

Student Services

Dean of Students Office

The Dean of Students is committed to helping all students at Mount Mercy University reach their fullest potential in and out of the classroom. MMU's Dean of Students oversees the Student Services department and coordinates individualized support for students by providing a variety of student support services along with opportunities for leadership experience, diverse student work environments, engaging programming and specialized resources.

The Dean of Students oversees the conduct process, Title IX investigations and all departments found on this page. The Dean of Students Office is located in the Student Services suite in the second floor of the University Center.

CARE

The CARE team is Mount Mercy's behavioral intervention team. CARE stands for Campus Assessment Resource and Education. Living, learning, and working at Mount Mercy can be stressful and sometimes the reason behind someone who is disruptive, threatening or irrational. The CARE team provides assistance to the University community to help assess and find solutions for managing distressing, disturbing, or disruptive, and dangerous behaviors. Mount Mercy is committed to providing a quality learning environment. Faculty, Staff, friends and family will often be the first to encounter a person who is in distress. Encouraging and helping the student to seek assistance with the appropriate campus and community resources is important.

Possible topics of concern for your friend, classmate, teammate or colleague:

- Abusive relationships
- Aggression
- Anxiety
- Bias/Hate Crimes
- Bullying
- Demanding behaviors
- Depressions
- Disruptive behaviors
- Discrimination
- Disordered eating
- Grief
- Harassment
- Hazing
- Domestic/Dating violence
- Learning disabilities
- Self Harm (example: cutting)
- Sexual assault
- Substance abuse
- Suicide

If you are concerned about someone, consider submitting a CARE report. Ask yourself:

- Is this person's behavior distressingly out of the ordinary?
- Is this beyond my skill level?
- Is the behavior getting worse?
- Does the behavior place anyone at risk?

- Have I attempted to intervene with little success?

If you answered yes to any of these questions submit a CARE report (<https://www.mtmercy.edu/care-form>) and the CARE Team will work to provide support and assistance to the person in need!

Counseling Services

Counseling Services provides confidential counseling to enrolled students, at no charge. Counseling Services are intended to be short-term and solution-focused in nature. While Counseling Services does not specifically limit the number of sessions per student, an average is four to eight sessions per semester. The Counseling Services offices are located on the second floor of the University Center (240G and 240H). A licensed counselor or graduate intern assists students in setting/attaining goals and problem solving, and provides support and encouragement to students. Students utilize the service for assistance with a variety of personal and interpersonal issues*, such as stress management; grief and loss; roommate conflict resolution; family system support ; LGBTQ issues (lesbian/gay/bisexual/transgender/questioning); social skills; physical, mental, emotional, or sexual abuse; eating and body image disorders; anxiety; and depression. When necessary, referrals may be made to other MMU campus services, as well as to appropriate community resources. To make an appointment, call 319-363-1323 ext. 1218. Evening appointments can be arranged.

**MMU does not prescribe or manage medications.*

Helping those with Mental and Emotional Health

Mount Mercy is committed to the well-being of the members of the campus community. Concerning behaviors can be, but are not limited to: actions that place people at risk, change in personality, threats or disruptive outbursts, diminished participation/attendance, or threats of harm to self or others.

In the event that a student's mental or emotional health is of concern to the campus, the university CARE team will assess the situation to determine an appropriate course of action. This course of action may include but is not limited to: mandated counseling; communication with parents/legal guardians; assessment by emergency medical personnel. If students, faculty, or staff have observed disruptive or threatening behavior please contact the Director of Counseling Services 319-363-1323 ext. 1238 or Director of Public Safety ext. 1028 during the day, or Public Safety Officers at ext. 1234.

Health Services

The mission of Health Services is to promote total wellness by increasing the awareness of healthy lifestyle choices and to assist individuals to achieve and maintain physical, psychological, emotional, and spiritual health.

The Health Services office is located in the Student Services suite, room 240F, on the second floor of the University Center. Health Services assists students, faculty, and staff in the process of learning to independently select healthy behaviors through individual conversations and educational programs. Health Services also offers general acute health care services to the campus community. These include, but are not limited to**: first aid; illness assessment; flu vaccinations; over the counter medications; mono testing; strep testing; consultation and referral services. Services offered by walk-in or appointment. To schedule, call ext. 1218. Health education materials are also available in the Student Services suite. For after hours medical/first aid assistance, please call our Public Safety Officers at 319-363-1323 ext. 1234.

**MMU does not prescribe or manage medications. **Other testing is available, please call for more information.*

Immunization and Health Insurance

All new students must have an immunizations record on file with the Health Services Office. All student health requirement forms must be completed in English and submitted to Mount Mercy University Health Services via one of the following: fax (319-363-7543), email (healthservices@mtmercy.edu), or mail (Mount Mercy University Health Services, 1330 Elmhurst Drive NE, Cedar Rapids, Iowa 52402), at least one month before arrival to Mount Mercy University.

All residential students must provide a front-and-back copy of their current health insurance card. Further information on the immunization, health insurance requirements, and forms can be found at: www.mtmercy.edu/health.

Infectious Diseases

In keeping with the spirit of mercy and the commitment to those in need, Mount Mercy has developed the following guidelines.

These guidelines are applicable to the entire Mount Mercy community. Based upon recommendations from the Center for Disease Control, they will be revised as medical and legal research results become available.

Persons diagnosed as having infectious diseases (including AIDS, a positive HIV serology, MRSA, Meningitis, etc.) and who are under appropriate medical supervision will be allowed to utilize all Mount Mercy facilities and services.

Decisions regarding persons needing to withdraw from or terminate services with Mount Mercy because of health reasons related to infectious diseases shall be made on a case-by-case basis with the institution's assistance. Sick leave and leave of absence shall be granted to all employees with illnesses according to Mount Mercy procedures for granting such leave. The medical records of any person will be considered confidential. The status of the infected person may be communicated to appropriate Mount Mercy and health personnel after consultation with the infected person. The infected person will be expected to act in a responsible manner in his/her relationships with other people and within the institution in order to lessen the chances of transmitting the disease.

Mount Mercy recognizes the need for counseling, emotional support, and valid scientific information for members of the campus community and will attempt to make appropriate referrals. Additionally, Mount Mercy recognizes that its role in the control of infectious diseases is to provide ongoing educational efforts. Therefore, the institution will provide such a program and will encourage full participation. Routine screening of employees or students of Mount Mercy for infectious diseases shall not be a requirement for Mount Mercy admission, attendance, or employment.

Latex Ban

Latex allergy is a reaction to substances in natural rubber. Rubber gloves are the main source of allergic reactions, although latex is also used in other products such as balloons. Latex allergies can be a potentially life-threatening condition. As a campus, Mount Mercy is committed to providing a safe environment for students, faculty and staff to live and work in. FOR THIS REASON, LATEX BALLOONS AND GLOVES ARE NOT ALLOWED FOR USE AS DECORATIONS OR AS ADVERTISING FOR EVENTS. Balloons made of Mylar or other latex-free substance may be used.

Public Safety

Public Safety, Event Services, and Information Desk all fall under the umbrella of the Director of Public Safety. The purpose of the group is to provide students the safest environment possible to pursue their educational interests, while ensuring events are coordinated in an effective and efficient manner, supporting our *Students First* philosophy.

Public Safety

The Department of Public Safety at Mount Mercy oversees the safekeeping of the campus and its properties. We strive for a high level of safety services to the campus community. The Department of Public Safety is located inside the University Center. In case of emergency, persons should call ext. 1234 from any campus phone, or 319-363-1323 ext. 1234 from any off-campus or cellular telephone.

The Mount Mercy University Department of Public Safety is operational 24 hours a day, seven days a week. In addition to full-time staff members, Public Safety utilizes work-study students to assist in parking enforcement and during special events on campus. Mount Mercy operates an administrator-on-duty call system to ensure that administrative support and decision-making capacity is always available. All Public Safety staff members are trained in CPR/1st Aid/AED, emergency response, evacuation procedures and interpersonal skills. More information about Public Safety can be found here (<https://www.mtmercy.edu/campus-safety>).

Event Services

Event Services is the centralized event planning office for Mount Mercy University. We coordinate the scheduling of all university facilities for university & student events, meetings, conferences and public functions. Our goal is to partner with the students, faculty, staff, alumni, friends and community members to assist with creating the highest quality event. Our dedicated team collaborates with various campus departments and offices to assist and advise on event planning, logistical coordination, facility layout, implementation and audio visual support. For more information on how to start planning your event, go to: www.mtmercy.edu/event-services.

Information Desk

The Information Desk serves as a hub of information to the campus community, conveniently located on the first floor of the University Center. The information desk can provide information about events on campus and in the community. Furthermore, the information desk has equipment, games, and tools that are available for checkout. This includes battery jump packs, basketballs, board games, and pool room equipment.

Residence Life

The mission of Residence Life is to enhance students' academic success, personal development, and safety through the implementation of programs and services.

Staff

The Residence Life Team works together to provide an optimal residential experience for students. Their duties include supervising operations of the residence halls, suites, and apartments, providing programs for residents, promoting an educational environment, and helping resident students contribute to and enjoy their membership in the Mount Mercy

community. Two Residence Life staff members live in on-campus housing and welcome interaction with students.

Resident Assistants

Resident Assistants (RAs) live on each residence hall floor. They are students selected on the basis of leadership experience, scholarship, and desire to assist others. RAs work with students to make residential life an enriching and educational experience. They are specially trained and are knowledgeable in many areas, including emergency and health issues, effective listening, community buildings, mediation, programming, and the policies and procedures of Mount Mercy and the Residence Life program. If they are unable to assist you, they will refer you to an appropriate resource.

Student staff members are available every day for general assistance, maintenance concerns, and emergencies. An RA is on-call each evening and may be contacted by phone.

If you need assistance, contact the Residence Life Office in the University Center at ext.1218 during the day or dial "0" and request the RA on call in the evening. When the Information Desk is closed, you may dial Security at 318-363-1323 ext. 1234 to access the RA. Mount Mercy also maintains an administrator on call schedule to provide additional support to the on campus student body, Resident Assistants, and Public Safety.

Housing, Nontraditional and Graduate Programs

Graduate housing is offered on a space available basis. Priority is given to undergraduate students. Please note that Mount Mercy does not allow cohabitation, nor do our facilities offer married student or family housing. If you have questions or are interested in graduate housing, please contact Student Services Administrative Assistant at 319-368-6469.

Student Engagement

Student Organizations

The recognized student clubs and organizations of Mount Mercy University are governed and funded by the Student Government Association (SGA). All guidelines and rules pertaining to the functioning of clubs and organizations can be found on the SGA website(<http://www.mtmercy.edu/student-government-association>). A complete list of clubs and organizations can also be found on the SGA website. Each recognized student group has a representative who attends and has a vote in the General Assembly of SGA.

Diversity & Inclusion

We strive to make diversity and inclusion an integral part of our institutional behaviors, attitudes, and beliefs. As such, we must remain vigilant to ensuring all students, staff, and faculty feel welcome and included. Through public declaration of our justice positions (e.g., immigration, human trafficking, etc.), the development of strategically focused events (e.g., Multicultural Fair, Holi, etc.), coordination of curricular and co-curricular programming (e.g., panel discussions on social justice topics, speaker programs, etc.), and support of student inclusion advocacy groups (e.g., Black Student Union, Social Justice Club, etc.) our goal is to attract and benefit students from a broad range of populations.

Leadership

The campus leadership program provides students with an extensive opportunity to explore three of the critical components to leadership development – exploration of self, understanding self in the context of groups, and realizing the contribution of self as a member of a larger community. Through workshoping, activities, a hands on experience in Ireland, and formal leadership support, each year of this multi-year program enhances student learning and development in order to facilitate positive social change at the institution and the community. Students who complete the campus leadership program will have a strong sense of their strengths, improved awareness of group dynamics, and a heightened consciousness of social commitment.

Student Activities

Responsible for night and weekend programming, Student Engagement, along with Mount Mercy Activities Programming (M²AP) Board work to plan, promote, and implement a vast array of opportunities for students to engage with the campus and Cedar Rapids Community. There are constantly events happening on campus that are designed to meet the diverse needs of our student body. Events can include anything from live music performed by students or professional performers, to inflatable obstacle courses! The sky is the limit when it comes to involvement. If there is something **you** want to see let us know! Email us at studentengagement@mtmercy.edu.

Events to look forward to:

- Concerts
- Hypnotists
- Comedians
- Mentalists
- Movie Nights
- Craft Nights
- BINGO
- Vegas Night
- Friends & Family Weekend

Intramural Sports

Intramural sports are recreational activities organized and open to all students, staff, and faculty. No formal athletic affiliation is required! Intramural Programs hosts social and physical activities throughout the year. Examples of the activities include sand volleyball, indoor volleyball, flag football, dodge ball, full and half-court basketball, indoor soccer, frisbee golf, bags, table tennis, billiards, cards and more. These occur in both one-time tournament events and leagues that go multiple weeks. Activities are held on or around campus. For questions regarding the Intramural program please call 319-363-1323 ext. 1054 or visit the Lundy Fitness Center.

Lundy Fitness

The Lundy Fitness Center and Exercise Room are open to all students and employees. Lundy offers equipment and spaces for a variety of cardiovascular and muscle-building workout routines. Additionally, . multiple fitness classes are offered such as yoga and kickboxing. Individuals must be at least 18 years of age and have a current student or employee ID in order to use the facility.