



Student Life at UChicago



THE UNIVERSITY OF
CHICAGO

Experience UChicago life at its fullest.

UChicago Leads gave me the confidence to try new things and push myself outside my comfort zone. Following the program, I continued to pursue leadership positions that would inspire other women and help better the campus community.

ZARA, CLASS OF 2022

We are dedicated to the intellectual, personal, and professional success of every University of Chicago student.

We support virtually all aspects of the University experience, from course registration and campus dining to physical recreation and undergraduate housing. Students find opportunities to make an **impact**—whether it's through formal **leadership** roles on campus or while serving our surrounding Chicago **communities**. We also help students maintain wellbeing and cultivate **resilience** through programming on such topics as diversity, wellness, and fitness. We advise more than 380 student organizations, which are outlets for exploration and debate, all adding to the lively campus exchange of **cultures** and **ideas**. We are unwavering in our commitment to the **free expression** of diverse opinions and perspectives and recognize the inherent value of non-disruptive protest and dissent in promoting civic engagement and social change. Above all, we are dedicated to making UChicago a place where students are sure to experience University life at its fullest.



6,000+

students participate in wellness programming offered by UChicago Student Wellness annually

2 massive pipe organs

351 clues on the longest Scav Hunt list

1,200

shakes served during a typical Wednesday Shake Day

4,588

students living in Residence Halls

5

dietary preferences met by food stations for students eating kosher, halal, vegetarian, vegan, and gluten-free diets

20

students in the Rockefeller Carillon Studio perform daily recitals from the tower

1,100

sport club participants

10,450

graduate and professional students

27

political and advocacy groups on campus

34

FitChicago classes offered per week

940

intramural sports teams

47

cultural and ethnic organizations

20

NCAA Division III varsity teams

48

College Houses

32,000

desserts made for the dining commons during a typical week

10

a cappella groups

Opportunities for impact

Numerous programs provide students with expansive opportunities to engage with diverse people, ideas, and cultures. Students can build leadership skills while expanding their local understanding and global perspective.

- Students can explore interests through more than 380 recognized student organizations, including Student Government, the South Asian Students Association, and Model United Nations.
- Student-run coffee shops and cafés provide students with opportunities to gain work experience or take study breaks.
- UChicago Leads programs help students develop the skills necessary to become global leaders.
- Student advisory boards give students the chance to influence campus life initiatives and programs.
- The University Community Service Center connects students with the surrounding Chicago community.



Supporting student wellbeing

We help students maintain personal balance through numerous campus support systems, fitness and wellness programs, and opportunities for spiritual fellowship and expression.

- UChicago Student Wellness provides comprehensive student-centered care. Student Wellness staff also offer educational programs on a variety of wellness topics, including stress reduction, developing a positive body image, and time management.
- 24/7/365 mental health support through the Therapist-on-Call.
- Dedicated spaces for meditation and prayer make room for spiritual practice.
- The Dean-on-Call program provides students access to a University administrator 24/7/365.
- Student Disability Services offers resources, support, and accommodations for all students with disabilities and works to remove physical and attitudinal barriers.
- Over 500 students annually compete in 20 intercollegiate sports, and all students can take advantage of significant opportunities for recreational participation through intramural and sport clubs programs, free fitness classes, and personal training.

HEALTHY LIVING

We believe that student wellness is the integration of multiple facets of wellbeing: emotional, physical, intellectual, environmental, spiritual, social, and financial. Student Wellness partners with multiple campus offices to enhance the wellness of the UChicago community by promoting healthy lifelong behaviors and empowering students to reach their highest potential.

20+

programs that support student wellbeing

25+

sessions per quarter of Let's Talk, an anonymous, drop-in consultation with a therapist

120+

students trained in Mental Health First Aid annually



Program Highlight

Peer Health Advocates (PHAs) support their fellow students and empower them to make healthy choices. InTouch, Mind Over Matter, and Body Talk PHAs do this by connecting their peers to campus resources and offering education on a variety of topics, including sexual health, healthy relationships, mental well-being, body image, and self-esteem.

Coming into contact with such a wide variety of people through living in the Houses has been really beneficial. It has allowed me to create different lenses through which to view the world. I think this is crucial for me as a student.

HAMILTON, CLASS OF 2019

LEADERSHIP AND INVOLVEMENT

The Center for Leadership and Involvement advises hundreds of student organizations and offers innovative student leadership development programs that stimulate creativity, humility, resilience, and interpersonal skills.

30

UChicago students in each Discover Leadership cohort

5

student leadership development programs

41

student leader award recipients



Program Highlight

Students gain insights into how to leverage talents through the StrengthsQuest program. An online assessment helps students identify personal strengths. Workshops develop leadership, talent recognition, and effective team-building skills.

Diverse and inclusive communities

We encourage students to reflect on and challenge assumptions about class, race, sexual orientation, gender identity, religion, nationality, disability, and other aspects of identity through a variety of programs and events.

- The Emerging Minds Project, hosted by the Office of Multicultural Student Affairs, employs dialogue to help participants reflect on daily societal issues.
- Student Support Services invites University community members to participate in Share Your Table, an initiative designed to build community over a warm meal.
- LGBTQ Student Life coordinates a mentorship program that forges lasting connections among students, faculty, and staff.
- International House programs develop global citizens and promote cross-cultural understanding.
- We support and encourage unique UChicago traditions that build community, like Scav, Kuvia, Shake Day, and Summer Breeze.

Systems for success

We believe that students' success and well-being begin with their most basic needs, including feeling a sense of belonging. We offer easily accessible resources to help students manage daily affairs, from class schedules to meals and finances.

- Housing & Residence Life, anchored by a long-standing program in which faculty serve as Resident Deans, fosters community and students' home away from home.
- UChicago Dining offers vegetarian, vegan, gluten-free, kosher, and halal meals every day.
- Financial Aid, the Bursar, and Student Loan Administration facilitate student financial assistance and financial literacy.
- The Office of Student Centers is a multifaceted unit that promotes a sense of community on campus by managing multiple student life spaces, overseeing the student-run coffee shop program, and employing more than 100 students.

SPIRITUAL LIFE RESOURCES

Weekly worship of many world religious traditions, concerts, and festivals fill the halls of Rockefeller Memorial Chapel, a 90-year-old campus landmark. Students also benefit from a dedicated Spiritual Life center, which serves as a space for personal reflection and social connection.

30

religious and spiritual advisors from many world traditions

80

spiritual and religious networks

5

meditation sessions each week



Program Highlight

Mawlid, which celebrates the life of Prophet Muhammad, is the largest annual gathering of the University's Muslim community. Nearly 600 attendees of all traditions come together for an evening of poetry, song, and salutation.



Support student life at UChicago

Contact StudentLife@uchicago.edu for information about giving opportunities.