Campus Resource Referrals

ENGR Academic Coaching

Tutoring:

* **Cal 1 and Cal 2 tutoring** with Gretchen Scroggin (FEP) – Fridays from 12:30-1:00PM, schedule with her directly [HERE](https://uark.starfishsolutions.com/starfish-ops/dl/instructor/serviceCatalog.html?bookmark=connection/2671268/schedule).
* [**Mathematics Resource and Teaching Center**](https://fulbright.uark.edu/departments/math/mrtc/) (MRTC) – math department tutoring in Champions Hall 326. Hours vary. Great place for students to visit and do math homework. If need tutoring, they are already there.
* [**Tutoring at Student Success**](https://success.uark.edu/academic-initiatives/tutoring.php)– Located in the CORD. Students can use the link to schedule an appointment, see the drop-in times, and click, “Help, I can’t find a tutor” on the website if their subject is not listed.

Free Math Assistance Resources:

*For Supplemental Study*

* [Class+ Online Tutoring:](https://class.uark.edu/tutoring.php) Algebra, Pre-Cal, Calculus I, II, and III, Differential Equations, Linear Algebra, and more
* [MRTC](https://fulbright.uark.edu/departments/math/mrtc/) in CHPM 326: Tuesday- Thursday, 10am-4pm; Can request in-person tutoring appt on website
* [Khan Academy Math](http://khanacademy.org/math): Calculus I, II, Differential Equations, Linear Algebra
* [Khanmigo](https://www.khanmigo.ai/): AI tutoring assistance online
* [Paul’s Online Notes](http://tutorial.math.lamar.edu/): Algebra, Calculus I, II, and III, Differential Equations
* [Professor Leonard Videos](https://www.youtube.com/channel/UCoHhuummRZaIVX7bD4t2czg): Algebra, Pre-Cal, Calculus I, II, and III, Differential Equations, Statistics, and more
* [MIT Open Source](https://ocw.mit.edu/courses/mathematics/): Algebra, Pre-Cal, Calculus I, II, and III, Differential Equations, Statistics, and more
* [Patrick JMT](http://patrickjmt.com/): Algebra, Pre-Cal, Calculus I, II, and III, Differential Equations, Statistics, and more
* [Krista King Math](https://www.youtube.com/channel/UCUDlvPp1MlnegYXOXzj7DEQ): Algebra, Pre-Cal, Calculus I, II, and III, Differential Equations, Statistics, and more
* [My Chemistry Tutor](https://www.youtube.com/channel/UCueu8TZNRIO5dVIAyUgOKNg) : Student recommended resource that provides YouTube videos with information regarding equations, multiple-choice walkthroughs, and more
* [GVSU Math YouTube Channel](https://www.youtube.com/@GVSUmath): Algebra, Pre-Cal, Calculus I, II, and III, Differential Equations, Linear Algebra, and more
* [Brilliant.Org for Calculus Support](https://brilliant.org/landing/practice-calculus-your-own-pace/?utm_medium=cpc&utm_source=search&utm_term=125600856456_calculus_CTG_Math_Calculus_Learn&utm_content=690590117911_&utm_campaign=14034632050_Mixed_Search_Category_Math_US&gad_source=1&gclid=CjwKCAjwwr6wBhBcEiwAfMEQs-1X6RmpRq5rs1kE3wxBf7WT4uj9fnA7VGOp9Q1odg8aoRUDlOrinhoCTmAQAvD_BwE): Guided problem-solving questions to complete at your own pace
* [Photomath.com](https://photomath.com/): Scan in a picture of a math problem and receive assistance solving it
* [Baylor University Calculus Resources](https://case.web.baylor.edu/student-resources/tutoring/additional-online-resources-and-tips/calculus) - Calculus I,II, and III problems on a diverse range of topics to help students go through problems at their own pace, watch videos for assistance, and solutions to help check answers.
* [Math Minute - Calculus](https://www.uc.edu/campus-life/learning-commons/learning-resources/math-minute/math-resources-algebra1.html) - Introduction videos of different calculus topics created by tutors for students
* [Professor Paul's Online Math Notes](https://tutorial.math.lamar.edu/) - Provides notes for calculus I, II, and III taught by Professor Paul at Lamar University.

Academic Resources:

* [ENGR Career Connections](https://engineering.uark.edu/career-connections/) – in-house resume and cover letter reviews, finding internships, mock interviews.
* [Major Exploration Coaching](https://advising.uark.edu/exploration_coach.php) – Located in the CORD. Coaches help make sense of majors and the major selection process. They offer holistic major exploration support in one centralized location. Best for students interested in changing to a different college.
* [Writing Studio at Student Success](https://success.uark.edu/academic-initiatives/writing-studio.php) – located in the CORD. Students can use the link to schedule meetings with a writing consultant for help with any aspect of the writing process. Outlining, writing conclusions, thesis, review/editing, etc.
* [Center for Educational Access](https://cea.uark.edu/) (CEA) – Direct support for students with disabilities offering academic accommodations and housing/dining accommodations.
* [Study Tips & Resources](https://success.uark.edu/get-help/student-resources/index.php) - Provides resources to students on navigating educational success such as within the classroom, time management, self-care, stress management, and study strategies.
* [Writing Studio](https://success.uark.edu/academic-initiatives/writing-studio.php#writing-guides) - Provides resources, one-on-one peer support both virtually and in person, writing groups, workshops, library resources, and online resources for writing.

Pat Walker Health Center:

* [Primary Care Physicians](https://health.uark.edu/medical-health/primary-care-clinic.php) - Outpatient medical health services with board-certified physicians and nurses to treat acute/chronic illnesses and injuries.
* [Women's Health Clinic (GYN Services)](https://health.uark.edu/medical-health/gynclinic.php) - Provides services and procedures for women’s gynecological healthcare including annual exams, emergency contraception, prescriptions, infection assessments and treatment, STI and HPV testing, vaccinations, breast exams, and more. Other needed services will be referred to other local providers. Appointments can be made through the online portal.
* [Counseling and Psychological Services](https://health.uark.edu/mental-health/caps_services.php) (CAPS) - Mental health services, such as individual counseling, group counseling, psychiatry, emergency services, and case management, are provided through Pat Walker Health Center. All CAPS programs and services are designed to meet the academic, developmental, remedial and preventive needs of the campus community. For more information and resources, please go to [https://mentalhealth.uark.edu/.](https://mentalhealth.uark.edu/)
* [Let's Talk](https://mentalhealth.uark.edu/lets-talk/)- Provides brief and confidential consultations and psychological assessments provided by CAPS. This does not replace counseling and is not for emergencies. However, this resource is to help students navigate their possible mental health needs, provides a safe space to explore options, and can assist students with specific problems that they want to speak to a professional about.
* [Wellness Coaching](https://urec.uark.edu/wellness/wellness-coaching.php) - A collaborative approach to creating healthy behaviors and habits that students can establish through learning their inner strengths and wellness goals. Students should gain a higher life satisfaction and improve personal and academic wellness with support.
* [Welltrack Boost: Interactive Self-Help Therapy](https://health.uark.edu/mental-health/welltrack-boost/index.php) - A self-guided and clinically approved website to help individuals assess, understand, and new skills to work on their behavioral wellness. Features include mood, behavior, and goal trackers, mental health assessments, educational videos, and connection to campus resources.
* [Relaxation Room](https://health.uark.edu/mental-health/relaxation-room.php) – Provides a safe and quiet room for students to enjoy Monday- Friday 8 AM – 5 PM on the second floor of the health center in the CAPS Center. Students can find comfortable chairs, massage chairs, relaxing music, meditation cushions, meditation activities, and can check out noise cancelling headphones as needed.
* [SEAR (Substance Education, Assessment, and Recovery)](https://health.uark.edu/sear/)- SEAR provides individual and group interventions to assist students with substance related concerns. Counselors use research-based interventions, provide education surrounding substance use, and provides information healthy behavior choices for harm reduction based on alcohol and drug use.
* [CAPS Ambassador Program](https://health.uark.edu/mental-health/ambassadors.php) - Peer-to-peer education, reduction of stigma, coping skills, and resources on mental health, substance use, and addiction.
* CNED- Free online counseling for students provided by clinical interns. For more information and to connect with a counselor, please email [uarkcned@gmail.com](mailto:uarkcned@gmail.com) with your full name, date of birth, and email.
* [Razorback Recovery](https://health.uark.edu/sear/razorback-recovery.php)- Led by a peer in recovery, Razorback Recovery is a supportive community for students in recovery. Meetings are held at the Pat Walker Health Center on floor two in **Room 2132** in the Razorback Recovery Lounge (Please arrive a few minutes early as the building locks at 5 PM). ***\*After regular meetings have adjuourned for the semester, RRC members are welcome to stop by Ashley Jo Brown, the SEAR Program Collegiate Recovery Specialist's office, room 2136.*** If interested in attending meetings, email [razrecov@uark.edu](mailto:razrecov@uark.edu) and follow [@razorbackrecovery](http://instagram.com/razorbackrecovery) on Instagram to stay up to date!

Wellness Resources:

* [Dining](https://dineoncampus.com/razorbacks) – see hours of operation for every restaurant and dining hall on campus, and what is on the menu.
* [UA Cares](https://parentnewsletter.uark.edu/u-of-a-cares-program-helping-students-facing-challenges/) – submit a report [HERE](https://uofacares.uark.edu/) for students needing support with basic needs, such as housing, food insecurity, community resources, etc. This is a early alert, case management style resource for students in distress.
* [Full Circle Food Pantry](https://service.uark.edu/services/pantry/) - student led emergency food assistance program for students, staff and faculty, as well as temporary or hourly employees. We provide a three-day supply of groceries and personal care items, up to two times per week, for the entire household.

Tech Support:

* [Student Technology Center](https://reserveit.uark.edu/Cire/SignIn.aspx) - Do you need to check out a laptop? You may rent one, free of charge, at the Student Technology Center. You must bring your University ID card with you to check out equipment. You can also reserve computer accessories, audio equipment, cameras, calculators, game consoles, and more.
* [IT Help Desk](https://help.uark.edu/CherwellPortal/ITHelpPortal?_=3ddca22c#0) - For technical assistance, the IT Help Desk is a wonderful resource (479-575-2905). You may also contact the Student Tech Center in the Union (stc@uark.edu or 479-575-8602).
* [Free Software](https://its.uark.edu/software-equipment/get-software/) - You also have access to free software. Download Office 365 for free, which includes Word. All written assignments will be submitted as Word or PDF. Mac users beware: We use a PC and are unable to open ".pages" files.

Other Resources:

* [Campus Map](https://campusmaps.uark.edu/) - Find classes or places to park to navigate campus.
* [HogSync](https://hogsync.uark.edu/home_login) - Discover student registered organizations (RSO’s) and events that match your interests. Log in with your UARK username.
* [Campus Safety](https://safety.uark.edu/) - Learn more about campus safety programs and services offered through UAPD.
* [Division of Student Affairs](https://studentaffairs.uark.edu/srvc/index.php) - The Student Affairs office provides free and confidential services for all students. The sexual and relationship violence center assists students with victim advocacy, educational resources for sexual and relationship violence.
* [Safe Ride](https://parking.uark.edu/transit-services/safe-ride/index.php) - Need a safe ride back to your campus residence hall? SafeRide ensures you get back to your campus residence hall safely and out of an unsafe or uncomfortable situation.
* [University Recreation-](https://urec.uark.edu/) Provides group fitness options, classes, wellness, sports injury clinic, and intramural sports for students. Students can register for services online.
* [Volunteer Action Center](https://volunteer.uark.edu/) -Student-led volunteer organization to help students gain volunteer opportunities both on and off campus. Become a member by gaining 10 service hours per semester and gain service awards, professional development, and networking opportunities.