

Sample Syllabus Language **Student Resources**

Sample Syllabus Language for Key Resource Centers

Slug Support

<https://deanofstudents.ucsc.edu/slug-support/program/>

If you are facing financial challenges, food and housing insecurity, or other concerns, and you are not sure how to find the resources you need, contact Slug Support at (831) 459-4446. You can also contact Slug Support if you are concerned about a friend or peer and they will connect with that person to help them get access to the resources they need. I can also contact Slug Support on your behalf.

Basic Needs

<https://basicneeds.ucsc.edu>

If you are experiencing challenges related to basic needs, such as food, housing, health & wellness, or financial security, visit the Basic Needs hub for information about food pantries, accessible housing, mental health support, and financial aid options.

Student Success Centers

<https://studentsuccess.ucsc.edu/resource-centers/index.html>

UC Santa Cruz has a variety of resources to support your overall success at UC Santa Cruz, ensure accessible living and learning environments, help you when you're experiencing personal or academic challenges, and support you in building community. If you do not find what you're looking for on the list at the link above, you are encouraged to contact a college advisor, or to go directly to Slug Support.

Undocumented Student Services (USS)

https://eop.ucsc.edu/undocumented_student_services/index.html

Under the umbrella of the Educational Opportunities Programs, Undocumented Student Services (USS) provides personal, academic, financial, and legal support to all UCSC undocumented students, including scholarship and fellowship information, community-building meetings, legal assistance and workshops, and access to fresh produce.

CARE (Campus Advocacy Resources and Education)

<https://care.ucsc.edu/>

CARE is a confidential space to discuss issues of dating violence, sexual assault, and stalking. CARE advocates provide support in a variety of ways depending on your needs, such as by supporting you in your decision-making; understanding the complexities that can arise from these issues; providing emotional support and free services; and providing resources and referrals.

Make an appointment:	https://care.ucsc.edu/services/advocacy-appointment-request1.html
Give CARE a call:	(831) 502-2273
Visit CARE:	Oakes Administration Building, Room 221 (as of Fall 2019) [If using Google navigation, search 223 Oakes Road]

CAPS (Counseling and Psychological Services)

<https://caps.ucsc.edu/>

If you are in distress, managing heightened stress and anxiety, or want to get more support and a counselor's perspective on something you're going through, CAPS provides a variety of services for your needs—including immediate crisis support, scheduled individual appointments, group counseling, and workshops led by peer advisors.

- Crisis Assistance: <https://caps.ucsc.edu/counseling/crisis-assistance.html>
Walk in: Location at the Student Health Center in the East Wing on the 2nd floor
Call during operating hours: M-F 8am-5pm: (831) 459-2628
Call after operating hours: (831) 459-2628, then select option "3" (talk to a counselor) to get connected to an after-hours counselor
- Drop-in Services: <https://caps.ucsc.edu/drop-in-services-no-left-menu.html>
Drop-in services include "Let's Talk," a service offered at a variety of campus locations where you can stop by for a one-time talk with a professional counselor to get information or support, and "Relaxation Station," a designated area in the CAPS office designed to help you de-stress.
- LGBTQ+ Services: <https://caps.ucsc.edu/counseling/lgbtq-counseling-services.html>
Resources and counselors with specific awareness of intersecting and non-binary identities.
- Scheduled Services: <https://caps.ucsc.edu/scheduled-services-no-left-menu.html>
Includes individual and group counseling.
- Self-Support Library: <https://caps.ucsc.edu/resources/self-help.html>
Online resources on time management, managing stress and anxiety, and learning more about mental health.

Student Health Center

<https://healthcenter.ucsc.edu/services/index.html>

In addition to providing medical and health care, the Student Health Center provides resources and information for overall wellness and sexual health at [Student Health Outreach and Promotion \(SHOP\)](#). SHOP also provides a safe, confidential, and nonjudgmental space where you can talk about and get information about alcohol and other drugs. [The COVE](#) offers a space for sober students or students questioning their relationship to alcohol and other drugs. If you're seeking more information, strategies, and opportunities to engage in honest dialogue about safer social and party experiences, visit [Party Like a Slug](#).