RESOURCE GUIDE FOR
FIRST GENERATION STUDENTS

A Handbook for Students, by Students
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Academics

1. Academic calendar
   - Dates for the academic year
     - Breaks
     - Add/drop
     - National Holidays

2. Student Success Center
   - Contact information:
     - 110 Femoyer Hall
     - Phone: 540 231-5499
     - E-mail: studentsuccess@vt.edu
     - Office Hours: Monday-Friday 8 a.m. - 5 p.m.
   - Tutoring
     - Hours: Monday-Thursday 10 a.m.; Friday 10 a.m. - 3 p.m.
   - Seminars:
     - Time Management
     - Study Strategies
     - Reading and Note Taking
     - Test Taking
     - Procrastination
     - Making it Through the Final Stretch

3. Services for Students with Disabilities
   - Contact information:
     - Lavery Hall, Suite 310
     - Hours: Monday-Friday 8 a.m. - 5 p.m.
     - Phone: 540 231-3788
   - The department provides numerous accommodations, services, and resources for students with disabilities, temporary injuries, or mental and physical illnesses.
   - Accommodations:
     - SSD provides accommodations to students on a case-by-case basis depending on the type of disability they may have. SSD offers a host of accommodations, including classroom accommodations, accommodations for deaf and hard of hearing students, the SSD testing center, note takers, alternate text, and special housing.

4. Career and Professional Development
   - Contact information:
     - Smith Career Center (located beside the Student Services Building, across the street from McComas Hall and Schiffert Health Center)
     - Phone: 540 231-6241
   - Provides assistance with professional development
     - Job search
     - Internship search
     - Resume critique and assistance
     - Practice interviews
     - Drop-in advising
     - Graduate school preparation
Academics (continued)

5. **Study spots:**
   - Links to study spots:
     - VT News
     - Student Affairs blog
     - Buzzfeed

6. **College Success Strategies UNIV 1004:**
   - A class through University Studies
   - Study and application of strategies, skills, attitudes, and behaviors leading to effective academic learning in a college setting. This course is restricted to freshmen and transfer students or students with a GPA of 2.5 or less. Credit not applicable to meeting degree requirements. This class cannot be repeated.

7. **Student Success Center tutoring program**
   - Contact information:
     - 110 Femoyer Hall
     - Phone: 540 231-5499
     - Email: tutoring@vt.edu
     - Hours: Monday - Thursday 10 a.m. - 5 p.m.; Friday 10 a.m. - 3 p.m.

8. **Pamplin College Of Business advising**

9. **College of Engineering advising**
   - Contact information:
     - 345 Goodwin Hall
     - Phone: 540 231-6555

10. **Academic advising (general)**

11. **University Studies advising**
    - Contact information:
      - 117 Femoyer Hall
      - Phone: 540 231-9799

12. **College of Science advising**
    - Contact information:
      - Phone: 540 231-2551 (academic advisor and recruiter)

13. **Graduate School academic support resources**

14. **Virginia Tech Writing Center**
    - Contact information:
      - Newman Library, second floor in the commons
      - Writing assistance for undergraduates, staff, faculty, and graduate students

15. **Khan Academy**
    - Website that provides outside help with mathematics, science and engineering, computing, arts and humanities, economics and finance, test preparation, and more
Academics (continued)

Mathematics:
- Early Math
- Arithmetic
- Pre-Algebra
- Algebra I
- Geometry
- Algebra II
- Trigonometry
- Pre Calculus
- Statistics and Probability
- AP® Calculus AB
- AP® Calculus BC
- AP® Statistics
- Multivariable Calculus
- Differential Equations
- Linear Algebra

Science and Engineering
- Physics
- AP® Physics 1
- AP® Physics 2
- Cosmology and Astronomy
- Chemistry
- AP® Chemistry
- Organic Chemistry
- Biology
- AP® Biology
- Health and Medicine
- Electrical Engineering

Arts and Humanities
- US History
- AP® US History
- World History
- AP® World History
- AP® US Government and Politics
- Art History
- AP® Art History
- Grammar

Economics and Finance
- AP® Macroeconomics
- Macroeconomics
- Microeconomics
- AP® Microeconomics
- Finance and Capital Markets

Test Prep
- SAT
- LSAT
- MCAT
- GMAT
- IIT JEE
- NCLEX-RN

College, Careers, and More
- College Admissions
- Careers
- Personal Finance
- Entrepreneurship
# Campus Life

1. **GobblerConnect**
   - Connect with student organizations
   - View and attend events by student organizations
   - View news articles from student organizations
   - Record your activities and memberships on campus to showcase your involvement

2. **Living in your residence hall (what you need for your room)**

3. **Student Engagement and Campus Life**
   - Contact information:
     225 Squires Student Center  
     Phone: 540 231-5431  
     Email: campuslife@vt.edu
   - Gets students involved on campus through management of student organizations, events, programs, etc.
   - GobblerFest
   - An event located on the Drillfield showcasing student organizations to promote student involvement at Virginia Tech

4. **Dean of Students**
   - Contact information:
     109 East Eggleston Hall, 500 Drillfield Drive, Blacksburg VA, 24061  
     Phone: 540 231-3787  
     Email: dean.students@vt.edu
   - Mission statement: To serve as advocates for students and their support networks in times of personal, academic, and community crisis
   - Provides assistance with the following:
     - General support and advocacy
     - After hours on-call and crisis response
       - Faculty in the Dean of Students office can serve as temporary counselors before connecting with Cooks Counseling Center
     - Care Team and threat assessment
     - Conduct and Title IX advising
     - Absence verification
       - If you miss any days for class due to hospital visits, funerals, etc., stop by the Dean of Students office for an absence verification to give to your professors
     - Financial resources
     - Hospital visits
     - VT Interfaith Network
     - Bias-related incidents
       - A place to report a bias-related incident such as a negative action toward an individual based on race, gender, religion, disability, sexual orientation, ethnicity, national origin, gender identity, etc.
Campus Life (continued)

Cultural and Community Centers

Cultural and Community Centers
· Provides resources to students who identify as members of specific communities.

1. American Indian and Indigenous Community Center (AIICC)
   · Location:
     - 122 Squires Student Center
   · The community center serves as a living room, study space, and community gathering area.

2. Asian American Cultural Center (ACEC)
   · Location:
     - 140 Squires Student Center
   · Serves as a location for students who relate to the Asian American community

3. Black Cultural Center (BCC)
   · Location:
     - 126 Squires Student Center
   · The center was established to provide a welcoming sense for those relating to the Black community. The BCC is utilized by the campus community for educational programs, exhibits, meetings, and receptions. The BCC includes comfortable space for community building and studying.

4. El Centro (Hispanic and Latino Cultural and Community Center)
   · Contact information:
     - Located at 309 Squires Student Center
     · Veronica Montes, Assistant Director:
       Phone: 540 231-8395
       Email: vmontes@vt.edu
   · Provides a safe space for individuals who identify with the Latinx community at Virginia Tech. Events are provided on the website.

5. Intercultural Engagement Center (IEC)
   · Location:
     - 150 Squires Student Center
   · The IEC was created to provide a safe, comfortable space for faculty, staff, and students to work, study, relax, and socialize. Events are held through the IEC to give individuals the opportunity to gain a deeper understanding of differences and to create community.

6. LGBTQ+ Resource Center
   · Contact information:
     - Located at 312 Squires Student Center
     · Luis H. Garay (they/their), Assistant Director:
       Phone: 540 231-3734
       Email: lhgaray@vt.edu
   · Rated three and a half out of five stars by CampusPride, the LGBTQ+ Resource Center provides a full-time staff member to help serve students who identify as members of the LGBTQ+ community. Student organizations that serve the LGBTQ+ community are listed on the website.
Finances

1. **Student Affairs Scholarships**
   List of Student Affairs scholarships from Virginia Tech alumni that range from $1,000 to $4,000.

2. **Job listings on campus**
   - VT Human Resources lists many types of student employment available on campus
   - Handshake - all VT students have a Handshake account and can use it to search for internships and jobs, on and off campus.

3. **Personal Financial Planning AAEC 2104**
   - A class provided by Virginia Tech through the department of Agricultural Sciences
     - Survey of fundamental personal financial planning needs and decisions of young professionals.
     - Introduction to the personal financial planning needs of special household circumstances or non-traditional households.

4. **University Scholarships and Financial Aid**
   - Contact information:
     - Student Services Building, Suite 200
       - 800 Washington Street SW, Blacksburg, VA 24061
     - Phone: 540 231-5179
     - Email: finaid@vt.edu
     - Office Hours:
       - Monday - Friday 8 a.m. - 5 p.m.
   - Applications for scholarships
   - Facilitates access to a Virginia Tech education through the timely and accurate administration of student financial assistance

5. **Financial Well-being**
   - A website provided by Student Affairs to direct students toward on and off campus resources for budgeting. The website has links to useful information provided by the University of Notre Dame, the University of California, and the University of Wisconsin-Madison. There are additional resources for budgeting or financial wellbeing listed at the bottom of the webpage. They include:
     - AmericaSaves
     - Annual Credit Report
     - Consumer Financial Protection Bureau
     - National Foundation for Credit Counseling
     - University of California, Davis
     - University of Notre Dame
     - University of Wisconsin-Madison

6. **Mint**
   - A website and phone app that can help you to create a budget, keep up with your money, and track your spending, bills, and payments. It can also tell you your credit score. (Checking your credit doesn’t lower your score, ever. You’re not borrowing money from yourself.) It can alert you to unusual charges, as well as suggest strategies to reduce fees and save money in different area, like fast food spending. The service is free and comes from the makers of TurboTax®.

7. **New River Valley Time Banking**
   - Time Banking is a reciprocity-based work trading system in which hours are the currency. Instead of paying or being paid for services, a person with one skill set can bank and trade hours of work for equal hours from a person with another skill set.
Food and Dining

Dining at Virginia Tech

1. **Dining Services at VT website**
   - Dining centers’ hours of operation
   - Online menus, nutrition information, and allergen filters.
   - Add money to your Hokie Passport.

2. **Hokie dining app**
   - [App Store](#)
   - [Google Play](#)
   - Search for specific foods
   - Narrow search for dietary restrictions

General Dining

1. **Virginia Department of Agriculture and Consumer Services**
   - Local, fresh produce.

2. **Budget Bytes**
   - A free phone app and website that provides recipes, prices, and other information for cooking at home.
     - [App Store](#)
     - [Google Play](#)

Food Pantries

1. **Manna Ministries**
   - Contact information:
     - Wesley at Virginia Tech, 209 W Roanoke Street, Blacksburg VA, 24060
     - Hours: Monday - Friday, 4 p.m. - 6:30 p.m.
   - Food pantry for students, located within a mile of Squires Student Center
Health and Wellness

Health

1. **VT community provider database**
   - Search for places in and around Blacksburg that are on Blacksburg Transit (BT) bus routes, within walking distance, or handicapped accessible

Mental Health

**National Suicide Prevention Lifeline: 1-800-273-8255**

1. **Cooks Counseling Center**
   - Contact information
     - Main office:
       - 240 McComas Hall
       - Phone: 540 231-2104
     - Kent Square office:
       - Suite 201-202 Kent Square
       - Phone: 540 231-0826
     - East Eggleston office:
       - 107 East Eggleston
       - Phone: 540 231-7809
   - Provides individual and group counseling, psychiatry, emergency services, etc. free of charge to Virginia Tech students

2. **New River Valley Community Services**
   - Provides mental health services

3. **Active Minds**
   - Active Minds at Virginia Tech is a nonprofit organization that works to increase awareness about mental health issues on college campuses and fight the stigma surrounding them. The chapter at Virginia Tech organizes events like Mental Wellness Week, movie screenings, speakers, and the spring semester Finals Extravaganza.
   - Contact information:
     - 895 Washington Street SW, 196A McComas, Blacksburg VA, 24061
     - Email: emilyw5@vt.edu
     - Phone: 540 769-9834
   - Social Media Information:
     - Facebook: [http://www.facebook.com/vtactiveminds](http://www.facebook.com/vtactiveminds)
     - Instagram: @activemindsatvt
     - Twitter: @activemindsatvt
Health and Wellness (continued)

Schiffert Health Center

1. **Schiffert Health Center**
   - **Contact information:**
     - McComas Hall
     - Hours: Monday-Thursday: 8 a.m. - 5 p.m., Friday: 9 a.m. to 5 p.m., Saturday: 9 a.m. to noon (urgent care only)
     - 895 Washington Street, SW, Virginia Tech, McComas Hall, Blacksburg VA, 24061
     - Phone: 540 231-6444
     - Email: healthcenter@vt.edu
   - Immunizations
   - Pharmacy
   - Cold and flu clinic
   - The student health fee, included in each year’s tuition, covers the majority of services provided by Schiffert Health Center including unlimited visits and most laboratory procedures. However, some services require a minimal fee. Fees are billed monthly from Accounts Receivable. If you visit or are referred to an outside health care provider, you are responsible for all charges incurred.

Housing

1. **Virginia Tech Housing and Residence Life**
   - Contact information:
     - New Hall West, Suite 144, 190 West Campus Drive, Blacksburg VA, 24061
     - Phone: 540 231-6205
   - **HokieServ**
     - Online work order requests for repairs, replacements, or services in residence halls
   - Important dates for housing
   - **Hall Council (RHF)**
   - Residential Advisors (RAs)

2. **Virginia Tech Off-Campus Housing**

3. **Virginia Tech housing, sublets, and roommates**
   - Private Facebook group that allows members to post local housing options

Leisure

1. **Venture Out**
   - Trips and adventures
   - Rentals for kayaking, tubing, canoeing, camping, etc.

2. **Bike Barn**
   - Specialized mountain bikes in Blacksburg

3. **Downtown Blacksburg**

4. **Downtown Christiansburg**
Textbooks

1. **Virginia Tech Bookstore**
   - [Textbook information lookup](#) listed by class and professor

2. **BookFinder.com**
   - Information on different costs for textbook so you can purchase one from the cheapest website

3. **Free and for sale**
   - Facebook group for buying and selling items like textbooks and furniture

4. **Blacksburg, VA online yard sale**
   - Facebook group for buying and selling items

5. **Free online access textbooks**
   - Provides pdf files for general education classes in sociology, economics, chemistry, biology, etc.
   - Not guaranteed to contain all information per class, but is free

6. **Textbook buying tips - 11 ways to beat the system when buying college textbooks (an article from Today)**

Travel

1. **Hang tag prices**
   - Check prices for Virginia Tech parking permits

2. **Blacksburg Transit**
   - Free of charge (included in tuition) with use of Hokie Passport
   - $0.50 or $0.25 per ride without using Hokie Passport

3. **BT4U mobile**
   - The mobile app for Blacksburg Transit includes bus schedules, routes, times for pick-up and drop-off
     - [App Store](#)
     - [Google Play](#)

4. **Maps and locations at VT**
   - Interactive campus map
   - Parking maps, showing parking locations designated for specific hang tags

5. **Alternative transportation**
   - Virginia Tech’s Department of Transportation has a site for alternative transportation, including the Hokie bike hub, vanpooling, options for commuters, etc.
   - [Hokie bike hub](#)
     - Tools and resources for self-service bike repair
     - Workshops on how to maintain and repair bikes
     - Bike registration
     - Bike maps and informational brochures
     - Contact information:
       - Perry Street Parking Garage, 1330 Perry Street
       - Monday - Friday, 9 a.m. - 6 p.m.
5. **Alternative transportation (continued)**
   - **Vanpooling**
     - A commuting program for full-time Virginia Tech employees
     - Contact information:
       - Alternative Transportation, 1330 Perry Street, Blacksburg VA, 24061
       - Phone: 540 231-2116
       - Email: gettingaround@vt.edu
   - **Commuter Alternatives Program**
     - Student carpool program
       - Two or more commuter graduate students can register to be in a carpool; they must register together
       - Cost: carpool - year $194; carpool - semester $106
     - Faculty and staff carpool program
       - Two or more Virginia Tech employees can register to be in a carpool; they must register together
       - Cost: carpool - year $228, carpool - semester $142