

Student Resources



FIU is committed to providing an engaging, safe and supportive environment for our students. As mentors, you have the opportunity to direct your mentee to the resource they need. No matter what you're facing, FIU has you covered.

Reminder: When logging insight flags, remember to include relevant details about the particular concern, any resources referred to the mentee, and make sure to emphasize the severity of your concern.

Resources by Flags

Here is a list of FIU resources organized by Insight Flag. Browse the entire list as multiple resources can help, depending on the reason or source of difficulty.

Academic Struggles

Take advantage of the multiple offices geared towards student academic success. From tutoring to workshops, chances are, FIU has what you need. Review the complete list for more resources.

Advising: <http://my.fiu.edu> & <http://go.fiu.edu/eab>

- Contact your advisor with questions about your Major, Career, Life and so much more!

Center for Academic Success: <http://learningcenter.fiu.edu>

GL 120, 305-348-2441 (MMC); AC1 160, 305-919-5927 (BBC)

- Tutoring Math, Science, Statistics, Reading, etc.
- Workshops (time management, study skills, course-specific workshops)

Center for Excellence in Writing: <http://writingcenter.fiu.edu>

GL 125, 305-348-6634 (MMC); HL 2nd floor, 305-919-4036 (BBC)

- Get help in all stages of the writing process for all of your classes.

College Life Coaching: <http://coaching.fiu.edu>

SASC 428, 305-348-9951 (MMC); ACI 180, 305-919-5754 (BBC)

- Personal support to address, time management, study strategies, motivation and more.

Disability Resource Center: <http://drc.fiu.edu>

GC 190, 305-348-3532 (MMC); WUC 131, 305-919-5345 (BBC)

- Request Accommodations, Alternative Format Conversion Tool, etc.

Faculty Office Hours (check your syllabus and use <http://who.fiu.edu>)

Multicultural Programs & Services: <http://mpas.fiu.edu>

GC 216, 305-348-2436 (MMC); WUC 253, 305-919-5817 (BBC)

- Tutoring across multiple subjects (Math, Science, Languages, etc.)

Considering Switching Majors

Advising: <http://my.fiu.edu> & <http://go.fiu.edu/eab>

- Mentees thinking about switching majors should have a conversation with their academic advisor. Log in to the Panther Success Network to contact and set up an advising appointment.

- Complete the MyMajorMatch interest assessment. Log into MyFIU with your Panther ID and My Accounts Password, then click on the Academic Advising tile. Inside the Academic Advising tile, click on the My Major tile, and finally look for the MyMajorMatch link on the vertical menu on the left-hand side of the screen.

Depression /Severe Anxiety

Students facing anxiety or depression are not alone. There are resources to help address those needs.

CAPS: <http://caps.fiu.edu>

SHC 210, 305-348-2277 (MMC); WUC 320, 305-919-5305 (BBC)

- Counseling, Stress Workshops, Heartmath, Group Counseling, etc.

Victim Empowerment Program: <http://vep.fiu.edu>

SHC 270, 305-348-2277; BBC By appointment (advocacy@fiu.edu)

- Free and confidential assistance to university community who have been victimized or threatened and provide support through the healing process.

Dropping Out

Advising: <http://my.fiu.edu> & <http://go.fiu.edu/eab>

- Mentees thinking about dropping out of school should have a conversation with their academic advisor about specific obstacles and opportunities to overcome them. Log in to the Panther Success Network to contact and set up an advising appointment.

Family Conflict

Doing well in all areas of your life, including academics, can be tough when there's conflict at home.

CAPS: <http://caps.fiu.edu>

SHC 210, 305-348-2277 (MMC); WUC 320, 305-919-5305 (BBC)

- Counseling, Stress Workshops, Heartmath, Group Counseling, etc.

Victim Empowerment Program: <http://vep.fiu.edu>

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Financial Concerns

Financial Aid: <http://onestop.fiu.edu>

SASC 1st floor, 305-348-7272 (MMC); AC1 100, 305-919-5403 (BBC)

Eligibility requirements, FAFSA, Federal Works Study, etc.

FIU Emergency Aid: <http://emergencyaid.fiu.edu>

SASC126, 305-348-0349 (MMC); AC1 100 (BBC)

- The Student Emergency Fund (SEF) provides financial assistance (grants, loans) to currently enrolled students facing unexpected medical costs, temporary homelessness, etc.

IGrad Financial Literacy: <https://fiu.igrad.com/>

- Provides students with resources for effective financial planning during their college journey and post-graduation.

Scholarships: <http://scholarships.fiu.edu>

PC 138, 305-348-0349 (MMC)

Homesickness

Being away from family and friends can be tough. Let FIU help.

Counseling & Psychological Services (CAPS): <http://caps.fiu.edu>

SHC 210, 305-348-2277 (MMC); WUC 320, 305-919-5305 (BBC)

- Counseling, Stress Workshops, Heartmath, Group Counseling, etc.

In addition to resources specifically targeting mental health needs, other resources can help in other ways. Visit resources listed under "Involvement".

Housing or Food Insecurity

Dean of Students: <https://studentaffairs.fiu.edu/get-support/dean-of-students/index.php>

GC 219, 305-348-2797, dos@fiu.edu

- Creating a culture of care for students, their families, faculty and staff by providing proactive education, consultation, resources, and response to distressed students or students in crisis.

Fostering Panther Pride: <http://sas.fiu.edu/fpp/>

SASC 205, 305-348-3445 (MMC)

- Assist former foster care youth and homeless students to transition to University, graduate, and pursue employment/grad school, etc.

Student Food Pantry: <https://studentaffairs.fiu.edu/get-support>

GC 319, 305-348-6995 (MMC); WUC 353, 305-919-5360 (BBC)

- Currently enrolled students in need can visit once a week, taking up to 10 pounds of food each visit.

Immigration Status

Office of International Student & Scholar Services: <http://iss.s.fiu.edu>

SASC 230, 305-348-2421 (MMC) iss@fiu.edu ; WUC 363, 305-919-5813 (BBC) bcciss@fiu.edu

- This office is dedicated to making sure our international students have a positive and productive experience at FIU, assisting students with a range of important and practical information to help make the transition as smooth as possible.

Roommate Conflict

Students living in one of FIU's housing facilities should contact their Resident Advisor for help.

CAPS: <http://caps.fiu.edu>

SHC 210, 305-348-2277 (MMC); WUC 320, 305-919-5305 (BBC)

- Counseling, Stress Workshops, Heartmath, Group Counseling, etc.

Housing and Residential Life: <http://housing.fiu.edu>

UT 121, 305-348-4190 (MMC)

- On-campus living environment fostering educational pursuits for the diverse student population.

Transferring Schools

Advising: <http://my.fiu.edu> & <http://go.fiu.edu/eab>

- Mentees thinking about transferring schools should have a conversation with their academic advisor. Log in to the Panther Success Network to contact and set up an advising appointment.