student Center and sponsors four to five social programs a month for commuters. Students should also check out the Commuter Lounge, which is located next to the Jardine Room in the Student Center. **Questions? Contact OSE at 216.397.4288.**

Looking to get involved?

The annual Student Involvement Fair is an event for JCU students to get connected with the 90+ student organizations on campus. After that event is over, students can always stop up to the Office of Student Engagement and get information on ways to get involved and connected on campus. **Questions? Contact OSE at 216.397.4288 or connect with us on Instagram @jcu_supb**

Feeling homesick or facing another challenging situation?

The University Counseling Center provides free, confidential counseling and psychiatry services for students and is located on the garden level of the Dolan residence hall. You can also drop in "Let's Talk" in CSDI to attend consultations with one of our therapists without any appointment necessary, or check out the digital resources available on our website at jcu.edu/counselingcenter. **Questions? Contact the University Counseling Center at 216.397.4283.**

Facing some basic health issues, such as the flu or strep throat?

The Health Center provides many free services for students and is located in the basement of Murphy Hall. The center is staffed by professional nurses with a physician stopping by during certain hours to help provide treatment for more complicated illnesses, utilizing the insurance carried by the students and/or their families. **Contact the Health Center at 216.397.4349.**

Looking for a way to stay active?

JCU Recreation offers a wide-variety of healthy and active facilities, programs, and services. The Corbo Fitness Center, located on the ground floor of the Student Center, provides diverse options for cardio and strength training and is undergoing a complete renovation during the summer of 2020. The first floor of the Student Center houses the newly renovated Fitness Studio, Johnson Natatorium, Intramural Gym, and a racquetball court. All currently enrolled students have access to these facilities using their Carroll Card. Additionally, JCU offers more than 20 intramural sports, 11 club sports, and a variety of weekly group fitness classes taught by certified instructors.

For more information, please contact recreation@jcu.edu.

Looking to connect with one of JCU's cultural organizations?

The Center for Student Diversity and Inclusion (CSDI) welcomes all first-year students to register for the M.E.L.T. Peer Mentoring Program. This program connects you with a peer mentor and CSDI STAFF to support and ease your transition to JCU. The goal of CSI programming is to support students who identify as students who identify as a first-generation college student, as a student of color, within the LGBTQIA+ community, and/or students with disabilities. Programming by cultural student organizations encourages all students to learn about cultures, faiths, and experiences. Some of these organizations include: Black Students in Action, Latin American Student Association, LGBTQIA+ Allies, Middle Eastern Student Association, South Asian Student Association, and the Muslim Student Society. **Questions? Contact CSDI at csdi@jcu.edu or 216.397.4185. Connect with us on Instagram @jcucsdi.**

