

## Where can I go for help and support?

Completing a university degree is demanding. For some, this includes balancing academic life with additional responsibilities at home or work. There may be occasions when you feel overwhelmed by the demands placed on your time and the amount of work you need to accomplish.

## Resources for students

There is a wide range of *free* academic and wellness support that is available to all students. These supports can not only help you be academically successful, but when accessed as early as possible, can also **help you to avoid making poor decisions** in times of stress which put you at risk of violating academic integrity.

### Reach out to your instructor or T.A.

Speak with your instructors in class or contact via email or use the office hours. Tell your instructor if you are struggling before you become overwhelmed.

### Contact the Academic Integrity Coordinator

Book an appointment with the Coordinator or ask any [academic integrity](#) questions, queries or concerns by emailing [askacademicintegrity@ucalgary.ca](mailto:askacademicintegrity@ucalgary.ca)

### The Student Wellness Centre

If you're dealing with stress and anxiety, depression, relationship issues, grief, or simply think you could feel better, make an intake appointment at the [Student Wellness Centre](#).

### Read the Student Academic Integrity Handbook

This [handbook](#) has been designed to help you understand the Student Academic Misconduct Policy and Procedure and provides scenarios that describe common misconduct types.

### Read the Academic Misconduct Policy and Procedure

Ensure that you are fully up to date with what academic integrity means at UCalgary and what constitutes as academic misconduct by reading the [policy and procedure](#).

### Academic support at the Student Success Centre

[Book appointments](#) with academic development specialists, writing tutors, or register for workshops that cover academic integrity, academic writing, study skills, time management and note taking.

### Reach out to the librarians in LCR

Librarians provide [consultations](#) around literature reviews and assignments, help with citing and referencing, and guidance on how to manage the literature you find, using software such as Endnote or Mendeley.