University of Maryland
RESOURCE DIRECTORY
2018 - 2019

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 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 also), 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/

SCHOLARSHIPS FOR “RETURNING” (NON-TRADITIONAL AGED) STUDENTS
The Division of Student Affairs and the Counseling Center support scholarships available for non-traditional aged students: The Charlotte W. Newcombe Scholarship, the Gerald G. Portney Memorial Scholarship, and the B. Udelle Friedland Memorial Endowed Scholarship. For further information, please email us at returningstudents@umd.edu or 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/

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
Leadership & Community Service-Learning (LCSL) engages students in leadership development and service-learning opportunities that foster transformative learning and social change. LCSL consists of 5 main program areas that are open to and designed for all UMD students, regardless of affiliation, major, identity, or status. As a result, dialogues, classrooms, relationships, and learning environments with LCSL are opportunities for diverse students and staff to share perspectives, ask critical questions, and engage meaningfully with each other.
http://thestamp.umd.edu/leadership_community_service-learning

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 President's Promise Initiative, established in 2005, provides the opportunity for an enrichment experience to every student who enters the University of Maryland. Examples of these experiences, designed to complement students' academic majors, include: internships, research assistantships, study abroad, living-learning programs, and leadership service-learning. The University Career Center & the President's Promise can help you connect with a special experience.
https://careers.umd.edu/students/gain-experience/experiential-learning-opportunities
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.
http://studentsuccess.umd.edu/Resources/academicadvising.html

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/

STUDENT SUCCESS OFFICE
We assist 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/

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

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 students authentic research experience, broad mentorship, and degree credit that impact academic success, personal development, a strong sense of community, and professional opportunity.
https://fire.umd.edu/
STRATEGIES FOR BUILDING MATH COMPETENCE

PREPATAION CLASSES

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

TUTORING

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
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 UMD. One of the services offer by OMSE is tutoring for math classes.
http://omse.umd.edu/tutoring.html

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/

STUDY SKILLS STRATEGIES

GUIDED STUDY SESSIONS
The Guided Study Sessions (GSS) Program offers FREE, regularly scheduled study sessions for traditionally difficult courses. Based on the Supplemental Instruction model (SI), weekly 50-minute sessions are held using a collaborative learning process. Attend once or attend every session, the choice is up to you. To see the schedule for this semester and a list of supported courses, visit the link below.
https://www.counseling.umd.edu/academic/gss/

HANDOUTS
A variety of handouts, apps, links, and videos are offered by the Counseling Center. For handouts on study strategies, visit our website:
https://www.counseling.umd.edu/academic/resources/handouts/
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, MCAT, PRAXIS, GMAT, 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/

TUTORING

ACADEMIC ACHIEVEMENT PROGRAMS
The Academic Achievement Programs currently offers three categories of tutoring: AAP Tutoring, Academic Success and Tutorial Services tutoring, and Net Tutor (online tutoring partner). Check out the website to learn more and determine which tutoring program is right for you.
http://aap.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/

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:

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

Topics of Group Counseling*
General Group Therapy
Circle of Sisters (general counseling for Black women)
Entre Nosotrxs
My Body-My Self: A Woman’s Group (body image group)
Hope and Healing (sexual assault survivors)
Latinx Support Group
Mindfulness
LGBTQIA+
International Support Group
Graduate Student General Therapy Group
Women’s Graduate Student Support Group
A Lighter Shade of Blue
Dissertations Support Group
Creating Confidence
Anxiety Toolbox (3 session Anxiety workshop)
Getting Unstuck (3 session Depression 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)
Located in the University Health Center, the Behavioral Health Service offers confidential, high quality and convenient 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 serves as a free and confidential resource to address incidents of sexual assault, domestic violence, dating violence, stalking, and sexual harassment affecting all genders of the University community.
For more information, contact:
(301) 314-2222
(301) 741-3442 (24 hours Crisis Cell)
uhc-care@umd.edu
http://www.health.umd.edu/care

UMD HELP CENTER
Help Center is a peer (student) counseling and crisis intervention hotline, where you can speak to a peer counselor in confidence about any problem you’re dealing with. All calls made to the Help Center are kept strictly confidential. No issue is too big or small. The HELP Center’s intention is to listen and provide feedback and further resources. We also provide limited walk-in counseling and free, confidential pregnancy tests without an appointment.
Call: 301-314-HELP
https://helpcenterumd.org/

BEHAVIORAL EVALUATION AND THREAT ASSESSMENT TEAM (BETA)
The BETA Team reviews and evaluates reports of students exhibiting concerning, disruptive, or threatening behavior. Each member of the BETA Team brings 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

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. Located directly across from the Stamp Student Union, the Health Center offers comprehensive clinical services such as: Primary Care, Triage, Men’s and Women’s Reproductive Health Care, Pharmacy, Nutrition, Mental Health Care, Complementary and Alternative Medicine, Health Promotion and Wellness Services, Occupational Health, Laboratory, Radiology, Immunizations, Physical Therapy, and Substance Abuse Treatment. Appointments are required, except for Walk-In services.
http://www.health.umd.edu/

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 can meet individually with a professional counselor to discuss concerns about either their own or another’s use of alcohol or other drugs. These issues are explored in a non-judgmental, respectful manner, and students’ confidentiality is always ensured. If necessary, referrals to community treatment programs will be made.

Counseling: The 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. The program includes individual and group counseling, 12-step support group meetings, and education or coordination with other treatment professionals.

Healthy TERPS: The Healthy TERPS program works to enhance the quality of the student experience and reduce high-risk drinking. Participants will complete a brief online alcohol screening before attending a 15-30 minute individual appointment to discuss their feedback and how their drinking compares to others. All registered students are eligible to participate in the program for free.

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. Motivational interviewing techniques are utilized in a group setting to explore motivation or and consequences of substance misuse.

Alcohol and Other Drug Consultations: Alcohol and Other Drug (AOD) consults are a great option for students who may have questions related to AOD use, or may have experienced negative consequences as a result of their AOD use, but may not necessarily need to speak with an AOD counselor. Using a harm reduction framework, conversations will focus upon ways for students to reduce risks if they choose to continue engaging in AOD use, or else navigating alternatives to using AOD for personal or social reasons. Consultations are provided free of charge through the Health Promotion and Wellness Services unit.

- Appointment Options: 30 minutes or 1 hour, depending on the needs of the student
- Making an Appointment:
  o Call (301) 314-8106

12 Step Groups
An open young people’s AA meeting – check website for date, time, and meeting location

Terps for Recovery (TFR)
Terps for Recovery (TFR) 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

The Haven at College
At The Haven at College, we believe that every college student in recovery from substance use issues deserves to get the most from their college experience. We are the leading national provider of on-campus addiction treatment and recovery support services, based at premier universities across the US. We offer a continuum of innovative programs—including The Haven Recovery Residences, The Haven Outpatient Centers, and The Haven Mentoring and Monitoring Programs—allowing us to meet students exactly where they are. An inclusive community, The Haven welcomes all
college or college-bound students who are committed to their recovery. Check out the website for more information and to apply for The Haven at College residence.

http://www.thehavenatcollege.com/

UNIVERSITY OF MARYLAND CAPITAL REGION HEALTH

University of Maryland Capital Region Health (formerly Dimensions Healthcare System) was formed in 1982 as an integrated, 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.

http://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. The garden is representative of the campus religious diversity as well as community cohesion, and marries refreshing natural energy with quiet solace. Stop by sometime—all are welcome.

http://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 (ODI) provides active campus-wide oversight, coordination, and evaluation of the University of Maryland’s equity, diversity and inclusion activities. ODI offers a robust training and education program for faculty, staff, and students and encourages and supports the efforts of units to achieve their diversity and inclusion goals.

https://www.diversity.umd.edu/

OFFICE OF CIVIL RIGHTS & SEXUAL MISCONDUCT
The mission of the Office of Civil Rights & Sexual Misconduct (OCRSM) is to support the University’s commitment to a working and learning environment free from sexual misconduct and discrimination. OCRSM is responsible for overseeing and implementing the University’s compliance with Title IX as well as other federal and state civil rights laws and regulations. For a list of policies and procedures on reporting issues of civil rights and sexual misconduct, as well as training and other resources, please visit the website:

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://pdc-svpaap1.umd.edu/cirpf313/Odi/somerpt

COMMUTER STUDENTS

TRANSFER AND OFF-CAMPUS STUDENT LIFE
We ultimately aim 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/

INTERNATIONAL STUDENTS

INTERNATIONAL STUDENT AND SCHOLAR SERVICES (ISSS)
We assist 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. Please contact Dr. Yi-Jiun Lin at ylin1234@umd.edu and/or Dr. Jinhee Kang at jkang79@umd.edu for more information.

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 stands firmly in our role to empower students through education on issues of race, ethnicity, sexual orientation, gender identity, gender expression, religion, and their intersections. In support of our campus’ commitment to diversity, multiculturalism, and social justice, we advance a purposeful campus climate that capitalizes on the educational benefits of diversity, through student-centered advising, advocacy, programs, research, and practices. Our collective work results in positive student outcomes observable in their learning, identity development, involvement, and leadership. 
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 courses for matriculated University of Maryland students, courses for international teaching assistants, short courses for members of the campus and local community, custom-designed programs, evaluation of the English language proficiency of conditionally admitted students, assessment of oral communication skills of international teaching assistants, and a full-time, multi-level intensive English Program. 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, AND TRANSGENDER EQUITY CENTER
We envision the University of Maryland as a fully equitable community that empowers innovators and agents of social justice for lesbian, gay, bisexual, transgender, and queer people. The purpose of the LGBT Equity Center is to engage and encourage the campus in building a fully equitable community, and to provide programming that develops and empowers agents of social justice for lesbian, gay, bisexual, transgender, and queer people. 
https://lgbt.umd.edu/

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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.
#TRANSTERPS
The #TransTerps project formally launched on September 27, 2017 at Quelcome. 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. For more information, please visit the website: https://lgbt.umd.edu/rainbow-terrapin-network-transterps

RACIAL & ETHNIC MINORITIES

OFFICE OF MULTI-ETHNIC STUDENT EDUCATION
The mission of OMSE is to serve undergraduate multi-ethnic students to increase rates of matriculation, retention, graduation, and overall GPA. The Office of Multi-ethnic Student Education at the University of Maryland currently serves 12,353 multi-ethnic students. OMSE provides programs and resources that support the academic, personal and professional excellence of students.

http://www.omse.umd.edu/academic-programs.html

OFFICE OF MULTICULTURAL INVOLVEMENT & COMMUNITY ADVOCACY (MICA)
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http://thestamp.umd.edu/multicultural_involvement_community_advocacy

CENTER FOR MINORITIES IN SCIENCE AND ENGINEERING
Established in 1981 as a unit within the School of Engineering, the Center for Minorities in Science and Engineering provides academic support services and outreach programs designed to recruit, retain, and graduate African American, Hispanic American, and Native American engineering students.

http://www.cmse.umd.edu/about

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 (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 and 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/
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 Hearing and Speech Clinic at the University of Maryland provides speech, language, and hearing services for individuals of all ages with a wide variety of disorders and conditions. Located in LeFrak Hall in College Park, the Clinic is operated by the Department of Hearing and Speech Sciences as both a training and research facility of speech-language pathology and audiology.

http://hespclinik.umd.edu/

PARATRANSLIT
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.

http://www.tcc.umd.edu/

TRANSFER AND OFF-CAMPUS STUDENT LIFE
We ultimately aim 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

TRANSFER2TERP STUDENT ORGANIZATION
The Transfer2Terp Student Organization is a supportive transfer community focused on succeeding in and out of the classroom and improving the transfer student experience at UMD.

http://t2tstudentorg.wixsite.com/t2tumd

THE COLLEGE OF BEHAVIORAL AND SOCIAL SCIENCES
We recognize that transferring can be overwhelming. After speaking with some experienced transfer students, we have assembled a list of resources to help you jumpstart your Maryland experience.


THE COLLEGE OF LETTERS AND SCIENCES
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

UNDOCU Terp ListServ
To see bi-weekly shout outs, up to date news, and political updates, as well as ways to keep updated, sign up to the UndocuTerp list-serve! Contact Laura Bohorquez to sign up for the listserv at lbohorqu@umd.edu

UNDOCUMENTED STUDENT RESOURCES WEBSITE
The University of Maryland is committed to creating a welcoming and inclusive environment for all students, including undocumented students. Undocumented students, who often face barriers and challenges as they navigate campus policies, require support services that address their unique needs. As such, the Office of Multicultural Involvement & Community Advocacy (MICA) and the Asian American Studies Program (AAST) have partnered with other UMD departments and allies to increase institutional support for undocumented students, providing advising related to financial aid and admissions. Ultimately, the University strives to provide resources and guidance to support the advancement of undocumented students during their time at Maryland.

http://undocumented.umd.edu/

RESOURCE GUIDE
In addition to the resources listed on the website, the following guide provides resources that are available to students ranging from news articles, organizations, research, know your rights, and more.
https://docs.google.com/document/d/1rmk_u-3q3qId8WtAwvb4GAhZSMVs59m7piOS43DfE/edit?usp=sharing

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/

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.

VETERAN STUDENTS

VETERAN STUDENT LIFE
The mission of the Veteran Student Life office is to build and maintain a community of University of Maryland students, staff, faculty, and alumni, all who have served in the U.S. military, that supports a seamless transition from military life to civilian college life and provides 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/

MD FOOD CO-OP
The Maryland Food Co-op started in the mid-1970's on the campus of University of Maryland. We are worker-owned which means that everyone who is hired as a "paid worker" shares an equal role and all responsibilities in operating the business of our natural food store. We also welcome people to volunteer at our store in exchange for food credit. Together, the workers and volunteers co-operate to provide cheap, healthy, veg-friendly food at fair prices. There are no bosses or managers, only people who are working for a space that maintains equality, a good atmosphere, and lots of music.

http://thestamp.umd.edu/food_shops_and_services/stamp_dining/md_food_co-op

EMERGENCY FOOD ACCESS

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 stories and back to campus. You may find the schedule for this shuttle on the DOTS website:

http://www.transportation.umd.edu/shuttle/schedules/upcoming/133_GSS.pdf

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
For faculty, staff, and students who have child care and/or elder care needs, this site is designed to provide guidance on researching caregivers, budgeting expenses, and interacting with care providers. Employees and students may contact University Human Resources office for additional information.
https://uhr.umd.edu/benefits/family_care/

MARYLAND EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM (EFNEP)
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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 BUS PROGRAM
In partnership with the March of Dimes and supported by the UM Prince George's Hospital Center Foundation and the Prince George's Hospital Guild, the Mama & Baby Bus Unit serves as a healthcare access point for women and children in Prince George’s County, and provide basic, uncomplicated maternal and child health services to community members who otherwise do not receive general healthcare services.
https://www.umms.org/capital/health-services/womens-health/mama-baby-bus-program
301-618-2244

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.
202-644-9807 (Monday-Friday 9 am – 5 pm)

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
For free access to a variety of career tools and employment opportunities, register for Careers4Terps (C4T) on the University Career Center's website. 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 to your specific interests.

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/

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
ON-CAMPUS EMPLOYMENT OPPORTUNITIES TO CONSIDER

- Dining Services: [http://dining.umd.edu/contact/employment/student-opportunities/](http://dining.umd.edu/contact/employment/student-opportunities/)
- Department of Transportation: [https://transportation.umd.edu/about-us/employment](https://transportation.umd.edu/about-us/employment)
- The Clarice: [https://theclarice.umd.edu/employment](https://theclarice.umd.edu/employment)
- Department of Public Safety – Police Auxiliary: [http://www.umpd.umd.edu/employment/](http://www.umpd.umd.edu/employment/)
- Department of Resident Life: [http://reslife.umd.edu/employment/](http://reslife.umd.edu/employment/)
- Conferences and Visitor Services: [http://cvs.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/](http://www.transportation.umd.edu/)

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:

[http://www.transportation.umd.edu/shuttle/schedules/upcoming/133_GSS.pdf](http://www.transportation.umd.edu/shuttle/schedules/upcoming/133_GSS.pdf)

PARATRANSIT SERVICE

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[http://www.dots.umd.edu/paratransit.html](http://www.dots.umd.edu/paratransit.html)
PLANNING YOUR LIFE AFTER UMD

CAREER COUNSELING & SERVICES

INDIVIDUAL CONSULTATION
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/students/choose-your-career

MAJOR DISCOVERY ZONE
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.

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 alumni as a career mentor

https://alumni.umd.edu/