

ACADEMIC AND STUDENT SERVICES, OFFICES AND ACTIVITIES

Important Contacts

Office of Academic Affairs, 970.248.1881
 Integrated Resources for Information and Solutions (IRIS), 970.248.1177
 Office of Student Services, 970.248.1366
 Student Life, 970.248.1111
 WCCC Student Services, 970.255.2660

Admissions Office

1100 North Avenue
 800.982.6372 or 970.248.1875

The Admissions Office serves as the welcome center for prospective students and their families. Among the staff's responsibilities are the recruitment of students and the processing of admissions applications, new student academic scholarships, and petitions for changes to residency classification for tuition purposes. Activities of the University's student ambassadors are also coordinated through this office as well as daily tours.

Campus Recreation Services

Hamilton Recreation Center
 970.248.1592

Campus Recreation Services is established to provide varied programs and services that will contribute to the health and well-being of the students of Colorado Mesa University. Hamilton Recreation Center encourages responsible use of leisure time by providing an atmosphere that fosters the development of lifelong patterns of recreational activities and opportunities for participation in such activities regardless of age, sex, race, or motor ability. To do so, facilities and resources are designed to provide appropriate environments for participants through the following:

- Providing access to recreation facilities, equipment, and activities for convenient, informal participation (Open Recreation Program). These facilities include a multi-sport gymnasium, outdoor basketball and sand volleyball courts, cardio machines, free weights, cross-functional Rogue Infinity training rig, TRX suspension training, reinforced medicine ball wall, racquetball courts, 38-foot climbing wall, and premier swimming pool.
- Offering structured and non-structured opportunities for improving and maintaining physical fitness (Wellness Program). These opportunities include group exercise classes like yoga, spin, and Zumba, wellness assessments, personal training including exercise program prescription, massage therapy, and nutrition counseling.
- Offering students significant opportunities for career development, including the acquisition of leadership, management, and technical skills in all areas of Campus Recreation Services (Student Employment Program).

Our new 24hr fitness venue, Lucero Fitness Facility, was added in 2019. All current, registered students will have MavCard access to this space. It is located in the lower level of Lucero Hall. At approximately 1,200

square feet, it includes cardio equipment, strength equipment and core/stretching equipment.

CMU also offers structured competitive and social opportunities in a variety of individual and team sports (Intramural and Club Sports). Intramural sports are free for all students at CMU. Providing an opportunity to compete against classmates, dorm mates, and other campus members in soccer, flag football, basketball, volleyball, ultimate Frisbee, softball, dodgeball, and battleship leagues and one day tournaments. Head to the [Intramural Sports](#) website or contact the Intramural Sports office at 970.248.1591 for details on how to sign up for the next league!

Club sports at CMU allow students to compete against other universities across the state, region, and country. Club sport teams practice on a weekly basis and compete on a frequent basis. We currently offer: Alpine Ski, Baseball, BMX, Cyclocross, Disc Golf, E-Sports, Fencing, Men's Ice Hockey, Men's Rugby, Men's Soccer, Men's Volleyball, Mountain Bike, Nordic Ski, Road Cycling, Rodeo, Softball, Swim and Dive, Table Tennis, Track Cycling, Shooting Sports, Ultimate Frisbee, Rugby, Women's Soccer, Women's Volleyball, and Water Polo. For more information, please visit the [CMU Athletics website](#) or contact the Club Sports office at 970.248.1115.

Career Services

University Center, Room 107
 970.248.1404
career@coloradomesa.edu

Career Services provides resources and guidance for students and alumni in their journey toward reaching their career goals. We take an active role in providing career exploration, workshops, events, and on-campus employer visits to encourage students to investigate and gain information while creating their career path. We also help employers make campus connections to build relationships toward meeting their recruitment needs and hiring goals. Some services include:

- Events:
 - Fairs – Career & Job, Graduate School, Teacher and Major Specific
 - On-Campus and Virtual Employer Recruiting
 - Etiquette Dinner
- Office Resources:
 - [Handshake](#) (student and alumni job and internship online posting platform found in MAVzone apps)
 - Optimal Resume (resume builder found in MAVzone apps)
- Student Appointment Types:
 - Resume
 - Cover Letter
 - Job and Internship Search Assistance
 - Mock Interviews
 - LinkedIn Profile Review
 - Personal Statements – Graduate School
 - Major and Minor Guidance
 - Strong Interest Inventory Interpretations

For more information and updates go to our [website](#) and follow us on [Facebook](#), [Instagram](#), and [LinkedIn](#)!

¹ Some restrictions may apply.

Educational Access Services

Houston Hall, Room 108
970.248.1856

www.coloradomesa.edu/educational-access/

Support services for students with documented disabilities are available through Educational Access Services (EAS), a division of Academic Services. Reasonable accommodations are determined based upon an interactive interview with the student and the documented disability. Services can include, but are not limited to, ASL interpreting, note taking accommodations, testing accommodations, textbooks in alternate formats, closed captioning and assistive technology resources/training.

Students needing accommodations, must initiate a request for accommodations by contacting the EAS office. Prospective students are encouraged to contact the EAS to discuss accommodations as soon as possible since accommodations are not retroactive.

Emergency Contact Services

Lowell Heiny Hall, Room 441
970.248.1366

The Office of the Vice President for Student Services, located in LHH 441, is the referral point for emergencies encountered by students. Issues such as messaging for emergencies while a student is in class are determined on a case-by-case basis. It is important to note that the office cannot guarantee a contact with any student due to their highly mobile behavior, but a good faith effort will be made. This service is not for non-emergency situations.

Financial Aid Office

Lowell Heiny Hall, First Floor
970.248.1396

[Financial Aid Office Website](#)

The Financial Aid Office works with students to meet educational expenses through various monetary resources. Depending on a student's qualifications, aid is available in the form of scholarships and grants that do not need to be repaid. Additionally, students can apply for loans that are need- or non-need-based, as well as, work-study employment.

Intercollegiate Athletics

Maverick Center
970.248.1503

Intercollegiate athletics provides students with equitable opportunities to enhance their education, represent the University, and participate in athletics while developing skills and understanding. All undergraduate students are encouraged to participate in intercollegiate athletics as determined by their interests and capabilities.

Participation in the program, however, is secondary to the academic expectations of students. To this end, it is the responsibility of those administering the program to schedule the length of playing seasons, the frequency of practice sessions, and the number of contests so that they shall not unreasonably conflict with students obligations to attend class regularly, to study, to develop their intellectual, moral, and social faculties, and to graduate from the university as educated men and women. The men's program at Colorado Mesa University includes baseball, basketball,

football, golf, soccer, swimming, tennis, lacrosse, cross country, track and field, triathlon and wrestling. Basketball, cross country, golf, beach volleyball, soccer, softball, swimming, tennis, lacrosse, track and field, triathlon, volleyball, and wrestling are available to women.

Colorado Mesa University also offers competitive cheerleading.

International Student Admissions and Programs Office

Rotary Hall • 970.248.1802

The International Student Admissions and Programs Office oversees international student admissions and recruitment, international student services and advising, international initiatives and development, international student programming, and study abroad.

IRIS Advising and Financial Counseling Center

Lowell Heiny Hall, First Floor
970.248.1177

[IRIS Website](#)

iris@coloradomesa.edu

CMU provides students holistic advising through the Integrated Resources for Information and Solutions (IRIS) center, where we assist students with anything from academic advising to financial counseling. Our mission is to advise and empower students to achieve their professional, educational, and financial goals by providing accurate, individualized support in their journey from admission to graduation.

IRIS Advisors serve as academic advisors for first time freshmen and students with undeclared majors. We assist students in course selection and registration, help students with strategies for academic success, guide students in career/major exploration, and facilitate connections with faculty advisors and other campus resources.

IRIS Advisors also serve as financial counselors and assist all students with explaining the financial aid process, understanding their bill, and setting up payment plans. IRIS also provides financial counseling for students in regards to their financial status at the institution.

Services provided at the IRIS center include:

- Provide general academic advising by assisting in course selection and registration
- Guide students in major exploration and assist with strategies for academic success
- Educate about administrative campus policies and procedures
- Explain and complete the financial aid process
- Help with understanding the student account and billing statement
- Assist with making payments and setting up payment plans
- Support through financial counseling
- Connect students with campus resources and departments

The IRIS team is here to assist students with advising, registration, billing, and financial aid – so when you have a question, just remember ... askIRIS!

John U. Tomlinson Library

970.248.1244

Tomlinson Library is a welcoming, comfortable environment, providing assistance from professional librarians, reservable study rooms, 24-hour study space, computers, printers, scanners, IT support, convenient dining options, outdoor seating with a fire pit, and much more.

The library collection includes over half a million books, e-books, and audio-visual materials. Also available are over 120 databases which include access to full-text academic journals and other online resources. Additional materials are available for borrowing from many academic, research, and public libraries throughout Colorado and beyond. Materials can be delivered to the Montrose campus and Western Colorado Community College.

Librarians provide personalized research assistance to patrons. Faculty can request information literacy instruction from librarians to help students identify, evaluate, and ethically use information sources within and beyond the Library. Individualized research assistance is available at our Research Help Desk, by online chat, telephone, or email. Library staff are happy to answer any questions about the library's resources or services.

Little Mavericks and Mini Mavericks Learning Centers

Little Mavs
1704 N 8th Street
970.248.1318

Mini Mavs
880 Mesa Avenue
970.248.1998

Childcare is available year-round for children of Colorado Mesa University students, faculty, and staff, plus community, in that priority order, on a first-come-first-serve basis. Mini Mavs serves infants six weeks old up to three years of age. Little Mavs serves children ages two through six years. Summer, Friday, and school district non-contact day programs are available for children in Kindergarten up to 12 years old and are open to the community. For further information, visit our [website](#) or email us at cmulittlemavs@coloradomesa.edu.

MAVcard Student ID

University Center
970.248.1059

The Colorado Mesa University MAVcard is your key to campus services at Colorado Mesa University. The MAVcard can be used at Starbucks, The Point, Hamilton Recreation Center, Juice Junction, Rowdy's, Umai Bowls and Rolls, Chick-fil-a, the Dining Hall, Houston Hall C-Store, Pandini's, and Tres Habaneros. It can also be used at off-campus merchants such as Mountain Grind Coffee Company, Bravo Pizza, Domino's Pizza, Sugar & Co., Jimmy John's (on 12th Street) and The Scramble at WCCC. Your MAVcard is also used to access residence halls, Tomlinson Library, athletic events, and student life events. The MAVcard can be enhanced by linking to a U.S. Bank checking account, allowing free ATM usage and direct deposit.

Mentoring Assistance

Lowell Heiney Hall • 970.248.1765

Mentoring is available through the Student Success and Engagement (SSE) office and provides mentoring assistance for students who are in need of support. The office will provide resources, support and encouragement to students facing a wide variety of challenges to encourage student success. A student is not alone in dealing with day-to-day worries and pressures of a University environment. The SSE staff will assist students with social, emotional, academic and personal supports to encourage students to reach their academic goals.

National Student Exchange Program (NSE)

Registrar's Office • 970.248.1813

Colorado Mesa University is a member of the National Student Exchange Program. NSE is a consortium of over 160 colleges and universities in the United States, its territories, and Canada. Colorado Mesa University students may be able to participate in this program at in-state tuition rates for up to one academic year and receive full credit for course work completed while on exchange. For further information, contact the Registrar's Office or visit [CMU's National Student Exchange website](#).

Student Accounts

Lowell Heiney Hall IRIS Desk • 970.248.1177

Student Accounts is responsible for student billing, collection of tuition, fees and other charges, as well as, refunding excess Financial Aid to Students. We administer various payment options and schedules (such as the campus tuition payment plan) to ensure bills are paid on time without penalty. For detailed information concerning the various costs and fees a student may incur and payment options please visit the [Student Accounts website](#).

Student Success & Engagement

Lowell Heiney Hall, 1st Floor • 970.248.1340

Student Success & Engagement (SSE) encompasses different academic support services including Compass (previously PB), GOALS, mentoring, scholarship support services, first generation student support and TRIO SSS (Regular and STEM) among other support services.

SSE takes a personalized approach that is tailored to the individual student through one-on-one interactions with an SSE advisor for support. SSE has both professional Advisors and Peer Academic Coaches who will assist students with all aspects of their academic experience including gaining their academic footing, academic advising, mentoring and identify majors and careers they are interested in pursuing while providing a friendly face on campus that they can go ask any question that they may be having.

Students within the GOALS program are admitted into an Associate's degree upon acceptance to CMU. The GOALS program provides students with support to build skills needed to succeed both in and out of the classroom. The GOALS program supports students to pursue a pathway toward a major and degree best suited for them.

The students within the PB program fall between the Associate and Baccalaureate admission requirements for acceptance to CMU. The PB program gives students the opportunity to pursue a bachelor's degree

while receiving additional advising and academic support. The primary role of the OSS is to assist the PB students in developing the skills they need to successfully transition to their desired Baccalaureate program.

Parking Services

University Center
970.248.1921

A parking permit is required to park on campus year-round. Students and University faculty/staff members who wish to park on campus may purchase parking permits for designated areas. Your license plate is your permit (after it is registered, and the permit fee is paid). Multiple vehicles can be registered, but only one vehicle may be parked on campus. A parking permit does not guarantee a parking space but allows on-campus parking when such space is available. **Pay to Park, Reserved Lots, loading zones, handicapped spaces, and fire lanes are enforced all year, even during college breaks, move in and move out.** Visit the [Parking Services](#) website for more information.

Registrar's Office

Lowell Heiny Hall, Fourth Floor
970.248.1555

The Registrar's Office provides a variety of enrollment and academic records services. Enrollment services include readmission to Colorado Mesa University, course setup, course registration, enrollment appeals, evaluation of transfer credits and Veteran's benefits certification. Academic records services include issuing official transcripts, verification of enrollment, student demographic updates such as change of address, and answering questions about release of information that is protected by federal law. Additional services include certifying degree requirements for graduation, issuing degrees, publishing the academic calendar, and academic room scheduling. For more detailed information on any of the services, please visit the [Registrar's Office](#) website.

Student Diversity, Advocacy and Health

Student Wellness Center • 970.248.1754

The Student Diversity, Advocacy and Health office works alongside the office of Student Services to support a diverse student body of Colorado Mesa University. This office specializes in problem solving and helping students to become better informed and grow as adults; whether these decisions involve classes or any other aspect of university life. Student Diversity, Advocacy and Health department provides students with real life inclusion experiences by interacting and learning together to respect a broad range of people from diverse backgrounds. This office offers an arena for students to have a greater appreciation and understanding of inclusion and diversity so they are prepared to take on leadership roles in society. This office supports student wellness on campus, provides access to medical and behavioral health service providers, and links students to supportive resources on campus.

Student Life

University Center, Room 212
970.248.1111

There are a number of student fee-funded organizations that are administered by Colorado Mesa University students including the following:

- **Associated Student Government (ASG):** ASG is the representative body and official voice of the students. The ASG operates through the General Assembly, a legislative body composed of students elected by the student body. Students involved in ASG have an opportunity to gain leadership skills by representing student opinions to the CMU administration and the University's Board of Trustees, and they are responsible for reviewing and administering student fee requests. Visit the [Associated Student Government](#) page for more details.
- **Club Advisory Board (CAB):** Many student clubs and organizations exist at Colorado Mesa University. Currently CMU has over 125 active clubs on campus including honor societies, academic clubs, general interest clubs, fraternities and sororities, faith-based clubs and volunteer and activist clubs, which allow students to meet other students who share similar interests. A list of current active clubs and organizations can be viewed on [Presence](#) (CMU's student engagement software).
- **Cultural Inclusion Council (CIC):** This board offers leadership experiences for students and organizes programs to educate students regarding multiculturalism. Member groups include the Black Student Alliance (BSA), Genders & Sexualities Alliance (GSA), Ho'olokahi Polynesian Alliance (HPA), International Student Alliance (ISA), Latino Student Alliance (LSA) and Native American Student Association (NASA). Visit the [Cultural Inclusion Council](#) page for more details.
- **Intramural Sports:** now offering more than 30 different sports IM sports are a fun way to meet people and stay active. Leagues are always forming and run from one day tournaments to 8-week competition. Sports range from flag football, softball, racket-ball, battleships and many more. Visit the [Colorado Mesa University Intramural Sports](#) page for more details.
- **MAVRides:** Provides free and safe rides to all CMU students every Thursday, Friday and Saturday nights from 9pm-3am during the fall and spring semesters. Call for a ride or volunteer as a driver 970-248-2222, or visit the [MAVRides](#) page for more details.
- **Media Organizations:** These organizations include the student newspaper The Criterion, the student radio station KMSA 91.3 FM, the literary and art publication Literary Review, the Campus Design Studio and the Horizon Magazine. Each of these groups is professionally advised by faculty members and utilizes the latest equipment employed in their fields.
- **Outdoor Program:** This group is CMU's headquarters for outdoor adventure and education. The Outdoor Program organizes trips and classes including whitewater rafting, rock climbing, and skiing. The rental center is located off North Avenue between Houston Hall and Lucero Hall. Rent mountain bikes, canoes, kayaks, cross-country skis, backpacks, and other gear. More details are available on the [Outdoor Program](#) website.
- **Performing Arts Organizations:** While not technically organizations under Student Life, all CMU students are encouraged to audition to join a musical group, participate in theatre, or be part of a dance performance. Performances in the arts are highly regarded at Colorado Mesa University and are well attended by students and the community. Please visit [Arts at CMU](#) for more information about programs, organizations, and shows.
- **Programming Activities Council (PAC):** PAC is responsible for Welcome Week, Homecoming and the spring concert as well as other entertainment activities including concerts, movies, dances, comedians, hypnotists and speakers. Best of all, every one of the over 100 yearly events are free for all CMU students. Details about

the council and activities are provided on the [Programming Activities Council page](#).

- Sustainability Council: Committed to providing sustainable solutions to CMU, the [Sustainability Council](#) oversees a recycling program, a campus garden and compost facility, and a restoring program that receives donated goods from exiting CMU residents to be purchased by incoming students the next fall.

Student Wellness Center (SWC)

1060 Orchard Avenue, Suite O
970.644.3740

Good health, both physical and emotional, is an important factor in successful college work. It is the goal of the Student Wellness Center to provide competent, accessible and comprehensive health care and wellness to all CMU students who have a valid student I.D. card regardless of the number of credit hours carried.

Medical Services

Like your family physician, the SWC provides a source of basic medical assistance for all CMU students. Outpatient health services are contracted with Community Hospital and students are required to pay a \$15.00 co-pay for all health services received at the SWC. The primary services provided are: first aid, dispensing of simple medications, assessment and referral to specialty physicians and dentists, providing counsel for personal health problems, simple physicals, screenings and limited lab tests for a nominal fee. Health services are provided by registered nurses, physicians and practitioners in providing a complement of health care. The physician/practitioner provides students with an initial health assessment and evaluation, treats minor illnesses, and refers students for hospitalization or specialized treatment as needed. A registered nurse is available to answer questions and provide medical information.

Behavioral Health Services

All CMU students are eligible for counseling services for a \$10 copay. Students can access and referrals can be made through any office on campus directly by calling the SWC to set up an appointment. These services are provided by licensed/certified counselors and are designed to support students in assisting them with any of life's challenges that maybe affecting their academic life.

Empowerment Classes

These classes are designed to support students in making adjustments to life's transitions and the changes in their lives. These classes are based on Cognitive Behavior Therapy (CBT) approaches that focuses on the aspects of mindfulness, emotional regulation, distress tolerance and interpersonal effectiveness.

Prime for Life Classes (PFL)

These classes are designed to address substance misuse and prevention. The University, which is an active participant in the Mesa County Prevention Policy Board, supports the concepts of proactive prevention as part of the University's overall policy of maintaining a safe and healthy campus. PFL is an evidenced-based, state approved curriculum for substance abuse prevention and is a harm reduction model that focuses on healthy lifestyle choices.

Behavioral Health Services are provided Monday-Saturday from 8am to 6pm for scheduled appointments. Students can schedule an appointment by stopping by the SWC or by calling 970.644.3740.

Hours of Operation

Monday–Saturday: 8am–6pm
Sunday: Noon–4pm

Medical walk in times are available during regular office hours and students can schedule a medical appointment online by selecting the Schedule Appointment Online button on the [Student Wellness Center website](#) or by calling 970.644.3740.

Study Abroad

Rotary Hall • 970.248.1802

In addition to developing direct agreements with foreign institutions for exchange opportunities, Colorado Mesa University is part of the International Student Exchange Program (ISEP). ISEP is a worldwide network of over 150 colleges and universities in over 50 countries. CMU students who choose to study abroad for a semester or academic year on ISEP "exchange" pay CMU tuition/fees and room/board during the semester/year abroad. Students may also choose to go "direct" and pay ISEP directly for their summer, fall, or full year study abroad. Visit CMU's [Study Abroad](#) webpage or contact the Office of International Student Admissions and Programs for more information on all study abroad opportunities available to CMU students.

Testing Center

Houston Hall, Room 123
970.248.1260

[Testing Center Website](#)

The Testing Center services include, but are not limited to, examinations required for admission to graduate and professional schools, examinations for proficiency and certification in nursing and teaching, and the credit by examination program. Assessment of academic skills in college level English and mathematics are provided through the center for potential students as well as those who already have been admitted.

Transfer Services

Admissions Office
970.248.1232

The Center for Transfer Services, within the Admissions Office, offers assistance to students transferring into Colorado Mesa University from other institutions. Services include preliminary transcript evaluation, education planning, transition to academic departments, and resolution of transfer problems. Transfer Services staff is available by appointment and for walk-ins. As part of the Admissions Office, the Center works closely with the Registrar's Office to provide students with information about their transfer credits and how those credits may be applied.

TRIO Student Support Services: Regular or STEM

Houston Hall, REGULAR: Room 125 A–D and STEM: In the TLC H114 A-B & 112C
970.248.1770

Colorado Mesa University has two (2) TRIO Student Support Services (TRIO-SSS) Programs. The Regular SSS Program serves all CMU majors. The STEM SSS program serves: Science, Technology, Engineering (if graduating from CMU), Mathematics and Health Sciences. TRIO-SSS assists participants in achieving their academic, personal and career goals. TRIO acts as a home base and its purpose is to increase the retention and graduation rates of the participants. Students apply to join the program and active participants are supported in a variety of areas including: individualized tutoring, academic advising, personal counseling, financial aid advising, peer coaching, personal financial literacy and career development. To be eligible for TRIO you must plan on finishing a four year degree from CMU, be a first generation college student and/or meet income qualifications and/or have a documented disability. TRIO is sponsored by the U.S. Department of Education and Colorado Mesa University, a department within Student Success and Engagement. For more information, visit the [TRIO Student Support Services \(TRIO-SSS\)](#) website.

Tutorial Learning Center

Houston Hall, Room 113
970.248.1392

The Tutorial Learning Center (TLC) provides free walk-in tutoring for a variety of courses and subjects. Students who would like to improve their writing skills, work through math, science, or other technical concepts, review material for any subject, or get one-on-one assistance and support from other successful students are all encouraged to come to the TLC. Qualified peer tutors, recommended by faculty, are trained to help students with their academic endeavors. The central goals of peer tutors are to help students become more independent with their learning and to create opportunities for student success.

Online Tutoring

Online tutoring is offered for most subjects through TLC/Writing Center App on Mavzone. Tutors work with students through D2L, TEAMS or Zoom.

Veteran Services

Houston Hall, Room 121
970.248.1739

Veteran Services certifies students who are utilizing veteran education benefits while attending CMU. Trained staff and student workers can answer questions related to applying for, transferring, and using these benefits. Veterans, dependents, and active duty military can also get help with registration and schedule changes. Tutoring is available through our PAVE (Peer Advisors for Veteran Education) program. Applications, to apply for the Veteran Laptop Project, may be picked up if you want to rent a laptop for the semester. For more information, visit the [Veterans Services](#) website.

WCCC Student Services/IRIS

Building B, Room 102
970.255.2670

As a satellite office for IRIS (Integrated Resources for Information and Solutions), Student Services staff at Western Colorado Community College are available to assist students with a number of services including academic advising, registering for classes, financial aid assistance, help understanding their bill and setting up payment plans, taking tuition payments, conducting campus tours, and answering

questions about our one year certificates and two year associate degrees. Student Services also administers the concurrent enrollment program that allows high school students to take college classes.

Writing Center

Houston Hall, Room 223
970.248.2208 or 970.248.1392

The Writing Center serves students across all disciplines and various stages of the writing process. We provide support for students to assimilate into the writing conventions of the university and into their specific academic disciplines. It is free for all CMU students. There is online and in person tutoring, group tutoring and English Language Learner support.