Office of University Life

COLUMBIA UNIVERSITY
Welcome to Columbia University!
The Office of University Life is your hub for University-wide student life information and initiatives.

We also invite you to help shape community citizenship at Columbia through workshops, task forces and working groups with students, faculty and administrators from across the University.

Welcome to University Life!

Get access to campus resources, join lively conversations on pressing issues during Awakening Our Democracy and other forums and pop-up events, or take a break with yoga on the lawns, Wellness Days and StudyBreak@CU.

Learn more and connect with us through the University Life app, website and social media.

You can step up, too, as a leader in the Sexual Respect and Community Citizenship Initiative.

So, please join us. We are excited to see what we can create together.

Suzanne Goldberg
Executive Vice President for University Life
Inclusion and Belonging – Share and spark ideas for creating our community. Through campus conversations, film screenings and discussion with experts, and task forces with students, faculty and staff, we examine disparities and justice issues that affect Columbia and the world around us.

Wellness Days and Study Breaks – Learn more about mental health, practice self-care, support one another, and relax and unwind during Wellness Days @Columbia and StudyBreak@CU. Want a mini-grant for your student group, or a connection to campus resources? University Life offers both. And don’t miss yoga on the lawns in front of Butler Library.

Sexual Respect – Take the Sexual Respect and Community Citizenship Initiative and become a student leader in this university-wide commitment to communicating and acting with integrity for others, rejecting sexual harassment, and working to prevent sexual assault and gender-based misconduct. Learn more at sexualrespect.columbia.edu.

Events All Year – Check out University Life’s lunchtime Awakening Our Democracy series, pop-up forums and more. Watch, learn and get an events schedule at universitylife.columbia.edu/events.

Get Involved – Contribute your voice and ideas to shape university life at Columbia. Sign up and get more information at universitylife.columbia.edu/getinvolved.
Connect with us
universitylife.columbia.edu

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Get the University Life App — search “Columbia University Life” in app stores.