

GRIT

RESOURCE GUIDE

Georgia Resiliency and Integrity Training
Resource Guide





UGA & Community Support Services

There are a number of support resources available to you on campus and in the Athens community. Listed below are some of the support resources that are available.

Individual support, consultation and referral services:

- UGA Student Care and Outreach – (706) 542-8479 <https://sco.uga.edu/>
- UHC Counseling and Psychiatric Services (CAPS) – (706) 542-2273 <https://caps.uga.edu/>
- UHC Office of Relationship and Sexual Violence Prevention (RSVP) (provides crisis support, information, advocacy, education and outreach) – (706) 542-7233 or (706) 542-8690 <https://healthpromotion.uga.edu/rsvp/>
- UGA Center for Counseling and Personal Evaluation – (706) 542-8508 <https://coe.uga.edu/directory/counseling-and-personal-evaluation>
- UGA Psychology Clinic – (706) 542-1173 <https://www.psychology.uga.edu/clinic-information>
- Aspire Clinic (offers individual, couple, and family therapy) – (706) 542-4486 <https://www.fcs.uga.edu/aspireclinic>
- UGA Family Justice Clinic - (706) 369-6272 <https://familyjustice.law.uga.edu/>

Health & medical services:

- University of Georgia's Health Center - (706) 542-1162 <https://healthcenter.uga.edu/>
- Women's Clinic - (706) 542-8691 <https://healthcenter.uga.edu/services/gynecology-clinic/>
- Primary Care Clinics and Urgent Care - (706) 542-1162 <https://healthcenter.uga.edu/services/medical-clinics/>
- John Fontaine, Jr. Center for Alcohol Awareness and Education – (706) 542-8690 <https://healthpromotion.uga.edu/fontaine-center/>
- Health Promotion Department – (706) 542-8690 <https://healthpromotion.uga.edu/>
- Collegiate Recovery Community - (706) 542-8690 <https://healthpromotion.uga.edu/crc/>
- St. Mary's Hospital - (706) 389-3000 <https://www.stmaryshealthcaresystem.org/>
- Piedmont Athens Regional Medical Center - (706) 475-7000 <https://www.piedmont.org/locations/piedmont-athens/about>
- Athens-Clarke County Health Department - (706) 389-6921 <https://northeasthealthdistrict.org/locations/clarke-county/>

UGA Student Organizations

The University of Georgia has many opportunities for you to take advantage of during your time as a student. This guide lists resources and organizations which can help you enhance your educational journey.

UGA Involvement Network

The Involvement Network is an online database that has information about campus organizations. It is a great way to narrow your interests and find an organization that fits your interests and/or your career goals.

<https://uga.campuslabs.com/engage/>

UGA Mock Trial

The University of Georgia's Mock Trial Team is an award-winning organization that travels around the country arguing mock criminal and civil cases. Having gone to Nationals for the last five years and being ranked ninth nationally, the Team is a great way for you to build your public speaking skills. More information can be found at <https://www.ugamocktrial.org/>



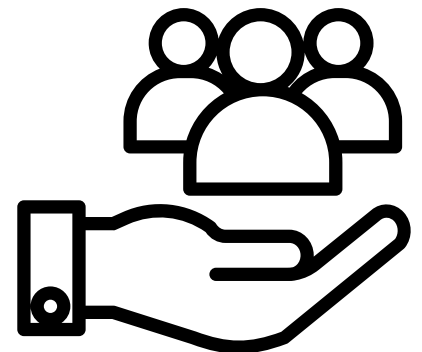
Athens Prison Tutorial

Athens Prison Tutorial is a club at UGA that gives students an opportunity to tutor people being held in the Athens-Clarke County Correctional Institute. These individuals are preparing to earn their GED and need assistance in subjects including math, science, and reading. This club is an amazing opportunity to connect with disadvantaged individuals who are always appreciative of the assistance. It is a very rewarding experience and a great way to give back to the local community. More information can be found on UGA's Involvement Network.



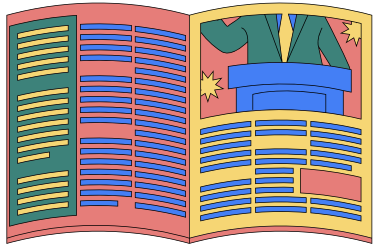
Serve UGA

Mission: Serve UGA builds sustainable relationships of support among students and Athens citizens through critical learning, reflection, and service that creates positive change from the individual to the community level. Engage Deeper with Athens-Clarke County: Ongoing volunteering opportunities are available through Serve UGA's Serve Athens initiative. Through Serve Athens, Serve UGA partners with a small number of local non-profit organizations for reoccurring volunteering opportunities. Transportation is provided for students who participate. Find more information on UGA's Involvement Network



Arch Policy Institute

Formerly known as the Roosevelt at UGA, the Arch Policy Institute (API) is a non-partisan think tank that is run and organized by students. The Organization discusses, writes, and implements policy. In each meeting, API usually explores the nuances of a certain policy issue, which can range from the potential impacts of selling alcohol in Sanford Stadium to addressing the long-term causes of the Maui wildfires and how policy can remedy the wreckage. Outside of meetings, API publishes the Arch Policy Journal, which showcases policy ideas from students across campus. API also supports several policy teams that research issues in Athens-Clarke county, write policy proposals to resolve those issues, and work with local officials to implement those proposals. In the past, policy teams have included Education, Healthcare, Food Insecurity, Housing Insecurity, and Sustainability. More information can be found at <https://www.archpolicyinstitute.org/about-us>



Georgia Political Review

GPR is the state of Georgia's premier student-run political magazine. GPR publishes on topics of international, national, and local importance. GPR publishes a print magazine each semester and periodically uploads articles to its website. Both outlets feature the work of undergraduates. Students can join GPR as a full-time member or submit for publication as a free-lance writer. More information can be found at <https://georgiapoliticalreview.com/>.

5 Rivers UGA

5 Rivers Club is a student organization dedicated to fly fishing and conservation. The time commitments include river cleanups, fishing trips, and monthly meetings. It is a great organization for those that enjoy fishing or want to learn more about the sport of fly fishing. More information can be found on the UGA Involvement Network.



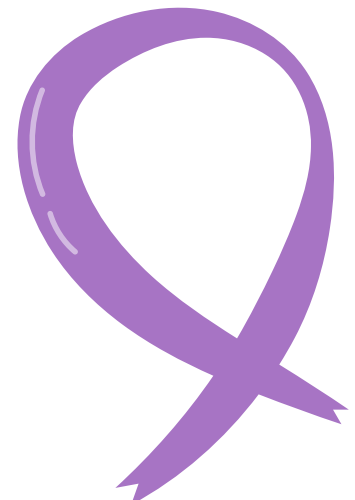
Chess Dawgs

Chess Dawgs is the official UGA Chess Club. They meet on Tuesdays, from 7-9 pm near the market at Tate. They also hold a competitive tournament every semester. It's a great opportunity to relax and play some chess! More information can be found on the involvement network



Alzheimer's Association at UGA

This organization will provide students with an opportunity to join the team fighting against Alzheimer's disease. We host several events throughout the semester to raise money and awareness for the Walk to End Alzheimer's, which occurs annually. Our past fundraisers for this event include Don't Forget to Laugh, bake sales, restaurant percentage nights, and many more. In addition to the Walk, we will present opportunities for students to learn more about the disease and help support an effort towards Brain Health Promotion on campus. We have volunteer opportunities at local nursing homes working with Alzheimer's patients on a bi-weekly basis allowing us to have an impact on the Athens community. More information found on UGA's Involvement Network.



Backpack Project of Athens

Founded in 2019, service, engagement, and awareness are all core tenets of The Backpack Project of Athens' mission. These foundations are brought to life through a team of University of Georgia students and faculty who seek to drive long-term improvement within the homeless community in Athens. TBP/ATH is a chapter of the 501©(3) nonprofit organization, The Backpack Project, Inc. The Backpack Project, Inc. was founded in April 2015 by UGA students.

More information can be found on their website

<https://www.athens.thebackpackproject.ngo/>



Bag the Bag

Bag the Bag UGA is a group of concerned individuals advocating for the reduction of plastic waste while promoting sustainable and reusable alternatives. We strive to raise awareness about the ecological and economic dangers of single use plastic bags while promoting the use of reusable bags as a sustainable alternative. We encourage the Athens community to stop the plastic bag habit through education both on campus and at local schools and community events; outreach with local organizations and businesses; and legislative advocacy. We are committed to working together with all members of the Athens-Clarke County community to make our home a more sustainable place. More information can be found on UGA's Involvement Network.



CHAARG at The University of Georgia

CHAARG aims to ignite a passion in college-aged individuals for health & fitness. Too many college students rely solely on the elliptical for their exercise. CHAARG liberates students from the elliptical & shows them that fitness can [& SHOULD] be fun! Since every person has a different preference of what fun is, we create opportunities for our CHAARG members to "find their fit."

Once a student joins CHAARG, they are welcomed into a supportive & empowering community of 10,000+ students! When you workout, you feel good – but, when you surround yourself with people to support you, you feel even better. CHAARG combines good friends & a good workout to keep every student feeling their happiest & healthiest self.

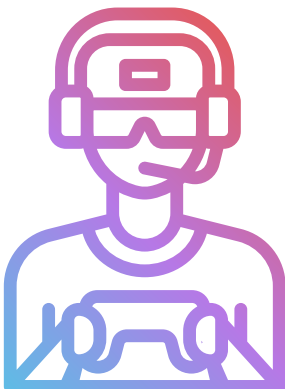
More information can be found at their website <https://chaarg.com/>



Esports at UGA

Esports at UGA is a gaming club at the University of Georgia. Our mission is to provide an infrastructure for competitive gaming teams at UGA to organize and compete against other colleges. We also want to build a healthy gaming community and welcome more casual players to join us in more relaxed and laid-back in-house game nights! We strive to create a safe, friendly, and fun gaming community for every type of gamer--whether PC or console, competitive or casual. More information can be found at

<https://www.facebook.com/EsportsUGA>



Health for Kids

Health 4 Kids is a club on campus that aims to connect Athens youth and UGA undergraduates with health education and wellness resources so that they may actively pursue a healthy lifestyle. We accomplish this by developing curriculum related to health education and wellness and volunteering at clustering elementary, middle schools and community centers. This club creates an opportunity for these children to be more health conscious and begin making educated decisions at a young age. These health habits can influence them for the rest of their lives. We have many volunteer events throughout the semester that directly involves making a lasting impression in children! Join us and help us make a difference in our community! More information can be found at <http://ugahealth4kids.weebly.com/>



Literature Club

The Literature Club is an organization created for students interested in literature, reading, and writing to meet and interact. The Literature Club seeks to provide a forum for discussion and appreciation of all genres/varieties of literature. The club exists to promote reading and writing as an art form, creative outlet, and recreational activity to the students at UGA and the surrounding Athens-Clarke community. More information can be found on UGA's involvement network

Model UN at UGA

Model UN is an interactive simulation of the United Nations that challenges students to learn about international topics and issues. Students act as delegates from various countries and debate topics ranging from economics to global terrorism to human trafficking. Model UN tests students' rhetorical abilities, but also encourages them to compromise in order to build a consensus. The ultimate goal is to show that diplomacy involves complex, structured debate that will, at its best, produce effective resolutions. Model UN also emphasizes community involvement throughout our team and many of our members are active participants throughout many campus organizations that focus on community service. Find more information at <http://www.ugamunc.com/>



Space Exploration Club

Space Exploration Club (SEC) was created to unite students with an interest in the future of space exploration. SEC is an environment for curious students and faculty to network, share ideas, learn, and inspire each other. Our mission is to inspire our generation to join in what is the most revolutionary step our species can take: Spreading from our planet to other planets and even beyond. More information can be found on UGA's Involvement Network



Special Olympics at UGA

Special Olympics at UGA was founded in 2003 and has progressively become more involved in programs that support the Special Olympics student-athletes of Athens-Clarke County. We work with children and adults with intellectual and developmental disabilities in every way that we can; this includes fundraising, planning fun outings, providing assistance in their P.E. classes, and helping out during their Special Olympic games. More importantly, we develop personal relationships with our athletes and give them thanks for the rewarding experiences and lessons they are providing for us. It is our hope that our organization continues to grow this year so that we make an even larger impact in the lives of our Athens-Clarke County athletes and their families. More information can be found on UGA's Involvement Network.



Thomas Lay After-School Program

The Thomas Lay After School Program was established in the Spring of 2006, and since that time, the program has served elementary and middle school students in the Athens area. Every weekday during the academic year, UGA students provide individual tutoring and mentoring for local students. By providing homework help and extended learning activities, Thomas Lay creates an atmosphere that encourages enthusiastic learning and play. Housed at the Thomas N. Lay Park Community Center, the program serves about 50 elementary school students, and is supported by approximately 125 UGA volunteers every semester. Our mission statement is as follows: The Thomas Lay After-School Program is dedicated to providing educational assistance while developing positive relationships with children ages five and above in a safe and fun environment. More information can be found on their website

<https://thomaslayasp.com/>



Study Abroad Programs

The University's Office of Global Engagement has numerous study away opportunities - both domestically and internationally - which will enhance your undergraduate experience. A few notable experiences are mentioned in this guide, but you can also find other opportunities by using their website's advanced search tool. Visit <https://studyaway.uga.edu/> for more information.

University of Georgia Oxford Program

UGA owns a property in Oxford that students live in when studying abroad at Oxford University. Oxford University is one of the most prestigious universities in the world. As such, the classroom format is different from a typical American classroom. Students learn in a tutorial format whereby students learn one-on-one or in small groups with a professor. The semesters for the Oxford program are typically shorter than semesters on UGA's main campus. This can give you time to travel after the program if you so desire. The Oxford Program has need-based and merit-based scholarships available. More information can be found at <https://oxford.uga.edu/funding#scholarships>. General information about the Oxford Program is located at <https://oxford.uga.edu/>



UGA Cortona Program

The University of Georgia owns a property in Cortona, Italy which overlooks Tuscan hills. Most programs relate to art courses of study, but there are usually other courses offered. The program website found at <https://cortona.uga.edu/> provides more great information.

Discover Abroad

UGA Discover abroad programs focus on sustainability and have programs where students can travel to Smoky Mountain National Park, England, Scotland, Hawaii, Australia, New Zealand, and/or Fiji. Programs are offered during Winter break, Maymester, and the Summer. More information can be found at <https://www.discoverabroad.uga.edu/>.



UGA Washington

D.C. Experiences

Washington Semester Program (WSP)

This program is an opportunity to intern forty hours per week while taking classes taught by faculty who work in Washington, D.C. Housing is offered in Delta Hall - a building completed in 2015 that houses students and has office and classroom space. WSP is a great opportunity to experience living in a lively city with the second-largest number of alumni outside Georgia.

You can participate in this program in either the Fall or Spring semester. Scholarships, known as *Chambliss Fellowships*, are available to a limited number of students. These fellowships cover the entire cost of the program. Even though a limited number of Chambliss Fellowships are available, students have used experiential learning scholarship money or external scholarship money to pay the program fee. If you are an out-of-state student, you will pay in-state tuition for that semester.

Hope and Zell Miller pay for tuition costs for eligible in-state students. You do not have to be a SPIA major to participate. The Fall 2022 Cohort had Terry, STEM, and SPIA majors. You can find more information on the Washington Semester Program at <https://dcsemester.uga.edu/>



University of Georgia Agricultural Fellowship

The College of Agriculture and Environmental Science gives the college's students an opportunity to work for a member of the Georgia Congressional delegation. Students are provided housing free of charge to them and earn a stipend for their participation in the program. Agricultural fellows may receive an additional stipend from their internship office. Program information can be accessed at <https://www.caes.uga.edu/students/experiential-learning/internships-jobs/College-Sponsored-Internships/congressional-ag-fellowship.html>

Honors in Washington

Honors in Washington allows students to live in Delta Hall and intern in the Nation's Capital during the Summer. The cost is covered by the Honors College, so the only financial responsibilities students will need to supply are transportation, food and wardrobe. More information can be found at <https://honors.uga.edu/scholarships/internal-scholarships/honors-internship-program/>



Grady in D.C.

This program takes place during the summer and is specifically for students studying at the Grady College of Journalism and Mass Communication. Students live in Delta Hall and intern for a government office or other entity that relates to their Course of Study. Unlike the other summer Washington summer programs UGA offers, Grady in DC has a cost associated with participation. Grady provides information about their program at <https://grady.uga.edu/grady-dc-field-study-and-internship-program/>



Intern Housing in Washington, D.C

If you cannot live in Delta Hall while you are a student at UGA, there are other affordable (in terms of Washington, D.C. costs) housing options. Many interns decide to live in a row house in the city or in an apartment in Virginia which is just across the river from Washington, D.C. There are intern-specific housing options that may be cheaper than renting in a row house or apartment. Housing options that are closest to Capitol Hill are the Congressional and the Heritage Foundation's E.W. Richardson Building.

The Congressional

The Congressional is a building that has single, double, triple, or quad occupancy. The more interns in your room, the cheaper housing will be. This housing option is for interns only. You can access their website at <https://internsdc.com/fall-rates/>



E.W. Richardson Building

This facility is a newer building that is owned by the Heritage Foundation. Although the Heritage Foundation is a conservative-leaning organization, they do not state that it is a requirement for its residents to be conservative. You can find more information at <https://www.internhousingllc.com/>



Delta Hall

Scholarship Information

You should not let cost prevent you from applying to study away opportunities. Scholarships can also fund your semesters in Athens. Sometimes, if you have already paid for the semester and you are awarded a scholarship, the scholarship amount will be deposited back into your account. The scholarship money that you earn through this process can be spent on books, housing, and food. Scholarships may add to your tax burden if you make a certain amount of income, so you should also verify that earning more scholarship money will not charge you more in taxes. External scholarships outside of the University of Georgia, as well as scholarships within the university, are great ways to combine funds to have the ability to completely fund a study away experience or time in Athens.

Some university scholarships can be upwards of \$5,000.

Study-away scholarships can be very generous, so it may be cheaper to study away than to live in Athens. The first task you should complete is to look for available scholarship opportunities on UGA's study away website. One item you could mention in scholarship essays for standard scholarships to use while in Athens is that funding will help you spend more time serving the university community rather than having to work to pay for school. The study away scholarship website can be accessed via https://studyaway.uga.edu/index.cfm?FuseAction=Abroad.ViewLink&Parent_ID=8D2F7110-5056-BA1F-74E84EDD5F0A99DC&Link_ID=04366E1C-5056-BA1F-74EF786E8BC09AD

External (Outside of UGA) Scholarships:

Earnest

Earnest is a student loan company that provides scholarship funding without taking on a student loan with them or another entity. Earnest gives multiple \$5,000 scholarships. The company used to require an application with an essay. However, now the scholarship is more competitive because they have changed the scholarship to a drawing process. They typically give out scholarships multiple times per year, so it would be worth checking every few months to see if they have reverted back to their original process. Earnest has more information about their scholarship at <https://www.earnest.com/student-loans/scholarship>

Scholarship Owl

This website collates lists of scholarships that are available. You can visit their website at <https://scholarshipowl.com/>

Nitro

This website has a database with scholarships that you can apply for via application and scholarships that you can enter for a drawing. Their website can be accessed by visiting <https://www.nitrocollege.com/scholarship-resources>

University of Georgia Internal Scholarships:

Disability Resource Center Scholarship

If you qualify for accommodations through the Disability Resource Center (DRC), you can apply for a scholarship that is funded by generous donors. If you apply, you will submit one application. Scholarships are awarded based on the disability that the student has. Multiple scholarships will be awarded, and some scholarships are nearly \$5,000. More information can be found at <https://drc.uga.edu/scholarships-and-resources/>

Honors International Scholars Program

Honors College students planning on studying abroad, can apply for a scholarship through the Honors International Scholars Program (HISP).

You can find more information at <https://honors.uga.edu/scholarships/internal-scholarships/honors-international-scholars-program/>

Experiential Learning Scholarships

The Office of Experiential Learning gives scholarships to students participating in an approved experiential learning opportunity. Scholarships are as high as \$2,500. More information can be found at <https://el.uga.edu/for-students/scholarships/scholarships/>

Foundation Incentive Scholarships

Some study abroad programs offer Foundation Incentive Scholarships which are specifically designated for study abroad programs. Contact your program sponsor to determine if your study abroad program offers these scholarships.