

FLI RESOURCE GUIDE

A guide to Columbia's campus resources designed for and by the first-generation and/or low-income community.



YOU MAY BE WONDERING...



WHAT IS FLI?

FLI (pronounced fly) is an acronym for first-generation and/or low-income. FLI students can hold just one or both of these identities. Some people also use “FGLI” - they’re synonymous! #FLIisfly



WHO IS CONSIDERED FIRST-GEN?

At Columbia, a “first-generation college student” is identified as a student whose parent(s)/guardian(s) have not received a four-year U.S. bachelor’s degree or completed a four-year U.S. bachelor’s degree later in life.



WHAT ARE THESE “PRO TIPS”?

Throughout this guide you will find bits of wisdom written by members of the *First-Generation and/or Low-Income Student Advisory Board (FAB)* based on their own experiences using campus resources and navigating life at Columbia as FLI students. While every FLI student’s experience is different, we hope some of these tips work for you!



I NEED SOME HELP, BUT I’M NOT SURE WHICH RESOURCE TO GO TO FIRST?

No problem; just reach out! Your advising dean in the Center for Student Advising, your Residence Hall Director and RA, the staff in Multicultural Affairs, and all of the resources in this guide can point you in the right direction.



WHO IS THIS GUIDE FOR?

This guide specifically highlights resources for undergraduate students enrolled in Columbia College and the School of Engineering, though some of the resources serve all students across the University. Check in with the academic or student life advisers at your school to get a more tailored list of the resources and supports available.



IS THIS EVERYTHING?

No! This guide contains just a small selection of the numerous resources across the Columbia campus. See the last page for links to additional resources.

CONFIDENTIAL RESOURCE

MEDICAL SERVICES

John Jay Hall, 4th Floor
212-854-7426
212-854-9797 (after hours)
health.columbia.edu

Medical Services, part of the Columbia Health umbrella, offers care for illness or injury, well-being programs, immunizations, allergy shots, sexual health including contraception, pregnancy and sexually transmitted infection (STI) testing, and can refer students to additional providers.



Pro Tip: Most health services are included in your cost of attendance so you don't have to pay additional fees or co-pays when receiving care on campus.

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CONFIDENTIAL RESOURCE

GHAP

GAY HEALTH ADVOCACY PROJECT

John Jay Hall, 3rd Floor
212-854-6655
health.columbia.edu/ghap

GHAP offers HIV testing and treatment, peer counseling around sex and sexuality, birth control education, PrEP and PEP consultations and gender-affirming hormone consultations to students of all gender identities and sexual orientations.

CONFIDENTIAL RESOURCE

CPS COUNSELING & PSYCHOLOGICAL SERVICES

Lerner Hall, 5th and 8th Floors + additional evening drop-in hours/locations
212-854-2284 (call 24/7)
health.columbia.edu/cps

CPS offers short-term individual counseling, referrals for longer-term therapy, student life support groups along with workshops, medication consultations and emergency consultations. They also have **a team of clinicians specially trained in working with FLI students**. When making an appointment, feel free to request a counselor who shares your identities or who can speak with you in a preferred language.



Pro Tip: Schedule standing appointments with CPS at the beginning of the semester or visit the evening drop-in hours Mon-Thurs, many of which are held in residence halls so you don't have to walk very far!

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CONFIDENTIAL RESOURCE

ALICE! HEALTH PROMOTION

John Jay Hall, 3rd Floor
212-854-5453
health.columbia.edu/alice

Alice! offers a wide variety of programs and services covering an assortment of health topics, including alcohol and other drugs, sleep, nutrition, physical activity, relationships, sexual and reproductive health, coping with stress, and more.

CONFIDENTIAL RESOURCE

DISABILITY SERVICES

Wien Hall, Main Floor, Ste. 108A
212-854-2388
health.columbia.edu/disability

Disability Services (DS) facilitates access for students with disabilities by coordinating accommodations and services. DS works with students with all types of disabilities including physical, psychological, sensory, learning, ADHD, temporary disabilities and chronic medical conditions.



Pro Tip: Don't be afraid to use DS and ask for help, whether it is related to academics or life on campus. No situation is too small, even if it is temporary. They will accommodate you in the best way possible and are a confidential resource.

CONFIDENTIAL RESOURCE

SVR SEXUAL VIOLENCE RESPONSE & RAPE CRISIS ANTI-VIOLENCE SUPPORT CENTER

700 Lerner Hall
212-854-HELP (call 24/7)
health.columbia.edu/svr

SVR provides crisis counseling, support and advocacy for survivors and co-survivors of violence and works to promote the behaviors of healthy, positive, consensual relationships. *Survivor Advocates* can provide reporting options, information on rights, and accompany students when seeking on- and off-campus resources.

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FOOD PANTRY AT COLUMBIA

582 Lerner Hall
thefoodpantry.studentgroups.columbia.edu

The Food Pantry at Columbia is open to ALL students at Columbia - undergraduate or graduate, full-time or part-time. Any student who has any level of food insecurity can reach out to the Food Pantry to get a 2-week disbursement of non-perishable food items such as canned-meat, canned vegetables, canned fruit, cold and hot cereal, with vegetarian options as well.



Pro Tip: Dining provides six free meal vouchers to all Columbia undergrads each semester, regardless of whether you have a meal plan or not. You can request these from the manager on duty at JJ's Place.

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COLUMBIA DINING

515 W. 114th St.
212-854-4076
dining.columbia.edu

Check out the Columbia Dining website to plan your menu, see which locations are open and track nutritional info. Additionally, the dining office's registered dietitian is available to address individual questions and concerns related to food allergies, intolerances and dietary preferences.

FINANCIAL AID & EDUCATIONAL FINANCING

618 Lerner Hall
212-854-3711
cc-seas.financialaid.columbia.edu

The Office of Financial Aid and Educational Financing **awards financial aid and works with all CC and SEAS students - whether you are receiving financial aid or not** - to provide information about loans, grants, scholarships and other educational financing.

DEANS' STUDENT ASSISTANCE FUND (DSAF)

cc-seas.financialaid.columbia.edu/deans-fund

Administered by the Office of Financial Aid, students are encouraged to apply for assistance through the DSAF to get **funding for one-time start-up expenses and unanticipated term-time emergency expenses**. Examples for which DSAF could be requested include, but are not limited to, travel home for a family emergency, unexpected health care costs or cold weather clothing needs. The DSAF is primarily intended to assist Columbia Grant recipients with a Columbia Parent Contribution of approximately \$5,000 or less; other students will be considered on a case by case basis.

Pro Tip: Bring all relevant documents, information and past communications to your appointment with the financial aid office. This will help speed up the conversation with the financial aid counselor you are working with.

Pro Tip: Talk to students in years above you about their work-study jobs and how they found them. Many positions are listed on the job board, but some are advertised by word of mouth.

STUDENT FINANCIAL SERVICES

205 Kent Hall
212-854-4400
sfs.columbia.edu

Student Financial Services **manages student billing**, accepting and processing payments, distributing refunds and administering federal work-study.

FEDERAL WORK-STUDY

sfs.columbia.edu/content/work-study-overview

Managed by Student Financial Services, the Federal Work-Study program is a form of financial assistance provided to students through part-time employment. This aid can vary in amounts and availability by school and is awarded based on need. Those eligible for work study will find this noted on their Award Letter sent from the Office of Financial Aid. Visit the link above to learn more and to **find a work-study job**.

CCE

CENTER FOR CAREER EDUCATION

East Campus, Lower Level
212-854-5609
cce.columbia.edu

CCE supports students in pursuing their personal and professional career goals and helps facilitate connections between students, alumni and employers. Students can access CCE's database of **jobs and internships** by creating a profile in **LionSHARE**.

CCE offers individual **career counseling sessions** and Quick Question walk-in hours for students of all class years and at all stages in their career development. There is no preparation necessary for these appointments. They also host a number of **programs and events specifically for FLI students** throughout the year including a Telling Your Story event specifically designed to connect FLI students and alumni.

Additionally, CCE administers the Work Exemption Program each semester and other Columbia University summer **funding programs** to support students pursuing unpaid or minimally paid summer opportunities. They also have a Clothing Closet where you can rent free suits for interviews and events.

Pro Tip: Make a career counseling appointment with CCE at any time, even if you don't know what questions to ask. You can just talk with them about where you are at and they can support you in designing your next steps. Sign up to receive the opt-in CCE Jobs and Internships email.

COLUMBIA ALUMNI CENTER

622 W. 113th St.
212-851-7800

There are a number of ways to connect with alumni, even before you graduate!

COLUMBIA COLLEGE ALUMNI ASSOCIATION (CCAA)

college.columbia.edu/alumni

Through the CCAA, you have chances to socialize and network, access to a searchable online directory, and can get advice from alumni by participating in the **Odyssey Mentoring Program**.

COLUMBIA ENGINEERING ALUMNI ASSOCIATION (CEAA)

myceaa.org

The Columbia Engineering Alumni Association (CEAA) works to foster and deepen the bonds of fellowship between the alumni, faculty and students of the School of Engineering and Applied Science.

COLUMBIA ALUMNI ASSOCIATION (CAA)

alumni.columbia.edu

The University-wide Columbia Alumni Association (CAA) connects alumni from different schools of the University. The CAA also supports shared interest groups including the **Columbia First-Generation and/or Low-Income Alumni Network (CFLAN)**. CFLAN members come back to speak with FLI students at a number of events throughout the year.

CSA

THE CENTER FOR STUDENT ADVISING

Lerner Hall, 4th Floor
212-854-6378
cc-seas.columbia.edu/csa

Through the CSA, students are assigned an advising dean who works with them throughout their time at Columbia. **CSA advising deans help plan academic programs each semester, answer questions about degree requirements, and help address any other questions or concerns.** The CSA brings together general advising, Pre-Professional Advising, the Columbia Undergraduate Scholars Program (CUSP), Academic Success Program (ASP) and First-in-Family Programs (FiF).

FIRST-IN-FAMILY PROGRAMS (FiF)

Specifically **servicing first-gen students**, FiF offers year-long academic support through free tutoring and academic seminars and workshops; professional development opportunities including behind-the-scenes visits to employers in New York City; and cultural enrichment programs with free tickets to theater, museums, and the performing arts.

THE LANGUAGE RESOURCE CENTER

353 International Affairs Building
212-854-9224
llrc.columbia.edu

The LRC provides spaces for language learning, facilitates access to resources and connects students to language-related opportunities.

OFFICE HOURS

Check your syllabus for each class. If hours are not listed, ask your faculty member.

Office hours are times set aside by a faculty member each week to meet with students. **You can use this time to clarify concepts, discuss upcoming assignments and to get to know your instructor better.** Unless otherwise noted, appointments are not needed - you can just stop by their office!

UNDERGRADUATE RESEARCH AND FELLOWSHIPS

202 Hamilton Hall
212-853-2375
urf.columbia.edu

Undergraduate Research and Fellowships (URF) supports students in applying for internal, national and international fellowship and research opportunities. **Fellowships are application-based opportunities to further develop your academic and professional interests.** They can help you study abroad, get involved in research or public service, or take on a postgraduate degree. Fellowships are also a great networking opportunity. Recipients often become part of a lasting network of like-minded people from around the country and around the world.



Pro Tip: Sign up to get email notifications about specific fellowships through the URF website so that you don't miss the deadlines, especially during busy times of the year!

THE WRITING CENTER

310 Philosophy Hall
212-854-3886
college.columbia.edu/core/uwp/writing-center

Writing Center staff support writers of all levels and abilities and will work with students at any stage in the writing process. Both appointments and drop-in hours are available.

Pro Tip: First-year FLI students are given priority registration for 6 weekly, standing appointments at the Writing Center. Sign up for them ASAP because they fill up quickly!



PEER TUTORING

To schedule, talk to your CSA adviser and visit: cc-seas.columbia.edu/csa/tutoring

Peer tutoring is available free of charge in a number of introductory courses and tutors are trained to assist students in mastering course content.

Academic Peer Skill Consultants are also available for one-on-one support with time management, test-taking strategies, goal setting, note-taking and other study methods.

HELP ROOMS

For hours and locations, visit: cc-seas.columbia.edu/helprooms

Help Rooms are available in a number of subjects including **Chemistry**, **Math**, **Physics** and **Statistics**. During these drop-in hours, you can ask questions to faculty, graduate assistants, and fellow students.

COLUMBIA LIBRARIES

19 libraries located across campus
212-854-7309
library.columbia.edu

Library staff can help students design research strategies and develop new skills, while also serving as a key mode in connecting students to the multitude of print and electronic resources

Pro Tip: Make an appointment with a Research Librarian to get individualized support, even if you haven't started your research project yet. Or, just go up to the reference desk (Butler 305) to get quick, drop-in help with finding sources and other questions



FLIP LENDING LIBRARY

Butler Library, 4th Floor
Milstein Library (Barnard), 4th Floor
library.barnard.edu/flip
facebook.com/columbiaflip

Created by the First-Generation Low-Income Partnership (FLIP), you can access donated textbooks at one of their two lending library locations and use them for the full semester.

Pro Tip: Go to the help rooms! You'll be surprised by how much they can actually help you. Bring your problem set and work on it there. Keep in mind that office hours and help rooms are two different things – it can be useful to go to both.

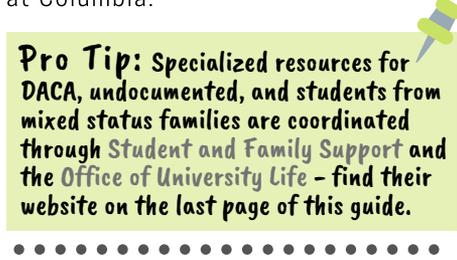


STUDENT AND FAMILY SUPPORT

601 Lerner Hall
212-854-2246

cc-seas.columbia.edu/families

Student and Family Support helps students navigate university policies, supports students as they are considering or are in the process of taking a leave of absence, and serves as a key point of contact for family members throughout a student's time at Columbia.



Pro Tip: Specialized resources for **DACA, undocumented, and students from mixed status families** are coordinated through **Student and Family Support** and the **Office of University Life** - find their website on the last page of this guide.

CENTER FOR UNDERGRADUATE GLOBAL ENGAGEMENT

606 Kent Hall
212-854-6378

uge.columbia.edu

The Center for Undergraduate Global Engagement (UGE) helps students take part in global educational experiences, including **study abroad**, that enhance and complement their Columbia education as well as their personal, academic and professional growth. It is never too early to start preparing for a global experience. Students of all majors should explore the possibilities and speak with an adviser to learn more.

EOAA OFFICE OF EQUAL OPPORTUNITY AND AFFIRMATIVE ACTION

103 Low Library
212-854-5511

eoaa.columbia.edu

The EOAA (which also serves as the Title IX Office) has overall responsibility for the University's policies and procedures on **discrimination and harassment** and is responsible for **investigating gender-based misconduct** where the person accused is a member of the faculty, staff or other Columbia affiliate.

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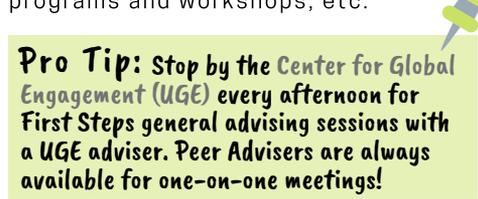
ISSO

INTERNATIONAL STUDENTS & SCHOLARS OFFICE

524 Riverside Drive, 1st Floor
212-854-3587

isso.columbia.edu

ISSO staff assist international students and scholars with their questions about regulatory and immigration document issues and University policies and practices as they pertain to immigration status. ISSO also provides educational exchange programs, student and scholar orientations, informational programs and workshops, etc.



Pro Tip: Stop by the **Center for Global Engagement (UGE)** every afternoon for **First Steps** general advising sessions with a **UGE** adviser. **Peer Advisers** are always available for **one-on-one** meetings!

CONFIDENTIAL RESOURCE

OFFICE OF THE UNIVERSITY CHAPLAIN

710 Lerner Hall & Earl Hall
212-854-1493
ouc.columbia.edu

The Office of the University Chaplain designs and sponsors a variety of programs on matters of justice, faith and spirituality for small and large campus groups. The Office fosters learning and personal growth through spiritual, ethical, religious, political and cultural exchange.

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USL UNDERGRADUATE STUDENT LIFE

510 Lerner
212-854-3612
cc-seas.columbia.edu/studentlife

USL is comprised of Multicultural Affairs, Residential Life and Student Engagement. Throughout the year, USL supports community events; provides leadership, cultural and civic engagement programs and opportunities; offers diversity education and training; supports identity development and advises students, student organizations, and residential communities.

Pro Tip: If you are looking to get connected with a mentor, check out the **Columbia Mentoring Initiative (CMI)** organized by Multicultural Affairs and **QFLIP** led by two student organizations - **FLIP** and the **Quest Scholars Network**.

MULTICULTURAL AFFAIRS

505 Lerner Hall
212-854-0720
cc-seas.columbia.edu/OMA

Multicultural Affairs (MA) works with individual students and communities around issues of identity and social justice. MA serves as an educational resource and supportive environment for undergraduates by providing spaces for identity exploration, community building and allyship. MA also offers programming, mentorship, training, leadership development and advising through a number of initiatives including our four @Columbia areas.

First-Gen and/or Low-Income (FLI)

@ Columbia Supports FLI students by fostering community through events and programs, connecting to campus resources, and facilitating advocacy.
[@FLIColumbia](https://www.facebook.com/FLIColumbia) 
cc-seas.columbia.edu/OMA/FLI

International @ Columbia

Resource for international students in adjustment to Columbia, tools for thriving in college, and creating intercultural connections.
[@InternationalatColumbia](https://www.facebook.com/InternationalatColumbia) 
cc-seas.columbia.edu/OMA/international

LGBTQ @ Columbia

Support for LGBTQ and questioning students through individual advocacy, ally events, and outings focused on gender and sexuality.
[@LGBTQColumbia](https://www.facebook.com/LGBTQColumbia) 
cc-seas.columbia.edu/OMA/LGBTQ

Students of Color @ Columbia

Community building and support for students of color through dialogues, dinners, outings and wellness workshops.
cc-seas.columbia.edu/OMA/SOC

LIVE WELL | LEARN WELL

wellbeing.columbia.edu/resources

Along with student stories and a calendar of events, the Live Well | Learn Well website provides a **comprehensive list of on-campus resources for CC and SEAS students** that can be easily searched to find the best resource for your needs.

OFFICE OF UNIVERSITY LIFE

universitylife.columbia.edu/student-resources

This website provides an overview of resources that serve the entire University community including resources for **DACA** and **undocumented students** and **military veterans** and their **dependents**.

ACADEMIC INTEGRITY

cc-seas.columbia.edu/integrity

Visit this site to find out more about Columbia's academic integrity policies and **learn strategies for maintaining academic integrity**, including tips for citing sources correctly and studying effectively.

ACADEMIC PLANNING GUIDE FOR NEW STUDENTS

cc-seas.columbia.edu/csa

Refer back to this planning guide which can be found on the CSA homepage to get more information about academic requirements, planning your course of study, and a full list of **academic resources** on the last few pages.

OMBUDS OFFICE

ombuds.columbia.edu

The Ombuds Office is a **confidential**, impartial resource that supports all members of the Columbia community by resolving problems, complaints and concerns. Their website also lists a number of helpful on- and **off-campus resources**.



**Multicultural
Affairs**

FLI @ Columbia

In collaboration with

The First-Generation and/or Low-Income Student Advisory Board (FAB)