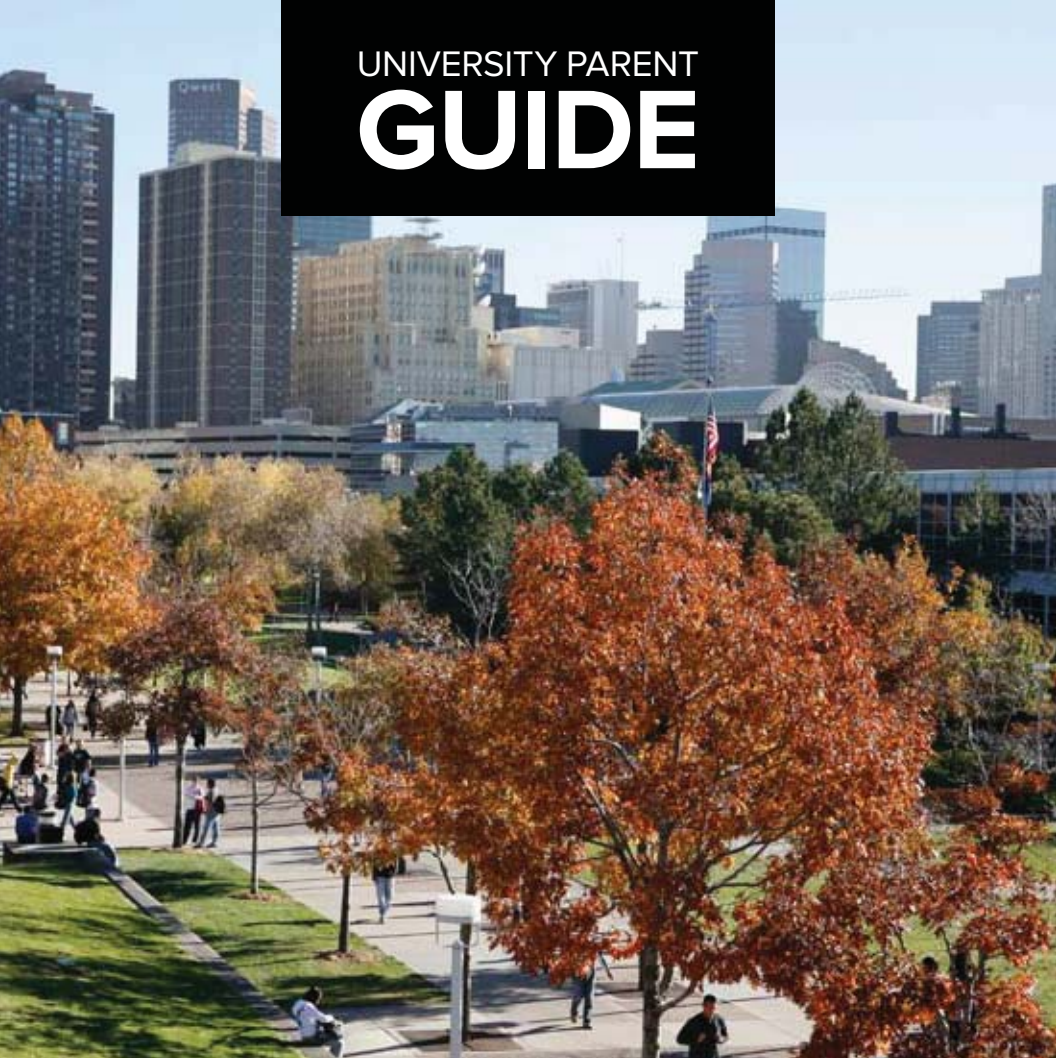


UNIVERSITY PARENT
GUIDE



2011



University of Colorado
Denver

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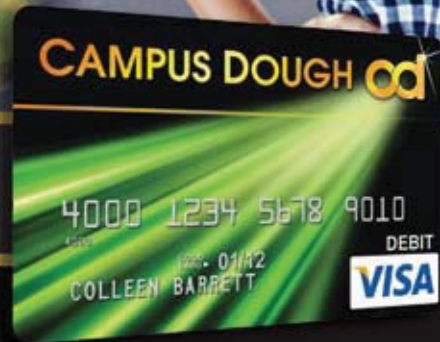
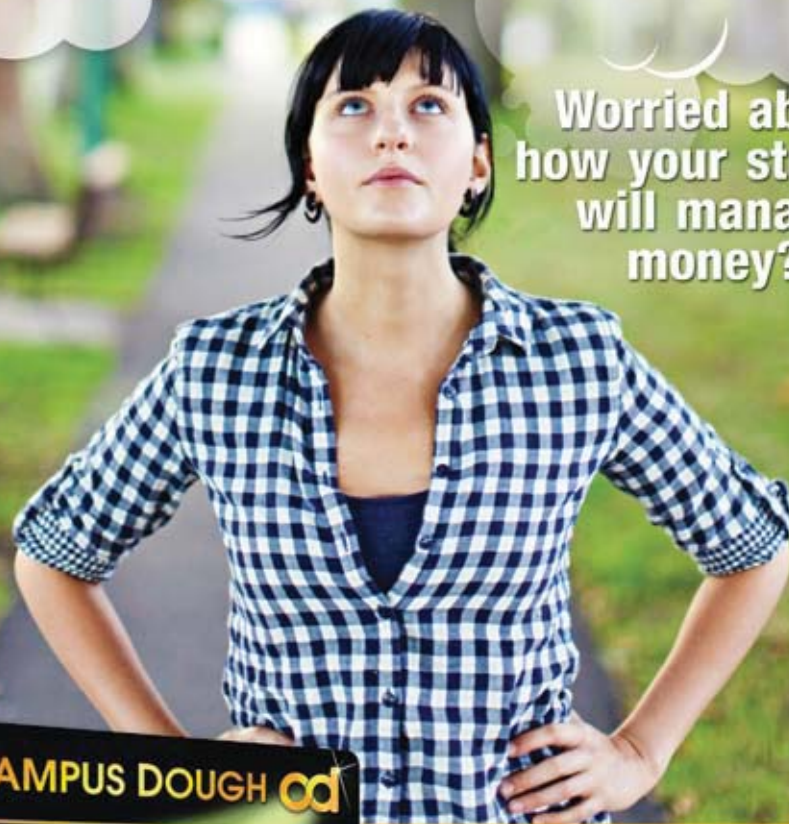
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Dean of Students

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About Our Guides

University Parent Media works closely with institutions around the country to bring together the most relevant, timely information into one all-inclusive resource.

We have published this guide with the mission of helping you easily navigate the university and its surrounding community. Ultimately, we hope these resources help nurture your connection and involvement in your student's college years!

Make the Most of Your Parent Guide

- Hang on to your Guide! Inside you'll find information that's useful all-year long, including important phone numbers, web sites and calendars.
- Store your copy in a purse or glove compartment for convenient reference.
- Pass it along to parents of prospective college students to promote the school.
- Please recycle when finished!
- Discover more content, tips and local business information by visiting us online at: www.universityparent.com/ucd



contents

6 | CU Denver Guide

Comprehensive advice, information for campus success

- 6 | Welcome to the University of Colorado Denver!
- 7 | Student Life & Student Activities Office
- 9 | Housing
- 11 | Campus Recreation
- 12 | Office of Diversity & Inclusion, Educational Opportunity Program Office
- 13 | Safety on Campus
- 14 | The Phoenix Center at Auraria
- 15 | Career Center
- 16 | Campus Map
- 18 | Experiential Learning Center
- 19 | Helping Your Student Achieve Their Academic Goals
- 22 | Academic Advising
- 24 | Staying Healthy on the Auraria Campus
- 25 | Student and Community Counseling Center
- 26 | Parent and Family Alert: Job Description Change

28 | Denver Community

Make the most of your visit by getting to know the area

- 28 | Welcome to Denver, Colorado!

30 | Resources

Must-have knowledge to navigate your way

- 30 | Proud Supporter of UCD
- 31 | Helpful Phone Numbers



Welcome to the University of Colorado Denver

Dear CU Denver Family:

Congratulations! You have made a tremendous choice in supporting your student's education at the University of Colorado Denver.

We are finding that more and more families across the state are selecting CU Denver as their first-choice for higher education. The excellence in academic offerings, diversity of campus community and access to a world-class city makes CU Denver a one-of-a-kind educational value. I urge your student to take full advantage of the vast learning opportunities on campus and encourage you to learn more about the CU Denver experience by linking on to www.ucdenver.edu.

This guide is intended to provide you with a variety of resources, amenities and information about the campus and city communities. I hope you will find

this information useful as you guide your student through this valuable and life-changing campus experience. Included in this guide are a variety of university resources that are available to answer any questions you may have and direct you to valuable staff and support services.

On behalf of the University of Colorado Denver, I thank you for choosing an outstanding university and invite you to join us in supporting your student throughout their entire educational experience.

Wishing you and your family great success,

**Samantha Ortiz, PhD
Interim Associate Vice Chancellor
for Student Affairs
Dean of Students ■**

Student Life & Student Activities Office

Location: Tivoli Student Union 303
Phone Number: (303) 556-3399

Email: studentlife@ucdenver.edu
Web: www.ucdenver.edu/studentlife

Welcome to the Office of Student Life. Our mission is to provide services and programs that are responsive to student development including social, cultural, recreational, educational, intellectual and lifelong learning needs of the campus and surrounding community. The office is here to support and encourage student initiatives and campus involvement and serve as a primary liaison to students and their campus lives. We offer comprehensive student activities and leadership programs that help bring about a positive collegiate experience for each and every student. It is our goal to integrate what students learn from the full range of their experiences and to engage in active learning both inside and outside the classroom. We are committed to bringing you new and exciting programs that actively involve student learning and leadership development. We are the advising, coordinating, resource, and general information center for student organizations and academic honor societies, student government, volunteer and service opportunities, the student newspaper, programming, the Peer Advocate Leaders (PAL) program, and student health insurance services.

The Office of Student Activities offers a comprehensive student activities program that helps bring about a positive college experience for each and every student. It is our goal to integrate what students learn from the full range of their experiences and to engage in active learning both inside and outside the classroom. We are committed to bringing you new and exciting programs that actively involve student learning and leadership development. Let us help you get involved at University of Colorado Denver.

ONGOING SERIES AND EVENTS

Distinguished Lecture Series

Our Distinguished Lecture Series goal is to expose CU Denver students to different thoughts and cultures through lectures and entertainment. The Student Activities staff plan and promote numerous speakers, guest lectures, presentations and exciting debates.

GIG Series

The GIG series is designed to showcase local and student talent. Every Thursday afternoon in the Tivoli Student Union Atrium from 11 am to 1 pm.

Open Mic Night!

The last Thursday evening, (6 pm – 9 pm) of every month is devoted to an open stage for Auraria students. Features comedy, music, poetry!

Lunch with Lawmakers

A new program that offers a 60-minute open forum with a member of the Colorado Legislature. ►



ANNUAL ACTIVITIES AND EVENTS

New Student Convocation

The New Student Convocation is the official welcoming ceremony for freshmen and transfer students to the university community by the provost, faculty, staff, and student government. This event is held before the beginning of classes in the fall.

Student Involvement Fair

The Student Involvement Fair is a great opportunity for student organizations and campus departments to promote the various programs and activities that they offer. This event is held during the first month of classes in the Fall semester.

Fall Fest and World Friendship Festival

Fall Fest allows the community to interact with the students, faculty, and staff on campus. With music, food and fun, the Fall Fest is a great way to celebrate the final days of nice weather!

Women's Leadership Conference

The Women's Leadership Conference is a great way to get involved and network with the community.

Spring Fling

Spring Fling is the equal of Fall Fest but it's the best way to top off the school year. It's the place to be with the presence of music, food, fun, and a lot of people! This event is held in April.

If your student enjoys social networking, music, films and culture, your student should participate in our Student Program Board. The Program Board is the talented group of students who brainstorm, plan, organize and provide the campus with a variety of outstanding events! If you'd like to know more about the Student Program Board e-mail us at: studentlife@ucdenver.edu ■



Housing

Freshmen students are required to live in Campus Village for two academic-year semesters, subject to availability of space. Your student will receive information about how to apply for housing once they have been admitted to the university and have confirmed their intent to enroll. Most residence hall assignments are made on a first-come, first-served basis, so your student is encouraged to apply for housing as soon as possible after they decide to attend the University of Colorado Denver.

Campus Village is the only Student Housing facility directly associated with CU Denver and is the only housing that meets the requirement for the first year residency policy.

Campus Village

When you live on campus, you live where the action is and all of the University facilities are within easy access. Campus Village provides students with a lot more than just a place to sleep and provides a variety of services and supports to aid in your academic success. Students who live in Campus Village have higher success in terms of GPA and retention than their peers who live off campus in their first year at CU Denver.

Benefits of Living On Campus

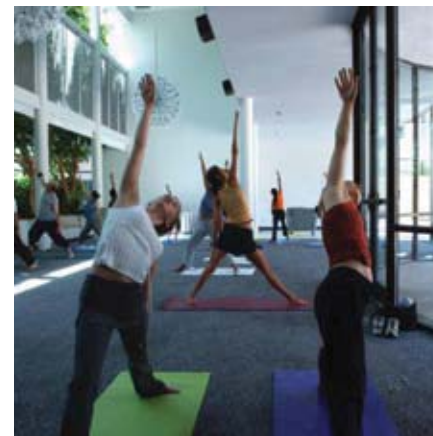
- ▶ **Academic Support On-Site**
 - Tutoring is available in the building several times each week for math, biology, and chemistry
 - The University Writing Center also has a satellite location in Campus Village to assist students with work on papers and other written assignments ▶

- The Learning Resource Center, Resident Advisors, and others regularly provide workshops on time management, study skills and other academic topics
- Campus Village also has numerous lounges and quiet study areas.
- ▶ **Great Location for Academics and Social Life**
- Walking distance from classrooms, libraries, light rail, recreation and Lower Downtown
- ▶ **Security**
- Advanced locking and fire safety systems
- Security patrol of the grounds and parking lots around Campus Village
- Emergency phones in prominent locations throughout campus that connect directly to the police
- Auraria Night Rider -- free night-time transportation from campus to CVA
- ▶ **Focus on Student Learning and Success**
- Programs and Activities that focus on key areas of learning and development
- Partnerships with CU Denver Career Services, Tutoring Center, and other offices that provide support for student success

To learn more about Campus Village please visit:
www.ucdenver.edu/housing ■

Campus Recreation

CRA (Campus Recreation at Auraria) is a comprehensive fitness, leisure, and recreation services provided to the students, faculty, staff, alumni, spouses, and guests of the Metropolitan State College of Denver, the University of Colorado at Denver, the Community College of Denver, and the Auraria Higher Education Center. CRA consists of the drop-in program, intramurals, club sports, outdoor adventure, fitness programs and special events.



The drop-in program includes physical activities that patrons can participate in without having to register. This may include swimming, racquetball, tennis, basketball, volleyball, and using the fitness center or weight room.

Intramural activities are designed for people who have an interest in playing in an organized league or tournament, i.e., basketball leagues and racquetball tournaments.

Club sports are highly organized team sports that meet regularly for practice and compete against other colleges and universities.

The Outdoor Adventure Center at Auraria offers instructional learning opportunities specific to Technical Adventure Skills (TAS). TAS activities are hard skills development and instructional experiences including kayaking,

rock climbing, backpacking and more. Included in the outdoor adventure program is the rental shop, which provides outdoor rental gear to students, faculty, and staff at affordable prices.

CRA's Fitness programs consist of the physically challenged program, aerobics, and personal training. The physically challenged program has two components: personal training for individuals with disabilities and special event programming. Personal trainers, who are student employees of CRA, are assigned to monitor fitness exercise programs that are designed to meet the needs of the participant. CRA offers a variety of drop-in aerobic sessions in traditional, step, kickboxing, total fitness, and aqua aerobics. Campus Recreation offers personal training for students, faculty, staff, and community members. ■

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Office of Diversity & Inclusion, Educational Opportunity Program Office

The Office of Diversity & Inclusion (ODI), Educational Opportunity Program (EOP) office was first established at CU Denver in 1969. EOP has a dual mission of being committed to advocating for a diverse and inclusive campus climate for students, staff, faculty, and administrators as well as facilitating the admission, retention, and graduation of underrepresented student populations.

THE ODI, EOP OFFICE HOUSES:

Black Student Educational Opportunity Programs & Outreach
Office: North Classroom, 2012
Telephone: (303) 556-2701

Asian American Student Educational Opportunity Programs & Outreach
North Classroom, 2014
Telephone: (303) 556-2578

Hispanic Student Educational Opportunity Programs & Outreach
North Classroom, 2012 A
Telephone: (303) 556-6209

American Indian Student Educational Programs & Outreach
North Classroom, 2013
Telephone: (303) 556-2860

Student Leadership Initiating Change Leadership Program
North Classroom, 2008
Telephone: (303) 352-3740

These programs provide access, educational opportunities, cultural programming, advocacy, leadership development, and information tailored to the specific needs of students. The EOP office also serves as a connection to resources to the CU Denver campus and the Denver community, providing current information on issues and concerns affecting various cultural communities. ■

Safety on Campus

The University of Colorado Denver places a priority on the safety and security of its faculty, staff, students and visitors on campus. At our downtown location on the Auraria Campus, we work in cooperation with the Auraria Campus Police Department to strive to provide the safest possible environment.

The Auraria Campus Police Department provides campus services 24 hours a day, 7 days a week including:

- Night escorts to your vehicle
- Security patrols, bicycle patrols, foot patrols
- Vehicle unlocks
- Crime prevention programs
- After-hours admission into campus buildings
- Informational services
- Police support to campus staff

Auraria PD and CU Denver both have emergency preparedness, response and recovery plans/procedures in place and routinely review procedures to ensure the processes adequately address potential threats. Safety alerts and general information to support awareness are made available to the campus community on a regular and timely basis, including by text messaging. Encourage your student to sign up for the text messaging service.

Complete information regarding the Auraria Police Department services is available online at <http://www.ahec.edu/acpd.htm>. Information calls should be directed to (303) 556-5000; emergency callers should dial 911 from any Auraria Campus phone.

Auraria Police fulfill the campus responsibilities for reporting crime as required by the Clery Act. To learn more about Auraria Crime Statistics and Campus Safety please visit: <http://www.ahec.edu/campuspolice/clery%20report.htm> ■

The Phoenix Center at Auraria

The Phoenix Center at Auraria provides response and support services, education and training, and resource referral for issues of interpersonal violence (IPV). It serves all students, staff and faculty at the University of Colorado Denver, Metropolitan State College of Denver, the Community College of Denver and the Auraria Higher Education Center. Its mission is:

To implement campus response services, provide education, and facilitate dialogue related to IPV in the Auraria community.

- To provide primary prevention initiatives;
- To strengthen security and investigative strategies to prevent and prosecute violent crimes on campus.

THE PHOENIX CENTER AT AURARIA'S GOALS ARE:

- To provide 24/7 safe, free and confidential resources and assistance to survivors of interpersonal violence (IPV), and their friends and families (24/7 helpline: (303) 556-CALL);
- To provide a seamless campus wide response to interpersonal violence (IPV) through the development and implementation of campus policies, protocols and services;
- To provide training and education for the campus community on IPV and its effects;

The Phoenix Center at Auraria provides services to all who need them regardless of race, color, national origin, age, religion, ability, sexual orientation, gender, gender identity, marital status, and veteran status.

What is Interpersonal Violence (IPV)?
IPV is defined as sexual assault, stalking, dating violence, and domestic violence. In all instances, the survivor of the abuse is never to blame.

For information and resources, please contact the Phoenix Center at Auraria at (303) 556-6011 or visit the website: www.thepca.org. ■



Career Center

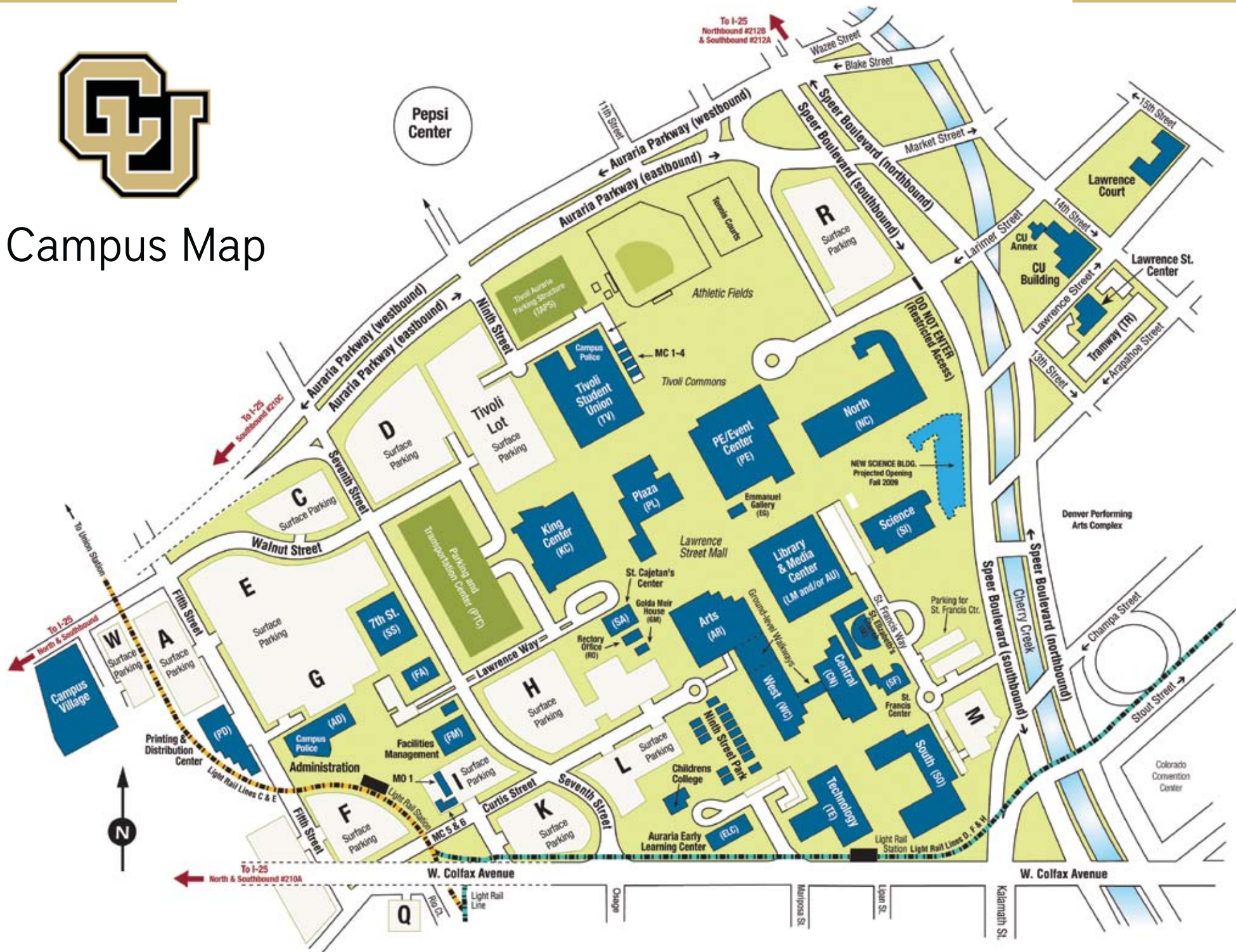
Here is some practical advice to help encourage your student during that critical first year:

- Let your student make their own choices to pursue a path that reflects who they are.
- Encourage them to not be swayed by “hot” jobs.
- A great benefit of college is that it offers a variety of classes. Encourage your student to explore courses that peak their interest.
- Support their involvement in activities that develop leadership, teamwork, time management, and other career-related skills.
- Be patient and reassuring. Occasionally students struggle with important and stressful choices, so give them plenty of room to reflect and consider options.
- Recommend that they visit the Career Center. Our staff is experienced in helping students think through their interests, talents, strengths, and values. We specialize in guiding students wisely as they make these important life decisions.
- Encourage your student to utilize our outstanding career technology including MyMajors.com; Focus 2; Vault Insider Guides; Career Briefs, and our website at for additional exploration needs.

Contact us at: Tivoli Student Center Room 267; (303) 556-2250; www.ucdenver.edu/careercenter ■



Campus Map





Experiential Learning Center

It is hard to get a job without experience, but how do students get experience without a job? Answer: internships. Participating in an internship is becoming increasingly critical for college graduates to be competitive when they enter the job market after graduation. According to a recent national employer survey: *

_76.6% of employers prefer to hire candidates with relevant work experience, and more than half preferred that experience comes from internships.

_77.3% of employers said they use their internship programs as their primary tool for recruiting entry-level talent.

_Employers reported that, on average, more than one-third of their full-time entry-level college hires came from their internship program.

_In 2009, 23% of students who participated in an internship had a job at graduation, compared to only 14% of students without internship experience.

Internships provide students with opportunities to:

- Acquire practical work experience related to their major or career choice
- Learn more about a specific industry/field
- Identify interests, skills and talents
- Develop professionalism
- Increase communication, problem-solving, teamwork and leadership skills
- Increase their marketability at graduation

Encourage your student to participate in at least one internship before they graduate. They should begin looking in their junior year or even earlier. We suggest that students visit our office the semester before they plan to intern to begin the process. For more information about the Internship and Cooperative Education program, please go to our website. www.ucdenver.edu/elc.

* SOURCE: *National Association for Colleges and Employers (NACE) 2009 Experiential Education Employer Survey.* ■

Helping Your Student Achiever Their Academic Goals

We are so pleased your student has chosen to attend the University of Colorado Denver, an institution that stresses responsibility, self-reliance, and academic achievement. As your student enters this new experience, we want you to know that your role is vital in your student's success. Here are a few ideas to help support your student:

1. Attend Class:

There is a strong correlation between academic success and attending class and an even stronger correlation between failure and missing class. Many courses do not require attendance as part of the grade and critical material is covered in class. Initiate a conversation about how classes are going, favorite classes, and class attendance. Encourage your student to attend every class.

2. Time Management:

Balancing commitments (i.e. work, classes, social, family) is a common issue students face. Entering freshmen often find the time management skills developed in high school won't work in college because of additional responsibilities outside class. Encourage your student to find a balance between all of their commitments and to manage their time wisely.

3. Study, Study, Study:

The number one response from sophomore students to incoming first year students is, "I wish I had studied more my first semester." Initiate a conversation with your student about how many hours per week outside of class they are studying for each class. The time commitment will vary with each class, and the average should be approximately 2-3 hours outside for every hour inside class. For the average full-time freshman student, this amounts to 20-30 hours of outside studying per week. Strongly support your student seeking assistance from their instructor if they are struggling. ►



4. Mid-Terms:

The first academic 'check-up' should come immediately after the first exam or written assignments. It is important that your student review their course syllabus or meet with the instructor to know their approximate grade in each class. If grades are below a 'C,' encourage your student to meet with the faculty member and with their college academic advisor for support and referral to campus resources.

5. Get Help:

Initiate a conversation with your student about the number of resources they have tried early in their first semester. Hopefully, the response will include the library, tutoring, writing center, academic advisor, and faculty office hours.

6. Dropping a class:

Many college students are not aware of the option of dropping a course when performance is substantially below par and there is a threat of weak grades. Students with academic or personal problems, including roommate issues, should talk to their academic advisor about this option. After the 10th week of the semester, academic support options are narrowed considerably, so please encourage your student to know their 'check-up' grades by the middle of the semester.

7. Change:

Being willing to change is one of the most important aspects of maturation in college. The second most common response from sophomore students to entering freshmen is, "College is not high school." Initiate a conversation with your student about what is different about their first five weeks in college compared to high school. If your student is not happy with their 'check-up' grades, ask how they plan to change. Responses should include private conversations with faculty or teaching assistants during office hours, use of tutoring, planned study times, etc.



Continue to be a major part of your student's support in their new university environment. A 'care package' from home is always welcome. A night out for students living at home works wonders for conversations and support. A continuing, "Love you" and "We support you" both go a long way in toward your student's successful transition to the university. ■



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Academic Advising

Through academic advising, students learn to identify their strengths and weaknesses; develop important educational plans that align with their interests, abilities, and career and life aspirations; and become aware of academic policies and expectations. While your support is important to promoting student success, it is essential you encourage your student to take responsibility for their education by meeting regularly with their academic advisor.

The relationship between student and advisor is one of shared responsibility. Advisors can guide students toward reaching sound academic decisions by helping students discuss their interests, reflect on experiences (good and bad) and explore possibilities. Academic advising provides students with the foundation for a successful and meaningful college experience. At CU Denver, there are six undergraduate advising offices to help students attain

this goal. Students are assigned to one of the advising offices based on their major. Newly admitted freshmen and transfer students are required to meet with an academic advisor before registering for courses. Appointments are strongly encouraged particularly during peak advising times, so students should contact their advising office as soon as they are admitted to the university. Please use the chart below to help you find the appropriate academic advisor.

The Family Educational Rights and Privacy Act (FERPA) prevent CU Denver from releasing your student's information to anyone without his or her written consent. You are welcome to join the student in the initial meeting with an advisor to address individual questions and concerns. For your student to develop independence and self-sufficiency, it is vital that he or she takes the initiatives to meet with his or her advisor and campus personnel individually throughout their undergraduate studies.

Academic Success & Advising Center	College of Arts & Media	The Business School
<ul style="list-style-type: none"> • Pre-Business • Pre-Engineering • Undecided/ Undeclared majors in Arts & Media and Liberal Arts • Arts & Media freshmen 	All declared Arts & Media majors	All students admitted to the Business School
North Classroom 2024 (303) 352-3520	Arts 176 (303) 556-8302	CU Building 200 (303) 315-8100
Monday– Friday Advising begins at 8:30am, last appointment, 4:30 pm	Monday– Friday 8:00 am – 5:00 pm	Monday– Friday 8:00 am – 5:00 pm
College of Liberal Arts & Sciences	College of Engineering & Applied Science	School of Public Affairs
<ul style="list-style-type: none"> • All students with declared CLAS majors • Undergraduate Teacher Education majors • All declared pre-health majors (pre-nursing, pre-med, etc) 	All students admitted to the College of Engineering & Applied Science	All declared Criminal Justice majors
North Classroom 4002 (303) 556-2555	North Classroom 3024 (303) 556-4768	Lawrence Building 525F (303) 315-2227
Mon.-Thurs. 8:00 am -5:00 pm Friday 8:00 am-12:30 pm	Monday-Friday 8:00 am– 5:00 pm	Monday– Friday 7:30 am - 4:30 pm

Staying Healthy on the Auraria Campus



Soon your student's college experience will begin. During their academic experience at CU Denver they will have the support of a team of dedicated college health professionals in the Health Center at Auraria whose expertise will help keep them healthy and in school.

Physicians, physician assistants, nurse practitioners and health educators staff the Health Center at Auraria. Services for all enrolled CU Denver students include treatment of illnesses and injuries, family planning, in-house licensed medication dispensing, x-ray and a certified laboratory. Services are provided at affordable cost.

CU Denver strongly encourages all students to have adequate health insurance coverage. This will help ensure success in the academic community even in the event of unexpected medical expenses. Without adequate medical insurance protection your student's ability to maintain good health and meet education expenses could be seriously jeopardized. If your student is not currently covered by other medical insurance at an adequate level, we encourage you to purchase the university's medical insurance at a reasonable cost. The Student Accident and Sickness Health Plan is designed to coordinate with the Health Center at Auraria to assure the availability of quality health care at the lowest possible cost. If you have any questions about this plan, please contact the Office of Student Life at (303) 556-3399.

Part of maintaining your health, especially as a student, is knowing when to seek professional help and to make

connections with those departments who promote wellness. These include the Healthy Moves program, which provides free yoga, and Pilate's programs and Campus Recreation at Auraria, which offers group fitness, outdoor adventure and intramural activities.

Suggestions for staying healthy include:

- Get enough sleep; it's a necessity and too often students trade off sleep in exchange for other demands on their time
- Eat healthy and drink plenty of water
- Wash hands oftent
- Get immunized
- Use campus resources to quit tobacco use or other addictive behaviors
- Build support systems with other students
- Join campus clubs or organizations
- Limit alcohol intake and resist binge drinking
- Consider seeing a medical professional at the Health Center at Auraria for medical intervention when necessary, including scheduling a well care physical examination ((303) 556-2525, Plaza Building 150)

ADDITIONAL RESOURCES:

**The Healthy Student:
A Parent's Guide to Preparing
Teens for the College Years**
[www.adolescenthealth.org/
The_Healthy_Student.pdf](http://www.adolescenthealth.org/The_Healthy_Student.pdf) ■

Student and Community Counseling Center

Location: North Classroom 4036
Phone Number: (303) 556-4372

The Student and Community Counseling Center provides 10 counseling sessions and unlimited groups and workshops per fiscal year at no charge to students attending the Downtown Campus. Our services emphasize client strengths, recognizing diversity and promoting wellness to optimize academic success. We serve individuals, couples, families, and groups for mental health concerns including, but not limited to:

*Anxiety, *Case management, *Crisis Intervention, *Depression, *Life skills, *Relationships, *Social justice issues, *Stress management, *Substance abuse

If appropriate, we refer students to additional on-campus and/or community resources through our WRAP (Wellness Resources Action Plan) program. By request, staff provide consultation, lectures and workshops to student, faculty, and staff groups on mental health topics, diversity, center services, and organizational and student development. ■



HEALTH CENTER
at Auraria

Plaza 150 303-556-2525

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for more information:**

www.mscd.edu/healthcenter

Parent and Family Alert: Job Description Change

If you are reading this, your student is beginning an exciting transition in your relationship. The start of college is a major developmental milestone for both families and students, whether your college student lives at home or independently. You clearly have been successful in fulfilling your job description to this point, but now your role is changing. Most parents and families face this change with mixed feelings. The daily responsibilities of overseeing activities, academics, meals, morals and even moods are diminished. You have to loosen the reins and hope that you have been a good enough life coach so that your student can be successful. One parent lamented something like this, “I feel like I’m being fired from a job that I love and I’m not ready to leave.”

Please notice that the “parent and family alert” above announces a job change not a termination. Preparing for the changes ahead with your college student will help make the transition smoother for both of you. Most of our students are still dependent on you in some ways—financially, for example. You may ask yourself, “Don’t I as the parent/family member have the right to be involved in some decisions?” Of course! However, a more collaborative approach seems to work better for most parents/families and their college students. Continuing to be too involved and in charge deprives them of the opportunity to manage the consequences of their own actions and deprives you of the hard earned freedom to pursue new interests and activities.

So what does this new job look like? Here are some of the challenges of the changed job description:

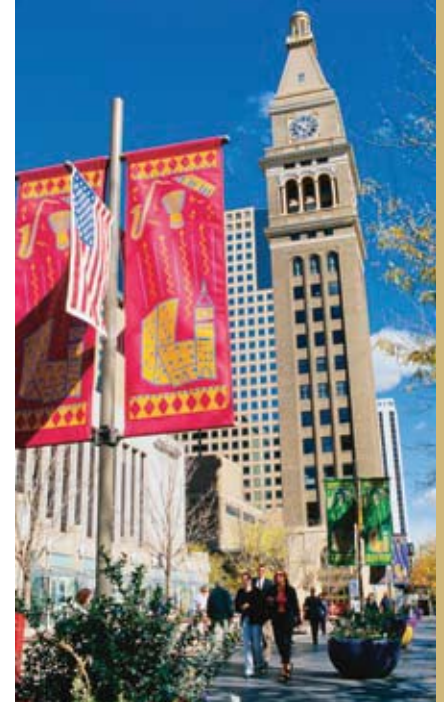
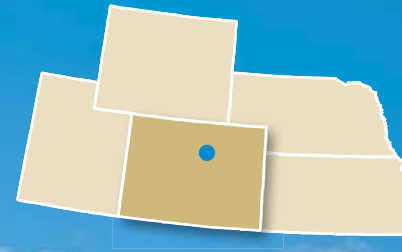
- Try to support them and listen, but don’t try to fix everything. They need to struggle a bit—one step forward and maybe two back, especially the first year.
- See their day-to-day behavior in the context of normal fluctuations in development. This is a time when students are doing serious work on adult identity formation. They will have new experiences, meet others from diverse backgrounds, be challenged by new perspectives and to develop critical thinking they further define themselves, their values, their strengths, and their future careers.
- Keep them in the loop if they are not living at home. They are feeling the loss of being “home,” even if they won’t admit it.
- Be interested and ask question, but don’t always expect answers.
- Encourage and give permission for them to explore and be confused.
- Remind them of their strengths.
- Separate your own memories, triumphs and mistakes from theirs.
- Agree to disagree on some decisions without guilt or disappointment.
- Don’t expect miracles and total personality transformations.
- Through discussion and joint decision-making, decide in advance about finances, house rules, etc.
- Know and evaluate your own expectations. Are you putting too much pressure on them? Most students are already doing a great job of putting too much pressure on themselves and your expectations are very important to them. They don’t want to disappoint you.



Now let’s focus on your college student. What might they be thinking as they transition? What are their challenges? Many report feeling a bit disoriented. The campus is unfamiliar—new buildings, unfamiliar schedules and vocabulary, new faces, and professors. Temporarily, they may experience a loss of confidence. Some feel like imposters. They are sure that the admissions office made a big mistake accepting them. They fear that are not smart enough to be successful in college. They manage their anxiety and insecurities in different ways. Some act as if they have it all together. When you ask them how they are doing, all you get is “fine” even though both of you know that’s not true. Others seem to regress and want more of your time, attention and reassurance. Most of these reactions are normal and temporary.

With time and patience, you will be pleasantly surprised that your relationship with your student is transitioning to one that is enriching, enjoyable, and rewarding. Listening to your student share their excitement about learning and their vision for their future is a wonderful benefit of your revised job description! Enjoy it and remember that the staff at the Counseling Center is always available for consultation along the way. You can reach us at (303) 556-4372. ■

Welcome to Denver, The Mile High City!



Welcome to the Mile High City! Located on high, rolling plains at the base of the spectacular Colorado Rocky Mountains, Denver is one of America's youngest cities – and one of the fastest growing. In the 1990s, the metro area grew by more than a thousand people a week, climbing to a population of nearly 3 million.

Denver receives 300 days of sunshine a year, more annual hours of sun than San Diego or Miami Beach. The mountains are just a short drive away, offering incredible adventures like white water rafting, narrow gauge steam locomotives, fly fishing, hiking, horseback riding, gambling in Old West mountain mining towns, quaint Victorian villages, luxurious five star resorts and camping in more than a dozen national parks, monuments and forests.

Today, Denver is the entertainment, shopping, cultural and sports capital of the vast Rocky Mountain West. The heart of the city is the 16th Street Mall, a mile long pedestrian promenade lined with 28 outdoor cafes and 50,000 flowers. Free shuttle buses stop on every corner making everything in downtown easy to reach.

The Brookings Institute selected Denver as the fourth “most walkable” city in America, and it’s easy to see why. The southern end of the Mall is Denver’s cultural center with the Colorado State Capitol, Colorado History Museum, Denver Public Library, Denver Art Museum and U.S. Mint all nestled around lovely Civic Center Park.

At the northern end of the Mall is LoDo, Denver’s hip historic district where 26 square blocks of Victorian brick buildings have been converted

into restaurants, brewpubs, music clubs and rooftop cafes. Nearby are Coors Field, home to the Colorado Rockies, and the Pepsi Center, the 20,000-seat arena for the Denver Nuggets and Colorado Avalanche.

Along the South Platte River is the Downtown Aquarium with its collection of sharks and tigers and Elitch Gardens, a combination theme park and water park with more than 40 thrill rides. A trolley runs along the river to nearby INVESCO Field at Mile High, the home of the Denver Broncos.

Denver has the largest city park system in the nation with 200 parks in the city and 850 miles of paved, off-road bike paths. The city’s famed mountain park system includes Red Rocks Amphitheatre, a 9,000-seat arena carved out of sandstone, has hosted everyone from the Beatles to Bruce Springsteen, and

Buffalo Bill Grave, located high on top of Lookout Mountain.

The city also one of most popular zoos in the nation, the incredible Denver Museum of Nature & Science and the Denver Performing Arts Complex – the second largest arts center in America with 10 venues seating 10,000 people.

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Welcome to the Mile High City!

**Richard Scharf
President & CEO, VISIT DENVER ■**

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