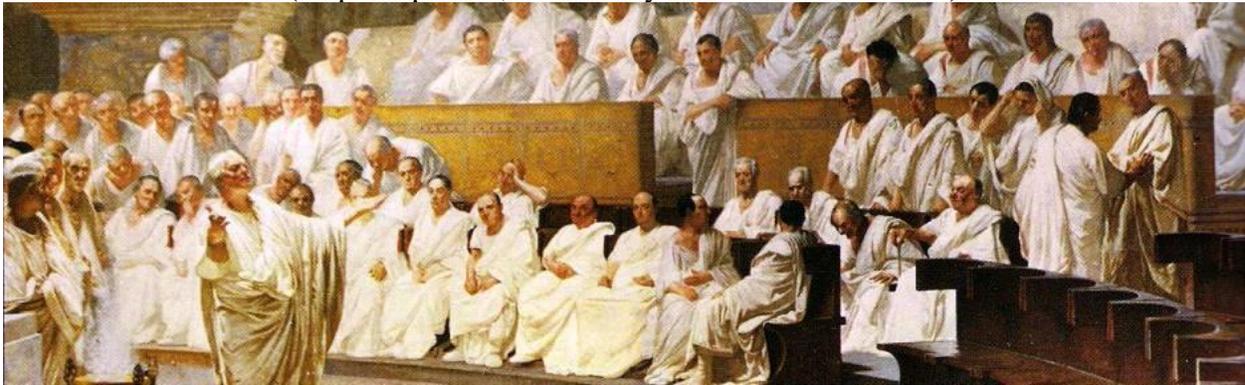


## **HISTORY 3304 (Hist 3304)** **ROMAN REPUBLIC**

(no prerequisites, but History 1311 is recommended)



Dr. Anson

Office: SH 604C

Fall 2018

Office Hours: 8-9 MWF, and by appointment, or e-mail: emanson@ualr.edu)

### **Course Description**

History 3304 is a study of Roman civilization from its beginnings to the end of the Roman Republic. While the government of Roman emperors is known as the Roman Empire, it was the Roman Republic that in truth created the territorial empire and made the Mediterranean Sea into what the Romans referred to as “Mare Nostrum,” our sea. This course follows the history of the Roman Republic from its beginnings to its destruction during the dictatorship of Gaius Julius Caesar. Such a study is not just an esoteric examination of the distant past, America’s founders based much of the American government on that of the Roman Republic. Our Republic like that of the Romans was one designed to place limits on the will of the majority. Many have studied the fall of the Roman Republic noting the many similarities to our own government and by seeking to discover through its strengths and weaknesses possible lessons for the American future.

### **Course Objectives:**

1. Give students a broad understanding of events.
2. Give students an understanding of the Roman influence on the development and basic nature of Western civilization.
3. Involve students in the process by which historians make their determinations of what happened in the past and why it happened.
4. Hone students’ skills necessary to examine and analyze written information in a critical way.
5. Sharpen students’ ability to write grammatically, analytically and cogently.
6. In general, to increase students written and verbal skills.

### **Required Reading**

The following are required for this course and all may be purchased in the University bookstore or obtained from the noted web sources. Please do not use Kindle editions.

Livy. *The Early History of Rome* (Penguin or <http://www.perseus.tufts.edu/hopper/collection?collection=Perseus:collection:Greco-Roman>)

Polybius. *The Rise of the Roman Empire* (Penguin or <http://www.perseus.tufts.edu/hopper/collection?collection=Perseus:collection:Greco-Roman>) (here in particular you may wish to use the online version, since we will not be reading the entire text)

Sallust. *The Jugurthine War* and *The Conspiracy of Catiline* (Penguin or <http://www.perseus.tufts.edu/hopper/collection?collection=Perseus:collection:Greco-Roman>)

Appian. *The Civil Wars* (Penguin or <http://www.perseus.tufts.edu/hopper/collection?collection=Perseus:collection:Greco-Roman>) (here in particular you may wish to use the online version, since we will not be reading the entire text)

Plutarch. *Fall of the Roman Republic* (Penguin, 2006- 978-0140449341) or <http://www.perseus.tufts.edu/hopper/collection?collection=Perseus:collection:Greco-Roman>

### **Requirements for the Course**

There will be two examinations, a midterm and a final. Each will consist of a first section devoted to identifications about which the students will write a brief paragraph. The second portion will be devoted to one or more essay questions (see below).

In addition to the examinations, four short papers (6-8 pages typed or equivalent in clear handwriting) are required during the course of the semester. Papers must be entirely based on the assigned primary reading, not translator's introduction, lecture notes, or material from secondary works; all statements of fact must be accompanied by in-text ancient notational references or page numbers [page numbers may be used only when using the assigned Penguin editions, and when an ancient notational system is not available]. An example of ancient notational system: Matt. 16. 18-19 (Book of Matthew, chapter 16, verses 18-19). **Paper format:** Each paper must include a **title** clearly reflecting the question you are answering; a **thesis** (or summary statement) that briefly, but succinctly, answers the question being asked, highlighting your main points and main conclusions. The **body** of the subsequent paper then supports and defends this thesis with evidence, and is subsequently followed by a **conclusion** that refers back to your original thesis, summarizing your major conclusions.

Class discussion is encouraged and 12% of a student's grade will be based on attendance and participation. Each student will be permitted three unexcused absences without penalty. Each unexcused absence after three will result in one point being deducted from your overall final grade percentage (see below). Excused absences include for illness, accidents, family emergencies, military activities, job requirements, and official UALR activities. Sleeping in, forgetting class, TV viewing, chatting with friends, and so on will not be considered excused.

Everyone is expected to be present at the time class starts and remain until it is dismissed. Each student is permitted three unexcused absences.

Grades will be computed on the following basis:

12%	Attendance and participation (see above)
20%	Midterm
48%	Papers (12% for each paper)
20%	Final

### **General Information**

No make-up exams will be given during the semester. Since the final is cumulative, those who miss the midterm will have their final weighted accordingly. Papers are to be turned in on or before their due dates as noted in the syllabus, and cannot be faxed. Late papers will be assessed grade penalties. Papers may, however, be rewritten and resubmitted for evaluation as often as the student wishes. Highest grade will be the one recorded. All rewrites must be turned in no later than at the beginning of the final exam.

No incompletes will be given unless special arrangements have been made with me prior to **December 9, 2018**. Incompletes will only be given when circumstances beyond the control of the student prevent the student from completing part of the course requirements. Incompletes will not be given for the entire semester's work. Moreover, all completed work counts; an incomplete is not a substitute for a failing grade.

All grade computations are on the following basis:

90-100%	= A
80-89%	= B
70-79%	= C
60-69%	= D
0-59%	= F

(Papers turned in the first time and earning a grade below 70% must be redone)

Class attendance is required, as students are responsible for all information given out in class. Students are expected to arrive punctually and leave only at the conclusion of class.

**CELL PHONES:** If you must bring it to class (potential emergencies), please turn it off, or at least turn off the ringer. **Do not talk or text on the phone in class.** If an emergency is signified, please leave class quietly to take the call.

### **Disability Support Services**

It is the policy of UALR to accommodate students with disabilities, pursuant to federal law and state law. Any student with a disability who needs accommodation, for example in arrangements for seating, examinations, note-taking should inform the instructor at the beginning of the course. It is also the policy and practice of UALR to make web-based information accessible to students

with disabilities. If you, as a student with a disability, have difficulty accessing any part of the online course materials for this class, please notify the instructor immediately. The chair of the department offering this course is also available to assist with accommodations. Students with disabilities are encouraged to contact Disability Support Services, telephone 501-569-3143 (v/tty), and on the Web at <http://www.ualr.edu/dssdept/>.

### **Academic Dishonesty:**

Such dishonesty can be any of the following (the following list was copied from <https://sa.berkeley.edu/conduct/integrity/definition>):

#### **Cheating**

Cheating is defined as fraud, deceit, or dishonesty in an academic assignment, or using or attempting to use materials, or assisting others in using materials that are prohibited or inappropriate in the context of the academic assignment in question, such as:

- Copying or attempting to copy from others during an exam or on an assignment.
- Communicating answers with another person during an exam.
- Using unauthorized materials, prepared answers, written notes, or concealed information during an exam.
- Allowing others to do an assignment or portion of an assignment for you, including the use of a commercial term-paper service.
- Collaborating on an exam or assignment with any other person without prior approval from the instructor.
- Taking an exam for another person or having someone take an exam for you.

#### **Plagiarism**

Plagiarism is defined as use of intellectual material produced by another person without acknowledging its source, for example:

- Wholesale copying of passages from works of others into your work without acknowledgment.
- Use of the views, opinions, or insights of another without acknowledgment.
- Paraphrasing of another person's characteristic or original phraseology, metaphor, or other literary device without acknowledgment.
- Selling, distributing, website posting, or publishing course lecture notes, handouts, readers, recordings, or other information provided by an instructor, or using them for any commercial purpose without the express permission of the instructor.

#### **Theft or Damage of Intellectual Property**

- Sabotaging or stealing another person's assignment, book, paper, notes, experiment, project, electronic hardware or software.
- Obtaining a copy of an exam or assignment prior to its approved release by the instructor.

Anyone who engages in such activity will receive an "F" in the course and will be turned over to the Academic Integrity and Grievance Committee for University disciplinary action.

### **University Inclement Weather Policy**

1. During inclement weather, UA Little Rock will make a decision whether or not to close based on all available information.

2. The chancellor will decide whether or not conditions warrant canceling classes and activities and closing the campus or whether classes and activities will be canceled but with specified campus offices open. Online or web-enhanced classes will continue as scheduled at the discretion of the faculty member.
3. The [UA Little Rock website](#), UA Little Rock email, the university's main telephone number (501.569.3000), and the Rave campus alert notification system are the official means of communicating information concerning weather-related closings.
4. When necessary, the university will announce a separate decision about canceling night classes (those classes starting at 4:20 p.m. or later) by 2 p.m., if possible.
5. The Policy Advisory Council of the University Assembly will recommend to the chancellor if and when missed undergraduate and graduate class days should be made up. In the event that the university is closed during a final examination day, the provost, in consultation with the Faculty Senate president, will reschedule any missed graduate or undergraduate final examinations with the exception of online exams which will continue as scheduled.
6. Weather and road conditions vary from place to place. Employees and students are expected to exercise good judgment regarding the safety of travel when road conditions are affected by the weather.

## SYLLABUS

<u>Week</u>	<u>Date</u>	<u>Topic</u>	<u>Assignment</u>
1	8/20	Introduction	
	8/22	Geography	
	8/24	Sources	Livy 1. 1; Sallust BJ 1-4; Cat. 1-4
2	8/27	Monarchy	Livy 1.1-33
	8/29	Tarquins/Revolution	Livy 1.34-2.21
	8/31	Plebeians/Patricians	Livy 2.22-65
3	9/3	Labor Day	
	9/5	Struggle continued	Livy 3. 1-50
	9/7	Decemvirate/12 Tables	Livy 3.51-56; Handout
4	9/10	Aftermath	Livy 3.57-4.61
	9/12	Galic Sack	Livy 5.1-50,
	9/14	Camillus' speech	Livy 5.51-55
5	9/17	Nature of new Roman state	Polyb. 6. 11-58
	9/19	Polybius	Polyb. 1.1-5, 3.1-5, 12. 1-28a; 6. 1-10; 9. 1-2; 36. 17; 39.
	9/21	No class	<b><u>First Paper</u></b>
6	9/24	Conquest of the Peninsula	
	9/26	Carthage	
	9/28	First Punic War	Polyb. 1.6-64
7	10/1	Aftermath	Polyb. 2. 1-36; 3.1-19
	10/3	Beg. of 2nd Punic War	Polyb. 3.20-118; 9. 12-26
	10/5	Aftermath of Cannae	Polyb. 5. 101-105; 7. 2-14; 8. 3-12
8	10/8	Rome on the offensive	Polyb. 8. 24-34; 9. 3-9
	10/10	Scipio	Polyb. 10. 2-40
	10/12	The final campaigns	Polyb. 11. 1-19
9	10/15	Roman victory	Polyb. 14. 1-11; 15. 1-19; <b><u>Second Paper</u></b>
	10/17	Rome in the Greek East	Polyb. 15. 20-36
	10/19	Rome in the Greek East	Polyb. 18. 1-12, 28-46; 24. 11-13; 36. 9
10	10/22	<b><u>MIDTERM</u></b>	
	10/24	Consequences of empire	Appian 1. 1-7
	10/26	Gracchi	Appian 1. 8-26; Polyb. 31. 11-30

11	10/29	Jugurthine War	Sallust Jug. 1-71; Plut. Marius 1-8
	10/31	Jugurthine War	Sallust Jug. 72-114; Plut. Marius 9-10
	11/2	Social War	Appian 1. 27-54; Plut. Marius 11-34
12	11/5	Lucius Cornelius Sulla	Appian 1. 55-105; Plut. Marius 34-46; Sulla 1-30; Crassus 1-6; Pompey 1-8
	11/7	Collapse of Sullan Gov	Appian 1. 106-121; Plut. Sulla 31-38; Crassus 7-12; Pompey 9-41; Cicero 1-9
	11/9	Catilinarian Conspiracy	Sallust Cat. 1-35, pp. 3-24; Appian 2. 1-3; Plut. Crassus 13; Cicero 10-13 <b><u>Third paper</u></b>
13	11/12	Catilinarian Conspiracy	Sallust Cat. 36-61; Appian 2. 4-7; Plut. Cicero 14-24; Caesar 1-8
	11/14	Triumvirate	Appian 2. 8-32; Plut. Crassus 14-33; Pompey 42-58; Caesar 9-30; Cicero 25-34
	11/16	Civil War	Appian 2. 33-105; Plut. Crassus 14-33; Pompey 59-80; Caesar 21-56; Cicero 35-39
14	1/19-11/25	Fall Break	
15	11/26	Caesar's dictatorship	Appian 2. 106-154; Plut. Caesar 57-69; Cicero 40-42
	11/28	Civil War	Appian 3; <b><u>Fourth paper (if you want an opportunity to rewrite)</u></b>
	11/30	New Age	

**FINAL : FRIDAY, DECEMBER 7, 10:30-12:30**

## **THE EARLY HISTORY OF ROME**

### **LIVY BOOKS I-V**

#### Paper Topics:

1. Discuss Livy as an historian (For what purpose does he write his history? How does he attempt to achieve this purpose? What is Livy's theory of causation? What are Livy's sources? How critical is he of his sources?)
2. According to Livy what are the virtues of a good Roman? Do his "virtues" correspond with those found in the 12 Tables?
3. Discuss the issue of debt in early Rome. Are Livy and the 12 Tables consistent?
4. Discuss the issue of land reform in early Roman history.
5. Discuss the origins and role of the tribunes of the plebeians.
6. Who are the plebeians? Pay particular attention to their agenda(s).
7. What are the issues dividing the patricians and the plebeians?
8. What is the role of the military in Roman affairs? Is there such a thing as "the military"? In other words is the army an institution, or is it a body of citizens in arms called upon in time of need by these citizens themselves?

## **Punic Wars**

### **Polybius**

#### Paper Topics:

1. Discuss Polybius as an historian (For what purpose does he write his history?; How does he attempt to achieve his purpose?; What is his theory of causation?; What are his sources? How critical is he of his sources?)
2. What is the nature of the Roman constitution prior to the Punic Wars? (As described by Polybius, in actual operation)
3. Why does Rome become involved in the Punic Wars? Different causes for the different wars? Is there a general imperialistic policy?
4. Why does Rome win these wars?

## Midterm Questions

1. Evaluate Livy as an historian.
2. Evaluate Polybius as an historian.
3. What are the issues dividing plebeians and patricians? How do these change in the period from 509 B.C. to 200 B. C.?
4. What is the nature of Roman foreign policy? Is it systematic? If so, what are its goals? Does it change over the period from the monarchy to 200 B. C.? Is Rome aggressively imperialistic, opportunistic?
5. Do the actual institutions of the Republic change from 509 B. C. to 200 B. C.? Does their relationship and/or functioning change?
6. What is the relationship of the army and military command to political decision making in Rome?
7. What is responsible for Rome's control of the Italian peninsula and most of the western Mediterranean? Is it, as Polybius suggests, her constitution? Something else?

## The Roman Revolution (Beginning)

Sources: Sallust. *The Jugurthine War*; Appian, *Civil Wars*, Book 1; Polybius 31. 11-30; Plutarch *Marius*; *Sulla*; *Crassus* 1-12; *Pompey* 1-41; *Cicero* 1-13

### Paper Topics:

1. How has Roman foreign policy changed since the Second Punic War? What is the nature of this policy?
2. What issues divide Roman society in the second century B.C.? In the first? Is there an agrarian crisis? A military recruitment one?
3. Who are the equestrians? Are they a cohesive group? Do they represent a political party, an economic class, both? What is their role in second century B. C. Rome? First century B. C.?
4. What is the role of the Senate in the second century B. C.? First century B. C.?
5. What is the significance of the career of Gaius Marius?
6. What is the significance of the career of Lucius Cornelius Sulla?
7. How has the army changed since the Second Punic War? By the second century B. C.? By the first?

## The Roman Revolution (End)

Sources: **Sallust, *Conspiracy of Catiline***; **Appian, *Civil Wars***, Books 2-3;  
Plutarch *Crassus* 13-33; *Pompey* 42-80; *Caesar* 1-69; *Cicero* 14-42

Paper Topics:

1. What is the role of the equestrians? How has the political influence of the equestrians changed since Gaius Marius? Are the equestrians a cohesive class?
2. What are the causes of division within the aristocratic class?
3. Has Roman politics become the politics of personality?
3. What is the role of debt in the political strife of the late Republic?
4. Why is Caesar successful in capturing control of the Roman state?
5. What is the role of the Roman mob in the collapse of Republican government? Who makes up this mob?
6. What role does the army play in the collapse of Republican government? (Please no blow-by-blow accounts of battles)
7. What has happened to Polybius' mixed constitution? How has Roman government changed since Sulla?

## FINAL EXAM QUESTIONS

### Part I

1. What is at issue in the Catilinarian Conspiracy? Does Catiline have a specific program or is he just in pursuit of personal power? Who are his supporters?
2. Who was the greater revolutionary: the Gracchi brothers, Gaius Marius, Gnaeus Pompeius, or Gaius Julius Caesar? Defend your selection.
3. What role do the equestrians play in the collapse of the Roman Republic?
4. Why does the Roman Republic collapse? Does it collapse or does it evolve?
5. Why is Caesar so successful in gaining power in the Roman state?

### Part II

1. Does Roman foreign policy change from the third century B. C. to the 1<sup>st</sup> century B. C.? If so, how?
2. Compare the struggle between the plebeians and the patricians to that between the populares and the optimates. What are the similarities? The differences?
3. How have the powers of the Senate changed from the period immediately after the Second Punic War to the First century B. C.?
4. How has the role of Roman assemblies changed from the early to the late Republic?
5. What in your view has given rise to powerful military/political leaders dominating the Republic? Is this a cult of personalities?

## Resources for Students

(Created by the CEHP Advising and Support Center Revised on 03/16/18)

### ON-CAMPUS

#### **HEALTH & SAFETY \*in case of emergency, call 911\*:**

**Campus Emergency/Public Safety** <http://ualr.edu/safety/>. UALR DPS officers are constituted police and possess all the powers provided by law for city police and county sheriffs, to be exercised as required for the protection of the state institution. 501.569.3400 2801 S. University Avenue

**Counseling Services** <http://ualr.edu/counseling/contact-us/>. Counseling is a service provided by clinically trained mental health professionals, who promote mental health and wellness within an individual, group, and community format. 501.569.3185 SSC 118

**Fitness Classes** <http://ualr.edu/campuslife/recreation/>

Free to all STUDENTS AND EMPLOYEES Fitness classes are a great way to meet new friends or hangout with old friends while getting a great workout. There's no cost, just drop by! 501.569.3308 DSC Gym

**Green Dot Program** <http://ualr.edu/greendot/>

The Green Dot Program is all about creating a safe campus environment through the power of community. Provides training in how to handle domestically violent situations. 501.683.7160 Administration North Room 201

**Health Services** <http://ualr.edu/health/>. Health Services provides a wide variety of outpatient clinical services designed to meet the needs of ALL UALR students and employees. 501.569.3188 DSC 102

**Safety Escort Service:** <http://ualr.edu/safety/home/campus-safety-links/personal-safety/>.

Service available 24 hours a day, 7 days a week from the Department of Public Safety. 501.569.3400

**Speech and Hearing Clinic:** <http://ualr.edu/cehp/speech-language-hearing-clinic/>. Provides quality services for persons of all ages with communication disorders and is staffed by expert audiologists and speech-language pathologists licensed by the State of Arkansas and certified by the American Speech-Language-Hearing Association. Provides services year round for a nominal fee, with discounts available for all students and employees. 501.569-3155 University Plaza, Suite 600

**The Alliance:** <http://ualr.edu/alliance/>. UA Little Rock's organization for LGBTQ individuals and supporters to discuss issues. Meetings are Wednesdays from 3 to 4pm. zdbaker@ualr.edu DSC 201R

#### **STUDENT SERVICES:**

**Admissions** <http://ualr.edu/admissions/>. UALR offers a dynamic learning environment where students immerse themselves in the traditional college experience and take advantage of opportunities inside the class and out. 501.569.3127 SSC 219

**African American Female Initiative.** The Student Services Success Initiatives program is designed to empower, support, and assist African American female students and increase their retention and graduation rates. 501.569.8712 Administration North Suite 204

**African American Male Initiative:** The Student Services Success Initiatives program is designed to empower, support, and assist African American male students and increase their retention and graduation rates. 501.569.8712 Administration North Suite 204

**Campus Living** <http://ualr.edu/housing/> Assists with issues related to on campus housing. 501.661-1743 Commons Bldg., 2nd Floor

**Campus Recreation** <http://ualr.edu/campuslife/recreation/> . Offers fitness and wellness classes, personal training, CPR/First Aid training, intramural sports, and camping equipment rental. 501.569.3308 DSC 216

**CEHP Advising and Support Center** <http://ualr.edu/cehp/advising/> . A resource center for all current and prospective students in the college. We assist students looking to maximize their college experience and support students experiencing difficulty. 501.682.8625 Dickinson Hall Room 300

**Computer Labs** <http://ualr.edu/campuslife/academic-labs-on-campus/> . Printing is available at various locations on campus.

**Dean of Students:** The primary goals of the Office of the Dean of Students are to educate students regarding the university's expectations of behavior, to protect student's rights, and to assure fairness and due process. 501.569.3328 DSC 215

**Disability Resource Center** <http://ualr.edu/disability/>. To facilitate access via accommodations, including those related to communication, the physical environment, print materials, and technology 501.569.3143 DSC 103

**Hispanic and Latino Initiative:** The Student Services Success Initiatives program is designed to empower, support, and assist Hispanic/Latino students and increase their retention and graduation rates. 501.569.8712 Administration North Suite 204

**International Student Services** <http://ualr.edu/international/> . ISS serves all incoming and currently enrolled international students and scholars at UALR. Our office provides assistance to prospect international undergraduate applicants, supports current international students and scholars in immigration advising, social, cultural, and academic issues during their stay. 501.683.7566 Education Building 101

**Military Student Success Center:** <http://ualr.edu/military/mss-office/>

We will assist veterans and eligible dependents with the filing of required documents for educational benefits with the Veterans Administration. 501.682.8387 Speech Building Suite 111

**Non-Traditional Students:** <http://ualr.edu/campuslife/ntsp/>. Full time workers, first generation students, students with dependents, and delayed enrollment after high school all make someone a non-traditional student. Offers assistance with admission, information about campus resources, peer mentoring, peer tutoring, and scholarship opportunities for nontraditional students. 501.569.3308 DSC 216

**Office of Transfer Student Services (OTSS)** [transferoffice@ualr.edu](mailto:transferoffice@ualr.edu)

Our mission is to provide dynamic student service by offering transfer credit evaluations, transition guidance and connections to the UALR campus community. 501.682.1273 DSC 321E

**Ottenheimer Library** <http://ualr.edu/library/> . Offers several services including article delivery service, distance learning services, interlibrary loans, course reserves, etc. 501.569.3123 Ottenheimer Library

**Records and Registration** <http://ualr.edu/records/>. Office of Records and Registration acts as a registration resource for students and faculty alike and maintains the official academic records of all UALR students. The office provides a number of online services to students through their BOSS accounts, such as: registration, enrollment verification, degree verification and ordering official transcripts. Students can also print a copy of their unofficial transcript through BOSS. 501.569.3110 SSC 218

**Student Organizations (Registered):** <http://ualr.edu/campuslife/home-6/registered-student-organizations/>

Student organizations have purposes that are consistent with the educational goals and objectives to: broaden the cope of general living; extend knowledge of specialized areas; and serve professional, cultural, social or recreational interest. 501.569.3308 Student Experience Center

**Student Support Services:** <http://ualr.edu/studentssupport/> . SSS provides services to a limited number of eligible UA Little Rock students. SSS seeks to motivate students toward the successful completion of their post-secondary education. 501.683.7481 Speech Building 105

**Trojan Career Closet** <http://ualr.edu/community/trojan-career-closet/>. Provides students with professional clothing for interviews or events. Monday and Tuesday by appointment only [frthoms@ualr.edu](mailto:frthoms@ualr.edu) Education Building 102 & 103 501.569.8292

#### **FINANCIAL ASSISTANCE:**

**Bursar's Office** <http://ualr.edu/bursar/home/staff/>

The Bursar's Office is committed to providing professional assistance to students, parents, third party agencies, faculty, and staff. They serve as the main monetary collection point for the University of Arkansas at Little Rock. 501.569.3450 SSC 1st Floor

**Financial Aid Office** <http://ualr.edu/financialaid/>. We're here to help you navigate through various sources of assistance and administer your financial aid. 501.569.3035 SSC 2nd Floor

**Scholarship Office:** Provides scholarship information for students. 501.569.3035 Student Services Center 215

**Student Accounts:** <http://ualr.edu/bursar/studentaccounts/>. Student Accounts offers, student billing, third-party sponsorship posting, tuition discounts, and collection processes. 501.569.3450 SSC 1st Floor **UA Little Rock**

**Trojan Food Pantry:** <http://ualr.edu/foodpantry/> Open M-W 9am-7pm, Th 9am-5pm, Fri-Sun Closed

The UALR Trojan Food Pantry is open to all UALR students, faculty, and staff. A UALR ID is required.

Participants will receive a three-day supply of food when they visit. 501.569.8240 Administration North, 2nd Floor

**UALRworks:** <http://ualr.edu/ualrworks>. The mission of the UALRworks program at the University of Arkansas at Little Rock is to: Increase student retention by providing financial assistance through professional work education.

501.569.8958 DSC 101

#### **ACADEMIC ASSISTANCE:**

**Communications Skills Center** <http://ualr.edu/appliedcomm/communication-skill-center-csc/>

The Communication Skill Center (CSC) in the Department of Speech Communication helps *take the panic out of public speaking!* The CSC is a free student resource devoted to helping with all stages of speech. Open M-Th 8am-3pm; F 8am-Noon; Closes the last day of class; closed in the summer. 501.569.8208 Speech 201

**Math Assistance Center:** <http://ualr.edu/mathematics/mathlab/>. The MAC is an excellent place for students to study and do their homework. NO APPOINTMENT IS NECESSARY. MAC 1 is for anything above trigonometry. Open Mon-Thur 8am-8pm, Fri 8am-3pm, Sat 10am-3pm. MAC 2 is for college algebra, trigonometry, and remedial math. Open Mon-Thur 9am-5pm, Fri-Sat Closed. 501.569-8100 ETAS 478

**Office of Undergraduate Academic Advising:** <http://ualr.edu/advising/>. For Undeclared Students to advise students, guide them through the first few semesters of college, and prepare them for their future studies. 501.569.3386 SSC 320

**Psychology Statistics Lab:** Free tutoring is available in subject areas such as statistics, research methods, and other psychology courses. Open every morning (M-F) and afternoons (M and W). Stabler Hall 502L

**TRIO Higher Education Access Programs:** <http://ualr.edu/trioecets/>. Tutoring program for students who need assistance. This program is for students who are members of the TRIO Program. 501.907-2470 5820 Asher Ave. Suite 800

**Writing Center:** <http://ualr.edu/writingcenter/>. The Writing Center was developed for University of Arkansas at Little Rock students and other community members who want help with their writing at any stage of the process. 501.569.8343 SUB 116

#### **CO-CURRICULAR OPPORTUNITIES:**

**Career Center** <http://ualr.edu/careers/>. UA Little Rock Career Center is here to help UA Little Rock students and alumni prepare for internships and jobs. 501.569.3584 Education Building 204

**Campus Life:** <http://ualr.edu/campuslife/>. Students involved in the Office of Campus Life gain valuable experience in building teamwork, planning events, working with diverse personalities and populations and much more! 501.569.3308 Student Experience Center DSC 216

**Study Abroad:** <http://ualr.edu/studyabroad/>. UALR Study Abroad opens doors to unique and valuable academic experiences beyond our borders. 501.569.3376 Education Building 101A

#### **OFF-CAMPUS**

##### **CLOTHING RESOURCES:**

**Goodwill Industries of Arkansas** <https://goodwillar.org>. Offers free clothing for a job interview. Must go to a Goodwill 101 session to qualify. Sessions are at 9 am on Tuesdays at the Markham Park location and 9 a.m. on Wednesdays at the Scott Hamilton location (**double check location information**) 1.877.372.5151 or 7400 Scott Hamilton Drive, Ste. 50 1.501.372.5100

**Helping Hand of Little Rock** <http://www.lrhelphinghand.com/mission-statement.html>

Thrift shop is open Monday thru Thursday 9 am to 1 pm 501.372.4388 1601 Marshall Street

**Watershed** Open M-F, 8 am until 4 pm. Free clothing available for children and adults. (Call first) 501.378.0176 3701 Springer Blvd.

##### **COUNSELING SERVICES:**

**Centers for Youth and Families** <http://centersforyouthandfamilies.net/about/locations/>

Offers individual, group therapy, and 24/7 crisis line to individuals under 21 years of age.

501.666.8686 6601 W. 12th Street

**GriefShare** [https://www.griefshare.org/countries/us/states/ar/cities/little\\_rock](https://www.griefshare.org/countries/us/states/ar/cities/little_rock). Grief recovery support groups meeting weekly at Fellowship Bible Church (1401 Kirk Road) on Wednesdays 6:30 to 8:15 p.m.; Immanuel Baptist Church (501 N. Shackelford) on Wednesdays 6:00 to 7:30 p.m.; and Second Baptist Church (1709 Barrow Road) on Mondays 6:00 to 8:00 p.m.

**Little Rock Community Mental Health Center, Inc.** <https://www.lrcmhc.com>. Offers individual and group therapy, housing assistance, and medication management to individuals over 21 (based on income).

501.686.9300 1100 N. University, Ste. 200

**Lucie's Place** <http://www.luciesplace.org/about-us.html>. Works with and assists LGBT young adults experiencing homelessness in Central Arkansas. Offers a drop-in center in downtown LR where clients can receive assistance with bus passes, cell phones and minutes, toiletries, clothes, referrals to other programs and case management. They also offer housing to a limited number of LGBT young adults. 501.508.5005 300 S. Spring Street, Ste. 715

**National Alliance on Mental Illness (NAMI):** <http://namiarkansas.org/index.php/support-groups/>.

NAMI Connection Support Group open to all persons with a mental illness and NAMI Family Support Groups are open to family members/care givers of persons living with a mental illness. Meetings are on Saturdays from 11 to 12:30 p.m. 501.251.7287 5800 W. 10th Street 8th Floor, Room 801

**Riverstone Wellness Center:** <http://www.riverstonewellnesscenter.com>. Individual and group therapy; trauma specialty; eating disorder program; psychological evaluation and assessment; nutrition counseling; massage therapy, Reiki and aromatherapy; free mindfulness and yoga classes; expressive arts therapy, and MD services. 501.777.3200 5905 Forest Place, Ste. 230

**Rape Crisis Hotline:** The 24-hour Rape Crisis Hotline staff and volunteers will help assist victims through hospital emergency room visits, court accompaniment, and support group sessions. 1.855.643.5748

**Suicide Prevention Lifeline** <https://suicidepreventionlifeline.org>. 24/7 hotline operated by trained counselors. 1.800.273.8255. Crisis TEXT Line 741-741

**DOMESTIC VIOLENCE SERVICES: Call 911**

**Catalog of Federal Domestic Assistance:** <http://www.cfda.gov/>. Catalog of Federal Domestic Assistance (CFDA) provides a full listing of all Federal programs available to State and local governments

**The Dorcas House:** <http://www.urmissionlr.org/>. Provides housing and counseling services to women and children who are victims of domestic violence. 501.374.4022 823 S. Park St., Little Rock

**Women & Children First:** <https://www.wcfarkansas.org>. Offer a 24/7 hotline, emergency housing services, assistance with employment, medical services, legal services, and transportation. Also offers support groups on life skills, healthy relationships, employment, conflict resolution, etc. 501.376.3219 (Office) 800.332.4443 (Hotline). No location. Must call.

**DISABILITY SERVICES:**

**Disability Rights Center** <http://disabilityrightsar.org>

Assists individuals with disabilities in issues of accessibility, education, employment, and provides legal assistance. Services are offered free of charge. 501.296.1775 400 W. Capitol, Suite 1200

**FOOD ASSISTANCE:**

**Arkansas Dream Center** <http://www.ardreamcenter.tv/serve/?ai1ec=> . Saturday community breakfast 9:00 am (call for schedule) 501.232.0630 1116 W. Daisy L. Gatson Bates, Little Rock. Summer Meal program for kids with over 60 sites throughout central Arkansas <http://www.ardreamcenter.tv/food-for-good-sites/>

**Dept. of Human Services** <http://humanservices.arkansas.gov/>

Offers assistance in applying for SNAP & WIC benefits 501.682.9200 1105 Martin Luther King Blvd.

**Helping Hand of Greater Little Rock** <http://www.lrhelphand.com>. Food pantry is open M-Th, 9 am until 12:30 pm 501.372.4388 1601 Marshall St.

**Oak Forest United Methodist Church** <http://www.oakforestumc.com>. Open first and third Fridays of the month 501.663.9407 2415 Fair Park Blvd.

**St. Francis House** <http://www.stfrancisministries.com>. Offer USDA Food Commodities once a month. 501.664.5036 2701 S. Elm St.

**St. Mark Baptist Church** <http://smark.org>

**Raven by the Brook Food Pantry** 501.663.3955 5722 W 12th St.

**Salvation Army** <http://www.salvationarmyusa.org>

Provides food baskets. Office is open M-F 8-4:30 pm 501.374.9296 1111 W. Markham

**Watershed:** Open M-F, 8 am until 5 pm 501.378.0176 3701 Springer Blvd.

**EMPLOYMENT ASSISTANCE:**

**Better Community Development, Inc.** <http://www.bcdinc.org>. Offer courses in business writing, vocational counseling, interviewing skills, and resume assistance. 501.663.7223 3604 W. 12th Street

**Goodwill Industries of Little Rock**

Offer resume assistance, job readiness skills, job placement, computer labs, career counseling, and job search assistance. 501.372.5100 7400 Scott Hamilton Dr.

**The Dept. of Workforce Services** <http://dws.arkansas.gov>. Employment Assistance Unemployment services, Veteran services, assistance applying for Temporary Assistance for Needy Families, and career readiness certification programs. 501.682.2121 2 Capitol Mall

**HOUSING ASSISTANCE:**

**Our House** <http://ourhouseshelter.org>. Offers services to families that are homeless, as well as families that are at risk of becoming homeless. 501.374.7383 302 E. Roosevelt Road

**Better Community Development, Inc.** Offers homeownership counseling, weatherization assistance, and homebuyer education classes. 501.663.7223 3604 W. 12th Street

**University District** <http://ualr.edu/universitydistrict/> . Improving the quality of life for all who live, learn, work and play in the University District area. Assists and advises qualified, first-time homebuyers to empty-nesters with the purchase of new and rehabilitated housing in the University District. 501.683.7361

**SUBSTANCE ABUSE: Alcoholics Anonymous meetings** [arkansascentraloffice.org/meetingsnew/littlerock.html](http://arkansascentraloffice.org/meetingsnew/littlerock.html) . 501.351.7368 7509 Cantrell Road . **Al-Anon.** Counselors, therapists and others in a range of professions encourage the friends and families of problem drinkers to attend Al-Anon or Alateen meetings, where clients and patients can find understanding and support that complements and reinforces professional treatment. e. 757.563.1600 1600 Corporate Landing Pkwy. Fax: 757.563.1656 Virginia Beach, VA 23454-5617

**NA meetings – UALR Campus Wesley Methodist Foundation.** Meetings are ever Sunday at 3 pm 5605 W. 32nd St.

**Recovery Centers of Arkansas:** <http://www.rcofa.org/>. Offers residential and outpatient treatment for substance abuse. 501.372.4611 6301 Father Tribou Dr.

**Substance Abuse and Mental Health Services Administration:** <http://www.samhsa.gov>

M-F, 8:30 a.m. - 5 p.m. Agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities. Prevention, treatment, and recovery support services  
877.726.4727 5600 Fishers Lane Rockville, MD 20857

**TRANSPORTATION SERVICES: Rock Region Metro** <https://rrmetro.org>

Free fare for UA Little Rock students, faculty, and staff 501.375.6717 901 Maple St., N. Little Rock

**SOAR Network.** Offers free transportation to medical appointments, job interviews, DHS or SSI appointments.  
501.812.3271 1827 S. Woodrow St.

**UTILITY ASSISTANCE: Central Arkansas Development Council** <http://www.cadc.com>

Provides assistance applying for the Low Income Home Energy Assistance Program and uses FEMA funds to assist eligible households with utility bills. 501.603.0909 5401 S. University

**Helping Hand of Greater Little Rock:** <http://www.lrhelphand.com/mission-statement.html>

Limited financial assistance for rent and utilities. 501.372.4388 1601 Marshall St.

**Salvation Army:** Provides assistance with utility bills when funds are available  
501.374.9296 1111 W. Markham, Exit 107

**Watershed:** Provides assistance with utility bills when funds are available. 501.378.0176 3701 Springer Blvd.

**VETERANS SERVICES: Central AR Veterans Healthcare Services** <https://www.littlerock.va.gov/>

Provides a variety of medical services and social services for veterans. 501.257.1000 4300 W 7th St.

**U.S. Department of Veterans Affairs** <https://benefits.va.gov/littlerock/>

Regional Office determines entitlement to disability compensation, vocational rehabilitation and counseling, and various ancillary benefits such as clothing allowance, automobile grants, and specially adapted housing.  
800.827.1000 2200 Fort Roots Drive, Building 65, North Little Rock

**WELLNESS SERVICES: Arkansas Dept. of Behavioral Health (DHS).**

<http://humanservices.arkansas.gov/about-dhs/dbhs>. Responsible for ensuring the provision of public behavioral health services, including mental health and substance abuse prevention, treatment, and recovery services throughout the State of Arkansas. The Division supports, certifies, licenses, and funds behavioral health providers throughout the state. In addition, the Division of Behavioral Health Service operates two behavioral health institutions -- the Arkansas State Hospital located in Little Rock and the Arkansas Health Center in Benton. Trauma informed; Gender sensitive, Recovery based, Age Informed, Culturally and linguistically competent; Client centered; Family driven; Evidence based/ informed; Cost effective; Performance and outcome driven. 501.686.9164 305 S. Palm St. TDD: 501.686.9176. Fax: 501.686.9182

**St. Francis House** <http://www.stfrancisministries.com/how-we-help/health-clinic>

Free medical services to those without insurance by appointment only. 501.664.5036 2701 S. Elm Street

**Shepherd's Hope Neighborhood Health Center** <http://shepherdshopelr.org>. Located directly behind Oak Forest United Methodist Church in the South Midtown Area. Weekly medical clinic hours are 5:30 pm to 9:00 pm on varying Thursdays. The clinic is closed on holidays and any 5th Tuesday or Thursday by appointment only. Medical services are FREE, families are asked to contribute a \$5.00 registration for each visit. (Clinic is a red-brick house at the corner of the parking lot.). Women's Nights for Gynecology visits on the 2nd and 4th Tuesday of each month. Dental Clinic is now open on Tuesday evenings from 5:30 pm to 8:30 pm by appointment only. 501.614.9523 2404 South Tyler Street

**12th Street Health and Wellness Center:** <https://healthon12th.uams.edu/about-us>. A community-based, student-led, inter professional health and wellness center that provides free health screenings and health management services for people in the community. 501.614.2492 4010 W. 12th St.