University of Maryland
RESOURCE DIRECTORY
2019 - 2020

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

A service of the UMD Counseling Center Research Unit
Compiled and updated bi-annually by Tiana Cruz
https://counseling.umd.edu/resourcedirectory/
FOREWORD

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 resources 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.
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GENERAL INFORMATION FOR ALL TERPS

CAMPUS MAPS
http://maps.umd.edu/map/

FINANCES & TUITION

OFFICE OF STUDENT FINANCIAL AID
The Office of Student Financial Aid (OSFA) awards financial aid to qualifying students and offers guidance through the financial aid process. The OSFA website provides students with access to do a number of things online, such as: File the Free Application for Federal Student Aid (FAFSA), get a description of the financial aid process, check your financial aid status, download and submit financial aid forms, apply for scholarships and grants, and obtain information about the student employment opportunities and student billing information.
https://www.financialaid.umd.edu/

NATIONAL SCHOLARSHIPS OFFICE
National scholarships are highly competitive, prestigious awards that provide opportunities and support for many different experiences, including study abroad, graduate study (and sometimes undergraduate study), federal employment, teaching, research, and public service. National scholarships are looking for students (with or without financial need) who are developing strong interests and goals – academic and extracurricular – and who want to take advantage of every constructive opportunity that will help them reach their objectives.
http://www.scholarships.umd.edu/

NEED BASED SCHOLARSHIPS/SCHOLARSHIPS FOR “RETURNING” (NON-TRADITIONAL AGED) STUDENTS
The Division of Student Affairs and the Counseling Center support scholarships available for non-traditional aged students: For further information, please visit the websites below.
Charlotte W. Newcombe Scholarship: http://newcombe.umd.edu/
Gerald G. Portney Memorial Scholarship: http://portneyscholarship.umd.edu/
B. Udelle Friedland Memorial Endowed Scholarship: http://friedlandscholarship.umd.edu/

For other need based scholarships and scholarships for returning students, please visit:
http://www.sagiving.umd.edu/Giving/waystosupport.php

TERP DREAM SCHOLARSHIP ENDOWMENT
Everyone needs opportunity to learn, achieve and be successful – and sometimes that help can come through policy changes, scholarships opportunities, from mentors and family members, and from supportive communities. But some have grown up in communities where college education never seemed possible – without help. For these students, the Terp DREAM Scholarship could make the difference between achieving the American dream and getting left behind. This scholarship will offer financial assistance to undergraduate first generation college students at the University of Maryland.
https://giving.umd.edu/giving/fund.php?name=terp-dream-scholarship-endowment

UMD STUDENT CRISIS FUND
The Division of Student Affairs established the UMD Student Crisis Fund in 2001 to keep students on the path to academic success during a personal and unexpected crisis. The Fund helps any currently enrolled student who faces an unanticipated emergency that requires immediate financial need.
http://www.crisisfund.umd.edu/index.html

For other student crisis funds, please visit:
http://www.sagiving.umd.edu/Giving/waystosupport.php
STUDENT ORGANIZATIONS AND CLUBS
Joining a campus organization is one of the best decisions you can make at the University of Maryland. Through meeting other students with similar interests, you could form a new group of friends and a network that will be there for the rest of your life. Through joining a club, you will also develop skills that will be helpful for your future careers, including budgeting, managing people, event planning and leadership. Academic research even shows that students who are involved in campus activities are more likely to graduate on time.

ADELE H. STAMP STUDENT UNION - CENTER FOR CAMPUS LIFE
The Stamp provides a safe and inviting campus center where all UMD students, alumni, faculty, staff, and community members cultivate lifelong relationships founded on engagement, learning, multiculturalism, and citizenship.
http://thestamp.umd.edu/

Graduate Student Life
The Graduate Student Life strives to build community among GradTerps, provide effective communications to resources and people, and advocate for GradTerps throughout the UMD.
http://thestamp.umd.edu/graduate_student_life

Leadership & Community Service-Learning
LCSL engages students in experiential and community-based learning to foster socially responsible leadership. Community-Based Learning is an approach that prioritizes community as an essential source of knowledge and context for learning. Experiential Learning: a process in which knowledge is created through experience, reflection, and application. Socially Responsible Leadership is a collaborative and inclusive process that advances a group's goals while enhancing communities and/or the environment. A socially responsible leader develops and practices the following mindsets and skills; Mindsets: Learning, Community, Justice, Action; Skills: Critical Thinking & Reflection, Social Justice, Self-awareness, Resiliency, Intercultural Competence, Social Mindfulness and Engagement, Collaboration, Integrity & Ethics. At LCSL, we envision a just world.
http://thestamp.umd.edu/leadership_community_service-learning

WORK FOR CHANGE
Work for Change provides UMD students with a meaningful internship experience in our local community centered on service as well as professional and leadership development. Once accepted into the program, students are eligible to receive a $500 scholarship to help defray expenses accrued while completing the internship. Check out the website for more information:
https://thestamp.umd.edu/leadership_community_service-learning/programs/terpservice/work_for_change

TERPS FOR CHANGE
Terps for Change is committed to connecting the university with the local community through sustained, collaborative, and meaningful community service-learning. By exploring the root causes through critical reflection and meaningful dialogue, we seek to better understand the systemic complexities of social issues and the action steps we can take to address them.
https://thestamp.umd.edu/leadership_community_service-learning/programs/terps_for_change

Maryland LEAD Program
The Maryland Leadership Education and Development (LEAD) Program engages students in leadership experiences that complement academic, co-curricular, career, and community engagement opportunities. Through institutes, conferences, retreats, and peer education the Maryland LEAD Program develops the skills necessary to practice socially responsible leadership.
http://stamp.umd.edu/marylandlead

Student Organization Resource Center
The Student Organization Resource Center (SORC) is committed to supporting student success through involvement and leadership opportunities. SORC is the source for your student involvement needs and desires, from finding a student organization to join, to registering a new student organization and providing assistance and support to existing student organizations.
http://thestamp.umd.edu/student_org_resource_center_sorc
UNIVERSITY CAREER CENTER & THE PRESIDENT’S PROMISE
The University Career Center & The President’s Promise provides comprehensive career assistance for all students enrolled at the University of Maryland, College Park. Designed to support students through each stage of their career development, the Center offers an array of resources, services and programs that empower students to pursue their ambitions and navigate a meaningful career journey.
https://academiccatalog.umd.edu/undergraduate/campus-administration-resources-student-services/student-programs-services/university-career-center-presidents-promise/

OMICRON DELTA KAPPA NATIONAL LEADERSHIP HONOR SOCIETY
- To recognize those who have attained a high standard of efficiency in five areas of collegiate activities (Scholarship; Athletics; Campus or Community Service, Social, and Religious Activities, and Campus Government; Journalism, Speech, and the Mass Media; the Creative and Performing Arts) and to inspire others to strive for conspicuous attainment along similar lines.
- To bring together the most representative students in all phases of collegiate life and thus to create an organization which will help to mold the sentiment of the institution on questions of local and intercollegiate interest.
- To bring together members of the faculty and student body of the institution on a basis of mutual interest and understanding.
https://odk.umd.edu/
ACADEMIC SUCCESS

OFFICES GEARED TOWARD STUDENT SUCCESS

ACADEMIC ADVISING
Academic advising is a dynamic relationship between advisor and student to support the student's educational and career success. Advisors provide guidance on academic policies and regulations, post-graduate opportunities, and other resources available on-campus that offer academic and personal support. For additional advising opportunities, search within your college or major too!

http://studentsuccess.umd.edu/Resources/academicadvising.html

ACADEMIC ACHIEVEMENT PROGRAMS
AAP's on-campus programs provide: academic support, academic coaching and advising, skill enhancement, tutoring and counseling. AAP is composed of 7 different programs, these include the Summer Transitional Program (STP), Student Support Services / Intensive Educational Development (SSS/IED), Ronald E. McNair Scholars Program, the Educational Opportunity Center (EOC), and the Educational Talent Search Programs (ETS) North and Central.

https://www.aap.umd.edu/

ACCESSIBILITY & DISABILITY SERVICE (THE COUNSELING CENTER)
The University of Maryland is committed to the principle that no qualified individual with a disability shall, on the basis of disability, be excluded from participation in or be denied the benefit of services, programs, or activities at the University. The Accessibility & Disability Service (ADS) provides reasonable accommodations to qualified individuals to ensure equal access to services, programs, and activities sponsored by the University of Maryland.

https://www.counseling.umd.edu/ads/

FOSTERING TERP SUCCESS
Fostering Terp Success is a campus-wide community of support and belonging to aid students who were or are in foster care, who are homeless or at risk of being homeless, or who are without a supportive family system. Our comprehensive network of staff, faculty, and alumni is committed to creating a safe community that works to remove barriers and assist students in accessing essential campus services, navigating challenges, and developing self-advocacy and life skills.

Email: fosteringterpsuccess@umd.edu

https://umd.edu/fostering-terp-success

STUDENT SUCCESS OFFICE
The Student Success Office assists students in their readmission or reinstatement to the University following withdrawal under certain circumstances and/or absence from the University over an extended period of time; academic dismissal; or were on probation and had left the University.

http://studentsuccess.umd.edu/

THE REED-YORKE HEALTH PROFESSIONS ADVISING OFFICE / PRE-HEALTH OFFICE
The Health Professions Advising Office serves all current students and alumni of the University of Maryland, as well as students enrolled in basic sciences graduate programs or the Science in the Evening Program interested in pursuing a career in the health professions.

https://www.prehealth.umd.edu/
EDUCATION ABROAD OFFICE
We provide culturally immersive programs that integrate with UMD’s curriculum across disciplines, giving students opportunities to develop intercultural and problem solving skills and involving them in civic engagement, professional development, and research experiences. We develop collaborative partnerships that augment a dynamic and robust program portfolio and advance UMD’s leadership in international education. We expand access to education abroad for underrepresented students through the strategic identification and removal of barriers and the allocation of resources in alignment with UMD’s vision of inclusive excellence. We support our students and campus community through a commitment to holistic advising, transparent practices, and continuous improvement. We foster an inclusive organizational culture that enables individuals to thrive, promoting teamwork, innovative thinking, and professional development.
https://globalmaryland.umd.edu/offices/education-abroad

MATH SKILLS, STUDY SKILLS, AND TUTORING

MATH SKILLS

Academic Achievement Programs
The Tutoring Component of the Academic Achievement Programs (AAP) at the University of Maryland provides academic support for a number of lower-level General Education classes. In the one-hour sessions, tutors will assist students to obtain a clearer picture of the course material and encourage the students to develop their own study techniques.
https://www.aap.umd.edu/tutoring-ied-sss.html

Math 003 Course
A review of Intermediate High School Algebra intended for students preparing for one of the credit bearing Fundamental Studies Math Courses. It is taught in special computer labs using a self-paced computer program. The curriculum will be geared toward the student's level of algebra skills and eventual goals.
https://app.testudo.umd.edu/soc/201901/MATH

Math Department Tutoring
The Math Department posts a schedule of tutors available for developmental math courses and 100- and 200-level math courses.
https://www.math.umd.edu/undergraduate/resources.html

Math Success Program
The Math Success Program provides math coaching services and through these services, promotes a positive and encouraging environment of study where students can practice skills and gain an understanding of math. The program aims to decrease anxiety surrounding the study of math and help students gain the confidence needed to succeed in core mathematics courses at the University of Maryland through positive peer to peer and group interactions.
http://www.resnet.umd.edu/programs/math_success/

Office of Multi-Ethnic Student Education (OMSE) Math Tutoring
OMSE, a unit of the Academic Affairs Division of the University of Maryland, offers a variety of services and programs to enhance the learning experience and promote the academic success of undergraduate students. We collaborate with several other campus offices and college programs to provide unique collegial opportunities for our diverse population.
http://omse.umd.edu/tutoring.html

STUDY SKILLS STRATEGIES

Guided Study Sessions
The Guided Study Sessions (GSS) Program offers FREE, regularly scheduled group review sessions for students in traditionally difficult courses. Based on the Supplemental Instruction (SI) model, our trained peer facilitators plan and hold two, 50-minute study sessions per week to help you practice and put difficult material in perspective. Our GSS Leaders have previously taken your course and earned an A, so they know what it takes to stay on track in lectures and
prepare for exams. Go once, a few times, or attend every session—it’s never too late to start attending GSS. However, our data suggests that the more you attend, the higher your course grade will be.

https://www.counseling.umd.edu/academic/gss/

**Academic Achievement Programs**

The Tutoring Component of the Academic Achievement Programs (AAP) at the University of Maryland provides academic support for a number of lower-level General Education classes. In the one-hour sessions, tutors will assist students to obtain a clearer picture of the course material and encourage the students to develop their own study techniques.

https://www.aap.umd.edu/tutoring-ied-sss.html

**Academic Peer Mentoring Program (AMP; Teaching & Learning Transformation Center)**

The Academic Peer Mentoring Program supports the integration of select undergraduates (AMPs*) into courses and research settings to work with instructors, as part of a team, to promote student learning and engagement. Through coursework (TLTC333) and hands-on experience, AMPs learn about the science behind effective teaching and develop the professional skills necessary to advance the outcomes of their fellow students. The program also provides instructors with guidance and community to help them develop beneficial partnerships with AMPs and determine appropriate AMP roles and responsibilities.

https://tltc.umd.edu/amp

**TUTORING**

**Academic Achievement Programs**

The Tutoring Component of the Academic Achievement Programs (AAP) at the University of Maryland provides academic support for a number of lower-level General Education classes. In the one-hour sessions, tutors will assist students to obtain a clearer picture of the course material and encourage the students to develop their own study techniques.

https://www.aap.umd.edu/tutoring-ied-sss.html

**GOSSETT CENTER FOR ACADEMIC & PERSONAL EXCELLENCE**

The Gossett Center for Academic & Personal Excellence provides you with information for both current and prospective student-athletes, as well as parents, fans, and University of Maryland faculty. It has information for student-athletes on topics such as academic eligibility, community service, on-campus resources, tutoring services, and much more.


**Office of Multi-Ethnic Student Education (OMSE) Math Tutoring**

OMSE, a unit of the Academic Affairs Division of the University of Maryland, offers a variety of services and programs to enhance the learning experience and promote the academic success of undergraduate students. We collaborate with several other campus offices and college programs to provide unique collegial opportunities for our diverse population.

http://omse.umd.edu/tutoring.html

**Tutoring @ UMD**

This site provides a comprehensive list of tutoring services offered at the university, including a list of university-wide services as well as major-specific services.

http://www.tutoring.umd.edu/

**HANDOUTS**

A variety of handouts, apps, links, and videos are offered by the Counseling Center. For handouts on Math Learning, visit:

https://www.counseling.umd.edu/academic/resources/handouts/
COMMUNICATION SKILLS

ORAL COMMUNICATION CENTER
Housed in the Department of Communication, the OCC offers support for undergraduate and graduate students, faculty, and staff who seek to improve their communication skills for success in academic, professional, civic, and social contexts. Clients who book appointments with our trained peer consultants benefit from our peer-to-peer tutoring model. Our consultants are expert public speakers with a passion for empowering others as communicators. We are here to help you express yourself cogently and confidently!

http://umdocc.wixsite.com/blog/about_us

CLASSES
The Department of Communication offers many 100 and 200 level courses that students could consider adding to their schedules if they are interested in improving their communication skills. Visit the website for a list of courses.

https://www.comm.umd.edu/undergraduate/courses

RESEARCH EXPERIENCE

MARYLAND CENTER FOR UNDERGRADUATE RESEARCH (MCUR)
The Maryland Center for Undergraduate Research (MCUR) promotes and facilitates on- and off-campus research experiences for undergraduates. Students can use MCUR to find research opportunities that best match their skills. MCUR can help students find mentors, enabling them to develop meaningful professional relationships in their field of interest. MCUR also partners with other offices on campus to help students engaged in research, offering services such as workshops on writing and preparing for graduate school.

http://www.ugresearch.umd.edu/

THE FIRST-YEAR INNOVATION & RESEARCH EXPERIENCE (FIRE)
FIRE provides first-year UMD students a faculty-mentored research experience that drives accelerated professional development.

https://fire.umd.edu/

TESTING

TESTING OFFICE (THE COUNSELING CENTER)
The UMD Counseling Center Testing Office administers a wide range of tests to UMD students taking classes at other institutions and to other test takers from outside the university. The Testing Office administers career and personality tests for counseling purposes and national standardized educational tests, such as the GRE, LSAT, PRAXIS, and Miller Analogies. The Testing Office also provides test proctoring for courses that students may be completing at other universities in order to transfer course credit to their University of Maryland transcripts. For more information on what tests you can take in our Testing Office, visit the link below.

https://www.counseling.umd.edu/testing/

HANDOUTS – TEST ANXIETY & PREPARATION
A variety of handouts, apps, links, and videos are offered by the Counseling Center. For handouts on test preparation, visit

https://www.counseling.umd.edu/academic/resources/handouts/

TIME MANAGEMENT

HANDOUTS
A variety of handouts, apps, links, and videos are offered by the Counseling Center. For handouts on time management, visit the website:

https://www.counseling.umd.edu/academic/resources/handouts/
WRITING SKILLS

THE WRITING CENTER
The Writing Center provides opportunities for UMD’s diverse undergraduate student body to improve their writing, research, and critical thinking skills in preparation for successful academic, professional, and civic lives. In a supportive atmosphere, trained consultants from a variety of backgrounds and majors assist writers in-person and online throughout all stages of the composition process. The Writing Center also facilitates collaborations and workshops on topics related to writing and teaching writing. We are committed to enhancing our student services through research on writing center theory and practice, conference participation, and mentoring undergraduate scholarship.

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

THE GRAMMAR HOTLINE
Do you have a question about word choice, punctuation, sentence structure, or proper citation? Are you unsure if an idea, sentence, or word sounds good? For answers to quick questions like these, call the Grammar Hotline! The Grammar Hotline is available to University of Maryland undergraduate and graduate students, faculty, staff, and people from the community at large.

THE GRAMMAR HOTLINE: (301) 405-3785

http://www.english.umd.edu/academics/writingcenter/resources/hotline
STUDENT WELL-BEING

Wellness is more than health. It is a way of living more fully. It involves taking responsibility for the choices you make each and every day – no matter how small – to take positive actions that fuel your body, engage your mind, and nurture your spirit. It is an intentional approach to healthful and active living that gives you the energy to embrace life and do what matters most to you. It is a holistic way of living in which you deliberately and thoughtfully engage in behaviors that support health in body, mind, and spirit. The University of Maryland (UMD) is committed to the overall health of our students. After all, it is easier to be successful if you are physically, mentally, emotionally, and spiritually healthy. UMD provides a vast array of services to keep your whole person healthy!

COUNSELING, MENTAL, & EMOTIONAL HEALTH

COUNSELING SERVICE (THE COUNSELING CENTER)
Located in the Shoemaker Building. Hours during the Academic Year: Monday through Thursday, 8:30 am to 9:00 pm; Friday, 8:30 am to 4:30 pm; Summer Hours: Monday through Friday, 8:30 am to 4:30 pm.

The Counseling Service in the Counseling Center is the primary campus provider of free and confidential therapy to help UMD students manage personal, social, and academic challenges. Staffed primarily by licensed psychologists, the Counseling Service also conducts campus outreach presentations, provides emergency response services, and assists with referrals to off-campus mental health providers. The Counseling Service offers Career Counseling, Couples Counseling, Group Counseling, and Individual Counseling. You could come and speak to one of our counselors for an individual appointment for a variety of reasons. Here are a few topics that counseling with our Counseling Service can help with. To learn more about the Counseling Center such as the scope of services, hours, staff, or to learn how to make an appointment, visit the website here: https://www.counseling.umd.edu/cs/

Some Common Issues for Individual Counseling
- Adjustment Difficulties
- Alcohol and/or Drug Related Issues
- Anxiety or Stress
- Career Indecision
- Culture Shock & Adjustment to the U.S.
- Depression or other Mood Disorders
- Disordered Eating
- Educational/Vocational Issues
- Family Issues
- Issues with Self-Confidence
- Loneliness or Lack of Emotional Support
- Motivation, Perfectionism, and Procrastination Issues
- Relationship Issues
- Sexual Assault/Abuse and Trauma

Topics of Group Counseling*
- General Group Therapy
- A Lighter Shade of Blue
- Creating Confidence
- Distress Tolerance
- Memory Circle
- Wise Emotions
- Anti-Racism and Ally Building Group
- Circle of Sisters (general counseling for Black women)
- Dissertations Support Group
- Entre Nosotrxs Latinx Support Group
- Hope and Healing (for female survivors of sexual assault)
- International Student Support Group
- LGBTQIA+ Support Group
- My Body-My Self: A Woman's Group (body image group)
- Women’s Self-Compassion Group
- Anxiety Toolbox (three 1-hour sessions workshop)
- Getting Unstuck (three 1-hour sessions workshop)

*Not all group counseling topics listed here are offered at the same time. Please check the website (below) for a current list of group topics being offered: https://www.counseling.umd.edu/cs/clinical/group/

The Counseling Service also offers outreach presentations for student groups and offices on campus. If you are interested in learning more about the Counseling Service’s outreach program, or to request an outreach presentation, visit the website here: https://www.counseling.umd.edu/cs/outreach/outreachservices/

Drop-In Hours (3:00 to 4:00pm, Monday through Friday): Students of color, international students, LGBTQIA+, and veteran students can drop in to the Counseling Center without an appointment to speak with a counselor.
BEHAVIORAL HEALTH SERVICES (UNIVERSITY HEALTH CENTER)
The University Health Center Behavioral Health Service offers short-term, confidential and high quality services for University of Maryland students. Our staff are licensed and board certified, trainees are closely supervised by our professional staff, records are peer reviewed and staff are evaluated regularly.

For appointments, please call (301) 314-8106.
https://www.health.umd.edu/mentalhealth/services

CARE TO STOP VIOLENCE SERVICES
Campus Advocates Respond and Educate (CARE) to Stop Violence provides free, confidential advocacy and therapy services to primary and secondary survivors of sexual assault, relationship violence, stalking, and sexual harassment, while simultaneously empowering the campus community to prevent violence through educational presentations, events, and outreach activities. For more information, contact:

- Call: (301) 314-2222 (general information)
- Call: (301) 741-3442 (24 hours Crisis Cell; available 24 hours during Fall and Spring semester)
- uhc-care@umd.edu
- http://www.health.umd.edu/care

UMD HELP CENTER
Help Center is University of Maryland’s student-run peer counseling and crisis intervention hotline that provides free and confidential help to the UMD community. Anyone can call and be connected to student counselors who are trained to help with any problems you may be facing. You don’t have to provide your name or any identifying information – all calls made to the Help Center are kept strictly confidential and anonymous. We welcome all callers and no issue is too big or small. We also provide walk-in counseling and free, confidential pregnancy tests without an appointment.

- Call: (301) 314-HELP
- https://helpcenterumd.org/
- or visit their Facebook at: https://www.facebook.com/UmdsHelpCenter/

BEHAVIORAL EVALUATION AND THREAT ASSESSMENT TEAM (BETA)
The BETA (Behavior Evaluation and Threat Assessment) Team evaluates reports about University of Maryland students who are concerning, disruptive, or threatening. We bring expertise from various functional areas: public safety (policing), mental health (psychiatry and social work), counseling (psychology), student conduct, and student affairs to assess concerning behavior and to develop strategies to support the well-being and academic success of all students.

https://www.studentaffairs.umd.edu/staff-faculty/beta-team#/about-the-beta-team

THE PSYCHOLOGY CLINIC AT THE UNIVERSITY OF MARYLAND
The Psychology Clinic offers year-round, sliding-fee scale services for children, adolescents, and adults in the suburban Maryland and greater Washington DC metro area. Services include individual and couples/marital psychotherapy and psycheducational assessment, such as LD/IQ/ADHD. Specialty services also available are Behavioral Parent Training, Diagnostic Consultation, Parent-Child Interaction Therapy (PCIT), and Behavioral School Consultation.

https://psyc.umd.edu/graduate/clin-psychology-clinic

PHYSICAL HEALTH

UNIVERSITY HEALTH CENTER
The University Health Center provides high quality, cost-effective health care and wellness programs in order to promote health and support academic success.

http://www.health.umd.edu/

NUTRITION SERVICES
The University Health Center Nutrition Services unit empowers and supports members of the University of Maryland community with the knowledge and skills needed to make and implement healthy nutrition choices today and for a lifetime.

www.health.umd.edu/dietanalysis
ALCOHOL/DRUG TREATMENT SERVICES

Substance Use Intervention & Treatment Unit (University Health Center)
The SUIT staff are happy to meet with any registered student who has any concerns about their own alcohol or drug use, or the use of a friend, roommate or loved one. We are committed to providing short-term, evidence-based psychoeducational interventions, treatment/counseling, consultation, and advocacy for students at the University of Maryland who are experiencing problems related to their or another person’s substance use. Our goal is to help students to think deeply and clearly about what actions and changes are best for them. SUIT also provides referrals to local intensive outpatient and residential programs, and assists with continuing care after intensive treatment.

http://www.health.umd.edu/mentalhealth/substanceuse

Assessment and Referral Service: Students meet individually with a professional counselor to discuss concerns about their use of alcohol or other drugs.

Counseling: The outpatient counseling program has been established specifically to work with college students experiencing problems with or related to their use of alcohol and/or other drugs and related mental health conditions. May include: individual counseling, group counseling, campus and community referrals.

Healthy TERPS: Participants will complete a brief online alcohol screening before attending a 30-minute individual appointment to discuss their personalized feedback and how their alcohol, and/or tobacco use is impacting their life.

Marijuana Follow-Up: Participants will complete two brief online marijuana and alcohol screenings before attending a 60-minute individual appointment to discuss their personalized feedback and how their alcohol, marijuana, and/or tobacco use is impacting their life.

Substance Assessment & Intervention Program: The early assessment, intervention and education program is intended for students who have been charged with alcohol or other drug-related violations of campus judicial policy or state law, other than DUI or DWI.

Drug Testing: Drug testing services are available for those individuals who request drug testing or are required to be drug tested (by the court system, employers, attorneys, treatment providers, or the Office of Student Conduct).

Consultation: Confidential consultation services are provided via phone and in-person meetings. We encourage family members, guardians, friends, roommates, faculty and staff to contact SUIT to discuss ways to support students with concerning drug and alcohol use.

Recovery Resources
Below is a list of on-campus and off-campus resources available to students, staff, and anyone interested in recovery.

12 Step Groups: There are two AA meetings on campus, one of which has a very strong student presence. The Thursday meeting at 7:30pm in the University Memorial Chapel is primarily composed of students and is an excellent first stop for connecting with other students in recovery on campus, and to learn which area meetings currently have the most vibrant attendance by young people and college students. Nearby meetings in St. Andrew’s Church at 4512 College Ave. often have a strong student presence.

www.aa-dc.org

Harm-Reduction Oriented Recovery Support Group: This group is a choose-your-own-adventure model of recovery. For some, moderation is a gateway to long term abstinence, and for others, abstinence is a gateway to long term moderation.
Call: 301-314-8106
Email: lplace1@umd.edu

Recovery Lounge Drop-In Space: The Recovery Lounge (Drop-In Space) is a room available in the Health Center every Monday through Friday from 9am to 5pm. Students in recovery can use the area to connect and
support each other as well as to relax and unwind from their stressors in an undisturbed and substance-free space. The lounge is also home to monthly social events (hosted by TFR) that includes breakfasts, coloring, craft projects, and more. Most recently, it now includes a collection of books about recovery that students may sign-out to read.

Email: lplace1@umd.edu

Substance-Free Housing: The University offers a substance-free residence hall (Carroll Hall) in which students commit not to bring substances into the living space. While this program does not offer support specific to students in recovery, it does present a lower risk housing option for people with well-established recovery.

http://reslife.umd.edu/housing/substancefree/

The Haven at College: As part of UMD’s steadfast approach to advance collegiate substance-use education, intervention, and programs and to eliminate the stigma associated with addiction, UMD has partnered with The Haven at College, the national provider of on-campus substance use treatment and recovery support services that meets college students where they are. The Haven at College Park Recovery Residence is a peer-led recovery community conveniently located at Terrapin Row that provides live-in peer support, weekly sessions with a clinical recovery coach and weekly drug and alcohol testing. We are an inclusive recovery community welcoming all UMD students for weekly recovery meetings, recreation, and social events.

http://reslife.umd.edu/thehaven/

Terps After Dark: This is an annual 6-week program at the beginning of the school year that consists of late-night, substance-free events. The initiative was driven by studies suggesting that the first six weeks of college predicts the drinking patterns of students across their four years in college. Hence, the University has initiated Terps After Dark to promote substance-free entertainment to students. Events that comprise Terps After Dark include comedy shows at The Stamp Student Union, recreational events at Eppley Recreation Center, bowling at Terp Zone, and more fun activities! A list of Terps After Dark events may be found by visiting:

https://www.terpsafterdark.umd.edu/

Terps for Recovery (TFR): This is a student organization which works closely with the University Health Center staff. The students in TFR seek to provide a supportive atmosphere on campus for students who are in recovery, or wish to recover, from an addiction, persons who are affected by another person’s addiction, and all friends of recovery. Throughout the year, TFR offers several social events, including monthly breakfasts, interactive panels on addiction and recovery in a campus setting, and recreational activities, like bowling and crafts, during periods of high-risk for relapse (ex: Halloween, winter holidays, etc.) These activities are to actively build community and promote the academic and social well-being of recovering students at UMD. Recovery is more fun and sustainable when you are part of a recovery community.

Email: terpsforrecovery@gmail.com

UNIVERSITY OF MARYLAND CAPITAL REGION HEALTH
University of Maryland Capital Region Health is a not-for-profit healthcare system serving the citizens of Prince George’s County and the surrounding area. Our mission is to provide high-quality, accessible healthcare services in partnership with our community.

https://umcapitalregion.org/

SPIRITUAL HEALTH

MEMORIAL CHAPEL
The Memorial Chapel is a multi-faceted campus facility serving numerous on-and off-campus populations and is home to a diverse range of events and personnel. Dedicated in 1952 as a living memorial to members of the University community that gave their lives in times of war, the Memorial Chapel is the center of religious life on campus and supports all fourteen university recognized chaplaincies and their programs. In addition, it is the site for weddings, concerts, lectures, convocations, commencements and other special events throughout the year.

http://thestamp.umd.edu/memorial_chapel
CHAPLAINS
In the open, inclusive environment of many cultures and faiths, the Chaplaincies work collectively to serve the spiritual needs of the University of Maryland. The Chaplains, supported by and representing their faith communities, serve their faith traditions while demonstrating a unity that contributes to the rich diversity and quality of life at the University and in the community.
https://thestamp.umd.edu/memorial_chapel/chaplains

GARDEN OF REFLECTION AND REMEMBRANCE
The Garden of Reflection and Remembrance contains many elements that come together to create an area uniquely for contemplation. The labyrinth is a sanctuary for those who walk while they think, while benches offer a place for those who want to sit still. Water features add a soothing dynamic, while journals allow the community to express their emotions. Additional spaces commemorate the bravery of our veterans as well as historic university milestones. It is a deeply treasured gem on campus, a place with established ties to the community. It has served as a focal point for numerous programs, most notably the Walk for Remembrance in honor of September 11. It has helped many remember their loved ones or come to terms with the turbulent changes life so often hurls in our path. And it is a pleasant space for everyday visits—a place to pause and catch your breath.
https://thestamp.umd.edu/memorial_chapel/garden

OVERALL WELLNESS

UNIVERSITY RECREATION & WELLNESS (RecWell)
We believe being physically active is a crucial component of success in and out of the classroom, and we are dedicated to creating a culture of wellness where all members of the university community thrive. We facilitate physical activity which provides better sleep, improved mood, a stronger immune system, social connection with others, and more energy. Activity also helps students manage stress and symptoms of depression and anxiety. In addition to these wellness benefits, being active also helps students achieve academic success by boosting mental focus, attention and alertness, and priming the brain for learning. We invite every member of the university community to discover their inner Active Terp and find a physical activity they enjoy doing. Recreation is for everyone and there is something for everyone at RecWell.
http://recwell.umd.edu

HEALTH PROMOTION AND WELLNESS SERVICES
The Health Promotion and Wellness Services unit at the University of Maryland Health Center aims to promote the holistic wellbeing of students through comprehensive and collaborative programming, peer education, sharing of accurate and relevant health information and resources, and providing empathic wellness consultations and coaching for the campus community. We recognize that how we think about wellness is affected by our culture and our life experiences. We strive to support inclusive, accessible, and diverse health and wellness opportunities. Our dynamic services are provided to empower students to develop a strong foundation to optimize their capacity to learn, reach their potential, enhance resiliency, and achieve their goals throughout their academic career and beyond.
http://www.health.umd.edu/HPWSSERVICES
SERVICES FOR SPECIFIC GROUPS

OFFICE OF DIVERSITY AND INCLUSION
The Office of Diversity & Inclusion serves the University of Maryland by providing leadership and expertise that enriches the experiences of individuals and builds stronger communities. ODI supports the efforts of campus units to achieve their diversity and inclusion goals.
https://diversity.umd.edu/

OFFICE OF CIVIL RIGHTS & SEXUAL MISCONDUCT (OCRSM)
OCRSM's mission is to support the University's commitment to a working and learning environment free from sexual misconduct and discrimination.
https://www.ocrsm.umd.edu/about/index.html

HATE BIAS REPORTING
If you ever experience or witness a hate bias incident, in addition to referring to the Office of Civil Rights and Sexual Misconduct (above), please also consider completing a Hate Bias report:
https://pde-sypaap1.umd.edu/evp313/Odi/somerpt

COMmutER STUDENTS

TRANSFER AND OFF-CAMPUS STUDENT LIFE
TOCSL ultimately aims to: 1) Equip transfer and off-campus students with the resources to thrive as individuals and to serve as leaders to the off-campus student population, 2) Empower transfer and off-campus students to overcome barriers to success, and 3) Ease the transition for transfer and off-campus students. For more info and a schedule of programs, visit the website.
http://thestamp.umd.edu/transfer_and_off-campus_student_life

DINING SERVICES
Optional Dining Plans (Connector Dining Plans and Dining Dollars) are available to commuter students. Visit the website for more information.
http://dining.umd.edu/optional/

THE DEPARTMENT OF TRANSPORTATION SERVICES (DOTS)
DOTS provides a plethora of information on ways to get to and from campus including parking passes, shuttles services and schedules, Bike UMD, green commuting, carpooling, and vanpooling.
http://www.transportation.umd.edu/

FIRST GENERATION COLLEGE STUDENTS

ACADEMIC ACHIEVEMENT PROGRAMS
The Student Support Services (SSS) program provides the counseling and academic services to low-income and first generation participants, allowing the Intensive Educational Development (IED) program to focus its resources on the cognitive skill enhancement classes in mathematics, English, reading, college study skills, and tutoring services.
https://www.aap.umd.edu/about-ied-sss.html

The Educational Opportunity Center (EOC) provides information and assistance to low-income, first-generation college-bound citizens in Prince George's county age 19 and older to gain admission and obtain financial aid for post-secondary education enrollment.
https://www.aap.umd.edu/eoc-overview.html
The Ronald E. McNair Post-Baccalaureate Achievement Program (McNair Scholars Program) is designed to prepare students who are primarily from low-income, first generation and traditionally underrepresented groups to pursue doctoral studies.

https://www.aap.umd.edu/mcnair-about.html

INTERNATIONAL STUDENTS

INTERNATIONAL STUDENT AND SCHOLAR SERVICES (ISSS)
ISSS assists international students with transitioning to the U.S., advising on immigration requirements, and making the most of their academic experience here. ISSS also assists the campus community involved with international educational exchange in the process of bringing international visitors to campus, or in sending Maryland faculty and students abroad.

http://globalmaryland.umd.edu/offices/international-students-scholar-services

INTERNATIONAL STUDENT SUPPORT GROUPS
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 United States and the University of Maryland.

https://www.counseling.umd.edu/cs/clinical/group/

INTERNATIONAL STUDENTS COUNSELING DROP-IN HOUR
Drop-in hour offered by the Counseling Center’s Counseling Service, Monday – Friday, 3-4pm, affords international students the opportunity to drop in to the Counseling Center without an appointment.

OFFICE OF MULTICULTURAL INVOLVEMENT & COMMUNITY ADVOCACY (MICA)
MICA provides opportunities and spaces that affirm students and their identities, build inclusive communities among diverse members, and create social change locally, nationally and globally.

http://thestamp.umd.edu/multicultural_involvement_community_advocacy

THE MARYLAND ENGLISH INSTITUTE (MEI)
The mission of Maryland English Institute (MEI) is to provide English language instruction and assessment at the postsecondary level for speakers of other languages who wish to learn English for academic, professional, or personal reasons. MEI fulfills its mission by providing a full-time, multi-level Intensive English program, part-time courses for matriculated University of Maryland students, courses for international teaching assistants, assessment of oral communication skills of international teaching assistants, and custom-designed programs for UMD constituents and external organizations. MEI offers rigorous courses of study while providing a positive and supportive learning community and promoting cross-cultural understanding.

http://www.mei.umd.edu/

LGBTQIA+ IDENTIFIED STUDENTS

THE LESBIAN, GAY, BISEXUAL, & TRANSGENDER (LGBT) EQUITY CENTER
We envision the University of Maryland as a fully equitable community that strengthens agents of social justice and supports vibrant campus communities for people of diverse sexes, gender identities or expressions, and sexual orientations. The LGBT Equity Center provides the campus with leadership and expertise in building a fully equitable community; strengthens and supports people of diverse sexes, gender identities or expressions, and sexual orientations; and develops visible and vibrant LGBTQ+ campus communities.

https://lgbt.umd.edu/

OFFICE OF MULTICULTURAL INVOLVEMENT & COMMUNITY ADVOCACY (MICA)
MICA provides opportunities and spaces that affirm students and their identities, build inclusive communities among diverse members, and create social change locally, nationally and globally.

http://thestamp.umd.edu/multicultural_involvement_community_advocacy
RAINBOW COUNSELING DROP-IN HOUR
Drop-in hour offered by the Counseling Center’s Counseling Service, Monday – Friday, 3-4pm. A service aimed at making the Counseling Center’s services feel safer in the LGBT community, the Rainbow Walk-In Hour is staffed with LGBT-friendly psychologists and advanced trainees.

RAINBOW TERRAPIN NETWORK: #TRANSTERPS
The #TransTerps project formally launched in 2017. It is a part of our Rainbow Terrapin Network and an ongoing campus-wide campaign to improve campus climate for trans people by identifying, disseminating, and implementing good practices for trans inclusion. We do this through trainings/events, through sharing specific good practices information, and by sharing campus resources for trans people.

https://lgbt.umd.edu/rainbow-terrapin-network-transterps

RACIAL & ETHNIC MINORITIES

OFFICE OF MULTI-ETHNIC STUDENT EDUCATION (OMSE)
OMSE, a unit of the Academic Affairs Division of the University of Maryland, offers a variety of services and programs to enhance the learning experience and promote the academic success of undergraduate students. We collaborate with several other campus offices and college programs to provide unique collegial opportunities for our diverse population.

http://omse.umd.edu/

OFFICE OF MULTICULTURAL INVOLVEMENT & COMMUNITY ADVOCACY (MICA)
MICA provides opportunities and spaces that affirm students and their identities, build inclusive communities among diverse members, and create social change locally, nationally and globally.

http://thestamp.umd.edu/multicultural_involvement_community_advocacy

CENTER FOR MINORITIES IN SCIENCE AND ENGINEERING
The Center for Minorities in Science and Engineering is committed to the recruitment, retention, development, and graduation of underrepresented minority pre-college, undergraduate and graduate students in engineering.

https://eng.umd.edu/minorities

STUDENTS OF COLOR COUNSELING DROP-IN HOUR
Drop-in hour offered by the Counseling Center’s Counseling Service, Monday – Friday, 3-4pm, affords students of Color the opportunity to drop in to the Counseling Center without an appointment. Students will be guaranteed to be seen by a therapist of Color.

STUDENT-ATHLETES

GOSSETT CENTER FOR ACADEMIC & PERSONAL EXCELLENCE
The Gossett Center for Academic & Personal Excellence provides you with information for both current and prospective student-athletes, as well as parents, fans, and University of Maryland faculty. It has information for student-athletes on topics such as academic eligibility, community service, on-campus resources, tutoring services, and much more.


STUDENTS WITH DISABILITIES

ACCESSIBILITY AND DISABILITY SERVICE (ADS; THE COUNSELING CENTER)
The University of Maryland is committed to the principle that no qualified individual with a disability shall, on the basis of disability, be excluded from participation in or be denied the benefit of services, programs, or activities at the University. ADS provides reasonable accommodations to qualified individuals to ensure equal access to services, programs, and activities sponsored by the University of Maryland.

https://www.counseling.umd.edu/ads/
ADAPTIVE TECHNOLOGY LAB
The Adaptive Technology Lab (ATLab) is a low-distraction environment equipped with hardware and software to facilitate access to information for individuals with disabilities. The lab offers advice and training on the use of adaptive technologies and works closely with other campus units to address their adaptive technology needs.
https://www.lib.umd.edu/services/disabilities

HEARING AND SPEECH CLINIC
The University of Maryland Hearing and Speech Clinic at College Park has provided speech, language and hearing services to the community for almost 70 years. The clinic is operated by the Department of Hearing and Speech Sciences as both a training and research facility for Audiology and Speech-Language Pathology.
http://hespclinic.umd.edu/

PARATRANSIT
Paratransit is a curb-to-curb, on demand and subscription service available to all students, faculty, staff and visitors with disabilities.
http://www.dots.umd.edu/paratransit.html

TRANSFER STUDENTS

TRANSFER CREDIT SERVICES
Transfer Credit Services (TCS) is a division of the Office of the Registrar at University of Maryland. The goal of TCS is to provide accurate and timely information about undergraduate transfer policies and procedures to transfer advisors and students. Additionally, TCS oversees and supports the undergraduate transfer evaluation process to determine the acceptability of courses and the awarding of credit by the University of Maryland, as well as maintains a Database of Transfer Course Evaluations.
https://transfercredit.umd.edu/

TRANSFER AND OFF-CAMPUS STUDENT LIFE (TOCSL)
TOCSL ultimately aims to: 1) Equip transfer and off-campus students with the resources to thrive as individuals and to serve as leaders to the off-campus student population, 2) Empower transfer and off-campus students to overcome barriers to success, and 3) Ease the transition for transfer and off-campus students.
http://thestamp.umd.edu/transfer_and_off-campus_student_life

TRANSFER2TERP LEARNING COMMUNITY (T2T)
T2T is the only student union based learning community exclusively for students transferring into Maryland. The T2T Learning Community offers first-semester transfer students the opportunity to take HESI310, a 3-credit upper-level course designed to translate your previous success into a strong start at Maryland. T2T students work alongside faculty and staff to achieve a seamless transition into the campus life and culture.
http://thestamp.umd.edu/Transfer_and_Off-Campus_Student_life/Transfer_2_Terp_Learning_Community

THE COLLEGE OF BEHAVIORAL AND SOCIAL SCIENCES
The College of Behavioral and Social Sciences recognizes that transferring can be overwhelming. After speaking with some experienced transfer students, they have assembled a list of resources to help you jumpstart your Maryland experience.

THE COLLEGE OF LETTERS AND SCIENCES
Letters & Sciences (LTSC) is home to almost half of all incoming transfer students to the University of Maryland. Transfer students in LTSC are typically seeking admission to one of the University’s Limited Enrollment Program (LEP) majors, while others are undecided on their major.
This website has a list – with brief descriptions – of campus resources for transfer students.
http://www.ltsc.umd.edu/prospectivetransfers.html
THE OFF-CAMPUS HOUSING SERVICES

The Off-Campus Housing Services office provides resources to students and the University Community to educate them on off-campus housing topics and assist them in finding off-campus housing. Our office provides assistance in person, over the phone and via email.

https://och.umd.edu/

UNDOCUMENTED STUDENTS

UNDOCUMENTED STUDENT RESOURCES WEBSITE

Undocumented students are a vital part of our campus community. As such, the dissemination of up-to-date, accurate information by campus offices is vital. This site will serve as a resource for current and prospective undocumented students.

http://undocumented.umd.edu/

FACEBOOK PAGE

For more ways to connect to the resources for the undocumented students and larger community at UMD, check out the Facebook page:

https://www.facebook.com/undocUMD/

SCHOLARSHIPS & FUNDS

Undoc Students UMD Opportunity Fund

This fund is devoted to supporting undocumented students at the University of Maryland. It will go toward emergency funding, legal fees, and other critical areas of support.

https://www.gofundme.com/undoc-students-umd-opportunity-fund

College of Behavioral & Social Sciences Terp Dream Scholarship Endowment

Everyone needs opportunity to learn, achieve and be successful – and sometimes that help can come through policy changes, scholarships opportunities, from mentors and family members, and from supportive communities. But some have grown up in communities where college education never seemed possible – without help. For these students, the Terp DREAM Scholarship could make the difference between achieving the American dream and getting left behind. This scholarship will offer financial assistance to undergraduate first generation college students at the University of Maryland.

https://giving.umd.edu/giving/fund.php?name=terp-dream-scholarship-endowment

For a list of scholarship opportunities that don't require citizenship status, please visit: http://undocumented.umd.edu/financial-resources/

UNDOCUMENTED STUDENTS COUNSELING DROP-ON HOUR

Drop-in hour offered by the Counseling Center’s Counseling Service, Monday – Friday, 3-4pm. Please contact Dr. Maria Berbery at mberbery@umd.edu for more information.

UNDOCUTERP TRAINING

The UndocuTerp Training Series is a comprehensive three-hour training that will provide, staff and faculty with the knowledge, skills, and resources necessary to effectively respond to the needs of undocumented students and their families at the University of Maryland (UMD). The training is divided into 3-1 hour sessions.

http://undocumented.umd.edu/undocuterp-training-2/
VETERAN STUDENTS

VETERAN STUDENT LIFE
The mission of the Veteran Student Life office is to build and maintain a community of veteran and military-connected students, staff, faculty, and alumni at the University of Maryland, that supports a seamless transition from military life to civilian college life by providing support for continued growth in mind, body, and spirit, carrying the pride and confidence established in the military into the college experience as well as future careers for Veteran Alumni.

http://thestamp.umd.edu/veteran_student_life

VETERAN STUDENTS COUNSELING DROP-ON HOUR
Drop-in hour offered by the Counseling Center’s Counseling Service, Monday – Friday, 3-4pm. 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 is needed to talk about anything on their minds.
LIVING AND WORKING

DINING SERVICES AND FOOD RESOURCES

THE DEPARTMENT OF DINING SERVICES
The Department of Dining Services offers a wide variety of dining options across the College Park campus:

- Dining Halls—South Campus, The Diner and 251 North
- Restaurant—Full service dining at the Mulligan’s Grill and Pub
- Cafes—Get fresh portable food on the go in academic buildings
- Dining at The Stamp —Food and fun in the heart of campus
- Glenn Martin Food Court —Three of your favorite brands in the Math and Engineering quad
- Convenience Shops—Pick up snacks, drinks, quick meals, and sundries

Resident Dining Plans and Optional Dining Plans are available including the Seven-Day Anytime Dining Plan, Five-Day Anytime Dining Plan, Connector Dining Plans (a limited number of meals, good for use throughout the semester), and Dining Dollars Plans. Visit the website for more information.

http://dining.umd.edu/

CAMPUS PANTRY
The University of Maryland Campus Pantry’s mission is to alleviate food hardship among UMD students, faculty and staff by providing emergency food to UMD students, faculty, and staff in need.

http://campuspantry.umd.edu/

GROCERY SHOPPING SHUTTLE
The Department of Transportation Services (DOTS) offers a Grocery Shopping Shuttle on Saturdays in the Fall and Spring semesters. This shuttle takes students to local grocery stores and back to campus. You may find the schedule for this shuttle on the DOTS website:

https://transportation.umd.edu/shuttle-um/133/531

MARYLAND EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM (EFNEP)
The EFNEP of the United States Department of Agriculture, the University of Maryland’s Department of Nutrition and Food Science, and the University of Maryland Extension focuses on diet quality, nutrition, food savings, and food safety. EFNEP helps limited-income families and youth acquire knowledge, skills, attitudes, and behavior changes necessary to promote health and wellness and reduce chronic disease risk. For more information, visit the website:

https://extension.umd.edu/efnep

FAMILY CARE

FAMILY CARE RESOURCE AND REFERRAL SERVICE
This service was created to assist University of Maryland faculty, staff and students with their family care needs and concerns.

https://uhr.umd.edu/benefits/family_care/

MARYLAND EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM (EFNEP)
The EFNEP of the United States Department of Agriculture, the University of Maryland’s Department of Nutrition and Food Science, and the University of Maryland Extension focuses on diet quality, nutrition, food savings, and food safety. EFNEP helps limited-income families and youth acquire knowledge, skills, attitudes, and behavior changes necessary to promote health and wellness and reduce chronic disease risk. For more information, visit the website:

https://extension.umd.edu/efnep
THE CENTER FOR HEALTHY FAMILIES
The Center for Healthy Families is the Couple & Family Therapy clinic housed in the Department of Family Science at the University of Maryland, College Park. Our graduate student therapists provide family therapy to residents of surrounding communities under the guidance of our certified clinical and faculty supervisors. We serve approximately 500 families per year. The Center for Healthy Families operates as a non-profit clinic and provides services to individuals, couples (married or unmarried), and families.
https://www.thecenterforhealthyfamilies.com/

UNIVERSITY OF MARYLAND CAPITAL REGION HEALTH
MAMA & BABY MOBILE HEALTH UNIT
Our mobile health unit is provided through a partnership with the March of Dimes and UM Capital and is specifically designed to help uninsured and under-insured women throughout Prince George's County receive quality health care for themselves and their babies. We see women of childbearing age, pregnant women, and babies aged 0 to 24 months.
https://www.umms.org/capital/health-services/womens-health/mama-baby-bus-program

HY-SWAP
HY-Swap is a free exchange of infant, children’s and maternity clothing, gear and toys, presented by a group of local parents in the spring and fall. The items donated are from the local community, for the local community. We are dedicated to sharing and circulating items in good condition within the community, providing savings for local families and reducing waste.
https://www.hy-swap.com/

THE TOGETHER PROGRAM
TOGETHER is a free program for couples that offers: relationship and financial education, connection to community resources, access to employment services.
https://www.togetherprogram.org/

HOUSING

ON-CAMPUS HOUSING
Residence halls exist at the University of Maryland College Park to provide students with reasonably comfortable and safe housing which is close to classrooms, libraries and the other programs and services of the campus. Since the residence hall environment also has an impact upon the development and well-being of residents, programs and services are provided to positively shape the quality of the on-campus living experience. The Department of Resident Life is established to provide the basic housing services that are made available to resident students; to insure the orderly, cost-effective operation of campus residence halls; to promote the existence of an environment where student and community development, academic excellence, respect for individual differences, and constructive social interaction is valued and advanced; and to insure that fiscal and human resources are managed effectively and consistent with University policies and procedures.
www.reslife.umd.edu

In addition to the University-owned residence halls, nearly 3,000 students live in two on-campus University-affiliated undergraduate apartment communities: The Courtyards and South Campus Commons. Priority for leasing in these two communities is given to students who have been living in the residence halls. Separate application and leasing procedures apply; leasing occurs in February and March for August-to-August occupancy.

South Campus Commons
www.southcampuscommons.com
301-314-2499
The Courtyards at Maryland
www.umdcourtyards.com
301-314-2466

OFF-CAMPUS HOUSING
The Off-Campus Housing Services office provides resources to students and the University Community to educate them on off-campus housing topics and assist them in finding off-campus housing. Our office provides assistance in person, over the phone and via email.
www.och.umd.edu
OFF-CAMPUS FOOD AND HOUSING SERVICES

EMERGENCY HOUSING SERVICES (PRINCE GEORGE'S COUNTY)
The Prince George’s County Department of Social Services provides information, assistance and referrals to County residents who are facing homelessness or an eviction.
https://www.princegeorgescountymd.gov/1684/Housing-Homeless-Services

HUNGER LIFELINE
Call the Hunger Lifeline for personalized recommendations to community food resources over the phone.
202-639-9770 (Monday–Friday 9 am – 5 pm)
https://www.capitalareafoodbank.org/2011/02/08/calling-the-hunger-lifeline/

FIND YOUR LOCAL FOOD BANK
Enter your zip code in the field to search for services related to food, transportation, education, job training, and more.
http://www.feedingamerica.org/find-your-local-foodbank/

SERVICES 24/7
Services 24/7 is an online directory for residents of Prince George's County looking for organizations that provide human services from afterschool programs, to housing and foreclosure assistance, to veteran services. We serve two purposes: 1) connecting the citizens of Prince George's County with the resources they need to enhance their quality of life and 2) connecting the vast human resource of volunteers in our county to nonprofits in order to increase their capacity to serve.
http://services247.umd.edu/

GROCERY STORE DISCOUNTS
Some grocery stores offer discounts on total purchase costs for University of Maryland students. Please check your local grocery stores for this benefit.

STUDENT INTERNSHIPS AND EMPLOYMENT OPPORTUNITIES

CAREERS4TERPS (C4T)
C4T is the Center’s primary online career management tool for University of Maryland students and alumni. Use C4T to: search job postings, apply for on-campus interviews, store resumes and cover letters, schedule an individual appointment with a career advisor, RSVP to an employer information session or workshop, and access online tools.
https://careers.umd.edu/careers4terps

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 University Career Center’s website:
https://careers.umd.edu/

ON-CAMPUS EMPLOYMENT OPPORTUNITIES TO CONSIDER
Dining Services
Department of Transportation
The Clarice
University Recreation & Wellness
Department of Public Safety – Police Auxiliary
Department of Resident Life
Conferences and Visitor Services
http://dining.umd.edu/contact/employment/student-opportunities/
https://transportation.umd.edu/about-us/employment
https://theclarice.umd.edu/employment
https://recwell.umd.edu/about-us/student-employment
http://www.umpd.umd.edu/employment/
http://reslife.umd.edu/employment/
http://cvs.umd.edu/employment/
TRANSPORTATION TO AND ON CAMPUS
The Department of Transportation Services (DOTS) provides a plethora of information on ways to get to and from campus, including parking passes, shuttles services and schedules, Bike UMD, green commuting, carpooling, and vanpooling.

http://www.transportation.umd.edu/

SHUTTLE SERVICES
With a fleet of over 75 vehicles, including hybrids and clean diesel models, Shuttle-UM provides transit service on and around the University of Maryland campus to more than 2.6 million riders a year. Shuttle services are free to UMD students and are available all day and night!

https://transportation.umd.edu/shuttle-um

GROCERY SHOPPING SHUTTLE
The DOTS offers a Grocery Shopping Shuttle on Saturdays in the Fall and Spring semesters. This shuttle takes students to local grocery stores and back to campus. You may find the schedule for this shuttle on the DOTS website:

https://transportation.umd.edu/shuttle-um/133/531

PARATRANSIT SERVICE
Paratransit is a curb-to-curb, on demand and subscription service available to all students, faculty, staff and visitors with disabilities.

http://www.dots.umd.edu/paratransit.html

BIKEUMD & E-SCOOTERS
Find information about VeoRide (the new bike and electric scooter program) at the University of Maryland and The City of College Park:

https://transportation.umd.edu/bikeumd-escooters
PLANNING YOUR LIFE AFTER UMD

CAREER COUNSELING & SERVICES

INDIVIDUAL CONSULTATION (THE COUNSELING CENTER)
A normal part of college student development involves exploring options for a future career. Students can get help with this process in individual career counseling at the Counseling Center. This exploration might include taking career interest tests and interpreting the results with a counselor or taking advantage of a computerized career information system. Career counseling can help students begin to understand how their personality, values, and interests relate to their professional lives in order to assist in choosing a major or establishing career goals.

https://www.counseling.umd.edu/cs/counseling/career/

CAREER ASSISTANCE APPOINTMENTS
(UNIVERSITY CAREER CENTER & THE PRESIDENT'S PROMISE)
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.

https://careers.umd.edu/request-appointment

MAJOR DISCOVERY ZONE (THE COUNSELING CENTER)
This program provides students 3-4 individual career sessions to assess their interests and values, and to learn resources and strategies to figure out their academic major plans. Please contact Dr. Pepper Phillips at pepper@umd.edu for more information.

PSYC 123 - THE PSYCHOLOGY OF GETTING HIRED
Simply having a college degree is not enough – if you want to be competitive in the professional world, you need to devote as much time and effort in developing your professional credentials and materials as you do to your coursework. Together we will explore psychological principles that influence the selection process and how you can apply them for the edge that makes your competition fear the Turtle!

http://umdpsych.blogspot.com/2013/06/psyc-123-psychology-of-getting-hired.html

ON-LINE CAREER CENTER RESOURCES

Resume Samples and Tips
Let the University Career Center & The President’s Promise help you create a resume and cover letter that will effectively communicate that you are the best applicant for the position!

https://careers.umd.edu/students/launch-your-career/resumes-cover-letters

Interviewing
Congrats! You landed an interview at your dream organization. But, now what do you do to prepare? It may seem overwhelming, but just take it one step at a time.

https://careers.umd.edu/students/launch-your-career/interviewing
ALUMNI ASSOCIATION
STAY FEARLESS, TERPS! These simple words embody the new strategic direction of the University of Maryland Alumni Association. We are committed to helping you stay…

- connected to fellow Terps in your community
- eager to grow your career through professional networking and development opportunities
- engaged through our new alumni advocacy program
- a fan through our tailgates and game watches
- involved with all College Park has to offer
- supportive to a fellow alumnus as a career mentor

https://alumni.umd.edu/