

University of Maryland College Park

2012-2013

RESOURCE DIRECTORY



Containing information on **UM CAMPUS RESOURCES**
for helping students enhance the qualities and competencies
that characterize a successful student
at the University of Maryland

A service of the Counseling Center's Retention Study Group
Compiled and updated annually by Patricia Hunt

Available online at www.studentaffairs.umd.edu

FOREWORD

The ultimate goal of degree-seeking undergraduate students is academic success leading to the baccalaureate degree. In support of this goal, the University of Maryland provides a comprehensive array of resources designed to assist students as they meet the challenges of college.

The RESOURCE DIRECTORY is a listing and description of campus services keyed to the academic, personal and interpersonal competencies conducive to success as a University of Maryland student. The resources found here encompass issues related to academic, vocational, personal, and interpersonal development. Among the many forms of help are services such as workshops, support groups, individual counseling, and consultation. In most cases, a hyperlink will connect to the particular resource's website for access to the most updated information.

Please consider the RESOURCE DIRECTORY as a “first stop” for identifying options that address students' academic and personal growth needs. We hope that users will find that the services listed in the directory reflect both the diversity and the commonality of students' interests, challenges, and goals.

TABLE OF CONTENTS

Page (if online, use Control + Click to reach the link)

Academic competence

- 4 Exam skills
- 4 Grades
- 5 Math/statistics issues
- 7 Study strategies
- 8 Test anxiety
- 9 Writing skills

Constructive interpersonal relationships

- 10 Being away from home, family, friends
- 11 Family issues and/or pressures
- 12 Loneliness/lack of emotional support
- 13 Shyness

Personal responsibility

- 15 Concern with finances
- 15 Employment opportunities
- 16 Housing situation
- 17 Motivation
- 17 Procrastination
- 18 Time management
- 18 Transportation to and on campus

Personal and psychological well-being

- 19 Adjustment to the United States
- 20 Adjustment to the University of Maryland
 - 20 Services and information for new transfer student
 - 21 Services and information for veteran students
 - 21 Services and information for commuter students
 - 21 Support services for students with a disability
 - 22 Support groups
 - 23 Student clubs and organizations
 - 23 Lesbian, gay, bisexual and transgender equity
 - 23 One-credit courses
- 24 Depression and mood disorders
- 25 Disability issues
- 26 Drug/alcohol issues
- 27 Eating disorders
- 27 Feelings of anxiety or stress
- 29 Physical illness
- 29 Self-confidence issues
- 30 Spirituality

Understanding self and others

- 31 Community service

Clarified career and life goals

- 32 Choice of academic major
- 32 Career exploration
- 33 Internship information
- 34 The President's Promise Initiative

ACADEMIC COMPETENCE

EXAM SKILLS

INDIVIDUAL CONSULTATION

Work with an academic skills counselor to learn how to improve the results of your study efforts. Learn techniques to manage time and the demands of your classes, ways to get more from your reading, techniques for effective review, and developing an effective study plan.

Offered by the Counseling Center's **LEARNING ASSISTANCE SERVICE**

2202 Shoemaker Building

<http://www.counseling.umd.edu/LAS/>

On-line signup at: <https://lasonline.umd.edu>

WORKSHOPS

Learning Assistance Service (LAS): LAS supports the University of Maryland's mission by:

- Fostering the education, critical thinking and intellectual growth of UM students.
- Helping students develop personal and academic strategies, positive attitudes toward learning and the self, and behaviors which empower them to be successful in college and life.

Every semester free workshops on many topics are offered to interested students. To see what workshops are being offered this semester, and/or to register for a workshop, go to the url below.

Offered by the Counseling Center's **LEARNING ASSISTANCE SERVICE**

2202 Shoemaker Building

<http://www.counseling.umd.edu/LAS/>

GRADES

CDs/DVDs

- Academic Success Series
 - Conquering Test Anxiety
 - Strategic Learning
 - Note-taking
 - Reading Improvement
 - Time Management
 - Stress Management
- Power Learning: Supercharge Your Study Time
- Get Smart: Learning to Learn
- Success in the Classroom
 - This Way to an A
 - Effective Test Taking Techniques
 - Effective Study Skills
- Multi-media Study Skills

Offered by the Counseling Center **LEARNING ASSISTANCE SERVICE**

2202 Shoemaker Building

To be used in the LAS lab. Student ID required.

301-314-7693

The Office of Multi-Ethnic Student Education (OMSE) is an academic support unit that offers a variety of services and programs to enhance the academic experience of undergraduate students of various underrepresented ethnic backgrounds at the University of Maryland. OMSE strives to identify and meet changing needs that affect the success of undergraduate students and works towards building a positive and sensitive community of learners. For specific information about workshops and services:

THE OFFICE OF MULTI-ETHNIC STUDENT EDUCATION (OMSE)

1101 Hornbake Library Building

301-405-5616

<http://www.omse.umd.edu/>

MATH/STATISTICS ISSUES

INDIVIDUAL CONSULTATION

Individual sessions focusing on assessing math learning patterns, building math confidence, and math study skills. Students are also given assistance finding campus resources to aid math learning.

Offered by the Counseling Center's **LEARNING ASSISTANCE SERVICE**

2202 Shoemaker Building

<http://www.counseling.umd.edu/LAS/>

On-line signup at: <https://lasonline.umd.edu>

WORKSHOPS

Every semester free workshops on math-related topics are offered to interested students. To see what workshops are being offered this semester, and/or to register for a workshop, go to the url below.

Offered by the Counseling Center's LEARNING ASSISTANCE SERVICE

2202 Shoemaker Building

301-314- 7693

<http://www.counseling.umd.edu/LAS/html/acadsuccseries.html>

COURSES

EDCP 108M – Math Study Skills and Building Confidence: This 1 credit course is designed for students who are experiencing difficulty in learning math, or for students studying math education.

- Offered twice during the fall and spring semesters as a half-semester course.
- Designed as an independent study course.
- Studies the affective, behavioral, and cognitive dimensions (ABCs) of learning math.
- Offers students instruction in study skills, time management, and the resources available for student success in math.
- A modified version is offered in the summer as part of the STEP program.

TUTORING

- **Math Success Program:** The Math Success Program is a free drop-in coaching service that is open to both campus residents and commuter students. Students making use of this program require no prior registration or appointment, and no fees apply. The target courses consist of Math 003, 113, and 115. Students from other math courses, such as Math 140, 141, 220, 221, and Stat 100, have also been utilizing this service on a regular basis.

Offered by the Department of Resident Life

301-314-MATH for more information on times and sites

http://www.resnet.umd.edu/programs/math_success/

- **Math Department tutoring:** The Math Department posts a schedule of tutors available for Developmental math courses and 100 and 200 level math courses.

Tutoring Room is 0301 Math Building

Schedule is found at the url below.

<http://www.math.umd.edu/undergraduate/resources/tutoring.html>

- **Office of Multi-Ethnic Student Education (OMSE) math tutoring.**
For a schedule go to:
<http://www.omse.umd.edu/tutoring.html>
- **Honors Program math tutoring**
Go to:
<http://universityhonors.umd.edu/Math.php>

MEDIA AND RESOURCES

- **VIDEO TAPES**
 - Improving Math Studying & Test Taking Skills
 - MATH: A Four Letter Word
 - Preparation for MATH 111
 - One Variable Statistics
 - Problem Solving
 - Success in Math at UMCP
 - Math: Who Needs It?
 - Some videos related to basic math content
- **Brochure of online math resources**
- **CD/DVD PROGRAMS**
 - Electronic companion to:
 - Pre-calculus
 - Geometry
 - Trigonometry

All offered by the Counseling Center's **LEARNING ASSISTANCE SERVICE**
2202 Shoemaker Building
301-314-7693
- **Online Math "handouts"**
 - Analyzing Math Exams
 - Collaborative Learning
 - How to Succeed in Mathematics
 - Math Homework
 - Positive Math Learning
 - Preparing for a Math Test
 - Reading a Math Text
 - Taking a Math Test
 - Taking Notes in Math Class
 - Time Management

All offered by the Counseling Center's **LEARNING ASSISTANCE SERVICE**
2202 Shoemaker Building
301-314-7693
<http://www.counseling.umd.edu/LAS/html/LASHandouts.html>

STUDY STRATEGIES

INDIVIDUAL CONSULTATION

- Individual sessions focusing on organization, study skills, time management, reading, writing papers and/or exam-taking skills.

Offered by the Counseling Center's **LEARNING ASSISTANCE SERVICE**

2202 Shoemaker Building

<http://www.counseling.umd.edu/LAS/>

On-line signup at <https://lasonline.umd.edu>

- **Individual personal consultation for students with a disability**, to help you obtain individual assistance in doing library research for term papers, theses, dissertations. See Subject Specialists found on library Web page.

<http://www.lib.umd.edu/PUBSERV/disabilities.html>

VIDEO TAPES/CDs/DVDs in the Learning Assistance Service lab

- **Academic Success Series**
 - Strategic Learning
 - Note-taking
 - Reading Improvement
 - Time Management
 - Stress Management
- **Power Learning: Supercharge Your Study Time**
- **Get Smart: Learning to Learn**
- **Get Organized**
- **Effective Test Taking**
- **Memory Skills**
- **This is Only a Test**
- **Conquering Test Anxiety**
- **Success in the Classroom**
 - This Way to an A
 - Effective Test Taking Techniques
 - Effective Study Skills
 - Multimedia Study Skills

All offered by the Counseling Center's **LEARNING ASSISTANCE SERVICE**

2202 Shoemaker Building

Use in the LAS lab. Student ID required

301-314-7693

ONE CREDIT COURSES

- **EDCP 108B – On Course: Strategies for Creating Success in College and in Life:** This 1 credit course is offered during the fall and spring semesters as a half-semester or full semester course. Also offered in January as Winter Study Skills Program (WSSP), and during the summer as Summer University Retention Program (SURP) for students in academic difficulty. It provides instruction in the following areas:

- Strategies for taking responsibility and maximizing strengths
- Goal setting and making wise choices
- Time management
- Note taking
- Study techniques
- Learning styles

- Test preparation and test-taking techniques
 - University resources
 - Academic planning
- **EDCP108G - The Transfer Student in the University:** This 1 credit course will help transfer students ease the transition to a new university setting. Offered during the fall and spring semesters as a full-semester course and in the fall semester as a half-semester course.
 - Offers students a review of study skills, time management, and the resources available for student success
 - Introduces students to key information about campus life, and services for transfer students
 - Helps students develop a supportive campus network
 - **EDCP 108R - Learning and Study Strategies for Returning Students:** This 1 credit course is designed for returning students 25 years or older who have had a break in their formal education and are returning to school.
 - Offers a review of study skills, time management, and the resources available for student success
 - Introduces the student to campus resources and information about campus life
 - Helps students develop a supportive campus network.

ONLINE HANDOUTS

- **Study Skills**
 - **10 Tips for A Students**
 - **Academic Resources**
 - **Be an Active Student**
 - **Note-taking Diagnosis**
 - **Note-taking Strategies**
 - **Test Taking Strategies**
 - **Test Taking Strategies 2**
 - **Time Management**
- <http://www.counseling.umd.edu/LAS/html/LASHandouts.html>

TEST ANXIETY

INDIVIDUAL CONSULTATION

Individual consultation with an academic counselor concerning ways to reduce test anxiety, and skills for preparing for and taking exams and improving your test-taking skills.

Offered by the Counseling Center's **LEARNING ASSISTANCE SERVICE**

2202 Shoemaker Building

<http://www.counseling.umd.edu/LAS/>

On-line signup at <https://lasonline.umd.edu>

BOOKS/HANDOUTS

Exam Skills packet:

“Managing Test Anxiety”

“Mastering Objective Tests”

“Tackling Essay Tests”

Offered by the Counseling Center's **LEARNING ASSISTANCE SERVICE**

2202 Shoemaker Building 301 314 7693

<http://www.counseling.umd.edu/LAS/>

WRITING SKILLS

INDIVIDUAL CONSULTATION

- **The Writing Center:** Offers free assistance with any writing assignment for any UMCP undergraduate student. Trained tutors offer suggestions to help you improve your writing. To be assured of seeing a tutor during daytime hours, please call ahead for an appointment. A tutor can work with you to:

- Clarify an assignment
- Ease writing anxieties
- Explore ideas and topics
- Plan and organize your paper
- Determine strategies for revision
- Correct recurring grammatical problems
- Improve troublesome aspects of your paper

Remember, this is not a proofreading or re-writing service.

Offered by **THE WRITING CENTER**

1205 Tawes Hall

301-405-3785 (Appointments)

<http://www.english.umd.edu/academics/writingcenter>

- **The Grammar Hotline** Call for answers to quick questions about word choice, punctuation, sentence structure, or proper citation. Or, give us a call if you want to know if your ideas, sentences, or words sound right. If the Writing Center is closed, leave a message, and we'll return your call.

THE GRAMMAR HOTLINE

301-405-3787

- **Language Skills counseling**

Do you struggle with writer's block?

Is it easier for you to explain your topic than write it?

Would you like your papers to be better organized?

Do you feel your sentences could be clearer?

Would you like someone to help you brush up on your grammar?

If so, make an appointment with a Language Skills Counselor, who will meet with you to diagnose the strengths and weaknesses in your writing, suggest strategies for improvement, and provide resources for practice. **Please bring a sample of your writing.**

Offered by the Counseling Center's **LEARNING ASSISTANCE SERVICE**

2202 Shoemaker Building

301-314-7693

CDs FOR WRITING SKILLS

- **Writing Skills Series**

- **Typing Tutor**

- **Research Skills**

- **Reading Skills Series**

Offered by the Counseling Center's **LEARNING ASSISTANCE SERVICE**

2202 Shoemaker Building

301-314-7693

Use in the LAS Lab

CONSTRUCTIVE INTERPERSONAL RELATIONSHIPS

BEING AWAY FROM HOME, FAMILY, FRIENDS

STUDENT CLUBS AND ORGANIZATIONS

GET INVOLVED! There are over 400 active student clubs and organizations on campus. Research tells us that students who get involved in the campus community do better academically than students who don't get involved. Not only is it likely that you will learn more, but you'll open up doors to new friendships, support, and experiences. There is much to be learned at Maryland, in and out of the classroom.

OFFICE OF ACTIVITIES AND ENGAGEMENTS

0110 Stamp Student Union

301-314-7174

<https://stars.umd.edu/orgs/>

INDIVIDUAL CONSULTATION

- Individual sessions with a counselor focusing on the difficulties of being away from home. Offered by the Counseling Center's **COUNSELING SERVICE**
Shoemaker Building
301-314-7651
http://www.counseling.umd.edu/Services/srv_ps.htm
- **The Office of International Education Services (IES)** provides a wide range of information and services to International students and scholars at the University of Maryland, including discussions with advisers focusing on adjusting to the University of Maryland.
Offered by the **OFFICE OF INTERNATIONAL EDUCATION SERVICES**
2111 Holzapfel Hall
301-314-7740
<http://www.umd.edu/ies>

GROUPS

- **General Therapy Groups:** an interactive experience intended to assist in the empowerment and success of participating students as they learn more about themselves and the various worlds in which they live (i.e., roommates, academic environments, family, faculty, friends). See the website for days and times.
- **TRUE LIFE: I'M A FRESHMAN!** This group is designed to provide support as you adjust to college. Join us and meet other incoming students to help one another, share your common concerns, and learn how to "make it work" during your first year! Possible topics include time management, making friends, figuring out relationships, and managing anxiety. Time TBA
- **Understanding Self and Others:** A group experience for students hoping to better understand themselves and their relationship patterns while developing ways of changing these patterns to improve their relationships. Students will have opportunities to observe and discuss their own and others' thoughts, feelings, behaviors, and reactions as they occur in a safe and supportive environment. Wednesdays, 3:00-4:30 p.m.

Groups offered by the Counseling Center 's **COUNSELING SERVICE**

Shoemaker Building

301-314-7651

<http://www.counseling.umd.edu/Services.htm>

FAMILY ISSUES AND/OR PRESSURES

INDIVIDUAL

- **Individual counseling sessions** focusing on home or family issues.
Offered by the Counseling Center's **COUNSELING SERVICE**
Shoemaker Building
301-314-7651
<http://www.counseling.umd.edu/Services/services.htm>
- **Center for Healthy Families:** offers couples and family therapy. Clients are seen between 9 a.m. and 9 p.m. We use a sliding fee scale. Children, adolescents, and single parents are welcome.
Offered by the **CENTER FOR HEALTHY FAMILIES**
1142 School of Public Health Building
301-405-3672
http://www.sph.umd.edu/fmsc/chf/service_center.html
- **Family Care Resource and Referral Service:** for faculty, staff and students who have child care and elder care needs, it is designed to provide guidance on researching caregivers, budgeting expenses, and interacting with care providers.
Offered by the **FAMILY CARE RESOURCE AND REFERRAL SERVICE**
1116 Cole Student Activities Building
http://www.uhr.umd.edu/benefits/family_care.cfm
- **For international students:** Individual sessions with advisors focusing on home or family issues.
Offered by the **OFFICE OF INTERNATIONAL EDUCATION SERVICES**
2111 Holzapfel Hall
301-314-7740
<http://www.umd.edu/ies>
- **The Rainbow Walk-In Hour** is a program created to meet the immediate emotional-social and educational-career needs of LGBT students or students from LGBT-headed families. Ideally, students will come in ten minutes before each Walk-In Hour to complete the standard paperwork. Students can come to the Center on their own or be referred by faculty or staff from various campus offices (e.g., the Lesbian, Gay, Bisexual and Transgender Equity Office; the Lesbian, Gay and Bisexual Staff and Faculty Association; Office of Resident Life). Mon. – Fri. between 3 – 4.
Offered by the Counseling Center's **COUNSELING SERVICE**
Shoemaker Building
301-314-7651
http://www.counseling.umd.edu/Services/srv_rbow.htm

LONELINESS/LACK OF EMOTIONAL SUPPORT

STUDENT INVOLVEMENT

The **University of Maryland Guide to Student Organizations**, maintained by the Office of Campus Programs is a first step in your path to involvement. You will find a listing of the student organizations that are currently active at the University. The organizations are listed in broad categories. We hope that you will pick out organizations in your interest area and then use the contact information and resource outlets through direct web links and the Office of Campus Programs to find out more about them. If you don't find an organization that matches your interests, we'll help you start a new group.
<http://www.thestamp.umd.edu>

INDIVIDUAL CONSULTATION

- **For international students:** Individual sessions with an adviser focusing on issues of loneliness and lack of emotional support.

Offered by **INTERNATIONAL EDUCATION SERVICES**

2111 Holzapfel Hall

301-314-7740

<http://www.umd.edu/ies>

- **Individual sessions** with a counselor to discuss issues of loneliness and lack of emotional support.

Offered by the Counseling Center's **COUNSELING SERVICE**

Shoemaker Building

301-314-7651

- **Students of Color Walk-in Hour:** on-the-spot assistance and support to minority students on any issues of immediate concern. No appointment needed.

Offered by the Counseling Center's **COUNSELING SERVICE**

Shoemaker Building

301-314-7651

http://www.counseling.umd.edu/Services/srv_min.htm

- **The Rainbow Walk-In Hour** is a program created to meet the immediate emotional-social and educational-career needs of LGBT students or students from LGBT-headed families. Ideally, students will come in ten minutes before each Walk-In Hour to complete the standard paperwork. Students can come to the Center on their own or be referred by faculty or staff from various campus offices (e.g., the Lesbian, Gay, Bisexual and Transgender Equity Office; the Lesbian, Gay and Bisexual Staff and Faculty Association; Office of Resident Life). M – F between 3 - 4.

Offered by the Counseling Center's **COUNSELING SERVICE**

Shoemaker Building

301 314 7651

http://www.counseling.umd.edu/Services/srv_rbow.htm

GROUPS

- **General Therapy Groups:** an interactive experience that allows for personal and interpersonal growth. The overarching goal is to assist in the empowerment and success of participating students as they learn more about themselves and the various worlds in which they live (i.e., roommates, academic environments, family, faculty, friends). Groups offered various days and times. See website.

Offered by the Counseling Center's **COUNSELING SERVICE**

Shoemaker Building

301-314-7651 Call to sign up

http://www.counseling.umd.edu/Services/srv_gpth.htm

- **English as a Second language:** A conversation group to help international students expand their vocabulary, improve pronunciation, and increase their speaking and listening abilities, through weekly meetings with a U.S. speaking group leader, discussing U.S. values and customs, university life, and other topics of interest. **Date & Time TBA.**

Offered by the Counseling Center's **LEARNING ASSISTANCE SERVICE**
 2202 Shoemaker Building
 301-314-7693
<http://www.counseling.umd.edu/LAS/html/esolconvprog.html>

- **Coffee Hour for International Students:** Fall and Spring Semesters (not including breaks and holidays) in Ground Floor Lounge of the Dorchester International House.

Offered by the **INTERNATIONAL EDUCATION SERVICES** and Sponsoring Campus Depts.
 2111 Holzapfel Hall
 301-314-7742
<http://www.umd.edu/ies>

- **International Students Group:** Meet other international students, learn about U.S. culture, solve problems, and practice speaking English as you help each other adjust to life in the U. S.

Offered by the Counseling Center's **COUNSELING SERVICE**
 Shoemaker Building
 301-314-7651 Call to sign up
<http://www.counseling.umd.edu/Services/services.htm>

- **Social Anxiety Group:** This group provides support and interpersonal growth for students struggling with social anxiety. It provides such students with the opportunity to share their experiences and explore interpersonally with students like themselves.

Offered by the Counseling Center's **COUNSELING SERVICE**
 Shoemaker Building
 301-314-7651 Call to sign up
<http://www.counseling.umd.edu/Services>

SHYNESS

INDIVIDUAL CONSULTATION

- Individual sessions focusing on developing interpersonal confidence.

Offered by the Counseling Center's **COUNSELING SERVICE**
 Shoemaker Building
 301-314-7651

- Individual sessions with a campus chaplain.

For listings of individual chaplains:
www.chapel.umd.edu/chaplains

SERVICES AND INFORMATION FOR COMMUTER STUDENTS

- **Off-campus Student Involvement:** Access a range of services, programs, and information. We are committed to enhancing the college experiences of students living off campus, and to helping you succeed in both your academic and out-of-class endeavors at UM. Use the website as your guide to enhancing your off-campus living experience at the University of Maryland. Off-campus Student Involvement, as a part of the Office of Campus Programs is YOUR gateway for information and resources. We also advocate for the needs of ALL commuter students in a wide variety of ways.

Offered by **Commuter Student Involvement**
 0110 Stamp Student Union
 301-314-7250
www.union.umd.edu/csi

PROGRAMS

- **The Office of International Education Services (IES)** works with the International Student Council which consists of many campus student nationality clubs. For helpful information :

OFFICE OF INTERNATIONAL EDUCATION SERVICES

2111 Holzapfel Hall

301-314-7739

<http://www.umd.edu/ies>

- **Community Service Learning** organizes service-learning activities and provides information about hundreds of local, national, and international community service opportunities for students, staff, and faculty. Information is available on service related to each academic major, the national service program, student groups involved in service, and ways to incorporate service-learning into academic study. Paid opportunities are available for students eligible for Federal Work-Study through American Reads and American Counts. A database of over 800 volunteer opportunities in D.C., MD, VA, and on campus is available through the web site.

Offered by the **OFFICE OF LEADERSHIP AND COMMUNITY SERVICE LEARNING**

0110 Stamp Student Union

301-314-8494

http://thestamp.umd.edu/student_involvement/lcsi

PERSONAL RESPONSIBILITY

CONCERN WITH FINANCES

Please contact the **Office of Student Financial Aid** for information about student and parent loans, short term emergency loans, payment plans, grants, scholarships, the Federal Work-study program, or to schedule an appointment with a Financial Aid counselor. Please note most students can qualify for some type of financial aid. We have student loan programs for students with and without financial need.

The **Office of Student Financial Aid's** website allows you to do a number of things online, such as

- File your FAFSA application
- Get a description of the financial aid process
- Check your status
- Download printable forms
- Obtain information about scholarships
- Obtain information about the work study program
- Obtain billing information
- Request an aid transcript

OFFICE OF STUDENT FINANCIAL AID

0102 Lee Building
301-314-9000
umfinaid@osfa.umd.edu
<http://www.financialaid.umd.edu/>

- **Scholarships for “returning” (non-traditional aged) students:** The Returning Students Program has information about two scholarships available to non-traditional aged students: the Portney Scholarship and the Newcombe Scholarship. For further information:

RETURNING STUDENTS PROGRAM

Counseling Center’s Learning Assistance Service
2202 Shoemaker Building
301-314-7693

EMPLOYMENT OPPORTUNITIES

- **Careers4Terps:** For free access to a variety of career tools and employment opportunities, register for Careers4Terps (C4T) on the Career Center’s website. Through C4T you can participate in the On-Campus Interviewing Program, make your resume available to employers, and received tailored career news through our weekly e-newsletter. Set up a search agent to receive job or internship postings to your specific interests.

Offered by the **CAREER CENTER and THE PRESIDENT’S PROMISE**

3100 Hornbake Library South Wing
301-314-7225
<http://www.CareerCenter.umd.edu>

- **Need help finding a job?** Career Center staff can help you address educational and career decisions; identify useful resources; take advantage of internship, full-time, part-time, and summer employment opportunities; tailor your resumes and cover letters, sharpen your job search skills and strategies, plan for graduate and professional school. Visit www.Careers.umd.edu/Appointments to schedule an appointment.

Offered by the **CAREER CENTER & THE PRESIDENT’S PROMISE**

3100 Hornbake Library South Wing 301-314-7225
<http://www.CareerCenter.umd.edu>

- **Career and Job Fairs** provide a chance for students to discuss their qualifications for part-time, internship, and full-time positions with employer representatives. Access information about these events via the career Center's web site.

Offered by the **CAREER CENTER**
 3100 Hornbake Library South Wing
 301-314-7225
<http://www.CareerCenter.umd.edu>

- **Employment authorization information for F-1 International Students.** The Office of International Education Services (IES) serves as a source of information about international student employment. For details about F-1 employment authorization, call

Office of International Education Services
 2111 Holzapfel Hall
 301-314-7737

- **Some on-campus employment opportunities to consider**

- Dining Services <http://dining.umd.edu/employment/students>
- Department of Transportation <http://www.transportation.umd.edu/application.html>
- CSPAC http://claricesmithcenter.umd.edu/2010/c/students/employment_opportunities
- Maryland Fund for Excellence
<http://www.urhome.umd.edu/mdexcellence/callers/employment.cfm>

HOUSING SITUATION

INDIVIDUAL CONSULTATION

- **Roommate issues:** individual sessions with a counselor to discuss dealing with roommate issues. Offered by the Counseling Center's **COUNSELING SERVICE**
 Shoemaker Building
 301-314-7651

SERVICES

- **On-campus residents:** for help in resolving issues involving roommates or floor mates; quiet hours; visitors; life-style differences; rules; or distractions in the living environment.
 North Campus residents: 301 314 7399
 South Campus residents: 301 314 7484

INFORMATION

- **Off campus housing needs:** check our listings on the Web or stop by our office.
OFF-CAMPUS HOUSING SERVICE
 Public-Private Partnerships & Off-Campus Housing
 0200 Calvert Hall
 301-314-7484
<http://www.och.umd.edu/>

MOTIVATION

INDIVIDUAL CONSULTATION

- For those whose lack of motivation may be partly related to a lack of goals or career plans, make an appointment with a Career Counselor to identify ways to apply your interests, find more satisfaction in college, and identify career goals that contribute to increased motivation.

Offered by the **CAREER CENTER & THE PRESIDENT'S PROMISE**

3100 Hornbake Library, South Wing

301-314-7225

- Individual sessions with a counselor focusing on motivation issues.
- Consultation with a counselor focusing on academic assertiveness.
- Individual sessions focusing on educational/vocational issues.

All offered by the Counseling Center's **COUNSELING SERVICE**

Shoemaker Building

301-314-7651

- **The Center for Health and Wellbeing**, a part of the University Health Center, offers health behavior change counseling. Have you lost your motivation to exercise, eat healthy, and follow other positive habits? Take an on-line health assessment, and bring your results. You and the health educator will discuss your current lifestyle and how you can fit in exercise, healthy eating, stress management, and other lifestyle habits to help create balance in your daily life. Call for details or to make an appointment.

301-314-1493

<http://www.health.umd.edu/chwb/>

PROCRASTINATION

INDIVIDUAL CONSULTATION

- Work with an academic skills counselor on procrastination issues.

Offered by the Counseling Center's **LEARNING ASSISTANCE SERVICE**

2202 Shoemaker Building

301-314-7693

<http://www.counseling.umd.edu/LAS/>

- Individual sessions with a counselor focusing on perfectionism and procrastination

Offered by the Counseling Center's **COUNSELING SERVICE**

Shoemaker Building

301-314-7651

GROUP

- Dissertation Support Group: A bi-weekly support group to help members complete their theses and dissertations.

Offered by the Counseling Center's **LEARNING ASSISTANCE SERVICE**

2202 Shoemaker Building

301-314-7693

<http://www.counseling.umd.edu/LAS/html/groups.html>

TIME MANAGEMENT

INDIVIDUAL CONSULTATION

- **Individual consultation** focusing on time management issues:
Offered by the Counseling Center's **LEARNING ASSISTANCE SERVICE**
2202 Shoemaker Building
301-314-7693

WORKSHOPS

- **Academic Enhancement Workshops:** Designed for critical times, these workshops are offered between mid-terms and finals every semester. They focus on specific issues of time management, study skills, exam-taking skills, how to work with tutors, etc. Workshop facilitators are experts from different academic support units on campus.
Offered by **THE OFFICE OF MULTI-ETHNIC STUDENT EDUCATION (OMSE)**
1101 Hornbake Library Building
301-405-5616
Call to register
<http://www.omse.umd.edu/>
- **Time Management**
Offered by the Counseling Center's **LEARNING ASSISTANCE SERVICE**
2202 Shoemaker Building
301-314-7693
<http://www.counseling.umd.edu/LAS/>

TRANSPORTATION TO AND ON CAMPUS

TRANSPORTATION SERVICES

- **Shuttle UM** commuter routes serve area apartment complexes, residential areas, as well as to stations within a 6-mile radius of campus. Shuttle-UM bus schedules and routes maps are available on the buses, on Shuttle-UM's web page, in the Stamp Student Union and from the Department of Transportation Service office on Regents Drive.
<http://www.transportation.umd.edu/shuttle.html>
- **Public transportation:** The Maryland Transit Administration website offers information and schedules for public transportation options at [Maryland Transit Administration](http://www.mta.com)
800-492-3757

PERSONAL AND PSYCHOLOGICAL WELL-BEING

ADJUSTMENT TO THE UNITED STATES

INDIVIDUAL CONSULTATION

- Individual sessions focusing on culture shock and adjustment to the U.S.
Offered by the Counseling Center's **COUNSELING SERVICE**
Shoemaker Building
301-314-7651
- Special advising for international students; orientation; assistance with forms that are required for compliance with immigration and other government regulations.
Offered by **INTERNATIONAL EDUCATION SERVICES**
2111 Holzapfel Hall
301-314-7740
<http://www.umd.edu/ies>
- International students: Learn how to work efficiently within the United States and the University of Maryland.
Counseling Center's **LEARNING ASSISTANCE SERVICE**
2202 Shoemaker Building
301-314-7693
<http://www.counseling.umd.edu/LAS/>
- If you need off-campus housing, check our listings on-line or stop by our office. If you need public transportation information (MetroBus, MetroRail, MARC, Amtrak), stop by our office.
OFF-CAMPUS HOUSING SERVICE
Public-Private Partnerships & Off-Campus Housing
0200 Calvert Hall
301-314-7484
<http://www.och.umd.edu/>
- **The Maryland English Institute (MEI)** has been serving non-native speakers of English since 1981. Our mission is to provide quality programs and courses for non-native speakers of English who are planning to study in U.S. colleges and universities or who wish to learn English for career or personal enrichment. In all our programs, we strive to provide balanced perspectives of the diversity of American academic, social, and cultural life. Our largest program is an Intensive English Program. We also offer variety of part time non-credit courses, courses for students admitted to the University of Maryland, and customized programs for special purposes. In addition to the classes we teach, we also evaluate the English language proficiency of international students who want to be admitted to the University and of International Teaching Assistants.
Offered by the **MARYLAND ENGLISH INSTITUTE**
1117 Cole Student Activities Building
301-405-8634
<http://www.mei.umd.edu/>
- Individual consultation with an ESOL learning skills counselor.
Offered by the Counseling Center's **LEARNING ASSISTANCE SERVICE**
2202 Shoemaker Building
301-314-7693
<http://www.counseling.umd.edu/LAS/>

GROUPS

- **International Students Group:** Meet other international students, learn about U.S. culture, solve problems, and practice speaking English as you help each other adjust to life in the U. S. Mondays 4:30-6:00.

Offered by the Counseling Center's **COUNSELING SERVICE**

Shoemaker Building

301-314-7651

Call to sign up

<http://www.counseling.umd.edu/Services/services.htm>

- **Conversation Groups:** If you are nervous about your speaking and listening skills, join a small group aimed at helping international students increase their confidence.

Offered by the Counseling Center's **LEARNING ASSISTANCE SERVICE**

2202 Shoemaker Building

301-314-7693

<http://www.counseling.umd.edu/LAS/>

VIDEOS

- **COLD WATER** (LB2376.4.C65) 48min: Interviews with several International college students who discuss their experiences in dealing with living and studying in the United States.

- **CONNECT WITH ENGLISH** (PE1128.A2C686) 13 videocassettes, 625 minutes: Through the story of Rebecca, an aspiring singer on a journey across America, this series depicts characters using natural language in real-life situations, such as leaving home, parenting, education, work, love, success, and loss. Intended for International students learning English.

Offered by **NONPRINT MEDIA SERVICES**

Hornbake Library

301 405 9236

ADJUSTMENT TO THE UNIVERSITY OF MARYLAND

SERVICES AND INFORMATION FOR NEW TRANSFER STUDENTS

- **The Transfer Credit Center** exists to facilitate the evaluation of credit for transfer students and to give information and assistance to transfer advisors and prospective students. This service has computerized and consolidated the transfer credit process. Students and advisors work together to decide how courses fit into a student's individual program, while the Center provides information on course equivalencies, credit reports and articulation tables.

<http://www.tce.umd.edu/>

- **The Transfer Student Virtual Learning Community (TSVLC)** is an initiative developed by the Counseling Center to help support transfer students as they transition to the University of Maryland. Using an ELMS/Blackboard site, the TSVLC connects students to resources on campus, tips on effectively managing the transition to UM, and how to develop effective learning strategies. There are also five discussion forums where transfer students can post their questions about transferring, share success tips that have worked for them, and meet other transfer students who are new to UM. To register for the TSVLC, go to the Learning Assistance Service website and click the link for the TSVLC.

www.counseling.umd.edu/LAS

SERVICES AND INFORMATION FOR VETERAN STUDENTS

- **The Veterans Center** has been designed as a space for University of Maryland veterans to spend time with each other while on campus. It is located in 1122 Cole Student Activities Building. The Veterans Program Office website is designed to inform and address the questions of veteran students.

<http://www.thestamp.umd.edu/veterans>

- **Veterans Walk-in Hour:** A service designed for students who are currently serving, or who have served, in any branch of the military. The Veterans Walk-in Hour is a chance for student veterans to come by the Center – no appointment needed – to talk about anything on their minds. Blow off some steam, get help navigating the campus, or just take the opportunity to talk with a trained listener. The Walk-In Hour is NOT – nor is it intended to be – psychotherapy. The intent is to provide an ear for veterans who want someplace to talk. Mondays, Wednesdays, Fridays 3:00-4:00

Offered by the Counseling Center's **COUNSELING SERVICE**

Shoemaker Building

301-314-7651

<http://www.counseling.umd.edu/Services/>

SERVICES AND INFORMATION FOR COMMUTER STUDENTS

- **Off-campus Student Involvement:** Learn about a range of services, programs, and information. We are committed to enhancing the college experiences of students living off campus, and to helping you succeed in both your academic and out-of-class endeavors at UM. Use the website as your guide to enhancing your off-campus living experience at the University of Maryland. Off-campus Student Involvement is your gateway for information and resources. We also advocate for the needs of ALL commuter students in a wide variety of ways.

Offered by **Off-campus Student Involvement**

0110 Stamp Student Union

301-314-7250.

www.union.umd.edu/csi

SUPPORT SERVICES FOR STUDENTS WITH A DISABILITY

- **Disability Support Service:** The mission of the Disability Support Service (DSS) is to coordinate services that ensure individuals with disabilities equal access to University of Maryland College Park programs. DSS approaches this mission in three ways:

1. It provides and coordinates direct services for students, faculty, staff, and campus visitors with disabilities. Services are tailored to meet the needs of individuals based on their specific disabilities.
2. It educates and provides consultation to University faculty, staff, and administrators in order to increase their awareness and sensitivity toward individuals with disabilities.
3. It provides students and staff with disabilities the opportunity to gain the skills necessary to effectively advocate for themselves within the University community.

Offered by the Counseling Center's **DISABILITY SUPPORT SERVICE**

0106 Shoemaker Building

Voice/TTY 301-314-7682

<http://www.counseling.umd.edu/DSS>

- **Adaptive Technology Lab.** The Adaptive Technology Lab for persons with visual impairments is located on the first floor of McKeldin Library. It is independently accessible for wheelchair users. For information on use of equipment in this room and training in its use, contact the Coordinator of Library Services for Persons with Disabilities at McKeldin Library, 301-314-7958.

Offered by ADAPTIVE TECHNOLOGY LAB
 1103 McKeldin Library
 301 314 7958
 TTY 301 314 6792
 FAX 301 405 9191
<http://www.lib.umd.edu/PUBSERV/disabilities.html>

SUPPORT GROUPS

- **General Therapy Group:** an interactive experience that allows for personal and interpersonal growth. The overarching goal is to assist in the empowerment and success of participating students as they learn more about themselves and the various worlds in which they live (i.e., roommates, academic environments, family, faculty, friends). See website for days and times.
- **Circle of Sisters:** A therapeutic support and discussion group focused on a variety of themes including personal concerns, interpersonal and dating relationships, sexuality, and being a Black woman on a predominately white campus.
- **Memory Circle:** Designed for students working through a recent or past significant loss. The group offers emotional support and psycho-educational information about the grief process.
- **My Body-My Self:** A Woman's Group: This group explores women's struggles with body image and feelings of self-worth and look at the ways dieting, obsessing about thinness, binge-eating, and over-exercising impacts their lives.
- **Social Anxiety Group:** This group provides support and interpersonal growth for students struggling with social anxiety. It provides such students with the opportunity to share their experiences and explore interpersonally with students like themselves.
- **JUGGLING - Women and the Work-School-Life Balance:** A support group for women juggling multiple roles.
- **International Students Group:** Meet other international students, learn about U.S. culture, solve problems, and practice speaking English as you help each other adjust to life in the U. S. Mondays 4:30-6:00.

Groups offered by the Counseling Center's **COUNSELING SERVICE**
 Shoemaker Building
 301-314-7651 Call to sign up

WALK-IN HOURS FOR SPECIAL POPULATIONS

- **Students of color walk-in hour:** 3-4 p.m. daily. No appointment needed.
 Offered by the Counseling Center's **COUNSELING SERVICE**
 Shoemaker Building
 301-314-7651
http://www.counseling.umd.edu/Services/srv_min.htm
- **The Rainbow Walk-In Hour** was created to meet the immediate emotional-social and educational-career needs of LGBT students or students from LGBT-headed families. The Rainbow Walk-In Hour operates Monday through Friday from 3 to 4 pm.

Offered by the Counseling Center's **COUNSELING SERVICE**
 Shoemaker Building
 301 314 7651
http://www.counseling.umd.edu/Services/srv_rbow.htm

- **MAJORS Walk-In:** Drop in consultation designed for students exploring majors and careers.

Wednesdays 1:00 – 3:00

Offered by the Counseling Center's **COUNSELING SERVICE**

Shoemaker Building

301 314 7651

- **VETERANS Walk-In:** A service specifically designed for students who are currently serving, or who have served in any branch of the military. The Veteran's walk-in is a chance for student veterans to stop by the Center, no appointment needed to talk about anything on their minds.

Offered by the Counseling Center's **COUNSELING SERVICE**

Shoemaker Building

301 314 7651

STUDENT CLUBS AND ORGANIZATIONS

- **GET INVOLVED!** There are over 400 active student clubs and organizations on campus. Research tells us that students who get involved in the campus community do better academically than students who don't get involved. Not only is it likely that you will learn more, but you'll open up doors to new friendships, support, and experiences. There is much to be learned at Maryland, in and out of the classroom. FOR MORE DETAILS:

www.stars.umd.edu/orgs/

LESBIAN, GAY, BISEXUAL AND TRANSGENDER EQUITY

- **The Lesbian, Gay, Bisexual and transgender Equity Center** provides a wide range of information, education, and support services regarding sexual orientation and gender identity or expression, and works to establish and maintain a safe, inclusive, and welcoming environment for sexual and gender minorities, their families and friends, and the campus community. The actions taken seek to:
 - connect the needs of LGBT students, staff, and faculty with on- and off-campus resources;
 - assist service providers within the university as they address the needs of LGBT people;
 - provide unique support services specific to LGBT students;
 - disseminate authoritative information about LGBT people and assist the institution in providing opportunities for students to learn about this population;
 - collaborate with campus citizens to improve the climate for all people with marginalized identities.

The Center is located in 2218 Marie Mount Hall. For more information about specific programs and initiatives including a weekly calendar of LGBT related events on campus:

<http://www.umd.edu/lgbt/events.html>

One-credit COURSES

- **EDCP 108B- Learning Strategies:** (1 credit) Offered during the fall and spring semesters as a half-semester or full semester course. Also offered in January as Winter Study Skills Program (WSSP), and during the summer as Summer University Retention Program (SURP) for students in academic difficulty. This course provides instruction in the following areas:

- Goal setting
- Time management
- Active listening
- Note taking
- Reading comprehension
- Study techniques
- Learning styles
- Test preparation and test-taking techniques
- University resources
- Academic planning

- **EDCP 108C:** A 12-week one-credit course helping students learn about themselves and how to make good decisions when choosing an academic major.
- **EDCP108G: For transfer students:** This 1 credit course will help transfer students ease the transition to a new university setting. Offered during the fall and spring semesters as a full-semester 1-credit course, it:
 - offers new transfer students a review of study skills, time management, and the resource available for student success
 - introduces new transfer students to key information about campus life, and services for transfer students
 - helps students develop a supportive campus network
- **EDCP 108R-** Designed specifically for returning students 25 years or older who have had a break in their formal education and are returning to school, this course is offered during the fall and spring semesters as a full semester course. The 1-credit course:
 - offers a review of study skills, time management, and the resources available for student success
 - introduces the student to campus resources and information about campus life
 - helps students develop a supportive campus network
- **EDCP 499A:** The purpose of EDCP 499A is to help juniors/seniors identify meaningful career paths and continuing education plans following college graduation. using a multi-media approach to learning, with contemporary and innovative approaches to instruction, such as podcasts, blogs, media clips, film, online and classroom discourse, experiential activities, online and print career assessments and tools

DEPRESSION AND MOOD DISORDERS

INDIVIDUAL CONSULTATION

- Individual sessions with a counselor to discuss issues related to depression and other mood disorders.
Offered by the Counseling Center's **COUNSELING SERVICE**
Shoemaker Building
301-314-7651
- Individual sessions with a counselor focusing on issues related to depression and other mood disorders. Medication evaluation and management by a psychiatrist, when needed.
Offered by the **MENTAL HEALTH SERVICE**
HEALTH CENTER
301-314-8106
<http://www.health.umd.edu/mentalhealth>
- **The Rainbow Walk-In Hour** is a program created to meet the immediate emotional-social and educational-career needs of LGBT students or students from LGBT-headed families. Ideally, students will come in ten minutes before each Walk-In Hour to complete the standard paperwork. M – F at 3:00
Offered by the Counseling Center's **COUNSELING SERVICE**
Shoemaker Building
301 314 7651
http://www.counseling.umd.edu/Services/srv_rbow.htm

GROUPS

- **Group therapy for students coping with depression**
Offered by the **MENTAL HEALTH SERVICE**
Health Center
301-314-8106
<http://www.health.umd.edu/mentalhealth>
- **Memory Circle:** designed for students who would like to work through a recent or past loss in a small group setting. This group offers support and psycho-educational information about the process of grief, and help[s] students develop adaptive coping strategies to deal with their loss.
Offered by the Counseling Center's **COUNSELING SERVICE**
Shoemaker Building 301 314 7651.
<http://www.counseling.umd.edu/Services>

WELLNESS

- Personal training
- Fitness classes
- Intramural sports program
Offered through the **CAMPUS RECREATION SERVICES**
301-405-PLAY
<http://www.crs.umd.edu/>

DISABILITY ISSUES

SERVICES

- **Disability Support Service (DSS)** coordinates services that ensure individuals with disabilities equal access to University of Maryland College Park programs. DSS approaches this mission in three ways:
 1. We provide and coordinate direct services for students, faculty, staff, and campus visitors with disabilities. Services are tailored to meet the needs of individuals based on their specific disabilities. Presently, the services provided by DSS include but are not limited to: testing services for students needing accommodations for classroom exams; interpreting and captioning services for individuals who are Deaf and hard of hearing; readers for students and faculty who are blind and visually impaired as well as for individuals who have learning disabilities; priority registration services; library and laboratory assistance, note-taking services, campus transportation services and classroom and campus wide accommodations.
 2. We educate and provide consultation to University faculty, staff, and administrators in order to increase their awareness and sensitivity toward individuals with disabilities
 3. We provide students and staff with disabilities the opportunity to gain the skills necessary to effectively advocate for themselves within the University community

Offered by the Counseling Center's **DISABILITY SUPPORT SERVICE**
0106 Shoemaker Building
301-314-7682
<http://www.counseling.umd.edu/DSS/>

- **Hearing and Speech Clinics** provide services to people of all ages, whether students, faculty, staff or the community, who need help with language learning problems, stroke, traumatic brain injury, stuttering, voice problems, accent correction, and hearing problems.

Offered by Hearing and Speech Sciences
0100 LeFrak Hall
301 405 4213
<http://www.bsos.umd.edu/hesp/clinicServices/theClinic.htm>

- Medical management for Attention Deficit Disorder (A.D.D.)
Offered by the **MENTAL HEALTH SERVICE**
Health Center
301-314-8106
<http://www.health.umd.edu/mentalhealth>

LIBRARY FACILITIES

- The Adaptive Technology Lab for students, faculty and staff with physical or mental disabilities is located in McKeldin Library. Some of the equipment, software, and services available include CCTV magnifiers, screen magnifiers, screen readers, 4-track tape playback units, scan and read technologies, dictation software, paper outlining software, Braille embossing, tactile graphic generation, video relay, and training. The Lab also houses a full Braille dictionary, and oversees the use by students of three study carrels in McKeldin.

Adaptive Technology Lab

Room 1103 McKeldin Library
301-314-7958 TTY 301 314 6792 FAX 301 405 9191
<http://www.lib.umd.edu/PUBSERV/disabilities.html>

TRANSPORTATION

- During the fall and spring academic semesters, paratransit service hours are twenty-four (24) hours a day, seven days a week. During summer sessions, paratransit service hours are twenty-four (24) hours a day Monday through Friday and on the weekends 5:30 PM until 7:30 AM. For rides before and after the Paratransit service hours please call (301) 314-NITE. Paratransit is not available during the winter and spring breaks as well as between semesters. The service is for academic purposes, such as getting to classes and libraries For more information call **301-314-2255** or go to <http://www.transportation.umd.edu/paratransit.html>

DRUG/ALCOHOL ISSUES

INDIVIDUAL CONSULTATION

- Work with a counselor on alcohol and/or drug related issues.
Offered by the Counseling Center's **COUNSELING SERVICE**
Shoemaker Building
301-314-7651

SERVICES

- **Alcohol and/or Other Drugs Treatment Program:** This addiction counseling program has been established specifically to treat college students experiencing problems with or related to their use of alcohol and/or other drugs. The program includes individual counseling; 12-step group meetings; education; exercises designed to reinforce recovery; a nutrition program; and coordination with other treatment professionals.
- **D.W.I. Education Program:** This program is intended for UM students who have been convicted of D.U.I or D.W.I. It focuses on alcohol-related issues that are common to college students. There is a charge for this program.
- **Substance Abuse Intervention Program:** This is an early intervention program intended for UM students who have been charged with violating a campus judicial policy or state law (other than D.U.I or D.W.I.). It focuses on high-risk substance abuse.

- **Assessment and Referral Service:** This service provides students an opportunity to meet individually with a professional counselor and discuss concerns they may have about their use of alcohol or drugs, or the use of a friend or family member. These issues are explored in a non-threatening manner, and students' confidentiality is always insured. In addition, referrals to appropriate campus or community prevention and treatment programs can be arranged. To discuss these issues call:

The **UNIVERSITY HEALTH CENTER**
 301-314-8106
<http://www.health.umd.edu>

EATING DISORDERS

- **My Body My Self:** A Women's Group. This group will explore women's struggles with body image and feelings of self-worth and look at the ways dieting, obsessing about thinness, binge-eating, over-exercising, or purging may be affecting their lives. Time TBA.

Offered by the Counseling Center's **COUNSELING SERVICE**
 Shoemaker Building
 301-314-7651 Call for information and to sign up

- **Eating Disorders: Programs, Services and Information**

Evaluation and assessment

Individual therapy

Group therapy/support groups

Medical and nutritional consultation

Informational workshops

Speakers and programs for classes, student groups, etc.

Offered by the Counseling Center's **COUNSELING SERVICE**
 Shoemaker Building
 301-314-7651

and by

The **MENTAL HEALTH SERVICE**
 Health Center
 301-314-8142
<http://www.health.umd.edu/mentalhealth>

FEELINGS OF ANXIETY OR STRESS

INDIVIDUAL CONSULTATION

- Individual therapy on issues related to anxiety and stress.

Offered by the Counseling Center's **COUNSELING SERVICE**
 Shoemaker Building
 301-314-7651
 Call for an appointment.

- Individual therapy on issues related to anxiety and stress. Medication evaluation and management by a psychiatrist, when needed.

Offered by the **MENTAL HEALTH SERVICE**
 Health Center
 301-314-8106
<http://www.health.umd.edu/mentalhealth>

- **For international students:** Individual sessions with an adviser focusing on issues of adjustment and culture shock anxiety.
Offered by **INTERNATIONAL EDUCATION SERVICES**
3117 Mitchell Building
301-314-7740
<http://www.umd.edu/ies>
- Individual therapy on issues related to sexual assault/trauma.
Offered by the Counseling Center's **COUNSELING SERVICE**
Shoemaker Building
301-314-7651
Call for an appointment.
- Individual therapy on issues related to sexual assault/trauma.
Offered by the **MENTAL HEALTH SERVICE**
Health Center
301-314-8106
<http://www.health.umd.edu/mentalhealth>
- **Sexual Assault Response and Prevention Program:** is an office whose mission is to respond to incidents of sexual assault, relationship violence, stalking, and sexual harassment. The **Advocate Crisis Cell Phone:** (301-741-3442) is available 24 hours during fall and spring semesters and 9am to 5pm during winter and summer sessions.
Offered by the **UNIVERSITY HEALTH CENTER**
Sexual Assault Response and Prevention Program
Room 2118D
<http://www.health.umd.edu/mentalhealth/sarpp>

GROUPS

- **General Therapy Groups:** an interactive experience that allows for personal and interpersonal growth. The overarching goal is to assist in the empowerment and success of participating students as they learn more about themselves and the various worlds in which they live (i.e., roommates, academic environments, family, faculty, friends). Groups offered Monday through Thursday. Call for times or see the website.
Offered by the Counseling Center's **COUNSELING SERVICE**
Shoemaker Building
301-314-7651 Call to sign up
<http://www.counseling.umd.edu/Services/srvgpth.htm>
- **Recovery from Relationship Violence**
Offered by the UNIVERSITY HEALTH CENTER
Mental Health Service
301-314-8106
<http://www.health.umd.edu/mentalhealth>
- **Health Behavior Change Counseling:** Have you lost your motivation to exercise, eat healthy, and follow other positive habits? The Center for Health and Wellbeing can help. Take an online health assessment and bring your results. You and the health educator will discuss your current lifestyle and how you can fit in exercise, healthy eating, stress management, and other lifestyle habits to help create balance in your daily life. Call for details or to make an appointment.
The Center for Health and Wellbeing
301-314-1493
<http://www.health.umd.edu/chwb/>

- **My Body My Self: A Women's Group.** This group will explore women's struggles with body image and feelings of self-worth and look at the ways dieting, obsessing about thinness, binge-eating, over-exercising, or purging may be affecting their lives. Time TBA.

Offered by the Counseling Center's **COUNSELING SERVICE**

Shoemaker Building

301-314-7651 Call to sign up

PHYSICAL ILLNESS

- The **HEALTH CENTER** is open 6 days a week (8 a.m. - 6 p.m. Mondays - Fridays, and 9 a.m. to noon Saturdays, with varied hours during semester breaks and holidays). Located directly across from the Stamp Student Union, the Health Center offers primary care of illness and injury, health education, a women's health clinic, sport's medicine, physical therapy, nutritional counseling, mental health services, lab services, massage therapy, acupuncture, and a pharmacy. Appointments are required except for urgent care. Currently registered students are eligible for care.

Offered by the **UNIVERSITY HEALTH CENTER**

Information: 301-314-8180

- **The Center for Health and Wellbeing** is a satellite office of the University Health Center in the Campus Recreation Center. We offer a holistic and comprehensive approach to help you lead a healthier lifestyle. All services are free to students unless otherwise indicated.

CAMPUS RECREATION CENTER

Room 0121

<http://www.health.umd.edu/chwb/>

- **Catching up after an illness:** Meet with a learning specialist to get help with time management and other skills to help you manage your workload.

Offered by the Counseling Center's **LEARNING ASSISTANCE SERVICE**

2202 Shoemaker Building

301-314-7693

SELF-CONFIDENCE ISSUES

GROUPS

- **My Body My Self: A Women's Group.** This group will explore women's struggles with body image and feelings of self-worth and look at the ways dieting, obsessing about thinness, binge-eating, over-exercising, or purging may be affecting their lives. Wed. or Thurs., time TBA.

Offered by the Counseling Center's **COUNSELING SERVICE**

Shoemaker Building

301-314-7651 Call to sign up

- **General Therapy Groups:** an interactive experience that allows for personal and interpersonal growth. The overarching goal is to assist in the empowerment and success of participating students as they learn more about themselves and the various worlds in which they live (i.e., roommates, academic environments, family, faculty, friends). Phone, or go to the website for times.

Offered by the Counseling Center's **COUNSELING SERVICE**

Shoemaker Building

301-314-7651 Call to sign up

http://www.counseling.umd.edu/Services/srv_gpth.htm

INDIVIDUAL CONSULTATION

- Individual counseling sessions related to issues of self-confidence.

Offered by the Counseling Center's **COUNSELING SERVICE**

Shoemaker Building

301-314-7651

SPIRITUALITY

- **Chaplains:** There are 14 chaplains affiliated with the University of Maryland. Their contact information -- and in some cases links to their websites -- can be found at:

www.chapel.umd.edu/chaplains

- **Labyrinth:** The Labyrinth, built in response to September 11, 2001, is a part of the Garden of Reflection and Remembrance, located to the right of the small West Chapel and can be entered through the West Chapel garden. It is always available for walking.

The labyrinth is a psycho-spiritual tool that has existed for thousands of years. It does not have any particular religious affiliation or connotation. Unlike a maze, a labyrinth is not a cognitive puzzle. Rather, it has only one path with one entrance/exit, so those who walk it can let go of distractions, cares, and worries and enjoy the moment.

UNDERSTANDING SELF AND OTHERS

COMMUNITY SERVICE

- **Community Service Learning** organizes service-learning activities and provides information about hundreds of local, national, and international community service opportunities for students, staff, and faculty. Information is available on service related to each academic major, the national service program, student groups involved in service, and ways to incorporate service learning into academic study. Paid opportunities are available for students eligible for Federal Work-Study through America Reads and America Counts. A database of over 800 volunteer opportunities in D.C., MD, VA, and on campus is available through the web site.

Offered by the **OFFICE OF LEADERSHIP AND COMMUNITY SERVICE LEARNING**
0110 Stamp Student Union
301-314-CARE
http://thestamp.umd.edu/student_involvement/lcsi

CLARIFIED CAREER AND LIFE GOALS

CHOICE OF ACADEMIC MAJOR

- **Individual Counseling:** Talk with a counselor about your interests, skills, and values. You also can complete various career and personality inventories that help you make the right decision.

Offered by the Counseling Center's **COUNSELING SERVICE**

Shoemaker Building

301-314-7651 Call for further information or to make an appointment

- **Major walk-in hour:** Designed to get students immediate help in choosing a major using a fast easy-to-use computer program called SIGI 3. No appointment necessary. Wednesdays 1-3 beginning Sept. 21.

Offered by the Counseling Center's **COUNSELING SERVICE**

Shoemaker Building

301-314-7651 Call for further information

- **EDCP 108C:** A 12-week one-credit course helping students learn about themselves and how to make good decisions when choosing an academic major.

Some quotes from students describing what they liked best about **EDCP108C:**

- It made me realize that it is OK to not know yet what I will major in – others are in the same position.
- I liked being able to hear other people talk about the majors they researched, and exploring majors that way.
- I liked taking the instruments and getting the feedback on what I like and what I'd be good at.
- I liked hearing from other students about their decision process and the problems they have encountered.

CAREER EXPLORATION

- **Career Assistance Appointments:** to help answer questions regarding resumes, interviewing, and job search strategies, and to connect you with information, specific programs, and sources to help you make informed career decisions. Staff can help you identify useful resources, take advantage of part-time, internship, and summer employment opportunities, and coach you in job search skills and strategies. Consult website for hours of operation.

Offered by the **UNIVERSITY CAREER CENTER** and **THE PRESIDENT'S PROMISE**

3100 Hornbake Library South Wing.

www.Careers.umd.edu/Appointments

301-314-7225

- **EDCP 499A:** The purpose of EDCP 499A is to help juniors/seniors identify meaningful career paths and continuing education plans following college graduation. using a multi-media approach to learning, with contemporary and innovative approaches to instruction, such as podcasts, blogs, media clips, film, online and classroom discourse, experiential activities, online and print career assessments and tools.

ON-LINE CAREER CENTER RESOURCES

The following resources are available via the going to the main Career Center url:

www.Careers.umd.edu

- **Careers4Terps:** For free access to a variety of career tools and employment opportunities, register for Careers4Terps (C4T) on the Career Center's website: www.Careers.umd.edu/Appointments. Through C4T you can participate in the On-Campus Interviewing Program, make your resume available to employers, and receive tailored career news through our weekly e-newsletter. Set up a search agent to receive job or internship postings related to your specific interests.
- **Resume Builder:** An easy-to-use tool that will help you build a competitive resume and write effective cover letters by highlighting skills and qualifications sought by employers.
- **FOCUS2:** a web-based, personalized career and education planning system that provides you with a complete picture of your interests, values, personality, and skills, using self-assessment questionnaires, interest inventories, and personality testing. **FOCUS2** is free for UM students. To register, go to: http://www.careercenter.umd.edu/page.cfm?page_ID=7§ion_ID=1
- **InterviewStream:** This website allows you to virtually conduct a mock interview. Through use of an interactive program, sessions are digitally recorded and can be sent to Career Center staff and others for review.
- **Going Global:** An international resource that includes career information for over 30 countries and Industry profiles, as well as resources for international students in the U.S.
- **Candid Career:** Provides access to hundreds of informational video interviews with industry leaders (including UMD alumni) and career advice videos to help you get started with your job search.

INTERNSHIP INFORMATION

- **EDCP108J:** is a 1-credit course for students with junior or senior standing that focuses on strategies for landing internships or full-time employment and charting a successful career.
- **UNIV099:** Internship Seminar: A 0-credit course designed to complement supervised work experiences, and assure that the experiences are noted on your transcript.

Why do an internship?

Personal: Fosters maturity, self-confidence, and human relations skills and prepares you for life after graduation and integrates your values with your work.

Academic: Allows you to integrate classroom theory with real-life experiences, demonstrates the relevance of your course work, increases your motivation to learn, and provides access to resources not available on campus.

Professional: Allows you to explore a potential career field, develop career-related skills and abilities, establish a work history, observe professional people and behavior, learn job hunting/holding abilities, and build a network of contacts.

Financial: Many internships are not paid, but the ones that are can help with college expenses.

For more information phone us, or follow the link below to our website.

UNIVERSITY CAREER CENTER AND THE PRESIDENT'S PROMISE

3100 Hornbake Library South Wing

301 314 7225

<http://www.CareerCenter.umd.edu>

THE PRESIDENT'S PROMISE INITIATIVE

• **President's Promise Initiative, established in 2005**, provides the opportunity for an enrichment experience to every student who enters the University of Maryland as a freshman, by the time they complete their academic degrees. Examples of these experiences, designed to complement students' academic majors, include

- ❖ internships
- ❖ research assistantships
- ❖ study abroad
- ❖ living-learning programs
- ❖ leadership
- ❖ service-learning.

The President's Promise Office can help you connect with a special experience.

Offered by the **PRESIDENT'S PROMISE OFFICE**

Career Center

3100 Hornbake Library, South Wing

301-314-7888

<http://www.presidentspromise.umd.edu>