Getting connected to your university will help you succeed as a college student. It will allow you to discover your passions and strengths. UTEP is full of resources, but the responsibility to seek them out falls on you. Provided is a list of campus resources.

**Computer Labs**

**Collaborative Learning Center**  
LIBR 2nd floor  
915-747-5391  
[utep.edu/technologysupport/CLC.html](http://utep.edu/technologysupport/CLC.html)

**Cyber Café Computer Lab**  
Union Building East, Room 204  
915-747-8800  
helpdesk@utep.edu  
[utep.edu/technologysupport/CyberCafe.html](http://utep.edu/technologysupport/CyberCafe.html)

*There are many other labs throughout campus, please go to the link below for a full list:  
[utep.edu/technologysupport/ServiceCatalog/COMP_ComputerPrintingLabs.html](http://utep.edu/technologysupport/ServiceCatalog/COMP_ComputerPrintingLabs.html)*

**Services**

**Academic Advising Center (AAC)**  
Academic Advising Center Building  
915-747-5290  
edadvise@utep.edu  
[utep.edu/advising](http://utep.edu/advising)

**Foster Homeless Adopted Resources (FHAR)**  
AAC Building  
915-747-5290  
fhar@utep.edu  
[utep.edu/advising/students_weServe/fhar.html](http://utep.edu/advising/students_weServe/fhar.html)

**Financial and Social Support Services (FSSS)**  
AAC Building  
915-747-5290  
fsss@utep.edu  
[utep.edu/advising/students_weServe/fhar.html](http://utep.edu/advising/students_weServe/fhar.html)

**Student Success Helpdesk**  
AAC Building  
915-747-5290  
edadvise@utep.edu  

**Campus Advocacy, Resources and Education (CARE)**  
Campbell Building  
915-747-7452  
care@utep.edu  
[utep.edu/student-affairs/care/](http://utep.edu/student-affairs/care/)

**Center for Accommodations & Support Services (CASS)**  
Union East 106  
915-747-5148  
cass@utep.edu  
[utep.edu/student-affairs/cass/](http://utep.edu/student-affairs/cass/)

**Liberal Arts Center for Instructional Technology (LACIT)**  
LART 405  
915-747-5375  
lacit@utep.edu  
[utep.edu/liberalarts/lacit/](http://utep.edu/liberalarts/lacit/)

**Counseling & Psychological Services (CAPS)**  
Union West 202  
915-747-5302  
[utep.edu/student-affairs/counsel/](http://utep.edu/student-affairs/counsel/)

**Dean of Students Office**  
Union West, Room 102  
915-747-5648  
DOS@utep.edu  
[utep.edu/student-affairs/dean-of-students-office/](http://utep.edu/student-affairs/dean-of-students-office/)

**Emergency Aid Network**  
Union West, Room 102  
915-747-5648  
DOS@utep.edu  
[utep.edu/student-affairs/emergencyaid/index.html](http://utep.edu/student-affairs/emergencyaid/index.html)

**Food Pantry**  
Memorial Gym, Room 105  
915-747-8053  
foodpantry@utep.edu  
[utep.edu/student-affairs/foodpantry/](http://utep.edu/student-affairs/foodpantry/)

**Technology Support**  
Library, Room 300  
915-747-4357  
helpdesk@utep.edu  
[utep.edu/technologysupport/](http://utep.edu/technologysupport/)

**Military Student Success Center (MSSC)**  
Library, Room 205  
915-747-5342  
mssc@utep.edu  
[military.utep.edu/](http://military.utep.edu/)
Register for these fall 2019 Counseling & Psychological Services workshops through the Campus Edge (https://campusedge.utep.edu):

- **Finding Focus** – In this workshop students explore the challenges of being a student, work on improving their academic skills and learn to manage stress and anxiety in order to get the most out of their education. This is a five-week program and repeats throughout the semester.

- **Understanding Myself and My Emotions** – In this program you can learn how to understand what your emotions are trying to tell you. You can also learn how to work with and express your emotions in a healthy and effective way. This is a six-week program that is offered in English and Spanish and space is limited to 10 people per session. Students can join this program at any time during the semester.

- **Mindfulness Based Stress Reduction** – This program is an experiential and powerful approach to help you deal with daily physical, emotional and psychological stress. During this workshop, you will learn mindfulness practices that can help improve your sleep, increase positive emotions, generate self-compassion, and enhance your self-esteem. This is an eight-week program and is limited to ten students per session.

- **“One Stitch at a time: Knitting for Stress Management”** – This program is designed to help you manage and reduce stress while you learn to knit. No knitting experience is needed, we will teach you the basics, but if you are an advanced knitter, we can also accommodate all levels of knitting expertise. This is a seven-week program and students need to join the group from the first session in order to get the best out of this group. This group is limited to eight students per session.