



COMPREHENSIVE RESOURCE GUIDE FOR UB UNDERGRADUATES

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ACADEMIC SUPPORT RESOURCES

[Tutoring & Academic Support Services \(TASS\)](#)

Offers free tutoring, academic coaching, peer-assisted learning, success workshops.

Location: 130 Capen Hall, North Campus

Hours: Monday-Friday, 9am - 6pm

Contact: 716-645-6693 | asktutoring@buffalo.edu

[Center for Excellence in Writing \(CEW\)](#)

Offers one-on-one consultations, help with essays, reports, applications, etc.

Location: 17 Norton Hall (Main Center), 128 Capen Hall

Hours: Monday - Thursday 10am - 7pm and Fridays 10am – 6pm (Virtual hours available on Sundays)

Contact: 716-645-5139 | writing@buffalo.edu

[Math Tutoring](#)

Offers free tutoring in 100-200 mathematics courses, some staff familiar with 300-400 level courses may be available.

Location: Mathematics Building, Room 110, North Campus

Hours: Monday, Thursday, Friday: 10:00am- 6:00pm Wednesday: 10:00am -2:00pm

Contact: (716) 645-6284

[Small Group Instruction \(Engineering\)](#)

Offers 0.5 credit hour courses to help students master core curriculum in chemistry, math, and physics.

[Tau Beta Pi Engineering Honor Society Tutoring](#)

Offers free tutoring for SEAS students.

Location: 211 Baldy Hall

Contact: taubetapi@buffalo.edu

[Thomas J. Edwards Undergraduate Learning Center](#)

Offers tutoring in Pre-Calculus and Calculus 1 & 2 courses.

Location: 211 Baldy Hall Buffalo, NY 14260

Hours: Monday-Thursday, 10am-7pm

Contact: (716) 645-2394



LIBRARY RESOURCES

[University Libraries](#)

Offers research consultations, 500+ databases, 150,000+ e-journals, study spaces, course reserves, interlibrary loan (Delivery+), and more.

Hours: Varies by location (available online)

Main Libraries:

- Oscar A. Silverman Library (Capen Hall, North Campus)
- Abbott Library (Abbott Hall, South Campus)
- Charles B. Sears Law Library (School of Law, North Campus)
- Music Library (Music Department, North Campus)
- Architecture & Planning Library (3rd floor Abbott Hall, South Campus)

UNDERGRADUATE RESEARCH OPPORTUNITIES

[Experiential Learning Network \(ELN\)](#)

Offers a central hub for finding research projects, with faculty postings, and earning digital badges.

Location: 112 Capen Hall Buffalo, NY 14260

Contact: 716-645-8177 | UBELN@buffalo.edu

[CSTEP Summer Research Program](#)

Offers an 8.5-week paid research, faculty mentorship, symposium presentation.

Location: Collegiate Science & Technology Entry Program (CSTEP) 222 Norton Hall, North Campus

Contact: 716-645-2234 | sicrump@buffalo.edu

[CLIMB UP \(Collaborative Learning and Integrated Mentoring in Biosciences\)](#)

Offers paid summer research in STEM/health sciences (June - August)

Contact: 716-829-4717 | emrobert@buffalo.edu

[Summer Research Experience for Undergraduates \(REU\) - Department of Biology](#)

Offers an 8-week immersive research program working with faculty mentors.

Contact: (716) 645-4912 | hw49@buffalo.edu

[Research Workshops - College of Arts and Sciences](#)

Teaches students how to find opportunities, connect with faculty, prepare for meetings/interviews.



FINANCIAL RESOURCES

[UB Scholarship Portal](#)

Offers access to hundreds of UB scholarships through General Application.

Contact: ubscholarships@buffalo.edu

[Student Emergency Funds](#)

Offers grants for students experiencing unforeseen hardship (emergencies).

Location: Dean of Students Office | University at Buffalo 315 Student Union

Contact: 716-645-2982

[Financial Aid Office](#)

Offers FAFSA assistance, financial aid counseling, payment plans.

Location: 1 Capen (North Campus), 1 Diefendorf (South Campus)

Contact: 716-645-8232

[SNAP \(Supplemental Nutrition Assistance Program\)](#)

This is a federal program to help buy food at authorized retailers.

Location: University at Buffalo 114 Student Union, North Campus Buffalo, NY 14260

Contact: 716-645-2837

[Budget Counseling & Financial Literacy](#)

Helps students reduce financial stress, improve financial management skills through one-on-one coaching.

Location: University at Buffalo 114 Student Union, North Campus Buffalo, NY 14260

Contact: 716-645-2837

FOOD ASSISTANCE

[Blue Table Food Pantry](#)

This is a food pantry for UB students experiencing hardship or emergency; personal care and hygiene products are also available.

Location: Dean of Students Office | University at Buffalo 315 Student Union

Contact: 716-645-2982

[University Presbyterian Church \(UPC\) Food Pantry](#)

This is a community food pantry with partnership with UB.

Location: 3330 Main St, Buffalo, NY 14214

Contact: 716-836-7660



Food Bank of WNY

Offers community food support at multiple locations in Western NY

Location: 91 Holt Street Buffalo, NY 14206

Contact: (716) 852-1305

Newman Center

Free college Wednesday night dinners at 6:00pm and students can sign up to collect a free bag of groceries each month.

HEALTH & WELLNESS

Student Health Services

Provides medical care to registered UB students.

Location: 4350 Maple Rd., Amherst

Contact: 716-829-3316

Counseling Services

Provides brief mental health services, educational programs, crisis intervention, and campus community consultation.

Location: 120 Richmond Quadrangle, North Campus Buffalo, NY 14261

Contact: 716-645-2720

Health Promotion

Supports student well-being and academic success by building a healthy campus culture.

Location: 114 Student Union Services

Contact: 716-645-2837

Chiropractic Care Services

Offers free chiropractic care for registered UB students

Location: 4350 Maple Rd. Amherst

Appointments: Online

School of Dental Medicine Patient Clinics

Offers dental care (fees apply)

Crisis Resources

Crisis Text Line: Text "Got5U" to 741741 (free, 24/7 support)



CAREER SERVICES

[Career Design Center](#)

Assists with career and life planning, making connections and networking, and preparing students to live in a global world by providing opportunities to collaborate with people of all ages, races, and interests and from every culture and corner of the world.

Location: 12 Capen Hall, Buffalo, New York 14260-1660

Contact: 716-645-2000

[Bullseye powered by Handshake](#)

This is a job and internship search platform, employer connections, event registration, career resources.

Location: 12 Capen Hall, Buffalo, New York 14260-1660

[School of Management Career Resource Center \(CRC\)](#)

Offers career advising, internship coordination, BizLink system access, practice interviews, resume reviews.

Location: 308 Alfiero Center

Contact: 716-645-3232 | mgt-crc@buffalo.edu

[Unpaid Internship Funding](#)

Offers financial assistance for unpaid internships.

Location: 4 Capen Hall, Buffalo, NY 14260

Contact: 716-645-9100 | fellowships@buffalo.edu

[Beyond the Professoriate](#)

Offers online professional development for graduate students/postdocs exploring non-academic careers.

Location: The Graduate School | 255 Capen Hall Buffalo, NY 14260-1608

Contact: 716-645-2939 | grad@buffalo.edu

Access: Free for UB community

STUDENT LIFE & ENGAGEMENT

[UBLinked](#)

This is a virtual platform to discover 500+ clubs/organizations, register events, track involvement, create Co-Curricular Transcripts.

[Student Association \(SA\)](#)

This is UB's undergraduate student government that also funds 180+ clubs and provides services, advocacy, and events.

Location: 350 Student Union



Contact: 716-645-2950 | ubsa@buffalo.edu

[Student Engagement Office](#)

Provides experiences that inspire UB pride and empower students to make the most of their UB experience.

Location: 150 Student Union

Contact: 716-645-6469 | [Contact form \(on website\)](#)

[Student Unions](#)

Offers gathering places for students and offering a wide range of services and activities.

Locations: 228 Student Union

Contact: 716-645-2055 | [Email form \(online\)](#)

[UB Ticket Office](#)

Offers/manages tickets for campus events, performances, athletics, and more.

IDENTITY & COMMUNITY CENTERS

[Intercultural and Diversity Center \(IDC\)](#)

Supports all students at UB by creating a sense of belonging and celebrating our differences just as we celebrate our commonalities.

Location: 240 Student Union

Contact: (716) 645-2434 | [Email form \(online\)](#)

[Office of Inclusive Excellence](#)

Coordinates diversity initiatives, programming, events across campus.

Location: 544 Capen Hall

Contact: Online

[International Student Services \(ISS\)](#)

Provides support for international students.

Location: 210 Talbert Hall

Contact: (716) 645-2258 | iss@buffalo.edu

[Cora P. Maloney Center \(CPMC\)](#)

Offers academic excellence programming, advising, student support, collaborative learning workshops, graduate/professional school prep, summer bridge programs, scholarships.

[Arthur O. Eve Educational Opportunity Program \(EOP\)](#)

Offers academic & student enrichment for students with economic/educational barriers.

Location: 211 Norton Hall (9-4:30pm)



[Collegiate Science & Technology Entry Program \(CSTEP\)](#)

Offers support for underrepresented students in STEM/licensed professions - includes tutoring, workshops, summer research opportunities.

Location: 222 Norton Hall, North Campus Buffalo NY 14260

Contact: 716-645-2234 | sicrump@buffalo.edu

[McNair Scholars Program](#)

Offers support for low-income, first-generation, and underrepresented students pursuing PhDs.

Location: 5 Norton Hall

Contact: sjott@buffalo.edu (Director) | hiwelser@buffalo.edu (Assistant Director)

[First-Generation Student Resources](#)

Offers community building, awareness resources, support for first-gen students

ACCESSIBILITY & DISABILITY SERVICES

[Accessibility Resources](#)

Coordinates reasonable accommodations for equitable access to UB for students with disabilities.

Locations: North Campus: 60 Capen Hall | South Campus: 1 Diefendorf Hall

Contact: 716-645-2608 | stu-accessibility@buffalo.edu

[UBIT Accessible Workstations](#)

Offers wheelchair-accessible computers with specialized software safe spaces to get work done.

Locations: Various campus locations (North/ South Campus- refer to website)

Contact: 716-645-3542 | ubithelp@buffalo.edu

[Center for Assistive Technology \(CAT\)](#)

Provides direct assistive-technology services to persons with disabilities.

Location: 210 John Glenn Drive, Suite 14 Buffalo, NY 14228

Contact: 716-836-1168 | cat-traid@buffalo.edu

Contact: Erin Kelly (on Accessibility Resources staff)

HOUSING & BASIC NEEDS

[Campus Living/Housing Services](#)

Offers on-campus housing in residence halls & apartments, housing accommodations for disabilities/religious needs.

Location: 267-C Fargo Quad Ellicott Complex 125 Lee Road Buffalo, NY 14261

Contact: 716-645-2171





[Academic Success Centers \(in Residence Halls\)](#)

Offers drop-in tutoring, and academic support.

Locations: Varies locations (on website)

[Off-Campus Housing Support](#)

Offers support for undergraduate or graduates transitioning to off-campus living.

[HIRED \(Professional Clothing Boutique\)](#)

Offers free professional clothing, accessories, personal care items for students & recent graduates

Contact: Make appointments online (Website).

TRANSPORTATION

[UB Stampede \(Campus Shuttles\)](#)

Offers free shuttle service within and between all three UB campuses.

Location: 106 Spaulding Quadrangle North Campus

Contact: 716-645-3943 | parking@buffalo.edu | transportation@buffalo.edu

[NFTA Metro Bus & Rail](#)

Offers access to Buffalo's public transit system for certain students.

Location: 181 Ellicott St. Buffalo, New York 14203

[Parking & Transportation Services](#)

Helps students to find the best way to get to, from and around campus.

Location: 106 Spaulding Quadrangle, North Campus

Contact: 716-645-3943 | parking@buffalo.edu | transportation@buffalo.edu

[Rideshare Information](#)

Affiliation: GOBuffaloNiagara (offers ways to get around buffalo)

Location: 313 Broadway Buffalo, New York, 14204

Contact: 716-218-9365 | info@buffaloniagara.org

TECHNOLOGY & FACILITIES

[UB Information Technology \(UBIT\)](#)

Provides technology support & troubleshooting, software access for students, workstations & campus WiFi & VPN support.

Location: Silverman Library (inside Capen Hall) on the 3rd floor (UB Tech Squad)

Contact: 716-645-3542 | ubithelp@buffalo.edu



[Computer Labs & Business Centers](#)

Offers free access to computers and printers.
Locations: varies by location (available online)

[UB Card Office](#)

The UB Card serves as student ID, library card, meal plan card, building access, NFTA pass (for eligible students).
Contact: 716-645-6344

RECREATION & WELLNESS

[Recreation Services](#)

Offers fitness facilities, wellness programs, intramural sports, club sports, outdoor recreation
Location: 175 Alumni Arena (North Campus) | 113 Clark Hall (South Campus)
Contact: 716-645-2286 (North Campus), 716-829-2926 (South Campus) | ubrecreation@buffalo.edu

[Wellness Coaches](#)

Provides positive, goal-oriented personal development coaching.
Location: 114 Student Union, North Campus
Contact: 716-645-2837

SAFETY & LEGAL RESOURCES

[University Police](#)

Campus safety, emergency response, crime prevention, and the UB Alert system (sign up for emergency notifications).
Contact: 716-645-2266 | 716-645-2222 (Emergency-on campus) | 911 (off-campus)

[Student Legal Services](#)

Free legal consultations for UB students.

[Dean of Students Office](#)

Offers student emergency funds, concern reports, behavioral intervention, and student advocacy.
Location: 315 Student Union, North Campus
Contact: 716-645-2982 | Email form online

[Health Promotion](#)

Rape and sexual assault prevention, support resources, education programs, and advocacy.
Location: 114 Student Union, North Campus Buffalo, NY 14260
Contact: 716-645-2837 | Email form online



[UB Guardian App](#)

Free app (available on Apple and Android) to check for UB Alerts, chat with UPD, make emergency calls, access online resources, and more.

VETERAN & MILITARY SERVICES

[Veterans Services](#)

Helps student veterans transition into civilian life.

Location: 321 Student Union, North Campus

Contact: 716-829-5586

SPECIAL PROGRAMS & OPPORTUNITIES

[ACE \(Access to College Excellence\)](#)

Provides support for students transitioning from high school to college (first two years).

[Acker Scholars Program](#)

Plans programs and workshops, teaches students how to build positive working relationships, and organizes community service projects.

[SSS \(Student Support Services\)](#)

Offers support for first-generation students, low-income students, students with documented disabilities.

Location: 209 Baldy Hall

[Women in Science and Engineering \(WISE\)](#)

Provides support, extracurricular opportunities for female STEM students.

[NAVIGATE Project](#)

Provides increased persistence of women STEM graduates, leadership development.

Contact: Online form

[Say Yes Buffalo Program](#)

This is a national, non-profit education foundation committed to dramatically increasing high school and college graduation rates.

[First-Generation Programs](#)

Connecting, supporting, and guiding first-generation students throughout their college journey.

Location: 130 Capen Hall, North Campus

Contact: 716-645-6693 | firstgeneration@buffalo.edu



ACADEMIC ADVISING

[College/School-Specific Advising](#)

Every UB student has access to personalized advising service.

Contact: Online form

[Navigate App](#)

This is an app that will help you manage your academic journey and connect effectively with the full range of resources at UB.

CAMPUS DINING

[Meal Plans](#)

Multiple meal plan options, dining

Locations: Varies locations (online)

ADDITIONAL RESOURCES

[Student Life Help/Emergency Resources Central Page](#)

Comprehensive hub for emergency funds, food support, housing assistance, crisis resources.

[UB News & Information](#)

UB Alert: Emergency notification system - sign up online food