Welcome to Brigham Young University! We are excited to have you as a part of the BYU student body and we are ready to help you facilitate your needs to reach your academic and professional goals. We have provided this Graduate Studies Orientation Guide to give you an overview of the resources available throughout campus at Brigham Young University. In keeping with the aims of BYU’s education, we strive to provide all of our students with an experience that is:

- Spiritually strengthening
- Intellectually enlarging
- Character building
- Leading to lifelong learning and service

The mission of Graduate Studies at BYU is to produce future generations of scholars who will pursue truth in humility, expand the frontiers of knowledge, and lift and inspire others around the globe by integrating spiritual knowledge with secular insights. BYU graduate programs emphasize the curriculum to be both spiritually strengthening and also intellectually enlarging. As a student, you will receive an education that incorporates being taught complex knowledge and skills, conducting original research, producing creative work that applies advanced learning in the everyday world, and extending professional service to the discipline and to society.

Our main goal at Brigham Young University is to produce a strong learning environment. Graduate programs help students achieve excellence in their discipline by engaging its primary sources, mastering its literature, techniques, and methodologies, and undertaking advanced systematic study - all at a depth that clearly exceeds the undergraduate level.

On behalf of the faculty and staff of the University, we wish you the very best in your academic endeavors.

Thank you,

Graduate Studies
Brigham Young University
801-422-5091
gradstudies@byu.edu
www.gradstudies.byu.edu
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The mission of Graduate Studies at Brigham Young University is to contribute to the mission of Brigham Young University and The Church of Jesus Christ of Latter-day Saints by producing future generations of scholars and practitioners who will pursue truth in humility, expand the frontiers of knowledge, and lift and inspire others around the globe. Through advanced systematic study characterized by depth in knowledge, understanding, inquiry, and discovery, we seek to create a rich learning environment that integrates spiritual knowledge with secular insights. In fulfilling our mission we develop, communicate, and monitor best practices in graduate recruitment, admissions, advisement, and mentoring. We provide innovative resources and efficient services for graduate students and faculty to enhance the graduate culture and facilitate excellence in graduate programs.

Graduate Studies Staff Information
Wynn Stirling, Dean
James Crane, Assistant Dean
Denise Stanton, Assistant to the Dean
Logan Gillette, Graduate Admission Administrator
Claire Dewitt, Graduate Advisement Administrator
Janice Robinson, Special Projects Coordinator

Contact Information
Phone: (801) 422-5091
Location: 105 Former President’s Home
Email: gradstudies@byu.edu
TIPS AND ADVICE
FROM CURRENT GRADUATE STUDENTS

• There are so many resources that are available for us, we just need to ask.

• If you have a field work requirement, start getting it figured out NOW.

• It is OK to ask your advisor questions. Making assumptions, even on something that seems small, can throw off your research and it may be avoided by sending a simple email to your advisor.

• Learn about the Graduate Studies mentoring/grants and research/travel awards, and their deadlines.

• Don’t get caught up in the competition. Make sure your life is still balanced and enjoyable to be worth living.

• When you select your advisor make sure he (or she) is nice (ask those who work with him) and that he funds your research.

• It’s in the Lord’s hands. He helped get you here and wants you to be successful. Do your part and rely on Him.

• Course work matters, but not really as much as your thesis, dissertation, or final project. Make sure to start working on it during your first semester. It will give meaning to your course work and add depth to your overall experience in grad school.

• Sometimes you don’t get a lot of feedback on your work. It doesn’t mean you’re failing.

• You get a raise when you finish your prospectus so do it fast! (some depts.)

• The relationship with your faculty chair will probably be the most difficult relationship you will manage. Learn how to work with them and remember you work for them.

• Learn how to do research.
• There are tutors available. FREE to the students and paid for by BYU! I was going through my fourth semester of the EMPA program taking Accounting for the first time and I was failing miserably. I just needed more time and attention. I was so nervous that I contacted EMPA to ask them what would happen if I failed. They assured me that would not happen and offered to set me up with a tutor! I got a tutor and was able to meet with the tutor as often as I wanted and I ended up getting an A- in the class! Everyone needs to know that tutors are available.

• I would have loved more information about the library, perhaps take a Graduate student library tour.

• Work as hard as you can and make solid relationships with professors.

• **Remember BALANCE, life goes on**, even in grad school.

• Critically evaluate your research questions (if you’re doing a thesis or dissertation) as often as possible. This way the inevitable changes you will make will happen early in your program rather than after you are expected to have completed the proposal already.

• **Study ahead of your classes.** Be focused. Work hard and be proactive. Stay healthy and dream big. Make a timetable and follow it religiously, and always take time out for relaxation, fun activities and sleep. Good luck.

• **Use ORCA grants** to finance internships or research projects you are working on.

• Even though many programs do require you to get started on your thesis right away, **don’t worry if it takes you a little while to decide what you want to write on**. It’s better to take time and find a topic you are passionate about than to just settle for something that you won’t be able to see through to completion. Be sure that you can work easily and effectively with your advisor. Also, professors can provide support on all aspects of graduate school, especially in smaller programs. They know the challenges that are a part of working towards an MA or PhD and can provide insight and advice beyond mere academic advisement.

• **Take fun classes** if your program allows it.

• It is better to take out a student loan if you have to than to miss out on scholastic and family time working multiple jobs while attending school.

• The first year is hard on you, your family, your friends, and your job. **Don’t be discouraged or give up**; it does get much better as you learn and adjust!
• Make sure you give yourself enough time to complete your studies. One often tries to bite off too much.

• Read everything twice. Not necessarily for the class, but so that you can absorb as much as possible for your life! I feel like I was not able to retain as much as I would have liked. There was so much information and just not enough space in my brain to store it. I would have somehow tried harder to double up on my efforts to retain the information for my profession and career. Also, I would say just soak it up! Enjoy it! Really get to know your classmates. It’s an amazing experience to be around so many wonderful, smart, talented people. Take full advantage of all of it!
• Make friends with the people in your group or cohort. It definitely makes things more bearable.

• Be sure to balance – do something to reward yourself each day, even if it is as little as taking 10 minutes to enjoy a chocolate milk without reading anything.

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**IMPORTANT PHONE NUMBERS**

• BYU Store (801) 422-2400
• BYU Financial Services (801) 422-4701
• BYU Information (801) 422-4636
• Campus Police (801) 422-2222
• Career and Academic Success Center (801) 422-2689
• Career Services (801) 422-6535
• Center for Service and Learning (801) 422-8686
• Counseling and Psychological Services (801) 422-3035
• English Language Center (801) 422-2691
• International Student Services (801) 422-2695
• Lost and Found (801) 422-3024
• Multimedia Lab-Library (801) 422-5627
• OIT- Service Desk Support (801) 422-4000
• Student Health Center (801) 422-2771
FALL 2018 SCHEDULE

Tuesday, September 4 - Classes Begin

Tuesday, September 11 - Add/Drop Deadline

Monday, October 8 - Withdraw Deadline

Tuesday, October 23 - Last day of 1st term

Thursday, December 13 - Last day of Fall Semester Classes

Friday, December 14 - Exam Preparation Day

Saturday-Thursday, December 15-20 - Final Exams

Please refer to the University’s Academic Calendar on the BYU website for the complete schedule: https://registrar.byu.edu/academic-calendar
THE MISSION OF
BRIGHAM YOUNG UNIVERSITY

The mission of Brigham Young University--founded, supported, and guided by The Church of Jesus Christ of Latter-day Saints--is to assist individuals in their quest for perfection and eternal life. That assistance should provide a period of intensive learning in a stimulating setting where a commitment to excellence is expected and the full realization of human potential is pursued.

All instruction, programs, and services at BYU, including a wide variety of extracurricular experiences, should make their own contribution toward the balanced development of the total person. Such a broadly prepared individual will not only be capable of meeting personal challenge and change but will also bring strength to others in the tasks of home and family life, social relationships, civic duty, and service to mankind.

To succeed in this mission, the university must provide an environment enlightened by living prophets and sustained by those moral virtues which characterize the life and teachings of the Son of God. In that environment these four major educational goals should prevail:

• All students at BYU should be taught the truths of the gospel of Jesus Christ. Any education is inadequate which does not emphasize that His is the only name given under heaven whereby mankind can be saved. Certainly all relationships within the BYU community should reflect devout love of God and a loving, genuine concern for the welfare of our neighbor.

• Because the gospel encourages the pursuit of all truth, students at BYU should receive a broad university education. The arts, letters, and sciences provide the core of such an education, which will help students think clearly, communicate effectively, understand important ideas in their own cultural tradition as well as that of others, and establish clear standards of intellectual integrity.

• In addition to a strong general education, students should also receive instruction in the special fields of their choice. The university cannot provide programs in all possible areas of professional or vocational work, but in those it does provide the preparation must be excellent. Students who graduate from BYU should be capable of competing with the best in their fields.

• Scholarly research and creative endeavor among both faculty and students, including those in selected graduate programs of real consequence, are essential and will be encouraged.
From its inception more than a century ago, the goal of Brigham Young University has been to offer "a new kind of education" for Zion, one based on precepts "revealed by the Lord," as Karl G. Maeser once remarked. Today, BYU is widely recognized for its deep commitments to inspired religious values and rigorous intellectual learning.

We believe the earnest pursuit of this institutional mission can have a strong effect on the course of higher education and will greatly enlarge Brigham Young University’s influence in a world we wish to improve.

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**International Education**

Brigham Young University welcomes international graduate students and has many resources available to them. In addition to advisors within the departments and graduate studies office, International Student Services on campus also provides additional support, orientation and activities to international students. Additional information about these services is available at [https://internationalservices.byu.edu/](https://internationalservices.byu.edu/) or can be contacted by phone at (801) 422-2695.

**English Language Center**

The English Language Center provides additional English language instruction to students desiring to improve their English language skills. More information regarding the Center can be found at [http://elc.byu.edu/](http://elc.byu.edu/) or via phone at (801) 422-2691.

**Financing Your Education**

Brigham Young University is committed to making this process as easy as possible for you and your family. BYU’s Financial Aid office has a knowledgeable staff that is dedicated to answer any questions you may have. They can be contacted at [https://financialaid.byu.edu/](https://financialaid.byu.edu/) or via phone at (801) 422-4104.

As a Graduate student, additional fellowships, awards, assistantships, and department and national scholarships are available to you. More information regarding these opportunities can be found at the following link: [http://graduatestudies.byu.edu/content/funding](http://graduatestudies.byu.edu/content/funding) or by contacting specific departments directly.

**Billing**

Tuition and fees are due 7 days before the first day of class each semester. Failure to pay by the Tuition deadline will result in a hold on the student’s account restricting the ability to add additional classes. Final date to pay tuition will be 11:59 pm of the Registration Add/Drop Deadline.
**Invoices**

- Tuition invoices are only accessible electronically through My Financial Center. You can access the invoice by following the instructions below:
  
  - Login to the myBYU → My Financial Center. From here you can see all current and past invoices.

- You also have the option to add another user to your online account, view the most current account information, view the most recent statement, and view past statements.

**Making Payments**

- e-Check – no convenience fee. This is the recommended method in order to avoid bank processing fees for both you and BYU.

- Credit/Debit cards (Visa, Discover, MasterCard, American Express) – A processing fee of 2% will be charged for all tuition and short-term loan payments

- In-person payment – You can pay your fees in person on campus in the OneStop office located on the Main floor of the Administration Building (D-155). For office hours, please visit [https://onestop.byu.edu/byu-onestop](https://onestop.byu.edu/byu-onestop). Please note that credit/debit cards are *not accepted* for tuition & fees made in person. Cash or check only when making them at OneStop student Services.

**Information Technology Resources and myBYU login**

**Office of Information Technology (OIT)**

- The OIT provides technology solutions and assistance for the university community.

- The Service Desk Support can be reached at (801) 422-4000.

- Service Desk Support is available for in-person support at ITB 1st floor reception area, 1388 University Avenue. They are open Monday – Friday 8am-5pm.

- Services can be requested or problems reported online by visiting the following website: [https://it.byu.edu/byu/default.do](https://it.byu.edu/byu/default.do)
myBYU Login

- MyBYU is a customized website that presents university information specific to each individual. The myBYU portal brings together relevant, personalized, and organized information.

- MyBYU is where you can go to view transcripts, course schedules, and grades. You will also be able to perform tasks such as registering for classes, changing your mailing address, and checking your financial center and holds. Under campus links on the right hand side you will find access to these functions.

- To log in, visit the following site http://home.byu.edu/home/ and click myBYU
  - Net ID/Password (if you have not already done so you will need to create a BYU Net ID, however only create one during your time at BYU)
  - Forgot your NetId/Password? Click on the “Forgot your Net ID or Password” link to the right of the login box and follow the instructions

Learning Suite

- Some professors will have you use BYU Learning Suite to access reading assignments, take quizzes, view grades, make/view class announcements, and participate in out-of-class discussions.

- To access learning suite go to learningsuite.byu.edu and login with you BYU NetID and password.

- You can also access Learning Suite by signing into your MyBYU. On the left hand side under Campus Resources, Learning Suite is listed.

Computer Labs

Computer Labs are available for use in several buildings around campus.

<table>
<thead>
<tr>
<th>Open Access Computer Labs</th>
<th>Monday</th>
<th>Tuesday-Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kimball Tower Labs (101,102,105,109,112)</td>
<td>8am-6:30pm</td>
<td>8am-6:30pm</td>
<td>9am-5pm</td>
<td>9am-5pm</td>
</tr>
<tr>
<td>Harold B. Lee Library (HBLL)</td>
<td>7am-12am</td>
<td>7am-12am</td>
<td>7am-12am</td>
<td>7am-12am</td>
</tr>
<tr>
<td>Wilkinson Center Lab (WSC 1111)</td>
<td>8am-7pm</td>
<td>8am-10pm</td>
<td>8am-7pm</td>
<td>8am-3pm</td>
</tr>
</tbody>
</table>

Note: All Labs will be closed from 10:45 – 12:00pm Tuesdays for Campus Devotional.
Computer Rentals

- The Office of Information Technology (OIT) provides reliable rental computers at low prices. More information can be found here.

Printing

BYU Print and Mail’s Open Access printers are located all over campus for your convenience. Copies cost 7 cents black/white or 15 cents for color. These copies can be paid for with money that you put onto your ID card.

- You can download the free Pharos software and send your documents from your computer to printers on campus or just use the computers provided by the printers.

https://it.byu.edu/byu/sc_help.do?sysparm_document_key=kb_knowledge,703f478a2bea60047ed590a069da15b2

Campus Store and Textbooks

Textbooks for all classes can be purchased online or in person at the top floor of the bookstore located in the Wilkinson Student Center.

My Booklist

- The BYU My Book List allows you to see and buy the books you need for the courses you’re currently enrolled in.

- You can access your My Book List two ways:
  
  o Log in to MyBYU – Under the school tab below campus links, click on 'Books I need for classes'.
  
  o Go to the BYU Bookstore website listed below → Textbooks→ You will sign in using your BYU NetID

    ▪ http://academic.byubookstore.com/

BYU Store

- The BYU Store is located in the Wilkinson Student Center (WSC).

- The normal hours are as follows:
  
  o Monday thru Friday 7:45AM – 6PM
  o Saturday 10AM – 6PM
  o Closed Sundays
  o Closed for Campus Devotional Tuesday from 10:45AM – 11:45AM

- For additional information contact them at (801) 422-2400.
Food Availability

• We offer a wide variety of meal plans to meet your dining needs.

• The Commons at the Cannon Center is the all-you-can eat dining center on the northwest side of campus. This facility is open seven days a week with multiple options for breakfast, lunch, and dinner.

• The Cougareat is a food court that is located in the Wilkinson Student Center. It contains Chick-Fil-A, Papa John's, Subway, Cougar Café, Cougar Express, Taco Bell, Aloha Plate, L&T Salad and Soup, and Scoreboard Grill. Jamba Juice is also located in the Northeast side of the Wilkinson Student Center.

• There are a variety of other restaurants around campus, such as the Creamery on Ninth, located east of campus, Legend’s Grille, located west of campus, and the Museum of Art Café which is located in Museum of Art.

• For hours of operations and locations for all dining options, as well as meal plan information visit us at http://dining.byu.edu/

Housing

On Campus

BYU has housing facilities that are available for both single students and student families. For more information regarding availability and costs please visit the following link: http://www.byu.edu/oncampushousing/

Off Campus

BYU seeks to have an environment for its single students living on and off campus that is conducive to their moral and spiritual growth and their academic performance. Because the university does not have sufficient on-campus housing for all of the students, it has established a contracted housing program to cultivate that desired environment off campus.

For more information regarding housing please visit the following link: http://och.byu.edu/
**Student ID Cards**

All BYU students are required to have an ID card. The card provides you access to everything: books, food, sporting events, computer labs, printers, and many other activities. Please visit the following link for more information about the ID Cards: [http://idcenter.byu.edu/](http://idcenter.byu.edu/)

**Getting an ID Card**

- The ID Center is located on the 1st floor of the Wilkinson Student Center in room 1057 WSC. We encourage new students to get a BYU ID card as soon as possible.

- New students must bring photo identification and meet the BYU Dress and Grooming Standards (see below) including the requirement for men to be clean shaven.

- A student’s first ID card is free. Replacement of an expired or faulty ID card is free, as long as the expired card is returned to the ID center. Replacement of a lost ID card costs $10.

- When you pick up your ID card they will take your picture, so make sure you are in compliance with the following standards or you will be turned away.

**BYU Dress and Grooming Standards**

- The dress and grooming of both men and women should always be modest, neat, and clean, consistent with dignity adherent to representing The Church of Jesus Christ of Latter-day Saints and any of its institutions of higher education.

- Men:
  - Clothing is inappropriate when it is sleeveless, revealing or form fitting.
  - Shorts must be knee-length or longer.
  - Hairstyles should be clean and neat, avoiding extreme styles or colors, and trimmed above the collar, leaving the ear uncovered. Sideburns should not extend below the earlobe or onto the cheek. If worn, mustaches should be neatly trimmed and may not extend beyond or below the corner of the mouth. Men are expected to be clean shaven; beards are not acceptable.
  - Earrings and other body piercings are not acceptable.
  - Shoes should be worn in all public campus areas.
Women:

- Clothing is inappropriate when it is sleeveless, strapless, backless, or revealing; has slits above the knee; or is form fitting.
- Dresses, skirts, and shorts must be knee-length or longer.
- Hairstyles should be clean and neat, avoiding extremes in styles or colors.
- Excessive ear piercing (more than one in each ear) and all other body piercing are not acceptable.
- Shoes should be worn in all public campus areas.

More information about the Dress and Grooming standards can be found at the following link: https://policy.byu.edu/view/index.php?p=26&s=s1165

Cougar Cash $$$

Money can be deposited onto your student ID card and used as a debit card at on-campus facilities, printing stations, and vending machines.

- Adding Cougar Cash to your student ID
  - Login to MyBYU using your NetID
  - Go to My Financial Center on the left side of the screen
  - Under the “My Accounts” tab at the top click Cougar Cash. Here you can add funds to your card and see past purchases

Harold B. Lee Library

Graduate-level research requires access to a variety of scholarly and professional publications. The Harold B. Lee library contains a massive selection of research materials that you will need, including books, audiovisual materials, and electronic databases. The current library has about 98 miles of shelving for the more than 6 million items in its various collection. In addition, the library also has a seating capacity of 4,600 people and is the equivalent of 2 ½ football fields from North to South. Many resources are also available online at http://lib.byu.edu/.
Through our Interlibrary Loan (ILL) service you have access to book and articles at libraries across the country. In order to make a request you will need to sign in using your BYU NetId. Articles are typically ready to download within 2-3 business days of the request. Books are available for pickup at the Circulation Desk, 3rd floor of the library, in 5-7 business days. For any questions regarding Interlibrary loan please visit the following website: https://illiad.lib.byu.edu/illiad/

The library also offers various resources to help students with research and writing. The Research and Writing Center, located in 3322 HBLL, helps students with any questions they have regarding research or writing. They also can answer any questions one might have about thesis or dissertations, with formatting etc. They take drop-in appointments only. The Multimedia Lab in the library has Adobe Acrobat and can also assist in converting files for your thesis.

The reference librarians can also help with all your research questions. There are a few different help desks at the library depending on your needs. You can see a list of the help desks and contact information at the following website: http://lib.byu.edu/services/

For more information about the library and the resources available please visit the library website or follow them on Facebook (https://www.facebook.com/byuhbll)

**Academic and Learning Support Services**

*Career and Academic Success Center (CASC)*

- The Career and Academic Success Center (CASC) offers materials to help you reach academic success and make good career choices. They offer a variety of free workshops and career assessments to take advantage of.

- For more information regarding the center and a complete list of workshops available please visit the following website: https://casc.byu.edu/
Career and Employment Services

Student Employment Office

BYU employs thousands of students on campus each year. You can see a list of available positions and apply by visiting the following website: https://studentjobs.byu.edu

Career Services

- Career Services can help you with your resume, networking, interviewing, and job development to help you feel prepared to enter the workforce. They also host a variety of career fairs throughout the year to help you network and learn of possible opportunities.

- Career Services is located on the Second floor of the Wilkinson Student Center (2400 WSC) and is open Monday through Friday 8am-5pm.

- To find out more information or schedule an appointment to meet with a career counselor please visit https://ucs.byu.edu/

Recreation

Bowling & Games Center

- The Game Center located on the first floor of the Wilkinson Student Center offers bowling, video games, and a selection of food.

- For more information regarding pricing, location, and specials they have please visit their website: http://bowling.byu.edu/index.html and follow them on Facebook (https://www.facebook.com/BYUGamesCenter)

Outdoors Unlimited

- Utah is home to a vast amount of different activities from hikes, national parks, running/biking trails, and lakes. Outdoors Unlimited has everything you need for an outdoor adventure. You can either rent or buy bikes, camping equipment, rafts, a GPS, and more!

- Outdoors Unlimited is located at 2201 N. Canyon Rd. and is open from 9AM-6PM.

- For more information check out their website at http://outdoors.byu.edu/ and follow them on Facebook (https://www.facebook.com/byuoutdoors).
**Student Fitness Center**

- BYU has a fitness center that is available to all students. The 5960 square foot Student Fitness Center offers a full assortment of cardio, selectorized, and free weight equipment.
- The Student Fitness Center is in room 293A in the Smith Fieldhouse and is open Monday through Saturday from 6AM-10PM
- You may participate in the Student Fitness Center by checking in with a valid BYU ID.
- Clothing and shoes must be activity appropriate. For more information about the clothing guidelines please visit the following website: [http://rbfacilities.byu.edu/content/dress-grooming](http://rbfacilities.byu.edu/content/dress-grooming)

**Other Athletic Facilities**

- Along with the Student Fitness Center BYU has a pool, racquetball and tennis courts, a basketball, volleyball, aerobics programs, indoor track, and more.
- For more information about each specific facility, please visit their website at [http://rbfacilities.byu.edu/](http://rbfacilities.byu.edu/)

**Intramural Activities**

- Brigham Young University Intramural Program has a variety of sports available for students to participate in.
- The intramural office is located in 145 RB for more information regarding the different sports and sign up times please visit our website: [http://intramurals.byu.edu/information.php#](http://intramurals.byu.edu/information.php#)

**Sporting Events**

**BYU Athletics**

BYU’s intercollegiate athletic program has become one of the top programs in the country, repeatedly earning national rankings and recognition. Over the past 25 years, BYU athletic teams have consistently dominated conference competition. Students have the opportunity to show school spirit by attending and supporting all of BYU’s 21 athletic teams.
**ROC Pass**

A ROC (Roar of the Cougars) pass is a cheaper way to get out and support your favorite sports team. The ROC Pass gets you in to all the NCAA regular season home games including football! For more information about the ROC pass please visit the following website: [http://byutickets.byu.edu/roc-pass](http://byutickets.byu.edu/roc-pass)

**BYU Ticket Office**

Tickets to all BYU athletic events, as well as special events taking place in the Marriott Center or Stadium can be purchased the BYU ticket office located on the North side of the Marriott Center.

You can receive more information or purchase tickets by contacting the Ticket office by phone at (801) 422-2981 or by visiting the following website: [http://tickets.byu.edu/](http://tickets.byu.edu/)

**Center for Service & Learning**

- One of the Aims of a BYU Education is “lifelong learning and service”, the Center for Service and Learning supports this Aim by coordinating service opportunities in the local community for BYU students. There are many ways to get involved from tutoring, to helping the elderly.

- The Center is located in 2330 & 2010 of the Wilkinson Student Center. It is open Monday through Friday 8AM 5PM, and closed Tuesdays from 11AM – 11:45AM for Campus Devotional.

- Students can go to the Center to find off-campus service projects or they can also do small service projects, such as making cards right in the center.

- For more information on how to get involved and what programs are available please contact the center by phone at (801) 422-8686, look at their website [https://yserve.byu.edu/](https://yserve.byu.edu/) and follow them on facebook: [https://www.facebook.com/BYUYSERVERE](https://www.facebook.com/BYUYSERVERE).
Safety/Security Information

Campus Police

Campus Police is available twenty-four hours a day, seven days a week providing security services, parking registration, Safe Walk programs, help with cars, etc. For general information call (801) 422-2222. For emergencies call 911.

Lost and Found

- The Lost and Found office, located in 1080 Wilkinson Student Center, houses all the items that may have been lost by students.
- Items are held for a month plus 60 extra days.
- If you’ve lost something, you’ll need to present a picture ID in order to retrieve it.
- The Lost and Found office is open Monday through Friday from 8am-5pm and is closed Tuesday from 11-11:45 for Campus Devotional. For more information contact the office by phone at (801) 422-3024.

Parking

- If you plan to bring a car to campus you will need to have it registered in order to avoid a citation. You can have one vehicle registered under your name which will authorize you to park in Y lots (yellow signs). Graduate Students also have the opportunity to park in G lots (red signs).
- You will not be issued a sticker or a hanging tag; it’s all done through a license plate scanning system.
- To register your car log in to MyBYU → Campus Links → Miscellaneous → Parking Registration. You will need your license plate and vehicle registration number.
- For more information about parking, please visit: https://police.byu.edu/content/parking-services-general-information
Counseling and Health Services

Counseling and Psychological Services

- Counseling and Psychological Services provides individual counseling for full-time students who are struggling with mental health, emotional, or behavioral issues.

- All sessions are free and confidential.

- The Center provides the following services: individual counseling, group sessions, couple/marital therapy, and 24-hour crisis/emergency services.

- Counseling and Psychological Services is located in the Wilkinson Student Center room 1500. For additional information or to schedule an appointment contact them by phone at (801) 422-3035 or visit the following website: https://caps.byu.edu/

Conflict Resolution

- Helps students resolve conflicts by providing mediation and arbitration services, advice, seminars and workshops, and courses on conflict resolution and mediation.

- The BYU Center for Conflict Resolution is located in 4412 Wilkinson Student Center and can be contacted by phone at (801) 422-0992

- For more information or a complete list of services and workshops please visit the following website: https://ccr.byu.edu/

Stress Management Lab

- Let’s face it: college is stressful. Biofeedback and Stress Management Services can help you learn your body’s physiological reaction to stress and how to manage stress by controlling these reactions.

- This is a free service.

- Stress Management and Biofeedback Services is located in 1582 Wilkinson Student Center. For more information or set up an appointment contact us by phone at (801) 422-3035, visit their website https://caps.byu.edu/biofeedback, or follow them on Facebook. (https://www.facebook.com/byubiofeedback)
**Student Health Center**

- The Student Health Center is located on the North East corner of campus and offers a variety of health services to students, their spouses and their children.

- The Health Center has highly qualified full time clinicians who are available at the health center every day, except Sunday. These clinicians are particularly sensitive and good at dealing with the issues most common to the college age population.

- The Student Health Plan is known for the quality and quantity of services available at very affordable rates.
  - Students enrolled ¾ time or more are automatically enrolled in the Student Health plan. If you are already covered by a different health insurance plan you can waive the student health plan by going to "My Financial Center" and under the "Health Coverage" tab entering in your private insurance information.
  - Follow the link to see the current BYU Student Health Plan handbook with a list of coverage and cost information: [http://www.dmba.com/nsc/handbooks/student/hbbyuldsbc2013.pdf](http://www.dmba.com/nsc/handbooks/student/hbbyuldsbc2013.pdf)

- For more information regarding hours and scheduling appointments please visit the following website: [http://health.byu.edu/](http://health.byu.edu/)

**Studio 1030**

- Studio 1030, a Paul Mitchell Signature Salon, offers services to address all your hair, skincare, and nails needs, all at an affordable price and convenient location.

- Studio 1030 is located on the first floor of the Wilkinson Student Center (1030 WSC).

- For more information, prices, products, and specials please visit their website, [http://studio1030.byu.edu/](http://studio1030.byu.edu/) and follow us on Facebook: [https://www.facebook.com/BYUStudio1030](https://www.facebook.com/BYUStudio1030).

**Women’s Services**

- Women’s Services provides services and information about women’s issues to the BYU Community. The offer events, consultations, and support groups to empower women to be successful in their personal and academic journeys.

- Women’s Services is located on the 3rd floor of the Wilkinson Student Center (Room 3326). They are open Monday through Friday from 8am-5pm.

- To learn more about Women’s Services or see a schedule of the workshops offered please visit the following website [https://wsr.byu.edu/](https://wsr.byu.edu/).
A WARM WELCOME FROM

BYU

GRADUATE STUDIES

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