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Laker Survival Guide

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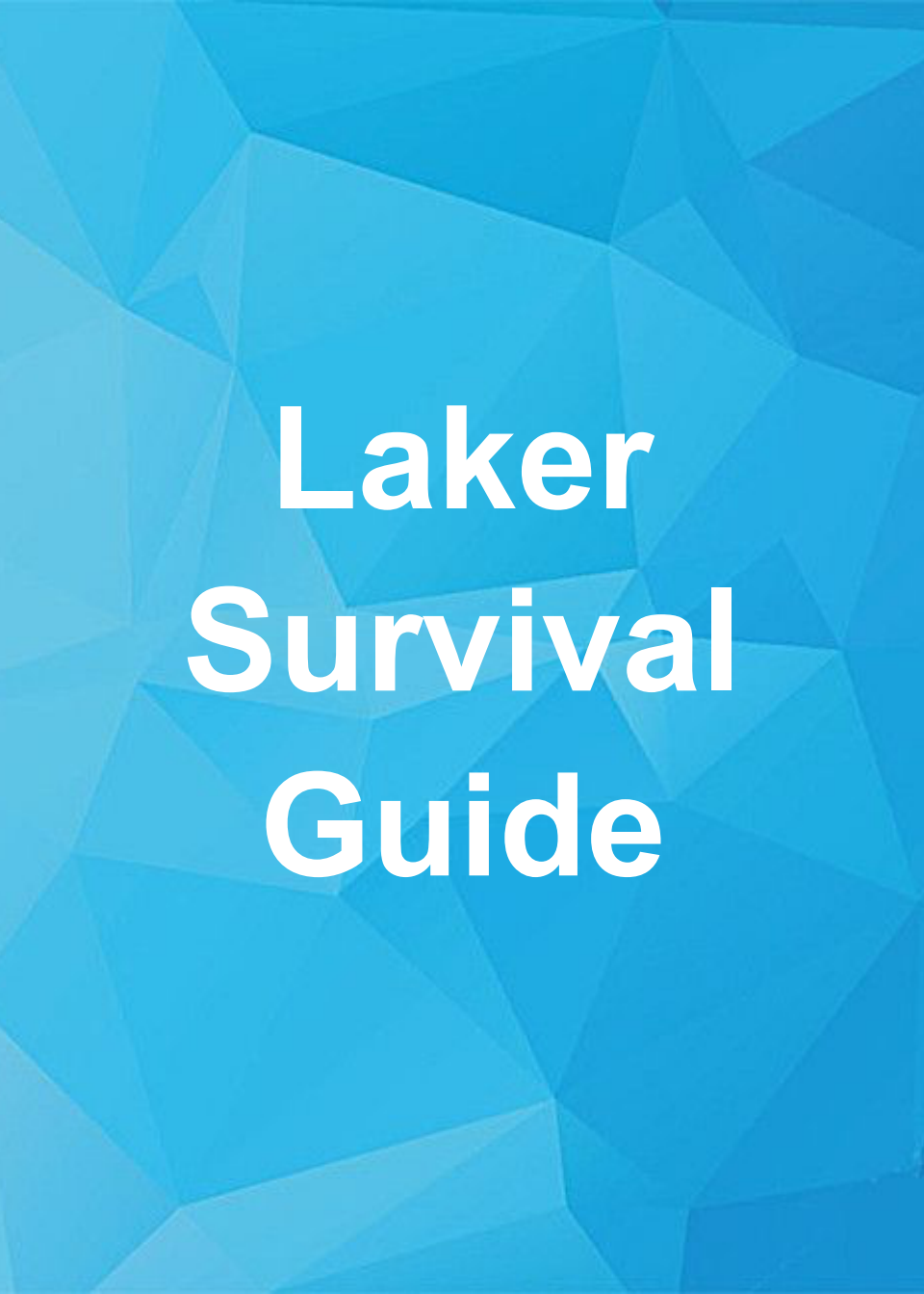


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The background of the entire page is a solid blue color with a complex, low-poly geometric pattern. The pattern consists of numerous irregular polygons of varying sizes and shades of blue, creating a textured, crystalline effect.

Laker Survival Guide

About the Author

Clara Bernal is an honors student at Grand Valley State University (GVSU) who is majoring in Biomedical Science with a minor in General Business. As a first generation student she has faced many hardships and achieved her perseverance by utilizing the support of various resources GVSU had to offer. Clara stepped into GVSU in 2016 as a non-traditional student, she carried more roles than only focusing on her education. She worked full-time, commuted, provided care for her younger siblings while her parents worked, and English was her second language, all while being a full-time honor student. All of these characteristics never seemed like an issue or obstacle in highschool until she reached college. Her first semester left her feeling like she did not belong in college and that dropping out was her best option.



However, TRIO STEM-Health Sciences was one of those resources that helped with transitions and continuing her education. TRIO is a federally-funded, comprehensive support program for first-generation and limited-income college students. Through TRIO Clara discovered many of the other resources that supported her academics, lifestyle, and culture. It was not until her Junior year of college when she became a Peer Mentor with TRIO for incoming freshman students, that she created a mini guide to GVSU's long list of resources for students. She prepared this guide for her mentee's as initially what she called, "Things you'll want to use to survive college." Clara wanted to hand her mentee's all of the resources she had discovered in three years on day one; the way she would have wished faculty and staff would have guided her. This list included various academic support resources, places to feel culturally accepted, and resources for non-traditional students. After receiving a lot of positive feedback from her mentee's, peers, and supervisors, Clara was inspired to create a larger guide for all students in similar situations to achieve success on and off campus. She realized a common theme of students knowing that GVSU has a plethora of resources however students were overwhelmed by the amount of resources. Thus, this guide was created to help lead students in the right direction without feeling overwhelmed and to highlight some of the resources many students

Academic Success Resources

Q: I can't meet during my professor's office hours, but I really need help understanding the course material! What should I do?

A: Have you tried weekly tutoring sessions? Or try stopping by at one of the drop-in centers.

Assigned Weekly Tutoring

GVSU offers various forms of support to help you achieve your academic goals such as:

The Tutoring Center is located on the 2nd floor of Kleiner Commons. Here you can meet once a week in a small group with an upper classmen tutor for many 100 and



Drop-In Tutoring Centers

Perhaps you didn't quite find the answer you looking for in class or couldn't make it to your professor's office hours. Try a drop-in center where no appointment is needed and you can receive help by other faculty and peers.



BIO & BMS
KHS 2440A



Chemistry
PAD 399



Writing
LOH 120



CIS
MAK C-2-205



Math
MAK A-2-601



Physics
PAD - 1st floor
NE Corner



Business
Pew Campus:
2018 SCB



Statistics
MAK A-2-101
&
EC 608

Academic Success Resources

Q: Hey! I'm at the library and I am having so much trouble finding resources for my paper. How do you always find information?

A: I always use the University's Library resources! They have so many tools to help you with any research. Check them out!

GVSU has five library locations that all contain trained staff and a variety of study tools!

The Knowledge Market

These are only located in the Mary Idema Pew and Steelcase libraries. Here you can work with a consultant one-on-one or in a small group to develop your research strategies, improve your writing, or presentation.



Liaison Librarians

Every subject taught at GVSU is assigned a liaison librarian. These are experts in your specific subject that can help you find the information or data you are looking for.

Speech Labs

Speech Lab consultants are trained to work with students on all elements of the speechmaking process including: topic selection, organization, supporting materials, and most importantly, practicing delivery.



Academic Success Resources

Q: HELP! I need to create a résumé but I don't have a clue as to where to begin. How did you make yours so presentable?

A: I used the Career Center! They offer an assortment of services to help you polish your résumé and more.

Résumé Building

Whether you're looking for scholarships or grants, are just starting out, have several years of experience, want to continue your schooling, or your position has been eliminated — everyone needs an up to date résumé.

All first year students should visit the career center early and often!



Learn More About Majors, Occupations, and Employers

There are so many career options within almost every major. Come in and explore where your degree can take you.

Additional Services Provided by the Career Center:

- Career assessments and testing
- US 102, a career exploration class
- Practice interviews and build resumes
- Internship searches
- Connections to professionals in all industries
- Career events such as:
 - Career Fair, held twice a year
 - WOW (World of Work) Exploration job shadow program
 - Handshake: GVSU's web-based service providing students access to professional jobs and internships posted by employers looking for GVSU



Getting Involved

Q: I'm having trouble feeling a sense of belonging on campus. I just can't really find students like me. Where should I go?

A: GVSU offers various centers to bring an inclusive community for all Lakers! Why don't you give them a try?

The Milton E. Ford LGBT Resource Center advocates for equity, community-building, and provides educational opportunities to create an informed and cohesive campus where community members of diverse sexual orientations, gender identities, and gender presentations are supported and welcome.



The Gayle R. Davis Center for Women and Gender Equity creates a meaningful learning environment about gender and to advocate for gender justice through the education, engagement, and empowerment of students and the greater GVSU community.



Campus Interfaith Resources strives to create a place where students of various world-views can practice their traditions authentically while growing more religiously literate as they navigate an increasingly more diverse and pluralistic society.



The Office of Multicultural Affairs serves to support efforts in recruiting and retaining diverse students through Laker Connection student success programs; these programs help to educate, engage and empower all students to be their full, authentic selves.



Getting Involved

Q: Have you ever heard of Laker Connections? What is it for?

A: Yes! These are Laker success programs that are designed to create an environment where students can achieve their full potential at GVSU while being their full, authentic selves. These programs are open to all students!

Brothers: Black Male Scholars, designed for students who identify as Black men.



Black Excellence, designed for students who identify as Black or African-American.



Laker Familia, designed for students who identify as Latino/a/x.



Niara, designed for students who identify as women of color.



Black Excellence, designed for students who identify as Black or African-American.



Support Resources

Q: Where could I find a place that specifically helps first generation students?

A: Have you ever considered joining TRIO? They provide student support services for first-generation and limited-income college students.

GVSU offers four different TRIO Student Support Services programs:

All TRIO programs have the same ultimate mission to increase rates of academic achievement, retention, and graduation among historically underrepresented students by providing holistic and individualized support services that maximize students' innate abilities, draw upon available resources within and outside of the university, and benefit students, families and the larger community.



TRIO SSS (Classic)



TRIO STEM SSS



TRIO TPSSS



TRIO Veterans

Services include:

- academic advising
- scheduling assistance
- study skills assistance
- time management assistance
- secondary admission assistance
- financial aid counseling
- career counseling
- graduate school counseling
- personal counseling
- study abroad advising.

Support Resources

Q: I'm required to receive testing accommodations but I don't know who to speak about those arrangements? Where do I go?

A: Contact the Disability Support Resources, their staff will be able to walk you through form submissions so you can receive the accommodations you need.

Disability Support Resources (DSR)

is located on the 2nd floor of the Blue Connection. The DSR provides support resources and accommodations that enhance the environment for students with disabilities and help educate the university community on disability issues in an effort to foster a more inclusive and equitable campus.

Services offered include:

- Accessible Transportation Service
- Advising Assistance
- Alternative Format Textbooks
- Alternative Testing
- Assistive Technology
- Campus Links

(provides support for students to be independent learners, while building on their social development skills for personal and academic success.

- *Campus Links Red (residential program)*
- *Campus Links Blue (non-residential program)*
- *Career Exploration and Development*
- *Documentation for Professors*
- *Learning and Study Skills*
- *Note-taking Assistance*



Additional Resources

Q: So what more does GVSU offer to help support students?

A: ALOT! Heres a few just to start!

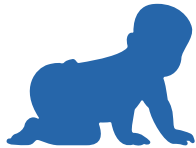


Replenish

is located in the Kirkhof Center, this is a food resource for all students who face financial obligations/struggles that compromise their food access. Replenish, provides food and personal care items to meet the short-term challenges that students may face when unable to purchase such items.

Children's Enrichment Center (CEC)

The CEC located in the Allendale campus operates with 3 classrooms supported by teaching strategies creative curriculum and gold assessment programs. The CEC runs a year round preschool program serving children ages 2.5 years - 5 years of age in the mornings with enrichment opportunities offered throughout the day. They also offer before and after school care.



Student Ombuds

GVSU's student ombud is a designated neutral or impartial dispute resolution practitioner whose major function is to provide confidential and informal assistance to constituents of the university or college community (this may include students, staff, faculty and/ or administrators).

Campus Health Center

is conveniently located on GVSU's Allendale campus, on 42nd Avenue across from the water tower, just south of Laker Village. It is operated by Metro Health University of Michigan, it provides convenient and quality care for GVSU students, faculty, and staff.



Promotions Office

located right before the Kirhof and Mary Idema Pew connector hallway. This office offers free posters, trifolds, and other materials for students. Additionally it is a great quiet study area.



GRAND VALLEY
STATE UNIVERSITY