University of Maryland

2016-2017

RESOURCE DIRECTORY

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
Compiled and updated annually by Patricía Hunt
www.counseling.umd.edu/resourcedirectory
FOREWORD

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

The RESOURCE DIRECTORY is a listing and description of campus services keyed to the academic, personal and interpersonal competencies conducive to success as a University of Maryland student. The resources found here encompass issues related to academic, vocational, personal, and interpersonal development. Among the many forms of help are 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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ACADEMIC COMPETENCE

EXAM SKILLS

INDIVIDUAL CONSULTATION

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

Offered by the Counseling Center's LEARNING ASSISTANCE SERVICE
2202 Shoemaker Building
http://www.counseling.umd.edu/LAS/

WORKSHOPS

Learning Assistance Service (LAS): LAS supports the University of Maryland's mission by:
• Fostering the education, critical thinking and intellectual growth of UM students.
• Helping students develop personal and academic strategies, positive attitudes toward learning and the self, and behaviors which empower them to be successful in college and life.

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

GRADES

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

THE OFFICE OF MULTI-ETHNIC STUDENT EDUCATION (OMSE)
1101 Hornbake Library Building
301-405-5616
http://www.omse.umd.edu/academic-programs.html

MATH/STATISTICS ISSUES

INDIVIDUAL CONSULTATION

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

Offered by the Counseling Center's LEARNING ASSISTANCE SERVICE
2202 Shoemaker Building
http://www.counseling.umd.edu/LAS/

WORKSHOPS

Every semester free workshops on math-related topics are offered to interested students. To see what workshops are being offered this semester, and/or to register for a workshop, go to the url below.
http://www.counseling.umd.edu/LAS/html/acadsuccseries.html
COURSES

EDCP 108M – Math Study Skills and Building Confidence: This 1 credit course is designed for students who are experiencing difficulty in learning math, or for students studying math education.
- Offered twice during the fall and spring semesters as a half-semester course.
- Designed as an independent study course.
- Studies the affective, behavioral, and cognitive dimensions (ABCs) of learning math.
- Offers students instruction in study skills, time management, and the resources available for student success in math.
- A modified version is offered in the summer as part of the STEP program.

TUTORING

- Math Success Program: The Math Success Program is a free drop-in coaching service that is open to both campus residents and commuter students. Students making use of this program require no prior registration or appointment, and no fees apply. The target courses consist of Math 003, 113, and 115. Students from other math courses, such as Math 140, 141, 220, and 221, have also been utilizing this service on a regular basis.
  Offered by the Department of Resident Life
  301-314-MATH for more information on times and sites

- Math Department tutoring: The Math Department posts a schedule of tutors available for Developmental math courses and 100 and 200 level math courses.
  Tutoring Room is 0301 Math Building
  Schedule is found at the url below.
  [http://www-math.umd.edu/undergraduate/resources.html](http://www-math.umd.edu/undergraduate/resources.html)

- Office of Multi-Ethnic Student Education (OMSE) math tutoring.
  For a schedule go to:
  [http://www.omse.umd.edu/tutoring.html](http://www.omse.umd.edu/tutoring.html)

STUDY STRATEGIES

INDIVIDUAL CONSULTATION

- Individual sessions focusing on organization, study skills, time management, reading, writing papers and/or exam-taking skills.
  Offered by the Counseling Center’s LEARNING ASSISTANCE SERVICE
  2202 Shoemaker Building
  [http://www.counseling.umd.edu/LAS/](http://www.counseling.umd.edu/LAS/)
  On-line signup at [https://lasonline.umd.edu](https://lasonline.umd.edu)

- Individual personal consultation for students with a disability, to help you obtain individual assistance in doing library research for term papers, theses, dissertations. See Subject Specialists found on library Web page.
  [http://www.lib.umd.edu/services/disabilities](http://www.lib.umd.edu/services/disabilities)

ONE CREDIT COURSES

- EDCP 108B – On Course: Strategies for Creating Success in College and in Life: This 1 credit course is offered during the fall and spring semesters as a half-semester or full semester course. Also offered in January as Winter Study Skills Program (WSSP), and during the summer as Summer University Retention Program (SURP) for students in academic difficulty. It provides instruction in the following areas:
  - Strategies for taking responsibility and maximizing strengths
Goal setting and making wise choices
Time management
Note taking
Study techniques
Learning styles
Test preparation and test-taking techniques
University resources
Academic planning

EDCP108G - The Transfer Student in the University: This 1 credit course will help transfer students ease the transition to a new university setting. Offered during the fall and spring semesters as a full-semester course and in the fall semester as a half-semester course.
- Offers students a review of study skills, time management, and the resources available for student success
- Introduces students to key information about campus life, and services for transfer students
- Helps students develop a supportive campus network

TEST ANXIETY

INDIVIDUAL CONSULTATION

Individual consultation with an academic coach concerning ways to reduce test anxiety, and skills for preparing for and taking exams and improving your test-taking skills.
Offered by the Counseling Center’s LEARNING ASSISTANCE SERVICE
2202 Shoemaker Building
http://www.counseling.umd.edu/LAS/

HANDOUTS

Exam Skills handouts:
“Managing Test Anxiety”
“Mastering Objective Tests”
“Tackling Essay Tests”
Offered by the Counseling Center’s LEARNING ASSISTANCE SERVICE
2202 Shoemaker Building 301 314 7693
http://www.counseling.umd.edu/LAS/

WRITING SKILLS

INDIVIDUAL CONSULTATION

The Writing Center: Offers free assistance with any writing assignment for any UMCP undergraduate student. Trained tutors offer suggestions to help you improve your writing. To be assured of seeing a tutor during daytime hours, please call ahead for an appointment. A tutor can work with you to:
- Clarify an assignment
- Ease writing anxieties
- Explore ideas and topics
- Plan and organize your paper
- Determine strategies for revision
- Correct recurring grammatical problems
- Improve troublesome aspects of your paper

Remember, this is not a proofreading or re-writing service.
Offered by THE WRITING CENTER
1205 Tawes Hall
301-405-3785 (Appointments)
http://www.english.umd.edu/academics/writingcenter

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

- Language Skills Coaching
  Do you struggle with writer's block?
  Is it easier for you to explain your topic than write it?
  Would you like your papers to be better organized?
  Do you feel your sentences could be clearer?
  Would you like someone to help you brush up on your grammar?
If so, make an appointment with a Language Skills Coach, who will meet with you to diagnose the strengths and weaknesses in your writing, suggest strategies for improvement, and provide resources for practice. Please bring a sample of your writing.
  Offered by the Counseling Center's LEARNING ASSISTANCE SERVICE
  2202 Shoemaker Building
  301-314-7693
CONSTRUCTIVE INTERPERSONAL RELATIONSHIPS

BEING AWAY FROM HOME, FAMILY, FRIENDS

STUDENT CLUBS AND ORGANIZATIONS

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

STUDENT ORGANIZATION RESOURCE CENTER
Stamp Student Union Student Involvement Suite
301-314-7158
http://thestamp.umd.edu/activities/student_org_resource_center_sorc

INDIVIDUAL CONSULTATION

- Individual sessions with a counselor focusing on the difficulties of being away from home. Offered by the Counseling Center’s COUNSELING SERVICE
  Shoemaker Building
  301-314-7651
  www.counseling.umd.edu/cs/

- International Student and Scholar Services (ISSS) provides a wide range of information and services to International students and scholars at the University of Maryland, including discussions with advisers focusing on adjusting to the University of Maryland.
  Offered by the International Student and Scholar Services
  3109 Susquehanna Hall
  301-314-7740
  http://globalmaryland.umd.edu/offices/international-students-scholar-services

GROUPS

The following groups are offered by the Counseling Center’s COUNSELING SERVICE
Shoemaker Building

- General Therapy Groups: General therapy groups provide a safe space to solve a range of problems, explore better ways of interacting with others, and try new, more successful interpersonal behaviors. Receive helpful feedback from peers as you discover that others are dealing with similar issues.
  Tuesdays 5:30-6 p.m. Contact Dr. Rashanta Bledman at rbledman@umd.edu
  Wednesdays 4:30-6 Contact Dr. Noah Collins at nmc2001@umd.edu
  Fridays 2:30-4 p.m. Contact Dr. Maria Berbery at mberbery@umd.edu

- Creating Confidence: This group is designed for students struggling with anxiety, fears, obsessions, or other mind traps that keep them stuck, afraid, or otherwise unable to fulfill their social, academic or personal potential
  Wednesdays 4:50-5:30 Contact Dr. Jinhee Kang at jkang@umd.edu
FAMILY ISSUES AND/OR PRESSURES

INDIVIDUAL

- **Individual counseling sessions** focusing on home or family issues.
  Offered by the Counseling Center’s COUNSELING SERVICE
  Shoemaker Building
  301-314-7651
  [www.counseling.umd.edu/cs/](http://www.counseling.umd.edu/cs/)

- **Family Care Resource and Referral Service:** for faculty, staff and students who have child care and elder care needs, it is designed to provide guidance on researching caregivers, budgeting expenses, and interacting with care providers. Employees and students may contact Carol Ann Rudolph for an appointment at [crudolp1@umd.edu](mailto:crudolp1@umd.edu) or 301-405-7991.
  Offered by the FAMILY CARE RESOURCE AND REFERRAL SERVICE
  1100 Chesapeake Building

- **International Student and Scholar Services (ISSS)** provides a wide range of information and services to International students and scholars at the University of Maryland, including discussions with advisers focusing on adjusting to the University of Maryland.
  Offered by the International Student and Scholar Services
  3109 Susquehanna Hall
  301-314-7740
  [http://globalmaryland.umd.edu/offices/international-students-scholar-services](http://globalmaryland.umd.edu/offices/international-students-scholar-services)

- **The Rainbow Walk-In Hour** is a program created to meet the immediate emotional-social and educational-career needs of LGBT students or students from LGBT-headed families. Ideally, students will come in ten minutes before each Walk-In Hour to complete the standard paperwork. Students can come to the Center on their own or be referred by faculty or staff from various campus offices (e.g., the Lesbian, Gay, Bisexual and Transgender Equity Office; the Lesbian, Gay and Bisexual Staff and Faculty Association; Office of Resident Life). Mon. – Fri. between 3 – 4.
  Offered by the Counseling Center’s COUNSELING SERVICE
  Shoemaker Building
  301-314-7651
  [www.counseling.umd.edu/cs/](http://www.counseling.umd.edu/cs/)

LONELINESS/LACK OF EMOTIONAL SUPPORT

STUDENT INVOLVEMENT

The University of Maryland Guide to Student Organizations, maintained by the Office of Campus Programs is a first step in your path to involvement. You will find a listing of the student organizations that are currently active at the University. The organizations are listed in broad categories. We hope that you will pick out organizations in your interest area and then use the contact information and resource outlets through direct web links and the Office of Campus Programs to find out more about them. If you don't find an organization that matches your interests, we'll help you start a new group.
301 314 7158

INDIVIDUAL CONSULTATION

- **International Student and Scholar Services (ISSS)** provides a wide range of information and services to International students and scholars at the University of Maryland, including discussions with advisers focusing on adjusting to the University of Maryland.
Offered by the **International Student and Scholar Services**
3109 Susquehanna Hall
301-314-7740
[http://globalmaryland.umd.edu/offices/international-students-scholar-services](http://globalmaryland.umd.edu/offices/international-students-scholar-services)

- **Individual sessions** with a counselor to discuss issues of loneliness and lack of emotional support. Offered by the Counseling Center’s **COUNSELING SERVICE**
  Shoemaker Building
  301-314-7651
  [www.counseling.umd.edu/cs/](http://www.counseling.umd.edu/cs/)

- **Students of Color Walk-in Hour**: on-the-spot assistance and support to minority students on any Groups issues of immediate concern. No appointment needed. Offered by the Counseling Center’s **COUNSELING SERVICE**
  Shoemaker Building
  301-314-7651
  [www.counseling.umd.edu/cs/](http://www.counseling.umd.edu/cs/)

- **The Rainbow Walk-In Hour** is a program created to meet the immediate emotional-social and educational-career needs of LGBT students or students from LGBT-headed families. Ideally, students will come in ten minutes before each Walk-In Hour to complete the standard paperwork. Students can come to the Center on their own or be referred by faculty or staff from various campus offices (e.g., the Lesbian, Gay, Bisexual and Transgender Equity Office; the Lesbian, Gay and Bisexual Staff and Faculty Association; Office of Resident Life). M – F between 3 - 4.
  Offered by the Counseling Center’s **COUNSELING SERVICE**
  Shoemaker Building
  301 314 7651
  [www.counseling.umd.edu/cs/](http://www.counseling.umd.edu/cs/)

**GROUPS**

The following groups are offered by the Counseling Center’s **COUNSELING SERVICE**
Shoemaker Building

- **General Therapy Groups**: General therapy groups provide a safe space to solve a range of problems, explore better ways of interacting with others, and try new, more successful interpersonal behaviors. Receive helpful feedback from peers as you discover that others are dealing with similar issues.
  Tuesdays 5:30-7:00 p.m. Contact Dr. Rashanta Bledman at rbledman@umd.edu
  Wednesdays 4:30-6:00 p.m. Contact Dr. Noah Collins at nmc2001@umd.edu
  Fridays 2:30-4 p.m. Contact Dr. Maria Berbery at mberbery@umd.edu

- **Creating Confidence**: This group is designed for students struggling with anxiety, fears, obsessions, or other mind traps that keep them stuck, afraid, or otherwise unable to fulfill their social, academic or personal potential
  Wednesdays 4:30-6:00 p.m. Contact Dr. Jinhee Kang at jkang@umd.edu

- **International Students Support**: Meet other international students, learn about U.S. culture, solve problems, and practice speaking English as you help each other adjust to life in the U. S.
  Mondays 3:45-4:30 Contact Dr. Yi-Jiun at ylin1234@umd.edu
SHYNESS

INDIVIDUAL CONSULTATION

- Individual sessions focusing on developing interpersonal confidence.
  Offered by the Counseling Center’s COUNSELING SERVICE
  Shoemaker Building
  301-314-7651
  www.counseling.umd.edu/cs/

- Individual sessions with a campus chaplain.
  For listings of individual chaplains:
  http://thestamp.umd.edu/memorial_chapel/chaplains

SERVICES AND INFORMATION FOR COMMUTER STUDENTS

- **Off-campus Student Involvement**: Access a range of services, programs, and information. We are committed to enhancing the college experiences of students living off campus, and to helping you succeed in both your academic and out-of-class endeavors at UM. Use the website as your guide to enhancing your off-campus living experience at the University of Maryland. Off-campus Student Involvement, as a part of the Office of Campus Programs is YOUR gateway for information and resources. We also advocate for the needs of ALL commuter students in a wide variety of ways.
  Offered by Commuter Student Involvement
  0110 Stamp Student Union
  www.thestamp.umd.edu/engagement/off-campus_student_life

PROGRAMS

- **International Student and Scholar Services (ISSS)** provides a wide range of information and services to International students and scholars at the University of Maryland, including discussions with advisers focusing on adjusting to the University of Maryland.
  Offered by the International Student and Scholar Services
  3109 Susquehanna Hall
  301-314-7740
  http://globalmaryland.umd.edu/offices/international-students-scholar-services

- **Community Service Learning** organizes service-learning activities and provides information about hundreds of local, national, and international community service opportunities for students, staff, and faculty. Information is available on service related to each academic major, the national service program, student groups involved in service, and ways to incorporate service-learning into academic study. Paid opportunities are available for students eligible for Federal Work-Study through American Reads and American Counts. A database of over 800 volunteer opportunities in D.C., MD, VA, and on campus is available through the web site.
  Offered by the OFFICE OF LEADERSHIP AND COMMUNITY SERVICE LEARNING (LCSL)
  0110 Stamp Student Union
  301-405-9044
  http://thestamp.umd.edu/leadership_community_service-learning
PERSONAL RESPONSIBILITY

CONCERN WITH FINANCES

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

The Office of Student Financial Aid’s website allows you to do a number of things online, such as
- File your FAFSA application
- Get a description of the financial aid process
- Check your status
- Download printable forms
- Obtain information about scholarships
- Obtain information about the work study program
- Obtain billing information
- Request an aid transcript

OFFICE OF STUDENT FINANCIAL AID
0102 Lee Building
301-314-9000
umfinaid@osfa.umd.edu
http://www.financialaid.umd.edu/

- Scholarships for “returning” (non-traditional aged) students: The Counseling Center has information about two scholarships available to non-traditional aged students: the Portney Scholarship and the Newcombe Scholarship. For further information:
  Counseling Center’s Administrative Group
  2202 Shoemaker Building
  301-314-7693

EMPLOYMENT OPPORTUNITIES

- Careers4Terps: For free access to a variety of career tools and employment opportunities, register for Careers4Terps (C4T) on the Career Center’s website. Through C4T you can participate in the On-Campus Interviewing Program, make your resume available to employers, and received tailored career news through our weekly e-newsletter. Set up a search agent to receive job or internship postings to your specific interests.
  Offered by the CAREER CENTER and THE PRESIDENT’S PROMISE
  3100 Hornbake Library South Wing
  301-314-7225
  http://www.CareerCenter.umd.edu

- Need help finding a job? Career Center staff can help you address educational and career decisions; identify useful resources; take advantage of internship, full-time, part-time, and summer employment opportunities; tailor your resumes and cover letters, sharpen your job search skills and strategies, plan for graduate and professional school. Visit www.Careers.umd.edu/Appointments to schedule an appointment.
  Offered by the CAREER CENTER & THE PRESIDENT’S PROMISE
  3100 Hornbake Library South Wing 301-314-7225
  http://www.CareerCenter.umd.edu
• **Career and Job Fairs** provide a chance for students to discuss their qualifications for part-time, internship, and full-time positions with employer representatives. Access information about these events via the career Center’s web site.

  Offered by the **CAREER CENTER**
  3100 Hornbake Library South Wing
  301-314-7225

• **International Student and Scholar Services (ISSS)** provides a wide range of information and services to International students and scholars at the University of Maryland, including discussions with advisers focusing on adjusting to the University of Maryland. It serves as a source of information about international student employment, and about details concerning F-1 employment authorization.

  Offered by the **International Student and Scholar Services**
  3109 Susquehanna Hall
  301-314-7740
  [http://globalmaryland.umd.edu/offices/international-students-scholar-services](http://globalmaryland.umd.edu/offices/international-students-scholar-services)

• **Some on-campus employment opportunities to consider**
  - Dining Services  [http://dining.umd.edu/employment/students](http://dining.umd.edu/employment/students)
  - Department of Transportation  [http://www.transportation.umd.edu/application.html](http://www.transportation.umd.edu/application.html)
  - The Clarice  [https://theclarice.umd.edu/employment](https://theclarice.umd.edu/employment)
  - Campus Recreation Services  [http://crs.umd.edu/Resources/Employment](http://crs.umd.edu/Resources/Employment)
  - Department of Public Safety-Police Auxiliary  [http://www.umpd.umd.edu/employment/](http://www.umpd.umd.edu/employment/)
  - Department of Resident Life  [http://www.reslife.umd.edu/employment](http://www.reslife.umd.edu/employment)
  - Conferences and Visitor Services  [http://cvs.umd.edu/employment/](http://cvs.umd.edu/employment/)
  - University Recreation and Wellness  [http://recwell.umd.edu/Resources/Employment](http://recwell.umd.edu/Resources/Employment)

**HOUSING SITUATION**

**INDIVIDUAL CONSULTATION**

• **Roommate issues**: individual sessions with a counselor to discuss dealing with roommate issues.

  Offered by the Counseling Center’s **COUNSELING SERVICE**
  Shoemaker Building
  301-314-7651
  [www.counseling.umd.edu](http://www.counseling.umd.edu)

**SERVICES**

• **On-campus residents**: for help in resolving issues involving roommates or floor mates; quiet hours; visitors; life-style differences; rules; or distractions in the living environment.

  North Campus residents: 301 314 7399
  South Campus residents: 301 314 7484

**INFORMATION**

• **Off campus housing needs**: check our listings on the Web or stop by our office.

  **OFF-CAMPUS HOUSING SERVICE**
  0232 Stamp Student Union
  301 314 3645
  [http://www.och.umd.edu/](http://www.och.umd.edu/)
MOTIVATION

INDIVIDUAL CONSULTATION

• For those whose lack of motivation may be partly related to a lack of goals or career plans, make an appointment with a Career Counselor to identify ways to apply your interests, find more satisfaction in college, and identify career goals that contribute to increased motivation.
  Offered by the CAREER CENTER & THE PRESIDENT’S PROMISE
  3010 Hornbake Library, South Wing
  301-314-7225
  http://www.CareerCenter.umd.edu

• Individual sessions with a counselor focusing on motivation issues.
• Consultation with a counselor focusing on academic assertiveness.
• Individual sessions focusing on educational/vocational issues.
  All offered by the Counseling Center’s COUNSELING SERVICE
  Shoemaker Building
  301-314-7651

PROCRASTINATION

INDIVIDUAL CONSULTATION

• Work with an academic skills coach on procrastination issues.
  Offered by the Counseling Center’s LEARNING ASSISTANCE SERVICE
  2202 Shoemaker Building
  301-314-7693
  http://www.counseling.umd.edu/las/

• Individual sessions with a counselor focusing on perfectionism and procrastination
  Offered by the Counseling Center’s COUNSELING SERVICE
  Shoemaker Building
  301-314-7651
  www.counseling.umd.edu/cs/

TIME MANAGEMENT

INDIVIDUAL CONSULTATION

• Individual consultation focusing on time management issues:
  Offered by the Counseling Center’s LEARNING ASSISTANCE SERVICE
  2202 Shoemaker Building
  301-314-7693
  http://www.counseling.umd.edu/las/

WORKSHOPS

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

**GROUPS**

The following group is offered by the Counseling Center’s **COUNSELING SERVICE**
Shoemaker Building
301-314-7651

• **Dissertation Support Group**: Members will receive support from the facilitator and each other in getting through the struggles involved in completing their dissertation or thesis.
  Fridays noon - 1:15p.m. Contact Dr. Carlton Green at cegreen@umd.edu

**TRANSPORTATION TO AND ON CAMPUS**

**TRANSPORTATION SERVICES**

• **Shuttle UM** commuter routes serve area apartment complexes, residential areas, as well as to stations within a 6-mile radius of campus. Shuttle-UM bus schedules and routes maps are available on the buses, on Shuttle-UM’s web page, in the Stamp Student Union and from the Department of Transportation Service office on Regents Drive.
  [http://www.transportation.umd.edu/shuttle.html](http://www.transportation.umd.edu/shuttle.html)

• **Public transportation**: The Maryland Transit Administration website offers information and schedules for public transportation options at [Maryland Transit Administration](http://www.mta.maryland.gov/)

• **mBike**: UMD and the City of College Park, in partnership with Zagster, Inc., participate in mBike, a bike-sharing program for students, faculty, staff, visitors, and community members. mBike is designed to make travel around and off campus easier, healthier, and affordable. More than 120 bikes are available at 14 mBike stations throughout campus and the city, including several adaptive bikes that people of all abilities are able to ride. Station locations include:
  • Stamp Student Union
  • McKeldin Mall
  • City Hall in downtown College Park
  • College Park Metro Station
  • Greenbelt Metro Station.
  Riders join mBike by signing up for daily, monthly, 6-month, or annual passes, visit the free Zagster Mobile App, or online through the mBike website ([http://zagster.com/mBike](http://zagster.com/mBike)). Rides for members are free for the first hour, then $3.00/hour.
PERSONAL AND PSYCHOLOGICAL WELL-BEING

ADJUSTMENT TO THE UNITED STATES

INDIVIDUAL CONSULTATION

- Individual sessions focusing on culture shock and adjustment to the U.S.
  Offered by the Counseling Center's COUNSELING SERVICE
  Shoemaker Building
  301-314-7651
  www.counseling.umd.edu

- International Student and Scholar Services (ISSS) provides a wide range of information and services to International students and scholars at the University of Maryland, including discussions with advisers focusing on adjusting to the University of Maryland.
  Offered by the International Student and Scholar Services
  3109 Susquehanna Hall
  301-314-7740
  http://globalmaryland.umd.edu/offices/international-students-scholar-services

- International Student Support: 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.
  Mondays 5:00-6:30 p.m.  Contact Dr. Yi-Jiun Lin at ylin1234@umd.edu
  Wednesdays 6-7:30 p.m.  Contact Dr. Jinhee Kang at jkang79@umd.edu
  Counseling Center
  Shoemaker Building

- If you need off-campus housing, check our listings on-line or stop by our office. If you need public transportation information (Metro Bus, MetroRail, MARC, Amtrak), stop by our office.
  OFF-CAMPUS HOUSING SERVICE
  Public-Private Partnerships & Off-Campus Housing
  0232 Stamp Student Union
  301-314-3645
  http://www.och.umd.edu/

- The Maryland English Institute (MEI) has been serving non-native speakers of English since 1981. Our mission is to provide quality programs and courses for non-native speakers of English who are planning to study in U.S. colleges and universities or who wish to learn English for career or personal enrichment. In all our programs, we strive to provide balanced perspectives of the diversity of American academic, social, and cultural life. Our largest program is an Intensive English Program. We also offer variety of part time non-credit courses, courses for students admitted to the University of Maryland, and customized programs for special purposes. In addition to the classes we teach, we also evaluate the English language proficiency of international students who want to be admitted to the University and of International Teaching Assistants.
  Offered by the MARYLAND ENGLISH INSTITUTE
  1117 Cole Student Activities Building
  301-405-8634
  http://www.mei.umd.edu/
ADJUSTMENT TO THE UNIVERSITY OF MARYLAND

• CAMPUS MAPS - including a pedestrian interactive map - are available at: http://www.umd.edu/CampusMaps/campus_maps.cfm

SERVICES AND INFORMATION FOR NEW TRANSFER STUDENTS

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

• Learn more about UMD Counseling Center’s services:
  o The Counseling Service www.counseling.umd.edu/cs/
  o The Learning Assistance Service www.counseling.umd.edu/ias/
  o The Disability Support Service www.counseling.umd.edu/dss/
  o The Testing Office www.counseling.umd.edu/testing/

• Transfer and Off-Campus Student Life (TOCSL) works hard to help students get connected to the University of Maryland community and campus through social, educational, informational and developmental programs and resources. TOCSL offers assistance and connection to resources, all the while encouraging our off-campus and transfer students to discover involvement and leadership opportunities to broaden their horizons and maximize their university experience. http://thestamp.umd.edu/transfer_and_off-campus_student_life/about_transfer_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 the University of Maryland, College Park. During the fall 2016 academic year, students in the Transfer2Terp Learning Community, as well as other transfer students will be re-activing the T2T Student Organization. The T2T Student Organization is open to all students at UMD. If you are interested, please email tocsl.umd@gmail.com http://thestamp.umd.edu/student_involvement/t2t

• The College of Behavioral and Social Sciences recognizes that transferring can be overwhelming. After speaking with some experienced transfer students, they have assembled a list of resources to help you jumpstart your Maryland experience. http://bsosundergrad.blogspot.com/p/bsos-transfer-student-resource-page.html

• The New Student Resources website describes some key campus resources and offices to help new transfer students better prepare and plan for your time at the University of Maryland. http://www.orientation.umd.edu/FreshRes.html

• The Off Campus Housing Services website has a list – with brief descriptions – of campus resources for transfer students. http://och.umd.edu/OCH/InfoForHSTransferStudents.aspx

• The Letters and Sciences website has a list – with brief descriptions – of campus resources for transfer students. http://www.ltsc.umd.edu/transfers/transfer-resources.html
SERVICES AND INFORMATION FOR VETERAN STUDENTS

- The Veterans Center has been designed as a space for University of Maryland veterans to spend time with each other while on campus. It is located in 1122 Cole Student Activities Building. The Veterans Program Office website is designed to inform and address the questions of veteran students.
  
  [http://www.thestamp.umd.edu/veterans](http://www.thestamp.umd.edu/veterans)

- Veterans Walk-in Hour: A service designed for students who are currently serving, or who have served, in any branch of the military. The Veterans Walk-in Hour is a chance for student veterans to come by the Center – no appointment needed – to talk about anything on their minds. Blow off some steam, get help navigating the campus, or just take the opportunity to talk with a trained listener. The Walk-In Hour is NOT – nor is it intended to be – psychotherapy. The intent is to provide an ear for veterans who want someplace to talk. Mondays, Wednesdays, Fridays 3:00-4:00
  
  Offered by the Counseling Center’s COUNSELING SERVICE
  Shoemaker Building
  301-314-7651
  [www.counseling.umd.edu](http://www.counseling.umd.edu)

SERVICES AND INFORMATION FOR COMMUTER STUDENTS

- Off-campus Student Involvement: Access a range of services, programs, and information. We are committed to enhancing the college experiences of students living off campus, and to helping you succeed in both your academic and out-of-class endeavors at UM. Use the website as your guide to enhancing your off-campus living experience at the University of Maryland. Off-campus Student Involvement, as a part of the Office of Campus Programs is YOUR gateway for information and resources. We also advocate for the needs of ALL commuter students in a wide variety of ways.
  
  Offered by Off-campus Student Involvement
  0110 Stamp Student Union
  [http://thestamp.umd.edu/student_org_resource_center_sorc](http://thestamp.umd.edu/student_org_resource_center_sorc)

SUPPORT SERVICES FOR STUDENTS WITH A DISABILITY

- Disability Support Service: The mission of the Disability Support Service (DSS) is to coordinate services that ensure individuals with disabilities equal access to University of Maryland College Park programs. DSS approaches this mission in three ways:
  
  1. It provides and coordinates direct services for students, faculty, staff, and campus visitors with disabilities. Services are tailored to meet the needs of individuals based on their specific disabilities.
  
  2. It educates and provides consultation to University faculty, staff, and administrators in order to increase their awareness and sensitivity toward individuals with disabilities.
  
  3. It provides students and staff with disabilities the opportunity to gain the skills necessary to effectively advocate for themselves within the University community.

  Offered by the Counseling Center’s DISABILITY SUPPORT SERVICE
  0106 Shoemaker Building
  Voice/TTY 301-314-7682
  [http://www.counseling.umd.edu/DSS](http://www.counseling.umd.edu/DSS)

- Adaptive Technology Lab. The Adaptive Technology Lab for persons with visual impairments is located on the first floor of McKeldin Library. It is independently accessible for wheelchair users. For
information on use of equipment in this room and training in its use, contact the Coordinator of
Library Services for Persons with Disabilities at McKeldin Library, 301-314-7958.
Offered by ADAPTIVE TECHNOLOGY LAB
1103 McKeldin Library
301 314 7958
TTY 301 314 6792
FAX 301 405 9191
http://www.lib.umd.edu/services/disabilities

SUPPORT GROUPS FOR ALL STUDENTS

The following groups are offered by the Counseling Center’s COUNSELING SERVICE
Shoemaker Building
301-314-7651
www.counseling.umd.edu

• General Therapy Group: General therapy groups provide a safe space to solve a range of
problems, explore better ways of interacting with others, and try new, more successful interpersonal
behavior. Receive helpful feedback from peers as you discover that others are dealing with similar
issues.
   Tuesdays 5-6:30 p.m.; Contact Dr. Rashanta Bledman at rbledman@umd.edu
   Wednesdays 4:30-6; Contact Dr. Noah Collins at pmc2001@umd.edu
   Fridays noon-1:15; Contact Dr. Maria Berbery at mberbery@umd.edu

• Circle of Sisters: A support and discussion group focused on a variety of themes
including personal concerns, interpersonal and dating relationships, sexuality, and being a Black
woman on a predominately White campus.
   Tuesdays 3-4:30; Contact Dr. Yvonne Oslin at yoslin@umd.edu

• Memory Circle: This group offers emotional support and psycho-educational information about
the grief process, and helps students develop adaptive coping strategies to deal with their loss.
   Thursdays 3:30-5; Contact Dr. Yi-Jiun Lin at ylin1234@umd.edu

• My Body-My Self: A Woman’s Group: This group explores women’s struggles with body image
and feelings of self-worth and look at the ways dieting, obsessing about thinness, binge-eating, and
over-exercising impacts their lives.
   Wednesdays 1-2:30 or Fridays 9-10:30 a.m. Contact Dr. Erica Merson at merson12@umd.edu

• Hope and Healing: This group provides a supportive and confidential environment for survivors of
sexual assault.
   Mondays 3-4:30 Contact Dr. Rashanta Bledman at rbledman@umd.edu

• Calm My Nerves: This is a 6 week psycho-educational, structured group designed to provide
students with concrete strategies to reduce their anxiety and to develop enhanced coping strategies
when anxiety-provoking circumstances occur.
   Thursdays 5-6:30 p.m. Contact Dr. Kimberly Campbell at kcampbe6@umd.edu

• Mindfulness: This group is for those interested in learning how to manage difficulties such as
anxiety, negative thought patterns, worry, or depression, through learning new mindfulness skills,
   Tuesdays 3-5 p.m. Contact Dr. Carlton Green at cegreen@umd.edu

• Creating Confidence: This group id designed for sxstudents struggling with anxiety, fears,
obsessions, or other mind traps that keep them stuck, afraid, or otherwise unable to fulfill their
social, academic, or personal potential.
   Wednesdays 4-5:30 Contact Jinhee Kang at jkang79@umd.edu

• LGBTQIA: Support and discussion group for LGBTQIA students.
   Tuesdays 6:30-8 p.m. Contact Dr. Carlton Green at cegreen@umd.edu
• **RIO (Recognition, Insight, Openness)** is a 3-session workshop that uses cognitive behavioral approaches to help participants identify and clarify what is important and meaningful in their lives and acquire skills to manage problems and negative experiences. RIO is well-suited for addressing issues that are common among college students while providing the benefit of learning and practicing skills without feeling pressured to share deeply personal information. Attendance at all 3 sessions is expected.

  Thursdays noon to 1:00: Oct. 6, 13, 20 or Nov. 3, 10, 17
  Contact Dr. Erica Merson at merson12@umd.edu

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

  Mondays 4:30-6:00  Contact Dr. Yi-Jiun Lin at Ylin1234@umd.edu
  Wednesdays 6:7:30 p.m.  Contact Dr. Jinhee Kang at jkang79@umd.edu

• **Graduate Student General Therapy Group**: General therapy groups provide a safe space to solve a range of problems, explore better ways of interacting with others, and try new, more successful interpersonal behaviors.

  Mondays 10-11:30;  Contact Dr. Erica Merson at merson12@umd.edu

• **Women's Graduate Student Support Group**: Support and discussion groups for female graduate students.

  Wednesdays 7:00-8:30;  Contact Dr. Pepper Phillips at pepper@umd.edu

• **Graduate Diversity Discussion**: This group will provide a safe space for students who are members of minority social identity groups, including racial, ethnic, sexual orientation, gender diverse, and religious minorities, to share experiences and receive support as minorities on a majority campus.

  Mondays 6:30-8 p.m. Contact Dr. Maria Berbery at mberbery@umd.edu

• **Dissertation Support Group**: Members will receive support from the facilitator and each other in getting through the struggles involved in completing their thesis or dissertation.

  Fridays noon – 1:15  Contact Dr. Carlton Green at cegreen@umd.edu

**WALK-IN HOURS FOR SPECIAL POPULATIONS**

The following walk-in hours are offered by the Counseling Center’s COUNSELING SERVICE

Shoemaker Building
301 314 7651
www.counseling.umd.edu

• **STUDENTS OF COLOR Walk-in Hour**: Affords students of Color, including racial and ethnic minorities and international students, the opportunity to drop in to the Counseling Center without an appointment. Students will be guaranteed to be seen by a therapist of Color. 3-4 p.m. daily. No appointment needed.

• **THE RAINBOW Walk-In Hour**: 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. Students using this service are not required to schedule an appointment. Monday through Friday from 3 to 4 pm.

• **MAJORS Walk-In Hour**: Use state-of-the-art software to discover majors and careers that are suited to you. Drop in and get started with choosing or changing your academic major. Wednesdays 1:00 – 3:00

• **VETERANS Walk-In Hour**: A service specifically designed for students who are currently serving, or who have served in any branch of the military. The Veteran's walk-in is a chance for student veterans to stop by the Center, no appointment needed to talk about anything on their minds. Mondays through Thursdays 2-3.
STUDENT CLUBS AND ORGANIZATIONS

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

STUDENT ORGANIZATION RESOURCE CENTER
Stamp Student Union Student Involvement Suite
http://thestamp.umd.edu/activities/student_org_resource_center_sorc

LESBIAN, GAY, BISEXUAL AND TRANSGENDER EQUITY

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

The Center is located in 2218 Marie Mount Hall. For more information about specific programs and initiatives including a weekly calendar of LGBT related events on campus:
http://www.umd.edu/lgbt/
301-405-8720

One-credit COURSES

• EDCP 108B - Learning Strategies For Success In College and In Life (1 credit)
Designed to help students become more efficient and active learners.
  • Offered during the fall and spring semesters as a half-semester or full-semester course
  • Offered during the Winter & Summer Terms for students who are in academic difficulty or have been dismissed from the university
  • As part of class requirements, students meet with instructors individually to discuss ways to improve their academic performance or to review their letters for reinstatement
  • Provides instruction in the following areas:
    o Goal Setting
    o Time Management
    o Note Taking
    o Study Techniques
    o Test Preparation
    o Test-taking Techniques
    o University Resources
    o Academic Planning

• EDCP 108C: A 12-week one-credit course helping students learn about themselves and how to make good decisions when choosing an academic major.
**EDCP108G: For transfer students**: This 1 credit course will help transfer students ease the transition to a new university setting. Offered during the fall and spring semesters as a full-semester 1-credit course, it:
- offers new transfer students a review of study skills, time management, and the resources available for student success
- introduces new transfer students to key information about campus life, and services for transfer students
- helps students develop a supportive campus network

**EDCP 108M - Math Study Skills and Building Confidence (1 credit)**
Designed for students who are experiencing difficulty in learning math, or for students studying math education.
- Offered twice during the fall and spring semesters as a half-semester course
- Designed as a hybrid course (online with two face-to-face meetings)
- Studies the Affective, Behavioral, and Cognitive dimensions of learning math
- Provides instruction in study skills, time management, and resources available for math success

**DEPRESSION AND MOOD DISORDERS**

**INDIVIDUAL CONSULTATION**
- Individual sessions with a counselor to discuss issues related to depression and other mood disorders.
  - Offered by the Counseling Center’s COUNSELING SERVICE
    Shoemaker Building 301-314-7651
    www.counseling.umd.edu
- Individual sessions with a counselor focusing on issues related to depression and other mood disorders. Medication evaluation and management by a psychiatrist, when needed.
  - Offered by the MENTAL HEALTH SERVICE
    HEALTH CENTER
    301-314-8106
    http://www.health.umd.edu/mentalhealth

**GROUPS**
- **Group therapy for students coping with anxiety.** A meeting with the group leader (Jeremy Brown, LCPC) is required to join the group.
  - Offered by the MENTAL HEALTH SERVICE
    Health Center
    301-314-8106
    http://www.health.umd.edu/mentalhealth

The groups listed below are offered by the Counseling Center’s COUNSELING SERVICE
Shoemaker Building
301-314-7651
www.counseling.umd.edu

- **Creating Confidence**: This group is designed for students struggling with anxiety, fears, obsessions, or other mind traps that keep them stuck, afraid, or otherwise unable to fulfill their social, academic, or personal potential.
  - Wednesdays 4-5:30 Contact Dr. Jinhee Kang at jkang@umd.edu
- **Memory Circle**: designed for students who would like to work through a recent or past loss in a small group setting. This group offers support and psycho-educational information about the process of grief, and helps students develop adaptive coping strategies to deal with their loss.
  Thursdays 3:30-5:00   Contact Dr. Yi-Jiun Lin at ylin1234@umd.edu

- **Hope and Healing**: This group provides a supportive and confidential environment for survivors of sexual assault.
  Mondays 3:00-4:30   Contact Dr. Rashanta Bledman at rbledman@umd.edu

- **Mindfulness**: This group is for those interested in learning how to manage difficulties such as anxiety, negative thought patterns, worry, or depression.
  Tuesdays 3:00-5:00   Contact Dr. Carlton Green at cegreen@umd.edu

**WELLNESS**

- Personal training
- Fitness classes
- Intramural sports program

  Offered through the CAMPUS RECREATION SERVICES
  [http://recwell.umd.edu](http://recwell.umd.edu)

- **Women's Growth**: A therapy group for women who are interested in learning more about themselves and others, in a supportive environment. The group welcomes women struggling with issues such as: self-esteem, depression, anxiety, relationships, stress, perfectionism, and loneliness. A meeting with the group leader (Jennifer Leib, LCSW-C) is required to join the group.

  Offered by the MENTAL HEALTH SERVICE
  Health Center
  301-314-8106
  [http://www.health.umd.edu/mentalhealth](http://www.health.umd.edu/mentalhealth)

**DISABILITY ISSUES**

**SERVICES**

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

  Offered by the Counseling Center’s DISABILITY SUPPORT SERVICE
  0106 Shoemaker Building
  301-314-7682
  [www.counseling.umd.edu/DSS/](http://www.counseling.umd.edu/DSS/)
**Hearing and Speech Clinics** provide services to people of all ages, whether students, faculty, staff or the community, who need help with language learning problems, stroke, traumatic brain injury, stuttering, voice problems, accent correction, and hearing problems.

Offered by Hearing and Speech Sciences  
0100 LeFrak Hall  
301 405 4213  
[https://hesp.umd.edu/landing/Clinic](https://hesp.umd.edu/landing/Clinic)

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

**AD/HD Support Group**: An educational/therapeutic support group for students with AD/HD. It is strength-based and addresses issues such as overcoming barriers on a college campus, getting the most out of the college experience, common relationship concerns, self-esteem, and living with a diagnosis. A meeting with the group leader (Cheryl Rothenberg, LCSW-C) is required to join the group.

Offered by the **MENTAL HEALTH SERVICE**  
Health Center  
301-314-8106  
[http://www.health.umd.edu/mentalhealth](http://www.health.umd.edu/mentalhealth)

**LIBRARY FACILITIES**

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

  **Adaptive Technology Lab**  
  Room 1103 McKeldin Library  
  301-314-7958 TTY 301 314-6792  FAX 301 405 9191  
  [http://www.lib.umd.edu/services/disabilities](http://www.lib.umd.edu/services/disabilities)

**TRANSPORTATION**

- People with a permanent disability should register for paratransit service through Disability Support Services at 401 314 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. For more information call **301-314-2255** or go to  
  [http://www.dots.umd.edu/paratransit.html](http://www.dots.umd.edu/paratransit.html)
DRUG/ALCOHOL ISSUES

INDIVIDUAL CONSULTATION

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

TREATMENT SERVICES

- **Alcohol and/or Other Drugs Treatment Program:** This addiction counseling program has been established specifically to treat college students experiencing problems with or related to their use of alcohol and/or other drugs. The program includes individual counseling; 12-step group meetings; education; exercises designed to reinforce recovery; a nutrition program; and coordination with other treatment professionals.

- **D.W.I. Education Program:** This program is intended for UM students who have been convicted of D.U.I or D.W.I. It focuses on alcohol-related issues that are common to college students. There is a charge for this program.

- **Substance Abuse Intervention Program:** This is an early intervention program intended for UM students who have been charged with violating a campus judicial policy or state law (other than D.U.I or D.W.I.). It focuses on high-risk substance abuse.

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

  The UNIVERSITY HEALTH CENTER Mental Health Service
  301-314-8106
  After hours nurse line: 301 314 9386
  http://www.health.umd.edu/mentalhealth/services

EATING DISORDERS

- **My Body My Self: A Women’s Group.** This group will explore women’s struggles with body image and feelings of self-worth and look at the ways dieting, obsessing about thinness, binge-eating, over-exercising, or purging may be affecting their lives.
  Fridays 9:00-10:30 a.m.  Contact Dr. Erica Merson at merson12@umd.edu

- **Eating Disorders: Programs, Services and Information**
  Evaluation and assessment
  Individual therapy
  Group therapy/support groups
  Medical and nutritional consultation
  Informational workshops
  Speakers and programs for classes, student groups, etc.
  Offered by The MENTAL HEALTH SERVICE
  Health Center
  301-314-8142
  http://www.health.umd.edu/mentalhealth
FEELINGS OF ANXIETY OR STRESS

INDIVIDUAL CONSULTATION

- Individual therapy on issues related to anxiety and stress. Offered by the Counseling Center’s COUNSELING SERVICE Shoemaker Building 301-314-7651 Call for an appointment. www.counseling.umd.edu

- Individual therapy on issues related to anxiety and stress. Medication evaluation and management by a psychiatrist, when needed. Offered by the MENTAL HEALTH SERVICE Health Center 301-314-8106 http://www.health.umd.edu/mentalhealth

- For international students: Individual sessions with an adviser focusing on issues of adjustment and culture shock anxiety. Offered by the International Student and Scholar Services 3109 Susquehanna Hall 301-314-7740 http://globalmaryland.umd.edu/offices/international-students-scholar-services

- Individual therapy on issues related to sexual assault/trauma. Offered by the Counseling Center’s COUNSELING SERVICE Shoemaker Building 301-314-7651 Call for an appointment. www.counseling.umd.edu

- Individual therapy on issues related to sexual assault/trauma. Offered by the MENTAL HEALTH SERVICE Health Center 301-314-8106 http://www.health.umd.edu/mentalhealth

- Sexual Assault Response and Prevention Program: is an office whose mission is to respond to incidents of sexual assault, relationship violence, stalking, and sexual harassment. Daytime phone: 301 314 2222. The Crisis Cell Phone: (301- 741-3442) is available 24 hours during fall and spring semesters and 9am to 5pm during winter and summer sessions. Offered by the UNIVERSITY HEALTH CENTER Sexual Assault Response and Prevention Program Room 2118D http://www.health.umd.edu/mentalhealth/sarpp

GROUPS

The following groups are offered by the Counseling Center’s COUNSELING SERVICE Shoemaker Building

- General Therapy Groups: General therapy groups provide a safe space to solve a range of problems, explore better ways of interacting with others, and try new, more successful interpersonal behaviors. Receive helpful feedback from peers as you discover that others are dealing with similar issues. Tuesdays 5-6:30 p.m. Contact Dr. Rashanta Bledman at rbledman@umd.edu
• **Mindfulness:** This group is for those interested in learning how to manage difficulties such as anxiety, negative thought patterns, worry, or depression.
  Tuesdays 3:00-5:00  Contact Dr. Carlton Green at cegreen@umd.edu

• **Hope and Healing:** This group provides a supportive and confidential environment for female survivors of sexual assault.
  Mondays 3p.m.-4:30p.m.  Contact Dr. Rashanta Bledman at rbledman@umd.edu

• **Recovery from Relationship Violence: A Group.** Participation in group requires a pre-screening with one of the group leaders, to make sure that the group is a good fit for your needs. Students interested in joining should make an appointment by calling (301) 314-8106.
  Offered by the UNIVERSITY HEALTH CENTER
  Mental Health Service
  [http://www.health.umd.edu/care](http://www.health.umd.edu/care)

• **Wellness:** Have you lost your motivation to exercise, eat healthy, and follow other positive habits? The Health Center can help. Call for details or to make an appointment. Call to schedule an appointment. Appointments generally last 40-60 minutes
  THE UNIVERSITY HEALTH CENTER
  301-314-1493

**PHYSICAL ILLNESS**

• **The HEALTH CENTER** is open 6 days a week: 8 a.m. - 6 p.m. Mondays - Fridays, and 9 a.m. to noon Saturdays, with varied hours during semester breaks and holidays. Located directly across from the Stamp Student Union, the Health Center offers primary care of illness and injury, health education, a women’s health clinic, sport’s medicine, physical therapy, nutritional counseling, mental health services, lab services, massage therapy, acupuncture, and a pharmacy. Appointments are required except for urgent care.
  Offered by the UNIVERSITY HEALTH CENTER
  Information: 301-314-8180

• **Catching up after an illness:** Meet with a learning coach to get help with time management and other skills to help you manage your workload.
  Offered by the Counseling Center’s LEARNING ASSISTANCE SERVICE
  2202 Shoemaker Building
  301-314-7693

**SELF-CONFIDENCE ISSUES**

**GROUPS**

The following groups are offered by the Counseling Center's COUNSELING SERVICE
Shoemaker Building

• **My Body My Self:** A Women’s Group. This group will explore women’s struggles with body image and feelings of self-worth and look at the ways dieting, obsessing about thinness, binge-eating, over-exercising, or purging may be affecting their lives.
  Wednesdays 1:00-2:30  Contact Dr. Erica Merson at merson12@umd.edu

• **General Therapy Groups:** General therapy groups provide a safe space to solve a range of problems, explore better ways of interacting with others, and try new, more successful interpersonal
behaviors. Receive helpful feedback from peers as you discover that others are dealing with similar issues.

Tuesdays 5-6:30 p.m.   Contact Dr. Rashanta Bledman at rbledman@umd.edu  
Wednesdays 4:30-6     Contact Dr. Noah Collins at nm2001@umd.edu  
Fridays  2:30-4 p.m.   Contact Dr. Maria Berbery at mberbery@umd.edu

•  **Creating Confidence:** This group is designed for students struggling with anxiety, fears, obsessions, or other mind traps that keep them stuck, afraid, or otherwise unable to fulfill their social, academic or personal potential
  Wednesdays  4:5-30   Contact Dr. Jinhee Kang at jkang@umd.edu

INDIVIDUAL CONSULTATION

•  Individual counseling sessions related to issues of self-confidence.
  Offered by the Counseling Center’s COUNSELING SERVICE  
  Shoemaker Building  
  301-314-7651  
  www.counseling.umd.edu

SPIRITUALITY

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

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

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

COMMUNITY SERVICE

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

  Offered by the **OFFICE OF LEADERSHIP AND COMMUNITY SERVICE LEARNING**
  0110 Stamp Student Union
  301-405-9044
  [http://thestamp.umd.edu/leadership_community_service-learning](http://thestamp.umd.edu/leadership_community_service-learning)

GROUPS

- **General Therapy Groups:** General therapy groups provide a safe space to solve a range of problems, explore better ways of interacting with others, and try new, more successful interpersonal behaviors. Receive helpful feedback from peers as you discover that others are dealing with similar issues.

  Tuesdays 5-6:30 p.m. Contact Dr. Rashanta Bledman at rbledman@umd.edu
  Wednesdays 4:30-6 Contact Dr. Noah Collins at nmcc2001@umd.edu
  Fridays 2:30-4 p.m. Contact Dr. Maria Berbery at mberbery@umd.edu

  These groups offered by the Counseling Center’s **COUNSELING SERVICE** in Shoemaker Building

CLARIFIED CAREER AND LIFE GOALS

CHOICE OF ACADEMIC MAJOR

- **Major Discovery Zone:** This program will help students to assess their interests and values, and to learn resources and strategies to figure out their academic major plans.

  Fridays 1:00-3:00 Contact Dr. Pepper Phillips at pepper@umd.edu

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

  Offered by the Counseling Center’s **COUNSELING SERVICE**
  Shoemaker Building
  301-314-7651 Call for further information or to make an appointment
  [www.counseling.umd.edu](http://www.counseling.umd.edu)

- **MAJOR DISCOVERY ZONE:** This program is designed to help student to assess their interests and values, and to learn resources and strategies to figure out their academic major plans.

  Fridays 1:00 – 3:00 Contact Dr. Pepper Phillips at pepper@umd.edu
  [www.counseling.umd.edu](http://www.counseling.umd.edu)

- **EDCP 108C:** A 12-week one-credit course helping students learn about themselves and how to make good decisions when choosing an academic major.
Some quotes from students describing what they liked best about EDCP108C:

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

CAREER EXPLORATION

- Career Assistance Appointments: to help answer questions regarding resumes, interviewing, and job search strategies, and to connect you with information, specific programs, and sources to help you make informed career decisions. Staff can help you identify useful resources, take advantage of part-time, internship, and summer employment opportunities, and coach you in job search skills and strategies. Consult website for hours of operation.
  Offered by the UNIVERSITY CAREER CENTER and THE PRESIDENT'S PROMISE
  3100 Hornbake Library South Wing
  301-314-7225
  http://www.careers.umd.edu/

ON-LINE CAREER CENTER RESOURCES

The following resources are available via the going to the main Career Center url:
  http://www.careers.umd.edu/

- Resume Builder: An easy-to-use tool that will help you build a competitive resume and write effective cover letters by highlighting skills and qualifications sought by employers.
  http://careers.umd.edu/students/launch-your-career/resumes-cover-letters

- InterviewStream: This website allows you to virtually conduct a mock interview. Through use of an interactive program, sessions are digitally recorded and can be sent to Career Center staff and others for review.
  http://careers.umd.edu/students/launch-your-career/interviewing

INTERNSHIP INFORMATION

- EDCP108J: is a 1-credit course for students with junior or senior standing that focuses on strategies for landing internships or full-time employment and charting a successful career.

- UNIV099: Internship Seminar: A 0-credit course designed to complement supervised work experiences, and assure that the experiences are noted on your transcript.

Why do an internship?

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

Academic: Allows you to integrate classroom theory with real-life experiences, demonstrates the relevance of your course work, increases your motivation to learn, and provides access to resources not available on campus.
**Professional:** Allows you to explore a potential career field, develop career-related skills and abilities, establish a work history, observe professional people and behavior, learn job hunting/holding abilities, and build a network of contacts.

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

**UNIVERSITY CAREER CENTER AND THE PRESIDENT'S PROMISE**
3100 Hornbake Library South Wing 301 314 7225
http://careers.umd.edu/students/gain-experience

**THE PRESIDENT'S PROMISE INITIATIVE**

- **President's Promise Initiative, established in 2005,** provides the opportunity for an enrichment experience to every student who enters the University of Maryland as a freshman, by the time they complete their academic degrees. Examples of these experiences, designed to complement students' academic majors, include
  - internships
  - research assistantships
  - study abroad
  - living-learning programs
  - leadership
  - service-learning.

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

Offered by the **PRESIDENT'S PROMISE OFFICE**
Career Center
3100 Hornbake Library, South Wing
301-314-7888
http://careers.umd.edu/students/gain-experience/experiential-learning-opportunities