

UNPACK U

POINT PARK
UNIVERSITY

ACADEMIC COURSES

SAFECOLLEGES TRAINING

Current students have free access to a library of courses offered by SafeColleges. Most of the courses are brief and can be completed in under 15 minutes. These courses are offered to provide the student community with beneficial suggestions and strategies for managing mental health and well-being. These courses are not related to academic programs at Point Park and offer no credits.

LEARN MORE:

<https://www.pointpark.edu/StudentLife/HealthandStudentServices/University-Counseling-Center/Resources>

ON-CAMPUS RESOURCES CENTER FOR STUDENT SUCCESS

The University's Center for Student Success is a campus-wide commitment to helping freshmen obtain their degree in four years. The center is also invested in the success of transfer students, supporting them in the timely completion of their Point Park program of study. Each Point Park undergraduate student who has declared a major is assigned to a faculty member, within their field of study, who serves as a professional and scholarly mentor. Mentors provide essential support and guidance necessary for students to develop as people, as scholars and as professionals.

LEARN MORE:

<https://www.pointpark.edu/Academics/AcademicResources/CenterforStudentSuccess/index>

DISABILITY SERVICE

It is the intention of Point Park University to provide appropriate, reasonable accommodations for students with disabilities in accordance with the Americans with Disabilities Amendments Act of 2008, and Section 504 of the Rehabilitation Act of 1973.

LEARN MORE:

<https://www.pointpark.edu/Academics/AcademicResources/DisabilityServices/index>

SAFEZONE

SafeZone provides training to faculty and staff to help them become better allies to the Point Park LGBTQ community. SafeZone volunteers provide spaces where LGBTQ individuals are assured a comfortable place to learn about resources and ask questions about the LGBTQ community, gender, and sexuality. SafeZone volunteers are not counselors, but they are available to provide support and connections to additional help both on and off campus.

LEARN MORE:

<https://www.pointpark.edu/StudentLife/HealthandStudentServices/SafeZoneLGBTQSupport/index>

STUDENT HEALTH CENTER

The Student Health Center is dedicated to helping students get well and stay well. Maintaining a healthy lifestyle is crucial to the overall success of the college experience and positive academic outcomes. All students may receive care through the Student Health Center.

LEARN MORE:

<https://www.pointpark.edu/StudentLife/HealthandStudentServices/StudentHealthCenter/index>

UNIVERSITY COUNSELING CENTER

The Counseling Center provides a safe, confidential environment for students to talk about personal or academic concerns. They assist students who need to connect with mental health resources in the community and support staff and faculty who have concerns about the well-being of a student. The Counseling Center offers consultations, individual therapy, group therapy, psychological testing services, referrals, and training about mental health. Due to the pandemic, consultations and referral support will be done via phone.

LEARN MORE:

<https://www.pointpark.edu/StudentLife/HealthandStudentServices/University-Counseling-Center/index>

STUDENT ORGANIZATIONS

GENDER & SEXUALITY SPECTRUM ALLIANCE

This organization is for LGBTQIA (Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, and Asexual) students, and their allies, to come together in a safe space where they can learn about issues happening within the LGBTQIA community, as well as supporting each other on their paths to discovering who they truly are.

LEARN MORE:

<https://pointsync.pointpark.edu/organization/gender-sexuality-spectrum-alliance>

HER CAMPUS

An online magazine dedicated to, written by, and focused on empowering, college women. Her Campus is the #1 media site for college women, written entirely by the world's top college journalists. They are focused on writing, event planning, and social media.

LEARN MORE:

<https://www.hercampus.com/school/point-park?fbclid=IwAR1qibFrXO57Gw2dqBYrWKQX0XW2mPbx9nIrTbg5QWDoQxIUjvppu7qkHro>

NOT ON MY CAMPUS

Not On My Campus advocates against sexual assault on campus. They strive to promote awareness and prevent sexual assault at Point Park.

LEARN MORE: <https://pointsync.pointpark.edu/organization/not-on-my-campus>

PAY IT FORWARD CLUB

A community service club that promotes kindness on campus and in the Pittsburgh community.

LEARN MORE: <https://pointsync.pointpark.edu/notfound>

POINT PARK YOGA CLUB

The Point Park Yoga Club focuses on mindfulness and is taught every week between Maddie Dugan and Zia Mancuso.

LEARN MORE: <https://pointsync.pointpark.edu/organization/yogaclub>

STRONG WOMEN, STRONG GIRLS

Strong Women, Strong Girls is a nationally recognized mentoring program dedicated to raising the aspirations and self-esteem of elementary school girls. The program connects girls with college women and puts them on the path from the classroom to the boardroom-or any other path they choose to take.

LEARN MORE:

<https://pointsync.pointpark.edu/organization/strong-women-strong-girls>

THE FEMINIST COLLECTIVE

The Feminist Collective offers students a place to share their thoughts and ideas about feminism.

LEARN MORE:

<https://www.pointpark.edu/studentlife/SAIL/StudentOrganizations/index>

ADDITIONAL RESOURCES

HOW TO HELP

This guide is for students on how to help the university continue to advocate for mental wellness and to seek help when necessary. The guide suggests to make note of changes in yourself and others, encourages students to suggest to their friends to seek help if they need it, gives information about how to identify the signs of someone going through a crisis, and emphasizes that students should make sure to take care of themselves.

LEARN MORE:

<https://www.pointpark.edu/StudentLife/HealthandStudentServices/University-Counseling-Center/how-to-help-students>

PRONOUNS

This guide is about pronouns and their importance, especially to the LGBTQ community. It includes a pronouns chart, how to ask about pronouns, and what to do when a student uses the wrong pronoun.

LEARN MORE:

<https://www.pointpark.edu/StudentLife/HealthandStudentServices/SafeZoneLGBTQSupport/Pronouns>

TIPS FOR ALLIES

This webpage includes a list of what to do/what not to do when it comes to being an ally for the LGBTQ community.

LEARN MORE:

<https://www.pointpark.edu/StudentLife/HealthandStudentServices/SafeZoneLGBTQSupport/TipsforAllies>