

## MEDIATION SERVICES

A mediation session is an informal but structured process where individuals involved in a dispute come together to resolve a misunderstanding or conflict.

**Mediation is FREE** to all UCF students (both undergraduate and graduate)

**Are you the captain of an intermural team and your groups lack of communication is costing you wins?**

**Does your roommate want an overnight guest and you don't know how to talk to them about it?**

### What are the Benefits of Mediation?

1. Those involved work together to create solutions to the current dispute and design strategies to move forward in the relationship in a positive and peaceful manner
2. Mediation sessions provide a supportive, respectful, and positive atmosphere for individuals to express their point of view
3. A neutral third party (a mediator) is present to assist those involved in a dispute maintain positive communication, focus on the goals of the sessions, and support the process of resolution

**Have a group member not pulling their weight and worried about your grade?**

**Are you the head of a committee and your group cannot make timely decisions?**

**Is your roommate always borrowing your clothes or never cleaning up after themselves?**

Visit our website at [www.ied.sdes.ucf.edu](http://www.ied.sdes.ucf.edu) for more information and a **listing of all resources, services, and trainings** available through the Office of Integrity and Ethical Development.

#### Contact Information:

**Director:** Jennifer Wright ([Jennifer.Wright@ucf.edu](mailto:Jennifer.Wright@ucf.edu))  
**Office Location:** Ferrell Commons Room 142  
**Office Phone:** 407-823-3477  
**Office Web-Site:** <http://www.ied.sdes.ucf.edu>  
**Office Hours:** Monday – Friday 8:00 am – 5:00 pm

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