



Comprehensive Resource Guide for Diverse Graduate Students



GRADUATE SCHOOL DIVERSITY OFFICE
THE UNIVERSITY OF UTAH



Land Acknowledgement Statement

The University of Utah has both historical and contemporary relationships with Indigenous peoples. Given that the Salt Lake Valley has always been a gathering place for Indigenous peoples, we acknowledge that this land, which is named for the Ute Tribe, is the traditional and ancestral homelands of the Shoshone, Paiute, Goshute, and Ute Tribes and is a crossroad for Indigenous peoples. The University of Utah recognizes the enduring relationships between many Indigenous peoples and their traditional homelands. We are grateful for the territory upon which we gather today; we respect Utah's Indigenous peoples, the original stewards of this land; and we value the sovereign relationships that exist between tribal governments, state governments, and the federal government. Today,

approximately 60,000 American Indian and Alaska Native peoples live in Utah. As a state institution, the University of Utah is committed to serving Native communities throughout Utah in partnership with Native Nations and our Urban Indian communities through research, education, and community outreach activities.

Acknowledgement of Contributors

The Graduate Diversity Office Staff would like to thank University Marketing & Communications for their help and support in the revision of this Guide. We would also like to acknowledge and recognize the important work of Araceli Frias, Ph.D. and Kehaulani Folau who developed the inaugural resource guide in 2020. This Comprehensive Resource Guide is made

up of curated resources to help students of diverse backgrounds better understand and navigate resources here at the University of Utah. As work in this area is rarely 'complete,' it's expected that this guide and its resources will evolve over time. For questions, or suggestions related to this guide, please contact:

The Graduate School Diversity Office

A. Ray Olpin Student Union Building
200 S. Central Campus Drive, Room 293
Salt Lake City, UT 84112
diversity@gradschool.utah.edu

Message from the Associate Dean

Our team is pleased to be a part of a collective, University-wide commitment that "fosters student success by preparing students from diverse backgrounds for lives of impact as leaders and citizens". The University of Utah celebrates diversity and is vigorously engaged in strengthening our mutual capacities to create an inclusive, safe, and welcoming environment. Our work focuses on increasing recruitment and retention efforts among groups historically underrepresented in higher education.

The Office of Graduate Diversity serves as the focal point and resource for diversity, equity, and inclusion services, outreach, and consultation for graduate students at the University. Our office is dedicated to providing the tools and support necessary for prospective and enrolled students from diverse backgrounds to successfully achieve their academic goals, graduate, and pursue professional careers. We do this, in part, by creating programs and services where students from diverse backgrounds can develop and thrive and build collaborative relationships with staff, faculty, and administrators across campus and our local community.

We invite you to stop by the office to meet us in The A. Ray Olpin Student Union Building, Room 293 to explore our resources, and join us in cultivating a community that embraces and celebrates individual uniqueness, respect, and dignity. It is something our team looks forward to doing together, with current and future campus community members and partners, as we continue to strive for the goal of inclusive excellence.

Tiffany D. Baffour, Ph.D., M.A., M.S.S.
Associate Dean, Graduate Equity, Diversity & Inclusion
The Graduate School
Associate Professor, College of Social Work
University of Utah

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Clicking on the **red text** throughout this guide will take you to external websites that include more information, forms, and other important details.



University of Utah Strategic Goals

1. DEVELOP AND TRANSFER NEW KNOWLEDGE

- Transformative Excellence Program: Recruit clusters of high achieving faculty in target areas of strength and societal relevance to ensure vibrant future.
- Increase diversity of faculty, including women in science and engineering.
- Enhance graduate program quality and student support to enable recruitment and education of top talent.
- Build program quality in key areas.

2. PROMOTE STUDENT SUCCESS TO TRANSFORM LIVES

- Expand scholarship opportunities and strategically align scholarships with access, achievement, and completion goals.
- Deploy data analytics and retention reporting systems to facilitate improvement in student support and services.
- Extend UOnline to increase access to U programs and promote completion.
- Increase participation in high impact programs (deeply engaged learning opportunities).
- Enrich and expand learning communities to include honors, transfer, sophomore, and living and learning communities.

3. ENGAGE COMMUNITIES TO IMPROVE HEALTH AND QUALITY OF LIFE

- Provide transformative and innovative health care.
- Enable exceptional quality patient care.
- Expand outreach and engagement to shape and improve the U.
- Engage communities in broad range of campus offerings, from arts to athletics to lifelong learning opportunities.
- Increase access to the U through online offerings.
- Partner with communities to meet critical needs and enhance access to the U.

4. ENSURE LONG-TERM VIABILITY OF THE UNIVERSITY

- Improve physical facilities and campus infrastructure to support core operations.
- Promote efficiency in all aspects of university operations.
- Reduce impact of the U on the environment.
- Ensure effective communication with stakeholders and build support for university initiative with legislative, corporate, and private partners.
- Achieve an appropriate balance among affordability, access, and quality across the institution.
- Engage in continuous improvement practices across the university.

Message from the Presidential Commission on Equity and Belonging

Dear Campus Community,

We have an urgent vision for the U.

Our collective vision calls for us to come together and say we will not tolerate what has long been intolerable. We remind our campus family that harm and fear continue to ripple through our community, especially our Black community. We reject the insidiousness of hate, bias, and discrimination in all its forms. We say: No more.

Our nation has an ugly history and a complicated present when it comes to confronting issues of race. The recent bomb threat against our Black Cultural Center comes only a week after recent bomb scares targeted eight Historically Black Colleges and Universities across the country, and a week before our country honors the memory and the work of Rev. Dr. Martin Luther King Jr.

At the U, we must not simply rest on words. We must work continuously to address the harms of racism to create a community of belonging for all. To that end, we are launching the Presidential Commission on Equity and Belonging led by Vice President Mary Ann Villarreal and Vice President Lori McDonald, to guide our short-term approaches to address the harm happening in our community.

Over the next 30 days, this team will focus on an institution-wide Day of Collective Action. The university will collectively pause for a day to reflect on how hate impacts our community; how we want our community to grow; and how we will take active steps to support and build inclusivity at the U. During this pause, we will host a series of workshops where we bring together students, faculty, staff, and community to reflect and recommend specific actions to support and facilitate our collective healing.

Beyond focusing on immediate actions in the wake of these recent incidents, this group will also focus on aggressively moving forward critical initiatives. Among those will be strengthening the Code of Student Rights and Responsibilities (Student Code). In coordination with students and other members of the U community—and within 60 days—we will propose revisions to the Student Code that will provide for enhanced sanctions for individuals who violate the code where those violations are motivated by bias, prejudice, or hate—on or off campus. We plan to move those changes through the university's formal approval process by the end of the Spring 2022 Semester.

Additional work is required to ensure the campus community understands the important role that the Racist & Bias Incident Response Team (RBIRT) plays in providing transparency in how racist and bias incidents are reported, communicated, and addressed. Further, we will strengthen RBIRT to be appropriately resourced and empowered to act effectively; and those communications practices are deployed effectively to provide critical timely information on issues of race. At the end of those 90 days, the commission will deliver to President Taylor Randall a written report of its work, actions taken, and any next steps.

Within the next 90 days, we will meet with various student and community groups

with the goal of establishing a Community Compact outlining the ways in which we will double down on our shared commitment to continuing our work to provide a more inclusive community at the U.

Of course, as we meet with various groups and receive feedback from our Day of Action, the Presidential Commission on Equity and Belonging will add more details and action steps to our 30-60-90-day approach. In the meantime, we want you to know that our work will not be deterred by those who seek to stop it.

We are only emboldened to take stronger action.

Sincerely,

Taylor Randall, President

Martell Teasley, Interim Senior Vice President for Academic Affairs

Michael Good, Senior Vice President for Health Sciences

Mary Ann Villarreal, Vice President for Equity, Diversity, & Inclusion

Lori McDonald, Vice President for Student Affairs

Laura Snow, Chief of Staff

Mark Harlan, Director of Athletics

Cathy Anderson, Chief Financial Officer

Jason Perry, Vice President for Government Relations

Chris Nelson, Interim Chief Marketing & Communications Officer

Jeff Herring, Chief Human Resources Officer

Erin Rothwell, Interim Vice President for Research

Phyllis Vetter, General Counsel and Vice President

Heidi Woodbury, Vice President for Advancement

Keith Squires, Chief Safety Officer

Natalie Gochnour, Senior Advisor to the President

Presidential Commission on Equity and Belonging Co-chairs

Mary Ann Villarreal, Vice President for Equity, Diversity, & Inclusion

Lori McDonald, Vice President for Student Affairs

Members

Natalie Gochnour, Senior Advisor to the President

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Keith Squires, Chief Safety Officer

Martell Teasley, Interim Senior Vice President for Academic Affairs



Meet the Team

As you seek guidance from the Graduate School Diversity Office, please refer to the bullet points to see who to contact if you have any questions about our office, or initiatives.



Tiffany Baffour, Ph.D.

Associate Dean for Graduate Equity, Diversity and Inclusion

The Associate Dean for Graduate Equity, Diversity, and Inclusion (EDI) in the Graduate School is responsible for developing, initiating, and engaging in practices that support the recruitment, retention, and graduation of graduate students from historically underrepresented groups. These efforts can be summarized across four focus areas: 1) recruitment, 2) retention, 3) collect and examine institutional data for equity analysis and accountability, and 4) lead discourse on equity and diversity in graduate education. Special projects or new initiatives are developed at the discretion of the Associate Dean for Graduate EDI and serve to advance the academic success of underrepresented graduate students across any of the four focus areas. Fulfilling these objectives involve collaborating with faculty of graduate programs, Directors of Graduate Studies, department chairs, relevant program staff and members of the university community. Below is a summary of responsibilities for The Associate Dean for Graduate EDI.

- Oversee, manage, and/or participate in all recruitment initiatives: graduate school fairs/universities, University Visit Program, Campus Visit for Diverse Scholars, departmental requests for directories of diverse graduate school-bound students.

- Oversee and manage the Graduate Diversity Enhancement Grant, Top Off Award/Diversity Recruitment Bonus, Emerging Diversity Scholars Fellowship and Ronald E. McNair Graduate Fellowship.
- Lead and manage programming for the McNair Scholars Graduate Network.
- Lead and manage gatherings with diversity fellowship awardees.
- Oversee and attend monthly socials.
- Request and review pertinent institutional data to assess recruitment and retention efforts.
- Serve on relevant DEI university committees.
- When applicable, assist graduate students navigate grievance issues.
- Oversee and manage communication efforts: graduate diversity listserv and social media announcements.
- Manage annual budget.
- Manage special projects.
- Supervise Assistant Director and Administrative Program Coordinator.
- Examine all evaluation and assessment efforts of Diversity Office initiatives, including summary assessment reports submitted by awardees of the Graduate Diversity Enhancement Grant, prepare, and disseminate annual report of key accomplishments and best practices.
- Attend and/or present at the Council of Graduate Schools and/or the Western Association of Graduate Schools annual meeting.
- Participate in regional and national professional associations to stay abreast of national trends, best practices, and literature related to promoting the success of underrepresented graduate students and diversity in graduate education broadly.
- Research current issues affecting racial/ethnic groups and other marginalized communities in graduate education to inform programming and services.
- Oversee updates to the Comprehensive Resource Guide.



Roshetta Mokofisi, M.P.A.

Assistant Director

- Recruitment lead – coordinate and manage campus visits from McNair Scholars Program, TRIO SSS, etc.; including coordinating and attending both in-state and out-of-state recruitment events.
- Provide scheduling, logistical, and record keeping support for the McNair Scholars Graduate Network, Graduate Student Parent/Caregiver Group, and meetings with Top Off and Emerging Diversity Scholars Fellowship awardees.
- Promote Diversity Office and other relevant campus/ external opportunities through Graduate Diversity ListServ and manage Graduate Diversity email account.
- Compile data for internal reports.
- Attend recruitment events and meet with prospective students participating in the University Visit Program.
- Collaborate on special projects at the request of the Associate Dean for Graduate EDI.
- Provide support to the Associate Dean for Graduate EDI.
- Lead special projects; coordinate and manage BIPOC monthly socials and special events.
- Manage revisions to Comprehensive Resource Guide to Partnering with the Graduate School Diversity Office and the Comprehensive Resource Guide for Graduate Students.
- Respond to graduate student inquiries, issues, requests and refer to Associate Dean for Graduate EDI if necessary
- Maintain strong working relationships with campus partners



Rick Solis

Administrative Program Coordinator

- Respond to all inquiries/questions related to initiatives managed by the Graduate School Diversity Office.
- Provide annual budget support to the Associate Dean for Graduate EDI.
- Manage the Graduate School Diversity Office email account.
- Fulfill departmental requests for list of diverse graduate school-bound students.
- Prepare all diversity fellowship applications and Graduate Diversity Enhancement Grant proposals for review.
- Provide logistical support for the monthly socials.
- Provide photography and video support at events.
- Lead special projects.
- Manage the Diversity Office webpage and updates.
- Manage Diversity Office travel arrangements, including the University Visit Program (UVP) participants.
- Manage office supplies needs and purchases.

University of Utah Graduate Students

Our graduate students that attend our events come from different disciplines: law, dance, education, humanities, biosciences, etc.



The aims of the BIPOC Monthly Socials are to provide opportunities for BIPOC graduate students to 1) gather in an inclusive intersectional space dedicated to fostering a sense of belonging; 2) facilitate conversations on mental health, and wellness and connect students to culturally relevant university and community services; 3) provide opportunities for students to network in a community of peers and; 4) improve access to leadership and fellowship opportunities. There is dedicated time during each meeting for students to eat, socialize, and be in community with each other.

RESOURCES

Social Events

GRADUATE SCHOOL DIVERSITY ORIENTATION

The Graduate School Diversity Office's Orientation was developed primarily for incoming graduate students from historically underrepresented backgrounds in graduate education. The Graduate Orientation is an overview of campus & office resources and program expectations, overview of fellowships & tuition benefits, current graduate students sharing their experiences, Bias Incident reporting system, and an introduction to the Counseling Center's embedded EDI therapists.

ANNUAL WELCOME BACK SOCIAL

The Annual Welcome Back Social is the first event of the academic year coordinated by the Graduate School Diversity Office. This event is an opportunity for incoming diverse graduate students to meet each other, form new friendships, meet the Graduate School Diversity Office staff, and learn of the array of resources available to support their success.

BIPOC MONTHLY SOCIALS

Our BIPOC monthly socials take place during the lunch hour and provide an opportunity for racial/ethnic minority graduate students to connect with each other and build community in a safe space. We support local minority-owned businesses and feature their cuisines at our events. With 30-45+ students in attendance, these socials offer a space for underrepresented graduate students to connect with each other, build friendships, and engage in dialogue about shared struggles/challenges. Attendees also benefit from short presentations by the Graduate School Diversity Office or guest presenters.

PAINT NIGHT

This is our most popular event of the year! We host a private Paint Night event near the end of the fall semester to provide graduate students with a fun opportunity to relax and destress before finals. Attendees are walked through a "step-by-step painting experience" led by a master artist and have a great time completing their unique masterpiece over food, music, and conversation.

McNair Scholars Graduate Network

The McNair Scholars Graduate Network (McNair Network) allows McNair alumni to connect with each other, build friendships, benefit from an additional support system, and connect with the Associate Dean for Graduate Equity, Diversity, and inclusion as they make progress toward degree completion.

OVERVIEW

- McNair alumni are emailed a personal invitation to participate in the McNair Network at the start of the fall semester.
- The McNair network meets once a month for an hour and a half on campus and sometimes, off campus.
- Meetings include educational topics informed by the needs of students and have included: networking at conferences, navigating academic politics, imposter syndrome, searching for grant funding, and more.
- Meals are provided at every meeting and allow us to socialize and build community. We begin each meeting with "Good News and Announcements" to recognize and celebrate each other's accomplishments.

"Having the McNair Scholars Network has been a godsend, I am super thankful for our monthly get togethers. I have learned/re-learned a lot that has helped, plus meeting with the other students and hearing their struggles and triumphs has helped immensely."

– Hanna E. Morzenti Social Work, Ph.D. Student



FUNDING SUPPORT

Graduate Diversity Enhancement Grant

Graduate students, faculty and staff are invited to submit a proposal for a mini-grant to support initiatives that advance the retention and/or professional development of underrepresented graduate students.

More information

• Applicants can request a max award of \$1,000

Fall Deadline: December 1, 2023

Spring Deadline: March 1, 2024

Past Funded Proposals

- Represent: STEM Voices Speaker Series by Dr. Priyam Patel, Assistant Professor; Dr. Elizabeth Field, Posdoc; and Dr. Alex Rasmussen, Postdoc(Spring 2023)
- Graduate Students of Color Mental Health & Well-being Forum: Professional and Student Perspectives by Nina Feng and Nkenna Onqzuruoha (Spring 2020- Postponed for Fall 2020)
- Women of Color Academics by Dr. Annie Isabel Fukushima (2017-2018)
- Supporting First-Generation Graduate Students in Higher Education by Dr. Maria Ledesma and Valerie Guerrero (2017-2018)
- Society for the Advancement of Chicanos and Native Americans in Science (SACNAS) Talks by Daniela Chavez, Judith Simcox, Cassandra Garner and Kali Dale (Spring 2016)

Emerging Diversity Scholars Fellowship

This Diversity Fellowship is designed to offer financial support to promising underrepresented graduate students who have successfully completed their first-year of full-time graduate studies. This award supports scholars whose engagement in the academy will contribute to diversity in higher education and who have a sustained personal commitment with communities historically underrepresented in the academy throughout the U.S., and who are able to bring diversity into their learning, teaching, service, and/or scholarship.

• Please see the website for details about deadlines for this program

Tips on Preparing a Strong Application

- Review and follow ALL requirements to ensure that your application is not rejected without review.
- Submit all application materials before the deadline, including your transcripts.
- Ask for strong letters of recommendation from faculty at least a month in advance and provide courtesy reminders to your recommenders to ensure that we receive their letters by the deadline. No extensions will be offered and incomplete applications will not be considered.
- Be sure that your essay addresses all writing prompts listed in the application instructions.
- Have someone provide feedback on your essay before you submit.
- Ensure your CV/resume is updated.

Office for Graduate Fellowships, Awards, & Benefits

Matthew Plooster, Ed.D., Director

Logan Gowers, Tuition Benefits Program Administrator

fellowships@gradschool.utah.edu

The Graduate School's Office for Fellowships and Benefits offers information about the university's Graduate Tuition Benefit Program (TBP) and the Graduate Subsidized Health Insurance Program (GSHIP), as well as additional student benefits. Graduate students are encouraged to review their available scholarship, fellowship and award opportunities. Various workshops offered throughout the semester are announced on the [Graduate School's Instagram](#).

Past workshops include:

- Fulbright U.S. Student Program Info Session
- Personal Statement Workshop
- Statement of Grant Purpose Workshop

Funding Grad School:

- Includes additional University-sponsored awards, Graduate School-administered opportunities, Nationally Competitive Opportunities, etc.

LIST OF GRADUATE SCHOOL-ADMINISTERED OPPORTUNITIES

Assistantships - contact your department for application information. Fellowship amounts change annually.

University Teaching Assistantships - \$27,000, plus tuition benefit - if eligible subsidized health insurance

Due: December 29, 2023*

*Your department may have an earlier deadlines.

Fellowships & Scholarship amounts change annually

Mariner S. Eccles Graduate Fellowship in Political Economy

\$27,000, plus tuition and subsidized health insurance

Due: December 29, 2023

Steffensen Cannon Scholarship

\$27,000, plus tuition and subsidized health insurance

Due: December 29, 2023

Graduate Research Fellowship

\$27,000, plus tuition - if eligible subsidized health insurance

Due: December 29, 2023

Rosemary Wintle Endowed Scholarship

\$12,000 (\$6,000/semester)- College of Science or School of Medicine.

Due: TBD - The School of Medicine will administer.

Shurl & Kay Curci Foundation Scholarship

Competitive living stipend for 2 years, plus graduate tuition & health insurance

Due: By academic nomination during admission cycle

Gilliam Fellowship for Advanced Study

\$36,000, plus tuition & fees, follows discretionary allowance of \$4,000, & adviser's discretionary allowance of \$3,000

Upcoming competition details forthcoming.



ADDITIONAL UNIVERSITY-SPONSORED AWARDS

Garr Cutler Energy Prize

\$1,500

Any student enrolled and officially working towards a graduate degree at the University of Utah.

In past years, due last Friday in January by 5

Thomas G. Stockam Medal for Conspicuously Effective Teaching

\$1,000

Full-time grad students who demonstrate "conspicuously effective teaching"

Nominated by faculty advisors & mentors

In past years, due last Friday in January by 5PM

Distinguished Dissertation & Thesis Awards

All graduate students & graduates who have defended an eligible master's thesis or doctoral dissertation are invited to apply

WAGS-ProQuest Innovation in Technology Award

\$250 & entrance in the WAGS-ProQuest competition as an official University of Utah nominee

Due: TBD (September 22, 2023)

WAGS-ProQuest Distinguished Master's Thesis Award

\$250 & entrance in the WAGS-ProQuest competition as an official University of Utah nominee

Eligible categories:

- STEM: Biological Sciences, Mathematical & Physical Sciences, Life Sciences, & Engineering
- Non-STEM: Humanities, Social Sciences, Education & Business

Due: TBD (September 22, 2023)

WAGS-ProQuest Distinguished Master's Thesis and/or Final Master's Capstone Project Award for Creative, Visual & Performing Arts

\$250 & entrance in the WAGS-ProQuest competition as official U of U nominee

Due: TBD (September 22, 2023)

CGS-ProQuest Distinguished Dissertation Award

\$500 & entrance into competition as official U of U nominee

This year's categories: Mathematics, Physical Sciences & Engineering, Social Sciences

Due: Mid-June

Graduate Student Parental Leave Policy

A graduate student is eligible for a Parental Leave of Absence if the Graduate Student has been matriculated in a Graduate Degree Program for at least one semester and is in good standing within their degree program at the time the Parental Leave of Absence is taken.

Graduate Subsidized Health Insurance Plan (GSHIP)

To qualify, you must receive 100% tuition benefit and



be supported as Research Assistant, Teaching Assistant, Graduate Assistant - Research Focus & Teaching Focus.

Pivot-RP: A RESEARCH DATABASE

Pivot is a comprehensive funding database that provides you access to funding opportunities globally. With Pivot, you can find funding (e.g. fellowships, dissertation research grants, travel grants, postdoctoral fellowships, etc.) in any discipline and country rather than spending hours on Google searches with no promising results. With Pivot, you can create and save a "targeted funding search" and receive weekly alerts whenever new matching opportunities are posted that match your search criteria. The University of Utah pays for an institutional subscription which allows graduate students access to create an account on Pivot. Pivot lists scholarships, fellowships, dissertation/thesis research grants open to graduate students.



Travel & Virtual Conference Assistance

- Applications for FY24 are open (July 1, 2023 - June 30, 2024)

Graduate Student Travel Assistance Award (GSTAA)

The Graduate School's Graduate Student Travel Assistance Award (GSTAA) is designed to provide graduate students the opportunity to present their research to the broader academic community. This award will match up to \$500 of university funds, including funds granted by the Associated Students of the University of Utah (ASUU) and departmental funds. You can only receive the GSTAA once per graduate career, and once awarded, you will no longer be eligible for the GSTAA or the Early Career Professional Development Program (ECPDP).

Virtual Conference Award

Present research at a conference or professional meeting where there is no physical travel and registration is the only expense needed. When the abstract has been accepted to present, the Graduate School will award up to \$200 to cover the registration expense.

Foreign Language and Area Studies (FLAS) Scholarship

Foreign Language and Area Studies (FLAS) scholarships are federally funded awards offered through the University of Utah's Asia Center and Center for Latin American Studies. They provide funding for undergraduate and graduate students who study modern foreign languages and related area studies. Students interested in studying Arabic, Cambodian, Chinese, Ecuadorian Quechua, Hindu-Urdu, Japanese, Kichwa, Korean, Nahuatl, Persian, Portuguese, Russian, Samoan, or Vietnamese can apply.

Graduate awards provide up to \$18,000 in tuition and a \$15,000 stipend for the academic year.

Union Scholarships

The majority of Union scholarships are open to graduate students to apply. However, the Graduate School & Union Student Leader Scholarship is designated only for graduate students

Other Fellowships & Assistantships

As opportunity arises, we will post the changes to our webpage.

KNOW YOUR ADVOCATES

Advocates at a Glance

Director of Graduate Studies

Can Address the Following:

- (Un)written graduate assistantship expectations and departmental policies (e.g. etiquette surrounding mode of communication, work expectations during university breaks, etc.)
- Policies on re-taking preliminary/ comprehensive/qualifying exams
- Challenges surrounding formation of dissertation/thesis committee or responsiveness of committee members
- Faculty/staff violation of ADA accommodations
- Improvements to graduate program policies or practices that would support graduate student success
- Other program-specific challenges involving faculty, staff, or students that threaten your retention, mental health, or progress toward degree

Office of the Dean of Students

Jason Ramirez, Associate Vice President & Dean of Students
jasonramirez@sa.utah.edu

Can Address the Following:

- Formal dispute resolution for graduate students (grades, etc.)
- Academic probation or dismissal
- Harassment or bullying from peer, especially if your safety is threatened
- Hostility in your lab/classroom/graduate program
- If you encounter hate speech flyers or graffiti

International Student & Scholar Services

Anastasia Fynn, Director
a.fynn@utah.edu

Can Address the Following:

- International student visa processing

Office for Equal Opportunity & Affirmative Action

Sherrie Hayashi, Director & Title IX/ADA/ Section 504 Coordinator
sherrie.hayashi@utah.edu

Can Address the Following:

- Experiences (witnessed or been the target) of bias, intolerance, discrimination, harassment and/or sexual misconduct

Office for Inclusive Excellence

Jude McNeil, Director
jude.mcneil@utah.edu

Can Address the Following:

- Experience racial microaggressions and/ or bias based on any of your identities

THE GRADUATE SCHOOL

Dean of the Graduate School

Dr. Darryl Butt, Dean
darryl.butt@utah.edu

Can Address the Following:

- Complicated graduate student issues and recommending possible routes for resolution
- Informal dispute resolution

Associate Dean of Graduate Equity, Diversity, & Inclusion

Dr. Tiffany Baffour, Associate Dean for Graduate Equity, Diversity & Inclusion (EDI)
tiffany.baffour@utah.edu

Can Address the Following:

- Meet with graduate students informally to help students navigate University policies and procedures including grievance and appeals procedures
- Meet with graduate students informally if they have concerns about their academic performance and can potentially refer them to resources and support for assistance

Director of Graduate Studies (DOGS)

Each graduate program at the University of Utah appoints a DOGS to assist students in the program and be a liaison to the Graduate School. The directors meet with the Graduate School leadership monthly during the academic school year to exchange information, contribute to policy discussions, and network with directors in other programs. The DOGS seeks to ensure the success of graduate students from recruitment through graduation.

Responsibilities:

- Meets informally as needed with graduate students to resolve issues, especially for students who appear to be stuck and not making progress towards finding a research supervisor, completing degree, etc.
- Making students aware of fellowship and scholarship and travel support available (either at departmental, University, or external levels).
- Help resolve issues of graduate student support when they inadvertently “fall through the cracks” of a policy.
- Run a yearly graduate student town meeting to assess issues in the department that are affecting graduate students, and provide feedback as appropriate to chairs, deans, to solve any identified problems.
- Run/organize orientation sessions for incoming graduate students.

Find your DOGS



Navigating Academic Politics

Know your program's and the U of U's policies.

Review the policies in your graduate program handbook. If your program did not share a handbook with you, check the Graduate Degrees & Contacts webpage to see if they have created one. Read through your program's handbook to know what policies and protocols exist in your program. If something is not listed and you feel like it should be included, inform your DOGS. Discuss questions or concerns you may have about your department, including retaking preliminary exams, academic dismissal, and performance evaluations with your DOGS.

Implicit Bias & Intolerance

See “Advocates at a Glance” to know who to go to if you experience any form of bias and intolerance. Also, the U created a **Racist and Bias Incident Response Team** in 2019. The University of Utah Communications highlighted, “The team is tasked with overseeing the creation, implementation and long-term success of university protocols, programs, and processes in order to provide appropriate and calculated responses involving bias incidents and racism on campus.” Questions or concerns regarding an incident is sent to Brian Jay Nicholls, Special Assistant to the Chief Safety Officer at RBResponse@utah.edu.

Research Collaboration and Authorship

Doctoral students often hold research assistantships or participate in faculty research team. Faculty at research-I (RI) institutions are expected to maintain an active research agenda and submit manuscripts for publication. Doctoral students provide an invaluable service to assist faculty members with accomplishing their research goals by performing and writing a literature review, collect data from participants, transcribe and/or code data, or participate in writing sections of a manuscript. It is important to educate yourself on **authorship expectations** and have a conversation with the faculty member to avoid any miscommunication down the road. Ask your faculty member to outline what will be expected of you and the authorship expectations and guidelines for the work you are performing. The scope of your work will determine whether you should be recognized as a coauthor on a manuscript which will be essential if you are seeking a tenure-track faculty position after you graduate.

UNIVERSITY RESOURCES

Academic Support

GRADUATE STUDENT READING ROOM

J. Willard Marriott Library **Level 1 - Room 1180A**

Things to Know

- Submit the Graduate Student Reading Room **Access Form** to be granted access to the reading room with your Ucard (forms must be resubmitted each academic year beginning in August)
- Only graduate students have access
- Your Ucard is your key to open the door
- Welcome to use during all hours the library is open
- Quiet study only
- Locker rentals are available on a semester by semester basis for a charge of \$25.00 plus tax, at the Information & Security Desk on Level 1
- Library Security will conduct weekly sweeps of lockers to check for library items that have not been checked-out or are non-circulating.
- Food and drinks are allowed!

FAMILY READING ROOM

J. Willard Marriott Library **Level 3 - Room 3400**

Things to Know

- Reserved for U of U students, faculty, staff, and their families
- Children under 12 should be supervised at all times
- Library staff cannot oversee unescorted or unsupervised children, nor are they responsible for their safety
- Lactation room that can accommodate up to 4 people
- Two reservable family study rooms that can accommodate up to four people
- Family/Inclusive restrooms with baby changing stations are located in the Family Reading Room, Level 2 next to the Writing Center & Level 5 next to entrance of the Library Administration Suite

WRITING SUPPORT:

Grammarly

Graduate students have access to Grammarly. It is not a substitute for tutoring, but Grammarly can help students catch sentence-level errors.

DISSERTATION & THESIS BOOTCAMP

J. Willard Marriott Library **Level 1 - Room 1180B**

The Dissertation & Thesis Bootcamp is a free program offered to students during fall and spring break to promote productive writing. Participants can expect:

- Space with minimal distractions
- Writing regimen/routine
- Peer motivation and support
- Subject-matter expert help

You must commit to showing up ready to write, Monday through Thursday during fall and spring breaks from 8:30 a.m. to 1:00 p.m. Breakfast and lunch are provided. You may stay later. The library closes at 6:00 p.m. during breaks.

If you have attended bootcamp before, you are able to register again!

GRADUATE WRITING CENTER

J. Willard Marriott Library **Level 1 - Room 1180B**

Schedule an **appointment** with a Graduate Writing Consultant.

Graduate writing consultants can help you:

- Develop your ideas
- Consider your audience
- Organize your thoughts
- Plan your project
- Form good arguments
- Improve the clarity of your writing
- Shape paragraphs to improve continuity and flow
- Polish sentences to improve style and interest
- Recognize and correct common errors

Graduate writing consultants have experience working with:

- Research proposals
- Grant applications
- Articles for publication
- Conference papers
- Abstracts for papers
- Personal statements

- Dissertations
- CVs and resumes
- Class papers
- Various citation styles (APA, MLA, etc.)

THESIS OFFICE

Graduate School

Park Building, Room 302

Tips that the thesis editors want you to know:

If you are planning to graduate soon, it is strongly recommended that you attend the biannual meeting on formatting requirements and submission process. If your graduation plans include completing a thesis or dissertation, this is an excellent opportunity to gain the information you need so that your manuscript submission process is smooth and speedy! Check the events page for more information.

Attend the Thesis Office Formatting Workshop Series.

During this workshop, a specially designated Thesis Editor will work with students in small groups to identify potential formatting problems with their thesis or dissertation manuscript. Bring your laptop for hands-on-help with margins, spacing, pagination, and all other formatting concerns.

Grammarly Premium

The Graduate School has purchased a Grammarly Premium subscription that is available to all graduate students for free. This software is an English language digital writing tool that scans your text for grammatical mistakes and makes your writing more understandable. Students can create an account with Grammarly through their Umail account and download a Grammarly Microsoft Word add-in button, Microsoft Outlook button, and web-based button to strengthen the quality of their writing. Students have access as long as they maintain full or part-time enrollment.

Useful Features

- Cut down on revisions and improve your writing skills! Aspects of Grammarly include: grammar and sentence structure correction, suggestions for clarity and readability, plagiarism and citation checks and individualized writing feedback.

Useful for Thesis and Dissertation

- The Thesis Office manuscript clearance process is being integrated with use of Grammarly to substantially reduce the time for approving student manuscripts for publication.



PROFESSIONAL DEVELOPMENT

Early Career Professional Development Program

First-year and second-year graduate students can **apply** for Graduate School funds to attend academic workshops or training opportunities without any presentation requirements. This competitive financial award can help early graduate students to gain skills and backgrounds that will be important for their future research and creative activities. Like the Graduate Student Travel Assistance Award (GSTAA), the ECPDP is a matching funds program. Students who apply for the ECPDP must have travel funding support from their departments, principal investigator (PI), or other University funding source to receive matching funds support from the Graduate School. The Graduate School will match funds up to the amount of \$500.

RESEARCH EDUCATION (REd)

The Responsible Conduct of Research Certificate consists of 4 online courses. All students are required to take two of the following: Introduction to Responsible Conduct of Research; Advanced Consideration of the Criteria for IRB Approval of Research; Managing and Maintaining Your Scholarly Profile and; Getting Published: Responsible Authorship and Peer Review. Explore the student portal. This portal was created to ensure graduate students have needed information about the Responsible Conduct of Research (RCR). Through this portal, graduate students can access the Office of Research Education in-person and/ or online classes designed so that students can customize their RCR education. These classes are designed so that graduate students can meet the educational requirements for National Science Foundation (NSF) and National Institutes of Health (NIH) grant proposal submissions and federally funded projects. Eight hours of in-person class time is required for these funding mechanisms.

RESEARCH ADMINISTRATION TRAINING SERIES (RATS)

The RATS program enables you to:

- Maintain an understanding of best practices and current trends
- Network with colleagues, share experiences and increase your potential for advancement
- Earn Certificates of Achievement and professional association CEUs
- Keep yourself marketable in the broad field of research administration.

Sample Classes:

- Effective Negotiation in Research: The Art of Advocacy and Agreement
- Getting Published: Responsible Authorship and Peer Review
- Grant-Writing Workshop: Community-Based Participatory Research
- Grant-Writing Workshop: The National Science Foundation (NSF)/National Institutes of Health (NIH)
- Institutional Review Board (IRB) and Human Subject Research
- Publishing Smart: How to Make Your Article Visible

U CAREER SUCCESS

Your **Career Coaches**, who have the expertise to provide individualized support as you prepare for your professional transition. Career coaches provide:

- Career Exploration
- Job Applications
- Interview Prep & Practice
- Networking
- Salary Negotiation

NATIONAL CENTER FOR FACULTY DEVELOPMENT & DIVERSITY (NCFDD)

The National Center for Faculty Development and Diversity (NCFDD) is an independent professional development, training, and mentoring community for faculty members, postdocs, and graduate students. This resource is dedicated to supporting academics in making successful transitions throughout their careers.

To get started, click "Activate My Membership" and under "Registration information," enter your University of Utah email address as a username. Also enter your first name, last name, validation code (provided by the website) and click continue.

NCFDD provides the following:

Online Events

Their core curriculum includes topics such as:

- Overcoming Academic Perfectionism
- How to Engage in Healthy Conflict

- How to Manage Stress, Rejection & the Haters in Your Midst
- Mastering Academic Time Management

Library of Webinars

Examples of webinars available:

- Moving from Resistance to Writing
- Building a Publishing Pipeline
- Teaching in No Time: How to Prepare a Stress-Free Semester
- The Imposter Syndrome & Become a Prolific Scholar

Forums

Online discussion forums include:

- COVID-19 Support
- Monthly Writing Challenges
- Dissertation Success Forum
- Department Politics
- Publish & Flourish

Writing Assistance

- Dissertation Success Resources
- How to Navigate the Academic Job Market
- 14-Day Writing Challenges





PERSONAL WELLNESS

The Chronicle of Higher Education article, “Why We Need to Talk More About Mental Health in Graduate School,” highlights the need for mental health support while in your graduate studies. A growing body of evidence highlights mental health challenges as a shared experience among graduate students. In this section, we highlight resources available on and off-campus that provide support to the many aspects of your mental, financial, and physical wellness. We encourage you to utilize the services provided if needed.

CENTER FOR CAMPUS WELLNESS

Student Services Building, Room 330

The Center for Student Wellness provides many resources and services for the campus community. Their services strive to cultivate a holistically well and safe campus community. They believe that wellness is the foundation of success and that equitable access to inclusive wellness services, education, and support will create a more resilient, thriving University of Utah.

Services & Resources

Victim-Survivor Advocacy

- Advocates provide free, confidential and trauma-informed support to graduate students who have experienced interpersonal violence. Request an appointment [here](#).
- Free HIV/STI **Testing** at these locations & times
- Order **Safe(r) Sex Supplies** for pick up at various campus locations
- **Wellness Coaching**: Schedule a session with a Wellness Coach to aid you in achieving your health and wellness goals. You have five free sessions per semester. Sessions are 45-60 minutes. Fill out this [form](#) to schedule your first session. In person or virtual options.

Stress Buster Week

Keep an eye out for this through [Marriott Library](#) or [Counseling Center](#) social media

The Associate Students of the University of Utah (ASUU), Counseling Center, and J. Willard Marriott Library collaborate at the end of each semester to provide a “Stress Buster Week” during finals to help you manage stress and practice self-care. Various activities are included to help you manage the stress of finals. Previous events included free donuts and coffee, visits with therapy dogs, free stress kits, and stress support groups.

COUNSELING CENTER

Student Services Building, Room 344

The University Counseling Center (UCC) helps students resolve existing problems, prevent potential problems, and develop new skills that will enrich their lives. Services address personal, career, and academic learning issues. Formats include individual and group counseling, classes, and [skills workshops/mindfulness programs](#). Consultation and outreach services are also available to University organizations, departments, and staff.

Services & Resources

- **Individual Counseling**

UCC staff provide FREE brief therapy for degree-seeking UofU students experiencing personal or interpersonal distress. Counseling services are confidential. Most individuals meet with their counselor every other week for a 45-minute session. Schedule an initial intake by calling 801-581-6826 and at least 24 hours in advance if you have to reschedule or cancel your session.

- **Couples Counseling**

The UCC offers limited brief therapy for those couples seeking affordable and confidential counseling services. Couples therapy is offered to students whose presenting concerns would best be addressed with both members of that relationship present. It is up to the students what constitutes a couple and all couples are welcome to utilize this service as long as one member of the couple is currently enrolled as a UofU student. Married, unmarried and LGBT couples are all welcome.

- **Group Counseling**

Groups are in-person or virtual, see website for details. Support Group [Registration](#).

Therapy groups provide a space where you can gain multiple perspectives on your concerns, practice skills, try out new behaviors, and learn how to have more satisfying

relationships. Support groups provide an atmosphere conducive to connecting with others who are impacted by similar issues. There is no limit to the number of times you can come to group. These resources are ideal because they are free and because you can use them over the phone, with your computer, or through text. Visit their website for the list of current groups available. Therapy groups dedicated to graduate students and people of color include - *All the Feels: BIPOC Student Support Group, Men of Color Support Group, Graduate Student Self-Compassion Group, Surviving and Succeeding in Graduate School (All Gender), International Graduate Student Group, Striving and Thriving in Graduate School (Femme/Women identified), Mental Coaching for Success and Stress Support Group.* Surviving and Succeeding in Graduate School (All Gender), Striving and Thriving in Graduate School (Femme/Women identified), and Stress Support Group.

- **Psychiatric Medication Services**

The UCC offers psychiatric medication services, including psychiatric evaluations and medication management, for individuals who are engaged in regular ongoing therapy or counseling at the UCC. We do not offer “free standing” psychiatric medication services, and individuals seeking that service may want to contact the Student Health Service, their primary care provider or community psychiatric providers. If you are interested in psychiatric medication services, please speak with your therapist who will discuss the options with you and make a referral, if indicated. Since our psychiatric medication services are offered only in conjunction with therapy, you will work with your therapist to identify campus or community options for longer-term follow-up.

- **Crisis Services**

- UCC Crisis Services: (801) 581-6826 - Monday-Thursday 8am-6pm, Friday 8am-5pm
- Huntsman Mental Health Unit (HMHI) CrisisLine: (801) 587-3000 - after hours support (formerly UNI)
- National Suicide Prevention Lifeline 1-800-273-TALK (8255)
- University Hospital (801) 581-2121

- **Single Session**

Single Session is a one-time only meeting with a counselor for students currently enrolled at the U of U. Single Session appointments are ideal for students wanting to be seen one time for a particular concern or ambivalent about seeking counseling services.

Community Referral List for Health, Mental Health and Substance Use Services

The following is a community referral list from the University Counseling Center (UCC). Please visit our website for more details.

PSYCHIATRIC & COUNSELING SERVICE

[Impact Mental Health](#)

5373 S Green Street, Ste. 650 Murray, UT 84123
(801) 590-9557 info@impactmentalhealth.org

- Serve uninsured and low-income individuals at no cost to the patient
- Walk in during their work hours (except lunch hour 12-1 pm) to finish a 30 minutes intake with a patient advocate to start treatment there

[Care Access Network at Valley Behavioral Health](#)

1-888-949-4864 (801) 263-7100 or (801) 263-7172

- Serve unfunded or low income clients who have lived in Salt Lake County for more than 90 days
- Have access to all the units under Valley Behavioral Health
- Provide psychiatric service and counseling (individual, group, couple, and family) service

[Planted Healing](#)

1336 S 1100 E Ste 100, Salt Lake City, UT 84105

- Planted Healing is a full - service psychotherapy private practice based in Salt Lake City, Utah.
- Offer high-quality and professional psychotherapy for adults, adolescents, teens, couples and adults.

GENERAL COUNSELING SERVICE

[Jewish Family Service](#)

495 E 4500 S., Suite 100 SLC, UT 84107 (801) 746-4334

- Offer sliding scale fees to low income clients
- Provide individual, couple and family counseling to anyone who needs help
- Two mindfulness groups: Mind Body Skills Group and Mindful Eating Workshop (not to treat Eating Disorder clients)

MEDICAL SERVICE (ALSO PROVIDES COUNSELING)

[Fourth Street Clinic](#)

409 West 400 South SLC, UT 84101 (801) 364-0058

- Offer sliding scale fees to all low-income people
- Currently there are six clinicians to provide individual counseling, but client needs to have medical appointments first to qualify for counseling service

[Midtown Community Health Center](#)

2253 S State Street SLC, UT 84115 (801)486-0911

- Provide medication management (for medical problems only) to low income, uninsured clients with sliding scale fees
- Has one counselor to provide individual counseling to clients at a flat fee of \$15/session

[Sacred Circle Healthcare](#)

660 South 200 East Suite 250 SLC, UT 84111 (801) 359-2256

- Health division of the Confederated Tribes of the Goshute Reservation
- Open to all peoples
- Offer sliding scale fees to all low-income un-insured people (can go down to \$27 a session)
- Accepts Medicare/Medicaid and BCBS

[Utah Partners for Health/Mid Valley Health Center](#)

8446 S. Harrison St. Midvale, UT (801)417-0131

- Provide medication management for physical health and dental treatment
- Provide individual and couple counseling to low-income uninsured clients with sliding scale fees (starting at \$15)

TRAUMA FOCUSED COUNSELING

[Rape Recovery Center](#)

2035 South 1300 East SLC, UT 84105 (801)467-7282

- Provide short term coping skill workshops and long-term individual counseling
- Provide Women of Color Support Group, Wise Mind Group, Women's Process Group and Men's Process Group focusing on sexual trauma

SUBSTANCE ABUSE

Assessment and Referral Services

[Interim Groups](#)

450 South 900 East, Suite 300 SLC, UT 84111

- There is no need to call, simply show up at one of the groups to begin participation
- After a full evaluation, client will be assigned to an agency with funding for treatment

LGBTQ+

[Utah Pride Center](#)

1380 Main St SLC, UT 84115 (801) 539-8800

- Specialized in working with LGBTQ+ adults and youth
- Offer sliding scale fees to anyone who needs counseling
- Free Men's and Women's Support Group, Bisexual support group, and Trans Adult Support Group

[Encircle: LGBTQ+ Family & Youth Resource Center](#)

331 600 E. SLC, UT 84102 (801) 610-6720

- Offer LGBTQ+ young adult, LGBTQ+ youth, bisexual, gay male, lesbian, transgender group
- Accept BCBS, United Health Care, Cigna, DMBA, EMI, Optum and Tristar insurance
- Offer sliding scale fee that can go down to \$10/ session

DOMESTIC VIOLENCE

[Family Justice Center at the YWCA](#)

310 E 300 S SLC, UT 84111 (801) 236-3370

- One stop resource center for survivors of domestic violence, sexual assault, human trafficking and stocking survivors

[Child and Family Empowerment](#)

2832 W 4700 Suite C, WVC, UT 84129 (801) 448-3504

- Provide individual and couple counseling to clients who have insurance of CVR, BCBS, United Health Care, EMI, WISE, Medicaid, DMNA

[South Valley Services](#)

24 hour Domestic Violence Helpline: (801) 255-1095

- Provide free case management service (referrals to shelter, counseling, legal services and etc.) to survivors of domestic violence.

[YWCA Utah](#)

322 East 300 South, SLC, UT 84111 (801) 537-8600

or 1(855) 992-2752 or advocates@ywcautah.org

- Accept CVR, BCBS, UNI Behavioral Health, DMHB, EMI, PEHP
- Offer sliding scale fees to uninsured clients

[#SafeU](#)

At the U article, "SafeU: New Safety Website" highlights the launch of the comprehensive website that "brings together information about campus safety, from how to report sexual assault to where to sign up for bystander intervention training and much more" (Adams, 2017). This initiative is managed by the Presidential Task Force of Campus Safety who was tasked with looking at prevention, physical safety, support personnel and training.

On the website, you can find resources for:

- Bias Incident Reporting
- Confidential Support
- Mental Health Counseling
- Victim-Survivor Advocacy
- Bystander Intervention
- Campus Courtesy Escorts

What are Campus Courtesy Escorts?

Courtesy Escorts are a security component of the U's Department of Public Safety. Courtesy escorts are conducted by Campus Security officers who walk or drive you to your dorm, vehicle or buildings on campus. The service is available 24 hours a day, 7 days a week.



OUTDOOR ADVENTURES

CAMPUS RECREATION SERVICES

Student Life Center, Room 426

The Campus Recreation Services include programs such as outdoor adventures, personal training and fitness classes. Its facilities include the Student Life Center, Crimson Lagoon Aquatics, and outdoor spaces like the Lassonde Sport Courts.

Do you want to explore beyond campus, but have no equipment? There is equipment rental for water, snow, camp, bikes, vertical, and games. Some of the equipment Campus Recreation Services rents out to students includes mountain bikes, climbing gear, rafts and paddle boards, skiing and snowboarding gear, and camping equipment among other things. Gear can be rented for a day, weekend, or even longer.



STUDENT SUPPORT SERVICES

Student Parent Support Center

Student Union, Room 280

Resources include:

- On-campus child care options
- Educational and financial resources
- Child Care Access Means in School (CCAMPIS) Management

Center for Disability & Access

Student Union, Room 162

Accommodations and services include:

- Academic accommodations
- Campus accommodations
- Housing accommodations
- Deaf services

Veterans Support Center

Student Union, Room 418

Services offered through the VSC include:

- VA counseling and benefits advising
- Career coaching tailored to veterans
- Free tutoring
- Peer mentoring
- Student Veterans at the U Association
- Veterans yoga
- Free SWAG, Coffee & Refreshments

Women's Resource Center

Student Union, Room 411

Through the WRC, you have access to the following support groups:

- Hand to Hand: Women Sharing Wisdom
- Finding our Voice: Women of Color Discussion Group
- Body Politics: Women, Food and Body Image
- LBQQ: Lesbian/Bisexual/Queer/Questioning
- Women's Discussion Group

Feed U Pantry

Student Union Basement and EHSEB 2nd Floor Stensaas Lounge

Hours are Monday-Friday, 8:00-5:00 PM

- You can pick up food and hygiene products. Foods include fresh produce from the Edible Campus Gardens like tomatoes, radishes, greens, and carrots as well as food shipments from Costco including cereal, pasta, bread and flour.

How do I use the pantry? How does it work?

- Bring your UCard to the Feed U Pantry
- Once you present your UCard to a volunteer, you will be given a bag in exchange for your card (you can also bring your own bag- that's encouraged!)
- Select the produce you want!
- When you're done, your UCard will be returned and you will be free to be on your way!

The Basic Needs Collective

Student Union Basement

Hours are Monday-Thursday, 9:00-6:00 PM and Friday 9:00-3:00PM

The Basic Needs Collective (BNC) provides a central location for resources related to finances, food, housing, health insurance, legal services, mental health, & more.

Financial Wellness Center

Student Union, Room 317

The Financial Wellness Center (FWC), is a free resource for all University of Utah students to assist them in making smart, informed decisions about their money. Whether students are struggling to make ends meet or whether their finances are in pretty good shape, there is always room to improve one's financial situation. The FWC was created to help students in safe, competent, and confidential atmosphere with one-hour consultations to address their financial concerns.

Schedule an appointment to receive financial coaching on:

How to budget money for a car, house, paying off debt, etc. The financial wellness coaches at the Financial Wellness Center can help you create a plan towards your financial goals. They will walk you through the questions and answers of how you can better save your money to work towards your future car, house, or debt-free life.

How to open an IRA or 401k, How to improve my credit score, How to file taxes, How to apply for student loans, How to complete the FAFSA, How much to put away for retirement, What is the difference between a grant and a loan, etc.

CAMPUS ENGAGEMENT

University-wide & College-level Diversity Organizations, Committees, Seminars & Events

Graduate Student Groups

The University boasts more than 600 student organizations that aims to support the diverse needs of its student body. They include the following groups that are specifically for graduate students:

- [American Indian Science and Engineering Society \(AISES\)](#)
- [Black Graduate Student Association \(BGSA\)](#)
- [Graduate Women in Biomedical Engineering \(GWBE\)](#)
- [Latino Medical Student Association \(LMSA\)](#)
- [Minority Law Caucus \(MLC\)](#)
- [Society for the Advancement of Chicanos/Hispanics and Native Americans in Science \(SACNAS\) - U of U Chapter](#)

Women of Color Academics (WoCA)

WoCA is a collective of doctoral students, researchers, pedagogues, and scholars at the University of Utah. The mission of WoCA collective is to support a thriving academic community for women of color, indigenous women, and transgender and gender non-conforming / non-binary people of color academics. WoCA engages in regular gatherings regarding professional development support and writing support across generations.

Programs

- Leadership Series: Collaboration Essentials
- Listserv with announcements of conference calls, call for papers, research, assistantships, events on campus and in the community, etc.
- Mindfulness Breaks
- Writing Retreats
- Workshop Series

Black Cultural Center (BCC)

95 Fort Douglas Blvd, Bldg 603

Using a Pan-African lens, the Black Cultural Center seeks to counteract persistent campus-wide and global anti-blackness. The Black Cultural Center works to holistically enrich, educate, and advocate for faculty, staff, trainees, and students through Black-centered research, culturally affirming educational initiatives, and service.

Groups & Programs

- Black Graduate Student Association (BGSA)

- Operation SUCCESS
- George Floyd Memorial Fund
- Male Success Initiative

American Indian Resource Center (AIRC)

1925 De Trobriand St., Bldg 622

The American Indian Resource Center (AIRC) works to increase American Indian student visibility and success on campus by providing and advocating for programs and tools to enhance academic success, promote personal wellbeing, and develop leadership skills.

Programs

- Opportunity to tutor undergraduates
- Year-End Honoring & Graduate Ceremony
- Pow Wow
- Blessing the Journey
- American Indian Woman Scholar
- Pathways for American Indians Through Higher Education (PATHS)

LGBT Resource Center

Student Union, Room 409

The LGBT Resource Center acts in accountability with the campus community by identifying the needs of people with a queer range of (a)gender and (a)sexual experiences and responding with university-wide services.

Resources & Events

- [Trans at the U](#)
- [Gender-Free Bathroom Campus Map](#)
- [LGBTQ+ Library](#)
- [Fabulous Fridays](#)
- [Gay-la and Silent Auction](#)
- [Lavender Graduation](#)
- [Scholarships](#)

Dream Center

Student Union, Basement Room 80

The Dream Center works holistically with undocumented students and mixed-status families from college access to graduation. The Dream Center (1) engages in specialized college outreach and access strategies, (2) provides individualized advising and scholarship support for current and future University of Utah undocumented students, (3) promotes campus-wide advocacy and trainings for University of Utah students, faculty, staff and administration, and (4) increases community-wide awareness of policies affecting current and future University of Utah undocumented students.

Definition(s)

Dreamer(s) is an inclusive term for undocumented students with and without Deferred Action for Childhood Arrivals (DACA).

Goals

- Specialized college outreach & access
- Individualized advising & scholarship support
- Campus-wide advocacy & trainings
- Community-wide awareness

Center for Equity and Student Belonging (CESB)

200 South Central Campus Drive SLC, UT 84112

Scholarships

The Center for Equity and Student Belonging is dedicated to removing barriers encountered by members of underrepresented groups. This office assists with the recruitment of a diverse student body, and supports students in their quest for academic, professional, and personal success while at the university. The center also offers free tutoring services, lounge space for student groups, academic advising, and referral to campus resources.

Groups & Associations

- [U Alumni Communities](#)
- [Asian American Student Association \(AASA\)](#)
- [Black Student Union \(BSU\)](#)
- [Crimson Transfer Honor Society \(CTHS\)](#)
- [Inter-Tribal Student Association \(ITSA\)](#)
- [Movimento Estudiantil Chicanx de Aztlan \(M.E.Ch.A.\)](#)
- [Pacific Islander Student Association \(PISA\)](#)
- [Queer & Trans Students of Color \(QTSOC\)](#)



CAMPUS ENGAGEMENT - PAGE 2

Presidential Anti-Racism Task Force

Park Building, Room 208

The Presidential Anti-Racism Task Force was created in October 2017, works on developing and deploying actions on campus that can increase dialogue and understanding among students, staff, and faculty from different racial and ethnic backgrounds. The Task Force identifies other actions and investments that will enhance the experience and success of students, staff, and faculty from all backgrounds at the University and in the community.

The Anti-Racism Committee

Park Building, Room 208

The Anti-Racism Committee through the Office of Equity, Diversity and Inclusion advises on matters regarding issues and events of racism across all intersections of identity and bias in the university. Additionally, they recommend and evaluate measures to ensure that every student, faculty, and staff enjoys an environment free of racism and hate.

Barbara & Norman Tanner Center for Human Rights

Carolyn & Kem Gardner Commons, Room 3725

The Barbara L. & Norman C. Tanner Center for Nonviolent Human Rights Advocacy seeks to educate students, faculty, staff, and local community members by providing an array of academic programs for students, such as campus and community forums, faculty and graduate student research symposia, secondary and primary school outreach, and relevant resource materials aimed at increasing human rights advocacy, education, and participation.

The Graduate School Diversity Office

Student Union, Room 293

The Graduate School Diversity Office promotes "inclusiveness of students from communities underrepresented in higher education, particularly racial and ethnic communities, creates a better academic environment for all students."

Office for Global Engagement (OGA)

Carolyn & Kem Gardner Commons, Room 3105

Provides campus-wide leadership and coordination in support of university-wide global initiatives, partnerships, and programs in its efforts to facilitate transformative global learning, innovative scholarship, and cross-cultural engagement opportunities. Among its many programs and services are the International Student and Scholars

and Services Program (ISS). The International Women's Association (IWA), a program supported by ISS, provides a platform for intercultural exchange specifically for women at the University of Utah and in the local community.

The Office for Inclusive Excellence

Student Union, Basement Room 70

Located within the [Office for Equity, Diversity and Inclusion](#), offers a plethora of training resources including an [educational resource toolkit](#) that provides faculty resources regarding engaging in diversity topics in the classroom, classroom dynamics and facilitation, inclusive teaching, and bias/micro-aggressions.

The Racist & Bias Incident Response Team

Park Building, Room 208

The Racist & Bias Incident Response Team was created in 2019. The purpose of this team is to bring together perspectives from across the university to develop a coordinated approach to responding to racist and bias incidents on campus

University of Utah Health Equity, Diversity, & Inclusion (UHEDI)

Health Science Education Bldg (HSEB), Room 5750B

Within the University of Utah Health an Equity, Diversity and Inclusion office, serves to create an inclusive climate while addressing health and education inequities within University of Utah Health.

A. Ray Olpin Student Union Building

200 South Central Campus Drive SLC, UT 84112

Scholarships

Ranging from \$1,000 - \$5,000, Union scholarships available to graduate students are usually due each year in February:

- American Indian Resource Center & Union Scholarship
- Larry H. & Gail Miller Foundation & Union Scholarship for Veteran Students
- Feed U Scholarship for Advocates of Food Insecurity Reduction
- Refugees Connecting Our Community Union Scholarship
- Graduate School & Union Student Leader Scholarship
- Union Scholarship for Future Alumni
- The Whit Hollis Champions of the LGBTQIA+ Community Scholarship
- Union Music Service Scholarship

Resources & Spaces

- [Services Desk: Campus Information, Bike Equipment/Helmet/Lock, Discounted Ski Passes, Discounted Movie Passes, Lost & Found, Fax Services, Poster/Flyer Approval, Campus Mail, TTY Phone Service](#)
- [Recreation: Bowling, Billiards, Table & Board Games, TV Lounge, Recreation Reservations, House Rental](#)
- [Feed U Pantry - A. Ray Olpin Student Union Bldg](#)
- [Meditation Space](#)
- [Employee Health Clinic](#)
- [Computer Lab](#)
- [Resource Centers](#)
- [Nursing Room](#)
- [Student Lounge](#)
- [Gardner Commons](#)
- [Off-Campus Housing](#)





SALT LAKE CITY MULTICULTURAL RESOURCES & SERVICES

Civil Rights Resources & Advocacy Services

Racially Just Utah

Racially Just Utah is a community and non-profit organization. They are a volunteer-run organization made of activists, educators, students, parents, attorneys, advocates, community members, service providers, and concerned citizens. They work towards building and sustaining a statewide coalition of diverse individuals, organizations, and tribal nations, informing policy development, and so much more!

Resources

- "Your Truth to Power: Student Activists Provide Tips for Communicating Your Truth"
Immigrant and Refugee Rights and Resources
- From [Fingerprint to Fingerprints: The School-to- Prison Pipeline in Utah](#) (S.J. Quinney College of Law, 2014)

Training Services

- Implicit Bias
- Importance of Self-Care
- Family Preparation Plans for Undocumented and Mixed Status

Comunidades Unidas

Founded in 1999, Comunidades Unidas empowers Latinx to recognize and achieve their own potential and be a positive force for change in the larger community. CU engages with more than 5,000 individuals per year while maintaining their grassroots connection with community. Volunteers are able to coordinate and recruit fundraising teams, leverage community support and plan great activities!

Programs

- [Supplemental Nutrition Assistance Program \(SNAP\)](#)
- [Immigration Resource Line \(801\) 382-9027](#)
Call to be connected to one of the five organizations that have accredited representatives and/or immigration attorneys. Recognizing legal representation is not always accessible to everyone, CU has joined forces with four other non-profit organizations to form the Utah Immigration Collaborative (UIC) that helps immigrants and their families obtain legal representation at low cost with the best possible quality.

Urban Indian Center of Salt Lake

The center serves the Native American community via activities and provides assistance with health care, mental health and other needs. The center serves the Utah tribal population of: Ute, Paiute, Goshute, Dine'/ Navajo, Shoshoni, Arapaho, Oglala Sioux, Cheyenne River Sioux, Winde River Shoshone, Cherokee, and Rosebud Sioux from neighboring states.

Resources

- [Cedar Point Wellness Center](#)
- [Red Mesa Behavioral Health](#)
- Check out the [list of community resources the Urban Indian Center of Salt Lake has compiled](#). This list includes where to get personal protective equipment (PPE), food resources, health care resources, and much more.
- [Events](#)
- [COVID-19 Vaccination / Community Resources](#)
- [Two Spirit PowWow](#)

Office of Diversity & Inclusion

Out of the SLC's Mayor's office, ODI focuses on protecting basic human rights of SLC residents. If you live in Salt Lake City and believe your human rights are being violated. Contact this office to let them know! That includes anything from having to deal with a neglected landlord to tripping over a crack in the sidewalk.

Programs & Resources

- Human Rights Commission



- Know Your Neighbor Volunteer Program
- Apply to Volunteer
- Accessibility (ADA) Resources
- Accessibility request or grievance
- ADA FAQs
- SLC ADA Notice

[Utah Pride Center *](#)

Utah Pride empowers and celebrates Utah's diverse LGBTQ+ community by providing a safe space for education, partnerships, services and events. The center's objectives include promoting health, education, empowering, community and providing and creating safe spaces. The center plans the annual Pride Festival, Pride Spectacular, and Queer Prom for the state of Utah.

Resources

- [Mental Health Services](#)
- [Community Health](#)
- [Education and Training](#)
- [Youth and Family Programs](#)
- [Community Health Programs](#)

*The Utah Pride Center is undergoing new management. Check back for updates.

Black Lives Matter Utah

Black Lives Matter Utah Chapter has listed the attainable goals they are working towards including: de-escalation and diversity training in every police department, drug testing for police, data collection implemented within every police department, body cam footage legislation, more intersectional spaces in Utah and so much more. On their website, you can join this organization to be involved in attaining their goals. They have 10 committees including education, event planning, outreach, media and PR, and intel.

Resources

- File a civil rights complaint
- [Join](#) Black Lives Matter Utah

Pacific Island Knowledge 2 Action Resources (PIK2AR)

PIK2AR is a strengths-based ecosystem of programs and events that aim to eliminate violence; empower, improve health, and give dignity and hope by increasing personal and financial growth into ethnic and underserved households. We promote and perpetuate all Pacific Island cultures, create alliances, and bridge communities through sharing resources, education, and offering support.

Resources

- [K.A.V.A. Talks](#) (Knowlegde Above Violence Always) - Men's support, education, & advocacy group
- [P.E.AU. Pasifika Enriching Arst of Utah](#) - community-based group of artists, creators, & patrons of the arts
- [Utah Pacific Island Film Series](#) - Film Screenings, panel discussions, trainings & workshops around film industry
- [Empowered Living Services](#) - Case Management Services and Education

Restaurants

Here are some of our favorite BIPOC owned restaurants. This is not a comprehensive list.

11 Hauz | Jamaican Food | Black owned | Restaurant | Website visited (2022) | (435) 200-8972 | 1241 Center Dr L140, Park City, UT 84098

African Spice | Sierra Leonean & Ghanaian Food | Black owned | Order at the Spice Kitchen Incubator (2022) | (385) 229-4703

All Chay \$ | VEGAN | Vietnamese Food | Asian owned | Restaurant | Website updated (2022) | (801) 521-4789 | 1264 W 500 N, Salt Lake City, UT 84116

Bombay House \$\$ | Indian Food | Asian owned | Restaurant | Website visited (2022) | (801) 581-0222 | 2731 E Parleys Way, Salt Lake City, UT 84109

Cafe Guanaco \$ | El Salvadorian Food | LatinX owned | Restaurant | Website updated (2022) | (801) 484-6584 | 1460 S State St, Salt Lake City, UT 84115

Curry Fried Chicken \$ | HALAL | Middle Eastern owned | Restaurant | Website visited (2022) | (801) 924-9188 | 660 S State St, Salt Lake City, UT 84111

Delicious | Venezuela Baked Goods | LatinX Owned | Bakery | Order at the Spice Kitchen Incubator (2022) | (385) 229-4703

Diversion: A Social Eatery | American food (Hamburgers, tacos, and pizza) | Black owned | Restaurant | (801) 657-7326 | 535 N 300 W Salt Lake City, UT 84103

Horn of Africa | Somali Food | Black owned | Restaurant | Website visited (2022) | (801) 908-5498 | 1320 S Swaner Rd Salt Lake City, UT 84104

Kathmandu Grill \$\$ | Indian, Nepalese Food | Asian Owned | Restaurant | Website updated (2022) | (801) 355-0454 | 212 700 E d, Salt Lake City, UT 84102

Lil Lotus \$\$ | VEGAN | Vietnamese Food | Asian owned | Restaurant | Website visited (2022) | (801) 906-0637 | 2223 Highland Dr. E5, Salt Lake City, UT 84106

Mahider Ethiopian | Ethiopian Food | Black owned | Restaurant | Website updated (2022) | (801) 975-1111 | 1465 State St Ste 7, Salt Lake City, UT 84115

Mark of the Beastro \$\$ | VEGAN | Comfort Food | Black owned | Restaurant | Website visited (2022) | (385) 202-7386 | 666 S State St, Salt Lake City, UT 84111

Papito Moes Puerto Rican Grub \$ | Puerto Rican Owned | Restaurant | Website updated (2021) | 385-529-5462 | 7786 S 5600 W Ste 101, West Jordan, UT

Red Iguana \$\$ | Mexican Owned | Restaurant | Website updated (2022) | 801-214-6350 | 28 South State Street Salt Lake City, Utah 84111

Sagato Bakery \$ | Polynesian Food | Pacific Islander Owned | Restaurant | Website visited (2022) | (385) 557-1728 | 44 W 7200 S, Midvale, UT 84047

Sauce Boss Southern Kitchen \$\$ | Southern American Food | Black owned | Restaurant | (385)-434-2433 | Website visited (2022) | 877 E 12300 S #203, Draper, UT 84020

Sawadee \$\$ | Thai Food | Asian Owned | Restaurant | Website updated (2022) | (801) 328-8424 | 754 E South Temple St Salt Lake City, UT 84102

Vegan Bowl \$\$ | VEGAN | Vietnamese Food | Asian owned | Restaurant | Website updated (2022) | (801) 692-7237 | 8672 S Redwood Rd, West Jordan, UT 84088

Veggie House \$ | VEGAN/VEGETARIAN | Thai Food | Asian owned | Restaurant | Website visited (2022) | 801-282-8686 | 52 E 1700 S, South Salt Lake, UT 84115

Yoko Ramen | Japanese Food | Asian owned | Restaurant | Website visited 2022 | 801-876-5267473 | E. 300 South, Salt Lake City

BIPOC Food Trucks

Jamaica's Kitchen LLC \$\$ | Black Owned | Caribbean Food Truck | Website updated (2022) JamaicasKitchen@gmail.com | 305-212-4646 |

Kafé Mamai | African-Caribbean Food | Black owned | Spice Kitchen Incubator (2022) | Food Truck (UofU Union M-F 11am-2pm) | (505) 577-0354

Mr. C's Taco's | Mexican Owned | Food Truck (876 East 800 South (Smiths Parking Lot) in SLC) | Spice Kitchen Incubator (2022) | (385) 229-4703

Namash Swahili Cuisine | East African, Somali & Swahili Food | Black owned | Food Truck (2665 South Redwood Road) | Spice Kitchen Incubator (2022) | (385) 229-4703



Businesses

This is not a comprehensive list of the BIPOC owned businesses. For a more comprehensive list of BIPOC-owned businesses, check this [Google Doc](#) & [Black Lives Matter Utah website](#), and [Pacific Islander-Owned businesses](#).

[Brickyard Barbers](#) \$\$ | Hair Salon

4700 S 900 E
Salt Lake City, UT 84117

[A La Mode Boutique](#)

265 E 900 S
Salt Lake City, UT 84111

[Mediterranean Market & Deli](#)

3942 S State Street Salt Lake City, UT 84107

[Spilled Milk Ice Cream and Cereal Bar](#)

1700 South 900 East Salt Lake City, UT 84105
Ice Cream Truck

[Chinatown Supermarket](#)

3390 State Street #11 South Salt Lake, UT 84115

[Safari Beauty Supply](#) \$\$ | Beauty Store

465 E 3300 S, Suite A Salt Lake City, UT 84115



FUN THINGS TO DO IN UTAH

Utah Events, Attractions, Hotels, Restaurants and Things to Do

[Visit Utah](#)

The Great Outdoors

There are 62 national parks in the U.S. (and its territories) and Utah has five of them- more commonly known as the “[Mighty Five](#).” We rank in the top three states with the most national parks coming in third after California (nine) and Alaska (eight). In 2018, Zion National Park was the “most visited” park that attracted over 4 million visitors.

[Zion National Park](#)

From Campus | Travel Time Drive: 4 hours 33 minutes

5 Top-Rated Hiking Trails

1. The Narrows
2. Angels Landing
3. Riverside Walk
4. Emerald Pools
5. Weeping Rock

[Bryce Canyon National Park](#)

From Campus | Travel Time Drive: 4 hours 10 minutes

5 Top-Rated Hiking Trails

1. Queen’s Garden/Navajo Loop
4. Peek-A-Book Loop Trail
2. Sunset Point to Sunrise Point
5. Queen’s Garden

[Arches National Park](#)

From Campus | Travel Time Drive: 3 hours 44 minutes

5 Top-Rated Hiking Trails

3. Double Arch
1. Landscape Arch
4. Broken Arch
2. Devils Garden
5. Tower Arch

[Canyonlands National Park](#)

From Campus | Travel Time Drive: 3 hours 58 minutes

5 Top-Rated Hiking Trails

1. Mesa Arch
2. Grand View Point
3. Chesler Park Loop
4. Upheaval Dome via Crater View
5. Aztec Butte Trail

[Capitol Reef National Park](#)

From Campus | Travel Time Drive: 3 hours 35 minutes

5 Top-Rated Hiking Trails

1. Brimhall Natural Bridge
2. Burro Wash
3. Capitol Gorge
4. Cassidy Arch
5. Cottonwood Wash

Hikes & Trails Near Campus

[The Living Room](#)

Length: 2.3 miles Elevation gain: 980 ft Difficulty: Moderate Dog-friendly? Yes

[Donut Falls](#)

Length: 3.1 miles Elevation gain: 538 ft Difficulty: Easy Dog-friendly? No

[Lake Blanche](#)

Length: 6.9 miles Elevation gain: 2,706 ft Difficulty: Hard

[Cecret Lake](#)

Length: 1.7 miles Elevation gain: 459 ft Difficulty: Easy Dog-friendly? No

[Ensign Peak](#)

Length: 0.8 miles
Elevation gain: 374 ft Difficulty: Easy Dog-friendly? Yes (on-leash)

[Bridal Veil Falls](#)

Length: 3.7 miles
Elevation gain: 1,000 ft Difficulty: Moderate Dog-friendly? Yes (on-leash)

[Bonneville Shoreline](#)

Length: 9.1 miles Elevation gain: 1,466 ft Difficulty: Easy Dog-friendly? Yes

University of Utah

[BLOCK U Trail](#)

Length: 3.1 miles Elevation gain: 538 ft Difficulty: Easy Dog-friendly? No

[City Creek Canyon](#)

Length: 5.9 miles
Elevation gain: 656 ft Difficulty: Easy Dog-friendly? Yes (on-leash)

[Bell’s Canyon](#)

Length: 4.6 miles Elevation gain: 1,453 ft Difficulty: Moderate Dog-friendly? No

Red Pine Lake

Length: 8.6 miles Elevation gain: 2,221 ft Difficulty: Hard
Dog-friendly? No

Mount Olympus Trail

Length: 8.0 miles Elevation gain: 4,192 ft Difficulty: Hard
Dog-friendly? Yes

Night Life

[Purgatory](#)

32 E 700 S Salt Lake City, UT 84111

\$\$ | Bar, Asian Fusion

Cocktails, food, and an outdoor patio.

[Bodega](#)

331 S Main Street Salt Lake City, UT 84111

\$\$ | American, Cocktail Bars

Reservations only. Their “speakeasy” downstairs filled with taxidermy, books, and other interesting objects

[Cheers To You](#)

315 S Main Street Salt Lake City, UT 84111

\$ | Brewery

Pool table and arcade games area. Sunday Karaoke nights

[Kiitos Brewing](#)

608 W 700 S Salt Lake City, UT 84104

\$\$ | Breweries

Recommendations:

Seasonal drinks like their Milkshake Fruit Ale and Marzen (Malty German-styled Amber Lager) in October taste so good! Pin ball gaming in the back

[Whiskey Street](#)

323 S Main Street Salt Lake City, UT 84111

\$\$ | Lounge, Cocktail Bar, Gastropub

Favorite drinks are the Rotisserie Inn Punch, Moscow .Mule (with ginger beer) and New York Sour.

[Club Try-Angels](#)

251 W 900 S Salt Lake City, UT 84101

\$ | 21+ Late Night Gay Bar

Karaoke Night every Thursday. Sunday BBQs (seasonal)

[Sayonara SLC](#)

324 S State Street Salt Lake City, UT 84111

\$\$ | Cocktail Bars, Gastropub

[London Belle](#)

321 Main Street Salt Lake City, UT 84111

\$\$ | Gastropub, Bar

[Fisher Brewing Company](#)

320 W 800 S Salt Lake City, UT 84101

\$ | Breweries

There’s no kitchen, so to make up for that they host a different food truck every night.

[Proper Brewing](#)

857 Main Street Salt Lake City, UT 84111

\$\$ | Breweries, Burgers

Food is available for carry-in from Proper Burger Co. next door.

[The Bayou](#)

645 S State Street Salt Lake City, UT 84111

\$\$ | Cajun/Creole, Beer Bar

[Twist](#)

32 Exchange Pl Salt Lake City, UT 84111

\$\$ | Gastropub

[Kai Po Kava Lounge SLC](#)

1465 S State Street #12, Salt Lake City, UT

\$ | Kava Lounge

Tues-Thurs 3:30pm to 4:00am, Fri - Sat 3:30pm to 5:00am

Sunday 6:00pm to 4:00am

Closed: Mondays

[Square Roots Kava Lounge](#)

315 1200 S, Orem, UT 84058

\$ | Kava Lounge

Female-owned

Mon-Thurs 7 pm to 1 am, Fri/Sat 7 pm to 5 am

Closed: Sundays

Activities, Events, & More

Looking for an adventure as you take a much-needed break from your studies? Check out [Only in Utah](#) and [Things To Do in SLC, UT](#). These webpages highlight Utah’s hidden gems featuring hiking trails, protected sites, Utah’s best restaurants, and unique activities that you will only find in Utah. Choose an adventure to celebrate the milestones in your graduate journey.

Listed below are some activities, events, and restaurants featured by [Only in Utah](#).

[The Pie Pizzeria- Underground](#)

1320 E 200 S Salt Lake City, UT 84102

One block away from campus

Sunflower Farm Festival

July- August (each year) 3500 N 2200 W
Salt Lake City, UT 84116

14 explorable acres of over 20 varieties of sunflowers

[Pumpkin Patch Train Ride](#)

October (each year) 450 South 600 West Heber City, Utah
84032

Enjoy a 40 minute train ride and take home a pumpkin from the pumpkin patch.

[Ice Castles](#)

Winter Season

700 Homestead Drive Midway, UT 84049

Must-see winter phenomenon built with hundreds of thousands of icicles

Listed below are some activities, events, and restaurants featured by **365 Things To Do in SLC, UT**.

[Urban Arts Festival](#)

September (each year) At the [Gateway](#)

Explore mural arts, breakdancing competitions, fashion, graffiti, custom car culture and more.

[Red Butte Garden](#)

300 Wakara Way

Salt Lake City, UT 84108

Free access for U of U students with Ucard. Explore the botanical garden, arboretum and amphitheatre.

[Sky Lantern Festival](#)

Seasonal

512 Sheep Lane Grantsville, UT 84074

Join thousands of Utah’s community as they launch lanterns after dusk.

[Mural Fest](#)

South Salt Lake

Visit their [website](#) for the list of locations to find murals throughout “South Salt Lake’s Creative Zone”

[Natural History Museum of Utah](#)

301 S Wakara Way

Salt Lake City, UT 84108

Free access for U of U students with Ucard. Explore the museum’s collections to learn more about Utah

Juneteenth - Equity, Diversity, & Inclusion

2023 Juneteenth Events | Utah Division of Multicultural Affairs

Farmers Market

African Festival

Pacific Islander Heritage Month

Latino Arts Festival

Hispanic Heritage Parade and Festival



CONNECT WITH THE BROADER SLC DIVERSE COMMUNITY

[Color Outside- Meet Up Group](#)

This group is for women of color who want to get outdoors and explore all that our great state has to offer us. The group was started to create a safe space for women of color to get outside and explore.

[Latino Outdoors Salt Lake City](#)

The mission of this community group is to, "inspire, connect, and engage Latino communities in the outdoors and embrace cultura y familia as part of the outdoor narrative, ensuring our history, heritage, and leadership are valued and represented."

[Women of Color of Salt Lake City](#)

This community of Women of Color come together in a supportive and safe climate to share life experiences, stories, and more. They welcome all women of Asian/Pacific Islander, Arab/Middle-Eastern, Black/African American/Caribbean/West Indies, Native/Indigenous, and Hispanic/Latin descent and hope you will join them in rising above language for unity.

[CONTINUING EDUCATION & COMMUNITY ENGAGEMENT](#)

Pursue a longtime passion and learn a new hobby by taking a class offered through Lifelong Learning:

- Hard Core Horror Writing
- Guitar: Beginning
- Homemade Lotion and Creams
- Cake Decorating - Trends and Essentials
- Introduction to Podcasting
- Sleep Tips for the Pandemic
- How to Brew Beer

[Salt Lake Community College offers an arrangement of courses online and at SLC's local high schools.](#) Learn new things that will be fun and helpful:

- Salsa and Bachata Dance
- Self Defense for Women
- Principles of Negotiation
- Kung Fu (Beginners)
- Ukulele (Beginners)
- The Digital Photographer

RECOMMENDED RESOURCES FOR GRADUATE STUDENT SUCCESS

Books

The Professor Is In: The Essential Guide To Turning Your Ph.D. Into a Job

by Karen Kelsky [\(2015\)](#)

Writing Your Journal Article in Twelve Weeks: A Guide to Academic Publishing Success

by Wendy Belcher [\(2019\)](#)

Writing Your Dissertation in Fifteen Minutes a Day: A Guide to Starting, Revising, and Finishing Your Doctoral Thesis

by Joan Bolker [\(1998\)](#)

Beginning a Career in Academia: A Guide for Graduate Students of Color

by Dwayne A. Mack, Elwood Watson, and Michelle Camacho [\(2014\)](#)

Degrees of Difference: Reflections of Women of Color on Graduate School

by Kimberly McKee [\(2020\)](#)

First Gen PhD: Your Guide To Academia

by John Hockey and Neil Harrison [\(2020\)](#)

Getting What You Came For: The Smart Student's Guide to Earning a Master's or Ph.D.

by Robert Peters [\(1997\)](#)

How to Write a Lot: A Practical Guide to Productive Academic Writing

by Paul Silva [\(2018\)](#)

#GRADBOSS: A Grad School Survival Guide

by Toyin Alli [\(2019\)](#)

A Field Guide to Grad School: Uncovering the Hidden Curriculum

by Jessica Calarco [\(2020\)](#)

Social Media

Explore social media accounts that offer insights, motivation, and comic relief about the struggles and experiences during your graduate education.

Instagram: [@utahgraduatediversity](#)

[@phd_comics](#)

[@thenapministry](#)

[@academoelogy](#)

[@theacademicsociety](#)

[@phdwriteupfun](#)

[@dr.ofwhat](#)

[@thedissertation-coach](#)

[@blackwomenphds](#)

[@thephoodielab**](#)- our U of U STEM grad students!

YouTube – [The Academic Society with Toyin Alli](#)

Twitter –

[@FirstGenDocs](#)

[@insidehighered](#)

[@FatimahPhD](#)

[@diverseissues](#)

[@BLACKand STEM](#)

[@chronicle](#)



Webpages

[Graduate Student Mentoring Guide: A Guide for Students](#)
Rackham Graduate School

[The Grant Application Writer's Workbook](#)
Training in the Art of Grantsmanship

[Proud & Prepared: A Guide for LGBT Students Navigating Graduate Training](#)

Highlights:

- Captures the energy and vitality of LGBT graduate students.
- Authored by current graduate students from a diversity of backgrounds, training programs and viewpoints.
- Information on climate, mentorship, self-disclosure, research implications and much more.

[Navigating Graduate School: Resource Guide for Undocumented Students](#)
by Sheila Cook and Iva Gaylord, Santa Clara University

Podcasts

[Blk + in Grad School](#)

An audioblog created to encourage and inspire women + people of color to and through the grad school struggle.

[Growing Through Grad School](#)

A podcast about self-care & personal growth in graduate school, doctoral students share challenges of grad school, and post guided meditations.

[PhDivas](#)

- The Secret Life of Academic Conferences
- The Price of Research: Dr. Elaine Westbooks on Libraries and the Knowledge Economy

[Her STEM Story](#)

Host Prasha S Dutra's weekly podcast shows strategies, tools and advice from expert guests and your lovely about how to believe in your brilliance & conquer the world of male dominated careers.

Blogs, Vlogs & More

[The Black Experience in Grad School](#)

- Check out this list of graduate students of color sharing their stories and building community to motivate and inspire.

[STEM is the new Black](#)

- Check out some of their favorite podcasts showcasing people studying/working in STEM.