

STUDENT EMPLOYEE RESOURCE GUIDE

WHAT IS THIS? A resource guide for supervisors of student employees to reference.

Student employees may experience challenges related to academics, time management, well-being, adjusting to campus life, and/or safety. It is a positive step when they share that they need support or assistance. The role of the supervisor is to listen, normalize help seeking, and connect the student to appropriate University of Iowa resources. Campus offices have professionals trained to provide specialized support and guidance. Using this guide, supervisors can respond confidently by acknowledging the student's concerns and referring them to the right resource so that the student can access effective support.

Homesickness & Emotional Well-Being

Resource	What It Is	Phone	Website
University Counseling Service	Confidential counseling, groups, and workshops supporting emotional well-being and homesickness.	(319) 335-7294	https://counseling.uiowa.edu/
Student Wellness	Wellness programming and consultations focused on stress, sleep, and well-being.	(319) 335-8394	https://studentwellness.uiowa.edu/
Well-Being at Iowa	Central website connecting students to wellbeing and crisis support resources.	N/A	https://wellbeing.uiowa.edu/
International Students & Scholars Services	Support for international student adjustment, community, and resources.	(319) 353-2700	https://international.uiowa.edu/iss
Women's Resource and Action Center	Advocacy and support for personal well-being and community connection.	(319) 335-1486	https://wrac.uiowa.edu/

Time Management & Study Skills

Resource	What It Is	Phone	Website
Academic Success Workshops	Workshops on time management, motivation, and academic success skills.	(319) 467-1561	https://learning.uiowa.edu/academic-success-workshops

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Learning at Iowa	Tools and strategies to strengthen learning and study habits.	(319) 467-1561	https://learning.uiowa.edu/
Office of Student Learning	Coordinates academic learning initiatives and support services.	(319) 467-1561	https://learning.uiowa.edu/
University Counseling Service (UCS) Skills Workshops	Workshops on procrastination, stress, and time management.	(319) 335-7294	https://counseling.uiowa.edu/
Academic Tips Worksheets	Various worksheets and guides with tips, strategies, and information to promote success in several topic areas.	N/A	List of Academic Tips Worksheets Example: Effective Note-Taking Guide

Other Academic Support

Resource	What It Is	Phone	Website
Academic Advising Center	Advising on degree planning, coursework, and academic decisions.	(319) 353-5700	https://newstudents.uiowa.edu/academic-advising
Academic Resource Center	Free Supplemental Instruction and peer-led academic support.	(319) 467-1561	https://tutor.uiowa.edu/arc-academic-resource-center
Pathways to Excellence	Connects students to services that promote retention and graduation through	(319) 335-1497	https://pathways.uc.uiowa.edu/

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	coordinated partnerships.		
Tutor Iowa	Central hub to find tutoring, SI sessions, and study resources.	(319) 467-1561	https://tutor.uiowa.edu
Supplemental Instruction	Peer-led study sessions connected to specific courses.	(319) 467-1561	https://tutor.uiowa.edu
Student Disability Services	Academic accommodations and disability-related support.	(319) 335-1462	https://sds.provost.uiowa.edu/
Honors Program	Enhanced academic opportunities for high-achieving students.	(319) 335-1681	https://honors.uiowa.edu/
University Libraries	Research help, study spaces, and academic resources.	(319) 335-5299	https://www.lib.uiowa.edu/
Information Technology Services	Technology support, software access, and IT help.	(319) 384-4357	https://its.uiowa.edu/
Pomerantz Career Center	Career advising and internship/job search support.	(319) 335-1023	http://careers.uiowa.edu/

Student Advocacy, Safety, & Crisis

Resource	What It Is	Phone	Website
Office of the Dean of Students	Coordinates support for students in crisis or distress.	(319) 335-1162	https://dos.uiowa.edu/

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Student Care & Assistance	Outreach and coordinated support for complex student needs.	(319) 335-1162	https://dos.uiowa.edu/assistance
Threat Assessment Team	Compassionate intervention addressing safety concerns.	(319) 384-2955	https://hr.uiowa.edu/threat-assessment
Campus Safety	Campus emergency and law enforcement services.	(319) 335-5022	https://safety.uiowa.edu
Title IX	Response to sexual misconduct and related concerns.	(319) 335-6200	https://ocrc.uiowa.edu/sexual-misconduct/procedures
Office of Civil Rights Compliance	Addresses discrimination and harassment concerns.	(319) 335-0705	https://ocrc.uiowa.edu/
Office of the Ombudsperson	Confidential conflict resolution and consultation.	(319) 335-3608	https://uiowa.edu/ombuds/
DVIP / RVAP	Confidential advocacy for survivors of violence.	(319) 335-6000 / 800-373-1043	https://dviuiowa.org/
988 Suicide & Crisis Lifeline	24/7 crisis support.	Call/Text 988	https://988lifeline.org
UI Support & Crisis Line	Immediate crisis support for UI students.	(844) 461-5420	https://wellbeing.uiowa.edu/ui-support-and-crisis-line
CommUnity Crisis Services	Crisis intervention and emotional support.	(855) 581-8111	https://builtbycommunity.org
GuideLink Center	Crisis stabilization services.	(319) 688-8000	https://guidelinkcenter.org
Student Legal Services	Legal advice and representation for students.	(319) 335-3276	https://studentlegal.uiowa.edu

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Student Life, Engagement, & Other Resources

Resource	What It Is	Phone	Website
Leadership & Engagement	Student involvement and leadership development.	(319) 335-3059	https://leadandengage.uiowa.edu
Fraternity & Sorority Life	Support and advising for Greek life.	(319) 335-3059	https://fsl.uiowa.edu/
Recreational Services	Fitness, recreation, and wellness facilities.	(319) 335-9293	https://recserv.uiowa.edu
Sustainability at Iowa	Sustainability education and engagement.	(319) 335-5516	https://sustainability.uiowa.edu
University Housing & Dining	On-campus housing and dining support.	(319) 335-3000	https://housing.uiowa.edu
Family Services	Support for students who are parents/caregivers.	(319) 335-1371	https://hr.uiowa.edu/livewell/work-life/family-services
Parking & Transportation	Transportation and parking resources.	(319) 335-1475	https://transportation.uiowa.edu/
Downtown Iowa City	Local community resources.	N/A	https://downtowniowacity.com/
Off-Campus Housing	Resources for students living off campus.	N/A	https://offcampus.uiowa.edu/
University Events Calendar	Listing of campus events.	N/A	https://events.uiowa.edu/