ACADEMIC SUCCESS

Want to do well in school, graduate, or move towards a career? Set yourself up for success in your academics!

Connect with the DRC:
- Send your accommodation letters at the beginning of each semester.
- If you're having difficulty managing your disability symptoms or course work, schedule a follow up appointment with your Learning Specialist.
- Check-in for quick questions during virtual drop-in hours.

Learn to master course material from a fellow student through Peer Tutoring:
- UF Teaching Center
- OAS
- Knack

Get one on one writing help:
- Writing Studio

For more one on one support, GatorWell offers wellness coaching for:
- Time management & prioritization
- Study & test skills

If health impacts your academics, contact the Care Area for:
- Medical petitions
- Contact my instructor requests

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### SELFCARE

**RecSports** has many ways to help you increase your daily activity and take care of your overall health:
- Nutritional advice
- Exploring the outdoors
- Exercise as medicine
- Fitness classes
- Massage therapy

### WELLNESS

We all need someone to talk to. Reaching out is an important first step.

- **The Counseling & Wellness Center** offers multiple resources including:
  - Short term counseling
  - Group counseling
  - Workshops & events
  - A podcast series

- **GatorWell** offers wellness coaching for:
  - Stress management
  - Social connections
  - Holistic well-being

**Student Health Care Center** offers services to students including primary and specialty care:
- General Medicine
- Pharmacy
- Immunizations
- LGBTQ+ care

**GatorWell** has programs and resources for:
- Sleep
- Sexual health
- Alcohol & other drugs
MONEY MATTERS

Navigating your budget or have unexpected costs? Find support in the right places.

• Tuition, scholarships, and loans: Financial Aid
• Unexpected expenses due to an emergency: Aid-a-Gator
• Food insecurity: Field & Fork Pantry

The DRC has scholarships to address financial barriers for undergrad & graduate students with disabilities:
• Tuition Scholarships
• Psychoeducational Evaluations Scholarships
• Assistive Technology/Adaptive Equipment Scholarships
Visit our website for application cycles.

CAREER PREP

Ready for an internship or even your dream job? Get tips for the job search tailored for you.

The Career Connections Center has resources for every part of the job search process:
• Career coaching
• Resume review
• Professional headshots
• Interview preparation
• Professional attire
• Connecting with employers
GET INVOLVED

Want to create a social and support network to keep you feeling connected and part of the Gator community? Find your place on campus and build your network.

Build your disability community with the DRC
- Disability Ambassadors: Creating a culture of access & inclusion at UF
- Delta Alpha Pi International Honors Society for students with disabilities
- SOCIAL Gators: Empowerment group for student on the Autism Spectrum

If you want to create a new disability student org, or connect with any of the over 900 student orgs at UF, check out Student Activities & Involvement.

Explore your leadership style or give back to the community with the David & Wanda Brown Center for Leadership & Service.

Other ways to get connected:
- First Generation Student Success
- Sorority & Fraternity Affairs
- Veterans Services

Broaden your cultural understanding or explore the intersectionality of your identities by studying abroad, joining an affinity group, or attending an event put on by Multicultural & Diversity Affairs or the International Office.

Follow us on social media @UFDRC