Student Resources to Assist You, March 24, 2020

University of Northern Iowa
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Student Resources to Assist You

Dear UNI Students:

What a stunning and unprecedented time in which we find ourselves. I hear the variety of emotions we experience as we deal with this health crisis – frustration, denial and fear. However, many are also exhibiting hope and kindness as we forge this new reality together, and these are the things I love about UNI.

As students, there are a few new details you need to know. First, UNI will not be charging late fees this semester. We understand COVID-19 may be placing additional financial stress on our students. Our response is to waive all future late fees through the end of the spring term. If you have U-Bill related questions, please don’t hesitate to contact the Students Accounts team at 319-273-2164 or email student.accounts@uni.edu.

Second, for those of you who live in and around the Cedar Valley, we want to remind you that we do have outdoor WiFi access on campus, which we recently expanded to include the Noehren Hall parking lot. Our academic buildings on campus are also open from 7 a.m. to 5 p.m. If students need to enter these buildings to use WiFi, we encourage social distancing. For more information about WiFi, printing through the UNI Bookstore, Eduroam service, and incentives currently being offered by cell phone/broadband providers, please visit IT’s Remote Access page.

In this health crisis, it is natural to think first about how you will be impacted. Indeed, we have to take care of ourselves and our loved ones. Yet what I also know is that no one is in this alone. We are in this together, and together we will get through this situation. If you or someone you know is in distress, please complete this form. Staff are available to help you work through any struggles.

In the Division of Student Affairs, our mission is to support students. Here is a list of our many services, along with contact information:

Student Accessibility Services
accessibilityservices@uni.edu
319-273-2677
sas.uni.edu

The office is working individually with students and faculty to ensure they have the tools needed to adjust to the online environment.
Career Services
careerservices@uni.edu
319-273-6857
careerservices.uni.edu

Services:

- **Cover Letter and Resume Critique.** Email your resume directly to your career advisor or to career-guides@uni.edu for feedback.
- **Mock Interviews.** Email or Google Chat your advisor to schedule a video mock interview.
- **Internship questions.** Currently in an internship? Email your faculty advisor and your career advisor.
- **Registration.** For students wanting to register for summer or fall, instead of face-to-face meetings, all paperwork can now be completed by email.

Diversity, Inclusion & Social Justice
cme@uni.edu
319-273-2250
cme.uni.edu

Offices:

- **Center for Multicultural Education**—Arranging programming, support and peer mentoring programs virtually.
- **Gender and Sexuality Services**—Virtual Office Hours via Zoom (drop-in, open to all):
  - Tuesdays 10:30 AM - 12:00 PM
  - Wednesdays 2:00-3:30 PM:
  - Thursdays 10:30 AM - 12:00 PM
  - Fridays 2:00-3:30 PM
  - LGBTQ+ students are encouraged to join the virtual community on Discord by DMing or e-mail for an invite link. Discord is a text and voice chat available on a desktop browser or as an app at discordapp.com. Moderators can help you learn how to use it if needed. Students can also get links to Zoom meetings at lgbt.uni.edu/virtual. This page also contains content for faculty use in their courses as a substitute for guest lectures.
- **Military and Veteran Student Services**—Students are encouraged to join the UNIVA Facebook page to stay connected and updated.

Student Health and Wellbeing
319-273-2009
health.uni.edu
- **Student Health Clinic Telehealth Services**: Students can schedule a telehealth or telepsychiatric services by calling 319-273-2009 option #1 to schedule a time for an assessment.
- **Counseling Center**: 319-273-2676 or visit counseling.uni.edu for personal and confidential teletherapy options.
- **Student Wellness Services**: 319-273-3423 or visit studentwellness.uni.edu. Offering Wellness Coaching and Intuitive Eating for students via Zoom.
- **Recreation Services**: Email recreationservices@uni.edu, call 319-273-6275, or visit recreation.uni.edu. The center is working on virtual fitness classes and Esports options, as well as safe outdoor opportunities that allow for necessary social distancing.

### Student Life & Event Services
319-273-2256
studentlife.uni.edu

Current projects:
- Reformattting the Student Leadership Awards ceremony to be conducted virtually.
- Coordinating with NISG, your student government, to facilitate the FY21 budget process and to transition new leadership.
- Serving students via the Panther Pantry, starting with one day a week (Wednesday) for students to pick up a Panther Packs.

Finally, we are partnering with the UNI Foundation to find additional financial support for the Panther Pantry, Student Emergency Fund, and Students First Scholarship Fund. Visit pawprint.uni.edu/g/studentsupport to learn more.

UNI has many resources available to you, so this is not the time to go it alone! For the most up-to-date information from UNI about COVID-19, go to prepare.uni.edu.

Please Be Kind and Be Well!

Paula Knudson
Vice President for Student Affairs