

ACTIVUS

Contents

Activus: Your Guide to Student Involvement Sponsored by the Student Activities Board	3
How do I get involved?	4
Advisor of the Year	5
Student Organization of the Year	6
Signature Events and University Offices	7
Introducing Campus LINK	18
Student Organizations Resources	18
University of Cincinnati Bucket List	33
Student Organization Directory	30
Red & Black Pride	34





Published by the Student Activities Board and the Office of Student Activities and Leadership Development, the ACTIVUS provides an overview of university life and campus involvement including special events, student organizations, leadership development, and university offices. This guide will assist you in becoming a PROUD University of Cincinnati Bearcat. College is a great time to explore, seek adventure, have fun, and self-reflect; our hope is that the ACTIVUS will aid you in this process.

GET ACTIVE

ACTIVUS

Your Guide to Student Involvement

Brought to you by the Student Activities Board

The Student Activities Board works cooperatively with the Student Activities and Leadership Development office and Student Government. The purpose of the board is to assist with the registration, promotion, and regulation of all student organizations. The Student Activities Board also sponsors several events and programs:

- Fall Student Organizations Fair
- Spring Student Organizations Fair
- Presidential Luncheon for Student Organization advisors and leaders
- CSI: Celebration of Student Involvement
- SAB/UFB Student Organization Training Workshops


Student Activities Board Contact information:

655 Steger Student Life Center
513-556-6103
sab@mail.uc.edu

PAC Spring Concert



 Find us on Facebook at Student Activities Board-University of Cincinnati

 Follow us on Twitter at @SAB GetActive_UC



How do I get involved?

Why GET ACTIVE?

Leadership experience

Work with your peers to help expand an organization and simultaneously engage in personal growth.

Networking

Use organizations to meet alumni and peers that can help build your professional and personal networks.

Make friends

Meet new people with similar interests.

Connect to campus


Be in the know about fun events happening on campus.


How do I GET ACTIVE?

Getting active at the University of Cincinnati is not hard ... in fact there are more opportunities than you think.

10 Keys to Getting a Full Experience

1. Read the ACTIVUS
2. Talk to your Learning Community Peer Leader
3. Check your college and classroom bulletins for postings
4. Stop by the Office of Student Activities & Leadership Development or check out Campus LINK!
5. Sign Up for Camp Bearcats, a first-year student leadership institute
6. Apply to Student Government's First-Year Leadership Program
7. Attend the Fall Student Organizations Fair or Winter Student Organizations Fair
8. Check out the 15 Things to do in 15 Weeks on the Welcome Weekend website
9. Be a fan of SAB on Facebook and follow @SAB GetActive_UC on Twitter
10. Go to the Student Organizations Resource page at www.uc.edu/sald/student_organization.html for information regarding leadership development, information sessions, and much, much more.

 Find us on Facebook at Student Activities Board-University of Cincinnati

 Follow us on Twitter at SAB GetActive_UC

GET ACTIVE

Student Organization Advisor of the Year

Each year, SAB recognizes student organization advisors based on the following criteria:

1. The advisors' involvement with the student organization
2. The creation and implementation of leadership development initiatives and retreats
3. The advisors' influence on the mission and productivity of the organization

This year SAB recognized Megan Minton as the Advisor of the Year.

As the Advisor to the ROAR tour guides on campus Megan has some great advice to students, "Life is really all about relationships – so treat yourself and others well. Creating meaningful and/or lasting relationships with people – and even places or ideas – adds a level of intentionality to everything you do. So get to know yourself, explore your usefulness to others, and consider how creative collaboration can occur – and for you, not even the sky is the limit!"



Student Organization of the Year

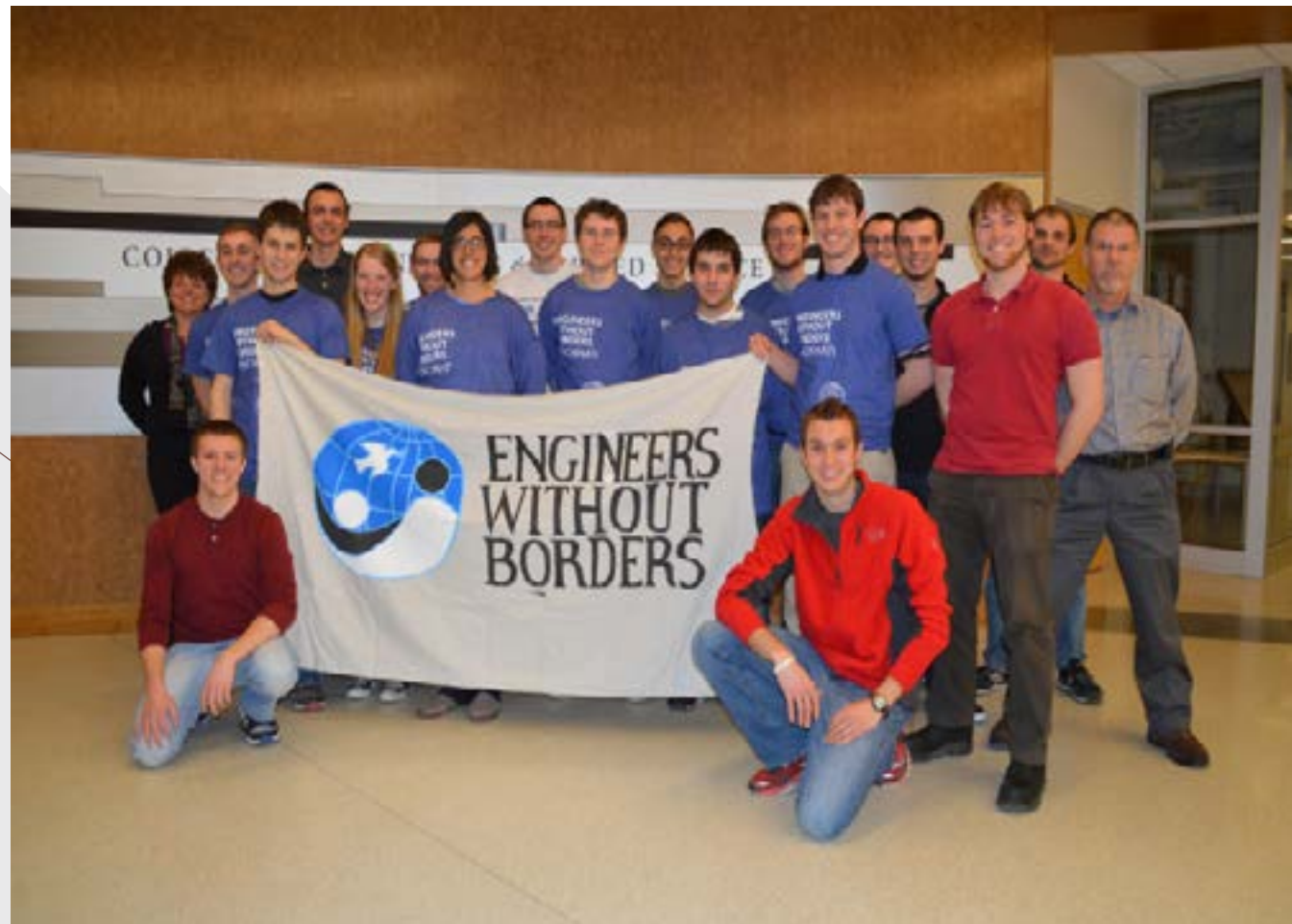
....a great example of an inclusive organization.

Each year, SAB recognizes a student organization based on the following criteria:

1. The creation and execution of organizational goals
2. The impact on the university community
3. Internal operational improvements

This year SAB recognized **Engineers Without Borders** as the Student Organization of the Year!

Engineers Without Borders (EWB) is an organization that is truly committed to its mission of partnering and creating sustainable long-term solutions in developing countries. During the 2013-2014 academic year, the members made a goal to raise \$7,000.00 to assist with their philanthropic and service initiatives. Engineers Without Borders exceeded this goal and through a concerted group effort raised close to \$50,000.00. This funding allowed the organization to make an impact that was not only local but also global! Another extraordinary fact about EWB is that its membership contains engineers, business students, communication majors, and the list continues. They are a great example of an inclusive organization!



Signature Events and University Offices

It's here: **your pathway to student involvement**

Homecoming, Akwaaba, Welcome Weekend, Worldfest Week, Sigma Sigma Carnival, and Relay for Life; what do these events have in common? All are annual university events sponsored by student organizations and university offices that can add to your experience as a Bearcat! The University of Cincinnati offers a wide variety of signature programs, student services, as well as leadership opportunities that will allow you to excel as a leader, person, and scholar.

The world is a playground,
and life is pushing my swing.

— Natalie Kocsis



Student Activities & Leadership Development (SALD)

The office of Student Activities & Leadership Development supports the mission of the University of Cincinnati by promoting and guiding purposeful student engagement, fostering a sense of community, and providing opportunities for student growth and leadership development. We aspire to create an inclusive environment that celebrates diversity and enhances our students' ability to become global citizens.

SALD's commitment to leadership development

Annual Student Leadership Conference

The Student Leadership Conference, held in February, is an annual event since 1985. The one-day leadership event focuses on building individual leadership skills and connections. The conference is free to all University of Cincinnati students and includes energetic opening and closing sessions, a keynote speaker, and nearly three dozen educational programs about leadership and organizational development, gaining personal competencies, and skill building.

Emerging Ethnic Leaders Institute

The Emerging Ethnic Leaders Institute empowers students of color to obtain, hold, and succeed in leadership positions. The institute develops emerging leaders through community building, networking opportunities, service, and mentoring. The mission of the Emerging Ethnic Leaders Institute is to support and develop student of color leadership that promotes social justice and sustainable change. The institute is held in January of each year and is free to students. For more information, see www.uc.edu/sald/leadership.html

Camp Bearcats

Camp Bearcats is a leadership institute that is FOR students By students. First year students are encouraged to attend. Participants will be immersed in the leadership community at UC and become prepared for future leadership roles on campus and through leadership development activities. Each participant is matched with a mentor who will continue to support and engage his or her mentees throughout the academic year. To register and find out more go to UC SALD <https://www.uc.edu/sald/CampBearcats.html>

Student Activities & Leadership Development promotes growth and development in the areas of:

- Club Sports
- Fraternity & Sorority Life
- Leadership Education
- Programs and Activities Council (PAC)
- Racial Awareness Program (RAPP)
- Red & Black Bash
- Student Organizations
- Student Government

Want to learn more?

Please stop by 455 or 671 Steger Student Life Center or check out our website www.uc.edu/sald.

Student Activities & Leadership Development

455 Steger Student Life Center
Phone: 513-556-6115



Find us on Facebook at University of Cincinnati\ Student Activities & Leadership Development

Follow us on Twitter at UC_SALD

DEVELOP AS A LEADER

Grow as a person at the University of Cincinnati.

African American Cultural and Resource Center (AACRC)

The African American Cultural & Resource Center (AACRC) supports the mission of the university by recruiting, retaining, encouraging the successful matriculation and enhancing the growth and development of students at the University of Cincinnati. However, the center's major focus is to address the academic, social, spiritual and cultural needs of the African American student population.

Services and Resources

- Meeting Rooms
- Teleconferences
- Student Lounge
- Banquet Space
- Big Screen Television
- Resource and Reading
- Signature Events and Programs

Signature Events and Programs

Akwaaba

Every year the Office of Ethnic Programs and Services and the African American Cultural & Resource Center welcomes new incoming African American students to the university. This program is designed to be informative and serve as an introduction to campus services and student organizations in an effort to keep students connected throughout the school year.

Kuamka Week

"Kuamka" — the Swahili word for the phrase "in the beginning" — is a week-long celebration which includes the Rites of Passage ceremony for Transitions students, the coronation of Mr. and Miss Kuamka and the recognition of students who have excelled academically or Kujifunza.

Martin Luther King (MLK) Tribute

During winter semester, the life and accomplishments of a great civil rights leader are celebrated through a tribute

program. The MLK Tribute highlights the contributions Martin Luther King, Jr., made to change the course of history for African Americans. This program is designed to be creative, informative and inspiring for students and the community.

Tyehimba

Tyehimba is an Afrocentric graduation celebration designed for graduates of the University of Cincinnati to acknowledge their achievements. This cultural celebration is an expression of thanks to family, friends, and the community for their assistance. The word "Tyehimba" means "we stand as a nation."

BASE (Brothers and Sisters Excelling)

Ain't no stopping us now, we're on the move.

B.A.S.E. (Brothers And Sisters Excelling) is a peer-mentoring and role-modeling program designed to aid in the personal, cultural and educational development and retention of black students during their matriculation through the University of Cincinnati.



Stella Udeozor

"Being a leader on campus has dramatically shaped the course of my time here at UC. I have learned a tremendous amount about myself as a leader, motivator, and learner that I will carry with me for the rest of my life."

Need more information?

Please check out our website www.uc.edu/aacrc

African American Cultural & Resource Center

60 W Charleton Street
Phone: 513-556-11



Find us on Facebook at Habari Gani





Ryan Clem
"Leadership is pointless if you can't have fun and laugh at yourself when you fail."

Center for Community Engagement (CCE)

The Center for Community Engagement works to connect campus and the community through service.

Services

- Access to community service information, opportunities, connections and resources.
- Access to signature programs like Bearcat Buddies, Zoo-Mates, and more.
- Individual and organization consultation regarding community service or engagement opportunities.

Community Service Opportunities

CCE connects you to a variety of engagement opportunities where you can make a difference in your local, national and global communities. From Into the Streets to Green-Up Day, the CCE is here to find the volunteer opportunity that is right for you.

Signature Programs

Bearcat Buddies allows you to tutor children in high-poverty urban schools. Zoo-Mates pairs children experiencing homelessness with UC mentors for a year-long mentoring relationship. All the CCE's signature programs are fully supported, meaningful, and fun!

Into the Streets is an annual event during which UC students, faculty, and staff volunteer their time and effort to a range of service organizations across the region for a full day of service.


CCE works to connect campus and the community through service. The weekly service update provides students with specific upcoming campus and community service opportunities.


Advice and Empowerment

Whether it's addressing a community need that you're passionate about, or finding an opportunity for your organization to volunteer together; the CCE is always happy to meet with you to offer advice. The CCE is here to empower you to learn about and make positive change in your community.

Center for Community Engagement

2639 Clifton Avenue
Stratford Heights
Phone: 513-556-1559
www.uc.edu/cce/

 Find us on Facebook at bearcatcce

 Follow us on Twitter at CCEHouse

Ethnic Programs and Services (EPS) Home of the Darwin T. Turner Scholarship Program

The Office of Ethnic Programs and Services (EPS) supports the mission of the University of Cincinnati by enhancing the growth and development of students of color and addressing the academic, social, spiritual and cultural needs of the campus community. The professional staff has a strong commitment to ensure that all members of the University are creating and promoting a just community.

Services

- Informal Advising
- Developing Student Leadership
- Providing scholarships
- Community Service and Outreach

Asian Student Welcome

The Annual Asian Student Welcome is a high energy event that features live performances, food, and informational videos that highlight current student organizations like the Asian American Association (AAA), Indian Student Association (ISA), and Association of India's Development (AID) to name a few!

Hispanic Student Welcome

The Hispanic Student Welcome takes place every fall. The event celebrates and welcomes new, as well as returning Latino students to the University of Cincinnati. The event features food, music, and official welcomes by administrators, faculty, and staff. Students are also introduced to a variety of student organizations.




Manoj Ambalavanan
"Leadership is not only an opportunity to help and influence as many people as possible, but more importantly its true value comes in serving as a role model and helping to inspire others to have an even greater impact."

Worldfest Week

Worldfest week is a weeklong celebration of culture at the University of Cincinnati and a Just community initiative. Worldfest Week offers students a unique calendar of programming that adds to the rich collegiate experience that celebrates culture through food, dance, and education.

Ethnic Programs & Services

555 Steger Student Life Center
Phone: 513-556-6008
www.uc.edu/eps

 Find us on Facebook at Darwin T. Turner



LGBTQ Center (Lesbian, Gay, Bisexual, Transgender, Questioning/Queer)

The LGBTQ Center supports the mission of the University of Cincinnati through a commitment to diversity, equity, leadership development, and intellectual inquiry with particular respect to sexual orientation and gender identity. The Center is an inclusive campus community that welcomes people of all sexual orientations and gender identities and provides support, resources and advocacy. The Center facilitates LGBTQ visibility by promoting and enhancing understanding, acceptance, and awareness regarding LGBTQ issues.

Services

- Ally Training Curriculum Series
- Safe Zone Training
- LGBTQ Programming
- LGBTQ Resource Library
- Classroom chats
- Referrals

Safe Zone Training

Safe Zone Training seeks to increase the visible presence of students, staff and faculty who can help to shape a campus culture that is accepting of all people regardless of sexuality, gender identification/expression, or any other difference. Training topics and exercises include: becoming comfortable discussing sexuality and gender identifications, the importance of inclusive language, creating safe spaces and how to be a supportive advocate and ally for LGBTQ social justice and equality.

Participants are provided a resources packet, and those who wish to be LGBTQ allies are also given a Safe Zone magnet that acknowledges their space as safe to LGBTQ persons to express themselves openly and know they will be treated with respect.

The LGBTQ Center provides departmental training to students, staff and faculty year round.

QueerCat Pride Week

QueerCat Pride Week is a week of programs and activities that acknowledge, provide education around and celebrate the LGBTQ community.

Rainbow Celebration

A cultural celebration that strives to create a cohesive UC LGBTQ community and recognizes lesbian, gay, bisexual, transgender, queer (LGBTQ) and LGBTQ ally students who survived the college experience. This event is where LGBTQ students and their allies can be officially recognized by the institution for their leadership, success and achievements. Part of the celebration includes the Rainbow Celebration Awards. Students, staff, and faculty are honored for the work they have done for UC LGBTQ students, and the LGBTQ community as a whole.

LGBTQ Center

565 Steger Student Life Center
Phone: 513-556-4329
www.uc.edu/lgbtq



Find us on Facebook at
University of Cincinnati
LGBTQ Center



Jack Johnson

"Leadership is about making a positive impact in another person's life and it can be achieved in countless ways. Getting involved on campus has enabled me to give back to the university and recognize the importance of serving others."



Mabintu Kanu

"For me, it's about ambition, dedication, experiencing the meaning of serving others, leading by example, overcoming challenges, becoming inspired and leaving our mark of inspiration. Leadership throughout UC has taught me the true meaning of what it means to set goals and aspirations."



Student Wellness Center

The Student Wellness Center prevents and reduces health risks and illnesses that interfere with student academic and personal success.

Services

- Provides information and education on topics such as: general health and wellness, alcohol, sexual health, financial wellness, stress management, and more.
- Programs and workshops
- Resource center
- Free health products
- Awareness events

Free Health Products

Students can stop by the SWC for free products; including condoms, cold medicine, Ibuprofen, BandAids, antacids, and cough drops.

Gotcha Covered

Want to help increase condom access to UC students and join the fight against STI's and pregnancy? Becoming a Gotcha Covered volunteer! After participating in a 1-hour training, volunteers are given a supply of condoms and resources to distribute. Contact the Student Wellness Center for workshop dates and times.

Peer Financial Coaching

The Student Wellness Center provides UC students with information, resources, and free personal financial coaching to encourage positive financial behaviors and reduce student financial stress. Contact us to schedule your appointment with a Peer Financial Coach today!

Student Wellness Center Contact Information

675 Steger Student Life Center
Phone: 513-556-6124
www.uc.edu/wellness



Find us on Facebook at
UC Swc



Follow us on Twitter at
UC_Wellness
WCFinancial
UCPartySmart



Wellness

What Have YOU Done to Improve YOUR Wellness TODAY?
Get connected to campus health and wellness programs, services, and resources.

Women's Center

The mission of the Women's Center is to promote equitable and safe environments on campus for women through advocacy, research and education.

The Women's Center Offers Feminist Leadership Development Programs:

- Activists Coming Together (ACT)
- CONNECT Women's Conference
- RECLAIM
- ElectHer
- Start Smart Salary Negotiation
- Women in Leadership and Learning (WILL)

Services:

Special Events and Programs

CONNECT Women's Conference

The CONNECT Conference aims to connect First-Year women to Upper-Class women in leadership on campus. The conference serves to encourage women to get more involved and take on leadership positions during their time at the university. For more information visit www.uc.edu/ucwc/we/connect

Women in Leadership and Learning (WILL)

WILL is a multi-year learning community designed to work toward the development of individual, group, and community leadership skills. Students engage in action projects in their communities and learn to incorporate feminist theory in their quest for social change. For more info about WILL visit, www.uc.edu/ucwc/we/WILL

C-Ring Award

With a tradition of 90-plus years, the C-Ring is the oldest award given each spring to an outstanding graduating senior woman at UC. Nominees must demonstrate a commitment to the betterment of our campus, community, and advocacy for women and girls. For additional information regarding the C-Ring award, visit www.uc.edu/ucwc/we/C-Ring

UC Women's Center

Steger Student Life Center, Suite 571
Phone: 513-556-4401
www.uc.edu/ucwc.html



Find us on Facebook at University of Cincinnati Women's Center



Follow us on Twitter at UCWomensCenter



Claire Hayes

"Leadership to me means knowing how to be a follower first. When those you are leading know you are willing to follow them, you can aid them in discovering their own leadership potential. The most important thing a leader can do is help others become leaders."



Signature Campus Events

Welcome Weekend

Welcome Weekend is the official welcome event for the 4,000+ first year students that come to the University of Cincinnati each fall. Highlights include Convocation, College Day, and a variety of entertainment, educational, and community building activities.

Homecoming

Homecoming is a time of celebrating Red and Black pride through a number of events and programs including the annual parade, pep rally, football game and much, much, more! Homecoming is the best time to celebrate being a Bearcat.

Red & Black Bash

The purpose of the University of Cincinnati's Red & Black Bash is to produce an annual concert that has become a signature event fall semester. The Bash focuses on creating a fun concert atmosphere while providing an enjoyable start to the new school year. The concert is free and open to all University of Cincinnati students.

WorldFest Week

WorldFest Week is a weeklong celebration of culture at the University of Cincinnati and a Just Community Initiative. WorldFest Week offers a unique calendar of programming that adds to the rich collegiate experience that celebrates culture through food, dance, and education!

Relay for Life

American Cancer Society's Relay for Life is UC's largest student-organized community service event on campus. The event appeals to cancer patients, survivors, families, small and large businesses, and civic organizations. Celebrating cancer survivorship and the hope for a cure, the event spotlights the role of prevention and early detection in the treatment of cancer. This 18-hour event is unique in its format to any other walk-a-thon

type event as it lends an opportunity for greater onsite involvement and camaraderie—a true overnight party and retreat experience.

Sigma Sigma Carnival

Sigma Sigma is an upper-class men's honorary that selects men based on their contribution to the University of Cincinnati and their congeniality. The annual Sigma Sigma Carnival has been a staple event at the university and serves as an occasion where students, faculty, staff, and alumni all gather on the Commons to celebrate a fulfilling school year and successful Alumni Weekend.

MainStreet Stride

The MainStreet Stride is a campus tradition – a springtime foot parade of Red and Black. Members of the campus community (faculty, staff, administrators, student organizations, and offices) celebrate by dressing in their most creative red-and-black attire to showcase their pride down MainStreet.

Large Campus Programming

Programs and Activities Council (PAC)

The mission of the Programs and Activities Council is to promote and develop community growth by enriching lives through providing programs of various entertainment including film, comedic acts, concerts, speakers, and novelty events, as well as to assist other registered student organizations and university departments to bring programs of special interest to the campus community while offering students the experience to gain valuable event planning and leadership skills and experience

PAC Programs:

- Spring Concert
- Comedians
- Fil Screenings
- Speakers and More!

Programs & Activities Council

673 Steger Student Life Center
Phone: 513-556-6102
www.thisisPAC.com



Find us on Facebook at
UC Programs & Activities Council



Follow us on Twitter at
PACUC



Jeremy Fernandes
"The University of Cincinnati has had great impact on my life to date. I am a firm believer that the opportunities at our university range far beyond the classroom. My experience with my extracurricular involvement has forced me to build an immense amount of intangible skills that I will use far beyond my college career."



Melody McGee
"Paving the way by leading by example, making the difficult decisions, and possessing the humbleness to admit when mistaken."

Student Organizations & Resources

The university serves as a host to over 400 student organizations ranging from academic, political, community service and many more.

More information can be found by logging into Campus LINK at campuslink.uc.edu

Don't see what you are looking for? Petition to start a new organization.

Creating a New Student Organization

To start a new student organization you will need:

- At least 10 current students
- A university faculty or staff member willing to serve as an advisor

Once you have identified those persons, you need to:

- Register your student organization online at <https://campuslink.uc.edu/>
- Submit constitution and bylaws that are consistent with university policies and procedures (a template can be found on the Student Activities and Leadership Development website)
- Roster that includes 10 matriculating students

Once all of the above information is submitted, the Student Activities Board (SAB) will review the application using the criteria listed below:

- Potential conflict with University policies
- Non-duplication of the mission of previously recognized organizations

- The feasibility of funding the organizations' goals or projects
- The clarity of the objectives and goals of the proposed student organization
- Organizational autonomy, the criteria for autonomy is the organization's authority to make local policy decisions (elections, selection of advisor, funding, etc.,) without obligation to a national office or chapter
- The number of current students interested in the organization (minimum standard is 10)

What is the timeline for recognition?

- Approximately 2-3 weeks (depending on what is submitted for review)
- New student organization applications start the second week of the fall semester
- Applications for new student organizations close during the spring semester on February 1

Student Activities Board

For deadlines and more information, contact:
Student Activities Board
513-556-6103 or
sab@mail.uc.edu

2014 PAC Spring Concert



Join an organization and
GET ACTIVE

Academic Student Organizations

Do you wonder how you can get involved within your college or major? It's through academic student organizations! The University of Cincinnati is host to several student organizations that focus on specific areas of study and research.

Academic student organizations provide students with the opportunity to take part in activities that focus on one's major and allows individuals to be involved within their respective college.

Examples include:

- Ambition (Advising Minorities By Transforming Them Into Outstanding Nurses)
- Criminal Justice Society
- Middle Childhood Education Society

Academic Intercollegiate Competition (AIC) Teams

An academic intercollegiate competition team is a registered student organization that exists to promote and develop interest in providing an intellectually stimulating environment representing the university through competition with other colleges and universities.

Examples include:

- BUV Bearcats
- Cataylyst
- HYbrid Bearcats
- Political Science Student Association (PSSA) & Model United Nations Team

Please refer to our Student Resource Section for a complete listing of academic intercollegiate competition teams!

UC Campus LINK

UC Campus LINK is the student organization registration and engagement system.

Learn more about student organizations, campus events, and university offices that match your interests. You can also create and track your UC experience.

Your LINK to student engagement.

UC Campus LINK

campuslink.uc.edu

Join UC Campus LINK at campuslink.uc.edu

Club Sports

What are Club Sports?

A Club Sport is defined as a registered student organization that exists to promote and develop interest in a particular sport or physical activity. The Club Sports Program provides a wide range of instructional, recreational, and competitive athletic opportunities, with an emphasis on student leadership, organization, and team management. The 40+ Club Sports organizations offer a chance to be part of a team, run an organization, and represent University of Cincinnati while competing against and traveling to other universities. Many of our clubs compete at an elite level and contest for National Championships in their sport.

Interested in Joining?

Interested in Joining a Club Sports Organization? Complete the Club Sports Interest Form (located at www.uc.edu/sald/). Either a member from the club or the Program Coordinator of Club Sports will contact you. Several club sports organizations recruit throughout the year and can be found participating in Welcome Weekend Events!

Club Sports offered at UC:

Badminton	Handball	Rugby (W)
Baseball	Ice Hockey	Running
Billiards	Inline Hockey	Shotokan Karate
Bowling	International Dance Team	Soccer (M)
Boxing	Kendo Club	Soccer (W)
Cricket	Lacrosse (M)	Softball
Cross Fitness	Lacrosse (W)	Swim
Cycling	Martial Arts	Table Tennis
Disc Golf	Paintball	Triathlon
Equestrian	Pershing Rifles	Tennis
Fencing	Raquetball	Ultimate Frisbee (M)
Golf	Rowing	Volleyball (M)
Gymnastics	Rugby (M)	Volleyball (W)
		Water Polo
		Waterski
		Wrestling

Club Sports FAQ

Are there costs associated with participating?

Yes. Most organizations charge dues to cover operating expenses for the club. Although clubs do receive funding from the university, the clubs must charge dues and fundraise to offset traveling, equipment, and other costs.

What is the commitment like?

It varies by club. Some clubs are more instructional and simply practice with minimal travel. Other clubs are competitive and travel frequently competing against other club teams during both semesters.

I haven't ever played the sport before. Can I still join?

Yes. Any full-time student attending any of the UC campuses interested in learning about a club is eligible to join. Clubs may limit their travel or game roster.

Campus Recreation Center

Our Campus Recreation Center's mission is to create a welcoming environment that inspires individuals to lead active, healthy lives through play, work, and personal growth.

Services

Open Recreation (e.g., swimming, basketball, weight lifting, cardio, racquetball, etc.), Group Fitness, Specialty Classes, Aquatics Programming and Swim Lessons, Intramural Sports, Climbing, Team Building, Certifications & Workshops, Massage, Nutrition, Personal Training, Pilates Reformer, Pro Shop, Equipment Checkout...and so much more.

Group Fitness & iLearn

More than 80 free group fitness classes are offered each week, from Zumba, yoga/pilates, to strength training for all fitness levels. At affordable rates, iLearn classes offer smaller class sizes and a more progressive workout in a variety of areas including aquatics, climbing, fitness, martial arts, boxing and more.

Free Fitness & Nutrition Programming

It's a movement. It's about offering information and resources you need to make healthy choices. Learn. Grow. Live. Be a part of a healthier university! All programming is free and includes bootcamps, wellness walks through the dining centers, and more!

Intramural Sports

Intramural Sports are a great way to build friendships and school spirit!

The mission of the University of Cincinnati Intramural Sports Program is to:

- Provide students, faculty, and staff with the opportunity to participate in a variety of competitive recreational sports in a fun, safe environment
- Provide quality facilities and equipment
- Promote healthy lifestyles
- Provide social opportunities

A quick listing of the available Intramural Sports Leagues:

- Basketball
- Dodgeball
- Flag Football
- Outdoor Soccer
- Racquetball Singles/Doubles
- Softball
- Tennis Singles/Doubles
- Volleyball



Find us on Facebook at [uccampusrec](#)



Follow us on Twitter at [uccampusrec](#)

Campus Recreation Center

2820 Bearcat Way
Phone: 513-556-0604
www.uc.edu/campusrec.html



Creative & Performing Arts Organizations

Drama, dancing, singing and other performance opportunities await you at the University of Cincinnati. Students can find opportunities to participate in a number of creative and performing arts activities through student organizations.

- Black Arts Collaborative
- Bollyhood
- UC Hoopdance Flowcats
- Umoja Dance Ensemble
- The Theatre Project

Members of creative and performing arts student organizations have sponsored and written plays and coordinated dance recitals as well as concerts. The university is also home to the world renowned College-Conservatory of Music!

UC College-Conservatory of Music

Never been to the opera or the ballet? Never experienced the thrill of live theatre or an orchestral concert? Now's your chance to explore the performing arts! The University of Cincinnati College-Conservatory of Music (CCM) is recognized internationally as one of the leading conservatories for the performing and media arts.

CCM invites you to explore our unparalleled variety of performances and events – nearly 1,000 each year, making us the largest single source of performing arts events in Ohio! Most events are FREE for UC students. Offerings including solo recitals by student, faculty and guest artists; opera, drama, musical theatre, dance, jazz and orchestral performances; film festivals and much more. Visit <http://ccm.uc.edu> for a full list of upcoming events. Follow @UC_CCM on Twitter for more information.

Special Events and Programs

Mainstage Series

UC students receive discounted admission to all of CCM's Broadway-caliber Mainstage Series productions!

CCM's 2014-15 lineup features masterworks of the stage and screen, including Shakespeare's *MACBETH* (Oct. 1 – 5, 2014), an extended run of *LEGALLY BLONDE – THE MUSICAL* (Oct. 23 – Nov. 2, 2014), an operatic adaptation of the Brothers Grimm's *HANSEL AND GRETEL* (Nov. 20 – 23, 2014), the Pulitzer Prize and Tony Award-winning *HEIDI CHRONICLES* (Feb. 11 – 15, 2015), a high-flying production of the timeless musical *PETER PAN* (March 5 – 8, 2015) and Mozart's beloved opera *COSI FAN TUTTE* (April 9 – 12, 2015).

Concert Series

CCM's 2013-14 Concert Series features nearly 50 major performances from our world-renowned ensembles, including the Ariel Quartet, the Philharmonia Orchestra, the Wind Orchestra, the Jazz Ensemble, the Ballet Ensemble, the Chamber Choir and Chorale, the Steel Drum Band, the Classical Guitar Ensemble and much more. Admission to most concerts is free to UC students with a valid ID. For additional information and student ticket prices, call the CCM Box Office at 513-556-4183 or visit ccm.uc.edu.



Cultural and Ethnic Organizations

“The University of Cincinnati embraces diversity and inclusion as core values that empower individuals to transform their lives and achieve their highest potential.”

The university offers to all of its students an environment that is just, inclusive, and diverse through university offices as well as student organizations. By recognizing and using the talents of faculty, staff, and students from various backgrounds and perspectives, the university demonstrates its commitment to diversity.

Take time to emerge yourself into UC’s cultural life. Examples of diversity-related organizations include:

- Black Business Student Association
- Club Hispanos
- Cultural Connections

Programs & Events that support Diversity and Inclusion

Accelerating Racial Justice

The Office of Student Activities & Leadership Development offers the five-day Accelerating Racial Justice intensive for students to build their awareness, knowledge, and skills related to racial justice and inclusive leadership.

Through full participation in the 5-day program, participants:

- Develop relationships with 30+ other Bearcats from all over the university
- Enhance their understanding of racial justice and inclusive leadership
- Build a personal foundation and a supportive community to continue building racial justice

and an inclusive leadership community at UC

Accelerating Racial Justice’s curriculum is based in best practices in the realms of social justice education, intergroup dialogue, and inclusive leadership development.

Taste of India

Taste of India is a showcase of Indian culture, music, dance, handcrafted items, and special cuisine. This free event is hosted by the Association for India’s Development (AID) University of Cincinnati Chapter, as it has been every year since 2003 as a part of WorldFest Week. In the past, UC’s Taste of India has drawn more than 1,000 people.

RAPP (Racial Awareness Program)

The Office of Student Activities & Leadership Development offers the nine-month RAPP intensive for students to challenge, debate, and educate each other on issues of social justice. We explore race, culture, gender, socioeconomic class, sexuality, and other areas of difference through sharing our experiences and building a community of Bearcats committed to creating a more just community and world.

UBSA (United Black Student Association) Red & Black Week

UBSA’s Red & Black Week is a week-long celebration that brings together alumni and current students prior to homecoming weekend activities. The series of events promotes Bearcat pride and cultural awareness.

UC Diversity Conference

The conference is designed to highlight pedagogy, experiential knowledge and innovative practices that encourage faculty, students, staff and Cincinnati community members to build vibrant, diverse and inclusive environments.



Find us on Facebook at [Go-Greek-University-of-Cincinnati](#)



Follow us on Twitter at [GoGreekUofCincy](#)



Fraternity and Sorority Life

The purpose of Fraternity and Sorority Life is leadership development. At the University of Cincinnati, we help students find their niche at a large, urban university. Fraternity/sorority life complements academics, career development, family, and friends. Fraternities/sororities are values-based organizations focused on creating an environment for you to become a better person.

Our community includes:

- 37 nationally-affiliated social fraternities/sororities of the three councils: Interfraternity, Panhellenic, and National Pan-Hellenic Council
- Greek Week
- Future Greek Leaders Program
- 4 Honor societies
- Approximately 2,600 students

Hundreds of men and women graduate from UC each year with a richer experience as a result of Fraternity and Sorority Life. For many students, the fraternity/sorority community is their home away from home. Fraternity and Sorority Life builds lifelong friendships, and instills a sense of pride and commitment to our alma mater.

Fraternity Recruitment: Fraternity and Sorority Life does a Go Greek! Blitz for interested students to learn how to join

the first couple of weeks each semester. Many fraternities recruit year-round, including the summer. Sorority Recruitment: Panhellenic sororities host formal recruitment each fall, when hundreds of women get to meet each sorority.

National Pan-Hellenic Council (historically African-American) fraternities and sororities have new member intake at their discretion. And a few other multicultural and “non-affiliate” fraternities and sororities recruit at their discretion, throughout the year

The New & Rising Leaders and Executive Leadership Conferences provide intentional, engaging, and leadership programming for the entire fraternity/sorority community that brings in nationally-renowned speakers with expertise on topics ranging from personal to professional development, organizational leadership, marketing and personal branding, recruitment, service /philanthropy, and more.

Greek Week raises money for a charitable cause and advances the philanthropic and fraternal spirit at the University of Cincinnati. Step competition, tug-o-wars, a pie-in-the-face and the ever-popular belly-flop competition are just a few of the many programs and events that span Greek Week each spring. Since 2004, Fraternity and Sorority Life has raised nearly \$300,000 through Greek Week competitions.

Would you like to learn more? Please stop by [www.uc.edu/greeklife](#).

Fraternity and Sorority Life
667 Steger Student Life Center

Learn Educate Advocate Develop Empower Research
(LEADER)

Honorary Societies

Honorary student organizations acknowledge students who have achieved excellence through scholarship, leadership, and service. In addition, most of these organizations offer additional opportunities to participate in service initiatives and other programmatic efforts.

A few examples of our honorary societies include:

- Beta Alpha Psi
- Collegiate 100
- Lambda Society
- Lambda Pi Eta
- Men of Metro
- Sigma Phi
- National Society of Collegiate Scholars

For a complete listing of the honorary student organizations, please refer to the student organization directory located in the resource section of the ACTIVUS.



Governance & Tribunal Organizations

Advocacy and support are the hallmark of governance student organizations. Organizations such as Undergraduate Student Government are a voice for all students. Participating in governance organizations is a great gateway to student involvement!

College Tribunals

College Tribunals represent the individual colleges within the university's academic system. Each tribunal falls under the jurisdiction of Student Senate and governs organizations within their colleges.

The following tribunals are active:

- College of Allied Health Sciences Tribunal
- McMicken College of Arts and Sciences Tribunal
- Lindner College of Business Tribunal
- College-Conservatory of Music Tribunal
- College of DAAP Tribunal
- College of Education Criminal Justice and Human Resources (CECH) Tribunal
- College of Engineering and Applied Science Tribunal (CEAS)
- College of Nursing Tribunal
- UC Blue Ash College Tribunal
- UC Clermont College Tribunal

Tribunal meetings are open to all members of the student body. Participation in a tribunal is a valuable opportunity to learn about the latest happenings at your respective college, as well as network with other students and alumni within your academic field. Some tribunals also oversee its college's career fair, community service activities, and other involvement opportunities.

Undergraduate Student Government

The University of Cincinnati Undergraduate Student Government is an organization of community based activists committed to enhancing the college life of students who attend this institution. Student Government is designed to serve a versatile student body which has a broad range of interests. The aims of the undergraduate students are to promote the general welfare of the student body and to provide a governance body for student organizations.

For more information on student government visit: www.uc.edu/sg



Find us on Facebook at [UCStudentGovernment](https://www.facebook.com/UCStudentGovernment)



Follow us on Twitter at [UCStudentGovernment](https://twitter.com/UCStudentGovernment)

Student Government Affiliate Boards

Student Activities Board

The Student Activities Board works cooperatively with the Office of Student Activities & Leadership Development and Student Government. The purpose of the board is to assist with the registration, promotion, and regulation of all student organizations.

Student Safety Board

The purpose of the SSB is to educate and provide safety related programming to all members of the University of Cincinnati community and serve as a resource on safety related issues. If you would like to learn more about our initiatives please stop by the Steger Student Life Center room 655.



Follow us on Twitter at [UCFundingBoard](https://twitter.com/UCFundingBoard)

University Funding Board

The purpose of the University Funding Board (UFB) is to allocate the general fee money to the undergraduate and university organizations who promote interaction and awareness through programs that serve to directly benefit the entire student body. We hold meetings Thursdays at 6:00 PM in the Tangeman Center (TUC), Room 423.

If you have any questions regarding funding, you can reach the University Funding Board by calling the office at 556-1195 or by stopping by our office in 655 Steger Student Life Center.



Follow us on Twitter at [UCFundingBoard](https://twitter.com/UCFundingBoard)

Residence Hall Association

Each residence hall has a hall government body made up of representatives from each floor of the building. Additionally, there is a representative from each hall to serve on the Residence Hall Association (RHA). RHA is the system-wide hall governance body for all of the UC residence halls. Hall government organizations are as follows:

- Calhoun Hall Executive Council (CHEC)
- Campus Rec Center/Dabney Council (CRCDC)
- Daniels Hall Association (DHA)
- Government of Siddall Hall (GOSH)
- Jefferson Advisory Council (JAC)—serving Turner and Schneider

Political & Activists Student Organizations

Political and activist organizations allow students to raise awareness in relation to civic involvement, public policy, and other issues that focus on advocacy. Members of these organizations are able to express not only their opinion but also take part in activities that will stimulate conversation on subjects that are impacting our world today.

The goal of the university is to have a world re-known urban campus energized by the spirit of pluralism. The organizations listed in the column to the right and others like them assist the university in carrying out this initiative.

- GenderBloc
- UC Femonists
- University of Cincinnati's Alliance for Abilities
- Young Americans for Liberty

Looking for more political and activist student organizations? If so, take a look at the Activus student organization directory.

Professional Organizations

If you desire a hands on experience, then you should seek membership in one of our many professional student organizations. Our professional organizations allow students to gain experience in their field of interest. We have organizations that focus on marketing, engineering, social work, public relations, and many, many more! Take some time and find one that will add to your experience. Examples include:

- Alpha Rho Epsilon
- Future Educators Association
- Minority Association of Pre-Medical Students
- UC American Marketing Association (AMA)
- UC Eta Sigma Gamma



Religious Organizations

The role of religion can have a profound effect on one's life in relation to developing your purpose as well as navigating life professionally and personally. The goal of the university is to reflect a community that nurtures independent thinking and the free and open expression of ideas.

Our religious student organizations and religious affiliates includes:

- Binah Women's Organization
- H2O
- Muslim Student Association
- Student Body for Christ
- UU's at UC, Unitarian Universalist Campus Ministry

Campus Ministry Association (CMA)

The CMA is a network of religious organizations that helps members of the UC Community to build relationships with each other. We can connect you with a organization of people who will give you belonging and support.

Member Organizations

Chabad Jewish Center
2718 Digby Avenue
Phone: 513-751-2288
Email: info@chabadatuc.com

Collegiate Ministry
2715 Clifton Avenue
Phone: 513-281-6403
Email: Ken@collegiateministry.com

Cincinnati Hillel
2615 Clifton Avenue
Phone: 513-221-6728
Email: email@hillelcincinnati.org

LCM at the Edge
Lutheran Campus Ministry
at the Edge House
3007 Clifton Avenue
pastor@edge-uc.org

Concordia Campus Ministries
Fellowship and UC Christian Grads
3007 Clifton Avenue
Phone: 859-802-4515
Email: jamie.noyd@gmail.com

St Monica St. George
Parish Newman Center
328 W. McMillan Street
Phone: 513-381-6400
Email: smsgnewman@gmail.com

University Christian Church
245 West McMillan Avenue
Phone: 513-241-2140
Email: anj1027@gmail.com

h2o
ML 0136 - University of Cincinnati
Email: h2@h2ocincinnati.com
Website: www.h2ocincinnati.com/



Still looking for things to do?

UNIVERSITY OF CINCINNATI BUCKET LIST

- Get involved in a UC student organization!
 - Make the Dean's List
 - Learn the UC Fight Song & Alma Mater
- Attend a performance by the African American Cultural and Resource Center Choir
 - Attend a Bearcats athletic event
- See a show at the College-Conservatory of Music
- Attend a service for a faith other than your own
- Read the Student Code of Conduct
- Study Abroad
- Attend a leadership conference
- Attend a graduation ceremony other than your own
- Vote for your Homecoming King and Queen
- Meet with your professors during their designated office hours
- Participate in a community service project
- Work out in the UC Campus Recreation Center
- Wear Bearcats apparel on Fridays
- Attend the Red and Black Bash
- Attend the PAC spring concert
- Participate in Relay for Life
- Participate in a UC intramural sport
- Attend a Senate meeting and a meeting of your college tribunal
 - Play in Nippert Stadium
- Become a tutor and/or peer educator
- Take a professor or dean to lunch
- Purchase a t-shirt from the UC Bookstore
- Visit each of UC's campuses (UC Blue Ash & Clermont College)
- Write an article or editorial for The News Record
- Give blood during a campus blood drive
- Visit the Philip M. Meyers, Jr. Memorial Gallery
- March in the UC Homecoming Parade
- Vote in the Undergraduate Student Government elections
- Explore the archives and rare book collection located in Blegen Library
- Visit the UC Career Development Center
 - Live on campus
 - Visit the UC Women's Center
 - Go to a WorldFest Week event
 - Get lost in DAAP
- Step foot in every building on campus
- Reconnect with someone from your orientation organization
- Participate in fraternity or sorority recruitment
- Ride the Bearcat Transportation System shuttle around campus
- Participate in the planning of a campus-wide event
 - Discover Echo Point
 - Participate in a RAPP intensive
- Take a class just because the topic intrigues you
 - Get a job on campus
 - Attend a doctoral dissertation defense
 - Kiss the Mick & Mack statues
 - Tweet at the President

Red and Black Pride

Trial Advocacy
 UC Forensics Team
 UC American Institute of Chemical Engineers ChemE Car Team
 University of Cincinnati Mock Trial Society
 University of Cincinnati Robotics Team

Red and Black pride rings true at the University of Cincinnati. Current students, faculty, staff, and alumni are proud to represent their pride as true Bearcats. There are several student organizations that play a key role in keeping our campus motivated. Student organizations such as the Student Alumni Council, Rallycats, Bearcats Band, and ROAR Tour Guides continue to keep Red and Black pride high.

Competition (AIC) Club Sports

Badminton Club
 Billiards
 Bowling
 Boxing Club
 Club Baseball
 Club Ice Hockey
 Club Swimming Team
 Club Water Polo Team
 Cricket Club
 Cycling Club
 Equestrian Team
 Fencing Club
 Golf Club
 Gymnastics (Gymcats)
 Handball Club
 International Dance Team-UC
 Kendo Club
 Martial Arts Club
 Men's Club Lacrosse
 Men's Club Soccer
 Men's Club Volleyball
 Men's Ultimate Frisbee Club
 Perishing Rifles
 Racquetball Club
 Rowing Club
 Rugby Football Team
 Running Club

Keep Bearcat pride alive by learning the Alma Mater and Fight Song!

Alma Mater

Music and lyrics by Otto Juettner

O Cincinnati magic name, I proudly to the world proclaim;
 No sweeter word e'er charmed my ear, none to my heart was e'er so dear,
 A fountain of eternal youth, A tower of strength,
 a rock of truth:

Varsity, dear Varsity, thy loyal children we will be,
 Thy loyal, loyal children we will be!

UC Cheer

Cheer Cincinnati, Cincy will win
 Fight to the finish, never give in (Rah, Rah, Rah)
 You do your best boys, we'll do the rest boys,
 Onward to victory! Go Red, Go Black, Go Bearcats! Fight! Fight! Fight!
 (Give me a) B-E-A-R-C-A-T-S Go UC!





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