

CAMPUS RESOURCE GUIDE

Carlow offers a wide range of programs, services, and resources to ensure student success and to attend to your physical, emotional, social, spiritual, and intellectual needs.



Additional information can be found on myCarlow.

SAFETY, HEALTH, AND WELLNESS

ON-CAMPUS EMERGENCIES

412.578.6007

- Available 24 hours a day, 7 days a week.

EMERGENCY NOTIFICATION SYSTEM

- Students are automatically enrolled into our Emergency Notification System so they receive real-time communication if an emergency arises.
- Parents/families can text "CarlowCampus" to 79516 to enroll.

CARLOW POLICE, NON-EMERGENCY

Frances Warde Hall, 3rd Floor

412.578.6005

- Courtesy escorts for safety and medical reasons, first aid and self-defense classes, and parking permits.

HEALTH SERVICES

Frances Warde Hall, 4th Floor

412.578.6474

- Nurse-directed health services to evaluate and treat minor injuries and illnesses as well as health education and maintenance.
- Physician services available weekly with referrals to Adolescent Medicine Clinic for chronic medical conditions or other special healthcare needs.

COUNSELING SERVICES

Frances Warde Hall, 4th Floor

412.578.6474

- Free and confidential counseling, outreach programming, consultation, referral, and crisis intervention.
- If you are in crisis and need to talk to someone immediately, please call ReSolve Crisis Services (24-hour hotline) at 888.796.8226.

TITLE IX

412.578.6050

- To report sexual violence, harassment, or discrimination based on gender, sexual orientation, race, ethnicity, or age. Reports can be made at TitleIX@carlow.edu or at the link below.
- The Title IX policy and resources can be found at www.carlow.edu/title-ix.

PROJECT SAFE

412.578.6034

- Resources, information, training, peer education, and prevention programming on domestic violence, sexual assault, and stalking.
- If you need immediate support for sexual assault, contact PAAR (24-hour hotline) at 866.363.7273. If you need support for domestic or dating violence contact Women's Center & Shelter at 412.687.8005 (24-hour hotline) or text 412.744.8445 (Monday-Friday 9 a.m.-5 p.m.).

WELLNESS AND FITNESS

St. Joseph Athletic and Fitness Center

412.578.6042

- Personal exercise programs, nutrition consultations, fitness classes, healthy relationship seminars, stress management workshops, and more.
- Fitness facilities include free weights, treadmills, ellipticals, Life Fitness, and Hammer Strength exercise machines.

CAMPUS LIFE

STUDENT AFFAIRS

University Commons, 2nd Floor

412.578.6293

- Coordinates student activities on campus essential to promoting the growth of the whole person.

EQUITY AND INCLUSION

University Commons, 2nd Floor

412.578.6227

- Mentoring, cultural programming, guest speakers, peer support, and cultivating diverse perspectives that promote inclusion and equity.

RESIDENCE LIFE

Frances Warde Hall, 3rd Floor

412.578.8774

- Connects students to campus resources and events, monitors and enforces policies, mediates roommate disputes, and plans fun programs on and off campus.

DINING SERVICES

412.578.6165

- Locations include Tiernan Dining Hall, Frank B. Fuhrer Cafe (in University Commons), and the Celtic Cafe (in A.J. Palumbo Hall).

GRACE LIBRARY

University Commons, 3rd Floor

412.578.6139

- Provides information services, resources, instruction, and a learning environment to support student learning, research and scholarship, and information literacy.
- Learning resources are available on campus and online.

CENTER FOR EXPERIENTIAL LEARNING

- Supports students pursuing learning opportunities that connect academic work with practical experiences in the areas of civic engagement, community-based learning, international education, internships, and research.

CAMPUS RESOURCE GUIDE *Continued*

STUDENT SERVICES

STUDENT HUB

Antonian Hall, 2nd Floor

412.578.6389

- One-stop service for financial aid, registrar, and student accounts.
- Register/drop classes, get help with Self-Service, verify your enrollment, talk to a financial aid counselor, update your personal information (name, address, phone, etc.), get assistance with your student account, add funds to your Carlow Cash account, and more!

IT HELP SERVICES

help@carlow.edu

412.578.8700

- Assists with technological issues and password resets, answers questions about Brightspace or other Carlow accounts, handles issues with on-campus printers, and more.

CENTER FOR ACADEMIC ACHIEVEMENT

University Commons, 4th Floor

412.578.6146

- Academic coaching and tutoring for 40+ undergraduate courses as well as writing help for undergraduate and graduate students. In-person, email, and virtual appointment options.

DISABILITIES SERVICES OFFICE

University Commons, 4th Floor

412.578.6257

- Engages with students with documented disabilities to support access to Carlow's programs, services, and facilities through appropriate accommodations.
- Submit a confidential request for accommodations at bit.ly/2MM6u55.

TRIO STUDENT SUPPORT SERVICES

University Commons, 4th Floor

412.578.6040

- Qualifying students have access to a TRIO advisor, skill-building workshops and review sessions, financial coaching, assistive technology, and may be eligible for additional financial benefits.

OFFICE OF CAREER DEVELOPMENT

University Commons, 2nd Floor

412.578.6067

- One-on-one coaching, graduate school and job search support, resume reviews and mock interviews, off-campus networking events, on-campus employer visits, and more!

HOPKINS COMMUNICATION LAB

NEW LOCATION COMING SOON!

412.578.3761

- Work on your verbal and nonverbal communication skills, build personal communication plans, record videos or audio, edit videos using specialized software, and learn from peer tutors.

MAILROOM

University Commons, 1st Floor

412.578.6127

- On-campus mail services, stamps, postcards, and shipping supplies and services with USPS, FedEx, and UPS.

PRINTING SERVICES

NEW LOCATION COMING SOON!

412.578.6134

- Full-color digital printing convenient for large quantities, unusual sizes, specialty papers, and more. Finishing options include binding, cutting, folding, laminating, and mounting to foam boards.

BARNES & NOBLE BOOKSTORE

University Commons, 1st Floor

412.578.6164

- Textbooks, apparel, gifts and accessories, supplies, electronics, snacks, and health and beauty products. Accepts cash, credit, Barnes & Noble gift cards, and Carlow Cash.
- To place an order, visit carlow.bncollege.com.

MERCY AND JUSTICE

OFFICE OF MERCY HERITAGE

University Commons, 2nd Floor

412.578.6424

- Introduces the story, heritage, and values of the Sisters of Mercy and honors the roots of Carlow University through programming and mission-related events.

CAMPUS MINISTRY

University Commons, 2nd Floor

412.578.6651

- Organizes prayer opportunities and programs from a variety of religious perspectives while accompanying members of the campus community along their spiritual path.

MERCY SERVICE

University Commons, 2nd Floor

412.578.8778

- Provides the Carlow community with a collaborative base for community outreach, volunteer programs, and year-round service opportunities including Alternative Spring Break, Mercy Service Day, and more.

MERCY CENTER FOR CARE

Aidan Hall

- Offers free, gently used clothing and non-perishable food pantry items.
- To contact, email carlowcloset@carlow.edu.

SOCIAL JUSTICE INSTITUTES

412.578.2043

- Works to facilitate change by providing education for social justice. Supports student and community engagement, community-based learning, and faculty research.

THE ATKINS CENTER FOR ETHICS

412.578.6104

- Facilitates educational and professional development opportunities around contemporary issues of ethical importance for the Carlow community and greater Pittsburgh area.