



# **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...

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## 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!



## 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 that some of these tips will 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 (CC) and Columbia Engineering (SEAS), though some resources serve all students across the University. If you are not a CC or SEAS student, check in with the 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 within and beyond 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](http://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](http://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  
212-854-2878  
[health.columbia.edu/cps](http://health.columbia.edu/cps)

CPS offers short-term individual counseling, referrals for longer-term therapy, student support groups, workshops, medication consultations and emergency consultations. They also have a **team of clinicians specially trained in working with first-gen 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:** Join one of the many topic- or identity-based support groups facilitated by CPS clinicians to discuss challenges and gain strategies among a small and supportive group of peers.

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## CONFIDENTIAL RESOURCE

### ALICE! HEALTH PROMOTION

John Jay Hall, 3rd Floor  
212-854-5453  
[health.columbia.edu/alice](http://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](http://health.columbia.edu/disability)

Disability Services facilitates access for students with disabilities by coordinating accommodations and services. They work 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 **Disability Services** and ask for help, whether it is related to academics or life on campus. No situation is too big or small. Additionally, check out **Multicultural Affairs' Disability Justice @ Columbia** program for community - building and opportunities to engage in the work of challenging ableism.

### COLUMBIA DINING

515 W. 114th St.  
212-854-4076  
[dining.columbia.edu](http://dining.columbia.edu)

Check out the Columbia Dining website to select meal plans, see daily menus and hours, 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.

## 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](http://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.

### FOOD PANTRY AT COLUMBIA

582 Lerner Hall | See website for hours  
[thefoodpantry.studentgroups.columbia.edu](http://thefoodpantry.studentgroups.columbia.edu)

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



**Pro Tip:** The *Emergency Meal Fund* within **Columbia Dining** provides six free meal vouchers to all CU 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.

## FINANCIAL AID & EDUCATIONAL FINANCING

618 Lerner Hall  
212-854-3711  
[cc-seas.financialaid.columbia.edu](http://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](http://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:** *Financial aid appointments can be done virtually! This means that you can invite a parent/guardian to join the meeting, if you would like. Financial aid advisers are also available to speak with students and families in Spanish.*

**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 work-study job board, but some are advertised by word of mouth.*

## STUDENT FINANCIAL SERVICES

205 Kent Hall  
212-854-4400  
[sfs.columbia.edu](http://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](http://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 amount 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** on campus.

**Pro Tip:** *Not eligible for work-study? Look for casual on-campus positions which are funded fully by the hiring department. Visit the CCE website for more information and look for job postings on LionSHARE, department websites and campus flyers.*

## CCE

### CENTER FOR CAREER EDUCATION


East Campus, Lower Level  
212-854-5609  
[cce.columbia.edu](http://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.

CCE also hosts a number of **programs for FLI students** including a *Telling Your Story* event designed to connect FLI students and alumni. Further resources and career advice for FLI students can be found at: [www.careereducation.columbia.edu/audiences/fli-student](http://www.careereducation.columbia.edu/audiences/fli-student)

Additionally, CCE administers the **Work Exemption Program** each semester and other Columbia University **summer funding programs** to support students pursuing unpaid or low-paid summer opportunities.



**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 help you in designing your next steps. Be sure to also make a LionSHARE profile and opt-in to receive email updates related to your interests.

## 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](http://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](http://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](http://alumni.columbia.edu)

The University-wide Columbia Alumni Association (CAA) connects alumni from all of the undergraduate and graduate schools across 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](http://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-generation students**, FiF offers year-long academic support through a first-year seminar, free tutoring and academic 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  
[lrc.columbia.edu](http://lrc.columbia.edu)

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

## OFFICE HOURS

Find more information in 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, or just to get to know your instructor better.**

Typically appointments are not needed - you can simply stop by their office or virtual drop-in space!

## UNDERGRADUATE RESEARCH & FELLOWSHIPS

202 Hamilton Hall  
212-853-2375  
[urf.columbia.edu](http://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.** Fellowships can help you study abroad, get involved in research or public service, or take on a postgraduate degree. They are also a great networking opportunity. Fellowship 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](http://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 5 weekly, repeating 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](http://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](http://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](http://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 307) to get quick, drop-in help with finding sources and other questions.



## FLI PARTNERSHIP LIBRARY

Butler Library, 406A  
Milstein Library, 4th Floor  
[bit.ly/FLIpartnershiplibrary](http://bit.ly/FLIpartnershiplibrary)

Created by students in the FLI Network and now run in partnership with Butler and Milstein Libraries, you can check out **free textbooks** at one of their two locations and use them for the full semester. Before visiting, go to their website and complete a short form to be granted access. If they don't have the book you need, check out their website for other resources.

**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](http://cc-seas.columbia.edu/families)

Student and Family Support is comprised of Academic Integrity, Family Engagement, and Student Wellness. They work interdependently with campus resources in an effort to provide holistic support and response to student concerns related to every area of their Columbia Journey.



**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 whose website can be found on the last page of this guide.

## CENTER FOR UNDERGRADUATE GLOBAL ENGAGEMENT

606 Kent Hall  
212-854-6378  
[uge.columbia.edu](http://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](http://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](http://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:** Join the **Center for Undergrad Global Engagement** for one of their weekly **Study Abroad First Steps** sessions or meet with a **Peer Adviser** to hear about their own global experience and get advice!

## RELIGIOUS LIFE

Earl Hall, 2980 Broadway  
212-854-2184  
[religiouslife@columbia.edu](mailto:religiouslife@columbia.edu)

The Earl Hall Center for Religious Life hosts prayer and meditation spaces, dialogue programs, services, and events at St. Paul's Chapel. They also provide individual counseling with advisers who represent a number of faith traditions. Additionally, they offer co-sponsorship for student events and support the Kraft Global Fellows Program led by the Office of the University Chaplain.

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## USL

### UNDERGRADUATE STUDENT LIFE

510 Lerner Hall  
212-854-3612  
[cc-seas.columbia.edu/studentlife](http://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:** Looking for mentorship? Check out the **Columbia Mentoring Initiative (CMI)**, an identity-based mentoring program for new students run by **Multicultural Affairs** as well as the **QFLINet Mentoring Program** led by two student orgs - **FLI Network** and the **Quest Scholars Network**.

## MULTICULTURAL AFFAIRS

505 Lerner Hall  
212-854-0720  
[cc-seas.columbia.edu/OMA](http://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 @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](http://cc-seas.columbia.edu/OMA/FLI)

### International @ Columbia

A 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/international](http://cc-seas.columbia.edu/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/CULGBTQ](http://cc-seas.columbia.edu/OMA/CULGBTQ)

### 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](http://cc-seas.columbia.edu/OMA/SOC)

## FLI NETWORK

@flinetwork\_cu  

flinetwork.cu@gmail.com

A recognized student group since 2014, FLI Network aims to create safe spaces for students to discuss issues relevant to the first-generation and/or low-income identity in order to combat stigmas, promote discussion of socioeconomic class, and advocate for institutional visibility and resources that better serve the entire FLI community.



**Pro Tip:** Find your community! Whether it is through one of these FLI student orgs or somewhere else, find the groups, spaces and people that help you feel supported and affirmed on campus.

## QUEST SCHOLARS NETWORK

@columbiaquestscholars  

columbia.chapter@questbridge.org

Founded in 2006, the mission of the Quest Scholars Network (QSN) is to build a supportive and welcoming community for FLI students devoted to socioeconomic advocacy, civic engagement, and educational access. The QSN welcomes all FLI students into the organization, regardless of whether or not you participated in the QuestBridge National College Match program.

## helpful websites

### LIVE WELL | LEARN WELL

[wellbeing.columbia.edu/resources](https://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](https://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** as well as **military veterans** and their **dependents**.

### ACADEMIC INTEGRITY

[cc-seas.columbia.edu/integrity](https://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](https://cc-seas.columbia.edu/csa)

Refer back to this planning guide which can be found in the top left corner of 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.



**Multicultural  
Affairs**

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**FLI @ Columbia**

*In collaboration with*

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