



St. Thomas Resources & Support Services

Academic Counseling (MHC 110) Best for: Academic advising, planning, and support. Examples: <ul style="list-style-type: none">• A student is unsure about which courses to take for their major and needs academic advising.• A student looking to create a long-term academic plan to ensure they meet graduation requirements.• A student is struggling with big picture academic success issues like study skills, time management, and motivation. Contacts: academiccounseling@stthomas.edu (651) 962-6300	Resources/Programs <input type="checkbox"/> Meet with Academic Counselor: Personalized academic advising to discuss course plans and career goals. <input type="checkbox"/> 4-Year Plan: Assistance in creating a plan for your college courses and degree requirements. <input type="checkbox"/> Connect with Appropriate Departments: Guidance on reaching the right academic or administrative departments.
Disability Resources (MHC 110) We primarily work with students who have disabilities and/or chronic health conditions to determine reasonable accommodations. Examples: <ul style="list-style-type: none">• For students seeking guidance or accommodations both in and out of the classroom Contacts: disabilityresources@stthomas.edu (651) 962-6315	Resources/Programs <input type="checkbox"/> Accommodations: Determined in partnership with the student and their disability specialist. <input type="checkbox"/> Advising: Learn more about their services, screenings, general academic guidance, and disability-related skill building. <input type="checkbox"/> Assistive Technology: Learn more about the tools integral to supporting students' success at St. Thomas.
Center for Well-Being (35 S Finn St.) Provides holistic support through a full array of health, mental health, and well-being services. Examples: <ul style="list-style-type: none">• A student dealing with a sudden mental health crisis, physical health issues, and in need of support and care.• A student looking for help with procrastination, stress management, or time management. Contacts: centerforwellbeing@stthomas.edu (651) 962-6750	Resources/Programs <input type="checkbox"/> Individual / Group Counseling <input type="checkbox"/> Wellness Coaching: Coaching on managing stress, time, and health. <input type="checkbox"/> Anxiety Toolbox Workshop: Tools and strategies for managing anxiety. <input type="checkbox"/> Assistance with navigating external resources: get help with SNAP benefits and other external community resources. <input type="checkbox"/> Drop-in Hours: Immediate walk-in support for urgent mental health needs. Monday - Friday 2pm - 4pm <input type="checkbox"/> 24/7 Phone Counseling: Call (651) 962-6750, then dial "4"
Financial Aid Office (MHC 152) Best for: explanation of aid, year-to-year changes, enrollment and academic implications. Examples: <ul style="list-style-type: none">• A student has questions or needs assistance filing the FAFSA.• A student would like to learn more about scholarships and/or loan opportunities. Contacts: financialaid@stthomas.edu (651) 962-6550	Resources/Programs <input type="checkbox"/> Meet with a Financial Aid Counselor: Contact and schedule an appointment with your Financial Aid Counselor for any questions or information. <input type="checkbox"/> Complete the FAFSA: Students and parents can complete the FAFSA at studentaid.gov
Off-Campus Student Life (ASC 218) Best for: Resources for commuting students. Examples: <ul style="list-style-type: none">• A student experiencing food insecurity.• A student looking for off-campus housing resources. Contacts: offcampus@stthomas.edu	Resources/Programs <input type="checkbox"/> Food: Free frozen meals and oatmeal for students in ASC 218 <input type="checkbox"/> Housing Resources: Information and guidance on finding housing. <input type="checkbox"/> Neighborhood Services and Commuting Resources: Resources for commuting students (transportation, parking, etc.) and opportunities for engagement in local communities.



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Campus Life (ASC 341)	Resources/Programs
<p>General student engagement, leadership, and involvement.</p> <p>Examples:</p> <ul style="list-style-type: none">• A student wants to join or start a club but is not sure where to start.• If you are looking for ways to connect with other students or seeking club leadership roles• Questions about Tommie Link <p>Contacts: Campuslife@stthomas.edu (651) 962-6130</p>	<p><input type="checkbox"/> Engagement Opportunities for Each Year: Discover opportunities tailored to your year and stage of college life.</p> <p><input type="checkbox"/> Clubs and Orgs: Join or create clubs and organizations.</p> <p><input type="checkbox"/> Tommie Engagement Consultants: Receive personalized advice and resources for student involvement.</p>
Student Diversity & Inclusion Services (ASC 224)	Resources/Programs
<p>Best for: Diversity, inclusion, and mentorship opportunities</p> <p>Examples:</p> <ul style="list-style-type: none">• A student seeking mentorship or scholarships.• A student looking to connect with others with a shared identity. <p>Contacts: studentdiversity@stthomas.edu (651) 962-6460</p>	<p><input type="checkbox"/> Linkages Mentor Program: Peer Mentor program to help support the retention of first-gen students.</p> <p><input type="checkbox"/> Purple Couch: Safe space for discussions on social justice.</p> <p><input type="checkbox"/> Gathering Circles: Group discussions and support around diversity and inclusion topics.</p> <p><input type="checkbox"/> Diversity Activities Board: Organizes events to celebrate diversity and promotes inclusion.</p>
Public Safety (first floor, Morrison Hall)	Resources/Programs
<p>Offers services to prevent encourage a safe and secure campus.</p> <p>Examples:</p> <ul style="list-style-type: none">• Reporting a policy violation, crime, or suspicious activity• Seek assistance with creating a safety plan and resources for safety. <p>Contacts: Emergencies - (651) 962-5555 Non-Emergency - (651) 962-5100</p>	<p><input type="checkbox"/> Make a report: You can report any crime, offense, or incident that fits the criteria by phone.</p> <p><input type="checkbox"/> Campus Safety Escort: Anyone on campus can request a Public Safety officer to escort them to their class, cars, or anywhere within 6 blocks of the St. Paul campus.</p> <p><input type="checkbox"/> Battery Jump Starts: This free service is available on a "first-come, first-served" basis as time or weather permits.</p> <p><input type="checkbox"/> Locked out of vehicle: Requires proof of ownership and proper ID.</p> <p><input type="checkbox"/> Lost and Found: lost items are taken to the PS office for recovery.</p>
Career Development Center (MHC 123)	Resources/Programs
<p>Helping students build career readiness by developing key competencies and accessing the tools they need for success.</p> <p>Examples:</p> <ul style="list-style-type: none">• Students who need advice on future career or jobs and the next steps• Looking for internships or connecting with professional mentors• Seeking assistance in preparing for interviews <p>Contacts: career@stthomas.edu (651) 962-6761</p>	<p><input type="checkbox"/> Meet with a Career Educator: Explore careers, build application materials, grow their networks, and prepare for professional success.</p> <p><input type="checkbox"/> Interview Preparation and Mock Interviews: Understand and practice all aspects of the interview process.</p> <p><input type="checkbox"/> Internship and Job Searches: Learn how to navigate the recruiting process.</p>
Center for Student Achievement (1 st Floor MHC)	Resources/Programs
<p>Best for: Academic success resources, tutoring, and research opportunities.</p> <p>Examples:</p> <ul style="list-style-type: none">• A student struggling with class and needing tutoring support.• A student interested in learning more about available research assistant positions. <p>Contacts: Studentachievement@stthomas.edu</p>	<p><input type="checkbox"/> Tutoring: Free academic tutoring in various subjects.</p> <p><input type="checkbox"/> Research Opportunities: Access to research projects and academic internships.</p>



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Dean of Students (ASC 241)	Resources/Programs
<p>Supports the personal development, academic success, and retention of students.</p> <p>Examples:</p> <ul style="list-style-type: none">• If a student is experiencing challenging circumstances that may affect their holistic well-being, safety, or academic success.• Students who are seeking resources, guidance, or advocacy. <p>Contacts: deanstudents@stthomas.edu (651) 962-6050</p>	<p><input type="checkbox"/> General Support & Guidance: meet with a staff member for guidance on questions, conflict resolution, complaints, or support.</p> <p><input type="checkbox"/> Emergency Grant Funding: to support students who encounter an unforeseen financial emergency</p> <p><input type="checkbox"/> Laptop Loan Program: Need a laptop? You can loan a laptop for up to 2 weeks</p> <p><input type="checkbox"/> Hygiene & Class Supplies: feminine products, deodorant, dental products, bandages, notepads, writing supplies, etc.</p> <p><input type="checkbox"/> Food Security Resources: learn about food resources available through St. Thomas and other sources.</p>
Office of International Students & Scholars (MHC 212)	Resources/Programs
<p>Holistic support for international students including immigration advising, cultural adjustment and cross-cultural programming.</p> <p>Examples:</p> <ul style="list-style-type: none">• Global Tommie's Excursion: an off-campus intercultural experience to connect international and domestic students.• Immigration advising regarding employment authorization, travel, visa renewal and enrollment. <p>Contacts: oiss@stthomas.edu (651) 962-6650</p>	<p><input type="checkbox"/> Immigration Advising: advise international students on employment authorization options on and off-campus, travel outside the country, among other immigration regulations.</p> <p><input type="checkbox"/> Cross-Cultural Programming: provides opportunities for international students to experience Minnesota and US culture and connect with domestic students.</p> <p><input type="checkbox"/> Extended Orientation: Provide a week-long and extended orientation program for new international students to set them up for success.</p>
Residence Life (Koch Commons)	Resources/Programs
<p>Best for: Housing, living-learning communities, and residential life policies.</p> <p>Examples:</p> <ul style="list-style-type: none">• Housing Assignment, Roommate or Residence Hall Facility Questions/Concerns• Student Conduct questions/concerns• First-Year Experience related to Living Learning Communities• Concerns/challenges with connection and belonging.• Questions regarding housing policies, practices, or activities <p>Contacts: reslife@stthomas.edu</p>	<p><input type="checkbox"/> Housing Information: General information about on-campus housing for undergraduate students.</p> <p><input type="checkbox"/> Living-Learning Communities (LLC): Opportunity for first and second-year students that allow students to live and learn together based on shared interests.</p> <p><input type="checkbox"/> Housing Policies and Resources: Policies, regulations, and resources related to on-campus living and the two-year on-campus living requirement.</p> <p><input type="checkbox"/> Programs and Events: Residential Connection Team (RCT), floor, and building events; advertised on Tommie Link.</p>