# TABLE OF CONTENTS

## Undergraduate Studies

- Student Affairs & Student Success .................................................. 115
- Dean of Students ............................................................................. 115

## Academic Resources

- Academic Advocacy ........................................................................... 116
- Academic Success Center .................................................................. 116
- English Language Program (ELP) ......................................................... 117
- INTO University of South Florida ......................................................... 118
- The Writing Studio ............................................................................ 120
- SMART Lab ...................................................................................... 118
- The USF Library System .................................................................... 119
- Office for Undergraduate Research ..................................................... 118
- Global Citizens Project ...................................................................... 117
- Education Abroad ............................................................................. 117
- USF Testing Services ......................................................................... 119
- Continuing Education ...................................................................... 116
- Tutoring Center ................................................................................ 119

## Academic Advising Resources

- Academic Advising for Undergraduate Students .................................. 121
- DegreeWorks Academic Advising System ......................................... 121
- Transitional Advising Center (TRAC) .................................................. 122
- Undergraduate Studies Office of Academic Advising Initiatives .............. 122

## Academic Program Services & Resources

- College Reach-Out Program (CROP) ................................................. 123
- Experiential Learning Programs .......................................................... 123
- First Year Academic Programs ............................................................ 123
- FUSE ............................................................................................. 123
- New Student Connections .................................................................. 124
- Student Support Services (SSS) ......................................................... 124
- Upward Bound Program .................................................................... 125

## Student Services and Resources

- Arts & Culture .................................................................................. 126
- Athletics .......................................................................................... 126
- USF Bookstore .................................................................................. 126
- Campus Recreation Services .............................................................. 127
- Career Services ................................................................................ 127
- Suit-A-Bull ...................................................................................... 128
<table>
<thead>
<tr>
<th>Service</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Center for Victim Advocacy &amp; Violence Prevention</td>
<td>128</td>
</tr>
<tr>
<td>Center for Leadership &amp; Civic Engagement</td>
<td>128</td>
</tr>
<tr>
<td>Child Care</td>
<td>128</td>
</tr>
<tr>
<td>Copy Services</td>
<td>128</td>
</tr>
<tr>
<td>Counseling Center</td>
<td>129</td>
</tr>
<tr>
<td>Dining Services</td>
<td>129</td>
</tr>
<tr>
<td>Meal Plan</td>
<td>129</td>
</tr>
<tr>
<td>Disability Services for Students</td>
<td>129</td>
</tr>
<tr>
<td>Equity and Diversity</td>
<td>129</td>
</tr>
<tr>
<td>Faith-Based Organizations</td>
<td>130</td>
</tr>
<tr>
<td>Feed-A-Bull</td>
<td>130</td>
</tr>
<tr>
<td>Fraternity/Sorority Life</td>
<td>130</td>
</tr>
<tr>
<td>Health Services</td>
<td>130</td>
</tr>
<tr>
<td>Housing &amp; Residence Education</td>
<td>131</td>
</tr>
<tr>
<td>Information Technology Services</td>
<td>131</td>
</tr>
<tr>
<td>Wireless Services</td>
<td>131</td>
</tr>
<tr>
<td>Marshall Student Center</td>
<td>131</td>
</tr>
<tr>
<td>Multicultural Affairs</td>
<td>131</td>
</tr>
<tr>
<td>Parking and Transportation Services</td>
<td>132</td>
</tr>
<tr>
<td>Parking on Campus</td>
<td>132</td>
</tr>
<tr>
<td>Bus Service (Bull Runner)</td>
<td>132</td>
</tr>
<tr>
<td>Bike Parking &amp; Share-A-Bull Bikes</td>
<td>132</td>
</tr>
<tr>
<td>Electric Vehicle Charging Stations</td>
<td>132</td>
</tr>
<tr>
<td>Postal Services</td>
<td>132</td>
</tr>
<tr>
<td>Safety and Security</td>
<td>132</td>
</tr>
<tr>
<td>SOCAT</td>
<td>133</td>
</tr>
<tr>
<td>Student Government</td>
<td>133</td>
</tr>
<tr>
<td>Student Organizations</td>
<td>133</td>
</tr>
<tr>
<td>Student Ombuds</td>
<td>133</td>
</tr>
<tr>
<td>Tobacco and Smoke Free University</td>
<td>133</td>
</tr>
<tr>
<td>USF Federal Credit Union</td>
<td>134</td>
</tr>
<tr>
<td>USF Card</td>
<td>134</td>
</tr>
<tr>
<td>Veteran Success</td>
<td>134</td>
</tr>
<tr>
<td>Wellness</td>
<td>134</td>
</tr>
</tbody>
</table>
Undergraduate Studies
4202 E. Fowler Avenue, SVC 2002
Tampa, FL 33612
(813) 974-4051
ugs-dean@usf.edu
http://www.usf.edu/undergrad/

The Office of Undergraduate Studies (UGS) works in partnership with the academic colleges in the development, review and enhancement of the undergraduate programs to assist faculty to provide outstanding undergraduate education for students. The members of the UGS team work with faculty to establish and administer academic policies, assist with undergraduate curriculum development and review, and support proposals for new and revised programs and courses through the various approval processes. In addition to assisting with the academic programs offered by the colleges, Undergraduate Studies offers a number of academic programs.

Undergraduate Studies provides strong set of student success focused departments and initiatives designed to make it more likely that students will successfully navigate the complexities of the transition to college and the baccalaureate experience. Visit the Undergraduate Studies website at http://www.usf.edu/undergrad/ for more information.

Student Affairs & Student Success
4202 E. Fowler Avenue, CGS 401
Tampa, FL 33620
(813) 974-5649

Student Affairs is here to help students make their college years some of the best in their life! Every day, our employees come to work with student success at the top of their mind. "Inspiring learning, changing lives, one student at a time" is the motto that guides what all 23 of our departments do. Preparing the student for lifelong success is our mission -- and we're good at it! Visit our website at http://www.usf.edu/student-affairs-success/index.aspx to Be Involved, Stay Well and Get Connected.

Dean of Students
4202 E. Fowler Avenue, MSC 4301
Tampa, FL 33612
(813) 974-6677

Mission
The mission of the Dean of Students Office is to support student learning and development through community building, advocacy, and student engagement.

Programs and Services
- Facilitate the Non-academic grievance process
- Advocate and help students navigate university and personal concerns
- President's Lunch-n-Learn
- Respect-a-Bull
- Emergency response
- Off Campus Safety Task Force
Academic Advocacy
4202 E. Fowler Avenue, SVC 2043
Tampa, FL 33620
(813) 974-2645
http://www.usf.edu/undergrad/academic-advocacy/

The Office of Academic Advocacy (OAA) is dedicated to serving undergraduate students in their pursuit of timely progression to graduation. We work individually with students in academic distress to review their options and collaborate with colleges and university departments to improve progression to graduation.

Undergraduate students identified as experiencing barriers to graduation may receive direct outreach from OAA to review their progress and to advise them towards graduation. Major advisors and university department staff can refer a student to OAA when they perceive an academic barrier to graduation for that student.

Student inquiries and requests for appointments can be submitted via the Office of Academic Advocacy Student Intake Form at https://usf.az1.qualtrics.com/jfe/form/SV_9oGKly2cXBqJPFz.

Academic Success Center
4202 E. Fowler Avenue, LIB 122
Tampa, FL 33620
(813) 974-2729

The Academic Success Center offers a range of different options for subject-specific tutoring, a comprehensive Writing Studio, and other learning support services in the form of workshops, courses for credit, and specialized program support for several student cohorts ranging from first-year access programs to graduate students.

Program Objectives:
- Recruit, hire, train, support, and retain qualified students as tutors
- Assist students to become confident, self-directed, life-long learners
- Offer a variety of learning support options
- Represent an active concern for students' academic well-being
- Create an atmosphere of mutual respect and trust for students
- Provide students with accurate, relevant, and appropriate information and referrals
- Continually review policies and practices to ensure that students are appropriately served
- Maintain an inviting, helpful, and approachable manner
- Make every effort to turn each situation into learning experiences for tutors, student-employees, and students
- Refer students as necessary to appropriate university resources for the purpose of enhancing their educational experience.

Continuing Education
Corporate Training and Professional Education
4202 E. Fowler Avenue, LIB 608
Tampa, FL 33620
(813) 974-5550
CE-Inquiries@usf.edu
http://www.usf.edu/continuing-education/index.aspx

The University of South Florida’s Office of Corporate Training and Professional Education works to extend the reach of USF’s academic programs, and promotes advanced professional development in order to contribute to building a world class workforce in the Tampa Bay Area. We offer professional certificate programs in Elite People Management, Organization Development and Leadership, Project Management, Process Improvement (Lean Six Sigma Certifications), and HR Professionalism. We also offer nationally recognized certification preparation courses for the SHRM CP (the gold standard in Human Resources certification), PMI's Project Management Professional certification and PMI's Professional in Business Analysis certification.

USF's Office of Corporate Training and Professional Education is also proud to announce the launch of the USF Paralegal Certificate Program, the APICS CLTD Exam Preparation Course and the USF 5G Power Skills Certification.
Students learn from world-class faculty and industry practitioners in courses that are accessible, affordable, and professionally relevant. The USF Office of Corporate Training and Professional Education also offers test preparation courses for undergraduate and graduate college entrance exams.

**Education Abroad**
4202 E. Fowler Avenue, CGS 101
Tampa, FL 33620
(813) 974-4314
EducationAbroad@usf.edu
http://educationabroad.global.usf.edu/

Education Abroad offers a variety of study abroad opportunities for students and faculty in over 25 countries, these include: semester exchanges, dual degree programs, summer and short term programs, international internships, and service learning. Programs range from one week to one year and award academic credit. Education Abroad facilitates the incoming and outgoing exchange process and works closely with our international partner universities to develop new academic programming and exchanges.

The Education Abroad Office provides extensive planning assistance for both students and faculty program leaders, including pre-departure orientation sessions. The staff members have extensive experience in study abroad and are able to offer seasoned, insightful advising and information to anyone considering or planning a study abroad experience. For more information on *How To Apply*, visit our website.

**English Language Program (ELP)**
4202 E. Fowler Avenue, FAO 100
Tampa, FL 33620
(813) 905-4686
http://www.usf.edu/intousf/elp/

The English Language Program's mission is to support the University of South Florida in its mission to increase global literacy and global engagement by providing an academic learning environment where international students can develop their English language proficiency. Our faculty deliver content-based language courses designed to help students acquire knowledge, think critically, communicate ideas, and demonstrate their competence in English through integrated tasks and projects. These courses provide international students with a foundation for success in reaching their academic and professional goals at the University of South Florida.

**Programs and Courses**
The English Language Program offers a variety of programs for students. Programs include Academic English courses, as well as customized programs for various groups. The mentoring program provides an opportunity for master’s and doctoral students to get hands-on teaching experience while working closely with one of our experienced teachers. We also work with organizations both at USF and elsewhere to help train language teachers.

- **Academic English Program** - The Academic English Program provides intensive English and academic skills training to students interested in studying at USF. The project-based, content-focused curriculum helps prepare students for the demands of attending an American university.
- **Special Programs** - The ELP offers a variety of Special Programs, custom-designed for groups including programs for teens, academic researchers, military personnel, English teachers, and executives.
- **EAP Courses** - The ELP provides curriculum and instruction for five English academic courses for students enrolled in the INTO USF Pathway Program. Visit INTO USF Pathway Program (http://www.usf.edu/intousf/programs/pathways.aspx), for information.

**Global Citizens Project**
4202 E. Fowler Avenue, SVC 2049
Tampa, FL 33620
(813) 974-5444
USFGCP@usf.edu
http://www.usf.edu/gcp/

The Global Citizens Project is a university-wide initiative aimed at enhancing undergraduate students’ global competencies through the development of new and improved curricular and co-curricular experiences. USF envisions itself as a global research university dedicated to student success.
The Global Citizens Project is made possible through our reaffirmation of accreditation process by the Southern Association of Colleges and Schools Commission on Colleges (SACSCOC). Every 10 years as part of our reaffirmation by SACSCOC, USF must develop a Quality Enhancement Plan, or QEP. A QEP is a plan to enhance student learning in a particular area that is deemed important by the university and aligns with the university’s strategic plan. We have selected global citizenship as the area of learning to focus on this reaffirmation cycle and so have named our QEP, The Global Citizens Project.

INTO University of South Florida
4202 East Fowler Avenue, FAO100
Tampa, Florida 33620 USA
813 905 4686
FAX: 1 813 905 9686
INTOadmissions@usf.edu
http://www.intostudy.com/usf/apply
WhatsApp: +1 813 441 2574

The Academic English Program at INTO USF will prepare you for university study at both the undergraduate and graduate levels. This unique curriculum is created to work in small groups with other students to complete academic projects.

Program Structure:
- 6 levels of instruction from beginner to advanced
- 18 hours of classes per week
- 3 hours of interest groups per week
- 3-7 hours of outside cultural activities per week
- 15-20 hours of homework to prepare for classes
- 2 hours of Academic English Extended Learning instruction (optional, but may be required for sponsored students)

Office for Undergraduate Research
4202 E. Fowler Avenue, LIB 122
Tampa, FL 33612
(813) 974-2729
http://www.usf.edu/undergrad/undergraduate-research/

The Office for Undergraduate Research (OUR) promotes mentored research across all disciplines by partnering with faculty and staff in all academic programs, administrative units and within the community. The office assists students, faculty, staff, administrators and community leaders in establishing research experiences that are designed to enhance a student's academic progression and foster deeper immersion in the field. The office elevates the research experience by providing all participants professional development and mentoring workshops, research training, publication and funding opportunities.

The OUR operates through commitment to the following strategic goals:
- Promote undergraduate research at USF and nationally through publication, presentation, professional development and mentoring.
- Vest all programs in the value of undergraduate research and provide mechanisms and resources to assure success for students and faculty.
- Obtain extramural funding that will support access to undergraduate research especially for students from under-represented groups.
- Collaborate with university partners to develop creative initiatives that promote undergraduate research.

SMART Lab
4202 E. Fowler Avenue, LIB 122
Tampa, FL 33620
(813) 974-2729
smartlab@usf.edu
http://www.usf.edu/undergrad/academic-success-center/smart-lab/

The SMART Lab is an innovative learning environment dedicated to supporting students in introductory math courses through tutoring assistance and technology. In the 324-computer lab, students enrolled in SMART Lab courses use software to complete assignments at their own pace, receive instant feedback as they learn mathematics by doing, and
get on-demand assistance from instructors, tutors or teaching assistants. In the drop-in tutoring areas, students enrolled in introductory Calculus, Statistics, and Physics courses can also receive learning assistance from peer tutors.

Our goal is to help students build a foundation of study skills that will allow them to learn mathematics and progress towards becoming independent learners. To seek help in SMART Lab courses, complete lab work, or ask additional questions visit us during our hours of operation on the second floor of the library, LIB 232.

**Tutoring Center**
4202 E. Fowler Avenue, LIB 122
Tampa, FL 33620
(813) 974-2729
asctampa@usf.edu
http://www.usf.edu/undergrad/academic-success-center/tutoring-center/

The Academic Success Center offers USF students tutoring assistance in a wide variety of subjects. Help is available on a drop-in basis or via appointments in a collaborative peer-to-peer group setting. A list of the courses tutored can be found in Courses Tutored on our website (http://www.usf.edu/undergrad/academic-success-center/tutoring-center/courses-tutored.aspx). If you don't see what you're looking for, come to the ASC in LIB 206 during our hours of operation and let us know what you need.

**USF Library System**
4202 E. Fowler Ave. LIB122
Tampa FL 33620
(813) 974-1611
libraryservicesdesk@usf.edu
http://www.lib.usf.edu/

The USF Tampa Library offers access to an extensive selection of print and electronic resources, including books, maps, e-journal, e-books, and countless databases. There is also a collection of audio/visual materials including videos, CDs, DVDs, and even LPs.

The Tampa Library is a comfortable and inviting place for students and faculty to meet, study, conduct research, and complete group assignments. Library facilities provide wireless access, electrical connections for laptops, individual and group study seating and instructional labs. The Learning Commons (LC) on the first floor has over 140 computer workstations, as well as the Library Services Desk, a state-of-the-art Digital Media Commons, the Digital Heritage and Humanities Collections and the IT Helpdesk. The Academic Success Center, on the second floor, includes the SMART Lab, with an additional 354 computer workstations and the Writing Studio. Other Library partners include the Office for Undergraduate Research, Division of Health Professions Advising and a Starbucks’ Café.

Students and faculty also have access to specialized research assistance and information literacy instruction from our librarians. Assistance is available from research and reference librarians either by appointment, on-line via our website, by phone, or in a classroom setting.

In addition to the Tampa Library, there are two affiliated regional libraries and two special libraries. At USF Tampa are the Shimberg Health Sciences Library (http://health.usf.edu/Shimberg-library/), serving the needs of USF Health consisting of the Colleges of Medicine, Nursing, Pharmacy, Physical Therapy, and Public Health; and the Louis de la Parte Florida Mental Health Institute (FMHI) Research Library (http://lib.usf.edu/fmhi/) serving the College of Behavioral and Community Sciences. In addition, there is the University of South Florida St. Petersburg, home to the Nelson Poynter Memorial Library (https://www.usfsp.edu), and the University of South Florida Sarasota-Manatee campus (https://www.usfsm.edu).

**USF Testing Services**
4202 E. Fowler Avenue, NEC 116
Tampa, FL 33620
(813) 974-2742
testing@admin.usf.edu
http://www.usf.edu/testing-services/

USF Testing Services is an auxiliary unit within Innovative Education. It supports the university's strategic efforts to ensure student success and program innovation by administering entrance and placement, certification and licensure, distance learning and pre-employment exams for numerous agencies, businesses and institutions.
Testing Services accommodates USF and non-USF customers, and delivers more than 1,000 exams per month. Students and professionals alike may take advantage of Testing Services' portfolio of exams.

**The Writing Studio**

4202 E. Fowler Avenue, LIB 122
Tampa, FL 33620
(813) 974-2729

The Writing Studio offers free appointments with experienced writing consultants to all active USF students, faculty, and staff. You will have 45 minutes to talk with a writing consultant, who will ask you questions about your writing goals and concerns. Consultants may not be able to read your entire draft, so please indicate which sections you would like to focus on during your appointment (a typical session covers 3-5 pages at most). Please keep in mind that consultations are interactive and collaborative, so come prepared to work actively on your writing.

**What Writing Projects Can I Bring to a Consultation?**

Writing consultants look at a wide variety of writing. Consultations can be used for brainstorming/sound boarding (so some sessions may not address any writing but address pre-writing instead). Consultations also look at all disciplines of writing, including research papers, lab reports, articles for publications, theses, dissertations, discussion board writing/writing for the web, and much more. Additionally, consultations can address professional/academic documents, such as resumes, CVs, cover letters, personal statements, scholarship essays, grant writing, tenure portfolios, etc. The Studio also offers multimodal consultations, meaning consultants can work with clients on digital portfolios, presentations/speeches, PowerPoints, or other digital "writing." Clients can also receive help on test prep, especially the writing/English sections of the GRE and the GKT (note that for test prep sessions, clients should plan on bringing in their own materials).
### Academic Advising Resources

**Academic Advising for Undergraduate Students**

**Undergraduate Academic Advising Offices**

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<thead>
<tr>
<th>College</th>
<th>URL</th>
<th>Office</th>
<th>Phone</th>
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<tbody>
<tr>
<td>College of Arts and Sciences</td>
<td><a href="http://www.cas.usf.edu/students/advising/ug/">http://www.cas.usf.edu/students/advising/ug/</a></td>
<td>MHC 1143</td>
<td>813-974-8441</td>
</tr>
<tr>
<td>College of Behavioral &amp; Community Sciences</td>
<td><a href="http://www.usf.edu/cbcs/undergraduate/advising.aspx">http://www.usf.edu/cbcs/undergraduate/advising.aspx</a></td>
<td>MHC 1143</td>
<td>813-974-8441</td>
</tr>
<tr>
<td>Muma College of Business</td>
<td><a href="http://www.usf.edu/business/undergraduate/advising/">http://www.usf.edu/business/undergraduate/advising/</a></td>
<td>BSN 2102</td>
<td>813-974-4290</td>
</tr>
<tr>
<td>College of Engineering</td>
<td><a href="http://www.usf.edu/engineering/student-services/academic-advising/">http://www.usf.edu/engineering/student-services/academic-advising/</a></td>
<td>ENC 1302</td>
<td>813-974-2684</td>
</tr>
<tr>
<td>College of Nursing</td>
<td><a href="http://health.usf.edu/nursing/advising/undergrad.html">http://health.usf.edu/nursing/advising/undergrad.html</a></td>
<td>MDA 1002</td>
<td>813-974-2191</td>
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<tr>
<td>College of Public Health</td>
<td><a href="http://health.usf.edu/nursing/advising/undergrad.html">http://health.usf.edu/nursing/advising/undergrad.html</a></td>
<td>CPH 1039</td>
<td>813-974-4633</td>
</tr>
<tr>
<td>College of The Arts</td>
<td><a href="http://www.usf.edu/arts/advising/">http://www.usf.edu/arts/advising/</a></td>
<td>FAH 120</td>
<td>813-974-3660</td>
</tr>
<tr>
<td>Honors College</td>
<td><a href="http://www.usf.edu/honors/prospective-students/advising.aspx">http://www.usf.edu/honors/prospective-students/advising.aspx</a></td>
<td>ALN 241</td>
<td>813-974-3087</td>
</tr>
<tr>
<td>Office of Academic Advocacy</td>
<td><a href="http://www.usf.edu/undergrad/academic-advocacy/">http://www.usf.edu/undergrad/academic-advocacy/</a></td>
<td>SVC 2043</td>
<td>813-974-2645</td>
</tr>
<tr>
<td>Undergraduate Studies (UGS) Degree Programs (BSAS &amp; BGS)</td>
<td><a href="http://www.usf.edu/undergrad/programs/ugs-degree-programs-staff.aspx">http://www.usf.edu/undergrad/programs/ugs-degree-programs-staff.aspx</a></td>
<td>SVC 2002</td>
<td>813-974-4051</td>
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<td>USF St. Petersburg</td>
<td><a href="http://www.usfsp.edu/academic-advising/">http://www.usfsp.edu/academic-advising/</a></td>
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<td>USF Sarasota-Manatee</td>
<td><a href="http://www.usfsm.edu/academics/academic-resources/academic-advising/index.aspx">http://www.usfsm.edu/academics/academic-resources/academic-advising/index.aspx</a></td>
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### DegreeWorks Academic Advising System

DegreeWorks is a web-based degree audit and tracking system helping students and academic advisors monitor progress toward degree completion. It provides academic information related to degree progress, displaying courses required and completed in the student's degree program. Note: Graduate, professional, and non-degree seeking students do not use DegreeWorks at this time. Access DegreeWorks using the student's activated USF NetID.
Transitional Advising Center (TRAC)
Making the transition from high school or from another institution to a major research university is both exciting and challenging. Academic Foundations and Academic Transitions seminar courses are designed to support students during this time of adjustment and acclimation.

Contact us by email: academicfoundations@usf.edu.

Undergraduate Studies Office of Academic Advising Initiatives
Student Services Building (SVC), Room 2002
(813) 974-4051
fhoward@usf.edu

The Office for Academic Advising Initiatives provides coordinating support and leadership for undergraduate academic advising across USF in collaboration with the Council on Academic Advising, college advising leadership, and other administrative units. We serve many different audiences and areas across the university in a number of different ways including:

- Serving undergraduate students in their pursuit of timely progression to graduation.
- Administration of the Career Path for Academic Advisors along with a Professional Development Program to support academic advisor growth on the Career Path.
- Building collaborative relationships and shared processes with local state and community colleges to enhance the transfer process for students.
- Designing processes and supporting systems to provide undergraduate students and academic advisors with resources for effective planning of students' academic pathways.
College Reach-Out Program (CROP)
University of South Florida
4202 E. Fowler Avenue, SVC 2002
Tampa, FL 33612
(813) 974-4051
anixon@usf.edu
http://www.usf.edu/undergrad/crop/index.aspx

College Reach-Out Program (CROP) is a statewide pre-college program established in 1983 designed to increase the number of students who successfully enter and complete a postsecondary institution. The program's primary objective is to strengthen the educational motivation and preparation of low-income and educationally disadvantaged students in grades 7 through 12, representing various cultural backgrounds, who "otherwise would be unlikely to seek admission to a community college, state university or independent post secondary institution without special support and recruitment efforts." View our brochure at http://www.usf.edu/undergrad/documents/crop/usf-crop-brochure.pdf.

Experiential Learning Programs
4202 E. Fowler Avenue, ALN 185
Tampa, FL 33620
(813) 974-4829
http://www.usf.edu/engagement/students/experiential_learning_programs.aspx

Experiential learning is an essential part of higher education at all levels. Internships, practicums, field experiences, professional field placements, clinical residencies, service-learning and cooperative learning all provide opportunities to bridge theory and practice while preparing students for successful transition into the world of work.

USF offers a wide variety of experiential learning programs in many disciplines. Browse experiential learning programs by college and department by visiting our website.

First Year Academic Programs
Student Services Building (SVC) 2002
(813) 974-4051
http://www.usf.edu/undergrad/academic-foundations/index.aspx

To support incoming students in their pursuit of academic and personal success, First Year Academic Programs offers three courses: University Experience, Academic Foundations Seminar, and Academic Transitions Seminar. The elective credit earned from these courses can be applied to any undergraduate degree program.

SLS 1101 University Experience and SLS 2901 Academic Foundations are designed specifically for first-year students to acclimate to USF. These courses provide the necessary support and assistance needed during a student's transition to university life. The curriculum addresses the opportunities and challenges related to new responsibilities, expectations and academic experiences at a university. The goals of SLS 1101 and SLS 2901 are to help students develop effective academic skills, build community, learn about campus resources, and explore personal goals. Course topics include: study strategies, time management, career development, critical thinking, effective writing, financial literacy, personal wellness, university resources, and involvement in the campus community.

To support USF transfer students, SLS 3113 Academic Transitions helps to facilitate transfer students' academic integration into a research university. In this course, transfer students will understand the academic standards and expectations at a research university; learn strategies for overcoming transfer shock and other challenges in adjusting to a new institution; recognize practices that promote financial literacy, and prepare for their post-graduation plans.

Through these different student success courses, USF offers new students the tools to succeed at a high impact research institution. Data continues to show that students at USF who take these courses earn higher grades and graduate faster than students who do not participate.

FUSE

The FUSE program of the University of South Florida System is designed to promote timely degree completion for students transferring from the local Florida College System Institutions to USF System institutions to earn their
Bachelor’s degree. Students admitted to the program will be guaranteed admission to a USF System institution provided that they earn their Associates of Arts degree in 3 years, with a minimum grade point average of 2.0. Students seeking admission into limited or restrictive access majors will have to meet additional specific requirements such as GPA or test scores.

New Student Connections
University of South Florida
4202 E. Fowler Avenue, MSC 3200
Tampa, FL 33620
(813) 974-2896
newstudent@usf.edu
http://www.usf.edu/newstudent/

The mission of New Student Connections (NSC) is to create and support shared USF experiences that connect students to the campus community and provide for a successful transition. The department accomplishes its purpose by introducing students to engagement opportunities, exposing students to the diversity at USF, and providing access to small communities where students develop meaningful relationships with their peers, student leaders, and staff mentors who support their growth and development. NSC programs and services build on the knowledge that a student has received, provide a progression of learning experiences that complement one another, and offer timely information so they are better prepared to excel academically and become active members of our campus community.

Student Support Services (SSS)
University of South Florida
4202 E. Fowler Avenue, SVC 2002
Tampa, FL 33612
(813) 974-4051
UGS-AskSSS@usf.edu
http://www.usf.edu/undergrad/sss/index.aspx

The Student Support Services Program (SSS) is a federally funded retention program designed for students who have been identified as having an academic need and either first generation college student, as having low-income family status, or both. Based on evidenced based research SSS is designed to significantly increase the retention and graduation rates of the 220 participants it is funded to serve. We are committed to providing proactive, intrusive, comprehensive and innovative services to enhance our student's success at USF. SSS provides a plethora of services including individualized academic advising, counseling, coaching, laptop loan program, SSS Summer Program, Living Learning Community, financial aid assistance SSS scholarships, social and cultural enrichment programs, employment and workshops that broaden career perspectives, improve academic skills, promote self-confidence and address various non-cognitive factors.

Student Benefits
- The summer program is free to all students who complete the 18/19 FAFSA and meet low-income requirements (tuition, housing, books, meals)
- SSS students who qualify may receive the SSS scholarship
- Receive personalized academic advising and counseling
- Receive priority summer housing and participate in the SSS Living Learning Community
- Receive a head start on the fall curriculum by earning 9 credit hours
- Enhance study-skills and problem solving
- Explore career goals or major choice
- Discover the campus and the surrounding Tampa Bay area
- Make friends at the university

Contractual Agreement
Program participants are expected to abide by the SSS contractual agreement made upon their entrance to the institution. Following the guidelines has successfully benefited our students in that an average of 85-95% have remained in good academic standing each year.

As a student in our program, you are responsible to maintain contact with your SSS counselor, participate in student success workshops, become a member of the S Club, take advantage of our laptop loan program, utilize the SSS computer lab, and participate in program events and activities.
Upward Bound Program
University of South Florida
4202 E. Fowler Avenue, SVC 2002
Tampa, FL 33612
(813) 974-4051
http://www.usf.edu/undergrad/ub/

The University of South Florida Upward Bound Program (UBP) is a TRIO (https://www2.ed.gov/programs/trioupbound/index.html) college-access program funded by the United States Department of Education. View our brochure at http://www.usf.edu/undergrad/ub/usf-upward-bound-fact-sheet.pdf.

- The goal of UBP is to increase the rate at which participants complete secondary education and enroll in and graduate from institutions of post-secondary education.
- USF UBP serves Hillsborough County high school students (http://www.usf.edu/undergrad/ub/program-eligibility.aspx) living in low-income households or households in which neither parent holds a bachelor's degree (first-generation college students).
- Services (http://www.usf.edu/undergrad/ub/services.aspx) also include instruction, tutoring, counseling, mentoring, cultural enrichment, campus tours, and a college residential experience.
Arts & Culture
http://www.usf.edu/campus-life/arts-culture.aspx
The Arts at USF thrive with more than 300 yearly concerts, performances, exhibitions, lectures, symposia and festivals open to students and the community, many free of charge.
- College of The Arts Events - http://www.usf.edu/arts/
- Botanical Gardens - http://gardens.usf.edu/

Athletics
University of South Florida Athletics Department
4202 E. Fowler Ave., ATH 100
Tampa, FL 33620
(813) 974-2125
http://gousfbulls.com/

The University of South Florida System Athletic Department is committed to providing all student-athletes with opportunities to receive a world-class education, win championships, and develop into the leaders of tomorrow while embracing our partnerships within the Tampa Bay community.

USF Bookstore
A student's one-stop shop for everything USF and everything Bulls. Each USF campus has their own campus store serving the specific needs of that campus community. USF's campus bookstores are managed by Barnes and Noble College, and are support student success.

All USF Bookstores offer a wide variety of textbook purchasing options, including textbook rentals, digital textbooks, new and used textbooks. Additionally, USF Bookstores offer a Price Match program that matches prices to Amazon.com and bn.com. See website for details. In addition to books, USF Bookstores offer the largest selection of USF gifts and apparel, school supplies, technology items, residence hall needs, and snacks. The Tampa and St. Petersburg stores also have full-service Barnes & Noble Cafes.

The USF Bookstores accept Visa, MasterCard, Discover and American Express credit cards as well as cash, checks and Barnes & Noble gift cards as payment. Eligible students can also use their Bookstore Advance Purchase Program (BAPP) when applicable at any campus store.

<table>
<thead>
<tr>
<th>Main Store/Tampa Campus: Located adjacent to Martin Luther King Plaza, next to the Marshall Center and Student Health Services.</th>
<th>Hours: Monday – Thursday 8 a.m. - 7 p.m. Friday 8 a.m. - 5 p.m. Saturday 10 a.m. - 4 p.m. Sunday Closed</th>
<th>4202 East Fowler Avenue, BKS0269 Tampa, FL 33620-6651</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health Sciences Bookstore/Tampa Campus is located on the Tampa Campus in the Health Sciences complex at MDC 1050.</td>
<td>Hours: Monday – Friday 8 a.m. - 5 p.m. Saturday &amp; Sunday Closed</td>
<td>4202 E Fowler Ave, MDC 1050 Tampa, FL 33620-9951</td>
</tr>
<tr>
<td>Barnes &amp; Nobles USF St. Petersburg</td>
<td>Hours: Monday – Thursday 8 a.m. - 6 p.m. Friday 8 a.m. - 5 p.m. Saturday 9 a.m. - 4 p.m. Sunday Closed</td>
<td>500 3rd Street South St Petersburg, FL 33701</td>
</tr>
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https://sftampa.bncollege.com/webapp/wcs/stores/servlet/BNCBHomePage?storeId=15056&catalogId=10001&langId=-1
https://usfhsc.bncollege.com/webapp/wcs/stores/servlet/BNCBHomePage?storeId=52063&catalogId=10001&langId=-1
https://usfstpete.bncollege.com/webapp/wcs/stores/servlet/BNCBHomePage?storeId=15053&catalogId=10001&langId=-1
Campus Recreation Services
4202 E. Fowler Avenue, REC 111
Tampa, FL 33620
(813) 974-7084
Email form: http://www.sa.usf.edu/forms/campus-rec/form.asp?type=question

The University of South Florida Campus Recreation Center is a newly expanded, state-of-the-art fitness facility, located on the USF main campus in Tampa, FL. Spanning over 180,000 square feet, the recreation center offers a wealth of space and activities including:

- Two Gymnasiums, with the ability to host Badminton, Basketball, and Volleyball Contests
- An indoor suspended track
- Five four-walled racquetball courts and one squash court
- An indoor heated pool
- The Fit (satellite facility)
- The WELL Fitness Center (satellite facility)
- Racquetball & Handball Courts
- Squash Court
- Multipurpose Rooms
- Andros Tennis Courts
- P.E. Tennis Courts
- Outdoor Fields
- Fitness Trail
- USF Riverfront Park

In addition, the USF Campus Recreation Department offers daily group fitness classes, equipment check out, daily use lockers, and expansive cardio and fitness floors with brand new equipment.

USF Campus Recreation also maintains outdoor facilities for use by USF students, faculty, staff, and other affiliate members. These facilities include 13 football and soccer fields, 2 softball fields, 16 tennis courts, a 1.2 mile shaded running trail, and Riverfront Park.

Career Services
4202 E. Fowler Ave. SVC 2088
Tampa, FL 33620-6930
(813) 974-2171
CareerServices@usf.edu
http://www.usf.edu/career-services/

For students: Find information about selecting a major (or picking a new one!), information about career options, how to secure an internship or co-op, and resources for your job search. You can also check out important information about upcoming events and our Career Preparedness Certification program.

For parents, family, and friends of current USF students: Visit our website to review the content that we’ve put together specifically for you! This information can help you guide your student as they navigate their career development path.

We’re a member of the Florida Career Centers (FCC) organization, a consortium representing many of the career services leaders at State University System institutions. The FCC meets 3 times per year, throughout the state, collaborating with area employers and serving as the host of the Statewide Job Fair, held annually in May. We’re also proud to be a member of the National Association of Colleges and Employers, a national organization committed to providing standards, ethical guidelines, advocacy, and guidance on key issues for our profession.
Suit-A-Bull
4202 E. Fowler Ave. SVC-2060
Tampa, FL 33620-6930.
(813) 974-1407
http://www.usf.edu/career-services/students/suit-a-bull.aspx

Suit-A-Bull, organized by Enactus at USF in partnership with the office of Career Services, is a free suit rental service for USF students. Suit-A-Bull has over 600 items including suits, jackets, pants and shirts for both men and women.

Center for Leadership & Civic Engagement
Marshall Student Center, Student Life Tower, 1st & 3rd Floors
4202 E. Fowler Ave, MSC 4100
Tampa, FL 33620
Main Office: (813) 974-7595
http://www.usf.edu/CLCE

The Center for Leadership and Civic Engagement (CLCE) trains, educates, and develops USF community members to be effective, ethical, and positively engaged leaders among the global community. Our programs help each student discover their passion and talents, while developing their skills and understanding of leadership and active citizenship.

Center for Victim Advocacy & Violence Prevention
4202 E Fowler Avenue, SVC 2058
Tampa, Florida 33620
Office: (813) 974-5756
Victim Helpline: (813) 974-5757
va@admin.usf.edu
http://www.usf.edu/student-affairs/victim-advocacy/

The Center for Victim Advocacy provides free and confidential services to USF students, faculty, and staff. We serve men, women, and people of all sexual orientations, gender identities, and gender expression who have experienced crime, violence or abuse on or off campus either recently or in the past.

Child Care
USF offers on-campus childcare options for students, faculty and staff, including Bright Horizons at USF (monthly tuition rates ranging from $682 to $1,200), and the USF Preschool for Creative Learning, a partner with the USF College of Education.

<table>
<thead>
<tr>
<th>Tampa Child Care Center</th>
<th>USF Preschool for Creative Learning</th>
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<tbody>
<tr>
<td>3125 USF Banyan Circle,</td>
<td>11811 Bull Run Drive</td>
</tr>
<tr>
<td>Tampa, FL 33612</td>
<td>Tampa, FL 33617</td>
</tr>
<tr>
<td>Call For Enrollment Information: 877-624-4532</td>
<td>(813) 974-5142</td>
</tr>
<tr>
<td>Phone: 813-974-8500</td>
<td><a href="mailto:PCLinfo@coedu.usf.edu">PCLinfo@coedu.usf.edu</a></td>
</tr>
<tr>
<td>Hours of Operation: M-F: 7:00 a.m. to 6:00 p.m.</td>
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<tr>
<td>Ages Served: Infants, Toddlers, Preschool, Kindergarten Prep</td>
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Copy Services
USF Print Shop
Marshall Center
(813) 974-9923

University of South Florida and RICOH have partnered to offer students and faculty a full range of business services to assist with their everyday needs. The USF Print Shop can produce crisp, clean copies, prints, professional binding and finishing. They can also help with quality prints of posters, signs, banners, postcards, business cards, program booklets, brochures, and traditional-sized photos.
Counseling Center
4202 E. Fowler Ave., SVC-2124
Tampa, FL 33620-6930.
813-974-2831
http://www.usf.edu/student-affairs/counseling-center/

Monday, Wednesday, Thursday 8 am - 6 pm
Tuesday 8 am - 7 pm
Friday 8 am - 5 pm
Closed University holidays

Extended hours are available at satellite clinic locations on-campus. Twenty-four hour telephone consultation is also available. For additional information, call 813-974-2831.

The Counseling Center offers comprehensive psychological services to help students navigate the challenges of college life and take advantage of opportunities for personal growth. Learn about the psychological services, workshops, counseling and treatment programs available.

Dining Services
4202 E. Fowler Avenue, AXA 0094
Tampa, FL 33620
813-974-5021
https://usf.campusdish.com/

The campus dining experience is an integral part of the University of South Florida with over 25 dining locations on campus to serve you. Visit Dining Services website to view dining locations and all of the wonderful options offered.

Meal Plan
Meal plans are convenient, flexible, and loaded with options. Each meal plan comes with meal swipes to use at our three dining halls and dining dollars to use at one of our various retail locations. The ability to dine at all of the dining locations all across campus gives students a range of menus and offerings. Students will get guaranteed value, whether they eat on campus three times a week or three times a day! We've got students covered. See our Meal Plan options at our website at:

Disability Services for Students
Students with Disabilities Services
4202 E. Fowler Avenue, SVC 1133
Tampa, FL 33620
(813) 974-4309
sa-sds-information@usf.edu
http://www.usf.edu/student-affairs/student-disabilities-services/

Students with Disabilities Services promotes equitable and accessible education, meaningful self-advocacy, awareness of disability issues and inclusiveness for the USF community. Learn about accommodations, programs and assistive technologies designed to support USF students.

Equity and Diversity
Diversity, Inclusion and Equal Opportunity
4202 E. Fowler Avenue, ALN 172
Tampa, FL 33620
(813) 974-4373
http://www.usf.edu/diversity/

We foster an institutional climate that is welcoming, inclusive, and safe for students, faculty, staff and visitors. As a system-wide office we promote initiatives that contribute to the diversity of our institution and celebrate the rich heritage in our campus community and the region. We provide oversight for equal employment opportunity, as well as processes to mitigate harassment and discrimination. Additionally, we coordinate Title IX services in conjunction with other units to prevent sexual violence and create a culture of safety.
Faith-Based Organizations
The Religious and Spiritual Life at USF is a network of member faith communities committed to an agreed upon set of ethical standards. We provide access to programs, services, and activities that encourage a campus atmosphere of healthy religious and spiritual expression. This is accomplished through meetings, resources allocation, and collaboration between member organizations and the Division of Student Affairs. For more information, visit http://www.rsl.usf.edu/page.asp?id=79.

Feed-A-Bull
4202 E. Fowler Avenue, SVC 2127
Tampa, FL 33620
(813) 974-5884
feedabull@usf.edu

Feed-A-Bull is a campus food pantry initiative spearheaded by Student Health Services, the Office of Student Outreach and Support (SOS) and Feeding America Tampa Bay. Feed-A-Bull is available for enrolled USF students on the USF Tampa campus. It was created to address food insecurity by providing supplemental food to students in need, as well as education and resources to students related to purchasing and preparing balanced food on a budget.

Fraternity/Sorority Life
4202 E. Fowler Avenue, MSC 2306
Tampa, FL 33620
(813) 974-1001
getinvolved@usf.edu

Being a member of a Greek lettered organization at the University of South Florida is a great opportunity to develop as a person and to enhance the collegiate experience. Through membership development programs that the office hosts to philanthropies created by each organization, members of the Greek community are exposed to multiple learning and growth opportunities. Being a member of a fraternity/sorority means joining an organization that is bigger than yourself where you learn about personal values and ethics and finding that organization that has the values and morals that align with your own. This aspect is something that is unique to a Greek Lettered organization and that no other student organization can offer to the average student.

Health Services
USF Student Health Services (SHS)
http://usf.edu/SHS
General Info / Appointment Line: 813-974-2331
After Hours Telephone Consultation: 813-974-2331
TDD: 813-974-1758 Fax: 813-974-7181
Immunization Office: 813-974-4056 or immunization@shs.usf.edu
Insurance Compliance Office: 813-974-5407 or insurance@shs.usf.edu
Bulls Country Pharmacy: 813-974-2071
http://usf.edu/BCpharmacy

Clinical Hours
- Fall & Spring Semesters: 8 a.m. - 5:30 p.m.
- Summer Semester: Monday - Friday 8 a.m. - 4:30 p.m.
- Break Weeks: 8 a.m. - 4:30 p.m.

Immunizations, Insurance, and Laboratory Hours
- Immunizations and Insurance Compliance are open from 8 a.m. - 5 p.m.
- Laboratory is open from 8 a.m. - 5 p.m.

Pharmacy
- Fall & Spring Semesters: 9 a.m. - 5:30 p.m.
- Summer Semester & Break Weeks: 9 a.m. - 5 p.m.

The services provided by Student Health Services (SHS), in collaboration with the other Wellness USF departments, can help you achieve and maintain a healthy lifestyle, and thereby support your academic success. Whether you are sick, injured, managing a chronic health problem, or working to develop a healthier lifestyle, Student Health Services is here to help! Our mission is to provide students with high-quality health care and education to strengthen student learning and promote lifelong success through health and wellness. We combine a wide range of medical, counseling, prevention, and wellness services to help students remain healthy and succeed academically. All services are subsidized by your tuition, allowing us to offer general medical consultations at no out-of-pocket cost and quality specialty services at student rates. We can even bill private insurance or put fees on your OASIS account, so you don't delay medical treatment or necessary medication.
SHS operates with an open access appointment system in order to accommodate same day appointments. We will schedule you for the first available appointment based on the type and urgency of your medical symptoms. Students can schedule an appointment by calling, in person or online through usf.edu/SHS but additional details may be required. We have an on-site laboratory, participate with e-prescribing, and offer a secure health portal where you can communicate with your medical team. SHS respects patient confidentiality. We utilize electronic health records and medical records are managed in a strictly confidential manner.

**Housing & Residence Education**
4202 East Fowler Avenue RAR229
Tampa, Florida 33620-7700
813-974-0001
housing@usf.edu
http://www.usf.edu/housing/

The transition to college is a big one. We want you to know that the residential experience at USF is characterized by support, strong interpersonal connections, and academic engagement. We are here for you, and our residents are here for each other.

**Information Technology Services**
4202 E. Fowler Avenue, SVC 4010
Tampa, FL 33620
(813) 974-1222
help@usf.edu
http://www.usf.edu/it/index.aspx

Students can find many of the resources they need to attend class at our website http://www.usf.edu/it/index.aspx. Learn about MyUSF, how to print on campus, information on connecting to the wireless network, and more.

**Wireless Services**
Wi-Fi is available in nearly all academic buildings and many outdoor areas utilizing the USF-Gold, USF, USF-Guest, or eduroam networks. Students can use Wi-Fi compatible devices anywhere service is provided; most locations also support the higher speed 802.11a/n/ac standards. Wi-Fi service is provided free of charge to current USF students, faculty and staff. USF has a computer network that covers practically the entirety of the campus, with almost all buildings having fiber optic cable into wiring centers to allow for high-speed connections to the redundant, double-starred 10 Gigabit per second campus backbone. For more information, visit http://www.usf.edu/it/class-prep/wireless.aspx.

**Marshall Student Center**
4202 E. Fowler Avenue, MSC 4100
Tampa, FL 33620
(813) 974-3180
http://www.usf.edu/student-affairs/msc/

The Phyllis P. Marshall Student Center is the heart of campus. At over 230,000 square feet the MSC welcomes over 10,000 students, staff, and visitors every day. The Marshall Student Center is a vibrant gathering place that strengthens a person’s connectivity to USF, cultivates a sense of community, and hosts campus traditions by providing exceptional facilities, event services, and student employment opportunities.

**Multicultural Affairs**
4202 E. Fowler Avenue, MSC 3300
Tampa, FL 33620
(813) 974-5111
sa-OMA@usf.edu
http://www.usf.edu/student-affairs/multicultural-affairs/
Monday-Friday from 9:00 a.m. - 5:00 p.m.

The Office of Multicultural Affairs coordinates educational, cultural, and social programs to foster experiences that create intercultural mature global citizens who are prepared to thrive in diverse environments. While promoting intercultural dialogue, awareness, advocacy and respect for diversity, OMA helps students understand and appreciate
a multitude of identities. Through programming, trainings, and direct connections with our staff and services, OMA creates an inclusive environment enabling students to become conscientious global citizens.

Parking and Transportation Services
4202 E Fowler Avenue, PSB101
Tampa, Florida 33620-7700
(813) 974-3990
psweb@usf.edu
http://www.usf.edu/administrative-services/parking/

Our division is responsible for the overall management of the Bull Runner Transit System and parking facilities and services. We are committed to providing guidance and assistance to the USF community and our guests with all their parking and transportation needs in a professional and courteous manner.

Parking on Campus

Bus Service (Bull Runner)

Bike Parking & Share-A-Bull Bikes

Electric Vehicle Charging Stations
USF Tampa Campus currently has 5 electric vehicle (EV) charging stations as part of the ChargePoint Network. ChargePoint is the world's largest and most open electric vehicle charging network with over 25,300 locations. ChargePoint allows EV drivers to find and check charging station availability in real time at https://na.chargepoint.com/charge_point.

Postal Services
4202 E Fowler Ave, STOP PPA109
Tampa, FL 33620-9951
(813) 974-2606
bulkmail@admin.usf.edu
http://www.usf.edu/administrative-services/facilities/services/post-office/

The USF Post Office is responsible for providing mail service to students and employees as well as operating a full service post office that is open to the public. The US Post Office Contract Unit is open to the public for retail sales. The USF Post Office rents university owned mailboxes for personal use. These mailboxes are accessible 24 hours a day, seven days a week. However, mail that is too large to fit in the mailbox and mail that requires a signature, needs to be retrieved during Post Office business hours that are 9 a.m. - 4 p.m., Monday-Friday.

Safety and Security
USF Police Department
4202 E. Fowler Ave, UPB002
Tampa, FL 33620
Main Office: (813) 974-2628
Fax: (813) 974-5616

IN AN EMERGENCY DIAL 911

The University Police Department is a full-service law enforcement agency serving and protecting the university community. Officers patrol the campus and surrounding areas 24/7. Learn more about the USFPD, get activity reports and more.

- Active Shooter Information
- Bicycle Registration - Bicycle Anti-Theft (BAT) Program
- Campus Safety Guide
- Campus Security Authorities
- Crime Alert Information
- Educational Programs
- MoBull Messenger & Guardian
- Operation ID
• SAFE Team
• Self-defense For Women - Rape Aggression Defense (R.A.D.) Class
• Sexual Predators/Offenders Alerts
• Street Smart

SOCAT
Students of Concern Assistance Team (SOCAT)
The Students of Concern Assistance Team (SOCAT) serves as an administrative, interdisciplinary team which assesses referrals, develops action plans and monitors red flag behaviors across the campus community. The Students of Concern Assistance Team (SOCAT) is an interdisciplinary team which reviews referrals for students whose behavior presents a disruption to campus or a concern for safety. SOCAT meets weekly, or as needed, to assess referrals, develop action plans, and monitor red flag behaviors across the campus community.

Student Government
4202 E. Fowler Avenue, MSC4300
Tampa, FL 33620
813-974-2401
studentgovernment@usf.edu
http://www.usf.edu/student-affairs/student-government/

The mission of the Student Government at the University of South Florida is to ensure an optimal student experience by advocating on behalf of the Student Body, shaping university policy, and foster school pride.

USF Student Government Association (SG) is run by more than 120 students that includes student employees and volunteers. We are here for you--the students of USF--to serve your needs and be your voice. We welcome you to get involved with us either directly as a student employee or volunteer, indirectly by attending the events we sponsor or fund through campus departments, and/or by using the various services and resources provided. For more detailed information, please visit our website.

Student Organizations
Center for Student Involvement
4202 E. Fowler Avenue, MSC4100
Tampa, FL 33620
(813) 974-1001

At USF, there are so many ways that you can get involved with campus and the community while having fun and exploring your passions! Our office exists to not only coordinate many of these activities, but to help you find just the right ones for you. Stop by our office and we will point you in the right direction and/or explore the opportunities. Attend, volunteer, or plan -- just get involved to make some of the best memories and friends of your college years!

Student Ombuds
4202 E. Fowler Avenue, ALN 191
Tampa, FL 33620
(813) 974-0835
ombuds@usf.edu
http://www.usf.edu/student-affairs/ombuds/

The Student Ombuds Office provides confidential, impartial, informal and independent services to students with complaints or concerns about the University. The mission of the Student Ombuds Office is to facilitate fair and equitable resolution processes that promote student success.

Tobacco and Smoke Free University
Environmental Health & Safety
4202 E. Fowler Avenue, OPM 100
Tampa, FL 33620
(813) 974-4036
http://www.usf.edu/administrative-services/environmental-health-safety/tobacco-free/
USF is committed to providing a safe, healthy and enjoyable learning, living and working environment. On January 4, 2016, the USF Tampa Campus became entirely tobacco and smoke free. Smoking and use of tobacco products are not allowed in any indoor or outdoor area, including parking garages, grounds, sidewalks or recreational areas. This policy also includes the use of e-cigarettes.

By becoming a tobacco and smoke free campus, USF hopes to promote overall health and wellness for the university community and create a more attractive and enjoyable campus experience by completely eliminating smoking and tobacco product use.

**USF Federal Credit Union**

13302 USF Palm Drive  
Tampa, FL 33612  
Main Branch: (813) 569-2000  
US Toll Free: (800) 763-2005  
[https://www.usffcu.com](https://www.usffcu.com)

When you join USF FCU, you become part of an important movement; individuals coming together as part of a cooperative effort designed to meet their unique financial goals. We will provide the expertise and resources you need to feel confident in your financial decisions, and the convenience and technology you crave to help make life a little easier. With more than 30,000 fee-free ATMs nationwide, low-rate and big-reward credit cards, competitive rates on your savings, convenient and smart checking.

**USF Card**

Tampa Campus, SVC1032  
Hours: Monday - Thursday: 9:00 a.m. - 6:00 p.m., Friday: 9:00 a.m. - 5:00 p.m.  
(813) 974-2357  
idcard@usf.edu  
http://www.usf.edu/it/class-prep/usf-card.aspx

The USFCard is the official identification card of the University of South Florida. The USFCard is a multi-functional card with digitized photo and electronic identification and validation for departments needing to verify student and/or employee status. The USFCard was designed as a platform for a multitude of services and functions. You must visit the Card Center located in the Student Services building (1st floor) to fill out proper documentation to obtain your USFCard.

**Cardholder Responsibilities**

A. Use of the USFCard by anyone other than the person to whom it was issued is strictly prohibited.  
B. The cardholder is subject to disciplinary actions or other penalties for improper use of the card.  
C. The cardholder is responsible for any and all losses associated with the card.  
D. Punching holes, marking on the card, adding stickers or altering the card in any way is strictly prohibited.

**Veteran Success**

4202 E. Fowler Avenue, ALN 130  
Tampa, FL 33620  
(813) 974-2291  
vetserve@usf.edu  
http://www.usf.edu/student-affairs/veterans/

The Office of Veteran Success provides specialized programs and services to over 2,000 veterans, eligible dependents, active duty service members, and members of the Selected Reserve here on the USF campus. We are a one-stop shop for anything that you, a student veteran, may need. Although we also assist dependents, our main goal is to help veterans in whatever capacity necessary so that you can succeed with your educational and career goals. This may include helping with admission to the school, navigating VA benefits, graduating, or finding employment opportunities.

**Wellness**


Wellness can be looked at in five dimensions: emotional, environmental, intellectual, social and physical. When you take care of each one, you can be your best and excel in all areas of your life. Success and Wellness Coaching is a free resource that allows you to explore and gain awareness of your ability to live the life you want to live. Success and
Wellness Coaching takes a present-focused, positive, and strengths-based approach to mental health promotion and holistic wellness.

Please take advantage of our services and resources so you can start developing lifelong healthy habits that can have a positive impact on your college experience and long after. Stop by the Wellness Center in the MSC to get a blood pressure screening, check your height and weight, pick up free condoms, get a free chair massage and gather information on a variety of health and wellness topics.

Enjoy our Wellness Center in the FIT where you can relax, rest and recharge in our high-tech nap pods, our 15-minute electronic massage chairs, and our oversized bean bags. You can even schedule coaching and counseling sessions here. Take care of yourself and be your best while at USF!

<table>
<thead>
<tr>
<th>Location and Hours:</th>
<th>Wellness Center at the MSC Hours:</th>
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<tbody>
<tr>
<td>Marshall Student Center, 1504</td>
<td>9:30 a.m. - 4:30 p.m.</td>
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<tr>
<td>9 a.m.- 5 p.m.</td>
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<tr>
<td>Monday-Friday (with the exception of holidays and university closings).</td>
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<tr>
<td>The FIT (upstairs)</td>
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<tr>
<td>Monday &amp; Thursday 10 a.m. – 7 p.m.</td>
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<tr>
<td>Friday 10 a.m. – 5 p.m.</td>
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<tr>
<td>Saturday &amp; Sunday 12 p.m. to 5 p.m.</td>
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<tr>
<td>813-974-3684</td>
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<tr>
<td>Wellness Center Relaxation Zone at The FIT Hours:</td>
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<tr>
<td>Monday &amp; Thursday 10 a.m. – 7 p.m.</td>
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