

# 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

## 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**

The Office of Student Financial Aid (OSFA) assists in providing an affordable education for students and families. Please contact OSFA to speak with a Financial Aid Counselor. Our Financial Aid Counselors can help with answering your financial aid questions about student aid programs, researching scholarships and grants, student employment opportunities, student and parent loan programs, and payment plans. Please note: most students can qualify for some type of financial aid. Therefore, we strongly encourage students to complete the Free Application for Federal Student Aid (FAFSA) before the January 1 priority aid deadline for best consideration of scholarship and grant aid.

### **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](mailto: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**

There are over 900 active student clubs and organizations on campus. Research tells us that students who get involved in the campus community do better academically than students who don't get involved. Not only is it likely that you will learn more, but you'll open up doors to new friendships, support, and experiences. There is much to be learned at the University of Maryland, College Park (UMD), in and out of the classroom.

### **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](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](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](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**

The mission of the Student Success Office (SSO) is to support the retention and graduation of all students. SSO is a centralizing location for resources for students, advisors, and faculty. We manage data from exiting students, lead retention initiatives, and administer the reenrollment process.

<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](http://umdocc.wixsite.com/blog/about_us)

### **RESEARCH EXPERIENCE**

#### **MARYLAND CENTER FOR UNDERGRADUATE RESEARCH (MCUR)**

MCUR is dedicated to promoting and facilitating research experiences for undergraduate students. MCUR sponsors four programs to foster undergraduate research: Maryland Student Researchers, Maryland Summer Scholars, Undergraduate Research Day, and the Summer Seminar Series.

<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://stat.umd.edu/offered-courses/350-math-003-developmental-mathematics.html>

### TUTORING

#### **Math Department Tutoring**

The Math Department posts a schedule of tutors available for developmental math courses and 100- and 200-level math courses. Located in the Math Building Room 0301.

<https://www-math.umd.edu/undergraduate/resources.html>

#### **Math Success Program**

The Math Success Program is a free drop-in coaching service that is open to both campus residents and commuter students. Students making use of this program require no prior registration or appointment, and no fees apply. The target courses consist of Math 001, 002, 113, and 115. Students from other math courses, such as Math 140, 141, 220, and 221, have also been utilizing this service on a regular basis.

[http://www.resnet.umd.edu/programs/math\\_success/](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

Call for answers to quick questions about word choice, punctuation, sentence structure, or proper citation. Or, give us a call if you want to know if your ideas, sentences, or words sound right. If the Writing Center is closed, leave a message, and we'll return your call during business hours. **THE GRAMMAR HOTLINE: 301-405-3787**

<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.

## **THE MENTAL HEALTH SERVICE (UNIVERSITY HEALTH CENTER)**

There are times when students struggle and we can help if you are seeking support. University Health Center, Mental Health Services are available ONLY to registered University of Maryland, College Park students.

Located in the University Health Center, the Mental Health Service provides the following: Medication Evaluations and Medication Management, Mental Health Emergencies, Short Term Individual Therapy, Suicide Prevention Program, ADHD Treatment, and Eating Disorder Referral & Treatment. There are fees for each visit. If this fee poses a financial hardship for you, please discuss this with your clinician.

We are staffed by licensed, experienced mental health clinicians. Our psychiatrists and psychiatric nurse practitioner provide psychiatric evaluations and prescribe medication. Our licensed psychotherapists provide assessments and psychotherapy (counseling). We also have clinicians in training who are graduate students supervised by the licensed staff.

The University Health Center keeps medical records in compliance with professional, legal and ethical guidelines. Other than authorized staff, no one will have access to records unless the patient provides permission in writing. Mental Health Service records will not become a part of the patient's academic file and even the fact that the patient has come to the Mental Health Service will not be disclosed without the patient's permission.

Exceptions to confidentiality include: imminent danger to self or others, patient records subpoenaed by a court, or in accordance with Maryland state laws regarding child abuse.

For appointments, please call (301) 314-8106.  
<http://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; to educate the University community about power-based violence and bystander interventions; and to empower members of the campus community to act to reduce such violence.

For more information, contact:  
(301) 314-2222  
(301) 741-3442 (24 hours Crisis Cell)  
[uhc-care@umd.edu](mailto: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 of 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. Students are encouraged to establish the University Health Center (UHC) as their primary point of care while enrolled at the University. The Health Center is open Monday - Thursday, 8 a.m. – 6 p.m.; Fridays, 8 a.m. - 5 p.m.; Saturdays, 9 a.m. to noon and varied hours during semester breaks and holidays. 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.

All registered students are welcome to use University Health Center services. Students with the University of Maryland Student Health Insurance Plan are eligible to use services without co-pay for most services. The Health Center is able to bill many insurance plans for the cost of services. We are considered out-of-network & cannot bill some HMO/POS plans such as Kaiser & Tricare Prime. We cannot bill Medicare and out of state Medicaid. Check with your insurance provider to see what is covered; do not assume that services provided by UHC will be covered; many plans do NOT cover services outside of their geographical areas. Hardship waivers are available for eligible students upon request; fees may still apply.

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

## ALCOHOL/DRUG TREATMENT SERVICES

### Substance Use Intervention & Treatment Unit (University Health Center)

The staffs at Substance Use, Intervention & Treatment Program (SUIT) understand that drug and alcohol use occurs on a continuum of severity. We are happy to meet with any registered student who is concerned about their own use, or the use of a friend, roommate or loved one, or who has received feedback from others that their use may be a problem. We provide comprehensive assessment of alcohol or other drug use and related concerns. Our counseling approach relies heavily on Motivational Interviewing—a collaborative, client-centered approach to help students consider positive alternatives:

<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:
  - Call (301) 314-8123
  - Email: [MMoore56@umd.edu](mailto:MMoore56@umd.edu)
  - Drop-ins also welcomed

## **12 Step Groups**

An open young people's AA meeting – check website for date, time, and meeting location  
<http://health.umd.edu/suit#recovery>

## **Terps for Recovery (TFR)**

TFR is a new student organization which is growing in collaboration with University Health Center staff. In their own words, “the mission of the Terps for Recovery group is to promote the academic and social well-being of recovering students at the UMD through the praxis of social justice, empowerment, and community building. We 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.” They offer several social events each year and actively collaborate with campus events in support of mental health, addiction, recovery, and similar areas.

Email: [terpsforrecovery@gmail.com](mailto:terpsforrecovery@gmail.com)  
<http://health.umd.edu/suit#recovery>

## **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. The Haven at College residence and outpatient center at University of Maryland, College Park are starting for Fall 2018. Check out the website for more information and to apply for The Haven 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/>  
301-618-2000

## SPIRITUAL HEALTH

### MEMORIAL CHAPEL

The Memorial Chapel strives to be a place of serenity and calmness on campus, open to all. The Chapel is the center of religious life on campus and supports all fourteen university recognized chaplaincies and their programs. Meditation sessions as well as interfaith programs also are available. See the website for day and time details. Dedicated in 1952, the building serves as a living memorial to members of the University community that gave their lives in times of war. In addition, it is the site for weddings, concerts, lectures, convocations, commencements, and other special events throughout the year. The Memorial Chapel is open weekdays from 9:00am – 5:00pm for reflection, meditation, and prayer.

[http://thestamp.umd.edu/memorial\\_chapel](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. Chaplains are a resource for the campus and an empathetic ear for students.

[http://thestamp.umd.edu/memorial\\_chapel/chaplains](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](http://thestamp.umd.edu/memorial_chapel/garden)

## OVERALL WELLNESS

### UNIVERSITY RECREATION & WELLNESS (RecWell)

Being active can help boost your mood, manage stress, meet people and make friends, keep your immune system strong, get better sleep, and succeed academically by helping you focus and learn new material more efficiently. Membership to RecWell is included in your student fees and includes access to recreation facilities most hours of the day, group fitness classes, intramural sports, and over 40 club sports. RecWell's adventure program offers day and overnight outdoor trips, camping gear rental, a climbing wall, and bike shop for free maintenance and repairs. Ok, Terps; let's get moving!

<http://recwell.umd.edu>

### UNIVERSITY HEALTH CENTER WELLNESS RESOURCES

Wellness is more than health, it is living fully. We believe wellness is conscious and inclusive, self-directed and evolving, holistic and multidimensional, as well as positive and affirming. Wellness is fueling your body, engaging your mind, and nurturing your spirit. We offer a variety of resources to help you to stay well in all 8 dimensions of wellness - physical, emotional, spiritual, social, vocational, financial, environmental, and intellectual. Services include: Meditation Services, Smoking Cessation/Tobacco Cessation Services, Nutrition Services, Nutrition Coaching, Sexual Health Services, Stress Management and Mental Wellness Services, and Alcohol and Other Drug Consultations.

<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:

Follow the link to the Office of Diversity and Inclusion: <https://www.diversity.umd.edu/>

Click the link on the right side of the page reading, "Report a Hate-Bias Incident"

### **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](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](mailto:ylin1234@umd.edu) and/or Dr. Jinhee Kang at [jkang79@umd.edu](mailto: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](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/>

### **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](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.



## **RACIAL & ETHNIC MINORITIES**

### **OFFICE OF MULTI-ETHNIC STUDENT EDUCATION**

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

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

### **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](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**

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.

<http://www.umterps.com/ViewArticle.dbml?ATCLID=208131539>

## **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://hespclinic.umd.edu/>

## TRANSPORTATION

People with a permanent disability should register for paratransit service through Accessibility and Disability Service at (301)314-7682. Those with a temporary disability should register at the Health Center at (301)314-8180. During the fall and spring academic semesters, paratransit service hours are twenty-four (24) hours a day, seven days a week. For rides before and after the paratransit service hours, please call (301) 314-NITE. Paratransit is not available during the winter and spring breaks as well as between semesters. The service is for academic purposes, such as getting to classes and libraries.

<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.tce.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](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.

<http://bsosundergrad.blogspot.com/p/bsos-transfer-student-resource-page.html>

### 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

This website has a list – with brief descriptions – of campus resources for transfer students.

<http://och.umd.edu/OCH/InfoForHSTransferStudents.aspx>

## UNDOCUMENTED STUDENTS

### UNDOCUTERP LIST-SERVE

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 by clicking on the link below:

[https://docs.google.com/forms/d/e/1FAIpQLSeUGxK8C0K9sqN2wfLEZiQaXzKpwP7hKX3ABO\\_A\\_bnHF1nYaQ/viewform](https://docs.google.com/forms/d/e/1FAIpQLSeUGxK8C0K9sqN2wfLEZiQaXzKpwP7hKX3ABO_A_bnHF1nYaQ/viewform)

### UNDOCUMENTED STUDENT RESOURCES WEBSITE

The Office of Multicultural Involvement & Community Advocacy (MICA) and the Asian American Studies Program (AAST) partnered with other UMD departments and allies to increase institutional support for undocumented students. One of the first tasks included the creation of the Undocumented Student Resources website as one of the first resources that helped students connect with people who could provide advising related to financial aid and admissions. Thanks to the work of MICA, AAST, and student advocacy, the University continues to provide resources and guidance to support the advancement of undocumented students during their time at UMD. Check out our website for more information:

<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-3q3qcId8WtAwvB4GAhZSMvs59m7pjIOS43DtE/edit?usp=sharing](https://docs.google.com/document/d/1rmk_u-3q3qcId8WtAwvB4GAhZSMvs59m7pjIOS43DtE/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](mailto: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](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
- Restaurants—Full service dining at Adele’s Restaurant; and 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 workers and volunteers co-operate to provide cheap, healthy, veggie-friendly food at fair prices. The Co-op also offers a “work for food” program where your volunteer hours are paid with food provided by the Co-op.

[http://thestamp.umd.edu/food\\_shops\\_and\\_services/stamp\\_dining/md\\_food\\_co-op](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 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)

#### **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/](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 BUS PROGRAM**

This 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, offers well-woman exams and education, mammogram referrals, pregnancy testing, prenatal care and education, infant care and well child exams, maternal and child health education/counseling, care coordination, and social support services. They provide basic, uncomplicated maternal and child health services to community members who otherwise do not receive general healthcare services. For more information, visit the website or call the number below:

<https://umcapitalregion.org/service/womens-health/mama-baby-bus-program/>

301-618-2244

## **HOUSING**

### **ON-CAMPUS HOUSING**

Approximately 9,500 students live in 37 residence halls. The Maryland Residential Experience is an opportunity to have an once-in-a-lifetime experience with complete access to all the University has to offer and to be fully immersed in the Maryland community. There are endless opportunities to be involved, develop lifelong friendships, access programs, and resources within the community and caring staff available to help when needed. Living on-campus sets a firm foundation for success. For more information about living in the University of Maryland residence halls, please contact the Department of Resident Life Assignments Office at 301-314-2100 or [reslife@umd.edu](mailto:reslife@umd.edu).

If you currently live in the residence halls and you need assistance or support, please contact your Resident Director using the phone number below:

North Campus residents: 301-226-4830

South Campus residents: 301-314-7484

[www.reslife.umd.edu](http://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](http://www.southcampuscommons.com)

301-314-2499

The Courtyards at Maryland

[www.umdcourtyards.com](http://www.umdcourtyards.com)

301-314-2466

## **OFF-CAMPUS HOUSING**

The UMD Off-Campus Housing Services office support members of the UMD community in making well-informed decisions that enable them to enjoy a positive off-campus living experience. Off-Campus Housing Services provides personalized information and resources about housing and off-campus living. Visit the website below for a wide range of online resources, including an off-campus housing database, roommate finder, and more. If you need additional assistance, please call the office at 301-314-3645 to speak with an off-campus living consultant.

[www.och.umd.edu](http://www.och.umd.edu)

## **OFF-CAMPUS FOOD AND HOUSING SERVICES**

### **EMERGENCY HOUSING SERVICES (PRINCE GEORGE'S COUNTY)**

If you are struggling with or worried about housing insecurity, there are services offered through Prince George's County to help. More information is available here:

<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/>



## **ON-CAMPUS EMPLOYMENT OPPORTUNITIES TO CONSIDER**

Dining Services	<a href="http://dining.umd.edu/student-employment-want-a-job-thats-fun/">http://dining.umd.edu/student-employment-want-a-job-thats-fun/</a>
Department of Transportation	<a href="http://www.transportation.umd.edu/application.html">http://www.transportation.umd.edu/application.html</a>
The Clarice	<a href="https://theclarice.umd.edu/employment">https://theclarice.umd.edu/employment</a>
University Recreation & Wellness	<a href="https://recwell.umd.edu/about-us/student-employment">https://recwell.umd.edu/about-us/student-employment</a>
Department of Public Safety – Police Auxiliary	<a href="http://www.umpd.umd.edu/employment/">http://www.umpd.umd.edu/employment/</a>
Department of Resident Life	<a href="http://reslife.umd.edu/employment/">http://reslife.umd.edu/employment/</a>
Conferences and Visitor Services	<a href="http://cvs.umd.edu/employment/">http://cvs.umd.edu/employment/</a>

## **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/>

## **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**

People with a permanent disability should register for paratransit service through Accessibility and Disability Service at (301)314-7682. Those with a temporary disability should register at the Health Center at (301)314-8180. During the fall and spring academic semesters, paratransit service hours are twenty-four (24) hours a day, seven days a week. For rides before and after the paratransit service hours, please call (301) 314-NITE. Paratransit is not available during the winter and spring breaks as well as between semesters. The service is for academic purposes, such as getting to classes and libraries.

<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](mailto: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**

This website allows you to virtually conduct a mock interview. Through use of an interactive program, sessions are digitally recorded and can be sent to the University Career Center staff and others for review.

<https://careers.umd.edu/students/launch-your-career/interviewing>

### **ALUMNI ASSOCIATION**

The Alumni Association encourages Terps to develop strong ties with each other and Maryland through an engaging mix of programs and activities. Membership provides you with the best way to stay connected to fellow alumni and the university and save on products and services across the country.

<https://alumni.umd.edu/>