

Student Resources

Do you know what classes you are taking next semester?

- Your academic advisor can help you with this. RCTC Advisors are assigned by major. Call 507-285-7260 or go online to schedule an appointment at <https://advisortrac.rctc.edu>.

Do you know what you're going to do after RCTC?

- For Transfer information go to http://www.rctc.edu/admissions/pre/admission_transfer.html. Scroll down to "Transfer from RCTC" information.
- For Transfer planning assistance, call Advising and Counseling at 507-285-7260 or schedule an appointment online at <http://advisortrac.rctc.edu>.
- For career services, visit the Workforce Development Center at Heintz. Hours are 8 a.m. to 4:30 p.m. Monday – Friday. Telephone contact is 507-923-2828.
- For career counseling, contact Advising and Counseling by phone at 507-285-7260 or to make an appointment go to <https://advisortrac.rctc.edu>.

Do you have a disability or were you on an IEP/504 in high school?

- Contact Disability Support Services to talk with an advisor on planning for classes, determining appropriate accommodations and more. Call 507-280-2968 or email travis.kromminga@rctc.edu.

Do some classes leave you more confused than when you started?

- Contact the Learning Center for tutoring assistance. They are located in the atrium area, third floor or call 507-285-7182.
- Additional tutoring is available to students who are part of the TRiO/Student Support Services program, Disability Support Services, or work with Multicultural Services and/or Veteran's Services. Contact your advisor or counselor for more information.

Do you need help paying for school? Have you completed your FAFSA?

- Financial Aid is located in SS110. There is a lot of information available online at <http://www.rctc.edu/financialaid/>.
- Scholarships & Other Aid sources is found online at http://www.rctc.edu/financialaid/html/other_aid_sources.html.
- Work study jobs – Ask about this through financial aid. You might be eligible for a paid job on campus.
- Student Emergency Fund – students who are experiencing an unexpected emergency expense. To learn about eligibility and expenses covered go to www.rctc.edu/student-emergency-fund. To apply, contact Advising/Counseling at 507-285-7260 or stop by at SS133.

Have you experienced a major life stressor?

- Counselors are available to talk with you. Call Advising and Counseling at 507-285-7260 or stop by SS133. To schedule an appointment go to <https://advisortrac.rctc.edu>.

Pregnancy and Parenting College and Community Resources

CHOICES

Choices is a Minnesota Displaced Homemaker program funded by a grant from the Minnesota Department of Economic Security and delivered by Rochester Community and Technical College. Choices offers career, work, and personal development programs for individuals who are divorced, widowed, separated, affected by a partner's disability, experiencing a loss of other family assistance, or experiencing a major life change. Contact 507-280-3716.

Families First of Minnesota

For over 40 years, Families First of Minnesota (formerly Child Care Resource & Referral) has been a non-profit organization in our community working as a resource for parents, child care programs, and community members in all areas of early childhood. Toll free phone at 1-800-462-1660 or <http://www.familiesfirstmn.org>.

Minnesota Child Care Assistance Program

The Child Care Assistance Program (CCAP) is available through your county. For Olmsted County contact 507.529.4637 or 2117 Campus Drive SE, Suite 100, Rochester, MN. To determine if you're eligible for CCAP, go to <http://mn.bridgetobenefits.org> to start. This screening tool helps you determine if you might be able to get help, but does not guarantee it. It is a good place to start and does not ask for any personally identifying information. It helps you determine all the county programs for which you might be eligible.

Minnesota Post-Secondary Child Care Grant

The Minnesota Post-Secondary Child Care Grant is available to students with dependents in daycare. The grant is awarded on a first-come, first-served basis and is based on income, family size and daycare costs. Limited funds are available in this program. The information, instructions, and application for this grant are available on the Financial Aid Website under the forms and documents page. For more information, please contact Renea Kispert in the Financial Aid office by phone at 507-285-7337 or email renea.kispert@rctc.edu.

Olmsted County Public Health Services

Olmsted County Public Health Services provides individual visits, classes and groups in the home, clinic and community setting to families who are pregnant or have infants and preschool children. For more information please visit <https://www.co.olmsted.mn.us/OCPHS>. Contact by phone at 507.328.7500 or email at healthweb@co.olmsted.mn.us.

PAIIR/ECFE

PAIIR stands for Parents Are Important in Rochester. PAIIR is Rochester Public Schools Early Childhood Family Education (ECFE) program. ECFE offers high-quality parent and early education programming. Contact by phone at 507-328-4020, email at paiir@rochester.k12.mn.us or on the web at <http://www.rochesterce.org/paiir>.

Parent Aware

This online resource provides information and resources to find available childcare and early learning programs. For more information visit, <http://parentaware.org/>. Phone support is available Monday through Friday, 8 a.m. to 4:30 p.m. at 1-888-291-9811.

Student Resources

Do you need help with groceries?

- Visit **Hive Supply** in CC406, fourth floor of the College Center above the cafeteria. Open on Tuesdays and Wednesdays from 11:00 a.m. to 3:00 p.m. Student Life staff can open Hive Supply outside of these hours if available by individual requests. Students may visit 1x per week, and take up to 15 items.
- Check the **Community Resource Guide** for food shelves and/or free meals in the community. (Guide found online at <http://www.rochestermn.gov/home/showdocument?id=6318>)
- Determine if you're eligible for **SNAP** (*Supplemental Nutritional Assistance Program*) food benefit. Go to: <http://mn.bridgetobenefits.org> to start. This screening tool does not guarantee that you will be able to get help. The only way to know is to apply to each program. It does not ask for any personal information.

Do you or your family need health insurance or health/dental care?

- Free help from a **MNsure navigator** is available on campus during fall/spring semester. Check the RCTC website for more information. During the summer/year round, they are available near campus at 2117 Campus Drive, SE. Go to www.threeriverscap.org/support/mnsure-outreach-application-assistance for more information.
- Determine if you're eligible for **Medical Assistance** go to <http://mn.bridgetobenefits.org> to start. This screening tool does not guarantee that you will be able to get help. The only way to know is to apply to each program. It does not ask for any personal information.
- **Utilize on campus resources – Health Services, Dental Clinic, listed below:**

Student Health Services (HS140, Main)

Health Services provides the following services to students during regular hours: first aid/illness care; health screenings; and health education/information.

Health Services Fees: costs for more services are covered by the Health Service portion of registration fees. There is no charge to see the school nurse or the nurse practitioner. A minimal fee may be charged for certain services or supplies.

Regular hours: Monday – Thursday 8:00 a.m. to 3:30 p.m.; Friday 8 a.m. to 1:30 p.m. (Hours are subject to change due to staff availability.) Appointments are encouraged for nurse practitioner visits. Walk-ins are welcome for school nurse visits, but appointments are encouraged.

RCTC Dental Hygiene Clinic (Heintz Center). Dental hygiene services available include:

- Dental cleanings for adults & children
- Xrays
- Flouride treatments
- Sealants
- Periodontal scaling and root planning
- Nitrous oxide and local anesthetic available

A **modest fee is charged**. Student discounts available. Insurance plans, MNMA, and Minnesota Care are accepted. **Call for an appointment** to (507) 280-3169 or (800) 247-1296.

Clinic Hours: September – February: Tuesday & Thursday: 12:30 – 4:30 p.m. and 5 – 9 p.m.
March – May: Monday, Tuesday & Thursday: 12:30 – 4:30 p.m. and 5 – 9 p.m. Wednesday 12:30 – 4:30 pm.

Do you have transportation issues?

- **Rochester Public Transit:** 507-328-Ride. **Take the bus and ride for free** – any route, all times. Show your RCTC student ID. Use the RCTC App or rpride.com for route information.
- **Car repair** on campus: Contact Dave MacLeod for more information. The Automotive program will take cars based on courses taught and need to look at/repair vehicles. Subject to availability. Cost for repairs is the cost of parts.
- **Dial 2-1-1 or 1-800-543-7709** – United Way of Olmsted County. Free, confidential, multilingual. 24/7/365. For the 2-1-1 database go to <https://www.211unitedway.org>.

Do you have housing issues?

- Determine if you're eligible for **any assistance through** General Assistance, MFIP or other programs. Go to <http://mn.bridgetobenefits.org> to start. This screening tool does not guarantee that you will be able to get help. The only way to know is to apply to each program. It does not ask for any personal information. Low-income public housing units are for families and full at this time. No applications are being accepted.
- **Dial 2-1-1 or 1-800-543-7709** – United Way of Olmsted County. Free, confidential, multilingual. 24/7/365. For the 2-1-1 database go to <https://www.211unitedway.org/>. Review resources on the RCTC website. Go to <http://www.rctc.edu/services/html/housing.html>. We do not endorse or recommend any specific rental opportunities. We strongly encourage families to independently research businesses providing apartment rentals.
- For **Emergency Housing** resources contact:
 - <https://www.211unitedway.org/>
 - Dorothy Day Hospitality House, 701 1st St. SW, Rochester; 285-5172
 - The Salvation Army, 20 1st Ave. NE, Rochester; 507-288-3663 (intake).

General Information on Community Resources

Online Community Resource Guide:

<http://www.rochestermn.gov/home/showdocument?id=6318>

Olmsted County Social Services:

Intake Number: 507-328-6400 (After 5 & weekends 507-281-6248)