



School of Molecular & Cellular Biology

MCB 245, Fall 2024

Human Anatomy & Physiology Lab I, 2 credit hours

Instructional Office

217B Burrill Hall
407 S. Goodwin Ave.
Urbana, IL 61801

- For course administrative questions please email: mcb245help@life.illinois.edu

Class Meeting Schedule

You will meet in Burrill Hall second floor in your assigned classroom, during your registered section time two days a week for two-hour lab periods each time. Students must attend the laboratory section in which they are currently enrolled and will not be allowed to sit in other sections. Extenuating circumstances will need to be approved by the instructor.

Office Hours: TA's will announce office hours on the first day of class. Office hour schedule will be posted on the course LMS(Learning Management System) within the first week of the semester.

- Labs begin the week of August 26, 2024 and the last day of lab is December 10, 2024.
- Sept. 9, 2024 is the deadline for adding or changing sections (aka 10th day).
- October 18, 2024 is the last day to drop the course using student self-service or elect credit/no credit option.
- Final exams will be held December 13-19 (online zoom proctored), date and time TBD.
- Deadline for any web gradebook corrections is December 11, 2024.

Course Overview and Description

All lab sessions for Fall 2024 will meet two times a week. Asynchronous pre-recorded lecture material is available for students on the course LMS. This is the first lab course which, along with MCB 244, are the first half of the two-semester sequence covering the study of human anatomy and physiology. Over the course of the semester, the curriculum will include examination of prosected cadavers, other human tissues and models, as well as virtual anatomical tutorials and physiology labs designed to give students appreciation and conceptual skills necessary for the physiological processes discussed in MCB 244. Labs may also include dissection of human or mammal organs. Learning objectives for the course are aligned with the Human Anatomy and Physiology Society national standards.

Course Prerequisites, Requirements met

Credit or concurrent enrollment in CHEM 101 and 102 or consent of instructor
MCB 244 should be taken concurrently with this course or completed prior to enrollment in MCB 245.

Student Learning Outcomes

At the end of the course, through assignments, discussions, activities and assessments, students will be able to:

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- Develop a vocabulary of appropriate terminology to effectively communicate information related to anatomy and physiology.
 - Topics covered will include: Latin & Directional Terms, Microscopy, Histology, Osteology, Axial Skeleton, Appendicular Skeleton, Muscle Anatomy, Neuroanatomy, Sensory Systems.
 - Recognize the anatomical structures and explain the physiological functions of body systems.
 - Recognize and explain the principle of homeostasis and the use of feedback loops to control physiological systems in the human body.
 - Apply anatomical knowledge to predict physiological consequences and use knowledge of function to predict the features of anatomical structures.
 - Recognize and explain the interrelationships within and between anatomical and physiological systems of the human body.
 - Synthesize ideas to make a connection between knowledge of anatomy and physiology and real-world situations, including healthy lifestyle decisions and homeostatic imbalances.
 - Demonstrate laboratory procedures used to examine anatomical structures and evaluate physiological functions of each organ system.
 - Interpret graphs of anatomical and physiological data.

Course Text/Materials Information

Can be purchased at local campus bookstores: <https://bookstore.illinois.edu/>

- 1) **Textbook:** Anatomy & Physiology: An Integrative Approach, 4th edition by McKinley, O'Loughlin & Bidle; Day1Access is utilized in this course and you will have access to our text/connect resources through the LMS and charged through your tuition (You do NOT need to buy the text or online code from the bookstore or anywhere else).
- 2) **Lab manual:** Lab Manual for MCB 245 Human Anatomy & Physiology Lab I - Fall 2024 ed.
- 3) **Recommended texts:** Atlas of Human Anatomy, 5th edition; Netter

Course Website, Course Tools

- **Canvas is our course LMS.** Students are expected to log in often to remain consistent with assignments and independent learning tools available.
- Course gradebook is here: <https://apps.atlas.illinois.edu/Gradebook/>

Grading Information and Breakdown

Laboratory Practicals (100pts each): 4 practical examinations will be administered and proctored by your TA during lab time. Lab Practicals are based on student understanding of the learning objectives listed for each unit covered. This will include identification of structures as well as functions of key structures and important physiology concepts. Your TA will go over the results with you during the following class period and your scores will be recorded in the ATLAS gradebook. The top 3 lab practical grades will be counted toward your total score at the end of the semester (you will receive one practical DROP grade). **Due to this drop availability, no make-up practical exams nor prorations will be available. If you must miss a practical exam due to unforeseen emergencies or illness, you will need to use your drop on the 0 that will be received for the miss.**

- Format of practicals: There will be 25 stations set up within the lab. Students will get approximately 1 min. 30 sec. at each station. Each station will be worth 4 points total and there will be a mixture of fill-in, multiple choice, and T/F questions

In-Lab Quiz Questions (5pts each): Pop quizzes will be given at random, top 4 scores earned for the semester will count towards your overall grade. This will allow students to become acquainted with the set-up and question structure of practical exam questions and allow instructors to assess the on-going understanding of the concepts covered. These low-stakes pop-quizzes encourage students to study throughout the units (instead of cramming the night before practical exams).

CONNECT Postlabs Practical Review Quizzes (25pts each): There will be 5 unit review quiz assignments for the entire semester. Questions will be based on both the anatomy and physiology subject material discussed and assigned during these respective lab times. You will have two attempts to take these quizzes before the due date. The BEST score of the two will be transferred to ATLAS gradebook. You are allowed to complete unit review quizzes after the due date at a 10% deduction per day late.

CONNECT Prelabs (15pts each): You will need to complete prelabs each week before lab introducing you to content covered in labs. These will be either CONNECT laboratory simulations, or APR (Anatomy and Physiology Revealed) tutorials/identifications with quiz at the end. All prelabs will allow for unlimited attempts before the due date. Only the BEST recorded grade out of all attempts will be transferred to gradebook. At the end of the semester, your lowest prelab score will be dropped. (We will only count the top 16 scores in your total grade.)

Attendance/Participation/Lab Completion (5pts per day): Attendance and participation in your assigned lab section is mandatory. Points will be deducted for missed attendance or lack of participation and will be assessed through class discussions, group participation, and review question responses. At the end of each lab session, your TA will determine completion of lab tasks assigned. If an excused absence is warranted, please e-mail your TA. You are allowed three excused absences (view student code regarding reasons for excused absences) before points are deducted each day missed.

Group Muscle Project Presentation (40pts): Each lab group will create a presentation or demonstration during the muscle unit which will be presented during lab.

Final Exam (150pts): The final exam will be a multiple-choice, 75 question, proctored comprehensive exam which will be given online during the scheduled final exam times as determined by the campus. Further details regarding this exam will be provided at a later date. This is a closed, summative exam and will not be available for student review after completion.

There will be no available extensions for CONNECT assignments and no extensions given for in-lab pop quizzes. Points recorded for each score type will be available for student review on ATLAS Gradebook, which will be updated with exam scores and online prelab/quiz scores after each practical. To check your scores, sign into <https://apps.atlas.illinois.edu/Gradebook/>. All students are responsible for checking their scores on the Web Gradebook after each practical. Each student is responsible for reporting possible discrepancies to their TA **within one week** of receiving their exam score or uploaded homework scores. Students are encouraged to keep all submission records of online assignments until after final grades are issued.

****All point totals are estimates and may be altered slightly throughout the course of the semester.**

Grade Item	Points Available	Points Earned
Laboratory Practicals (100pts each x 3 top scores; 1 dropped exam)	300	
In-Lab Quiz Questions (5pts x 4 top scores)	20	
CONNECT Postlabs Practical Review Quizzes (25pts each x 5) (10% deduction for each day late)	125	
CONNECT Prelabs (15pts each x 16 top scores; 3 dropped prelabs)	240	
Muscle Memory Presentations	40	
Final Exam (cumulative, multi-choice, zoom proctored online)	150	
Attendance/Participation/Lab Completion (5pts x 25days)	125	
TOTAL	1000	

Percentage Breakdown
 Exams: 47%
 Online Quizzes and Homework: 36.5%
 Lab completion/Participation: 16.5%

MCB 245 Standard Grade Scale

Letter Grade	Point Ranges	Grade Point Value
A+	950-1000	4.000
A	930-949	4.000
A-	900-929	3.667
B+	870-899	3.333
B	830-869	3.000
B-	800-829	2.667
C+	770-799	2.333
C	730-769	2.000
C-	700-729	1.667
D+	670-699	1.333
D	630-669	1.000
D-	600-629	0.667
F	0-599	0.000

*Practicals and Final Exam will not be curved.

**On practicals, points will be deducted for incorrect spelling.

***There will be no “bumping up” of grades once final letter grades have been determined (i.e., 1 point shy of an A- will always earn you a B+). At the end of the semester, if the course grade average is less than 80%, there may be a standard grade scale shift that would be applied to every student.

Course Calendar with Daily Schedule of Topics, Readings and Assignment Due Dates

START	Week	Lab Day 1 (Mon/Tues)	Lab Day 2 (Wed/Thurs)
08/26	1	In Lab: Syllabus/Course Policies Intro. to Anatomy Labs w/ Cadaver Exposure LMS & Connect Registration/Intro to APR (Anatomy & Physiology Revealed)	In Lab: Latin & Directional Terms, Microscope Lab DUE Wednesday morning: <ul style="list-style-type: none"> ○ Prelab: Connect Microscopy-Operation of a Brightfield Microscope
09/02	2	9/2 Labor Day All-campus holiday	In Lab: Histology Labs-Epithelial Tissue DUE Wednesday morning: Prelab: Connect Microscopy-Epithelial Tissue Histology
09/09	3	In Lab: Histology Labs-Connective Tissue DUE Monday morning: Prelab: Connect Microscopy-Connective Tissue Histology	In Lab: Diffusion and Osmosis Lab Histology Review DUE Wednesday morning: <ul style="list-style-type: none"> ○ Prelab: Connect Diffusion-Diffusion Across a Selectively Permeable Membrane
09/16	4	Practical 1 Review: Latin & Directional Terms, Microscopy, Histology (epithelial and connective tissue), Diffusion & Osmosis DUE Monday morning: <ul style="list-style-type: none"> ○ Connect Postlab Practical 1 Review Quiz 	Practical 1: Latin & Directional Terms, Microscopy, Histology, Diffusion & Osmosis
09/23	5	Practical 1 Overview In Lab: Osteology Anatomy Lab Bone histology, Shapes and Generic markings <ul style="list-style-type: none"> ○ Prelab: APR-Bone Histology and Skull 	In Lab: Osteology Anatomy Lab Axial Skeleton: Cranial Bones & Associated Markings DUE Wednesday morning: <ul style="list-style-type: none"> ○
09/30	6	In Lab: Osteology Anatomy Lab Axial Skeleton: Facial Bones & Associated Markings <ul style="list-style-type: none"> ○ Prelab: APR-Axial Skeleton 	In Lab: Osteology Anatomy Lab Axial Skeleton: Vertebral Column & Thoracic Cage
10/07	7	In Lab: Osteology Anatomy Lab Appendicular Skeleton: Pectoral Girdle & Upper Limbs DUE Monday morning: <ul style="list-style-type: none"> ○ Prelab: APR-Appendicular Skeleton 	In Lab: Osteology Anatomy Lab Appendicular Skeleton: Pelvic Girdle & Lower Limbs
10/14	8	Practical 2 Review: Osteology Anatomy Labs DUE Monday morning: <ul style="list-style-type: none"> ○ Connect Postlab Practical 2 Review Quiz 	Practical 2: Osteology Anatomy Labs: Histology, Shapes & Generic Markings, Axial & Appendicular Skeleton

START	Week	Lab Day 1 (Mon/Tues)	Lab Day 2 (Wed/Thurs)
10/21	9	<p>Practical 2 Overview</p> <p>In Lab: Muscle Function Labs: Grip Strength EMG Lab Human Muscle Stimulation Lab Muscle Presentation Assignments</p> <p>DUE Monday morning:</p> <ul style="list-style-type: none"> ○ Prelab: Connect Electromyography-Time to Fatigue ○ Prelab: Connect Skeletal Muscle-Electrical Stimulation 	<p>In Lab: Muscle Anatomy Lab Muscle Histology Head & Neck Muscles</p> <p>DUE Wednesday morning:</p> <ul style="list-style-type: none"> ○ Prelab: Connect Skeletal Muscle-Concept Overview Physiology Interactive
10/28	10	<p>In Lab: Muscle Anatomy Lab Muscles of the Thorax, Abdomen, & Arms Muscles of the Back, Pelvic Girdle, & Legs</p> <p>DUE Monday morning:</p> <ul style="list-style-type: none"> ○ Prelab: APR-Muscle Anatomy 	<p>In Lab: Muscle Memory Presentations</p>
11/04	11	<p>In Lab: Muscle Anatomy Lab Muscles of the Head & Neck Muscles of the Thorax, Abdomen, & Arms Muscles of the Back, Pelvic Girdle, & Legs</p>	<p>In Lab: Muscle Anatomy Lab Muscles of the Head & Neck Muscles of the Thorax, Abdomen, & Arms Muscles of the Back, Pelvic Girdle, & Legs</p>
11/11	12	<p>Practical 3 Review: Muscles</p> <p>DUE Wednesday morning:</p> <ul style="list-style-type: none"> ○ Connect Postlab Practical 3 Review Quiz 	<p>Practical 3: Muscles</p>
11/18	13	<p>Practical 3 Overview</p> <p>In Lab: Neuroanatomy Lab Neurohistology The Brain, Subcortical Structures, Cranial Nerves</p> <ul style="list-style-type: none"> ○ Prelab: APR-Neuroanatomy ○ Prelab: APR-Brain & Eye Dissection 	<p>In Lab: Neuroanatomy Lab – Pig Brain Dissection Spinal Cord & Peripheral Nerves</p> <p>DUE Wednesday morning:</p> <ul style="list-style-type: none"> ○ Prelab: Connect Neuro Sensory Lab Part 1 ○ Prelab: Connect Neuro Sensory Lab Part 2 ○ Prelab: Connect Neuro Sensory Lab Part 3 ○ Prelab: Connect Neuro Sensory Lab Part 4
11/25	14	<p>Nov. 25-Dec 1st FALL BREAK</p>	
12/02	15	<p>In Lab: Sensory Systems Anatomy Human Sensory Functions Lab Pig Eye Dissection</p> <p>DUE Monday morning:</p> <ul style="list-style-type: none"> ○ Prelab: APR-Sensory Systems 	<p>Practical 4 Review: Neuroanatomy, Sensory Systems</p> <p>DUE Wednesday morning:</p> <ul style="list-style-type: none"> ○ Connect Postlab Practical 4 Review Quiz
12/09	16	<p>Practical 4: Neuroanatomy, Sensory Systems</p> <p>Last Day of Labs: Tues, Dec. 10th</p>	<p>Wednesday Office Hours to pick up Practical 4 exams</p> <ul style="list-style-type: none"> ○ Connect Postlab Final Review Quiz <p>12/12 Reading day</p>
Finals week 12/13– 12/19, Final Time TBD			

Course Policies: Unfamiliarity with policies is not a defense for not knowing what they cover.

For non-academic campus assistance and support:

- See Office of Diversity, Equity and Access (ODEA) information at the end of this document.

Student Advocacy Resources:

- For student-centered advocacy programs and services visit:
mcb.illinois.edu/undergrad/advising/resources.

Contacting MCB Course Personnel:

- MCB course personnel are more than happy to assist students.
- Emails to instructors, TAs, or course coordinators will only be answered if they come from an @illinois.edu account. We will only use this account to protect your educational information and profile. As a student, please remember that when you email a staff member, it is important to include all pertinent information so that we can assist you in the most efficient and effective manner possible. This information includes:

Adding the Course after the Semester Starts:

- We understand that the University has an add deadline 10 days into the semester, but the University lets individual courses and/or programs determine their policies for late adds. We feel that students who choose to add a course late do so at their own discretion with the knowledge that there may be points lost in the process.

Religious Observances and Practices:

- Students are required to submit the Request for Accommodation for Religious Observances Form (which can be found at www.odos.illinois.edu/.../Religious_Observance_Accommodation_Request_Form.docx) to their instructors and the Office of the Dean of Students requesting accommodation by the end of the second week of the course. Requests that are not submitted within this time frame may not be granted. Information about accommodation can be found in the Student Code: <http://studentcode.illinois.edu/>.

DRES Accommodations:

- We are committed to providing a learning environment where our students can succeed. If you require special accommodation, please contact us and the Disability Resources and Educational Services (DRES) as soon as possible. To contact DRES, you may visit 1207 S. Oak Street, Champaign, call 217.333.4603, or email disability@illinois.edu. We will try to meet all accommodations once the process has started. Please note that accommodations are not retroactive to the beginning of the semester, but begin the day you contact your professor, instructor or coordinator with a current letter of accommodation from DRES.
- If a student believes that they need DRES accommodations, they should contact DRES at disability@illinois.edu.

Lab Absences:

- Regular class attendance is expected of all students at the University. (http://odos.illinois.edu/studentAssistance/absence/revised_code.asp)
- If you find yourself ill or must miss for any other University approved excused reason (grad school visit, conference, death in family), please email your TA and they will excuse you from that day's attendance/participation for up to 3 misses per semester.

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- Missing more than 3 labs during the semester will result in 5 points deducted for each day. Students are allowed 3 absences for excusable reasons during the semester.
 - TA's are allowed to deduct participation points for late arrival to lab, or early departure, as well as failure to participate or complete assigned tasks during each lab.

Practical Exam Absences:

- If you must miss an exam due to unforeseen circumstances, you are required to contact your instructor or TA within 24 hours of the absence. No make-up practical exams are offered.
- There are 4 total Practical exams for the semester in this lab course, only the top 3 scores will be counted in your overall grade. This means **your lowest score will be dropped. We will not be offering make-up practicals due to this drop availability. Should you find yourself unable to take the practical exam you will receive a 0 as a score and this will be your dropped score at the end of the semester.** There will be no option for proration of these exams due to this dropped-exam policy. It is in students' best interest to take all four practical exams, so your drop is available to you should you need to utilize it due to unforeseen circumstances.
- There will be instances when the student must make an individual choice about their ability to perform on an exam and will need to accept any and all consequences for that choice.
- If the absence is a result of a protracted illness of 3 days or more, you should follow the procedure for obtaining a letter from the Office of the Dean of Students. The request may be made once the student returns to class but not more than 10 business days after the last date of absence.

Final Exam Conflict:

- Conflict final exams may only be granted for reasons listed within: Final Examinations of the *Code of Policies and Regulations Applying to All Students*: www.illinois.edu/admin/manual/code/
- Students that find themselves in any of the above situations should complete the online Conflict Final Exam Request Form which can be found on the course website. This request must be made by 5:00 pm on the last day of class for the request to be granted. Any requests made after this time may not be granted. If a conflict final exam is granted, it may be scheduled at any time during the final examination period and is at the discretion of the instructor or course coordinator.
- Students are required to take the final exam in this course to receive a letter grade. An ABS (absent) will be issued in the course if you miss the final exam. This ABS will result in an F in the course unless action is taken. The Dean can approve the change of the ABS to an Incomplete, which then allows a limited window of time for you to complete the final exam and earn a grade in the course.

Grades:

- Each course has a grade scale. The grade you earn in the course will be based on the points that you earn. We will adhere to the grade scale when assigning grades to avoid capriciousness and to adhere to fairness and equity for all students.

Academic Integrity:

- The Code of Policies and Regulations Applying to All Students will be applied in all instances of academic misconduct committed by students. This applies to all exams, presentations, assignments and materials distributed or used in this course. You can review these policies at the following website: <http://admin.illinois.edu/policy/code/index.html> and specifically here: <http://studentcode.illinois.edu/article1/part4/1-401/>

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- Science cannot exist without honesty. The faculty and staff in MCB require students, as scientists-in-the-making, to hold the highest standards of scientific and academic conduct. Any form of cheating on any graded work in courses is unacceptable.
 - We require that all graded work be entirely your own, and that anything you write using the words of other writers be correctly attributed. Some specific points follow.
 - On exams, the answers that your turn in for grading must be your own, formulated during the exam from your own understanding of the material and without any supporting information, be it written, verbal or electronic. Copying the work of another student, or allowing another to copy your work, or copying work from any other source, is unacceptable. Since we cannot always monitor you as you complete your work, we must rely upon the appearance of your work from which to judge. If the work you submit resembles that of another student or another source too closely, we may conclude that it was not your original work. Always make a conscious effort to complete your work on your own and to protect it from the view of others, in order to ensure that it will be seen as your own. Failure to adhere to these standards for any portion of an exam may result in a grade of zero for the entire exam or quiz for all persons involved.
 - Texting, or the use of a cell phone or any other device for any purpose, during a quiz or exam is prohibited. Doing so may earn you a zero or a more extreme penalty on the quiz or exam at the discretion of the instructor.
 - Use of any social or electronic media to share information, request information or make confidential information public is prohibited. Any use of this type may earn you a zero on the exam or a more extreme penalty at the discretion of the instructor.
 - On written or electronic assignments, the answers that you turn in for grading must be written in your own words, formulated from your own understanding of the material. While you may be working with other students in the course, you must formulate and submit your own answers. Copying or paraphrasing the work of another student, or allowing another to copy or paraphrase your work, is unacceptable. Since we cannot monitor you as you complete your work, we have only the appearance of your work from which to judge. If the work you submit resembles that of another student too closely, we may conclude that it was not your original work. Always make a conscious effort to complete your work on your own and to protect it from the view of others, in order to ensure that it will be seen as your own. You must also make a conscious effort to protect your passwords and accounts. Failure to adhere to these standards may result in a grade of zero for the entire assignment for all persons involved.
 - On written or electronic assignments, if you use a statement taken directly from any book or other publication, including the course textbook, you must provide a citation. That is, you must put the text in quotes and put the author of the publication in parentheses after the quotation. Failure to do so will result in zero credit for that answer. Further, using only the words of another author as your entire answer or as the majority of your answer to any question is never sufficient to earn credit. If the majority of your work has been taken directly from a publication, you are likely to receive no credit for the work, since you would not be demonstrating knowledge beyond the ability to copy. Even if you quote another, your answer must be substantially your own words, drawn from your own understanding of the material.

Electronic Media/Device Use:

- Use of any social or electronic media to share course information, request course information or make confidential course information public is prohibited. Any use of this type may earn you a zero on an assignment or exam or a more extreme penalty at the discretion of the instructor.

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- Any violation of the social media policy **on your account** may result in a zero on an assignment or exam or a more extreme penalty at the discretion of the instructor.
 - Any social media sites created in relation to MCB courses must grant access to course personnel upon request. Failure to provide access will result in a failing grade in the course for the group/site's administrator(s).
 - No electronic devices, including smart watches, are allowed at exams.
 - No phones or personal laptops/tablets are allowed out during scheduled lab times unless specifically requested for use by the TA. Computers may be used in labs during office hours but must be kept 15 feet away from cadavers or human tissue models at all times.

Course Material:

- Any material recorded is intellectual and copyrighted property of the University of Illinois Board of Trustees and may be made for personal use only.
- Video recordings of any kind are strictly prohibited.
- Posting of audio recordings or transcriptions on social or electronic media platforms is strictly prohibited.
- Posting or redistributing of course material in any format is strictly prohibited.

University Information of Student Safety - Active Threats:

- **General Emergency Response Recommendations** ([Emergency Response Guide](#)):
- Security Threat. The Department of Homeland Security and the University of Illinois at Urbana-Champaign Office of Campus Emergency Planning recommend the following three responses to any emergency on campus: **RUN > HIDE > FIGHT**

- **Only follow these actions if safe to do so.** When in doubt, follow your instincts - you are your best advocate!

- **RUN** – Action taken to leave an area for personal safety.
 - Take the time to learn the different ways to leave your building **before** there is an emergency.
 - Evacuations are mandatory for fire alarms and when directed by authorities! No exceptions!
 - Evacuate immediately. Pull manual fire alarm to prompt a response for others to evacuate.
 - Take critical personal items only (keys, purse, and outerwear) and close doors behind you.
 - Assist those who need help, but carefully consider whether you may put yourself at risk.
 - Look for **Exit** signs indicating potential egress/escape routes.
 - If you are not able to evacuate, go to an Area of Rescue Assistance, as indicated on the front page of this plan.
 - Evacuate to Evacuation Assembly Area, as indicated on front page of this plan.
 - Remain at Evacuation Assembly Area until additional instructions are given.
 - Alert authorities to those who may need assistance.
 - Do not re-enter building until informed by emergency response personnel that it is safe to return.
 - Active Threat: IF it is safe to do so, run out of the building. Get as far away as possible. Do NOT go to the Evacuation Assembly Area.

- **HIDE** – Action taken to seek immediate shelter indoors when emergency conditions do not warrant or allow evacuation.
 - Severe Weather:
 - If you are outside, proceed to the nearest protective building.
 - If sheltering-in-place due to severe weather, proceed to the identified Storm Refuge Area or to the lowest, most interior area of the building away from windows or hazardous equipment or materials.
 - Active Threat:
 - Lock or barricade your area.
 - Get to a place where the threat cannot see you.
 - Place cell phones on silent.
 - Do not make any noise.
 - Do not come out until you receive an Illini-Alert advising you it is safe.
- **FIGHT** – Action taken as a last resort to increase your odds of survival.
 - Active Threat: If you cannot run away safely or hide, be prepared to fight with anything available to increase your odds for survival.

Student Resources/Where to go for Help:

We Care at Illinois

- For sexual misconduct support, response and prevention visit: wecare.illinois.edu

Title IX makes it clear that violence and harassment based on sex and gender are Civil Rights offenses subject to the same kinds of accountability and the same kinds of support applied to offenses against other protected categories such as race, national origin, etc. If you or someone you know has been harassed or assaulted, you can find the appropriate resources here:
http://oiir.illinois.edu/sites/prod/files/SexualMisconduct_ResourceGuide.pdf

Safety and Emergency

University Police Department, Emergency, 9-911; Non-emergency, 217-333-8911

University Fire Department Emergency, 9-911

Crisis Line, 217-359-4141

Emergency Dean, 300 Turner Student Services Bldg., 610 E. John St., 217-333-0050

Counseling Center, 110 Student Services Bldg., 610 E. John St., 217-333-3704

McKinley Health Center, General Information, 217-333-2701

McKinley Mental Health Center, 1109 S. Lincoln, 217-333-2705

Dean of Students, 300 Turner Students Services Bldg, 610 E. John St., 217-333-0050

Local Sexual Assault Center, RACES, 217-384-4444

Women’s Resources Center, 703 South Wright Street, 2nd Floor, 217-333-3137

Rape Crisis 24-hour Hotline, 217-384-4444

Suicide & Psychological Emergency, Suicide Prevention Team, 217-333-3704

SafeRides (free nighttime campus ride program), 217-265-RIDE (265-7433)

SafeWalks (free walking escort service by Student Patrol), 217-333-1216

Student Services and Advocacy

Office of the Dean of Students, 300 Student Services Bldg., 610 E. John St., 217-333-0050

Student Assistance Request Form, <https://www.life.illinois.edu/mcb/245/course/forms.html>

Classroom Support, Teaching Skills, and Instructional Strategies

Center for Innovation in Teaching & Learning, 249 Armory Building, 217-333-1462

Counseling Services

Counseling Center, 110 Student Services Bldg., 610 E. John St., 217-333-3704

McKinley Mental Health Center, 1109 S. Lincoln Ave., 217-333-2701

Psychological Services Center, 3rd Floor, 505 E. Green St., 217-333-0041

Disability Services

Disability Resources and Educational Services (DRES), 1207 S. Oak St., 217-333-1970

Lesbian, Gay, Bisexual, Transgender Resource Center

LGTB Resource Center, 323 Illini Union, 1401 W. Green St., 217-244-8863

Veterans Services

Veteran Student Support Services, Office of the Dean of Students, 610 E. John St., 217-333-0050

Center for Wounded Veterans in Higher Education, 908 W. Nevada St., 217-300-3515

General Study Skills Assistance

Office of Minority Student Affairs, 130 Student Services Bldg., 610 E. John St., 217-333-0054

Office of Minority Student Affairs Tutoring Services, 701 S. Gregory Dr., Suite 1, 217-333-7547

Writer's Workshop, 251 Undergraduate Library, 1402 W. Gregory Dr., 217-333-8796

**Additional academic assistance may be available through individual departments

Health Resources

Health Education, McKinley Health Center, 1109 S. Lincoln Ave., 217-333-2701

Alcohol & Other Drug Office, 2nd Floor Counseling Center, 610 E. John St., 217-333-7557

Sexual Health Educator, McKinley Health Center, 1109 S. Lincoln Ave., 217-333-2714

Dial-A-Nurse, McKinley Health Center (24-hour), 1109 S. Lincoln Ave., 217-333-2700

Health Resource Center, McKinley Health Center, 1109 S. Lincoln Ave., 217-333-6000

Health Resource Center, Room 40 Illini Union, 1401 W. Green St., 217-244-5994

McKinley Health Center, General Information, 1109 S. Lincoln Ave., 217-333-2701

Sexual Harassment/Assault & Acts of Intolerance/Hate Crimes

Office of the Dean of Students, 300 Students Services Bldg., 610 E. John St., 217-333-0050

The Office of Diversity, Equity and Access (ODEA):

- For non-academic support visit: diversity.illinois.edu
 - Discrimination & Harassment Prevention
 - Title IX
 - Accessibility & Accommodations
 - Inclusive Illinois

SYLLABUS NOTES

TA name:

TA email:

Section letter:

Lab Table Members: