NUCLEUS students receive:

Undergraduate Research opportunities
Connection to enriching campus resources
Learning space for studying and group work
Enhanced skill development through workshops
Understanding of academic standards and requirements
Support through supplemental advising
What is NUCLEUS?

NUCLEUS is an undergraduate support program open to all College of Arts and Sciences students.

Our Mission

To ensure the academic success, retention, and graduation of College of Arts and Sciences students.

Benefits of Membership

- Access to additional academic support
- Connections to campus resources
- Information about campus opportunities and important deadlines
- Undergraduate research opportunities
**Fun Facts**

- NUCLEUS is free and open to all students enrolled in the College of Arts and Sciences
- There are no required courses or workshops for NUCLEUS participants

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**NUCLEUS Resources**

- One on One Appointments
- Academic Planning Resources
- A quiet study space in Brown Lab 118
Summer Programs

- Summer Research with Fox Chase Cancer Center.
- NUCLEUS STRIDE Program offers a select number of incoming freshman the opportunity to take two Summer courses for free.

Programs NUCLEUS offers

LEAP

The LEAP (Leadership, Engagement, Academics, & Professionalism) Program encourages NUCLEUS students to develop skills in four main areas through participation in campus events/meetings.
Campus Academic Resources
- Office of Academic Enrichment
- University Writing Center
- Mathematical Sciences Tutorial Lab
- Language Proficiency Center
- Office of Disability Support Services
- ISLL Learning Center

These academic resources offer tutoring and other specialized assistance

Campus Study Spaces
- Morris Library
- NUCLEUS office (Brown Lab 118)
- Study Lounges in Residence Halls
- University Student Centers
- Academic Buildings

Printing Stations
- Morris Library
- University Student Centers
- Recitation Hall Rm 203
- Smith Hall Computing Site
- Sharp Lab Physics Library
- Colburn Lab Rm 105
Located at 47 West Delaware Ave.

Located in the Perkins Student Center

Campus Social and Cultural Resources
- Kristol Center for Jewish Life
- LGBT Program
- Center for Black Culture
- Registered Student Organizations
- University Student Centers

Located at 192 South College Ave.

Hillel University of Delaware
Kristol Center for Jewish Life

Proud to be an ally

Center for Black Culture
Student Wellness & Health Promotion
Offers:
- Wellness Education
- Crisis Counseling and Victim Advocacy
- Alcohol and Substance Use counseling and education

Campus Mental Health Resources

Center for Counseling & Student Development
Offers:
- Counseling
- Workshops and programs relating to career and student development
- Psychiatric Services

Located at 231 South College Ave
Located in Perkins Student Center
Lil Bob
(Carpenter Sports Building)

The Lil Bob offers:
- Standard gym equipment
- Recreational and Lap pools
- Basketball and Raquetball/Squash Courts
- Fitness Classes (Including yoga and CrossFit)
  - A Rockwall
  - Indoor Track
  - Intramural & Club Sports

Student Health Services
(Laurel Hall)

Student Health services include:
- A Medical Clinic and Inpatient Services
- An Immunization and Allergy Clinic
  - Dispensary Services
  - Nutrition Services
- Women’s Health Services
- Men’s Health Services

Additional Fitness Locations
- Fred Rust Ice Arena
- Laird Basketball & Tennis courts
- Harrington Fitness Center
- Independence Fitness Center
  AND MORE

Campus Physical Health Resources
In Class

Actively participate and take notes on key topics. Write down questions you may have and listen to what your professor is saying.

Syllabi are a CRUCIAL part of college. Professors use their course syllabus to map out an entire semester for students. These syllabi include deadlines, rubrics, and assignment details that should be referenced throughout the semester.

Stay Organized

Use phone reminders, Google Calendar, and a tangible planner to remember plans, deadlines, and meetings.
Email Formatting

Greeting,
Introduce yourself using your first AND last name and provide any necessary information (i.e. if you are emailing a professor include what course and section you have with them). It may also be beneficial to include your year (freshmen, sophomore, junior, senior) and major(s) and/or minor(s). Immediately after introducing yourself clearly state why you are emailing. Make sure to be concise, clear and professional. Do not use slang or inappropriate language, and always check for spelling and grammatical errors.

Also, never assume that professors will reply to your email right away. Email any questions or concerns within a time frame that allows for dialogue and problem resolution.

Thank you/Best/Respectfully,
Your Name

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Example

To |

Subject Assistance Needed with Homework due 9/12_Richmond,Kailen

Hello Dr. Meluney,
My name is Kailen Richmond, and I am currently enrolled in Academic Success Seminar section 910. I am having trouble understanding the Email Etiquette homework assignment due next week and I would like to schedule a time to meet with you. I am unavailable during your office hours, but am able to meet this Tuesday or Thursday after 12:30. Please let me know if you are able to meet during these hours or if there are other times that better suit your schedule.

Thank you,
Kailen
How to Productively Spend Time in College
NON-ACADEMIC TIPS

Get Involved

Eating Out

- Join at least one club related to your major and one club that isn’t.
- Go to campus events
- Complete the UD Bucket List

Check dining hall menus before deciding to use your Points, Flex, or Cash.

Practice Selfcare

- Eat healthy
- Exercise
- Work and save money
- Make new relationships and maintain old ones
- Get enough sleep

Make UD Home

- Get to know the campus
- Decorate your dorm
- Make new friends
- Stay of campus most weekends