



THE UNIVERSITY OF  
ALABAMA IN HUNTSVILLE

# STUDENT SERVICES

# TABLE OF CONTENTS

- Career Services (*slides 3-7*)
- Counseling Center (*slides 8-17*)
- Dining Services (*slides 18-29*)
- Housing and Residence Life (*slides 30-36*)
- Office of Diversity, Equity, and Inclusion (*slides 37-44*)
- Student Health Center (*slides 45-52*)
- Student Life (*slides 53-61*)
- University Recreation (*slides 62-71*)



# CAREER SERVICES



THE UNIVERSITY OF  
ALABAMA IN HUNTSVILLE

# WHAT DO WE DO?

- Job search strategies
- Career planning
- Resume assistance
- Mock interviews
- Corporate Mentoring
- Experiential Learning
  - Co-ops, Internships and Externships
- Networking events
- Salary negotiations



THE UNIVERSITY OF  
ALABAMA IN HUNTSVILLE

# CORPORATE MENTORING & EXTERNSHIPS

## MENTOR-A-CHARGER (MAC)

- Formal mentoring program held in partnership with the UAH Alumni Association
- Meets at least 5 times between September - December
- Students are individually paired with corporate partners and UAH alumni
- We strongly encourage Freshmen to apply!
- Virtual meetings and in-person opportunities

## MONTH OF EXTERNSHIPS (MOE)

- Externships- the formal terminology for “job shadowing”
- Available to any major!
- Excellent networking opportunity
- Externship opportunities are available independently year-round
  - Hosted throughout the month of March each year and registration is available in January



# CHARGER PATH

**Charger Path** is an online portal to assist students and alumni in finding jobs

**Through Charger Path we post:**

- on campus jobs
- off-campus jobs
- co-ops
- internships
- full-time degree-related positions for alumni

*[uah.joinhandshake.com/login](http://uah.joinhandshake.com/login)*



# CONTACT INFORMATION

Student Services Building, Suite 205

256.824.6741

*[chargerjobs@uah.edu](mailto:chargerjobs@uah.edu)*



uah\_careerservices



UAH  
Careers



UAH Career  
Services



uahcareerservices



THE UNIVERSITY OF  
ALABAMA IN HUNTSVILLE

# UAH COUNSELING CENTER



THE UNIVERSITY OF  
ALABAMA IN HUNTSVILLE



# UAH COUNSELING CENTER

- College life is a time of change, growth, & transition
- The qualified mental health professionals of the UAH Counseling Center are highly trained to help college students through these times of adjustment
- In providing services, the staff attends to the center's mission by addressing the developmental, environmental, and remedial concerns of students
- We recognize that the stress associated with a high pressure academic environment at a critical developmental period sometimes creates difficulties
- These difficulties are ones that can often be alleviated through professional counseling



# INDIVIDUAL COUNSELING

- In a private and confidential setting, students collaborate with counselors to identify needs and manage or resolve problems that cause emotional strife
- With the ultimate goal of achieving optimal mental health, the counseling process includes exploration of students' feelings, thoughts, beliefs, and behaviors
- Some goals of counseling are: communicating and coping effectively, improving self-esteem and self-reliance, and/or changing problematic behaviors
- In individual counseling you have the full attention of one of our counselors in a one-on-one atmosphere of understanding, warmth, and insight
- Our counselors have different personal styles; however, they all share a compassion for your personal story and feel that the counseling relationship can make a difference in the life of a client
- Grounded in cultural knowledge and sensitivity, the services and interventions provided embrace the multiple identities of students
- A time limited treatment model is most often used that support holistic development with an emphasis on the individual's strengths. External referrals are offered when necessary

Due to COVID-19, there may be additional options other than face-to-face options available. This information will be released on our website by the beginning of Fall 2020 semester.



# GROUP COUNSELING

- Each semester, a variety of group therapy experiences and workshops are offered
- Common themes for group participants is to gain a better understanding of themselves and others or to cope more effectively with every day stresses
- These students may have concerns about relationships with others; feel different from their peers because of the type of problem currently being experienced; or who make choices based on what others want or expect instead of evaluating decisions for themselves
- Group participants may want to learn how to change thinking, feelings, or behaviors to feel better about themselves

Due to COVID-19, there may be additional options other than traditional groups available. This information will be released on our website by the beginning of Fall 2020 semester.



# WELLNESS AND SELF-CARE

- We invite you to use our Wellness Space and visit the Counseling Center to learn more about self-care
- The Wellness Space is a tranquil environment where UAH students, faculty, and staff can participate in a variety of self-guided relaxation, stress management, and performance-enhancing activities
- Relaxation is an important part of taking good care of yourself
- Few have much experience with real relaxation, which is a focused, intentional period of time when one is mindful, alert, and yet one's muscles and mind are relaxed
- Whether you want to learn relaxation techniques or use the massage chair, the Wellness Space is a great place to relax and unwind
- We also offer aromatherapy through essential oils, Yoga mats, self-guided mediation, among other options for you to enjoy and explore



# SERVICES OFFERED AND FEES

- Counseling Center services provided are for currently enrolled students with a minimum of 3 credit hours
- Session rates:
  - Intake Interview/Crisis: No Charge, 30 min session
  - Individual Therapy:\$15 per session, 8 session limit per semester (usually biweekly)
  - Group Therapy: No Charge,(8-10) sessions/unlimited
- To cancel an individual appointment without charge, the student must give notice 24 hours before the scheduled appointment time
- Students will be charged for individual sessions with same day cancellations and no showing for their appointment
- If a student no showed for an appointment, notice will be given to the student to contact the center within three (3) days to reschedule the individual appointment
- If the student does not contact the counseling center, all future appointments for that student will be cancelled



# TAO – THERAPY ASSISTANCE ONLINE

- **What is TAO?** TAO (Therapy Assistance Online) is a platform of tools and educational modules to help you learn about and change how you think and feel
- These modules are designed to help you have a better understanding of your personal experiences and equip you with strategies to aid you in feeling less anxious today and as you go forward in your life
- TAO is an online suite of tools meant to teach life skills, build resilience, and encourage positive growth
- TAO's evidence-based educational modules are comprised of brief videos, interactive games, and mindfulness exercises meant to help you recognize and confront negative thoughts and behaviors



# TAO – THERAPY ASSISTANCE ONLINE

- Your first year will bring a whole new set of experiences
- Our goal is to equip you with the ability to adapt and deal effectively with the demands that life and college, inevitably, throw at us
- By learning new skills we increase our understanding of the world around us and are able to live a more productive and fulfilling life
- We are excited to provide you with very powerful evidenced-based, learner-focused content that aims to increase positive and adaptive behavior
- Using our software you will learn:
  - **COGNITIVE SKILLS**- For analyzing and using information
  - **PERSONAL SKILLS**- For developing personal agency and managing oneself
  - **INTER-PERSONAL SKILLS**- For communicating and interacting effectively with others



# TAO – THERAPY ASSISTANCE ONLINE

- What you need to begin: internet-enabled computer and your login information emailed to you (this will be your UAH email and you will create a unique password)
- ***Let's Get Started***
  1. In your browser, go to <https://thepath.taoconnect.org/login/> and log in with your email address.
  2. After you log in, you will be prompted to change your password for your security
  3. Please answer the Research Consent form that will appear on the home page (your answer will not impact your ability to use TAO)
  4. On the homepage menu, click on “My Pathway” then click the pathway button and you will find instructions, a helpful walk-through video, and your pathway

***It's as easy as that!***





# COUNSELING CENTER CONTACT INFORMATION

- **Location**  
Executive Plaza  
Bldg 200, Suite 208  
Huntsville, AL 35899
- **Phone**  
256-824-6203



# DINING SERVICES



THE UNIVERSITY OF  
ALABAMA IN HUNTSVILLE





## DINING SERVICES

THE UNIVERSITY OF ALABAMA IN HUNTSVILLE

SAVOR THE  
FLAVOR  
ALL YEAR  
LONG



# YOUR RESIDENT DINING OPTIONS

- All You Can Eat, Buffet Style
- Payment Accepted:
  - Meal Swipes
  - Charger Bucks
  - Dining Dollars
  - Flex
  - Cash
  - Credit/Debit Card
  - Apple Pay



Located in the  
Conference Training  
Center



Located in the  
Bevill Center





**Entrée:** Classic comfort dishes made from scratch featuring student favorites and rotating specials.



**Simple Servings:** A gluten-free, peanut and tree-nut free pantry area reserved for people with allergies and other special dietary needs.



**The Grill:** Interactive grill, highlighting burgers, chicken sandwiches, fries, along with vegetarian options made to order for a delicious, customizable experience.



**A Quick Bite:** If you don't have a whole lot of time to sit down and eat, head over to this quick build your own style station for a quick and easy meal.



**Salad Bar:** Selection of leafy greens, freshly prepared vegetables, toppings and house made dressings, sourced from local farms whenever possible.



**Soups:** This station features our made-from-scratch soups that rotate daily.



**Deli:** Chef's signature deli sandwiches, toasted subs and paninis, on your choice of bread, rolls or lettuce wraps.



**Beverage:** Utilize the freestyle machine and choose from 1,000's of flavor combinations. Download the Freestyle app to make your own mixes and automatically bring them up at any machine on campus!



**Pizza & Pasta:** Enjoy hand-tossed pizza favorites and homemade Marinara and Alfredo Sauces top your choice of pastas.



**Dessert:** Assorted desserts include hand scooped ice cream, soft-serve, cookies, cakes and pie flavors of the day along with a hot featured dessert.



**International:** Excite your palette with authentic ethnic cuisines, street food flavors, and comfort foods with a modern twist always made to order right in front of you.



**Granary:** Breakfast cereal is available at all hours of the day at this station along with various milk options including lactose free.



# LOCATE A HEALTHIER CHOICE!

Look for these icons to help you identify menu items that meet your needs.



**MINDFUL** Locate a healthier choice! All Mindful offerings meet stringent nutritional criteria based on the Dietary Guidelines for Americans. Each Mindful item is limited in calories, has fewer than 30% of calories from fat, fewer than 10% of calories from saturated fat, and is restricted in sodium and cholesterol.



**VEGETARIAN OFFERINGS** Menu items with the vegetarian icon contain no meat, fish or poultry, or any meat products such as soup base. Our vegetarian offerings meet the needs of lacto-ovo vegetarians and may include eggs and/or dairy products.



**BITE** is our easy-to-use app that's packed with information. It shows guests everything we're serving in our Ultimate Dining Hall. Plus, it has the nutritional information for each dish and a way for our guests to share feedback about their dining experience! The app is free to purchase from the App or Google Store.



**VEGAN OFFERINGS** Vegan offerings contain no meat, fish, eggs, milk or other animal-derived products such as honey.





# SIMPLE SERVINGS

All foods served at this station are prepared exclusively with ingredients which do not contain the following food allergens.

♥ MILK    ♥ WHEAT    ♥ SHELLFISH    ♥ TREE NUTS  
♥ EGGS    ♥ SOY    ♥ PEANUTS    ♥ GLUTEN

They are prepared in a facility which uses these ingredients in the production of other dishes. Although we take measures to ensure against this, the possibility of cross-contamination through contact with other foods does exist.

#SIMPLE





# DINING MAP

- 1 Conference Training Center
- 2 Bevill Center
- 3 Salmon Library
- 4 Charger Union
- 5 Charger Village Food Court
- 6 Olin B. King Technology Hall

## PAYMENTS ACCEPTED:

Charger Bucks, Dining Dollars, Flex, Cash, Credit/Debit Card & Apple Pay

# CAMPUS DINING BRANDS

**SANDELLA'S**  
FLATBREAD CAFÉ

CHARGER  
**BREW**



**THE COSTORE**

  
**Boar's Head**

**Burrito Bowl**  
GLOBAL RICE BOWLS & BURRITOS®

**PAPA JOHN'S**  
PIZZA

**simply**  
to go

 **DUNKIN'**  
**DONUTS**®

**Mein Bowl**

**hisshosushi.**

**WOW**  
CAFÉ  
• AMERICAN GRILL & WINGERY •



**BLUE'S**  
TECH HALL

**Chick-fil-A**®

**PAYMENTS ACCEPTED:**

Charger Bucks, Dining Dollars, Flex, Cash, Credit/Debit Card & Apple Pay



# Use **GRUBHUB**

On Campus for  
easy pickup



## **Convenience**

It's a quick & easy way to order and pay for your on-campus food from any mobile device.



## **Time**

Instead of waiting in long lines at on-campus restaurants, order ahead through the app.



## **Campus Card Payment**

Pay with any card, even your campus card!



# EAT SMART. GET A PLAN.

## OPTION 1

\$1,725

21 Meals per week + \$200 Charger Bucks for the semester

---

## OPTION 2

\$1,725

14 Meals per week + \$300 Charger Bucks for the semester

---

## OPTION 3

\$1,725

10 Meals per week + \$500 Charger Bucks for the semester

---

## OPTION 4

\$1,725

95 Meals per semester + \$700 Charger Bucks for the semester

## OPTION 5

\$585

\$585 Dining Dollars

---

## OPTION 6

\$345

\$345 Dining Dollars

---

## OPTION 7

\$600

5 Meals per week + \$175 Charger Bucks for the semester

---

## OPTION 8

\$600

70 Meals per semester + \$150 Charger Bucks for the semester

- All new, first year students living on-campus must choose from Options 1-4 for both fall and spring semesters. Option #2 is the default option if the student does not request a change by the end of the 2nd week of classes each semester. Students living in Charger Village are recommended to choose option #3.
- All upper-class students living on-campus in North Campus, Frank Franz or the Charger Village residence halls must choose Option #5, or a meal plan of greater value, for both fall and spring semesters.
- All upper-class students living on-campus in Southeast Campus or Greek housing must choose Option #6, or a meal plan of greater value, for fall and spring semesters.
- All full-time undergraduate students not living on campus must choose Option #6, or a meal plan of greater value, for both fall and spring semesters.
- All requests for meal plan changes or exemptions must be submitted to the Charger Card Office no later than the last day of the 2nd week of classes each semester.

# CONTACT INFORMATION

- **LOCATION**

Bevill Center  
550 Sparkman Drive  
Huntsville, AL 35816

- **PHONE**

- 256.824.5124

- Instagram: uahdining

- Facebook: UAHDining

- Twitter: UAHDining



THE UNIVERSITY OF  
ALABAMA IN HUNTSVILLE

# HOUSING AND RESIDENCE LIFE



THE UNIVERSITY OF  
ALABAMA IN HUNTSVILLE

# HOUSING AND RESIDENCE LIFE

- Mission Statement:

“The mission of Housing & Residence Life is to provide UAH students with an on-campus living environment that accommodates their needs as individuals, inspires their learning as students, and engages all members within the community.”
- Core Values:
  - Responsibility
  - Engagement
  - Scholarship



# QUICK FACTS

- Just under 2,200 students live on campus
- Roughly 70% of the UAH student population lives in the residence halls at some point during their academic career
- Six (6) residence halls to choose from:
  - Freshman:
    - Central Campus Residence Hall
    - North Campus Residence Hall
    - Frank Franz Residence Hall (Honors College)
    - Charger Village
  - Upperclassman:
    - Charger Village
    - Southeast Campus Housing (Apartments)





# RESIDENCE LIFE

- Housing and Residence Life strives to create a specialized living environment through the use of:
  - **Resident Assistants**
    - Peer mentors to guide residents throughout the year and facilitate a secure atmosphere
  - **Programming**
    - Used to foster community and learning through a social atmosphere
  - **Leadership Opportunities**
    - Residence Hall Association – governing resident voice within the halls
  - **Fraternity and Sorority Life**



# WHY STAY ON CAMPUS?

- 24/7 security
- Stay connected
  - Studies have shown that those who live on campus have higher GPAs and are more likely to succeed with their goals
- Utilities
  - Water, electricity, cable, internet
- Community Laundry Room(s) and Kitchen(s)
- Dining Services
  - Live close to the 13 dining options on campus



THE UNIVERSITY OF  
ALABAMA IN HUNTSVILLE

# FIRST YEAR EXPERIENCE

- First (1<sup>st</sup>) year live on requirement
  - 30 mile exception
  - Includes transfer and non-traditional students
- Our first year halls specialize in making your transition as easy and comfortable as possible
  - Programs geared towards learning how to succeed and living on your own
- Easy access to Week of Welcome events
  - The first full week of living on campus and classes are jam packed with all kinds of fun programs to get you used to UAH and find friendships



# CONTACT INFORMATION

- UAH Housing and Residence Life:
- **LOCATION**  
601 John Wright Drive  
Charger Village 118  
Huntsville, AL 35805
- **PHONE**  
(256) 824-6108
- **EMAIL**  
[Housing@uah.edu](mailto:Housing@uah.edu)



# OFFICE OF DIVERSITY, EQUITY, AND INCLUSION



THE UNIVERSITY OF  
ALABAMA IN HUNTSVILLE

# OFFICE OF DIVERSITY, EQUITY, AND INCLUSION



## OUR MISSION

**"We honor the individual.  
We celebrate differences and  
use them to create unity."**

UAH STRATEGIC PLAN 2020



THE UNIVERSITY OF  
ALABAMA IN HUNTSVILLE

# OFFICE OF DIVERSITY, EQUITY, AND INCLUSION

## OUR FOCUSES

**Diversity**– Each individual is unique and we have our differences

**Equity**– Impartial and fair treatment

**Inclusion**– Providing equal access to resources and support



THE UNIVERSITY OF  
ALABAMA IN HUNTSVILLE

# OFFICE OF DIVERSITY, EQUITY, AND INCLUSION

## OUR OFFICE



**Brandie Smith, CDP**  
Equity Intake Officer



**Laterrica Shelton, JD**  
Vice President  
Director of Compliance & Title IX Coordinator



**Toni Holt**  
Administrative Assistant



**Rosemary Robinson**  
Diversity Initiatives Coordinator



**Karessa Acosta Lee**  
Coordinator for Inclusive Programs  
& Student Leadership



**Devin Townsend**  
Office Assistant



# OFFICE OF DIVERSITY, EQUITY, AND INCLUSION

## LEADERSHIP DEVELOPMENT OPPORTUNITIES



DIVERSITY & INCLUSION  
STUDENT ALLIANCE



# OFFICE OF DIVERSITY, EQUITY, AND INCLUSION

## INCLUSIVE PROGRAMMING

#UAHPRIDE

INTERNATIONAL  
EDUCATION WEEK

#BLACKHISTORYMONTH

CHAT-IT-UP ROUNDTABLES

#UAHLOVESBETTER



# OFFICE OF DIVERSITY, EQUITY, AND INCLUSION

## TITLE IX

Protection for **every student, faculty and staff member.**

Coordinators are located across campus.



# OFFICE OF DIVERSITY, EQUITY, AND INCLUSION

## CONTACT US

### FOR INQUIRIES

#### MAILING ADDRESS

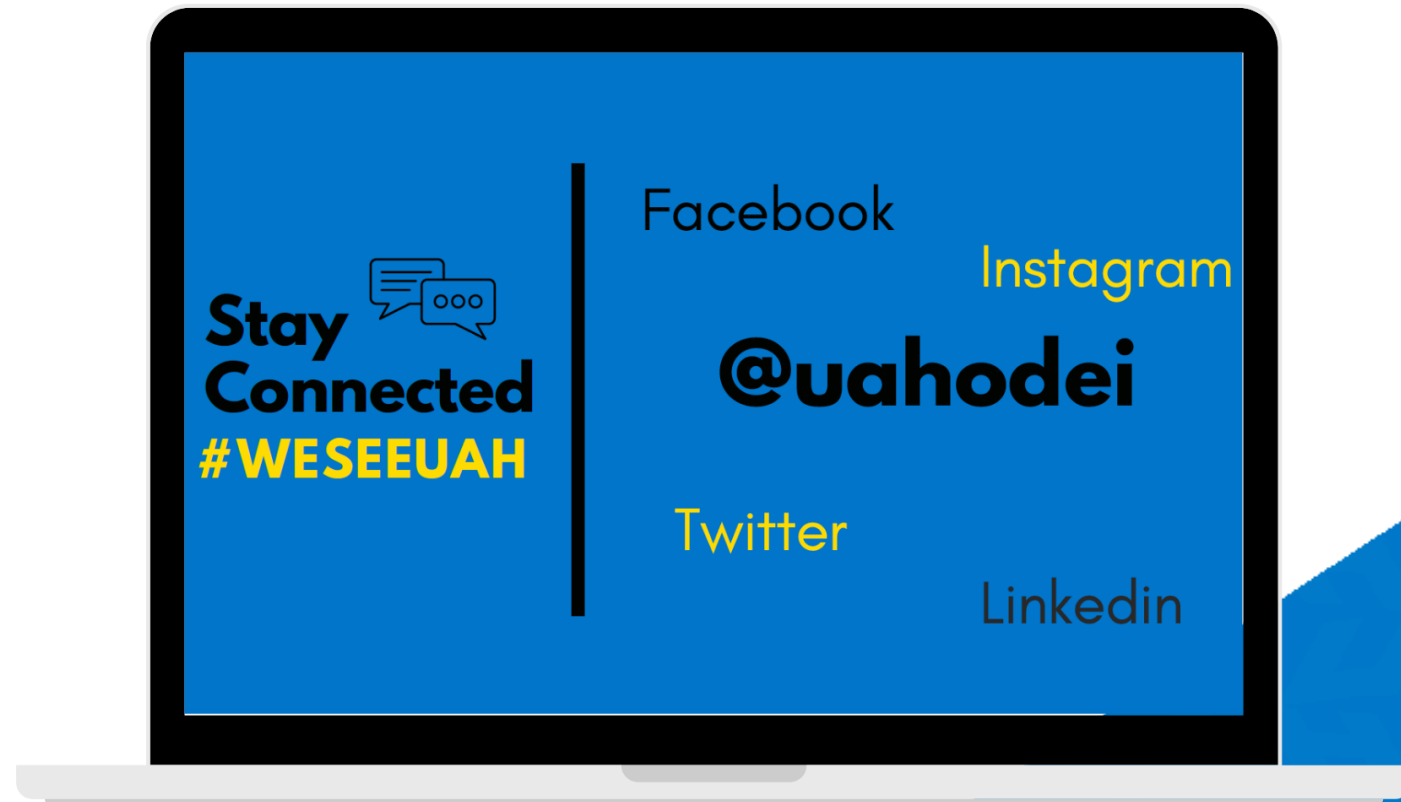
301 Sparkman Dr. NW  
Student Services Building, Suite 218  
Huntsville, AL 35899

#### EMAIL ADDRESS

diversity@uah.edu

#### PHONE NUMBER

256.824.2332



# STUDENT HEALTH CENTER



THE UNIVERSITY OF  
ALABAMA IN HUNTSVILLE

# UAH STUDENT HEALTH CENTER

## *CLINIC INFORMATION*

- Open Monday – Friday, 8:30-4:00
- Location – Wilson Hall, Room 325
- Staffed with licensed medical providers including Nurse Practitioners and a Registered Nurse
- By appointment only
- Compliant with HIPPA and FERPA
- The clinic is available for sick visits, chronic illness management, immunizations, basic lab work, referrals as needed and physicals
- Payments are easy – our charges for visits, lab work and immunizations are reasonable and billed to the student account





# UAH STUDENT HEALTH CENTER

## *WHY CHOOSE THE SHC?*

- The Student Health Center has an experienced, well educated staff who have been working with college students for many years
- The clinic is a member of the American College Health Association (ACHA)
- Health promotion is very important to the students who are seen in the clinic
- We understand that being sick away from home for the first time can be difficult, so we make sure to educate the patients on their illness and treatment
- For certain illnesses, the clinic staff will follow up with patients either by phone or in person to make sure illness is resolving



# UAH STUDENT HEALTH CENTER

## *WHAT TO EXPECT WITH A VISIT*

- Call for appointment
- The staff will check vitals, current symptoms, medical history of patient along with family history
- If needed, labs will be done either in house or sent to off campus lab, and treatment options discussed
- If the patient needs to see a medical specialist, our nurse practitioners can do referrals
- Education of illness including duration, symptom management, meds needed
- Health promotion – empowering students to take care of themselves



Call for an Appointment



# UAH STUDENT HEALTH CENTER

## ***WHAT THE CLINIC WISHES ALL STUDENTS KNEW BEFORE COMING TO CAMPUS/CLINIC***

- Bring a thermometer, medications and first aid kit if living on campus or relocating to the Huntsville area
- Know your personal and family medical history
- The clinic does not bill health insurance, but having insurance is important for any outside referrals and possible medical emergencies
- Contact the clinic if the you have any medical conditions you may be concerned with *when the you decide to attend UAH*
- The medical care you need may take time for you to arrange – for example, continuing allergy shots while at UAH
- *Please educate yourself on how to use thermometer, medications, first aid kit and health insurance if needed*
- Know UAH immunization requirements and get records from pediatrician ASAP



**Medical record**



**THE UNIVERSITY OF  
ALABAMA IN HUNTSVILLE**

# UAH STUDENT HEALTH CENTER

## *HELPFUL THING TO START DOING BEFORE GOING OFF TO SCHOOL*

- Learn to cook some easy dorm meals – you can't order pizza every night!!! (see budgeting below)
- Learn to do your laundry and grocery shop
- If you won't have a car, figure out how to get around, especially if you need a prescription or want to go to Target
- Practice budgeting – a \$5 coffee every morning adds up to \$250 per semester!
- Practice using a planner or calendar app for tracking your schedule
- Ask how the school will communicate with you - email? Text? Etc.
  - Check for communications everyday
  - Your voicemail should be available for messages and you should check it
- Follow your chosen schools social media on sites like Facebook , Instagram, etc. (Keep in mind that individual departments post on social media, too – like the health center)



# UAH STUDENT HEALTH CENTER

## *FREQUENTLY ASKED QUESTIONS*

# FAQ's

1. How to make an appointment?
  - Call the clinic and let us know what your symptoms are and we will try to work around your schedule to get you an appointment with a nurse practitioner.
2. Does the clinic give Allergy shots?
  - The clinic does not perform allergy shots. There are several allergist in the Huntsville area that the student can see for allergy maintenance.
3. Does the clinic fill prescriptions?
  - The clinic nurse practitioners can write prescriptions if needed but the clinic does not have an onsite pharmacy. There is a nationwide chain pharmacy close to campus that many UAH students use.
4. Does the clinic prescribe ADHD medications?
  - The clinic does not prescribe ADHD medications. Check with current provider to see if they can do telehealth visit's to continue the medications.



THE UNIVERSITY OF  
ALABAMA IN HUNTSVILLE

# UAH STUDENT HEALTH CENTER

## *CONTACT INFORMATION*

- **APPOINTMENTS**

Call: 256-824-6775, option 3

- **LOCATION**

Wilson Hall, Room 325

- **WEBSITE**

*[uah.edu/health-and-wellness/student-health-center](http://uah.edu/health-and-wellness/student-health-center)*



THE UNIVERSITY OF  
ALABAMA IN HUNTSVILLE

# STUDENT LIFE



THE UNIVERSITY OF  
ALABAMA IN HUNTSVILLE

# INVOLVEMENT IS KEY TO SUCCESS

Studies show that students who are involved outside of the classroom are more likely to succeed academically AND stay enrolled through graduation.

Being involved can take many forms:

- Member of a Registered Student Organization (RSO)
- Conducting research with a faculty member
- Participation in a Service Learning Trip during breaks
- Volunteering with a local social service agency
- Representing your peers as a member of Student Government
- Participating in a Leadership Development program

**INVOLVEMENT IS SO MUCH MORE  
THAN JUST THE “FUN STUFF”**





# REGISTERED STUDENT ORGANIZATIONS

Approximately 200 organizations on campus

- 10 categories
  - Academic/Honor Society
  - Community Service
  - Fraternities & Sororities
  - Government/Political
  - Leadership
  - Multicultural
  - Recreational
  - Religious
  - Special Interest
  - Sponsored

**Descriptions of each RSO is available online:**

[\*uah.edu/student-life/student-activities/student-organizations\*](http://uah.edu/student-life/student-activities/student-organizations)



# ASSOCIATION FOR CAMPUS ENTERTAINMENT

- ACE is one of the longest standing organizations at UAH
- Completely student driven: Students programming for students
- Weekly entertainment at NO ADDITIONAL COST TO YOU!
  - Comedians
  - Cultural Arts
  - Hypnotists
  - Magicians
  - Trips
- Weekend movie series with complimentary concessions

**ACE has something for everyone!**



# CIVIL ENGAGEMENT AND LEADERSHIP

- Programs provided through this area serve as a bridge between campus resources and community needs
- Through programs, meetings, workshops, and service work, CEL empowers students to be active leaders in their communities, promotes critical thinking about social justice issues, and develops citizens committed to a lifetime of public service
  - Emerging Leaders First Year Program
  - Days of Service & Service Learning Break Trips
  - Leadership Inventories & Workshops
  - SOAR Board (students for Organizing, Advocating, & Reflecting)
  - Student Government Association



# FRATERNITY AND SORORITY LIFE

- Fraternity and Sorority Life at UAH encourages leadership development, academic achievement, service for others, and the lifelong bonds of brotherhood and sisterhood
- Each chapter at UAH has its own focus, culture, and strengths
  - **INTER FRATERNITY COUNCIL (IFC)**
    - Alpha Tau Omega (ATO)
    - Delta Chi
    - Phi Kappa Si
    - Pi Kappa Alpha (Pike)
    - Sigma Nu
  - **NATIONAL PAN-HELLENIC COUNCIL (NPHC)**
    - Alpha Kappa Alpha (AKA)
    - Delta Sigma Theta
    - Phi Beta Sigma
    - Zeta Phi Beta
  - **NATIONAL PANHELLENIC CONFERENCE**
    - Alpha Omicron Pi (AOII)
    - Delta Zeta (DZ)
    - Kappa Delta (KD)



# SPIRIT TEAMS

- UAH Spirit Programs strive to support all things athletic!
- Our cheerleaders, mascot, and pep band can be found as the main spirit leaders at all home hockey games as well as the men's and women's home basketball games
- They appear at various other athletic events across campus and in the community, and the cheerleaders compete at the national level each spring
  - **Cheerleading**
    - Tryouts annually in April
  - **Charger Blue Mascot**
    - Tryouts annually in April
  - **Pep Band**
    - Contact the Music Department for more information on auditions



# SPIRIT AND TRADITION EVENTS

- Week of Welcome, Homecoming, and Family Weekend are campus-wide programs and activities designed celebrate Charger Pride
- Each of these tradition events is packed with social, educational, and informational programs that will allow you the opportunity to interact with other UAH students, faculty, staff, and alumni
- It is a great way to make new connections, find your way around campus, and receive free spirit items and Charger gear!
  - **WEEK OF WELCOME** – First Week of Each Semester
  - **HOMECOMING** – Annually in October
  - **FAMILY WEEKEND** – Annually in October





# CONTACT INFORMATION

- **LOCATION**

Charger Union 201  
301 Sparkman Drive  
Huntsville, AL 35899

- **PHONE**

256.824.6375

- **EMAIL**

*[studentlife@uah.edu](mailto:studentlife@uah.edu)*



THE UNIVERSITY OF  
ALABAMA IN HUNTSVILLE

# UNIVERSITY RECREATION



THE UNIVERSITY OF  
ALABAMA IN HUNTSVILLE

# UNIVERSITY RECREATION

From outdoor recreation trips to personal training, UREC offers something to keep EVERYONE moving!

- Aquatics
- Charger Cycle
- Fitness and Personal Training
- Group Exercise
- Intramural Sports
- Outdoor Recreation
- Sport Clubs



THE UNIVERSITY OF  
ALABAMA IN HUNTSVILLE

# UNIVERSITY FITNESS CENTER (UFC, THE FIT)

The UFC is an all-inclusive fitness facility, featuring:

- Indoor Pool
- 3-Court Gymnasium
- 1/10-Mile Suspended Track
- Cardio Area
- Weight Room
- Locker Rooms



All full-time students have FREE access to the UFC...just bring your Charger ID!

# AQUATICS

Aquatics features a variety of programming, including:

- 6 lanes of lap swimming
- Open swimming
- Swim lessons
- Aqua group exercise
- Lifeguard certification courses



# CHARGER CYCLE

- Charger Cycle is a free bike-share program that provides bicycles for students to use on campus, free of charge!
- Reservation will begin on August 3<sup>rd</sup> and can be found at:  
[www.uah.edu/university-recreation/programs/charger-cycle](http://www.uah.edu/university-recreation/programs/charger-cycle)





# FITNESS AND PERSONAL TRAINING

- Our trained Fitness Technicians can develop a personalized work out plan specific to your fitness goals free of charge
- Contracted Personal Trainers are on site at an extra charge (price varies among trainers)



# GROUP EXERCISE

- Whether you are a beginner or an advanced participant, group exercise classes are designed to get you in the BEST shape of your life
- Instructors work to motivate and educate you to get the most out of every class
- From aquatics to boot camp to barre – we offer a class for everyBODY!

Check out our [online schedule](#)!



# INTRAMURAL SPORTS AND SPORTS CLUBS

- Intramural Sports are a great way to stay active with your friends on campus. Even if you have never played a sport in your life, there is something for you to try!
- Sport Clubs are for the more competitive athlete looking for a bigger challenge. These clubs compete against other collegiate club teams across the nation



# OUTDOOR RECREATION

Outdoor Recreation participates in a variety of adventures throughout the year, including:

- Skiing
- White water rafting
- Horseback riding
- Hiking
- Zip lining
- Caving
- Rock climbing

All trips are of little to no charge to full-time students!



# CONTACT INFORMATION

- **WEBSITE**  
*[uah.edu/recreation](http://uah.edu/recreation)*
- **EMAIL**  
[recreation@uah.edu](mailto:recreation@uah.edu)
- **PHONE**  
256-824-5500
- **INSTAGRAM**  
[uahrec/universityfitnesscenter](https://www.instagram.com/uahrec/universityfitnesscenter)
- **FACEBOOK**  
[UAHRec/UnivFitnessCenter](https://www.facebook.com/UAHRec/UnivFitnessCenter)

See you at the fit!

