# Sample Syllabus Language for Student Support

## Spartan Support

There may be times when you are feeling overwhelmed and you are not sure where to turn.  Please feel free to reach out to the Spartan Support Program. We can help you find resources and provide support based on your unique needs. You can reach Spartan Support staff by calling (813) 257-3901, or by filling out a [Spartan Support program form](https://www.ut.edu/campus-life/office-of-student-affairs/spartan-support-program).

## UT Counseling Services

UT Counseling Services offers individual and group counseling.  Students receive support for struggles such as stress and anxiety, sadness and depression, adjustment to college life, loss or grief, relationship challenges, and more.  If you are feeling overwhelmed, sad, or totally stressed out, and it is impacting your overall wellness or your academic performance, you may want to reach out to UT Counseling.  You can call them at 813-253-6250 or email counseling@ut.edu.  They are there to support you.

## Meeting Basic Needs

The University of Tamp is committed to supporting all students in meeting basic needs. The Basic Needs Committee helps fulfill the University’s commitment to diversity while actively addressing systemic barriers in our community. This committee focuses on food, financial, and clothing insecurities through the following avenues:

*Emergency Grants:* Providing in-time assistance with current or upcoming emergency expenses that are not included in the standard cost of attendance

***Food Insecurities:*** Providing support with temporary on-campus dining and a mobile food pantry each semester.

***Career Closet:*** Providing students access to free professional clothing appropriate for career fairs, interviews, networking events, and the workplace.

To learn more, email the Chief Diversity Officer.

## Blackboard Alternative Formats

Did you know that you can access alternative formats for documents within your Blackboard courses? You can download an audio file, an ePub version that is easier to read on mobile devices, electronic braille, and more. Just click on the  next to the document and see what formats are available.

## Academic Support Services

Academic support services, like Tutoring and Academic Coaching, are offered free of charge for a variety of courses at UT and overall academic skills development. Visit the [Tutoring page](https://www.ut.edu/academics/academic-support/academic-success-center/academic-excellence-programs/peer-tutoring) to learn which courses are currently offered and how to sign up for a session.  Visit the [Academic Coaching page](https://www.ut.edu/academics/academic-support/academic-success-center/academic-excellence-programs/academic-coaching) to learn more about coaching services and what areas of academic skill development are offered.

## Center for Public Speaking

The Center for Public Speaking provides one-to-one peer tutoring to help students enhance their classroom presentations. We are located in FCA, Room 228. Learn more or make an appointment by visiting our Instagram, @UTampaSpeech.

## Saunders Writing Center

Experienced writing tutors are available to assist you in all aspects of your writing in the writing center, 323 Plant Hall (phone: 813 253-6244).  This service is free and available to *all* UT students, not just those who are having problems. You can make an in-person or Zoom appointment by calling or stopping by the Center. Drop-in sessions are also available on a first-come, first-serve basis. The [writing center schedule](https://www.ut.edu/academics/academic-support/saunders-writing-center) will be posted on the UT website by the second week of classes.

## Career Services

Are you exploring career options, internships, or what to do once you graduate? The [Office of Career Services](https://www.ut.edu/campus-life/career-services) can help you with all phases of your career journey – [Explore, Experience and Achieve](https://www.ut.edu/uploadedFiles/Campus_Life/Career_Services/Toolbox/Explore.%20Experience.%20Achieve..pdf). Be sure to check out their calendar of events and meet with a career coach to work on career exploration, resumes, job and internship search strategies, interview preparation, and more.