

University of Maryland

2009-2010

RESOURCE DIRECTORY



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

**A service of the Counseling Center Retention Study Group
Compiled by Patricia Hunt**

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

Please consider the RESOURCE DIRECTORY as a "first stop" for identifying options that meet 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 undergraduate students' interests, challenges, and goals.

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ACADEMIC COMPETENCE

>>EXAM SKILLS<<

WORKSHOPS

Learning Assistance Service (LAS): The mission of the Learning Assistance Service of the Counseling Center is to help students strengthen their skills, enhance their performance and insure success in their academic experiences at the University of Maryland. Every semester free workshops are offered to interested students. For information about the times and dates of workshops go to the LAS url below.

- Getting Ready for Midterms
- Save Your Semester
- Countdown to Finals

Workshops offered by the Counseling Center **LEARNING ASSISTANCE SERVICE**
3rd floor South Campus Dining Hall
301-314-7693
<http://www.counseling.umd.edu/LAS/html/workshops.html>

CDs FOR PROFESSIONAL TESTS

- **Praxis I**
- **General Professional Tests**

Offered by the Counseling Center **LEARNING ASSISTANCE SERVICE**
3rd floor South Campus Dining Hall
301-314-7693
CDs to be used in the LAS lab. Student ID required.

>>GRADES<<

CDs/DVDs

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

Offered by the Counseling Center **LEARNING ASSISTANCE SERVICE**
3rd floor South Campus Dining Hall
To be used in the LAS lab. Student ID required.
301-314-7693
<http://www.counseling.umd.edu/LAS/>

- **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. (Go to the url to follow the link 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/Services/services.html>

>>MATH/STATISTICS ISSUES<<

INDIVIDUAL CONSULTATION

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

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

3rd floor South Campus Dining Hall

301-314- 7693

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

WORKSHOP

- **Math Placement Test Preparation**

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

3rd floor South Campus Dining Hall 301-314- 7693 Call to learn times and location

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

COURSE

- **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.
Offered in the summer as part of the STEP program.
Designed as an independent study course.
Studies the affective, behavioral, and cognitive dimensions (ABCDs) of learning math.
Offers students instruction in study skills, time management, and the resources available for student success in math.

TUTORS

- **Math Success Program:** The Math Success Program is a free drop-in coaching service that is open to both campus residents and commuter students. Students making use of this program require no prior registration or appointment, and no fees apply. The target courses consist of Math 003, 113, and 115. Students from other math courses, such as Math 140, 141, 220, 221, and Stat 100, have also been utilizing this service on a regular basis.
Offered by the Department of Resident Life
301-314-MATH for more information on times and sites
Or go to the following url:
http://www.resnet.umd.edu/programs/math_success/
- **Math Department tutoring:** The Math Department posts a schedule of tutors available for Math 240, 241, 246, and 461.
Schedule is found at the url below.
<http://www.math.umd.edu/undergraduate/resources/tutoringmatlab.shtml>

MEDIA AND RESOURCES

- **VIDEO TAPES**
 - Elementary Algebra
 - Intermediate Algebra
 - Algebra and Trigonometry
 - Developmental Math (Math 003)
 - College Algebra (Math 113)
 - Pre-Calculus (Math 115)
- **CD/DVD PROGRAMS**
 - Electronic companion to:
 - Statistics
 - Pre-calculus
 - Geometry
 - Trigonometry

All offered by the Counseling Center **LEARNING ASSISTANCE SERVICE**
3rd floor South Campus Dining Hall
301-314-7693

- **Online Math resources.**
 - Tips for taking notes in a math class
 - Tips for studying math
 - Tips for taking math tests
 - Math Myths
 - Math Learning Style
 - Math Anxiety
 - Positive Math Learning
 - Collaborative Learning
 - Time Management

All offered by the Counseling Center **LEARNING ASSISTANCE SERVICE**
3rd floor South Campus Dining Hall
301-314-7693

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

>>STUDY STRATEGIES<<

INDIVIDUAL CONSULTATION

- Individual sessions focusing on reading, writing papers, study skills, time management, and/or exam-taking skills. Has a teacher ever mentioned the possibility that you have a learning disability? If so, why not discuss the possibility with a counselor?

Offered by the Counseling Center **LEARNING ASSISTANCE SERVICE**
3rd floor South Campus Dining Hall
301-314-7693

- **Individual personal consultation** with a librarian to help you obtain individual assistance in doing library research for term papers, theses, dissertations. See Subject Specialists found on library Web page.
<http://www.lib.umd.edu/PUBSERV/disabilities.html>

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

- **Academic Success Series**
 - **Strategic Learning**
 - **Note-taking**
 - **Reading Improvement**
 - **Time Management**
 - **Stress Management**

- **Power Learning: Supercharge Your Study Time**
- **Get Smart: Learning to Learn**
- **Get Organized**
- **Effective Test Taking**
- **Memory Skills**
- **This is Only a Test**
- **Conquering Test Anxiety**
- **Success in the Classroom**
 - **This Way to an A**
 - **Effective Test Taking Techniques**
 - **Effective Study Skills**
 - **Multimedia Study Skills**

All offered by the Counseling Center **LEARNING ASSISTANCE SERVICE**
 3rd floor South Campus Dining Hall
 Use in the LAS lab. Student ID required
 301-314-7693

COURSES

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

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

- **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 course.

- Offers students a review of study skills, time management, and the resources available for student success
- Introduces students to key information about campus life, and services for transfer students
- Helps students develop a supportive campus network

- **EDCP 108R- Designed for returning students 25 years or older who have had a break in their formal education and are returning to school:** Offered during the fall and spring semesters as a full semester course.

- Offers a review of study skills, time management, and the resources available for student success
- Introduces the student to campus resources and information about campus life
- Helps students develop a supportive campus network.

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

- **Study Skills**
- **10 Tips for A Students**
- **Academic Resources**
- **Be an Active Student**
- **Note-taking Diagnosis**
- **Note-taking Strategies**
- **Test Taking Strategies**
- **Test Taking Strategies 2**
- **Time Management**

>>TEST ANXIETY<<

WORKSHOP

- **Managing Exam Anxiety**
Offered by the Counseling Center **LEARNING ASSISTANCE SERVICE**
3rd floor South Campus Dining Hall 301 314 7693
<http://www.counseling.umd.edu/LAS/>

BOOKS/HANDOUTS

- Exam Skills packet:
 - “Managing Test Anxiety”
 - “Mastering Objective Tests”
 - “Tackling Essay Tests”
 - In You Can Master The Maze of College by John Van Brunt:
 - “Conquer Basic Exams”
 - “Score High on Essay Exams”
 - “Analyze Objective Exams”
- Both offered by the Counseling Center **LEARNING ASSISTANCE SERVICE**
3rd floor South Campus Dining Hall
301-314-7693

>>WRITING SKILLS<<

INDIVIDUAL CONSULTATION

- **The Writing Center:** Offers free assistance with any writing assignment. 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**
New location: 1205 TAWES Hall
301-405-3785 (Appointments)
<http://www.english.umd.edu/writingcenter>

- **Academic Skills Counselor**
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 an Academic Skills Counselor, who will meet with you to diagnose the strengths and weaknesses in your writing, suggest strategies for improvement and provide resources for practice. **Bring a sample of your writing.**

Offered by the Counseling Center **LEARNING ASSISTANCE SERVICE**
3rd floor South Campus Dining Hall
301-314-7693

- **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

CDs FOR WRITING SKILLS

- **Writing Skills Series**
- **Typing Tutor**
- **Research Skills**
- **Reading Skills Series**

Offered by the Counseling Center **LEARNING ASSISTANCE SERVICE**
3rd floor South Campus Dining Hall
301-314-7693
Use in the LAS Lab

CONSTRUCTIVE INTERPERSONAL RELATIONSHIPS

>>BEING AWAY FROM HOME<<

STUDENT CLUBS AND ORGANIZATIONS

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

CENTER FOR CAMPUS LIFE

Stamp Student Union

301-314-7174

<http://www.union.umd.edu/campusprograms/list.html>

INDIVIDUAL CONSULTATION

- Individual sessions with a counselor focusing on the difficulties of being away from home.
Offered by the Counseling Center **COUNSELING SERVICE**
4th floor Susquehanna
301-314-7651
<http://www.counseling.umd.edu/Services/services.htm>
- Individual treatment of adjustment problems.
Offered by the **MENTAL HEALTH SERVICE**
Health Center
301-314-8106
<http://www.health.umd.edu/services/mentalhealth.html>
- Consultation and support for parents of college students: confidential parent WARMLINE offers phone and e-mail (parentwarmline@umd.edu) support, specifically for parents who are concerned about their student's adjustment, learning, or overall mental health at the University of Maryland. For more information phone, or go to the url below.

UNIVERSITY PARENT CONSULTATION AND CHILD EVALUATION SERVICE

Counseling Center

4th floor Susquehanna

301-314-7651

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

- **The Office of International Education Services (IES)** provides a wide range of information and services to International students and scholars at the University of Maryland, including discussions with advisers focusing on adjusting to the University of Maryland. Phone, or go to the IES url.

OFFICE OF INTERNATIONAL EDUCATION SERVICES

3116 Mitchell Building

301-314-7740

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

GROUP

- Circle of Sisters is a support/therapy group for Black women students who identify as being a member of the African Diaspora (AfricanAmerican/Caribbean/African, /Euro-African, etc.). The purpose of the group is to provide a safe, warm and confidential setting where women can discuss personal issues that impact their lives. Common themes in the group include being Black on a predominately White campus, interpersonal relationships, family matters, intimacy, career decision-making, academic stress, and self esteem issues. The maximum group size is 8 members.

COUNSELING SERVICE

4th floor Susquehanna

Call 301-314-7651 for more information and to sign up

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

>>FAMILY ISSUES AND/OR PRESSURES<<

INDIVIDUAL

- **Individual counseling sessions** focusing on home or family issues.
Offered by the Counseling Center **COUNSELING SERVICE**
4th floor Susquehanna
301-314-7651
- **Center for Healthy Families:** offers couples and family therapy. Clients are seen between 9 a.m. and 9 p.m. We use a sliding fee scale. Children, adolescents, and single parents are welcome.
Offered by the **CENTER FOR HEALTHY FAMILIES**
1204 Marie Mount Hall
301-405-3672 or 301 405 2273
http://www.sph.umd.edu/fmsc/chf/service_center.html
- **Individual treatment** related to home or family issues.
Offered by the **MENTAL HEALTH SERVICE**
Health Center
301-314-8106
- **For international students:** Individual sessions with advisors focusing on home or family issues.
Offered by the **OFFICE OF INTERNATIONAL EDUCATION SERVICES**
3116 Mitchell Building
301-314-7740
<http://www.umd.edu/ies>
- **For children and parents:** Counseling and psychological evaluation for University-connected children, adolescents, and parents with concerns about learning, emotions and behaviors, family, and other adjustment issues. Services are also available for children enrolled in on-campus preschools such as the Center for Young Children and the Language Early Advantage Program.
Offered by the **UNIVERSITY PARENT CONSULTATION AND CHILD EVALUATION SERVICE**
Counseling Center
4th floor Susquehanna
301-314-7673
http://www.counseling.umd.edu/Services/srv_pccs.htm
- **The Rainbow Walk-In Hour** is a program created to meet the immediate emotional-social and educational-career needs of LGBT students or students from LGBT-headed families. Ideally, students will come in ten minutes before each Walk-In Hour to complete the standard paperwork. Students can come to the Center on their own or be referred by faculty or staff from various campus offices (e.g., the Lesbian, Gay, Bisexual and Transgender Equity Office; the Lesbian, Gay and Bisexual Staff and Faculty Association; Office of Resident Life). Available Tuesdays through Fridays between 3-4.
Offered by the Counseling Center **COUNSELING SERVICE**
4th floor Susquehanna 301-314-7651
http://www.counseling.umd.edu/Services/srv_rbow.htm
- **Memory Circle** is designed for students who would like to work through a recent or past loss in a small group setting. This group offers emotional support and psycho-educational information about the process of grief, and helps students develop adaptive coping strategies to deal with their loss. Thursdays 3-4:30.
Offered by the Counseling Center **COUNSELING SERVICE**
4th floor Susquehanna
301-314-7651
Call or come in to sign up.

>>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. Go to the url below.

<http://www.union.umd.edu/studentorg/general.html>

INDIVIDUAL CONSULTATION

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

Offered by **INTERNATIONAL EDUCATION SERVICES**

3116 Mitchell Building

301-314-7740

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

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

Offered by the **MENTAL HEALTH SERVICE**

Health Center

301-314-8106

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

Offered by the Counseling Center **COUNSELING SERVICE**

4th floor Susquehanna

301-314-7651

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

Offered by the Counseling Center **COUNSELING SERVICE**

4th floor Susquehanna

301-314-7651

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

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

Offered by the Counseling Center **COUNSELING SERVICE**

4th floor Susquehanna 301 314 7651

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

GROUPS

- **Black Male Support Group** is a discussion, problem solving, and empowerment group for Black males experiencing difficulties on campus. Possible topics include: personal & academic concerns, interpersonal & dating relationships, masculinity, and being Black on a predominantly White campus. **Wednesdays 5-6:30.**

Offered by the Counseling Center **COUNSELING SERVICE**

4th floor Susquehanna

301 314 7651 Call or come in to sign up.

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

Offered by the Counseling Center **COUNSELING SERVICE**

4th floor Susquehanna

301-314-7651 Call to sign up. For information about group therapy go to the url below.

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

- Circle of Sisters is a support/therapy group for Black women students who identify as being a member of the African Diaspora (AfricanAmerican/Caribbean/African, /Euro-African, etc.). The purpose of the group is to provide a safe, warm and confidential setting where women can discuss personal issues that impact their lives. Common themes in the group include being Black on a predominately White campus, interpersonal relationships, family matters, intimacy, career decision-making, academic stress, and self esteem issues. The maximum group size is 8 members.

Offered by the Counseling Center **COUNSELING SERVICE**

4th floor Susquehanna

Call 301-314-7651 for more information and to sign up

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

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

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

3rd floor South Campus Dining Hall

301-314-7693

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

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

Offered by the **INTERNATIONAL EDUCATION SERVICES** and Sponsoring Campus Depts.

3116 Mitchell Building 301-314-7742

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

- **International Students Group:** an interactive experience that allows for personal and interpersonal growth with other international students.

Offered by the Counseling Center **COUNSELING SERVICE**

4th floor Susquehanna

301-314-7651 Call for more information and to sign up

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

>>SHYNESS<<

INDIVIDUAL CONSULTATION

- Individual sessions focusing on developing interpersonal confidence.
Offered by the Counseling Center **COUNSELING SERVICE**
4th floor Susquehanna
301-314-7651
- Individual or group therapy related to issues of interpersonal confidence.
Offered by the **MENTAL HEALTH SERVICE**
Health Center
301-314-8106
<http://www.health.umd.edu/services/mentalhealth.html>
- Individual sessions with a campus chaplain.
For listings of individual chaplains go to the url below:
www.chapel.umd.edu/chaplains

SERVICES AND INFORMATION FOR COMMUTER STUDENTS

- **Off-campus Student Involvement** : The mission of Off-Campus Student Involvement in the Office of Campus Programs at the University of Maryland is to support and enhance the educational experience of ALL students who live off campus. We are here to help off-campus students succeed in both academic and out-of-class endeavors at UM. We do this by advocating for the needs off-campus/commuter students and providing various resources, programs, and information. Use our website (listed below) as your guide to enhancing your off-campus living experience at the University of Maryland or come see us in the Office of Campus Programs in The Stamp!

Offered by **Off-Campus Student Involvement**

0110 Stamp Student Union

301-405-0986

www.union.umd.edu/offCampus

PROGRAMS

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

OFFICE OF INTERNATIONAL EDUCATION SERVICES

3116 Mitchell Building 301-314-7739

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

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

Offered by the **OFFICE OF COMMUNITY SERVICE -LEARNING**

0110 Stamp Student Union

301-314-CARE

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

PERSONAL RESPONSIBILITY

>>CONCERN WITH FINANCES<<

Please contact the **Financial Service Center** 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.

STUDENT FINANCIAL SERVICE CENTER

1135 Lee Building

301-314-9000

email: umfinaid@osfa.umd.edu

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

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

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

- **Scholarships for "returning" (non-traditional aged) students:** The Returning Students Program has information about two scholarships available to non-traditional aged students: the Portney Scholarship and the Newcombe Scholarship. For further information phone or go to the url below.

RETURNING STUDENTS PROGRAM

Counseling Center Learning Assistance Service

3rd floor South Campus Dining Hall

301-314-7693

http://www.counseling.umd.edu/LAS/html/returning_students.html

- **Part-time or Internship Positions:** Interested students are encouraged to register for TERP (The Employment Registration on Program) online. Through TERP Online, students can access job listings from any computer with Internet access (including WAM labs).

Offered by the University **CAREER CENTER and The President's Promise**

3100 Hornbake Library South Wing

301-314-7225

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

>>ON-CAMPUS EMPLOYMENT OPPORTUNITIES<<

- **Need help finding a job?** Not sure how to present your qualifications to employers? Career and employment assistance is provided by staff on a walk-in and individual appointment basis. The Career Center seeks to enhance the employment experience of students. It advocates an "earn and learn" philosophy by helping students see the relationship between their work experiences and classroom learning/major, while earning experience, money, and/or credit. Assistance is provided to students looking for part-time, internship, or full-time positions on or off campus. Same day assistance is available to help students with their job search concerns. Students can also schedule individual appointments with professional staff.

Offered by the University **CAREER CENTER and The President's Promise**

3100 Hornbake Library South Wing

301-314-7225

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

- **Careers4Terps** is an online jobs listing for UM students.
Offered by the University CAREER CENTER and 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 University CAREER CENTER and The President's Promise
3100 Hornbake Library South Wing
301-314-7225
<http://www.CareerCenter.umd.edu>
- **On-Campus Interviewing (OCI):** Many employers conduct interviews for full-time, part-time and internship positions at the University Career Center during the Fall and Spring semesters. Visit our website for a list of employers having on-campus interviews.
Offered by the University CAREER CENTER and The President's Promise
3100 Hornbake Library South Wing
301-314-7225
<http://www.CareerCenter.umd.edu>
- **Employment authorization information for F-1 International Students.** The Office of International Education Services (IES) serves as a source of information about international student employment. For details about F-1 employment authorization, students may visit the IES website by going to the url below.
<http://www.umd.edu/ies>
or call IES at 301-314-7737
- **Some on-campus employment opportunities to consider**
 - CSPAC: http://claricesmithcenter.umd.edu/2009/c/students/employment_opportunities
 - Campus Recreation Services http://www.crs.umd.edu/jobs/jbs_jobs.html
 - Department of Resident Life <http://www.resnet.umd.edu/jobs.html>
 - Department of Transportation <http://www.transportation.umd.edu/application.html>
 - Dining Services <http://dining.umd.edu/employment/students>
 - Maryland Fund for Excellence
<http://www.urhome.umd.edu/mdexcellence/callers/employment.cfm>

>>HOUSING SITUATION<<

INDIVIDUAL CONSULTATION

- **Roommate issues:** individual sessions with a counselor.
Offered by the Counseling Center COUNSELING SERVICE
4th floor Susquehanna
301-314-7651

SERVICES

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

INFORMATION

- **Off campus housing needs:** The Off-Campus Housing Services Office provides support to students and their families in making well-informed decisions about living off campus. The office provides personalized information and resources about housing and off-campus living. Resources available online include OCH101, a searchable database listing available rental properties in the area; Roommate Finder, another

web-based database where students create a profile and search for others with similar housing needs and interests; as well as an extensive array of informational materials.

OFF-CAMPUS HOUSING SERVICES

1110 Stamp Student Union
301-314-3645
och@umd.edu
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 University **CAREER CENTER and The President's Promise**
3100 Hornbake Library, South Wing
301-314-7225

- Individual sessions with a counselor focusing on motivation issues.
- Consultation with a counselor focusing on academic assertiveness.
- Individual sessions focusing on educational/vocational issues.
All offered by the Counseling Center **COUNSELING SERVICE**
4th floor Susquehanna
301-314-7651

- Individual treatment of motivation problems.
Offered by the **MENTAL HEALTH SERVICE**
Health Center
301-314-8106
<http://www.health.umd.edu/services/mentalhealth.html>

- **The Center for Health and Wellbeing** offers Health behavior change counseling. Have you lost your motivation to exercise, eat healthy, and follow other positive habits? Take an on-line health assessment, and bring your results. You and the health educator will discuss your current lifestyle and how you can fit in exercise, healthy eating, stress management, and other lifestyle habits to help create balance in your daily life. Call for details or to make an appointment. To access the website go to the url.
301-314-1493
<http://www.health.umd.edu/chwb/>

GROUP

- **"Happy Hour"** – a weekly structured group designed to enhance students' engagement, pleasure, and meaning while in college. Offered Thursdays 6-7:30 p.m.
Offered by the Counseling Center **COUNSELING SERVICE**
4th floor Susquehanna
301 314 7651
Call or come in to sign up.

>>PROCRASTINATION<<

INDIVIDUAL CONSULTATION

- Work with an academic skills counselor on procrastination issues.
Offered by the Counseling Center **LEARNING ASSISTANCE SERVICE**
3rd floor South Campus Dining Hall
301-314-7693
<http://www.counseling.umd.edu/LAS/>

GROUP

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

Offered by the Counseling Center **LEARNING ASSISTANCE SERVICE**
3rd floor South Campus Dining Hall
301-314-7693
<http://www.counseling.umd.edu/LAS/>

WORKSHOPS

Workshops offered by the Counseling Center **LEARNING ASSISTANCE SERVICE**
3rd floor South Campus Dining Hall
301-314-7693 Call to learn times and locations
<http://www.counseling.umd.edu/LAS/>

>>TIME MANAGEMENT<<

INDIVIDUAL CONSULTATION

- **Individual consultation** focusing on time management issues:
Offered by the Counseling Center **LEARNING ASSISTANCE SERVICE**
3rd floor South Campus Dining Hall
301-314-7693

WORKSHOPS

- **Academic Enhancement Workshops:** Designed for critical times, these workshops are offered between mid-terms and finals every semester. They focus on specific issues of time management, study skills, exam-taking skills, how to work with tutors, etc. Workshop facilitators are experts from different academic support units on campus.

Offered by **THE OFFICE OF MULTI-ETHNIC STUDENT EDUCATION (OMSE)**
1101 Hornbake Library Building
301-405-5616 Call to register
<http://www.omse.umd.edu/Services/services.html>

- Time Management

Workshops offered by the Counseling Center **LEARNING ASSISTANCE SERVICE**
3rd floor South Campus Dining Hall
301-314-7693 Call to learn times and location
<http://www.counseling.umd.edu/LAS/>

>>TRANSPORTATION TO AND ON CAMPUS<<

TRANSPORTATION SERVICES

- **Shuttle UM** commuter routes serve area apartment complexes, residential areas, as well as to stations within a 6-mile radius of campus. Shuttle-UM bus schedules and routes maps are available on the buses, on Shuttle-UM's web page, in the Stamp Student Union and from the Department of Transportation Service office on Regents Drive.

http://www.transportation.umd.edu/shuttle_um/points_interest.htm

PERSONAL AND PSYCHOLOGICAL WELL-BEING

>>ADJUSTMENT TO THE UNITED STATES<<

INDIVIDUAL CONSULTATION

- Consultation focusing on problem-solving issues of cultural shock.
- Special advising for international students; orientation; assistance with forms that are required for compliance with immigration and other government regulations.

Offered by **INTERNATIONAL EDUCATION SERVICES**
3116 Mitchell Building
301-314-7740
<http://www.umd.edu/ies>

- International students: Learn how to work efficiently within the United States and the University of Maryland.

Counseling Center **LEARNING ASSISTANCE SERVICE**
3rd floor South Campus Dining Hall
301-314-7693
<http://www.counseling.umd.edu/LAS/>

- If you need off-campus housing, check our listings on-line or stop by our office. If you need public transportation information (MetroBus, MetroRail, MARC, Amtrak), stop by our office.

OFF-CAMPUS HOUSING SERVICE
1110 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 (ITAs).

Offered by the **MARYLAND ENGLISH INSTITUTE**
1121 Holzapfel
301-405-8634
<http://www.mei.umd.edu/>

- Individual consultation with an ESOL learning skills counselor.

Offered by the Counseling Center **LEARNING ASSISTANCE SERVICE**
3rd floor South Campus Dining Hall
301-314-7693
<http://www.counseling.umd.edu/LAS/>

GROUPS

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

Offered by the Counseling Center **LEARNING ASSISTANCE SERVICE**
3rd floor South Campus Dining Hall
301-314-7693
<http://www.counseling.umd.edu/LAS/>

- **“Happy Hour”** – a weekly structured group designed to enhance students’ engagement, pleasure, and meaning while in college. Offered Thursdays 6-7:30 p.m.
Offered by the Counseling Center **COUNSELING SERVICE**
4th floor Susquehanna
301 314 7651
Call or come in to sign up.

VIDEOS

- **COLD WATER** (LB2376.4.C65) 48min: Interviews with several International college students who discuss their experiences in dealing with living and studying in the United States.
- **CONNECT WITH ENGLISH** (PE1128.A2C686) 13 videocassettes, 625 minutes: Through the story of Rebecca, an aspiring singer on a journey across America, this series depicts characters using natural language in real-life situations, such as leaving home, parenting, education, work, love, success, and loss. Intended for International students learning English.
- **GOING INTERNATIONAL: Living in the U.S.A.** (EIS4.AIL58) 28 min: Intended to help International students adjust to living in the United States. This video examines initial reactions to a new country and provides suggestions for locating housing, handling banking matters, and making friends. These and other materials are available in
NONPRINT MEDIA SERVICES
Hornbake Library
301 405 9236

>>ADJUSTMENT TO THE UNIVERSITY OF MARYLAND<<

USE THE INTERNET TO LEARN OF OTHER RESOURCES AT THE UNIVERSITY OF MARYLAND

- Go to this url <http://www.searchum.umd.edu> and then enter keywords in the search engine, for example “student organizations”

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. Go to the url below to follow the link.
<http://www.tce.umd.edu/>

SUPPORT SERVICES

- **Support services** for students with a disability
Offered by the Counseling Center **DISABILITY SUPPORT SERVICE**
4th floor Susquehanna
Voice/TTY 301-314-7682
<http://www.counseling.umd.edu/DSS>
- **Adaptive Technology Lab**
UM Libraries
1103 McKeldin Library
301 314 7958
TTY 301 314 6792
FAX 301 405 9191
<http://www.lib.umd.edu/PUBSERV/disabilities.html>

GROUPS

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

Both groups offered by the Counseling Center **COUNSELING SERVICE**

4th floor Susquehanna

301-314-7651 Call to sign up. For information about group therapy go to the url below.

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

- **Students of color walk-in hour:** 3-4 p.m. daily. No appointment needed.
Offered by the Counseling Center **COUNSELING SERVICE**
4th floor Susquehanna 301-314-7651
http://www.counseling.umd.edu/Services/srv_min.htm
- **Black Male Support Group** is a discussion, problem solving, and empowerment group for Black males experiencing difficulties on campus. Possible topics include: personal & academic concerns, interpersonal & dating relationships, masculinity, and being Black on a predominantly White campus. **Wednesdays 5-6:30.**

Offered by the Counseling Center **COUNSELING SERVICE**

4th floor Susquehanna

301 314 7651 Call or come in to sign up.

- **The Rainbow Walk-In Hour** was created to meet the immediate emotional-social and educational-career needs of LGBT students or students from LGBT-headed families. The Rainbow Walk-In Hour operates **Tuesdays through Fridays from 3 to 4 pm.**

Offered by the Counseling Center **COUNSELING SERVICE**

4th floor Susquehanna

301 314 7651

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

- **International Students Group:** an interactive experience that allows for personal and interpersonal growth with other international students.

Offered by the Counseling Center **COUNSELING SERVICE**

4th floor Susquehanna

301-314-7651 Call to sign up

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

- **“Happy Hour”** – a weekly structured group designed to enhance students’ engagement, pleasure, and meaning while in college. Offered Thursdays 6-7:30 p.m.

Offered by the Counseling Center **COUNSELING SERVICE**

4th floor Susquehanna

301 314 7651

Call or come in to sign up.

SERVICES AND INFORMATION FOR COMMUTER STUDENTS

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

301-314-7250.

www.union.umd.edu/csi

STUDENT CLUBS AND ORGANIZATIONS

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

OFFICE OF CAMPUS PROGRAMS
0110 Stamp Student Union 301-314-7174
www.union.umd.edu/campusprograms

INTEREST GROUPS

- **Interest groups:** The Office of Multi-Ethnic Student Education (OMSE) convenes interest groups to discuss issues of general concern to students. Topics are based on students' need to deal with situations that affect them, such as racism, interpersonal relationships, classroom climate and living with others of different ethnic or racial backgrounds. Special groups for dealing with social, cultural, educational, and personal challenges as they relate to students' academic performances are also initiated by students in conjunction with OMSE.

Offered by the **OFFICE OF MULTI-ETHNIC STUDENT EDUCATION**
1101 Hornbake Library
301-405-5616
<http://www.omse.umd.edu/Services/services.html>

THE OFFICE OF LESBIAN, GAY, BISEXUAL AND TRANSGENDER EQUITY

- **THE OFFICE OF LESBIAN, GAY, BISEXUAL AND TRANSGENDER EQUITY** 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.

For more information about specific programs and initiatives including a weekly calendar of LGBT related events on campus, Go to www.umd.edu/lgbt.

WORKSHOPS

- **Pre-Professional Societies:** The Office of Multi-Ethnic Student Education (OMSE) offers workshops and advising to help students develop leadership roles in Pre-Professional Societies in their majors. This is done on an as-needed basis. Students are given guidelines for formulating their constitution, electing officers, recruiting members, and seeking funding from the Student Government Association.
- **Leadership Excellence Workshops/Seminars:** The Office of Multi-Ethnic Student Education (OMSE) works closely with student leaders and organizations in providing workshops and seminars to develop leadership skills. Students may also request participation from OMSE in workshops and seminars they initiate.

Both offered by the **OFFICE OF MULTI-ETHNIC STUDENT EDUCATION (OMSE)**
1101 Hornbake Library Building
301-405-5616
<http://www.omse.umd.edu/Services/services.html>

COURSES

- **EDCP 108B- Learning Strategies:** (1 credit) Offered during the fall and spring semesters as a half-semester or full semester course. Also offered in January as Winter Study Skills Program (WSSP), and during the summer as Summer University Retention Program (SURP) for students in academic difficulty. It provides instruction in the following areas:
 - Goal setting
 - Time management
 - Active listening
 - Note taking
 - Reading comprehension
 - Study techniques
 - Learning styles
 - Test preparation and test-taking techniques
 - University resources
 - Academic planning
- **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 course.
 - Offers students a review of study skills, time management, and the resources available for student success
 - Introduces students to key information about campus life, and services for transfer students
 - Helps students develop a supportive campus network
- **EDCP 108R- Designed for returning students 25 years or older who have had a break in their formal education and are returning to school:** Offered during the fall and spring semesters as a full semester course.
 - Offers a review of study skills, time management, and the resources available for student success
 - Introduces the student to campus resources and information about campus life
 - Helps students develop a supportive campus network..

>>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:

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.

We educate and provide consultation to University faculty, staff, and administrators in order to increase their awareness and sensitivity toward individuals with disabilities

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 **DISABILITY SUPPORT SERVICE**
4th floor Susquehanna
301-314-7682
<http://www.counseling.umd.edu/DSS/>

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

<http://www.bsos.umd.edu/hesp/clinicServices/theClinic.htm>

LIBRARY FACILITIES

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

Adaptive Technology Lab

Room 1103 McKeldin Library

301-314 -7958 TTY 301 314 6792 FAX 301 405 9191

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

TRANSPORTATION

- **Shuttle UM Paratransit Service:** provides service to people with permanent or temporary mobility needs. Paratransit is available 24 hours a day, Monday through Friday during the fall and spring semesters, and from **7:30 AM to 6:45 PM during the summer** while classes are in session. For rides before and after the Paratransit service hours please call **N.I.T.E. RIDE** at (301) 314-NITE. Paratransit is not available during the winter and spring or between semesters. The service is for academic purposes, such as getting to classes and libraries

For more information call **301-314-2255** or go to

<http://www.transportation.umd.edu/transit/paratransit.html>

>>LEARNING DISABILITIES/ ADD/ADHD<<

INDIVIDUAL CONSULTATION

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

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.

We educate and provide consultation to University faculty, staff, and administrators in order to increase their awareness and sensitivity toward individuals with disabilities

We provide students and staff with disabilities the opportunity to gain the skills necessary to effectively advocate for themselves within the University community

- Meet with a learning disabilities specialist to review documentation and to discuss reasonable accommodations.

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

4th floor Susquehanna

301-314-7682

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

- 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/services/mentalhealth.html>

VIDEOS

- **Dyslexia** (LB1050.5.D943, 1997) 29 minutes. Profiles several young people who are learning to cope effectively with dyslexia, and approaches that are helping them. Discussions include research on the condition, and society's need for more people with the visual gifts often associated with dyslexia.
- **Attention Deficit Disorder: Adults** (RC394.A85A88, 1995) 29 minutes. Adults with Attention Deficit Disorder tell how this disorder has affected their lives and what treatments they have found to help them. In addition to drug therapies, including antidepressants and stimulants, it presents behavior changes which can help people cope.

These and other materials are available in **NONPRINT MEDIA SERVICES**
Hornbake Library.

>>DRUG/ALCOHOL ISSUES<<

INDIVIDUAL CONSULTATION

- Work with a counselor on alcohol and/or drug related issues.
Offered by the Counseling Center **COUNSELING SERVICE**
4th floor Susquehanna
301-314-7651

SERVICES

- **Alcohol and/or Other Drugs Treatment Program:** This addiction counseling program has been established specifically to treat college students experiencing problems with or related to their use of alcohol and/or other drugs. The program includes individual counseling; 12-step group meetings; education; exercises designed to reinforce recovery; a nutrition program; and coordination with other treatment professionals. For more information phone or go to the Health Center url.
- **D.W.I. Education Program:** This program is intended for UM students who have been convicted of D.U.I or D.W.I. It focuses on alcohol-related issues that are common to college students. There is a charge for this program.
- **Substance Abuse Intervention Program:** This is an early intervention program intended for UM students who have been charged with violating a campus judicial policy or state law (other than D.U.I or D.W.I.). It focuses on high-risk substance abuse.
- **Assessment and Referral Service:** This service provides students an opportunity to meet individually with a professional counselor and discuss concerns they may have about their use of alcohol or drugs, or the use of a friend or family member. These issues are explored in a non-threatening manner, and students' confidentiality is always insured. In addition, referrals to appropriate campus or community prevention and treatment programs can be arranged. To discuss these issues call:

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

VIDEOTAPES

- **Alcoholism** (RC564.7.A42) 30 minutes: C. Everett Koop, M. D., has assembled over 20 of the nation's leading medical experts to develop an educational program that discusses the diagnosis, treatment, and management of alcoholism.
- **Alcohol & Cocaine: The Secret Of Addiction** (RC564.A46) 49 min. Discusses the destructive effects of alcohol and cocaine on the brain and other parts of the human body, and examines the role of heredity in the development of addiction.

- **Drug Profile: The Physical and Mental Aspects** (RC564.D784) 28 min. Describes the pharmacological and physiological effects of cocaine, marijuana, amphetamines, barbiturates, methaqualone, tranquilizers, heroin, LSD, PCP and alcohol.
- **Reach Out** (HE5620.D7R43) 11 min. In music video format, portrays a powerful drama about one family's tragedy as the result of an alcohol-related traffic death.
- **Substance Abuse Disorders** (RC341.W67) 58 minutes: Focuses on alcohol, cocaine, and nicotine addiction, considers the effects of substance abuse on the individual and society and examines causal factors and treatment approaches.
- **The Rape Drug: A New Menace** (HV6561.R385, 1998) 26 minutes. Examines the growing use of the drug Rohypnol to sedate women in order to take sexual advantage of them on dates. Follows two cases through interviews with victims and their attorneys, and reenactments.

These and other materials are available in **NONPRINT MEDIA SERVICES**
Hornbake Library 301 405 9236

>>PHYSICAL ILLNESS<<

- **Catching up after an illness:** Meet with a learning specialist to get help with time management and other skills to help you manage your workload.
Offered by the Counseling Center **LEARNING ASSISTANCE SERVICE**
3rd floor South Campus Dining Hall
301-314-7693
- The **HEALTH CENTER** is open 6 days a week (8 a.m. -7 p.m. M-F and 11 a.m.-3 p.m. Sat., with varied hours during semester breaks and holidays). Located directly across from the Stamp Student Union, the Health Center offers primary care of illness and injury, health education, a women's health clinic, sport's medicine, physical therapy, nutritional counseling, mental health services, lab services, massage therapy, acupuncture, and a pharmacy. Appointments are required except for urgent care. Currently registered students are eligible for care. There is a \$10 fee per visit. There are additional charges for x-rays, lab tests, allergy injections, and pharmacy supplies.
HEALTH CENTER
Information: 301-314-8180
Appointment: 301-314-8184
Health promotion: 301-314-8128
- **Therapeutic massage:** Many people who have received a massage experience overall muscle relaxation, reduced tension and stress levels, improved circulation, increased flexibility, reduced swelling in joints, an overall feeling of physical, emotional, and spiritual balance, and a general sense of calm, focus and well-being. If you have any questions about massage, please feel free to give us a call. Contact the Appointments Desk for an appointment.
HEALTH CENTER
301-314-8128
<http://www.health.umd.edu/services/massage.html>
- The **Center for Health and Wellbeing** is a satellite office of the University Health Center in the Campus Recreation Center. We offer a holistic and comprehensive approach to help you lead a healthier lifestyle. All services are free to students unless otherwise indicated.
CAMPUS RECREATION CENTER Room 0121
<http://www.health.umd.edu/chwb/>

>>EATING DISORDERS<<

- **My Body My Self:** A Women's Group. This group will explore women's struggles with body image and feelings of self-worth and look at the ways dieting, obsessing about thinness, binge-eating, over-exercising, or purging may be affecting their lives. Time TBA.
Offered by the Counseling Center **COUNSELING SERVICE**
4th floor Susquehanna
301-314-7651 Call for information and to sign up

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

Evaluation and assessment
Individual therapy
Group therapy/support groups
Medical and nutritional consultation
Informational workshops
Speakers and programs for classes, student groups, etc.

Offered by the Counseling Center **COUNSELING SERVICE**
4th floor Susquehanna
301-314-7651

and by

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

RECOMMENDED READING

- Bruch, Hilde. **The Golden Cage: The Enigma of Anorexia Nervosa** (RC552.A5B78)
- Zerbe, K. J. **The Body Betrayed: Women, Eating Disorders, and Treatment** (RC552.E18 Z47)

VIDEOTAPES

- **Killing Us Softly: Advertising's Image of Women** (HF5827.K56) 34 min.
- **Killing Us Softly III** (HF5827.K56) ~30 minutes. Discusses the manner in which women continue to be portrayed by advertising and the effects this has on their images of themselves.
- **Beyond Killing Us Softly: The Strength to Resist.** (HF5827.B49) Through the eyes of a young woman and her mother, along with expert commentary and interviews, the socio-cultural and historic contributors to low self-esteem, poor body image, and eating disorders are examined.
- **Slim Hopes: Advertising and the Obsession with Thinness** (BF697.5.B63 S5) 31 min.
- **Bulimia: Out of Control Eating** (RC552.B84B95) 23 min. A young woman describes her thoughts and feelings as she goes through a binge and purge session.

These and other materials are available in **NONPRINT MEDIA SERVICES**
Hornbake Library

>>FEELINGS OF ANXIETY OR STRESS<<

INDIVIDUAL CONSULTATION

- Individual therapy on issues related to anxiety and stress.
Offered by the **MENTAL HEALTH SERVICE**
Health Center
301-314-8106
- Individual therapy on issues related to anxiety and stress.
Offered by the Counseling Center **COUNSELING SERVICE**
4th floor Susquehanna 301-314- 7651 Call for an appointment.
- **For international students:** Individual sessions with an adviser focusing on issues of anxiety.
Offered by **INTERNATIONAL EDUCATION SERVICES**
3116 Mitchell Building
301-314-7740
<http://www.umd.edu/ies>

- **Off-campus Student Involvement :** The mission of Off-Campus Student Involvement in the Office of Campus Programs at the University of Maryland is to support and enhance the educational experience of ALL students who live off campus. We are here to help off-campus students succeed in both academic and out-of-class endeavors at UM. We do this by advocating for the needs off-campus/commuter students and providing various resources, programs, and information. Use our website (listed below) as your guide to enhancing your off-campus living experience at the University of Maryland or come see us in the Office of Campus Programs in The Stamp!

Offered by **Off-Campus Student Involvement**

0110 Stamp Student Union

301-405-0986

www.union.umd.edu/offCampus

- **Therapeutic massage:** Many people who have received a massage experience overall muscle relaxation, reduced tension and stress levels, improved circulation, increased flexibility, reduced swelling in joints, an overall feeling of physical, emotional, and spiritual balance, and a general sense of calm, focus and well-being. Appointments are available at the **University Health Center**. If you have any questions about massage, please feel free to give us a call or Go to the url below.

Contact the **Appointments Desk**

HEALTH CENTER

301-314-8128

<http://www.health.umd.edu/services/massage.html>

- **Victim Advocate:** The Sexual Assault Response and Prevention Program Advocate Office (SARPP) is an office whose mission is to respond to incidents of sexual assault, relationship violence, stalking, and sexual harassment. The Sexual Assault Response and Prevention Program Advocate Office provides resources, support, and assistance to men and women, primary and secondary victims in the aftermath of violence.

<http://www.health.umd.edu/services/victimadvocate.html>

GROUPS

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

Offered by the Counseling Center **COUNSELING SERVICE**

4th floor Susquehanna

301-314-7651 Call to sign up. For information about group therapy go to the url below.

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

- **Sexual Assault Recovery group**
- **Recovery from Relationship Violence**
Both groups offered by the **MENTAL HEALTH SERVICE**
Health Center
301-314-8106
<http://www.health.umd.edu/services/mentalhealth.html>

- **Stress Management:** A group that teaches you how to cope with anxiety in healthy ways (e.g., meditation practice).

Offered by the Counseling Center **COUNSELING SERVICE**

4th floor Susquehanna

301-314-7651 Call to sign up

- **Social Anxiety Group:** The Social Anxiety Group provides support and interpersonal growth for students struggling with social anxiety. This therapy group provides such students with the opportunity to share their experiences and explore interpersonally with students like themselves. Wednesdays 5-6:30 Call 4-7651 to set up a screening interview.

Offered by the Counseling Center **COUNSELING SERVICE**

4th floor Susquehanna

301-314-7651 Call to sign up

- **Health Behavior Change Counseling:** Have you lost your motivation to exercise, eat healthy, and follow other positive habits? The Center for Health and Wellbeing can help. Take an online health assessment and bring your results. You and the health educator will discuss your current lifestyle and how you can fit in exercise, healthy eating, stress management, and other lifestyle habits to help create balance in your daily life. Call for details or to make an appointment. For more information go to the url below.

The Center for Health and Wellbeing

301-314-1493

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

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

Offered by the Counseling Center **COUNSELING SERVICE**

4th floor Susquehanna

301-314-7651 Call to sign up

AUDIOTUTORIAL TAPES

- **Listening:** A tape designed for the listener to learn a different, more positive way of attending to lectures.
- **Time Management:** Two tapes designed to help you learn more effective ways of managing your time.
- **SQ3R:** An effective study technique that emphasizes learning in small chunks.

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

3rd floor South Campus Dining Hall

301-314-7693

>>DEPRESSION<<

INDIVIDUAL CONSULTATION

- Individual sessions with a counselor to discuss issues related to depression.
Offered by the Counseling Center **COUNSELING SERVICE**
4th floor Susquehanna
301-314-7651
- Individual sessions with a counselor focusing on issues related to depression. Medication evaluation by a psychiatrist, when needed.

Offered by the **MENTAL HEALTH SERVICE**

HEALTH CENTER

301-314-8106

<http://www.health.umd.edu/services/mentalhealth.html>

- **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. Available Tuesdays through Fridays between 3-4.

Offered by the Counseling Center **COUNSELING SERVICE**

4th floor Susquehanna

301 314 7651

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

GROUPS

- **Group therapy for students coping with depression**
Offered by the **MENTAL HEALTH SERVICE**
Health Center
301-314-8106

- **Memory Circle** is designed for students who would like to work through a recent or past loss in a small group setting. This group offers emotional support and psycho-educational information about the process of grief, and helps students develop adaptive coping strategies to deal with their loss. Thursdays 3-4:30.

Offered by the Counseling Center **COUNSELING SERVICE**
4th floor Susquehanna
301-314-7651 Call or come in to sign up.

- **“Happy Hour”** – a weekly structured group designed to enhance students’ engagement, pleasure, and meaning while in college. Offered Thursdays 6-7:30 p.m.

Offered by the Counseling Center **COUNSELING SERVICE**
4th floor Susquehanna
301 314 7651
Call or come in to sign up.

WELLNESS

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

>>SELF-CONFIDENCE ISSUES<<

GROUPS

- **My Body My Self: A Women’s Group.** This group will explore women’s struggles with body image and feelings of self-worth and look at the ways dieting, obsessing about thinness, binge-eating, over-exercising, or purging may be affecting their lives. Time TBA.
Offered by the Counseling Center **COUNSELING SERVICE**
4th floor Susquehanna
301-314-7651 Call for more information and to sign up
- **General Therapy Groups:** an interactive experience that allows for personal and interpersonal growth. The overarching goal is to assist in the empowerment and success of participating students as they learn more about themselves and the various worlds in which they live (i.e., roommates, academic environments, family, faculty, friends). Times TBA.
Offered by the Counseling Center **COUNSELING SERVICE**
4th floor Susquehanna
301-314-7651 Call for more information and to sign up
- **Social Anxiety Group:** The Social Anxiety Group provides support and interpersonal growth for students struggling with social anxiety. This therapy group provides such students with the opportunity to share their experiences and explore interpersonally with students like themselves. Wednesdays 5-6:30
Call 4-7651 to set up a screening interview.
Offered by the Counseling Center **COUNSELING SERVICE**
4th floor Susquehanna
301-314-7651 Call to sign up

WORKSHOPS

- Work Smarter, Not Harder!
- This Way to an A: Preparing for Midterms
- Managing Exam Anxiety
- Save Your Semester

Workshops offered by the Counseling Center **LEARNING ASSISTANCE SERVICE**
3rd floor South Campus Dining Hall
301-314-7693
<http://www.counseling.umd.edu/LAS/htm>

INDIVIDUAL CONSULTATION

- Individual counseling sessions related to issues of self-confidence.
Offered by the Counseling Center **COUNSELING SERVICE**
4th floor Susquehanna
301-314-7651
- Individual and group counseling sessions related issues of self-confidence.
Offered by the **MENTAL HEALTH SERVICE**
Health Center 301-314-8106

COMMUNITY SERVICE-LEARNING

- **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 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 COMMUNITY SERVICE -LEARNING**

0110 Stamp Student Union

301-314-CARE

<http://www.csl.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:
www.chapel.umd.edu/chaplains
- **“Happy Hour”** – a weekly structured group designed to enhance students’ engagement, pleasure, and meaning while in college. Offered Thursdays 6-7:30 p.m.
Offered by the Counseling Center **COUNSELING SERVICE**
4th floor Susquehanna
301 314 7651
Call or come in to sign up.

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 COMMUNITY SERVICE -LEARNING**
0110 Stamp Student Union
301-314-CARE
<http://www.csl.umd.edu/>

>>LEADERSHIP<<

- **The Maryland Leadership Development Program (MDLP)** is designed to give students the opportunity to cultivate skills, build networks, and begin the process of impacting positive change as university, and ultimately global, citizens. The Maryland Leadership Development Program seeks to provide comprehensive, multifaceted, and cumulative leadership development opportunities and experiences for University of Maryland students. For more information go to the url.

<http://www.union.umd.edu/OCPLead/MLDP/>

- **Terp Impact:** this website is designed to be a source for students to find opportunities and information on civic engagement and leadership opportunities on and around campus.

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

>>LEARNING ABOUT DIFFERENT CULTURES IN A MEANINGFUL WAY<<

- **Community Service-Learning** is a unit in the Office of Campus Programs, organizes service-learning activities and provides information about Multicultural Involvement and Community Advocacy (MICA). MICA is committed to the creation and maintenance of a campus environment where diversity is valued, identity and culture are affirmed, and individuals feel free to express themselves. MICA has a dual role of empowering and advocating on behalf of minority students and educating majority students to the value and benefits of multiculturalism and diversity. MICA encourages and supports student involvement in culturally specific student organizations and promotes cross cultural involvement opportunities for all students.

MULTICULTURAL INVOLVEMENT AND COMMUNITY ADVOCACY
1120 Stamp Student Union
301-314-7179
<http://www.union.umd.edu/diversity/>

CLARIFIED CAREER AND LIFE GOALS

>>CHOICE OF ACADEMIC MAJOR<<

- **Individual Counseling:** Talk with a counselor about your interests, skills, and values. You also can complete various career and personality inventories that help you make the right decision.
Offered by the Counseling Center **COUNSELING SERVICE**
4th floor Susquehanna
301-314-7651 Call for further information or to make an appointment
- **Academic Major walk-in hour:** Designed to get students immediate help in choosing an academic major using a fast easy-to-use computer program called SIGI 3. No appointment necessary. Wednesdays 1-3.
Offered by the Counseling Center **COUNSELING SERVICE**
4th floor Susquehanna
301 314 7651 for further information
- **Major Decisions:** A four-week structured group that helps students decide on appropriate majors and careers. Each session focuses on a different aspect of the process of career decision-making.
Offered by the Counseling Center **COUNSELING SERVICE**
4th floor Susquehanna
301-314-7652 Call for further information or to make an appointment
- **EDCP 108C:** A 12-week one-credit course helping students learn about themselves and how to make good decisions when choosing an academic major.

What students liked best about **EDCP108C**

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

>>INTERNSHIP INFORMATION<<

- **EDCP108I:** Academic Transition into Internships: designed to provide students with the full experience of searching for, obtaining, finding and successfully an internship.

Why do an internship?

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

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

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

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

For more information phone us, or go to the url below.

Offered by the University **CAREER CENTER** and **The President's Promise** 3100 Hornbake
301 314 7225

http://www.careercenter.umd.edu/student/intern/about_int.asp

>>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 help students identify useful resources, encourage them to take advantage of part-time, internship, and summer employment opportunities, and coach them in job search skills and strategies. Consult web-site for hours of operation.

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

3100 Hornbake Library South Wing

301-314-7233

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

- **Externship:** An externship is a one- or two-day job shadowing experience during winter term that provides an opportunity to:

- ❖ Observe and network with professionals
- ❖ Investigate a career field
- ❖ Clarify career goals and interests
- ❖ Be involved in a professional work environment

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

3100 Hornbake Library South Wing

301-314-7233

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

- **Individual appointments** with a counselor to discuss your interests, skills, and values. You can also complete various career and personality inventories that help and your counselor in the decision-making process.

Offered by the Counseling Center **COUNSELING SERVICE**

4th floor Susquehanna

301-314-7651

COMPUTER RESOURCES

- **Terp Network:** Students can find out more about possible careers through this web-based listing of parents, alumni and university friends who want to provide career advice and role-modeling to UM students. Access by registering with Careers4Terps through the University Career Center's website.

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

3100 Hornbake Library South Wing

301-314-7233

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

- **Virtual Mock Interviews** are self-produced practice interviews. Through use of an interactive kiosk, sessions are digitally recorded and streamed to an online account for your review.

OTHER RESOURCES

- **Career Series:** a campus-wide initiative designed to inform students about possible careers. The series includes discipline-related career panel discussions, resume and cover letter workshops, an internship series, career expos and fairs, and a Senior Survival Series.

- **Career & Job Fairs:** A chance for students to learn more about various career fields in addition to discussing part-time, internship, or full-time employment opportunities with employer representatives. See **CALENDAR OF EVENTS** on our website for upcoming dates.

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

3100 Hornbake Library South Wing

301-314-7225

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

- **Career and Employment Resource Room:** contains various resources to help you learn about career planning and job search strategies. You can use printed, audiovisual and/or computerized information to assess your interests, skills and values in addition to exploring majors and career opportunities and job search resources.

Offered by the University **CAREER CENTER** and **The President's Promise**

3100 Hornbake Library South Wing

301-314-7225

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

>>THE PRESIDENT'S PROMISE<<

- **The President's Promise** 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, located in the University Career Center, can help you connect with a special experience.

Offered by the **PRESIDENT'S PROMISE**

University Career Center

3100 Hornbake Library, South Wing

301-314-7888

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