

Gonzaga University Campus Resources Matrix

When you or a friend is struggling with a concern, it can be difficult to know where to go on campus. This tool helps you identify on campus resources that can assist you or your friend when you're in need. If you're still not sure where to go, we recommend starting with the Center for Cura Personalis. They can help connect you to the right office, based on your specific concern.

Campus Resources to Assist You Your Concern	<u>Academic Advising & Assistance</u>	<u>Career & Professional Development</u>	<u>Center for Cura Personalis</u>	<u>Disability Access</u>	<u>Health & Counseling Services</u>	<u>Housing & Residence Life</u>	<u>Learning Strategies</u>	<u>Lincoln LGBTQ+ Resource Center</u>	<u>Office for Equity and Inclusion</u>	<u>Office of Health Promotion</u>	<u>Student Financial Services</u>	<u>Title IX in the Office for Equity and Inclusion</u>	<u>Transfer, Veteran, & Returning Adult Services</u>	<u>Unity Multicultural Education Center (UMEC)</u>	<u>University Ministry (Umin)</u>
Academics	●						●								
Alcohol, Marijuana, & Drug Use			●		●				●	●					●
Anxiety			●		●										●
Career Guidance		●													
Choosing a Major	●	●													●
Course Schedules / Courseload	●						●								
Cultural Identity			●		●			●						●	
Dating & Relationship Violence			●		●			●		●		●			●
Depression and Suicide			●		●										●
Disabilities or Accommodations				●											
Faith & Spirituality															●
Family Concerns			●		●			●					●	●	●
Finances											●				
First Generation			●		●								●	●	●
Harassment or Discrimination			●		●			●	●			●	●	●	
Helping a Friend			●		●	●		●		●		●	●	●	●
Illness or Injury					●										
Loneliness			●		●	●		●		●			●	●	●
Nutrition			●		●										
Relationships			●		●	●		●		●		●	●	●	●
Roommates			●		●	●									●
Sexual Misconduct / Sexual Assault			●		●			●				●			●
Sexual Orientation			●		●			●						●	●
Sleep			●		●					●					
Study Skills							●								
Test Anxiety							●								
Time Management			●				●								●
Transitions	●	●	●		●	●	●	●					●	●	●
Traumatic Experiences			●		●							●			●
Underrepresented Student Needs			●		●			●					●	●	●
Veteran's Issues													●		