



School of Molecular & Cellular Biology

MCB 461, Fall 2024

Cell & Molecular Neuroscience, Course Credit Hours (3)

Instructor/Instructional Team

Dr. Hee Jung Chung

427A Burrill Hall

217-244-6839

chunghj@illinois.edu

Class Meeting Schedule

Classes (in person): 02:00 - 02:50 PM, MWF

Where: **0035** Campus Instructional Facility

1405 W Springfield Ave. Cross street is S. Wright St)

Office Hours with Prof. Chung (by Zoom), 02:30 - 03:30 PM, Thursdays

<https://illinois.zoom.us/j/87436499534?pwd=PHGnILOPERbY6JkNfSk4CCzenYILRh.1>

Meeting ID: 874 3649 9534

Password: 942551

Office Hours with the TA. Hayden Noblet (by Zoom), 10 - 11 AM, Fridays

<https://illinois.zoom.us/j/83975717363?pwd=0aX3mpxmyCwipc7aCbp4HbLHXEbN5.1>

Meeting ID: 839 7571 7363

Password: 573876

Course Overview and Description

MCB461 (NEUR461) is an in-depth foundation neuroscience course for undergraduate and graduate students. It covers up-to-date cellular and molecular neurobiology (including basic principles of neuronal function, signaling, development, and plasticity) that underlies cognition and behavior. In addition, known or postulated molecular mechanisms of neurologic and neuropsychiatric diseases are heavily explored through reading and actively discussions of classic and recent scientific literature.

The lectures are grouped into 4 central topics:

Topic 1: Neurons and Glia, Membrane and Action Potential

Topic 2: Neurotransmitters and Synaptic Transmission

Topic 3: Nervous System Development – Molecular View

Topic 4: Neural Plasticity, Behavior, and Cognition

Course Prerequisites, Requirements met (general education, major, minor)

Prerequisite: MCB 252, MCB 250 or equivalent, or consent of instructor.

Student Learning Outcomes (a list of at least 3)

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

- Understand the principles of neuronal function, signaling, and development.
- Gain in-depth knowledge on neural plasticity that underlies cognition and behavior
- Learn how to read and critically evaluate the scientific literature related to neurologic and neuropsychiatric diseases that stem from the dysregulation of cellular and molecular neurobiology.
- Apply the knowledge cellular and molecular neurobiology to analyze and solve problems.

Course Text/Materials Information (both required and recommended)

Course Text

Required Textbook: "Fundamental Neuroscience" 4th Ed (2014)
by Squire LR, et.al. Academic Press Publishers.
<https://www.sciencedirect.com/book/9780123858702/fundamental-neuroscience>

Recommended Textbook: "Neuroscience, Exploring the Brain", 4th Ed (2016)
by Bear MF, et.al. Lippincott Williams & Wilkins Publishers.

*Both books are available online or the Illini Union Bookstore (IUB), Funk ACES Library

Course Materials iClicker (needed for obtaining bonus points)

Course Website, Course Tools (Canvas, Moodle, LON-CAPA, Zoom, etc.)

General Course Website: <https://app.mcb.illinois.edu/courses/detail/184>
Course Tool (Canvas): <https://canvas.illinois.edu/>
course syllabus, lecture & exam schedule, lecture notes,
assignments, problem sets, and latest announcements.

Grading Information and Breakdown

Assessment Types and Numbers

4 exams (1 exam per Topic: 3 in-class exams and a non-comprehensive final exam).
4 Assignments (Read the assigned scientific literature and write answers to 10 questions)
4 Problem sets (10 questions per Topic: Submit the answers by a designated deadline).

Point Allocation and Total of 1000 points

Exam I on Topic 1	150	
Exam II on Topic 2	150	
Exam III on Topic 3	150	
Final Exam on Topic 4	150	
4 Problem sets (10 questions per Topic)	200	
4 Reading/Writing Assignments	200	
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Total	1000	points

Bonus (extra) points

In-class iClicker participation points 1 point per lecture (except exams)
ICES evaluation participation points 5 points
(If the instructor gets >75% of the class response, then everyone will get 5 bonus points)

Grade Scale

MCB461 follows the University's Standard Grade Scale as shown below.

Letter Grade	Point Ranges	Grade Point Value
A+	1000–920	4.000
A	919-883	4.000
A-	882-850	3.667
B+	849-817	3.333
B	816-783	3.000
B-	782-750	2.667
C+	749-717	2.333
C	716-683	2.000
C-	682-650	1.667
D+	649-617	1.333
D	616-583	1.000
D-	582-550	0.667
F	549–0	0.000

Course Calendar with Topics, Readings and Assignment Due Dates

Reading Assignment due 2 pm						
Date	Day	Lecture Topic	Fundamental Neuroscience 4 th ed	Neuroscience: Exploring the Brain 4 th ed	Assigned Paper	students with the last name
Topic 1: Neurons and Glia, Membrane and Action Potential						
Aug 26	Mon	Overview	Chap 1-2			
Aug 28	Wed	Cellular Organization of Nervous System	Chap 3	Chapter 2		
Aug 30	Fri	Subcellular Organization of Nervous System	Chap 4	Chapter 2		
Sept 2	Mon	Labor Day (No Class)				
Sept 4	Wed	Dementia and Tauopathy			Clavonova 2013	A-K
Sept 6	Fri	Resting Membrane Potential	Chap 5	Chapter 3		
Sept 9	Mon	Action Potentials (Ionic Basis)	Chap 5	Chapter 4		
Sept 11	Wed	Action Potentials (Modulation)	Chap 5	Chapter 4		
Sept 13	Fri	Epileptic Encephalopathy			Simkin, 2021	L-Z
Sept 16	Mon	Review of Topic 1 (Problem sets due 2 pm)				
Sept 18	Wed	Exam I (Topic 1 Only)				
Topic 2: Neurotransmitters and Synaptic Transmission						
Sept 20	Fri	Principle of Synaptic Transmission	Chap 6	Chap 5		
Sept 23	Mon	Neurotransmitter (Synthesis & Storage)	Chap 6	Chap 5-6		
Sept 25	Wed	Neurotransmitter (Release and Retrieval)	Chap 7	Chap 5		
Sept 27	Fri	Re-engineering Botulinum toxin (Botox)			Blum, 2021	A-K
Sept 30	Mon	Neurotransmitter Receptors	Chap 8	Chap 6		
Oct 2	Wed	Postsynaptic Potentials	Chap 10	Chap 5-6		
Oct 4	Fri	Intracellular Signaling	Chap 9	Chap 6		
Oct 7	Mon	Synaptic Integration	Chap 10	Chap 5		
Oct 9	Wed	Endocannabinoids & Marijuana			Morgan, 2014	L-Z
Oct 11	Fri	Review of Topic 2 (Problem sets due 2 pm)				
Oct 14	Mon	Exam II (Topic 2 Only)				
Topic 3: Nervous System Development – Molecular View						
Oct 16	Wed	Neurogenesis and Differentiation	Chap 14-15	Chap 23		
Oct 18	Fri	Growth Cones and Axon Pathfinding	Chap 16	Chap 23		
Oct 21 (NIH)	Mon	Dendrite Development (recorded lecture)	Chap 20	Chap 23		
Oct 23 (NIH)	Wed	Honors Student Presentation (TA will host)				
Oct 25	Fri	Programmed Cell Death & Neurotrophic Factor	Chap 18	Chap 23		
Oct 28	Mon	Axon outgrowth in Cerebral Organoids			Clavonova 2019	A-K
Oct 30	Wed	Synapse Formation	Chap 17	Chap 23		
Nov 1	Fri	Synapse Elimination	Chap 19			
Nov 4	Mon	Synapse pruning deficits in Autism			Tang 2014	L-Z
Nov 6	Wed	Review of Topic 3 (Problem sets due 2 pm)				
Nov 8	Fri	Exam III (Topic 3 Only)				
Topic 4: Neural Plasticity, Behavior, and Cognition						
Nov 11	Mon	Neural Plasticity: Overview	Chap 21	Chap 23		
Nov 13	Wed	Learning and Memory (Invertebrate System)	Chap 47	Chap 24-25		
Nov 15	Fri	Learning and Memory (Vertebrate System-1)	Chap 47-48	Chap 23, 25		
Nov 18	Mon	Learning and Memory (Vertebrate System-2)	Chap 47-48	Chap 23, 25		
Nov 20	Wed	Dementia & abnormal synaptic plasticity			Shankar, 2008	A-K
Nov 22	Fri	Diffuse Modulatory Systems of the Brain	Chap 41	Chap 24		
Nov 25-29	M-F	Thanksgiving break				
Dec 2	Mon	Plasticity in Diffuse Modulatory System	Chap 41	Chap 24		
Dec 4	Wed	Opiate Addiction			Zhu, 2016	L-Z
Dec 6 (AES)	Fri	Honors Student Presentation (TA will host)				
Dec 9 (AES)	Mon	Review of Topic 4 (Problem sets due 2 pm)	(recorded lecture)			
Dec 11	Wed	Final Exam (Topic 4 only)				

Course Policies (should address the following topics; see below for sample policies)

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- Unfamiliarity with policies is not a defense for not knowing what they cover.
 - Contacting Personnel

Instructor: Dr. Hee Jung Chung

Office: 427A Burrill Hall
Office phone: 217-244-6839
chunghj@illinois.edu

Course Coordinator: Alejandra Stenger

Office: 127 Burrill Hall
Office phone: 217-244-7241
astenger@illinois.edu

TA: Hayden Noblet

hnoblet2@illinois.edu

Emails to the instructor, TA, or course coordinator will only be answered if they come from an @illinois.edu account, in order to protect the student's educational information and profile.

In the email, students should include all pertinent information related to MCB461, which will help us respond quickly and efficiently to your concerns:

- The course rubric and purpose of the email in the subject line
- Your full first and last name
- Your NetID (the first part of your illinois.edu email account)
- Your UIN (9 digit number that can be found on your ICard)
- Your section letter/number
- The previous email "thread" or previous communicated information pertinent to the situation

- Religious Observances and Practices

Students are required to submit the "Religious Observances Absence Letter Request Form" to their instructors and the Office of the Dean of Students requesting accommodation at least 2 weeks in advance of the absence. Requests that are not submitted within this time frame may not be granted. We recommend that students examine each syllabus at the beginning of the semester for potential conflicts, notify the instructor/professor as soon as possible. The form can be found at <https://odos.illinois.edu/resources/students/religious-observances>.

Information about accommodations can be found in the Student Code:
<http://studentcode.illinois.edu/>.

The iclicker bonus point for the missing day (s) for religious observances and practices will be credited to the student who has submitted the form and has a documented excuse approved by the Dean of Students.

- Disability Resources and Educational Services (DRES) Accommodations

MCB461/NEUR461 is committed to providing a learning environment where our students can succeed. If a student believes that they need DRES accommodations, he/she should contact Disability Resources and Educational Services (DRES) as soon as possible.

DRES
1207 S. Oak Street, Champaign,
217.333.4603
disability@illinois.edu.

MCB461/NEUR461 will try to meet all accommodations once the DRES process has started. Accommodations are not retroactive to the beginning of the semester, but rather begin the day a

student contacts the instructor or course coordinator with a current letter of accommodation from DRES.

- **Class Absences**

(i) Regular class attendance is expected of all students at the University.

Please see <https://studentcode.illinois.edu>

(ii) The Office of the Dean of Students will only provide informative letters to instructors for protracted illness of 3 or more days, certain emergencies and to be present during the serious illness of immediate family members (parents, legal guardian, spouse/partner, siblings, children, or grandparents). These letters do not excuse you from class but merely provide information for the instructor to consider with regard to excusing the absence and permitting make-up work. Students must request absence letters from the Office of the Dean of Students after the student has returned to class but not more than 10 business days after the last date of absence.

(iii) Absences that may be excused without a letter from the Office of the Dean of Students include:

- Circumstances beyond the student's control such as sudden illness medical treatment, surgery related to prolonged illness or injury, pregnancy, legal matters, citizenship or naturalization processes, or acts of nature which cause destruction to a primary residence or disrupt air travel. All will require documentation.
- A conference or job, graduate or professional school interviews, though a best effort should be made to schedule these events to minimize class attendance disruption.

*** The student should also fill out an online "MCB 461 absence report form" which are available at MCB461 Course website and e-mail the instructor with written evidence of a documented excuse for the above circumstances.

For example, if a student is ill, he/she must submit confirmation of a visit with a medical practitioner within 24 hours of his/her absence. The confirmation cannot be provided by a relative, even if the relative is a practitioner.

***Absences planned for the items listed in previous bullet point must be communicated to your instructor or course coordinator at least 2 weeks in advance of the absence. Failure to do so may result in the loss of opportunity to reschedule the missed class period and the portion of the grade associated with this class period.

(iv) Absences that will NOT be excused include family events such as reunions or weddings, or presence during serious illness of extended family members (aunt, uncle, niece, nephew, or cousin).

(v) Unplanned absences may result in the loss of opportunity to reschedule the missed class period and, therefore, the portion of the grade associated with this class period.

(vi) Attendance may be recorded for the first week of class using a sign-up sheet so that everyone gets a chance to properly register for their iclickers.

(vii) The iclicker bonus point for the missing day (s) will be credited to the student with proper documentation (i.e. written evidence of a documented excuse, the letter from the Dean of Students, official medical physician' notes, etc).

- **Exam Absences**

Participation in all four exams is mandatory.

If you must miss an exam due to unforeseen circumstances, you are required to contact your instructor or course coordinator within 24 hours of the absence. You will then have 48 hours from the absence in which to submit documentation to your instructor or course coordinator. You must also submit an online Absence Form. Course personnel will evaluate documentation and decide whether or not there will be an option to compensate for the missed exam through either a make-up exam or proration. Failure to follow this procedure will result in a zero for the exam.

If you find yourself ill, you must submit confirmation of a visit with a medical practitioner within 24 hours of your absence. The confirmation cannot be provided by a relative, even if the relative is a practitioner.

If you must miss an exam for a conference or job, graduate or professional school interviews, the exam may be prorated. A best effort should be made to schedule these events around exams. You will need to be mindful that only one exam may be prorated in a semester for any and all absences. All will require documentation.

ONLY ONE missing exam can be prorated for an unexpected absence. For anticipated absence, the students should arrange with the instructor to take the conflict exam **BEFORE** the regular exam date and time.

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, 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.

- **Exam Conflicts**

If a student has a regularly scheduled University course that conflicts with the exam, he/she should complete the online "Conflict Exam Request Form" on the course website and e-mail the instructor with written evidence of a documented excuse for the above circumstances. This request must be made by 5:00 pm at least 5 business days prior to the exam. Requests made after 5:00 pm and less than 5 business days prior to the exam will not be granted. See course policies for a specific deadline for his/her course.

Work schedules should be adjusted, if at all possible, in order to eliminate a conflict with scheduled exams. A student should plan accordingly at the beginning of the semester. If eliminating a conflict is not possible, the student should complete the online "Conflict Exam Request Form" on the course website. This request must be made by 5:00 pm not less than 3 business days prior to the exam. Requests made after 5:00 pm and less than 3 business days prior to the exam will not be granted.

Students that are formally participating in officially recognized groups, such as athletic teams and performing groups, with a conflict should request a conflict exam by 5:00 pm not less than 5 days prior to the exam via the online "Conflict Request Form". Formal participation does not include general meetings of RSOs or any other recognized groups. Documentation of the event will be required prior to scheduling the conflict exam. Requests made after 5:00 pm and less than 5 business days prior to the exam will not be granted.

Students with DRES accommodations should also submit the online "Conflict Request Form" by 5:00 pm no later than 5 business days prior to the exam. Requests made after 5:00 pm and less than 5 business days prior to the exam will not be granted.

Conflict (i.e. makeup) exams will be given to individuals who have a documented excuse or written evidence, or letter approved by the Dean of the Students.

Conflict exams can only be taken **BEFORE** the regular exam date and time.

- **Final Exam Absence**

Participation in the final exam is required.

If a student must miss a final exam due to unforeseen circumstances, he/she are required to contact your instructor or course coordinator within 24 hours of the absence. The student must also contact the Dean of your college. Finally, you must submit an online Absence Form if one is available on your course website. **The student will receive an ABS (absent) 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 the student to complete the final exam and earn a grade in the course.

There will be instances when the students 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, the student should follow the procedure for obtaining a letter from the Office of the Dean of Students. The request may be made once the student recovers but not more than 10 business days after the date of absence.

Information about final exams can be found in the Student Code: <http://studentcode.illinois.edu/>. If a student "anticipated" circumstance that causes an absence from the exam, the student should contact the Office of the Dean of Students to obtain a documented excuse approved by the Dean of Students, and contact the instructor for scheduling a conflict final exam taken BEFORE the regular final exam date and time.

If a student misses the final exam due to a sudden (unexpected) and extreme illness or urgent unforeseen circumstance, the student should provide the proof of illness and/or written evidence of a documented excuse approved by the Dean of Students, fill out an online "MCB 461 absence report form", and contact the instructor. Decision to provide the conflict exam LATER than the actual final exam date will be based on the written proof and consultation with the MCB undergraduate curriculum office.

- **Final Exam Conflict**

Conflict final exams may only be granted for any one of the following situations:

- Students with three final exams scheduled within a 24-hour period as defined in Section 82.A.4). Final Examinations of the *Code of Policies and Regulations Applying to All Students* which can be found at: <https://studentcode.illinois.edu>
- Students who have two final exams scheduled at the same time. Final conflict exam requests should be made to the course with larger enrollment. Course personnel can assist with information to determine which course this would be.
- Students who have a verified personal problem, and who have received written permission to take a conflict final exam from a dean in their college.
- Students who have DRES academic accommodations.

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 in order 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.

- **Grades**

The grade the students earn in the course will be based on the points that they earn. Effort is reflected in points earned. MCB 461/NEUR 461 will adhere to the grade scale when assigning grades in order to avoid capriciousness and to adhere to fairness and equity for all students.

Concerns over grading and iclicker points should be addressed to the instructor or the TA. The deadline for grade corrections on all items is one week after corrected items are returned or grades are received.

- **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. The students can review these policies at the following website: <http://studentcode.illinois.edu/article1/part4/1-401/>

Science cannot exist without honesty. The faculty and staff in MCB 461/NEUR 461 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 of students be entirely their own, and that anything they write using the words of other writers be correctly attributed. Some specific points follow.

On exams, the answers that the students turn in for grading must be their own, formulated during the exam from their 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 their work, or copying work from any other source, is unacceptable.

Students, please read below

(i) On the exams, the answers that you turn in must be written in your own words and formulated from your own understanding of the material. Since we cannot always monitor you as you complete your work, we must rely upon appearance of your work from which to judge. If the answer 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. Failure to adhere to these standards for any portion of an exam may result in a grade of zero for the entire exam for all persons involved.

(ii) 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.

(iii) 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.

(iv) 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. This resemblance can also occur if the students use ChatGPT on their reading assignment. **Therefore, the use of ChatGPT is strongly discouraged.** 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 (reading and writing assignments) for all persons involved.**

(v) 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 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.

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 MCB461/NEUR461 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.

- **Course Material**

Students are welcome and encouraged to make audio recordings of course lectures.

The material recorded is intellectual and copyrighted property of the University of Illinois Board of Trustees and may be made for personal use only. **Therefore, the following actions are strictly prohibited:** 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. Any violation may result in a zero on an assignment or exam or a more extreme penalty at the discretion of the instructor.

- **Other Policy**

1. Food is not allowed in the lecture hall. Smoking is not allowed in the lecture hall and building.
2. The instructor and the TA of MCB 461 are in charge of the orderly conduct of discussions and may exclude a student who does not comply with a reasonable request in this regard.

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3. All students are assumed to have read and understood “the Code of Policies and Regulations Applying to All Students, University of Illinois”, and will be expected to act accordingly. The Code is available online at: <http://studentcode.illinois.edu/>
 4. Excused class time compensating for unforeseen school closure (i.e. snow storms) is provided by cancellation of review sessions.
 5. The faculty and the TA of MCB 461 are NOT responsible for any student's personal belongings during examinations or class periods.

Student Resources and 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

mcb.illinois.edu/undergrad/advising/resources.

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

Run > Hide > Fight

Emergencies can happen anywhere and at any time. It is important that we take a minute to prepare for a situation in which our safety or even our lives could depend on our ability to react quickly. When we're faced with almost any kind of emergency – like severe weather or if someone is trying to hurt you – we have three options: Run, hide or fight.



Run

Leaving the area quickly is the best option if it is safe to do so.

- ▶ Take time now to learn the different ways to leave your building.
- ▶ Leave personal items behind.
- ▶ Assist those who need help, but consider whether doing so puts yourself at risk.
- ▶ Alert authorities of the emergency when it is safe to do so.



Hide

When you can't or don't want to run, take shelter indoors.

- ▶ Take time now to learn different ways to seek shelter in your building.
- ▶ If severe weather is imminent, go to the nearest indoor storm refuge area.
- ▶ If someone is trying to hurt you and you can't evacuate, get to a place where you can't be seen, lock or barricade your area if possible, silence your phone, don't make any noise and don't come out until you receive an Illini-Alert indicating it is safe to do so.



Fight

As a last resort, you may need to fight to increase your chances of survival.

- ▶ Think about what kind of common items are in your area which you can use to defend yourself.
- ▶ Team up with others to fight if the situation allows.
- ▶ Mentally prepare yourself – you may be in a fight for your life.

Please be aware of people with disabilities who may need additional assistance in emergency situations.

Other resources

- ▶ police.illinois.edu/safe for more information on how to prepare for emergencies, including how to run, hide or fight and building floor plans that can show you safe areas.
- ▶ emergency.illinois.edu to sign up for Illini-Alert text messages.
- ▶ Follow the **University of Illinois Police Department** on Twitter and Facebook to get regular updates about campus safety.