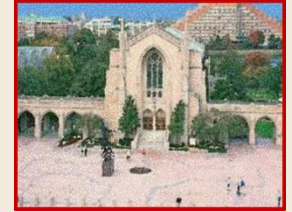




Be WELL @ BU



BU Nutrition & Fitness Center

635 Commonwealth Avenue, 6th Floor

<http://www.bu.edu/nfc>

617-353-2721 | nfc@bu.edu

College presents a wonderful opportunity to cultivate food preferences and lifestyle practices to promote a lifetime of health and wellbeing; however, navigating in a sea of overwhelming food choices and constant social pressures is very challenging. The BUNFC will provide you with the knowledge and expertise you need to meet your health goals. Every student is entitled to one nutrition counseling session with a BUNFC registered dietitian at no charge. Students at nutritional risk for any reason are eligible for more sessions.

The BUNFC also supports the [Sargent Choice Program](#), which promotes healthy food options at BU. Their registered dietitians work closely with dining hall directors and chefs to create delicious and attractive foods that meet the comprehensive nutrition criteria set by Sargent College. Sargent Choice foods are available at most on campus dining locations.

Fitness and Recreation Center | Physical Education, Recreation, and Dance

915 Commonwealth Avenue

<http://www.bu.edu/fitrec>

617-353-2748 | fitrec@bu.edu

The Fitness and Recreation Center offers a variety of state-of-the-art facilities, including an 18,000 square foot weight and cardio room, two swimming pools, racquetball and squash courts, two multi-use gymnasiums, an elevated jogging track, a 35' climbing wall, a Pro Shop, and the Healthy Blends Café. Physical Education, Recreation, and Dance offers for-credit and non-credit classes in everything from fitness to climbing to martial arts. The department also coordinates all Intramural and Club Sports Programs.

Educational Resource Center

775 Commonwealth Avenue, 4th Floor

<http://www.bu.edu/erc>

617-353-7077 | <http://blogs.bu.edu/erc/>

The Educational Resource Center provides academic support programs to the university community, including peer tutoring, the Writing Center, Language Link conversation groups, and various workshops. These services are available free of charge.

Career Services

19 Deerfield Street, 3rd Floor

<http://www.bu.edu/careers>

617-353-3590 | future@bu.edu

The Office of Career Services can assist students in choosing a major, finding an internship, or preparing for their post-college job search. Services include workshops, job and internship fairs, résumé review, mock interviews, and career assessment tools.

The Danielsen Institute

185 Bay State Road

<http://www.bu.edu/danielsen>

617-353-3047

The Danielsen Institute Clinic offers a variety of psychological services, including individual, group, family, and couples therapy, as well as psychological testing and assessment for adults, adolescents, and children. Many insurance plans, including Boston University's Aetna Student Health Plan, can be used to cover a portion of applicable fees, and a sliding fee scale is also available.

The Center for Anxiety and Related Disorders (CARD)

648 Beacon Street, 6th Floor

<http://www.bu.edu/card>

617-353-9610

CARD offers treatment for a variety of anxiety disorders, including Panic Disorder, Generalized Anxiety Disorder, Phobias, and Eating Disorders. Fees are based on a sliding scale, and some treatment associated with research studies may be free of charge.

The BU Psychological Services Center

648 Beacon Street, 6th Floor

<http://www.bu.edu/psc>

617-353-9610

The PSC offers structured, symptom-focused, empirically-validated treatments including stress management, relaxation training, assertiveness training, anger management, and treatment for problems such as adjustment disorders, test or performance anxiety, difficulties in attention and concentration, and insomnia. The PSC provides a thorough initial intake interview to determine the nature and extent of emotional problems as well as neuropsychological assessment of attentional and cognitive/learning impairment. Fees are based on a low sliding scale. The PSC exclusively treats BU students, staff and faculty. All treatment is provided by PhD graduate students under the close supervision of licensed psychologists.

Chaplains

735 Commonwealth Avenue

<http://www.bu.edu/chapel>

617-353-3560 | chapel@bu.edu

A variety of chaplains are available to all students, regardless of religious affiliation. Appointments can be scheduled, or students can visit the chapel office on weekdays between 9AM and 10PM.

The University Service Center

881 Commonwealth Avenue

<http://www.bu.edu/usc>

617-358-1818 | usc@bu.edu

The USC is an excellent starting point for anyone unsure of where to turn for help. The staff will point you in the right direction, or—if your concern is complex, multilayered, or involves multiple offices—help you figure out the best way to address the situation. They also handle withdrawals and leaves of absence for undergraduate students.

Dining Services

775 Commonwealth Avenue, 3rd Floor

<http://www.bu.edu/dining>

617-353-2990

Dining Services is made up of Residence Dining, Retail Dining and Catering on the Charles - our on-site catering department. The Dining Services team works extremely hard to make the dining experience on campus enjoyable. If you have a food allergy, please let them know (the sooner, the better) so that they can do their best to accommodate your needs. Please feel free to ask a server about ingredients, read all food labels and food signage and don't be afraid to speak to a manager.

Disability Services

19 Deerfield Street, 2nd Floor

<http://www.bu.edu/disability>

617-353-3658 | access@bu.edu

The Office of Disability Services provides services and support to ensure that students with disabilities are able to access and participate in the opportunities available at Boston University. Disability Services also employs students as note takers, readers, and in other positions assisting disabled students.

The Howard Thurman Center

775 Commonwealth Avenue, Lower Level

<http://www.bu.edu/thurman>

617-353-4745 | thurman@bu.edu

The Howard Thurman Center is Boston University's center for cultural learning and collaboration. Through a variety of workshops, programs, and celebrations, the Howard Thurman Center aims to build community by eliminating barriers of divisiveness that separate individuals, groups, races, cultures, religions, and ethnicities.

Office of Judicial Affairs

19 Deerfield Street, 3rd Floor

<http://www.bu.edu/dos/ja>

617-358-0700 | dos@bu.edu

The Office of Judicial Affairs serves as the primary administrator of the [Code of Student Responsibilities](#) and also provides information and resources to the university community regarding personal safety on and off campus.

Boston University Police Department

32 Harry Agganis Way

<http://www.bu.edu/police>

617-353-2121 | Anonymous Tip Line: TEXT BUPD at tip411 (847411) and type *BU <space> your message*

The Boston University Police Department is a full-time, professional law enforcement agency that also provides a wide variety of public services, including emergency medical response, Rape Aggression Defense classes, and laptop and bicycle registration. Through the community policing program, officers are assigned to various areas of campus to work closely with the community in addressing crime and crime prevention, as well as social issues, which directly affect the quality of life at Boston University

Environmental Health and Safety

704 Commonwealth Avenue, 2nd Floor

<http://www.bu.edu/ehs>

617-353-4094 | oehs@bu.edu

The Office of Environmental Health and Safety (OEHS) provide a full range of environmental, health, and safety services to the University community. These services include, but are not limited to, Fire and Life Safety programs and support of the university's Recycling program.

Office of the Dean of Students

775 Commonwealth Avenue, 3rd Floor

<http://www.bu.edu/dos>

617-353-4126 | dos@bu.edu

The mission of the Office of the Dean of Students and the Division of Student Affairs is to enhance the quality, character and perspectives of our students. Through its many orientation, mentoring and counseling programs, the Division promotes an environment that encourages intellectual exchange and individual expression. The Dean of Students has an open door policy and is available to all students by appointment.

Need academic advice?

If you have questions relating to any and all things academic, one of the best places to start is with your academic advisor. Consult the list below to find the advising office for your school or college:

College of Arts and Sciences

725 Commonwealth Ave.

<http://www.bu.edu/academics/cas/>

617-353-2400

School of Education

Two Silber Way

<http://www.bu.edu/academics/sed/>

617-353-4233

College of Fine Arts

885 Commonwealth Ave.

<http://www.bu.edu/academics/cfa/>

617-353-3350

School of Hospitality Administration

928 Commonwealth Ave.

<http://www.bu.edu/academics/sha/>

617-353-3261

Metropolitan College

755 Commonwealth Ave.

<http://www.bu.edu/academics/met/>

617-353-3000

College of Communication

640 Commonwealth Ave.

<http://www.bu.edu/academics/com/>

617-353-3450

College of Engineering

44 Cummington Street

<http://www.bu.edu/academics/eng/>

617-353-6447

College of General Studies

871 Commonwealth Ave.

617-353-2850

School of Management

595 Commonwealth Ave.

<http://www.bu.edu/academics/smg/>

617-353-2650

Sargent College

635 Commonwealth Ave.

<http://www.bu.edu/academics/sar/>

617-353-2713