

University of Maryland RESOURCE DIRECTORY 2022 - 2023



Containing information on UMD campus and off-campus resources
for helping students enhance the qualities and competencies
that characterize a successful student
at the University of Maryland

FOREWORD

The **RESOURCE DIRECTORY** is a listing and description of both on- and off-campus services keyed to the academic, personal, and interpersonal competencies conducive to success as a University of Maryland student. The resources found here encompass issues related to academic, vocational, personal, and interpersonal development. Among the many forms of help are resources such as workshops, support groups, individual counseling, and consultation. In most cases, a hyperlink will connect to the particular resource's website for access to the most updated information.

Please consider the **RESOURCE DIRECTORY** as a “first stop” for identifying options that address students' academic and personal growth needs. We hope that users will find that the services listed in the directory reflect both the diversity and the commonality of students' interests, challenges, and goals.

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GENERAL INFORMATION FOR ALL TERPS

CAMPUS MAPS

<https://maps.umd.edu/map/>

DEAN OF STUDENTS

Students often have unique needs and could use help finding the resources to help them get through particularly trying times. The Dean of Students Office knows and understands this. We're here to support Terps that are having trouble meeting their financial obligations, are looking to address food insecurity issues, or are just looking for assistance in navigating a complex university life.

301-314-8429

deanofstudents@umd.edu

<https://studentaffairs.umd.edu/support-resources/dean-students>

FINANCES & TUITION

NATIONAL SCHOLARSHIPS OFFICE (NSO)

NSO is looking for students (with or without financial need) who are developing strong academic and extracurricular interests and goals and who want to take advantage of every constructive opportunity that will help them reach their objectives.

<https://www.scholarships.umd.edu/>

NEED BASED SCHOLARSHIPS/SCHOLARSHIPS FOR “RETURNING” (NON-TRADITIONAL AGED) STUDENTS

The Division of Student Affairs and the Counseling Center support scholarships for returning adult students who are seeking to complete bachelor's degrees at the University of Maryland and in need of financial assistance to continue their education. The Returning Student Scholarship Program is made up of several scholarships.

Charlotte W. Newcombe Foundation Scholarship:

<https://studentaffairs.umd.edu/scholarships/charlotte-w-newcombe-scholarship-fund>

Gerald G. Portney Memorial Scholarship:

<https://studentaffairs.umd.edu/gerald-g-portney-memorial-fund>

B. Udelle Friedland Memorial Endowed Scholarship:

<https://studentaffairs.umd.edu/b-udelle-friedland-memorial-endowed-scholarship>

OFFICE OF STUDENT FINANCIAL AID

The University of Maryland aims for excellence in all things. We are committed to providing students from all backgrounds with pathways to accessible and affordable education by opening doors for talent and promise.

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

TERP FAMILY STUDENT SCHOLARSHIP

The Terp Family Student Scholarship is a one-time award presented each year to **undergraduate students** in good standing who may be unable to continue their education at the University due to extenuating financial circumstances.

301.314.8429

terpfamily@umd.edu

<https://terpfamily.umd.edu/terp-family-student-scholarship-awards>

UMD STUDENT CRISIS FUND

The Student Crisis Fund is managed by the Dean of Students Office housed within the Division of Student Affairs. Creating a culture of care is central to the Dean of Students values. In the spirit of caring for our students, the Student Crisis Fund supports the financial wellness and personal well-being of our students so they can thrive personally and academically. The Student Crisis fund is funded by our generous donors and supporters and it provides financial support when a verified crisis has negatively impacted a student's health, safety, wellbeing, and their ability to continue their education.

<https://studentaffairs.umd.edu/division-of-student-affairs-crisis-fund>

For other need-based scholarships and scholarships for returning students, please visit:

<https://studentaffairs.umd.edu/support-resources/development/scholarships/current-scholarships-funds>

STUDENT LEGAL AID

GRADUATE STUDENT LEGAL AID OFFICE

Graduate Student Legal Aid is here to prevent and resolve your legal problems and to reduce the associated stress. Our mission is to advise you of your legal rights in a culturally competent, compassionate, confidential, and supportive setting to make it easier for you to do what you are here to do, focus on your academic pursuits. Our supportive services are offered at **no additional charge** to graduate students who are currently enrolled full-time. Graduate Student Government annually allocates a portion of the graduate student fee to fund our office and help graduate students address their legal concerns.

<https://gradlegalaids.umd.edu>

UNDERGRADUATE STUDENT LEGAL AID OFFICE

The Undergraduate Student Legal Aid Office provides legal advice and university charge assistance to University of Maryland undergraduate students. The Student Legal Aid Office (SLAO) is separate from the Office of Student Conduct, Office of Civil Rights and Sexual Misconduct, and Office of Rights and Responsibilities. At SLAO, we strive to empower students to take ownership of their cases, and we work with students towards a fair outcome.

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

STUDENT ORGANIZATIONS AND CLUBS

Joining a campus organization is one of the best decisions you can make at the University of Maryland. Through meeting other students with similar interests, you could form a new group of friends and a network that will be there for the rest of your life. Through joining a club, you will also develop skills that will be helpful for your future careers, including budgeting, event planning, and leadership. Academic research even shows that students who are involved in campus activities are more likely to graduate on time.

ADELE H. STAMP STUDENT UNION - CENTER FOR CAMPUS LIFE

Find your passion, your creativity, your friends here at the Adele H. Stamp Student Union in the heart of the University of Maryland, College Park campus. We are so excited to welcome you this fall, and to be together again. From leadership and community service learning opportunities, more than 800 student organizations, recreation, arts, and so much more, students and visitors can find community at STAMP. Our doors and arms are wide open, ready to welcome you. Come find yourself here! Go Terps!

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

Graduate Student Life

The Graduate Student Life staff strives to build community among GradTerps, provide effective communications to resources and people, and advocate for GradTerps throughout the University of Maryland.

https://thestamp.umd.edu/graduate_student_life

Leadership & Community Service-Learning

We engage students in experiential and community-based learning to foster socially responsible leadership.

https://thestamp.umd.edu/leadership_community_service-learning

Maryland Leadership Education and Development (LEAD) Program

The Maryland LEAD Program engages students in leadership experiences that complement academic, co-curricular, career, and community engagement opportunities. Through institutes, conferences, retreats, and peer education, the Maryland LEAD Program develops the skills necessary to practice socially responsible leadership.

<https://stamp.umd.edu/marylandlead>

Student Organization Resource Center (SORC)

The SORC is committed to supporting student success through involvement and leadership opportunities. SORC is the source for your student involvement needs and desires, from finding a student organization to join, to registering a new student organization and providing assistance and support to existing student organizations.

https://thestamp.umd.edu/student_org_resource_center_sorc

TERPLINK

A one-stop resource for students to discover unique opportunities at the University of Maryland. You can find organizations ranging from a variety of interests to get involved with, find events you might be interested in, and track your involvement!

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

OMICRON DELTA KAPPA NATIONAL LEADERSHIP HONOR SOCIETY

Omicron Delta Kappa (ODK) is a nationally recognized leadership honor society. The University of Maryland Sigma Circle acknowledges students and faculty who have contributed to the campus by highlighting leadership and bringing together all phases of collegiate life. The members of ODK are responsible for maintaining a high standard of efficiency in five areas of collegiate activities: scholarship; athletics; campus or community service, social and religious activities, and campus government; journalism, speech, and the mass media; and the creative and performing arts. Members should also inspire others to strive for conspicuous attainment along similar lines. Our mission is to be an organization of leaders among leaders that helps foster the sharing of opportunities to benefit the campus community.

<http://odk.umd.edu/>

UNIVERSITY CAREER CENTER & THE PRESIDENT'S PROMISE

The University Career Center & The President's Promise provides comprehensive career assistance for all students enrolled at the University of Maryland, College Park. Designed to support students through each stage of their career development, the Center offers an array of resources, services and programs that empower students to pursue their ambitions and navigate a meaningful career journey.

<https://careers.umd.edu>

UNIVERSITY OF MARYLAND POLICE DEPARTMENT (PUBLIC SAFETY)

The University of Maryland Police Department is a professional law enforcement organization that employs over 100 dedicated men and women. These individuals provide a complete array of law enforcement and related services to our community of approximately 80,000 members, which includes a student population of approximately 40,000.

911 from campus phones

301-405-3333 from any off-campus phone

#3333 from any Verizon Wireless, ATT, Sprint/Nextel or T-Mobile cell phone

<https://www.umpd.umd.edu>

ACADEMIC SUCCESS

OFFICES GEARED TOWARD STUDENT SUCCESS

ACADEMIC ACHIEVEMENT PROGRAMS

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

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

ACADEMIC ADVISING

Academic advising is a dynamic relationship between advisor and student to support educational and career success. Advisors provide guidance on academic policies and regulations, post-graduate opportunities, and other resources available on-campus that offer academic and personal support.

<https://studentsuccess.umd.edu/academic-advising>

FOSTERING TERP SUCCESS

Fostering Terp Success is a campus-wide community of support and belonging for students who have a history of foster care involvement, are experiencing homelessness or housing insecurity, and lack a supportive family system. Our comprehensive network of staff, faculty and alumni is committed to removing barriers to and assisting students in accessing essential campus services, navigating challenges, and developing self-advocacy and life skills.

fosteringterpsuccess@umd.edu

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

OFFICE OF EXTENDED STUDIES

The Office of Extended Studies (OES) partners with University of Maryland (UMD) academic units to provide administrative services for credit and non-credit initiatives that target a diverse range of students at the pre-college, undergraduate, graduate, and professional level. Programs include Summer, Winter, and Undergraduate Programs, and Professional and Continuing Education.

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

STUDENT SUCCESS OFFICE

We offer services and resources to assist students in completing their undergraduate degrees. We assist students in their readmission or reinstatement to the University following withdrawal under certain circumstances and/or absence from the University over an extended period of time; academic dismissal; or were on probation and had left the University.

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

THE REED-YORKE HEALTH PROFESSIONS ADVISING OFFICE

The mission of the Reed-Yorke Health Professions Advising Office supports the overall objectives of the university of Maryland, particularly its commitment to health care education and the training of health care professionals for the 21st century and beyond. The Reed-Yorke Health Professions Advising Office emphasizes the integration of a humanistic approach to pre-professional education with depth and breadth. This is our philosophy and these are the methods by which we help students prepare for careers in the health professions

<https://www.prehealth.umd.edu/>

TUTORING

Academic Achievement Programs – Tutoring Component

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

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

Math Department Tutoring

The Math Department provides information on which classes it provides tutoring options for here:

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

Office of Multi-Ethnic Student Education (OMSE) Tutoring

Tutoring is one of the numerous ways the OMSE office fulfills its purpose of giving students the opportunity to excel academically. This is a free, walk-in tutorial program that covers most key courses in Writing, Mathematics, Biology, Chemistry, and Economics, among other courses. Individual and small group tutoring consisting of 2-4 students per group is available each semester in most undergraduate courses.

<https://omse.umd.edu/tutoring/>

Office of Undergraduate Studies

This website provides a variety of tutoring and other academic resources to support student success – available on campus, from our peer institutions, and other non-university websites.

<https://www.tutoring.umd.edu/>

ACADEMIC SUCCESS RESOURCES

ACADEMIC PLANS & GUIDE

4-Year Plans for Academic Majors

The goal of the Student Academic Success-Degree Completion Policy is to promote undergraduate student success. The policy establishes a structured framework and criteria to guide all students to completion of an undergraduate degree within a reasonable period of time. All students must complete a plan within their 1st semester and have it approved by an academic advisor.

<https://www.4yearplans.umd.edu/>

Academic Success Guide (The Department of Resident Life)

The Fall semester is well underway. The new academic year brings new challenges both global and personal. All of these issues as well as individual struggles can have an impact on your academic journey here at UMD. The Department of Residence Life is here to support you along your educational path and wants you to know about the resources available to help you along the way. The Academic Success Guide is a packet of resources and tips to help you succeed academically and prepare for any upcoming midterms and the rest of the semester. We are always here to help you succeed!

https://issuu.com/umdresslife/docs/2022_fall_midterms_academicssuccessguide?fr=sYTlyZTUyODA4MzU

Four Year Academic Success Plan (The Counseling Center)

Want to stay on track to graduate in four years? Check out this resource which details strategies in personal responsibility, time management and organization, research and inquiry skills, communication skills, and collaboration to keep you on track.

<https://counseling.umd.edu/sites/default/files/2021-11/fouryearacademicsuccessplan.pdf>

COMMUNICATION SKILLS

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

<https://academiccatalog.umd.edu/undergraduate/approved-courses/comm/>

GENERAL EDUCATION AT UMD

General Education at the University of Maryland serves to unite the intellectual and creative goals that we have for our students and define the University of Maryland education. The General Education program has the following goals for all students:

- Develop the skills necessary to succeed in academic careers and in professional lives by establishing habits and understanding of clear writing, effective speaking and presentation, and critical and analytic reasoning.
- Strengthen knowledge in major areas of study.
- Broaden knowledge of civilizations past and present.
- Establish the ability to thrive both intellectually and materially and to support themselves, their families, and their communities through a broad understanding of the world in which they live and work.
- Define the ethical imperatives necessary to create a just society in their own communities and in the larger world.

<https://www.gened.umd.edu/>

GPA CALCULATOR

Figure out how your grades in certain classes will impact your GPA.

<https://www.testudo.umd.edu/gpa/index.html>

MATH SKILLS

Academic Achievement Programs – Mathematics Component

The goal of the Mathematics Component is to enhance and improve the mathematics skills of students so that they will be able to succeed in an entry-level math course at the University. Through lectures, small group discussions, and lab settings, efforts are made to provide effective developmental instruction as well as help students become more independent learners as they shift from a product-oriented and rule-based approach to a process-oriented and concept-based approach to solving problems.

<https://www.aap.umd.edu/math-ied-sss.html>

Math 003 Course

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

<https://app.testudo.umd.edu/soc/search?courseId=MATH003>

Math Department Tutoring

The Math Department provides information on which classes it provides tutoring options for here:

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

Mathematics Learning Assistance (Teaching & Learning Transformation Center)

Our Math Learning Specialist provides academic counseling to UMD students taking all levels of mathematics courses, helps them learn about UMD campus mathematics learning resources, develop efficient study strategies, and review their math skills.

<https://tltc.umd.edu/mathematics-learning-assistance>

Math Major Survival Guide

The purpose of the Math Major Survival Guide is to help math majors succeed in their math classes during two traditionally difficult transitional periods: the transition from high school math classes to college computation classes and the transition from computation classes to proof classes.

https://www-math.umd.edu/images/pdfs/Math_Major_Survival_Guide.pdf

Math Success Program (Teaching & Learning Transformation Center)

The Math Success Program (MSP) offers FREE drop-in math coaching and collaborative study groups for students enrolled in undergraduate math and math-related courses. Our undergraduate coaches and collaborative study group leaders specialize in Algebra, Pre-Calculus and Calculus I-III, though often we can assist in most math or statistics-based courses. All UMD students are welcome and no appointment is necessary. Come to ask questions, deepen your understanding of course concepts, discuss effective math learning strategies, collaborate with peers, or study with the support of our coaches nearby.

<https://tltc.umd.edu/students/get-help-class/math-success-program>

Handouts

A variety of handouts, apps, links, and videos are offered by the Counseling Center. For handouts on math learning, visit: <https://www.counseling.umd.edu/academic/resources/handouts/>

ONLINE RESOURCES

The Counseling Center provides many online academic resources for students. Check them out!

<https://www.counseling.umd.edu/academic/resources/campus/>

RESEARCH EXPERIENCE

Maryland Center for Undergraduate Research (MCUR)

The MCUR promotes and facilitates on- and off-campus research experiences for undergraduates. Students can use MCUR to find research opportunities that best match their skills and interests.

<https://www.ugresearch.umd.edu/>

The First-Year Innovation & Research Experience (FIRE)

FIRE provides first-year UMD students an inclusive, faculty-mentored research experience that drives accelerated career readiness and opportunity.

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

STUDY SKILLS AND STRATEGIES

Academic Achievement Programs – College Study Skills Component

The goal of the College Study Skills Component (CSS) is to assist students in becoming confident, self-regulated learners in all types of courses at the university. The CSS component section of EDCI 288D/E aims to provide a foundation of study skills' techniques students can readily apply to their coursework. Class topics include: time management, note taking and organizational tools, text book reading strategies, goal setting, motivation, critical thinking, identifying and using resources/support systems, and communication skills.

<https://www.aap.umd.edu/studyskills-ied-sss.html>

Guided Study Sessions (Teaching & Learning Transformation Center)

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

<https://tltc.umd.edu/node/5954>

Handouts: Studying, Test Preparation, and Time Management

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

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

WRITING SKILLS

Academic Achievement Programs – English Component

The goal of the English Component of the SSS/IED program is to facilitate students' success in the University's required *Introduction to Writing* course by teaching the basic conventions of argumentative discourse, especially in reference to elements of reading, arrangement, development and style. In addition, students learn computer and library skills to support their writing activities.

<https://www.aap.umd.edu/english-ied-sss.html>

Graduate School Writing Center

We enact the Graduate School mission, “*Advancing graduate education. Enhancing the graduate student experience,*” by providing opportunities for conversations about writing and oral communication across the graduate community. We offer support for graduate students at every stage of their development as academic and professional communicators, who can, in turn, fulfill the university’s mission of sharing research, educational, cultural, and technological strengths with the broader community. We offer the following services: Writing and oral communication consultations, a variety of workshops and weekly write-ins, writing groups, and English editing for international graduate students.

<https://gradschool.umd.edu/graduate-school-writing-center>

The Writing Center (for Undergraduate Students)

The Writing Center’s highly trained tutors are prepared to help you improve your writing, research, and critical thinking skills as you prepare for a successful academic and professional life. Come at any stage of the writing process. We can talk about your idea, get you started with research, or help you finalize a draft. We offer Face-to-Face tutoring, Live Online tutoring, and 24-Hour Feedback.

<https://www.english.umd.edu/academics/writingcenter>

STUDENT WELL-BEING

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

COUNSELING, MENTAL, & EMOTIONAL HEALTH

BEHAVIORAL EVALUATION AND THREAT ASSESSMENT TEAM (BETA TEAM)

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

<https://studentaffairs.umd.edu/health-wellness/concerned-about-student>

BEHAVIORAL HEALTH SERVICES (UNIVERSITY HEALTH CENTER)

The University Health Center, provides high-quality, cost-effective health care and wellness programs in order to promote the health of the University community and support academic success. Our goal is to be the provider of choice for health care and health information for University of Maryland students, to be recognized as a leader in collegiate health care, to be an important source of services for faculty and staff, and to be an integral part of the University's educational mission.

(301) 314-8106

<https://health.umd.edu/behavioral-health>

CARE TO STOP VIOLENCE SERVICES (UNIVERSITY HEALTH CENTER)

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

Crisis Cell: 301-741-3442 (24/7 during Fall and Spring semester) * If for some reason you would like to call the UM's Domestic Violence and Sexual Assault Center directly, you can reach them on their 24 hr hotline at 240-677-2337.

uhc-care@umd.edu

<https://www.health.umd.edu/care>

COUNSELING SERVICE (THE COUNSELING CENTER)

After-Hours Crisis Support

The Counseling Center has After-Hours Crisis Support Phone Services. These services are available between 7:00pm to 8:30am Monday through Thursday, after 4:30pm on Fridays, and 24 hours/day over the weekend. Students need only to call 301-314-7651.

Counseling Outreach

The Counseling Center delivers outreach programming to students, faculty, and staff across campus. We offer mental health-focused events for the campus community and provide psychoeducational presentations for student groups and campus departments by request. If you are interested in learning more about the Counseling Center's outreach program, or to request an outreach presentation, visit the website here:

<https://counseling.umd.edu/cs/outreach>

[Facebook](#): UMD Counseling Center

[Instagram](#): @umdcounseling

[Snap Chat](#): @umdcounseling

[Twitter](#): @UMCounselingCTR

[YouTube](#): University of Maryland Counseling Center

Counseling Services

The Counseling Service in the Counseling Center is the primary campus provider of free and confidential therapy to help UMD students manage personal, social, and academic challenges. Staffed primarily by licensed psychologists, the Counseling Service also conducts campus outreach presentations, provides emergency response services, and assists with referrals to off-campus mental health providers. The Counseling Service offers Career Counseling, Couples Counseling, Group Counseling, and Individual Counseling. You could come and speak to one of our counselors for an individual appointment for a variety of reasons. Below are a few topics that counseling with our Counseling Service can help with.

<https://www.counseling.umd.edu/cs/>

Some [Common Issues](#) for Individual Counseling

Academic Concerns/Learning Difficulties
Adjustment to College
Alcohol and/or Drug Related Issues
Anxiety or Stress
Culture Shock & Adjustment to the United States
Depression or Other Mood Disorders
Disordered Eating
Educational/Vocational Issues
Family Issues
Grief
Issues with Self-Confidence
Loneliness or Lack of Emotional Support
Motivation, Perfectionism, and Procrastination Issues
Relationship Issues
Sexual Assault/Abuse and Trauma

Topics of Group Counseling¹

A Lighter Shade of Blue
Circle of Sisters (general counseling for Black women)
Creating Confidence
Dissertation Support Group
Entre Nosotrxs Latinx Support Group
General Group Therapy
Hope and Healing (for female survivors of sexual assault)
International Student Support Group
LGBTQIA+ Support Group
Memory Circle
My Body-My Self: A Woman's Group (body image group)
Women's Graduate Student Support Group
Women's Self-Compassion Group

Drop In Hours

3:00 to 4:00pm, Monday through Friday: Students of color, international students, LGBTQIA+, and veteran students can drop into the Counseling Center without an appointment to speak with a counselor.

Online Resources

The Counseling Center has created a plethora of resources for helping and responding to students in distress including increasing awareness of cultural differences, responding to emotional distress, substance abuse, interpersonal violence, academic problems, and career concerns. [Check out their online resources](#) for more information.

CRISIS HOTLINES

211 Maryland

As a 501(c)(3) nonprofit, our mission is to connect Marylanders to the health and human services they need to achieve a more stable life for themselves and their families. 211 MD oversees a statewide network of call centers, providing essential connections to Marylanders when they need it most.

Call: 211, Press 1

Text: Your zip code to 898-211 or TXT-211

<https://pressone.211md.org/>

988 Suicide & Crisis Lifeline

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

Call: 988

https://988lifeline.org/?utm_source=google&utm_medium=web&utm_campaign=onebox

¹ Not all group counseling topics listed here are offered every semester or at the same time. Please check the following website for a current list of group topics being offered: <https://www.counseling.umd.edu/cs/clinical/group/>

After-Hours Crisis Support (The Counseling Center)

The Counseling Center has After-Hours Crisis Support Phone Services. These services are available between 7:00pm to 8:30am Monday through Thursday, after 4:30pm Fridays, and 24 hours/day over the weekend. Students only need to call 301-314-7651.

The Trevor Project: Trevor Lifeline

The Trevor Project' mission is to end suicide among LGBTQ young people.

1-866-488-7386

Text: 678-678

<https://www.thetrevorproject.org/>

ONLINE RESOURCES

Apps for Mental Health in College Students

Check out the “Self-Help Apps” section of the Counseling Center website for online and app recommendations based on concern.

<https://www.counseling.umd.edu/cs/commonconcerns/#selfhelpapps>

PEER-TO-PEER SUPPORT, CRISIS OR NON-CRISIS

Lean on Me College Park

Lean On Me College Park aims to provide University of Maryland students with non-crisis peer-to-peer text-based emotional support through the convenience and confidentiality of texting. We are completely student-run and NOT affiliated with the University Counseling Center, University Health Center, or other University of Maryland services.

Text: 301-494-8808

<https://leanonmeumd.carrd.co/>

UMD Help Center

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

301-314-HELP (4357)

<https://helpcenterumd.org/>

[Facebook](#): Help Center at the University of Maryland

[Instagram](#): @umdhelphcenter

THE PSYCHOLOGY CLINIC AT THE UNIVERSITY OF MARYLAND

The Psychology Clinic offers year-round, sliding-fee scale services for children, adolescents, and adults in the suburban Maryland and greater Washington DC metro area. Services include individual therapy and psychoeducational assessment, such as LD/IQ/ADHD. Specialty services also available are Behavioral Parent Training, Diagnostic Consultation, Parent-Child Interaction Therapy (PCIT), and Behavioral School Consultation. We treat a wide variety of concerns across the lifespan such as: Depression, Anxiety, Attention-Deficit Hyperactivity Disorders, Relationship/Interpersonal Problems, Emotional and Behavioral Disorders, and Problems with Stress and Coping. The Psychology Clinic is staffed by Licensed Clinical Psychologists, Clinical Program Faculty Members, and graduate students from the Doctoral Program in Clinical Psychology.

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

OVERALL WELLNESS

HEALTH PROMOTION AND WELLNESS SERVICES (UNIVERSITY HEALTH CENTER)

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

<https://www.health.umd.edu/HPWSSERVICES>

UNIVERSITY RECREATION & WELLNESS (RecWell)

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

<https://www.recwell.umd.edu>

[YouTube](#): UMD Fitness

PHYSICAL HEALTH

ALCOHOL/DRUG TREATMENT SERVICES

Recovery Resources

Use the link below to find a list of on-campus and off-campus resources available to students, staff, and anyone interested in recovery. These resources include: Consultation and Assessment, Drug Testing, a Harm-Reduction Oriented Recovery Support Group, Recovery Lounge Drop-in Space, Substance-Free Housing, Terps After Dark, Terps for Recovery, and 12-step Groups.

<https://health.umd.edu/medical-behavioral-health-substance-use-intervention-and-treatment/recovery-resources>

Substance Use Intervention & Treatment (SUIT; University Health Center)

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

<https://www.health.umd.edu/mentalhealth/substanceuse>

NUTRITION SERVICES (UNIVERSITY HEALTH CENTER)

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

<https://health.umd.edu/wellness-advocacy/nutrition-services>

UNIVERSITY HEALTH CENTER

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

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

UNIVERSITY OF MARYLAND CAPITAL REGION HEALTH

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

<https://umcapitalregion.org/>

SPIRITUAL HEALTH

CHAPLAINS

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

chapel@umd.edu

https://thestamp.umd.edu/memorial_chapel/chaplains

GARDEN OF REFLECTION AND REMEMBRANCE

The Garden of Reflection and Remembrance contains many elements that come together to create an area uniquely for contemplation. The labyrinth is a sanctuary for those who walk while they think, while benches offer a place for those who want to sit still. Water features add a soothing dynamic, while journals allow the community to express their emotions. Additional spaces commemorate the bravery of our veterans as well as historic university milestones.

https://thestamp.umd.edu/memorial_chapel/garden

MEMORIAL CHAPEL

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

chapel@umd.edu

https://thestamp.umd.edu/memorial_chapel

MUSALLAH

The Muslim Student Association has a prayer room at the heart of campus, located in the Cole Field House, room 0204.

<https://www.umdmsa.com/prayer-info>

SERVICES FOR SPECIFIC GROUPS

OFFICES GEARED TOWARD DIVERSITY, EQUITY, & INCLUSION

ACCESSIBILITY & DISABILITY SERVICE

The University of Maryland is committed to the principle that no qualified individual with a disability shall, on the basis of disability, be excluded from participation in or be denied the benefit of services, programs, or activities at the University. The Accessibility & Disability Service (ADS) provides reasonable accommodations to qualified individuals to ensure equal access to services, programs, and activities sponsored by the University of Maryland. ADS is committed to ensuring that students are provided the necessary services during this time of uncertainty caused by COVID-19. All appointments with ADS staff members will continue to be conducted virtually (e.g., phone or Zoom appointments). Accommodated Testing sessions within the ADS Testing Office will be completed in person

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

OFFICE OF CIVIL RIGHTS & SEXUAL MISCONDUCT (OCRSM)

The Office of Civil Rights and Sexual Misconduct (OCRSM) administers the University of Maryland's non-discrimination policies and works to foster a learning and working environment free from all forms of discrimination and harassment, including sexual misconduct. OCRSM is sometimes referred to as the Title IX Office. OCRSM administers University policies and procedures prohibiting and addressing discrimination and harassment based on race, color, sex, gender identity or expression, sexual orientation, marital status, age, national origin, political affiliation, physical or mental disability, religion, protected veteran status or any other legally protected characteristic.

<https://www.ocrsmd.edu/>

Discrimination Complaint Form

If you ever experience or witness a hate bias incident or incident of discrimination, please consider completing a Discrimination Complaint report form:

https://cm.maxient.com/reportingform.php?UnivofMaryland&layout_id=35

Sexual Misconduct Reporting Online

If you ever experience or witness an act of sexual harassment and other sexual misconduct, please consider completing a Sexual Harassment and Sexual Misconduct Incident report form:

https://cm.maxient.com/reportingform.php?UnivofMaryland&layout_id=4

OFFICE OF DIVERSITY AND INCLUSION

We provide leadership and expertise for helping the university achieve its diversity, equity, and inclusion goals. Guided by social justice principles, we cultivate a vibrant learning and working community for all members.

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

COMMUTER STUDENTS

DINING SERVICES

Connector Dining Plans (block meal plans which can be purchased on their own or coupled with dining dollars) are available to commuter students.

<http://dining.umd.edu/connector/>

THE DEPARTMENT OF TRANSPORTATION SERVICES (DOTS)

The Department of Transportation Services (DOTS) provides a full range of parking and transportation services to a diverse community of more than 50,000 students, faculty and staff in the City of College Park.

<https://www.transportation.umd.edu/>

TRANSFER AND OFF-CAMPUS STUDENT LIFE (TOCSL)

TOCSL exists to connect and engage Transfer and Off-campus Students of UMD and ultimately aims to: 1) Equip transfer and off-campus students with the resources to thrive as individuals and to serve as leaders to the off-campus student population, 2) Empower transfer and off-campus students to overcome barriers to success, and 3) Ease the transition for transfer and off-campus students.

<https://thestamp.umd.edu/transfer-and-off-campus-student-life>

FIRST GENERATION COLLEGE STUDENTS

ACADEMIC ACHIEVEMENT PROGRAMS (AAP)

Intensive Educational Development (IED) and Student Support Services (SSS) Programs

The roots of AAP can be traced back to 1968 with the launch of the state-funded IED Program. Through the Federal TRIO and Upward Bound efforts, IED was the first organization to enroll a significant number of African-American students in the University. When the SSS Program gained federal funding a few years later, it helped to expand the counseling and academic services to low-income and first generation participants, allowing IED to focus its resources on the cognitive skill enhancement classes in mathematics, English, reading, college study skills, and tutoring services.

<https://www.aap.umd.edu/about-ied-sss.html>

The Educational Opportunity Center (EOC)

Created by a grant from the U.S. Department of Education in 1997, EOC provides information and assistance to low-income, first-generation college-bound citizens in Prince George's county age 19 and older to gain admission and obtain financial aid for post-secondary education enrollment.

<https://www.aap.umd.edu/eoc-overview.html>

The Ronald E. McNair Post-Baccalaureate Program

The Ronald E. McNair Post-Baccalaureate Achievement Program (McNair Scholars Program) is designed to prepare students who are primarily from low-income, first generation and traditionally underrepresented groups to pursue doctoral studies.

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

FIRST-GEN TERPS

The Office of Undergraduate Studies has launched a one-stop hub for incoming and continuing first-generation students on campus.

<https://www.firstgenterps.umd.edu/>

INTERNATIONAL STUDENTS

EDUCATION ABROAD OFFICE

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

<https://globalmaryland.umd.edu/offices/education-abroad>

GRADUATE SCHOOL WRITING CENTER

We enact the Graduate School mission, “*Advancing graduate education. Enhancing the graduate student experience,*” by providing opportunities for conversations about writing and oral communication across the graduate community. We offer support for graduate students at every stage of their development as academic and professional communicators, who can, in turn, fulfill the university’s mission of sharing research, educational, cultural, and technological strengths with the broader community. We offer the following services: Writing and oral communication consultations, a variety of workshops and weekly write-ins, writing groups, and English editing for international graduate students.

<https://gradschool.umd.edu/graduate-school-writing-center>

GRADUATE STUDENT LEGAL AID OFFICE

Legal Aid offers consultations with an immigration attorney for international, undocumented, and immigrant students one day per month during the fall and spring semesters. These consultations are with a specialized and well-qualified immigration attorney who is familiar with student-related issues.

<https://gradlegalaid.umd.edu/immigration-help>

INTERNATIONAL STUDENT AND SCHOLAR SERVICES (ISSS)

We assist international students with transitioning to the U.S., advising on immigration requirements, and making the most of their academic experience at UMD. ISSS also assists the campus community involved with international educational exchange in the process of bringing international visitors to campus, or in sending Maryland faculty and students abroad.

<https://globalmaryland.umd.edu/offices/international-students-scholar-services>

INTERNATIONAL STUDENTS COUNSELING DROP-IN HOUR (THE COUNSELING CENTER)

Drop-in hour offered by the Counseling Center’s Counseling Service, Monday – Friday, 3-4pm, affords international students the opportunity to see a counselor without an appointment.

INTERNATIONAL STUDENT SUPPORT GROUP (THE COUNSELING CENTER)

International students are invited to participate in a weekly support group where they can talk about mental health, social challenges, adjusting to the U.S. and the University, academic stress, and personal problems. This also is a great place to practice speaking English, and share information.

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

OFFICE OF MULTICULTURAL INVOLVEMENT & COMMUNITY ADVOCACY (MICA)

We support all students at the University of Maryland through our work which focuses on providing opportunities and spaces for all students that affirm identities, building inclusive communities among diverse members, and creating social change – locally, nationally and globally. We encourage students to participate in both culturally specific and cross-cultural involvement and leadership experiences. We do not do this work alone - through our values of collaboration, personal commitment, authenticity, and inclusion, we serve our campus in its goals to achieve equity and social justice.

https://thestamp.umd.edu/Multicultural_Involvement_Community_Advocacy/About_MICA

THE MARYLAND ENGLISH INSTITUTE (MEI)

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

<https://www.mei.umd.edu/>

LGBTQIA+ IDENTIFIED STUDENTS

LGBTQIA+ SUPPORT GROUP (THE COUNSELING CENTER)

The LGBTQIA+ Support Group provides a co-created space for non-heterosexual (e.g., bi, asexual, queer, lesbian, gay) and gender expansive (e.g., transgender, genderqueer, agender, gender non-conforming) undergraduate and graduate students to engage in discussions around their identities, coming out and/or transitioning experiences, relationships, families, as well as struggles and victories. This group aims to provide a space for LGBTQIA+ students to decompress, share what's happening in their lives, and find support.

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

OFFICE OF MULTICULTURAL INVOLVEMENT & COMMUNITY ADVOCACY (MICA)

We support all students at the University of Maryland through our work which focuses on providing opportunities and spaces for all students that affirm identities, building inclusive communities among diverse members, and creating social change – locally, nationally and globally. We encourage students to participate in both culturally specific and cross-cultural involvement and leadership experiences. We do not do this work alone - through our values of collaboration, personal commitment, authenticity, and inclusion, we serve our campus in its goals to achieve equity and social justice.

https://thestamp.umd.edu/Multicultural_Involvement_Community_Advocacy/About_MICA

RAINBOW COUNSELING DROP-IN HOUR (THE COUNSELING CENTER)

Drop-in hour offered by the Counseling Center's Counseling Service, Monday – Friday, 3-4pm. A service aimed at making the Counseling Center's services feel safer in the LGBT community, the Rainbow Walk-In Hour is staffed with LGBT-friendly psychologists and advanced trainees.

RAINBOW TERRAPIN NETWORK: #TRANSTERPS

The #TransTerps project formally launched in 2017. It is a part of our Rainbow Terrapin Network and an ongoing campus-wide campaign to improve campus climate for trans people by identifying, disseminating, and implementing good practices for trans inclusion.

<https://lgbtq.umd.edu/rainbow-terrapin-network/transterps-project>

THE LGBTQ+ EQUITY CENTER

We envision the University of Maryland as a fully equitable community that empowers innovators and agents of social justice for lesbian, gay, bisexual, transgender, and queer people. The LGBTQ+ Equity Center serves University of Maryland students, staff, faculty, and alumni of all gender identities and sexual orientations.

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

RACIAL & ETHNIC MINORITIES

ASIAN PACIFIC ISLANDER DESI AMERICAN (APIDA) STUDENT SUPPORT GROUP (THE COUNSELING CENTER)

This group is open to undergrad and graduate APIDA diaspora of diverse identities to share their challenges and successes when navigating academic/career concerns, family/cultural value conflicts, relationships, identities, acculturation process, sociopolitical climates and beyond. This group aims to create a safe space for APIDA students to cultivate radical healing, hope, mental wellness and empowerment through storytelling and support.

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

CENTER FOR MINORITIES IN SCIENCE AND ENGINEERING

The Center for Minorities in Science and Engineering is committed to the recruitment, retention, development, and graduation of underrepresented minority pre-college, undergraduate, and graduate students in engineering. CMSE programs are available to all students.

<https://eng.umd.edu/minorities>

CIRCLE OF SISTERS SUPPORT GROUP (THE COUNSELING CENTER)

A support & discussion group that addresses such topics as personal concerns, interpersonal & dating relationships, sexuality, and being a Black woman on a predominantly White campus.

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

ENTRE NOSOTRXS LATINX SUPPORT GROUP (THE COUNSELING CENTER)

This group is meant to be a safe space for Latinx students to share their stories, struggles, and successes as they work to accomplish their academic goals at UMD. Students may discuss experiences related to their identity, cultural values, academics/career, family, and relationships, among other topics. Students will learn about themselves, gain support, and work on improving their self-care and life balance.

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

NYUMBURU CULTURAL CENTER

Nyumburu is our word for "freedom house", from the Swahili words "nyumba"(house) and "uhuru" (freedom). The Nyumburu Cultural Center has served the UM community since 1971 and continues to build on its foundations as the Center for black social, cultural and intellectual interaction. Nyumburu's productions and activities include lectures and seminars, art exhibits, workshops in the dramatic arts, dance, music and creative writing. Academic courses in blues, jazz, gospel music performance and creative writing are also offered. We are dedicated to advancing and augmenting the academic and multicultural missions of the university by presenting a forum for scholarly exchange, as well as artistic engagement via the rich culture and history of the African Diaspora.

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

OFFICE OF MULTICULTURAL INVOLVEMENT & COMMUNITY ADVOCACY (MICA)

We support all students at the University of Maryland through our work which focuses on providing opportunities and spaces for all students that affirm identities, building inclusive communities among diverse members, and creating social change – locally, nationally and globally. We encourage students to participate in both culturally specific and cross-cultural involvement and leadership experiences. We do not do this work alone - through our values of collaboration, personal commitment, authenticity, and inclusion, we serve our campus in its goals to achieve equity and social justice.

https://thestamp.umd.edu/Multicultural_Involvement_Community_Advocacy/About_MICA

OFFICE OF MULTI-ETHNIC STUDENT EDUCATION (OFFICE OF DIVERSITY AND INCLUSION)

We offer a variety of services and programs to enhance the learning experience and promote the academic success of undergraduate students. We collaborate with several other campus offices and college programs to provide unique collegial opportunities for our diverse population. We recognize the value of the multiple histories, beliefs, and ethnic backgrounds of our students, and works with students, faculty, and staff to support the ethnic diversity of our campus.

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

STUDENTS OF COLOR COUNSELING DROP-IN HOUR (THE COUNSELING CENTER)

Drop-in hour offered by the Counseling Center's Counseling Service, Monday – Friday, 3-4pm, affords students of color the opportunity to drop into the Counseling Center without an appointment. Students will be guaranteed to be seen by a therapist of Color.

STUDENT-ATHLETES

GOSSETT CENTER FOR ACADEMIC & PERSONAL EXCELLENCE

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

<https://umterps.com/sports/2013/4/9/about-academic-support.aspx>

STUDENTS WITH DISABILITIES

ACCESSIBILITY AND DISABILITY SERVICE

The University of Maryland is committed to the principle that no qualified individual with a disability shall, on the basis of disability, be excluded from participation in or be denied the benefit of services, programs, or activities at the University. The Accessibility & Disability Service (ADS) provides reasonable accommodations to qualified individuals to ensure equal access to services, programs, and activities sponsored by the University of Maryland. ADS is committed to ensuring that students are provided the necessary services during this time of uncertainty caused by COVID-19. All appointments with ADS staff members will continue to be conducted virtually (e.g., phone or Zoom appointments). Accommodated Testing sessions within the ADS Testing Office will be completed in person

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

ADAPTIVE TECHNOLOGY LAB

The Adaptive Technology Lab is a study, reading, and workspace in McKeldin Library that offers the following: **1)** Training on the use of adaptive technologies for ADS-registered students, faculty, and staff, **2)** Assistive hardware and software technologies for accessing information, producing papers, recording books, articles and producing alternate forms of text, **3)** Technology-assisted exams, **and 4)** Assistance in identifying/developing technology-assisted learning and work strategies for students in their courses as well as faculty and staff members in their office environments.

<https://counseling.umd.edu/ads/aboutus#accordion-1027-header-6>

HEARING AND SPEECH CLINIC

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

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

PARATRANSIT

Paratransit a curb-to-curb, on-demand and subscription service. In order to use paratransit, students, faculty and staff with disabilities must register with the University Health Center (UHC) or Accessibility and Disability Services (ADS). Those with temporary injuries should register with the UHC, while those with a permanent disability should register with ADS. Paratransit is also available for campus guests who schedule their rides directly with Shuttle-UM.

<https://www.dots.umd.edu/paratransit.html>

TRANSFER STUDENTS

THE OFF-CAMPUS HOUSING SERVICES

The Off-Campus Housing Services office provides resources to students and the University Community to educate them on off-campus housing topics and assist them in finding off-campus housing.

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

TRANSFER 2 TERP LEARNING COMMUNITY (T2T)

The T2T Learning Community offers first-semester transfer students the opportunity to take HESI310, a 3-credit upper-level course designed to translate your previous success into a strong start at Maryland. T2T students work alongside faculty and staff to achieve a seamless transition into the campus life and culture.

https://thestamp.umd.edu/Transfer_and_Off-Campus_Student_life/Transfer_2_Terp_Learning_Community

TRANSFER AND OFF-CAMPUS STUDENT LIFE (TOCSL)

TOCSL exists to connect and engage Transfer and Off-campus Students of UMD and ultimately aims to: 1) Equip transfer and off-campus students with the resources to thrive as individuals and to serve as leaders to the off-campus student population, 2) Empower transfer and off-campus students to overcome barriers to success, and 3) Ease the transition for transfer and off-campus students.

https://thestamp.umd.edu/transfer_and_off-campus_student_life

TRANSFER CREDIT SERVICES (TCS)

TCS is a division of the Office of the Registrar at University of Maryland. The goal of TCS is to provide accurate and timely information about undergraduate transfer policies and procedures to transfer advisors and students. Additionally, TCS oversees and supports the undergraduate transfer evaluation process to determine the acceptability of courses and the awarding of credit by the University of Maryland, and maintains a Database of Transfer Course Evaluations.

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

TRANSFER STUDENT PROGRAMS (THE COLLEGE OF LETTERS AND SCIENCES)

Academic advisors assist students as they transition to the University and into their best fit major, with special attention to how transfer students' prior credits may be applicable to UMD degree requirements.

<https://ltsc.umd.edu/transfer>

TRANSFER STUDENT RESOURCES (THE COLLEGE OF BEHAVIORAL AND SOCIAL SCIENCES)

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

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

UNDOCUMENTED & IMMIGRANT STUDENTS

ENTRE NOSOTRXS LATINX SUPPORT GROUP (THE COUNSELING CENTER)

This group is meant to be a safe space for Latinx students to share their stories, struggles, and successes as they work to accomplish their academic goals at UMD. Students may discuss experiences related to their identity, cultural values, academics/career, family, and relationships, among other topics. Students will learn about themselves, gain support, and work on improving their self-care and life balance.

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

GRADUATE STUDENT LEGAL AID OFFICE

Legal Aid offers consultations with an immigration attorney for international, undocumented, and immigrant students one day per month during the fall and spring semesters. These consultations are with a specialized and well-qualified immigration attorney who is familiar with student-related issues.

<https://gradlegalaid.umd.edu/immigration-help>

IMMIGRANT & UNDOCUMENTED STUDENT LIFE (STAMP)

This office at the University of Maryland is dedicated to serve as a community home for students that may identify with the following experiences:

- Undocumented Students
- Deferred Action for Childhood Arrival (DACA) recipients
- Temporary Protective Status (TPS) recipients
- Special Immigrant Juveniles (SIJ) recipients
- Students with mixed immigrant status family members such as parent(s), sibling(s), or extended family members.
- Students who have had family members deported
- Formally undocumented students
- Permanent Residents students
- Students raised outside of the United States who transition to the U.S. after

Our goal of our office is to have students who are navigating the college experience with any of these identities to find community and spaces to feel supported throughout your college experience. We provide social programming, staff support, and advocacy for these student populations. If you are curious about if this office is the right place for you, please contact our Coordinator, Rocio. Follow us on social media and our LinkTree for resources. We encourage you to subscribe to our newsletter to stay up to date with legislative updates in the immigration space, campus resources or opportunities that we highlight, and any important deadlines that we want you to take note of.

undoc@umd.edu

https://thestamp.umd.edu/Engagement/Immigrant_Undocumented_Student_Life_Program#

Facebook: @undocUMD

LinkTree: @umdundoc

Instagram: @umdundoc

SCHOLARSHIPS & FUNDS

Terp Family Student Scholarship

The Terp Family Student Scholarship is a one-time award presented each year to undergraduate students in good standing who may be unable to continue their education at the University due to extenuating financial circumstances.

<https://terpfamily.umd.edu/terp-family-student-scholarship-awards>

For more financial resources, please visit:

https://stamp.umd.edu/engagement/immigrant_undocumented_student_life_program/financial_resources

UNDOCUTERP TRAINING

The Immigrant and Undocumented Student Life office offers an UndocuTerp Faculty and Staff workshop series to assist UMD professionals with comprehension, advice, and advocacy awareness on how to support undocumented students on campus.

https://stamp.umd.edu/engagement/immigrant_undocumented_student_life_program/undocuterp_training

VETERAN STUDENTS

VETERAN STUDENTS COUNSELING DROP-ON HOUR (THE COUNSELING CENTER)

Drop-in hour offered by the Counseling Center's Counseling Service, Monday – Friday, 3-4pm. A service specifically designed for students who are currently serving, or who have served in any branch of the military. The Veteran's walk-in is a chance for student veterans to stop by the center; no appointment is needed to talk about anything on their minds.

VETERAN STUDENT LIFE

The University of Maryland recognizes the extraordinary contributions of members of our armed services and we understand the unique challenges of transitioning into a university environment. We are committed to providing an environment that helps veterans pursue their academic and personal goals, explore different learning experiences, and get involved in campus life. Through Veteran Student Life, we offer a hub for resources that serves veterans and military-connected students, staff, and faculty on campus.

https://thestamp.umd.edu/veteran_student_life

LIVING AND WORKING

DINING SERVICES AND FOOD RESOURCES

CAMPUS PANTRY

The UMD Campus Pantry is open to help students, faculty, and staff experiencing food insecurity. You must swipe your University ID before entering and check out before leaving. Bring your own reusable bag.

<https://dining.umd.edu/sustainability/campus-pantry>

THE DEPARTMENT OF DINING SERVICES

For more information about current dining locations and hours, please visit: <https://dining.umd.edu/locations/>

Dining Locations

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

Dining Plans

Several different plans are available including plans for Resident students and the Connector Dining Plans (a limited number of meals, good for use throughout the semester), and Dining Dollars Plans.

<https://dining.umd.edu/plans/>

MARYLAND EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM (EFNEP)

The EFNEP is a nutrition education program for food insecure limited-resource youth and families delivered through the Cooperative Extension Service in every state and U.S. territory. In Maryland, EFNEP is implemented through the University of Maryland Extension and is housed in the Department of Nutrition and Food Science at the University of Maryland. EFNEP is funded by the United States Department of Agriculture (USDA)/National Institute of Food and Agriculture and brings together federal, state, and local resources to teach limited-income families and youth about healthy eating and physical activity. EFNEP helps families learn skills and strategies to feed their family nutritious meals on a limited budget, make healthier food choices at home and at the grocery store, improve food security and improve their overall health. The knowledge and skills acquired also help families and youth change behaviors that place them at long-term risk for overweight/obesity and chronic diseases such as diabetes, heart disease and certain cancers.

<https://extension.umd.edu/efnep>

RESOURCES FOR ESSENTIAL NEEDS

CAMPUS PANTRY

The UMD Campus Pantry is open to help students, faculty, and staff experiencing food insecurity. You must swipe your University ID before entering and check out before leaving. Bring your own reusable bag.

<https://dining.umd.edu/sustainability/campus-pantry>

FEED AMERICA: FIND YOUR LOCAL FOOD BANK

The Feeding America nationwide network of food banks and food programs helps millions of people find food and grocery help in their communities every year. Connect with your local food bank to learn about upcoming free food distributions and to apply for national food programs like SNAP and WIC.

<https://www.feedingamerica.org/find-your-local-foodbank/>

FOSTERING TERP SUCCESS

Fostering Terp Success is a campuswide community of support and belonging for students who have a history of foster care involvement, are experiencing homelessness or housing insecurity, and lack a supportive family system. Our comprehensive network of staff, faculty and alumni is committed to removing barriers to and assisting students in accessing essential campus services, navigating challenges, and developing self-advocacy and life skills.

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

GROCERY STORE DISCOUNTS

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

HOUSING AND HOMELESS SERVICES (PRINCE GEORGE'S COUNTY: SOCIAL SERVICES)

The Prince George's County Department of Social Services provides information, assistance and referrals to County residents who are facing homelessness or an eviction.

<https://www.princegeorgescountymd.gov/1684/Housing-Homeless-Services>

MARYLAND HUNGER SOLUTIONS

Maryland Hunger Solutions, founded in 2007 by the Food Research & Action Center, works to end hunger and improve the nutrition, health, and well-being of individuals, children and families in Maryland. Maryland Hunger Solutions to overcome barriers and create self-sustaining connections between Maryland residents and nutritious foods. Maryland Hunger Solutions works with state and community partners to seek to: provide education about the stark reality of hunger's existence in Maryland and the proven solutions to reduce food insecurity; improve public policies to end food insecurity and poverty; and ensure that all eligible residents are connected to federal and state nutrition programs, such as the Supplemental Nutrition Assistance Program (known as the Food Supplement Program in Maryland) and school meals programs.

<https://www.mdhungersolutions.org/>

PRINCE GEORGE'S COUNTY FOOD EQUITY COUNCIL

The Prince George's County Food Equity Council (FEC) mission is to significantly improve the public health and community well-being of all who live, work, study, worship, and play in the county. We develop and support policies, approaches, procedures, practices, and initiatives that create systemic change in the local food system. Our efforts include promoting health, economic opportunity, food security, and well-being within communities that the current food has negatively impacted.

<http://www.pgcfec.org>

SERVICES 24/7

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

<https://services247.umd.edu/>

TERP TO TERP CAMPUS REUSE STORE

The Terp to Terp Campus ReUse Store coordinated by the Department of Resident Life was created to respond to students' essential needs while encouraging a culture of social responsibility and reducing waste generation. The store collects and distributes unused or gently used small appliances, cooking/kitchen items, room accessories, and school supplies donated throughout the year by students, faculty, and staff. There is no fee associated with the use of the store, all items are free for UMD students to have and any UMD student in need of living essential items can set up an appointment to shop.

<https://reslife.umd.edu/terptoterp>

THE CAPITAL AREA FOOD BANK

The Capital Area Food Bank is the anchor of the hunger relief infrastructure in our region, providing more than 45 million meals to people in communities across D.C., Maryland, and Virginia. But we don't stop there, because we know that creating long term solutions to hunger requires more than meals. It requires education, training, and opportunity. In short, it demands ideas that address the big picture. That's why we're approaching the problem in multiple ways: providing food for today, and addressing the root causes of hunger by partnering with organizations that provide critical services like job training programs and health care.

<https://www.capitalareafoodbank.org/find-food-assistance/>

FAMILY CARE

CAMPUS CHILD CARE CENTERS

Center for Young Children

The Center for Young Children is an inclusive laboratory and demonstration school at the University of Maryland, whose mission is to: 1) Educate and care for young children in a developmentally appropriate manner, 2) Prepare and train university students for careers in education and other related professions focused on children, and 3) Support and facilitate research on child development and related fields by serving as a research and observation facility.

<https://education.umd.edu/research/centers/cyc>

UMD Child Development Center

The University of Maryland is proud to partner with Bright Horizons to provide a high-quality early education and preschool center for Infants through Preschool to UMD employees, students, College Park residents and community members.

<https://child-care-preschool.brighthorizons.com/MD/CollegePark/UMD>

CARE@WORK

Finding care for a loved one is one of the most important decisions families make. Care@Work is a flexible platform — available on mobile, desktop, and in the iPhone and Android app stores — and connects families and caregivers. Care@Work provides families the tools to help make more informed hiring decisions, wherever care needs arise. With your Premium Membership, families can post a job and browse through active caregivers on the site, utilize the Safety Center, receive newsletters filled with tips and advice, and access the wealth of care-related content in the online Community. You also have access to view full profiles and reviews, contact caregivers, purchase background checks, subsidized backup care, and tuition discounts at participating child care centers. *This benefit is for faculty and staff, Contingent II, and Graduate Assistants only.

https://uhr.umd.edu/benefits/family-care/carework_benefit/

ELDERCARE

Eldercare Locator

A public service of the U.S. Administration on Aging connecting you to services for older adults and their families.

<https://eldercare.acl.gov/Public/Index.aspx>

Maryland Access Point (MAP)

MAP is Maryland's No Wrong Door Aging and Disability Resource Center, established as the single entry point for individuals seeking long term support services and a range of community supports. Maryland's 20 local MAP sites aim to assist consumers to navigate the complex system of services through individual, person-centered counseling.

<https://marylandaccesspoint.211md.org/>

For additional Eldercare resources visit: <https://uhr.umd.edu/benefits/family-care/>

FAMILY AND BABY ROOMS ON CAMPUS

Family Room and Kits

The University Libraries' Family Study Room is located on the third floor of McKeldin. With enough space to fit 6 people, it includes flexible furniture and kid-sized furniture, two public workstations, and kids' books, toys, coloring books, crafts, puzzles, and more.

<https://www.lib.umd.edu/family-room>

Lactation Rooms and Changing Stations

For a list of lactation rooms and changing stations on campus, visit:

<https://uhr.umd.edu/benefits/family-care/>

HY-SWAP

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

<https://www.hy-swap.com/>

NETWORKS FOR PARENTS AND GUARDIANS

Students with Kids

Our goal is to build a community of student parents and parents-to-be, their partners, and their children by hosting family-friendly events, developing a network of mutual assistance, providing information about resources available to them, and advocating within the University to increase support to students with kids.

[Terplink](#) : Students With Kids

UMD Babysitters and Local Parents of Littles

Private Facebook group comprising local babysitters and parents who need babysitters.

[Facebook](#) : UMD Babysitters and Local Parents of Littles

UMD Parents Google Group

Private Google group for UMD students, faculty, and staff who are parents and caregivers.

[Google Groups](#) : UMDParents

ONLINE RESOURCES

Maryland Family Network

A resource page to locate childcare and other resources for parents in Maryland.

<https://www.marylandfamilynetwork.org/>

Pandemic Parenting

Our mission is to share science-based knowledge, experience, and resources with parents and caregivers navigating the COVID-19 pandemic in ways that are immediately accessible and useful.

<https://www.pandemic-parent.org/>

QuadJobs

The University Career Center has partnered with QuadJobs, an online platform that connects students to flexible, part-time jobs (including babysitting and tutoring).

<https://careers.umd.edu/students/student-employment/part-time-jobs-campus#Quadjobs>

THE CENTER FOR HEALTHY FAMILIES

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

<https://www.thecenterforhealthyfamilies.com/>

THE EVERY CHILD PROJECT (TECP)

TECP is dedicated to lowering the barrier to access one-on-one academic support for K-12 students across Maryland. We provide online tutoring, especially focused on developing and strengthening foundational skills in core subjects (math, language comprehension/literacy, science and social studies). Through our tutoring program, as well as partnerships with local and state-level educational initiatives, we hope to create an online learning environment that is at once accessible and engaging.

<https://tecpumd.wixsite.com/theeverychildproject>

THE TOGETHER PROGRAM

TOGETHER, a research project with UMD, is a free program for couples that offers relationship and financial education, connection to community resources, and access to employment services.

<https://www.togetherprogram.org/>

UNIVERSITY OF MARYLAND CAPITAL REGION HEALTH MAMA & BABY MOBILE HEALTH UNIT

We help uninsured and under-insured women who are pregnant or of childbearing age receive quality healthcare. All services are provided free of charge.

<https://www.umms.org/capital/health-services/womens-health/mama-baby-bus-program>

HOUSING

ON-CAMPUS HOUSING

Residence Halls

Our Residence Halls are home to most first-year and second-year undergraduate students. We have traditional, demi-suite, suite, and apartment options available.

www.reslife.umd.edu

University-Affiliated Apartments

The Courtyards and South Campus Commons are public-private partnership student housing communities.

South Campus Commons
www.southcampuscommons.com

The Courtyards at Maryland
www.umdcourtyards.com

OFF-CAMPUS HOUSING

The Off-Campus Housing Services office provides resources to students and the University Community to educate them on off-campus housing topics and assist them in finding off-campus housing.

www.och.umd.edu

STUDENT INTERNSHIPS AND EMPLOYMENT OPPORTUNITIES

CAREERS4TERPS (C4T)

Careers4Terps (C4T) is the Center's online career management tool for University of Maryland students and alumni. C4T can be accessed online or through the app store.

<https://careers.umd.edu/careers4terps>

ON-CAMPUS EMPLOYMENT OPPORTUNITIES TO CONSIDER

Conferences & Visitor Services

<https://cvs.umd.edu/employment/>

Department of Public Safety – Police Auxiliary

<https://www.umpd.umd.edu/employment/>

Department of Resident Life

<https://reslife.umd.edu/join-our-team/student-employment>

Dining Services

<https://dining.umd.edu/contact/employment/student-opportunities/>

The Clarice

<https://theclarice.umd.edu/employment>

University Recreation & Wellness

<https://recwell.umd.edu/about-us/student-employment>

QUADJOBS

The University Career Center has partnered with QuadJobs, an online platform that connects students to flexible, part-time jobs.

<https://careers.umd.edu/students/student-employment/part-time-jobs-campus#Quadjobs>

UNIVERSITY CAREER CENTER & THE PRESIDENT'S PROMISE

The University Career Center & The President's Promise provides comprehensive career assistance for all students enrolled at the University of Maryland, College Park. Designed to support students through each stage of their career development, the Center offers an array of resources, services and programs that empower students to pursue their ambitions and navigate a meaningful career journey.

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

TRANSPORTATION TO AND ON CAMPUS

The Department of Transportation Services (DOTS) provides a full range of parking and transportation services to a diverse community of more than 50,000 students, faculty and staff in the City of College Park.

<https://www.transportation.umd.edu/>

BIKEUMD & E-SCOOTERS

With a focus on safety and physical wellness, BikeUMD provides campus with free bike maintenance, covered bike and e-scooter parking, discounted equipment, classes on bike and e-scooter safety and group rides. The League of American Bicyclists has named UMD a Gold Level Bicycle Friendly University for its wealth of cycling resources.

<https://transportation.umd.edu/bikeumd-escooters>

GROCERY SHOPPING SHUTTLE

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

<https://transportation.umd.edu/shuttle-um/133/618>

SHUTTLE SERVICES

Shuttle services are free to UMD students. Check their website for shuttle routes and the rider guide.

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

PLANNING YOUR LIFE AFTER UMD

ALUMNI ASSOCIATION

We connect, cultivate & channel the power of alumni to enrich themselves and advance the university.

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

CAREER COUNSELING & SERVICES

CAREER COUNSELING (THE COUNSELING CENTER)

A normal part of college student development involves exploring options for a future career. Students can get help with this process in individual career counseling at the Counseling Center. This exploration might include taking career interest tests and interpreting the results with a counselor. Career counseling can help students begin to understand how their personality, values, and interests relate to their professional lives in order to assist in choosing a major or establishing career goals. Non-university affiliated persons and former UMD students are also eligible for individual career counseling for a fee. These sessions are limited to an intake appointment plus up to 4 career-focused sessions.

<https://www.counseling.umd.edu/cs/clinical/#career>

PSYC 123 - THE PSYCHOLOGY OF GETTING HIRED

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

<https://umdpsyc.blogspot.com/2013/06/psyc-123-psychology-of-getting-hired.html>

UNIVERSITY CAREER CENTER & THE PRESIDENT'S PROMISE

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

Careers4Terps

Careers4Terps (C4T) is the Center's online career management tool for University of Maryland students and alumni. C4T can be accessed online or through the app store.

<https://careers.umd.edu/careers4terps>

Interviewing

Congrats! You have landed an interview with an organization of interest! The site linked below can help you prepare to present your best self during the interview.

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

Offers & Salary Negotiation

You got the offer! Congrats! Celebrate! But now what?!? The offer itself can be overwhelming. It is important to be just as diligent in your review and evaluation of the job offer as you were during the interview process. What if you're not sure it's the right situation for you? What if you have more than one offer to consider? What if you were hoping for more money? The University Career Center is available to assist you as you consider how to proceed with the opportunity you've been given.

<https://careers.umd.edu/find-jobs-internships/offers-salary-negotiation>

Resumes & Cover Letters

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

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