

UNIVERSITY OF ALABAMA AT BIRMINGHAM
MA 110-7D Finite Mathematics
Campus Course Syllabus
Fall 2024

INSTRUCTOR INFORMATION

Instructor: Hafiz Khalil Ur Rehman
Best way to contact: Email
Office location: HHB 202
Office hours: Wednesday (5:00 pm-7pm)
Thursday (5:00 pm-7:00 pm)

When communicating with me via email, **please include your lab section in the subject line.** Please allow 24-48 hours for me to respond, or longer if the answer can be found in the syllabus or previous classroom communication. If a fast response is required, please come find me during my office hours! I am available to meet via zoom but will need at least 24 hours' notice.

INSTRUCTIONAL METHOD

FACE TO FACE: This class will be instructed in-person, on-campus on the days and hours listed in the Class Schedule. As described below, there may be online elements to the course.

TEACHING TIME ZONE: Central time (Chicago)

TIME COMMITMENT: This course is worth 3 credit hours. Students should plan to spend about 9-12 hours per week participating in course activities and working on assignments.

TECHNOLOGY: Access technical support and view privacy policies and accessibility statements for Canvas and other technologies on the [Student Learning Technologies website](#). Additionally, view information about the [Minimum System Requirements and Technical Skills](#).

CANVAS ALERTS: I may send alerts to students based on Canvas course information, such as current grades in the course, online attendance (login records), assignment due dates, and assignment scores. The alert is sent as an email to the student's UAB email address.

EQUIPMENT: You must have a computer capable of running Canvas and MyLab Math along with reliable, high-speed internet. Otherwise, you must work on assignments in the MLL or in a place where such equipment is available.

COURSE MATERIALS

Access Code for MyLab Math

The MyLab Math Access Code for the course is **required** and is available through Canvas with First Day Access unless you choose to opt out. **First Day Access** is the *least expensive* way to purchase access. There is no printed textbook required for the course, but the eText is included with access. The process of selecting First Day access will be explained during the first lab meeting.

Calculator

Only the Desmos scientific calculator will be allowed during tests (no handheld or downloaded calculators). Students should practice using the Desmos scientific calculator when in the MLL and while working on assignments at home. You can access the calculator here: <https://www.desmos.com/scientific>

COURSE CONTENT

Topics covered in the 3 semester-hour course include: personal finance, counting and probability, statistics, and graph theory. This course satisfies the Blazer Core Curriculum requirement in Quantitative Literacy.

LEARNING OUTCOMES

Upon successful completion of MA 110, a student can

- compute using arithmetic and elementary algebra in a variety of problem situations.
- identify the problem and translate verbal descriptions into mathematical form.
- evaluate the reasonableness of quantitative assertions.
- interpret and construct graphs, tables, and schematic representations of mathematical relationships.
- understand elementary probability and draw conclusions based upon probability.
- select and use appropriate quantitative evidence and inferences.
- communicate results of mathematical investigations in a manner appropriate to the audience.
- demonstrate persistence in attempting to solve mathematical problems.

This course is more about developing **quantitative reasoning ability** than acquiring any specific set of mathematical skills (algebra, arithmetic, etc.). The focus is on teaching you how to think critically with numerical or mathematical information. The learning outcomes are realized in the course in a variety of contexts (including personal finance, counting and probability, statistics, and graph theory) and a variety of learning opportunities (guided notetaking, discussion, group work, computer-aided instruction, inquiry based and collaborative learning, reflection, and projects).

NOTE: For Course Syllabi posted prior to the beginning of the term, the Course Instructor reserves the right to make changes prior to or during the term. The Course Instructor will notify students, via email or Canvas Announcement, when changes are made in the requirements and/or grading of the course.

COURSE ACCESS

Canvas

All course materials and online assignments will be accessed in Canvas. Official communication will be done through Canvas announcements or in person.

MyLab Math

All previews, homework, quizzes, and tests for this course are available in Pearson's MyLab Math only. A user account is **required** for every student and **must be activated through Canvas**. If you choose to use First Day Access (which is provided at a reduced cost and billed to your student account), you do NOT need to purchase an access code separately. Instructions on how to use First Day Access can be found in the Course Information Module in Canvas.

- NO EXTENSIONS are given for missed assignments due to failure to activate your account, or if you choose to opt out of First Day Access.

Browser

Google Chrome or Mozilla Firefox are recommended to avoid any browser issues with Canvas or MyLab Math.

Calculator

The only calculator allowed for this course is the Desmos Scientific Calculator. You can access this calculator through the "Calculator" link in the Canvas sidebar, or by clicking this link:

<https://www.desmos.com/scientific>

COURSE STRUCTURE

The course content is set up as Modules in the UAB Learning Management System (LMS), Canvas. Students must work through the Modules IN ORDER and COMPLETE ALL ITEMS. Students participate in guided notetaking, discussions and solve labs during class and/or lab time. During lab time students also work on assignments, take tests, and can get individual help from their lab instructor.

This course is set up as a lab/lecture type class. On lecture days (Thursday), we will meet in CH 405. On your lab days, you will meet in the MLL in room HHB 202 with your lab instructor. It is expected that you are up to date on all lecture materials before your lab day; otherwise, you will not be able to participate properly in the lab assignment.

COURSE GRADE

Student grades are based on TOTAL POINTS earned out of 1000 points according to the grading scale below. There is a total of 1025 points available to be earned; the student may lose up to 25 points before affecting their grade. **Extra credit is not offered for this course.**

To access total points and overall grade: Go to Canvas and click on **Overall Grade** or go to <https://secure.cas.uab.edu/ml/db/>. The instructor will upload Canvas scores weekly.

Grade Element	Points
Syllabus Quiz (1 @ 5 points)	5
Attendance/Participation (8 @ 4 points each)	32
Lab (8 @ 20 points each)	160
Homework (12 @ 6 points each)	72
Quiz (12 @ 9 points each)	108
Test (4 @ 125 points each)	500
Project (4 @ 25 points each)	100
Review (4 @ 10 points each)	40
Reflection (1 @ 8 points)	8
Total possible points	1025

Points Earned	Course Grade
880-1000	A
750-879	B
620-749	C
500-619	D
Below 500	F

Attendance/Participation

Lab attendance will be taken every non-test day (8 days total). To earn full credit, students must arrive at the lab on time, leave when dismissed, and stay on task for the entire lab. Late arrivals between 3 to 10 minutes will result in a loss of one point. Late arrivals past 10 minutes will result in a loss of two points. Early departures will result in a loss of two points. You may lose additional points for off-task. **Signing the roll for anybody other than yourself is considered Academic Misconduct and will not be tolerated.**

Lab

Labs will be completed during lab as group work. There are 2 labs per unit, and each unit has new student groups. Students are expected to ask questions as a group, and labs can only be turned in as a group. If a student misses a lab, they will have to fill out a Missed Lab Request form (found on Canvas) and submit it online. Students will then make up the missed lab in class at the end of the semester by completing the makeup lab. Students may only make up **ONE MISSED LAB**; any others will be given a 0.

Homework (HW)

Homework assignments are completed in MyLab Math through a link in Canvas. All HW must be completed no later than 11:59PM central time on the due date to receive full credit. Any work submitted after the deadline will automatically receive half credit (through the last day of classes). Students are encouraged to work on their HW throughout the week and should not wait until close to the deadline to complete it.

Problems or issues that occur at the last minute are the responsibility of the student.

Quizzes (Q)

Quizzes are completed in MyLab Math through a link in Canvas. Two attempts are allowed, and the highest score will count. All Quizzes must be completed no later than 11:59PM central time on the due date to receive full credit. Any work submitted after the deadline will automatically receive half credit (through the last day of classes). Students should not wait until close to the deadline to start a Quiz. **Problems or issues that occur at the last minute are the responsibility of the student.**

- Quizzes are open book, but students may NOT receive help from another person. This includes your instructor, lab instructor, and tutors.
- Once a Quiz is started, it must be completed in one sitting within 25 minutes.
- It is your responsibility to have reliable internet access when taking a Quiz.
- Do NOT hit the *back* button on your browser, or your Quiz will end, and you will not be able to continue.

Tests

Four 50-minute tests are taken on the computers in the MLL on scheduled dates during regular lab time. The only allowed items during testing are the Desmos scientific calculator (found at this link: <https://www.desmos.com/scientific>) and the instructor provided test cover sheet/scratch paper. Students found using anything besides the permitted items during testing will be reported to the College of Arts and Sciences Academic Integrity Coordinator.

At the end of the semester, all students have an opportunity to retake one test. If a student missed a test, they may retake that specific test for that unit. If a student has not missed a test, they may retake one test that they would like to improve their grade for. You must fill out the Retake Test Form, found on canvas, specifying which test you will retake.

Preparing for Tests

The best way you can prepare for the tests in the course is by completing all the assignments. Test questions will be similar to questions seen in the Homework, Quiz, and Review assignments throughout the semester. You should complete these assignments to ensure the best preparation for the tests.

Projects

Four projects will be completed in Canvas, one for each unit. Projects should be completed on your own. **Receiving help from anybody other than your professor or lab instructor is considered Academic Misconduct and will not be tolerated.**

You will use Microsoft Copilot (AI) for each project. You MUST document every conversation with Copilot and attach it to your project submission. *Projects missing conversations with Copilot will not be given a grade.* You should only use Copilot for the designated questions. **Using Copilot for questions meant to be answered on your own is considered Academic Misconduct and will not be tolerated.** More details about individual projects will be given during class.

Reflection

One reflection will be completed in Canvas at the end of the semester. This assignment is meant to encourage self-reflection in your progress towards course learning outcomes.

COURSE POLICIES

ATTENDANCE/PARTICIPATION POLICY

Attendance is REQUIRED at lab meetings, and points are awarded for being **on time** and for **participation in all activities**. Students will often work in groups to solve labs that are relevant to and apply the concepts learned in the course. Late students and those who are not actively engaged will not earn full points and may earn no points at the discretion of the lab instructor.

CELL PHONES AND ELECTRONICS

Cell phones must be set on silent/vibrate mode during class or lab and used for emergency purposes only. Other use of cell phones, including phone calls, text messages, or the internet is strictly prohibited unless otherwise allowed by your instructor.

The use of ear buds, plugs, headphones, etc. is NOT allowed during class or lab.

Tablets and laptops may NOT be used during lab time. Students must only work on the MLL computers while in the lab. Students must become familiar with the MLL computers and the Desmos scientific calculator so they can use them successfully before testing takes place.

EXTENDED ABSENCES

Attendance is fundamental to course objectives and to the integrity of this course. Excessive absences and missed assignments seriously jeopardize a student's ability to successfully complete the course. In the event of excessive absences, students should be prepared to officially withdraw from the course. View the [UAB Add/Drop and Withdrawal Policy](#) for more details.

MAKE-UP WORK POLICY

In general, there are no make-ups for missed class, lab, or assignments. However, HW and Quizzes may be completed late for 50% credit until the last day of classes. Additionally, students may make up **ONE** missed lab in class the last week of the semester for full credit. Students are expected to work throughout the week and IN ADVANCE on their assignments instead of waiting until the deadline day.

Test Retake

At the end of the semester, all students have an opportunity to retake one test. If a student missed a test, they may retake that specific test for that unit. If a student has not missed a test, they may retake one test that they would like to improve their grade for. You must fill out the Retake Test Form, found on canvas, specifying which test you will retake. You will then retake your test in HHB 202 during the last week of classes. **Only ONE missed test may be replaced by the Test Retake.** Students who do not turn in a Missed Test Request Form are not eligible to take the Makeup Test.

Makeup Lab – only for one missed Lab

If a student misses **ONE** lab, they may submit a REQUEST FORM to complete a comprehensive Makeup Lab to replace the missed grade. If a student misses a lab, they will have to fill out a Missed Lab Request form (found on Canvas) and submit it to the instructor. The Makeup Lab is completed in HHB 202 at the scheduled class time during the last week of classes. **Only ONE missed lab may be replaced by the Makeup Lab.** Students who do not miss a lab are not eligible to complete the Makeup Lab. Students who do not turn in a Missed Lab Request Form are not eligible to complete the Makeup Lab.

Other Absences

Students who must miss due to **official university competition or performance, jury duty, or required military orders** that are documented to interfere with working in the class must present *official documentation* IN ADVANCE and MAKE ARRANGEMENTS to complete the missed work IN ADVANCE of the absence. **Before the end of the add/drop period**, students must provide their instructor a schedule of anticipated excused absences with a letter explaining the nature of the expected absences from the director of the unit or department sponsoring the activity. If a change in the schedule occurs, students are responsible for providing their instructors with advance written notification from the sponsoring unit or department. Advance written notification means a minimum of a week prior to missing class; **informing your instructor of an absence the day prior does not guarantee it will be excused.**

Students should notify the instructor in writing or via email **before the end of the drop/add period** of their intention to be absent for religious observance. The instructor will work to provide reasonable opportunity to complete academic responsibilities if that does not interfere with the academic integrity of the course.

USE OF AI

Artificial Intelligence that can produce contents is now widely available to produce text, images, and other media. We encourage the use of such AI resources to inform yourself about the field, to understand the contributions that AI can make, and to help your learning. However, keep the following three principles in mind: (1) An AI cannot pass this course; (2) AI contributions must be attributed and edited for accuracy; (3) The use of AI resources must be open and documented.

1. **To pass this course:** AI generated submissions cannot achieve a passing grade. This is necessary to ensure you are competent to surpass generative AI in the future – whether in academia, research, the workplace, or other domains of society. If this cannot be achieved, if you are not able to maintain control of the rules, you are entering an unwinnable competition. To provide a baseline that is specific for the course, we will produce, analyze, and provide AI-generated sample solutions. Your task will be to surpass them.
2. **Attribution:** You are taking full responsibility for AI-generated materials as if you had produced them yourself: ideas must be attributed, and facts must be true.
3. **Documentation:** A portion of your term grade will evaluate your documentation of AI use throughout the course. By keeping track of your AI use and sharing your experiences, we all gain understanding, identify potential issues in this rapidly changing field, and discover better ways to use the resources for our objectives.

UAB currently only authorizes the use of Microsoft Copilot when using AI. You are given free access to Microsoft Copilot, which includes Designer powered by DALL•E 3. You must log in using your BlazerID and password before using Copilot. You can access Copilot here: <https://copilot.microsoft.com/>.

To properly document AI use in this class, you must include the entire transcript of both your prompt and Copilot's response. You can do this by clicking the download button for each prompt entry. In your final submission, you are expected to reference which transcript each of your answers (if any) used, and you are expected to analyze Copilot's response in your own words. **Failing to do so will result in a 0 for that question.**

Passing off AI-generated content as your own is considered academic misconduct and will not be tolerated.

RESOURCES

MATH HELP

Your instructor -- You should always **inform your instructor** if you are having difficulty with the material. They can offer suggestions and help. Additionally, you can make an appointment to speak with your instructor via email.

Your lab instructor – You should also **inform your lab instructor** if you are having difficulty with the material. The weekly lab meeting is an opportunity for students to ask individual questions and get help while working on their HW or reviewing their previous work. Additionally, you can see your lab instructor during their office hours in the MLL.

MyLab and Mastering – Use the eContents in your MyLab course. Here, you can find videos, tutorials, guided practices, and more. You can look in your study plan to find adaptive practice assignments that are specific to your skill level in this course.

Math Learning Lab (MLL)

The [Math Learning Lab \(MLL\)](#) in Heritage Hall 202 offers free in person tutoring. Tutors WILL NOT help with graded assignments, solve all your problems, or work with you for extended periods of time, but they WILL help guide you so that you can complete your work independently. Be sure to bring your notes, work, and materials. No appointment is needed. The MLL is open Monday-Friday from the first day of class to the last day of class. Tutoring is NOT available during holidays, breaks, and Final Exam week. No food or drink allowed except bottled water.

Vulcan Materials Academic Success Center (VMASC)

The [Vulcan Materials Academic Success Center \(VMASC\)](#) provides students with a host of free services and resources that include Tutoring and Supplemental Instruction.

Tutor Me

[Tutor Me](#) is a free resource for tutoring that is available 24/7. Click on Tutor Me in the Canvas course navigation.

TRIO Academic Services

TRIO is free and open to freshmen and sophomores demonstrating both academic need and academic potential. Priority is given to conditionally admitted freshmen attending UAB for the first-time during summer or fall semesters, and limited space is available for freshmen and sophomores already attending UAB. The reason for this is that TRIO attempts to select eligible students before they enroll for their first classes to help them avoid situations that might present academic difficulties.

To meet federal TRIO eligibility requirements, you must:

- Be a U.S. citizen or a permanent resident of the U.S.
- Be seriously seeking a college degree.
- Demonstrate a need for academic assistance.
- Have a low taxable family income, be a first generation college student (which means the parent(s) or guardian(s) you lived with until you turned 18 does not have a four-year college degree), OR have a disability (All disabilities must be documented by an appropriate medical practitioner or state rehabilitation service).

To find out more information or apply, please visit <https://www.uab.edu/students/academics/trio>.

UAB Policies and Resources

Add/Drop and Course Withdrawal

- **Drop/Add:** Deadlines for adding, dropping, or withdrawing from a course and for paying tuition are published in the Academic Calendar. Review the Institutional Refund Policy for information on refunds for dropped courses. It is the student's responsibility to initiate add/drop procedures. Students may drop and add courses online after they have registered and until the drop/add deadline using BlazerNET.
- **Withdrawal:** To avoid academic penalty, a student must withdraw from a course by the withdrawal deadline shown in the academic calendar and receive a grade of "W" (withdrawn). Failure to attend class does not constitute a formal drop or withdrawal. The official course withdrawal must be completed online in BlazerNET.

Student Conduct

The purpose of the University of Alabama at Birmingham student conduct process is to support the vision, mission, and shared values of the University and the tenets of the University's creed, The Blazer Way. Through a student-focused and learning-centered lens, the process strives to uphold individual and community standards; foster an environment of personal accountability for decisions; promote personal growth and development of life skills; and care for the well-being, health, safety, and property of all members of the University community.

The [Student Conduct Code](#) describes the standards of behavior for all students and student organizations and outlines students' rights and the process for adjudicating alleged violations. It is set forth in writing to give general notice of non-academic prohibited conduct. The Code should be read broadly and is not designed to define non-academic conduct.

in exhaustive terms. All students and student organizations are expected to conduct themselves in accordance with the Code. The current version of the Code, which may be revised periodically, is available from the Office of Community Standards & Student Accountability.

Academic Integrity Code

Your success while at UAB and after graduation is valued by the University. To gain and grow in the knowledge and skills needed for your future career, it is vital that you complete your own work in your courses and in your research. The purpose of the Academic Integrity Code is to support our academic mission and to maintain and promote academic integrity. All students in attendance at UAB are expected to pursue all academic endeavors with integrity, honor, and professionalism and to observe standards of conduct appropriate to a community of scholars.

Please be sure you understand the different forms of "academic misconduct" covered by the code. See what UAB students say about academic integrity and review the FAQs about the code on the [Student Academic Integrity webpage](#).

Academic Policy Appeal

Students should request an Academic Policy Appeal when the student cannot continue in a course for reasons that are outside of the strict qualifications under this policy. Students need to submit supporting documentation showing why they cannot continue in a course. Learn more about the Academic Policy Appeal and how to submit an appeal form by visiting the [Academic Policy Appeal webpage](#).

Intellectual Property

My lectures and course materials, including PowerPoint presentations, quizzes, exams, outlines, and similar materials, are protected by copyright. You may take notes and make copies of course materials for your own use. You may not and may not allow others to reproduce or distribute lecture notes and course materials publicly, whether or not a fee is charged, without my expressed written consent.

DSS Accessibility Statement

Accessible Learning: UAB is committed to providing an accessible learning experience for all students. If you are a student with a disability that qualifies under Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act, and you require accommodations, please contact Disability Support Services for information on accommodations, registration, and procedures. Requests for reasonable accommodations involve an interactive process and consist of a collaborative effort among the student, DSS, faculty and staff. If you are registered with Disability Support Services, please contact DSS to discuss accommodations that may be necessary in this course. If you have a disability but have not contacted Disability Support Services, please call **(205) 934-4205**, visit their [website](#), or go to their office located in Hill Student Center Suite 409.

Health and Safety

UAB is genuinely concerned for your continued health and safety. Please consult the [Student Health Services](#) webpage for up-to-date guidance because the following information is subject to change as circumstances require.

We strongly urge you to be fully vaccinated. Mask-wearing has proven to be one of the most successful mitigation strategies used to combat spread of the various variants of the COVID-19 virus. View information on the Immunization Requirements and Policies of the University on the [Student Health Services Immunizations webpage](#).

Title IX Statement:

The University of Alabama at Birmingham is committed to providing an environment that is free from sexual misconduct, which includes gender-based assault, harassment, exploitation, dating and domestic violence, stalking, as well as discrimination based on sex, sexual orientation, gender identity, and gender expression. If you have experienced any of the aforementioned conduct, we encourage you to report the incident. UAB provides several avenues for reporting. For more information about Title IX, policy, reporting, protections, resources and supports, please visit [UAB Title IX webpage](#) for UAB's Title IX, UAB's Equal Opportunity, Anti-Harassment, Duty to Report, and Non-Retaliation policies.

Violence Prevention and Response Policy

The University of Alabama at Birmingham (UAB) is committed to maintaining a safe and secure educational environment and workplace, one which seeks to ensure the well-being and safety of faculty and staff, employees, students, and visitors. Violence and threatened violence are prohibited by UAB. Each member of the UAB community has the responsibility to understand, prevent, and respond appropriately to campus/workplace violence. For more information, view the [Violence Prevention and Response Policy](#).

Divisive Concepts:

All University faculty, instructors, and teaching staff have the academic freedom to explore, discuss, and provide instruction on a wide range of topics in an academic setting. This class may present difficult, objectionable, or controversial topics for consideration but will do so through an objective, scholarly lens designed to encourage critical thinking. Though students may be asked to share their personal views in the academic setting, no student will ever be required to assent or agree with any concept considered “divisive” under Alabama law, nor penalized for refusing to support or endorse such a concept. All students are strongly encouraged to think independently and analytically about all material presented in class and may express their views in a time, place, and manner consistent with class organization and structure, and in accordance with the University’s commitment to free and open thought, inquiry, and expressions.

Shared Values Statement:

Collaboration, integrity, respect, and excellence are core values of our institution and affirm what it means to be a UAB community member. A key foundation of UAB is diversity. At UAB, everybody counts every day. UAB is committed to fostering a respectful, accessible, and open campus environment. We value every member of our campus and the richly different perspectives, characteristics, and life experiences that contribute to UAB’s unique environment. UAB values and cultivates access, engagement, and opportunity in our research, learning, clinical, and work environments. Our school aims to create an open and welcoming environment and to support the success of all UAB community members.

Additional Information

PREREQUISITES

UAB MA 094 Minimum Grade of C, or UAB MA 098 Minimum Grade of C, or UAB MA 102 Minimum Grade of C, or ALEKS Math Placement Assessment score 30-45.

FACULTY EVALUATION

At the end of each term, students are asked to complete a Course Evaluation Form (IDEA Survey). These evaluations are completely anonymous and are online for all students.

TURNITIN

UAB reserves the right to use electronic means to detect and help prevent plagiarism. By enrolling at UAB, students agree to have course documents submitted to www.turnitin.com or other means of electronic verification. All materials submitted to Turnitin.com will become source documents in Turnitin.com’s restricted access database, solely for the purpose of detecting plagiarism in such documents. Instructors may require students to individually submit course documents electronically to Turnitin.com.

LIBRARY SUPPORT

The Libraries at UAB provide access to materials and services that support the academic programs. The following is a link to the main library (Mervyn Sterne Library) <http://www.mhsl.uab.edu/>.

IRB/RESEARCH STATEMENT

Federal regulations and university policies require Institutional Review Board (IRB) approval for research with human subjects. This applies whether the research is conducted by faculty or students. At the same time, many class projects are conducted for educational purposes and not as research and will not require IRB approval. In this course, students work on group labs and may have to ask others for information to be used as data, but this will be done anonymously as part of an educational exercise; therefore, no IRB approval is needed. For more information about UAB OIRB, go to irb@uab.edu.

ONE STOP STUDENT SERVICES

[One Stop Student Services](#) provides a single point of professional integrated service to students. The One Stop serves students who need assistance with academic records, financial aid, registration, student accounting, ONE card, and other related topics.

STUDENT ASSISTANCE AND SUPPORT

[Student Assistance and Support](#) provides individualized assistance to promote student safety and well-being, collaboration and resilience, personal accountability, and self-advocacy. The Care Team consults and collaborates with campus partners to balance the needs of individual students with those of the overall campus community. [The UAB Care Team](#) helps find solutions for students experiencing academic, social, and crisis situations including mental health concerns.

STUDENT COUNSELING SERVICES

[Student Counseling Services](#) offers students a safe place to discuss and resolve issues that interfere with personal and academic goals. UAB has created a new app (available in the App Store and Google Play) called [B Well](#), that is designed to easily access resources on mobile devices and build a self-care plan. [Kognito](#) is a free, interactive simulation-based platform designed to help you talk with someone when you are worried about your mental health.

UAB BLAZER KITCHEN

[UAB Blazer Kitchen at the Hill Student Center](#) provides food and basic supplies for any UAB student in need through in-person or online shopping. Students who can are also able to donate food and supplies to assist their peers. To get more information, call 205-975-9509, email studentoutreach@uab.edu, or visit the [Student Assistance & Support website](#).