

# University of Maryland RESOURCE DIRECTORY 2021 - 2022



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 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/>

### **FINANCES & TUITION**

#### **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. Understanding the financial aid process is critical in setting realistic expectations. We are committed to providing you with helpful information and resources that can assist in making your investment in a UMD education affordable.

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

#### **NATIONAL SCHOLARSHIPS OFFICE**

National scholarships are highly competitive, prestigious awards that provide opportunities and support for many different experiences, including studying abroad, graduate study (and sometimes undergraduate study also), federal employment, teaching, research, and public service. National scholarships look for students (with or without financial need) who are developing strong interests and goals – academic and extracurricular – and who want to take advantage of every constructive opportunity that will help them reach their objectives.

<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 available for non-traditional, returning students seeking to complete bachelor’s degrees at the University. For further information, please visit the websites below.

Charlotte W. Newcombe Foundation Scholarship: <http://sagiving.umd.edu/NewcombeScholarship/>

Gerald G. Portney Memorial Scholarship: <https://www.sagiving.umd.edu/PortneyScholarship/>

B. Udelle Friedland Memorial Endowed Scholarship: <http://sagiving.umd.edu/FriedlandScholarship>

#### **TERP DREAM SCHOLARSHIP ENDOWMENT**

The Terp DREAM Scholarship was established at the University of Maryland in September 2015. Everyone needs opportunity to learn, achieve and be successful – and sometimes that help can come through policy changes, scholarships opportunities, from mentors and family members, and from supportive communities. But some have grown up in communities where college education never seemed possible – without help. For these students, the Terp DREAM Scholarship could make the difference between achieving the American dream and getting left behind. This scholarship will offer financial assistance to undergraduate first-generation college students at the University of Maryland.

<https://giving.umd.edu/giving/fund.php?name=terp-dream-scholarship-endowment->

#### **UMD STUDENT COVID RELIEF GRANT II**

The Higher Education Emergency Relief Fund (HEERF) III is authorized by the American Rescue Plan (ARP) and was signed by President Biden on March 11, 2021. This law gives the U.S. Department of Education federal funds to support institutions of higher education to serve students and ensure learning continues during the COVID-19 pandemic. As part of the ARP, the relief fund was created to provide colleges and universities with funds for students’ financial aid grants and to cover institutional expenses related to the pandemic. The University of Maryland’s (UMD) approach to distributing these funds is student-centered. UMD has received \$29,263,877 to distribute to eligible students as UMD Student COVID Relief Grants to be used for any component of the student’s cost of attendance or for emergency costs that arise due to the pandemic.

<https://financialaid.umd.edu/umd-student-covid-relief-grant-ii>

## UMD STUDENT CRISIS FUND

The UMD Student Crisis Fund provides immediate assistance to any student who faces an unanticipated emergency financial need. With the continued COVID-19 pandemic, Maryland students have been hard hit by the campus disruptions and need help to continue their education. The best option to quickly respond to students in need of financial assistance right now is the UMD Student Crisis Fund.

<https://www.crisisfund.umd.edu/index.html>

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

<https://www.sagiving.umd.edu/Giving/waystosupport.php> and click on “All Scholarships”

## STUDENT ORGANIZATIONS AND CLUBS

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

### ADELE H. STAMP STUDENT UNION - CENTER FOR CAMPUS LIFE

The Stamp provides a safe and inviting campus center where all UMD students, alumni, faculty, staff, and community members cultivate lifelong relationships founded on engagement, learning, multiculturalism, and citizenship.

<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](https://thestamp.umd.edu/graduate_student_life)

#### Leadership & Community Service-Learning (LCSL)

LCSL engages students in experiential and community-based learning to foster socially responsible leadership.

[https://thestamp.umd.edu/leadership\\_community\\_service-learning](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

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

[https://thestamp.umd.edu/student\\_org\\_resource\\_center\\_sorc](https://thestamp.umd.edu/student_org_resource_center_sorc)

## 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/>

## **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/>

## **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 Career 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 mission of this department is "to serve the university community, protect life and property, and to enforce the law."

For more information: <https://www.umpd.umd.edu/>

Online contact form: <https://www.umpd.umd.edu/contact/>

**911** from campus phones (Emergency line)

301-405-3333 (Emergency line)

301-405-3555 (Non-Emergency line)

## ***ACADEMIC SUCCESS***

### **ACADEMIC SUCCESS RESOURCES**

#### **GENERAL ACADEMIC RESOURCES**

##### **Academic Plans**

To help students meet graduation requirements, academic units have created 4-year graduation templates that specify the degree requirements for each major and provide semester-by-semester course schedule models. Find your major's Academic Plan template at the below link.

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

##### **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://www.counseling.umd.edu/global/docs/academic/resources/fouryearacademicsuccessplan.pdf>

##### **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>

##### **Online Resources**

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

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

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

### **COMMUNICATION SKILLS**

##### **Classes**

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. Visit the website for a list of courses.

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

## 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. For more information about whether meeting with the Math Learning Specialist might be helpful for you, and for contact information, visit:

<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. Find the guide at:

[https://www-math.umd.edu/images/pdfs/Math\\_Major\\_Survival\\_Guide.pdf](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, PreCalculus 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 skills, visit:

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



## RESEARCH EXPERIENCE

### **The First-Year Innovation & Research Experience (FIRE)**

FIRE provides first-year UMD students an inclusive, faculty-mentored research experience that drives accelerated professional development and equality of opportunity.

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

### **Maryland Center for Undergraduate Research (MCUR)**

The Maryland Center for Undergraduate Research (MCUR) promotes and facilitates on- and off-campus research experiences for undergraduates. Students can use MCUR to find research opportunities that best match their skills. MCUR can help students find mentors, enabling them to develop meaningful professional relationships in their field of interest. MCUR also partners with other offices on campus to help students engaged in research, offering services such as workshops on writing and preparing for graduate school.

<https://www.ugresearch.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 suggests that the more you attend, the higher your course grade will be.

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

### **Handouts**

A variety of handouts, apps, links, and videos are offered by the Counseling Center. For handouts on study skills, visit:

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

## TESTING

### **Testing Office (The Counseling Center)**

The UMD Counseling Center Testing Office administers a wide range of tests to UMD students taking classes at other institutions and to other test takers from outside the university. The Testing Office administers career and personality tests for counseling purposes and national standardized educational tests, such as the GRE, LSAT, PRAXIS, DSST, CLEP, ACT, TOEFL, and Miller Analogies. The Testing Office also provides test proctoring for courses that students may be completing at other universities to transfer course credit to their University of Maryland transcripts. Please see our webpage for the latest information, including our ability to conduct remote proctoring.

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

### **Handouts**

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

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

## TIME MANAGEMENT

### **Handouts**

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

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

## 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-icd-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/>

### **Tutoring @ UMD**

This site provides a comprehensive list of tutoring services offered at the university, including a list of university-wide services as well as department-specific services.

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

## 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>

### **The Writing Center**

The Writing Center provides opportunities for UMD's diverse undergraduate student body to improve their writing, research, and critical thinking skills in preparation for successful academic, professional, and civic lives. In a supportive atmosphere, trained consultants from a variety of backgrounds and majors assist writers in-person and online throughout the writing process. The Writing Center also facilitates collaborations and workshops. We are committed to sponsoring research on writing center theory and practice. We offer Face-To-Face, Live Online tutoring, and 24-hour feedback.

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

## OFFICES GEARED TOWARD STUDENT ACCESS & 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 advisee 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/advising-policies>

### **ACCESSIBILITY & DISABILITY SERVICE (THE COUNSELING CENTER)**

The University of Maryland is committed to the principle that no qualified individual with a disability shall, on the basis of disability, be excluded from participation in or be denied the benefit of services, programs, or activities at the University. The Accessibility & Disability Service (ADS) provides reasonable accommodations to qualified individuals to ensure equal access to services, programs, and activities sponsored by the University of Maryland. ADS is committed to ensuring that students are provided the necessary services during this time of uncertainty caused by COVID-19. Starting the Fall 2021, 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/>

### **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>



## **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.

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

Email: [fosteringterpsuccess@umd.edu](mailto:fosteringterpsuccess@umd.edu)

## **OFFICE OF EXTENDED STUDIES**

Further your education, build credits towards a degree, enrich your professional portfolio, prepare for college, or expand your knowledge. Discover flexible learning opportunities to Keep Learning.

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

## **THE REED-YORKE HEALTH PROFESSIONS ADVISING OFFICE / PRE-HEALTH OFFICE**

The Health Professions Advising Office serves all students and alumni of the University of Maryland, as well as students enrolled in basic sciences graduate programs or the Science in the Evening Program interested in pursuing a career in the health professions.

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

## **STUDENT SUCCESS OFFICE**

The Student Success Office offers 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/>

## ***STUDENT WELL-BEING***

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

## **COUNSELING, MENTAL, & EMOTIONAL HEALTH**

### **COUNSELING SERVICE (THE COUNSELING CENTER)**

#### **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. To learn more about the Counseling Center such as the scope of services, hours, staff, or to learn how to make an appointment, visit the website here:

<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 Counseling<sup>1</sup>**

Anti-Racism and Ally Building Group  
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)  
Wise Emotions  
Women's Graduate Student Support Group  
Women's Self-Compassion Group

#### **After-Hours Crisis Support**

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

#### **Drop In Hours**

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

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

## **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://www.counseling.umd.edu/cs/outreach/outreachservices/>

[Facebook](#): UMD Counseling Center

[Twitter](#): @UMCounselingCTR

[Instagram](#): @umdcounseling

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

[SnapChat](#): @umdcounseling

## **Responding to Students in Distress**

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.

## **BEHAVIORAL HEALTH SERVICES (UNIVERSITY HEALTH CENTER)**

The University Health Center Behavioral Health Service offers short-term, confidential and high-quality services for University of Maryland students. Our staff are licensed and board certified, trainees are closely supervised by our professional staff, records are peer reviewed, and staff are evaluated regularly.

For appointments, please call (301) 314-8106.

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

## **BEHAVIORAL EVALUATION AND THREAT ASSESSMENT TEAM (BETA TEAM)**

The BETA (Behavior Evaluation and Threat Assessment) 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, and student affairs 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>

## **CARE TO STOP VIOLENCE SERVICES**

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. This line will be forwarded to UM Capital

DV/Sexual Assault Center (240-677-2337) after business hours in the summer and for holiday closures year round.

[uhc-care@umd.edu](mailto:uhc-care@umd.edu)

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

## **CRISIS HOTLINES**

### **211 Maryland**

211 Maryland's 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 (and select option 1) OR Text your zip code to 898-211

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



### **After-Hours Crisis Support**

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

### **National Suicide Prevention Lifeline (American Foundation for Suicide Prevention)**

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.

Call: 1-800-273-TALK (8255)

Text: TALK to 741741

### **The Trevor Project: Trevor Lifeline**

The Trevor Project trained counselors are here to support you 24/7. If you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk, call the Trevor Lifeline now.

Call: 1-866-488-7386

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

### **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.

Call: (301) 314-HELP (4357)

<https://helpcenterumd.org/>

Facebook: <https://www.facebook.com/UmdsHelpCenter/>

Instagram: <https://www.instagram.com/umdhelphcenter/>

### **Lean on Me College Park**

A service providing non-crisis, peer-to-peer, text-based emotional support through the convenience and confidentiality of texting. Learn more by visiting:

Text: (301) 494-8808

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

## **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>

## **ONLINE RESOURCES**

### **Apps for Mental Health in College Students**

Check out the list of self-help apps recommended by the Counseling Center:

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



## PHYSICAL HEALTH

### ALCOHOL/DRUG TREATMENT SERVICES

#### **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.

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

#### **Recovery Resources**

Below is 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. Click the link below to learn more about any of these programs or resources.

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

### NUTRITION SERVICES

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/>

## OVERALL WELLNESS

#### **UNIVERSITY RECREATION & WELLNESS (RecWell)**

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

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

YouTube channel: <https://www.youtube.com/channel/UCqFjVFyGCJC5iI6IP7Yj6eA>

#### **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>

## **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.

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

Reach out to [chapel@umd.edu](mailto:chapel@umd.edu) should you wish to speak with a chaplain.

### **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](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.

[https://thestamp.umd.edu/memorial\\_chapel](https://thestamp.umd.edu/memorial_chapel)

Reach out to [chapel@umd.edu](mailto:chapel@umd.edu) if you have questions about 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>

## ***SERVICES FOR SPECIFIC GROUPS***

### **OFFICES GEARED TOWARD DIVERSITY, EQUITY, & INCLUSION**

#### **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.ocrsm.umd.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](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](https://cm.maxient.com/reportingform.php?UnivofMaryland&layout_id=4)

#### **OFFICE OF DIVERSITY AND INCLUSION**

The Office of Diversity & Inclusion provides 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**

#### **THE DEPARTMENT OF TRANSPORTATION SERVICES (DOTS)**

DOTS provides a plethora of information on ways to get to and from campus including parking passes, shuttles services and schedules, Bike UMD and E-scooters, green commuting, carpooling and vanpooling, car share, and electronic vehicle charging.

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

#### **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. Visit the website for more information.

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

#### **TRANSFER AND OFF-CAMPUS STUDENT LIFE**

Transfer and Off-Campus Student Life (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. For more info and a schedule of programs, visit the website.

[https://thestamp.umd.edu/transfer\\_and\\_off-campus\\_student\\_life](https://thestamp.umd.edu/transfer_and_off-campus_student_life)

## FIRST GENERATION COLLEGE STUDENTS

### ACADEMIC ACHIEVEMENT PROGRAMS

#### **The Educational Opportunity Center (EOC)**

The Educational Opportunity Center (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>

#### **Student Support Services (SSS) and Intensive Educational Development (IED) 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>

### FIRST-GEN TERPS

The Office of Undergraduate Studies has launched a one-stop hub for incoming and continuing first-generation students on campus. Check out the website below to find resources, events, and more!

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

## INTERNATIONAL STUDENTS

### **IMMIGRATION ATTORNEY CONSULTATION (STUDENT LEGAL AID OFFICE)**

The Undergraduate Student Legal Aid Office provides free assistance to currently enrolled, full-time University of Maryland undergraduate students. Legal services are categorized into two types: students with general legal questions and students seeking assistance regarding university charges. Consultations with an immigration attorney are available by contacting the Student Legal Aid Office.

Call: 301-314-7756

Email: [slao@umd.edu](mailto:slao@umd.edu)

<https://terplinksites.umd.edu/departments/studentlegalaid/home>

### **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 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 meet other students, practice speaking English, and share information.

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

## **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.

## **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](https://thestamp.umd.edu/Multicultural_Involvement_Community_Advocacy/About_MICA)

## **THE MARYLAND ENGLISH INSTITUTE**

The mission of Maryland English Institute (MEI) is to provide English language instruction and assessment at the postsecondary level for speakers of other languages who wish to learn English for academic, professional, or personal reasons. MEI fulfills its mission by providing: 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/>

## **THE STATE UNIVERSITY OF NEW YORK (SUNY) VISA AND IMMIGRATION RESOURCE IN RESPONSE TO SEXUAL & INTERPERSONAL VIOLENCE**

SUNY, with the funding and support of the New York State Department of Health and a number of staff and volunteer professionals, has translated a resource specific to immigrant and international students, as current in 2018, into 120 languages using expert volunteers and Language Line, a translation service. SUNY is providing copies of the translations at no cost to any college or university, as well as government agency and not-for-profit organizations.

<https://www.suny.edu/violence-response/Visa-and-Immigration-Resource/>

## **LGBTQIA+ IDENTIFIED STUDENTS**

### **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/>

### **LGBTQ+ SUPPORT GROUP**

Individuals representing the diverse gender and sexual orientation continuum are invited to participate in co-creating a space to discuss identity, coming out, transitioning, relationships, struggles, and victories; a space to decompress, share what's on your mind, and find support.

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

## **OFFICE OF MULTICULTURAL INVOLVEMENT & COMMUNITY ADVOCACY (MICA)**

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[https://thestamp.umd.edu/Multicultural\\_Involvement\\_Community\\_Advocacy/About\\_MICA](https://thestamp.umd.edu/Multicultural_Involvement_Community_Advocacy/About_MICA)

## **RAINBOW COUNSELING DROP-IN HOUR**

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

## **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://lgbt.umd.edu/rainbow-terrapin-network-transsterps>

## **RACIAL & ETHNIC MINORITIES**

### **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.

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

### **CIRCLE OF SISTERS SUPPORT GROUP**

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**

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](https://thestamp.umd.edu/Multicultural_Involvement_Community_Advocacy/About_MICA)

### **OFFICE OF MULTI-ETHNIC STUDENT EDUCATION (OMSE)**

OMSE, a unit of the Office of Diversity and Inclusion at the University of Maryland, offers 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.

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

## **STUDENTS OF COLOR COUNSELING DROP-IN HOUR**

Drop-in hour offered by the Counseling Center's Counseling Service, Monday – Friday, 3-4pm, affords students of color the opportunity to drop 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 (ADS; THE COUNSELING CENTER)**

The University of Maryland is committed to the principle that no qualified individual with a disability shall, on the basis of disability, be excluded from participation in or be denied the benefit of services, programs, or activities at the University. ADS provides reasonable and appropriate 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. Starting the Fall 2021, 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 (ATLab) is a low-distraction environment equipped with hardware and software to facilitate access to information for individuals with disabilities. The lab offers advice and training on the use of adaptive technologies and works closely with other campus units to address their adaptive technology needs.

<https://www.lib.umd.edu/services/disabilities>

### **HEARING AND SPEECH CLINIC**

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

<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 AND OFF-CAMPUS STUDENT LIFE (TOCSL)**

TOCSL 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. For more info and a schedule of programs, visit the website.

[https://thestamp.umd.edu/transfer\\_and\\_off-campus\\_student\\_life](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 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>

## **PROSPECTIVE TRANSFER STUDENTS (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>

## **TRANSFER2TERP 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. Through the T2T Learning Community experience, students will:

- Recognize their talents and strengths through analysis, dialogue and experiential learning
- Utilize the various Adele H. Stamp Student Union Center for Campus Life and University resources to improve their professional network and their ability to articulate their mission and vision
- Demonstrate an ability to apply models and theories to explain the transfer student experience while effective and collaboratively working with others
- Create a plan for their personal wellness reflecting discussions of the various resources and participation in campus events

[https://thestamp.umd.edu/Transfer\\_and\\_Off-Campus\\_Student\\_life/Transfer\\_2\\_Terp\\_Learning\\_Community](https://thestamp.umd.edu/Transfer_and_Off-Campus_Student_life/Transfer_2_Terp_Learning_Community)

## **UNDOCUMENTED STUDENTS**

### **ENTRE NOSOTRXS LATINX SUPPORT GROUP**

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/>

### **FACEBOOK PAGE**

For more ways to connect to the resources for the undocumented students and larger community at UMD, check out the Facebook page:

<https://www.facebook.com/undocUMD/>

## IMMIGRANT & UNDOCUMENTED STUDENT LIFE PROGRAM

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, at [undoc@umd.edu](mailto:undoc@umd.edu). 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.

[https://thestamp.umd.edu/Engagement/Immigrant\\_Undocumented\\_Student\\_Life\\_Program#](https://thestamp.umd.edu/Engagement/Immigrant_Undocumented_Student_Life_Program#)

## IMMIGRATION ATTORNEY CONSULTATION (STUDENT LEGAL AID OFFICE)

The Undergraduate Student Legal Aid Office provides free assistance to currently enrolled, full-time University of Maryland undergraduate students. Legal services are categorized into two types: students with general legal questions and students seeking assistance regarding university charges. Consultations with an immigration attorney are available by contacting the Student Legal Aid Office.

Call: 301-314-7756

Email: [slao@umd.edu](mailto:slao@umd.edu)

<https://terplinksites.umd.edu/departments/studentlegalaid/home>

## SCHOLARSHIPS & FUNDS

### Terp Dream Scholarship Endowment

Everyone needs opportunity to learn, achieve and be successful – and sometimes that help can come through policy changes, scholarships opportunities, from mentors and family members, and from supportive communities. But some have grown up in communities where college education never seemed possible – without help. For these students, the Terp DREAM Scholarship could make the difference between achieving the American dream and getting left behind. This scholarship will offer financial assistance to undergraduate first-generation college students at the University of Maryland.

<https://giving.umd.edu/giving/fund.php?name=terp-dream-scholarship-endowment->

### UMD Student COVID Relief Grant II

The Higher Education Emergency Relief Fund (HEERF) III is authorized by the American Rescue Plan (ARP) and was signed by President Biden on March 11, 2021. This law gives the U.S. Department of Education federal funds to support institutions of higher education to serve students and ensure learning continues during the COVID-19 pandemic. As part of the ARP, the relief fund was created to provide colleges and universities with funds for students' financial aid grants and to cover institutional expenses related to the pandemic. The University of Maryland's (UMD) approach to distributing these funds is student-centered. UMD has received \$29,263,877 to distribute to eligible students as UMD Student COVID Relief Grants to be used for any component of the student's cost of attendance or for emergency costs that arise due to the pandemic.

<https://financialaid.umd.edu/umd-student-covid-relief-grant-ii>

***For a list of scholarship opportunities that don't require citizenship status, please visit:***

[https://stamp.umd.edu/engagement/immigrant\\_undocumented\\_student\\_life\\_program/financial\\_resources](https://stamp.umd.edu/engagement/immigrant_undocumented_student_life_program/financial_resources)



## **THE STATE UNIVERSITY OF NEW YORK (SUNY) VISA AND IMMIGRATION RESOURCE IN RESPONSE TO SEXUAL & INTERPERSONAL VIOLENCE**

SUNY, with the funding and support of the New York State Department of Health and a number of staff and volunteer professionals, has translated a resource specific to immigrant and international students, as current in 2018, into 120 languages using expert volunteers and Language Line, a translation service. SUNY is providing copies of the translations at no cost to any college or university, as well as government agency and not-for-profit organizations.

<https://www.suny.edu/violence-response/Visa-and-Immigration-Resource/>

## **UNDOCUMENTED STUDENTS COUNSELING DROP-ON HOUR**

Drop-in hour offered by the Counseling Center's Counseling Service, Monday – Friday, 3-4pm. Please contact Dr. Maria Berbery at [mberbery@umd.edu](mailto:mberbery@umd.edu) for more information.

## **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](https://stamp.umd.edu/engagement/immigrant_undocumented_student_life_program/undocuterp_training)

## **VETERAN STUDENTS**

### **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](https://thestamp.umd.edu/veteran_student_life)

### **VETERAN STUDENTS COUNSELING DROP-ON HOUR**

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

## ***LIVING AND WORKING***

### **COVID-19 RESOURCES**

#### **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/>

#### **PRINCE GEORGE'S COUNTY FOOD EQUITY COUNCIL**

Members and partners of the Prince George's County Food Equity Council have compiled resources to help local families who are impacted by the school and government closures related to COVID-19. Please stay well and feel free to reach out to us if you need help finding food resources for yourself, your family, or your community.

<http://www.pgcfec.org/resources/covid-19-resources.html>

#### **RESOURCES FOR COLLEGE STUDENTS QUARANTINING IN UNSUPPORTIVE ENVIRONMENTS**

Amid the coronavirus pandemic, college students all over the nation have experienced sudden changes and disruptions to their living environments. Campuses have closed and many students have returned home. However, families and homes are not always safe havens of love, warmth, and acceptance. As counseling psychologists-in-training working towards social justice, we want to acknowledge these challenges and provide resources for particular groups of students who may be more vulnerable to the impact of COVID-19 and quarantine. We see you, and we have some tips for you.

<https://drive.google.com/file/d/1COZ7edbiaDo80wp7tnmo-RDdvZHWjQSH/view?usp=sharing>

#### **UMD STUDENT COVID RELIEF GRANT II**

The Higher Education Emergency Relief Fund (HEERF) III is authorized by the American Rescue Plan (ARP) and was signed by President Biden on March 11, 2021. This law gives the U.S. Department of Education federal funds to support institutions of higher education to serve students and ensure learning continues during the COVID-19 pandemic. As part of the ARP, the relief fund was created to provide colleges and universities with funds for students' financial aid grants and to cover institutional expenses related to the pandemic. The University of Maryland's (UMD) approach to distributing these funds is student-centered. UMD has received \$29,263,877 to distribute to eligible students as UMD Student COVID Relief Grants to be used for any component of the student's cost of attendance or for emergency costs that arise due to the pandemic.

<https://financialaid.umd.edu/umd-student-covid-relief-grant-ii>

### **DINING SERVICES AND FOOD RESOURCES**

#### **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, The Diner, 251 North, and Maryland Hillel
- 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 the Seven-Day Dining Plan, Five-Day Dining Plan, Connector Dining Plans (a limited number of meals, good for use throughout the semester), and Dining Dollars Plans.

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

## **CAMPUS PANTRY**

The University of Maryland Campus Pantry's mission is to alleviate food hardship among UMD students, faculty and staff by providing emergency food to UMD students, faculty, and staff in need.

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

## **MARYLAND EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM (EFNEP)**

The Expanded Food and Nutrition Education Program (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>

## **EMERGENCY FOOD AND HOUSING SERVICES**

### **CAMPUS PANTRY**

The University of Maryland Campus Pantry's mission is to alleviate food hardship among UMD students, faculty and staff by providing emergency food to UMD students, faculty, and staff in need.

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

### **FEED AMERICA: FIND YOUR LOCAL FOOD BANK**

The Feeding America nationwide network of food banks secures and distributes 4.3 billion meals each year through food pantries and meal programs throughout the United States and leads the nation to engage in the fight against hunger. Enter your zip code to find a food bank near you.

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

### **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.

### **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 HOUSING AND HOMELESS 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>

## **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/>

## **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. If you need food for you or your family, we're here to help. When you call our Hunger Lifeline, we can help you find local pantries, kitchens serving free meals, and other organizations that can assist you with emergency food help.

Call: 202-644-9807

<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.brighthouse.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/staff and graduate assistants only.

[https://uhr.umd.edu/benefits/family-care/carework\\_benefit/](https://uhr.umd.edu/benefits/family-care/carework_benefit/)

## **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/>

## 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)**

Maryland Access Point (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/>

## 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.

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

## NETWORKS FOR PARENTS AND GUARDIANS

### Route 1 Moms

Private Facebook group for parents in the College Park area to connect, receive support, offer advice, and vent about all things related to being a mom.

<https://www.facebook.com/groups/1725634861075705/>

### Students with Kids

Groups for UMD students with children in their care ([Facebook group](#) and [Terplink](#)).

### UMD Babysitters and Local Parents of Littles

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

<https://www.facebook.com/groups/879876439056891/>

### UMD Parents Google Group

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

<https://groups.google.com/g/umdpapers?pli=1>

## THE EVERY CHILD PROJECT (TECP)

The Every Child Project (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

Our mobile health unit is provided through a partnership with the March of Dimes and UM Capital and is specifically designed to help uninsured and under-insured women throughout Prince George's County receive quality health care for themselves and their babies. We see women of childbearing age, pregnant women, and babies aged 0 to 24 months.

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

## HOUSING

### ON-CAMPUS HOUSING

#### Residence Halls

Residence halls exist at the University of Maryland College Park to provide students with reasonably comfortable and safe housing which is close to classrooms, libraries and the other programs and services of the campus. Since the residence hall environment also has an impact upon the development and well-being of residents, programs and services are provided to positively shape the quality of the on-campus living experience. The Department of Resident Life is established to provide the basic housing services that are made available to resident students; to insure the orderly, cost-effective operation of campus residence halls; to promote the existence of an environment where student and community development, academic excellence, respect for individual differences, and constructive social interaction is valued and advanced; and to insure that fiscal and human resources are managed effectively and consistent with University policies and procedures.

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

### **University-Affiliated Apartments**

The Courtyards and South Campus Commons are public-private partnership student apartment communities. The Courtyards and South Campus Commons are located on campus but are owned and managed by a private management company, Capstone On-Campus Management. Students living in these communities sign leases with Capstone On-Campus Management, rather than Residence Halls, and Dining Agreements with the Department of Resident Life, as they do for the on-campus, University-owned residence halls. Leasing eligibility for any students who submit lease applications for The Courtyards or South Campus Commons is determined by the Department of Resident Life.

South Campus Commons  
[www.southcampuscommons.com](http://www.southcampuscommons.com)

The Courtyards at Maryland  
[www.umdcourtyards.com](http://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](http://www.och.umd.edu)

## **STUDENT INTERNSHIPS AND EMPLOYMENT OPPORTUNITIES**

### **CAREERS4TERPS (C4T)**

C4T is the Career Center's primary online career management tool for University of Maryland students and alumni. Use C4T to search job postings, schedule an individual appointment with a career advisor, apply for on-campus interviews, store resumes and cover letters, RSVP to an employer information session or workshop, and access online tools.

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

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

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

### **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/>

### **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>





## **TRANSPORTATION TO AND ON CAMPUS**

The Department of Transportation Services (DOTS) provides a plethora of information on ways to get to and from campus, including parking passes, shuttles services and schedules, Bike UMD, green commuting, carpooling, and vanpooling.

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

### **BIKEUMD & E-SCOOTERS**

Find information about VeoRide (the new bike and electric scooter program) at the University of Maryland and The City of College Park:

<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>

### **LYFTUP GROCERY ACCESS PROGRAM**

Everyone deserves access to healthy, nutritious food. So, we've partnered with local nonprofits and grocery stores to provide Prince George's County, MD residents in need with discounted Lyft Classic or Shared rides to and from area grocers. Eligible participants receive 8 one-way rides (4 round trip rides) per month to and from participating grocery stores.

<https://www.lyft.com/lyftup/grocery-access/washington-dc>

### **PARATRANSIT SERVICE**

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>

### **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**

STAY FEARLESS, TERPS! These simple words embody the new strategic direction of the University of Maryland Alumni Association. We are committed to helping you stay 1) connected to fellow Terps in your community 2) eager to grow your career through professional networking and development opportunities 3) engaged through our new alumni advocacy program 4) a fan through our tailgates and game watches 5) involved with all College Park has to offer 6) supportive to a fellow alumnus as a career mentor.

<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>

#### **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/>

#### **Careers4Terps**

Careers4Terps (C4T) is the Career Center's primary online career management tool for University of Maryland students and alumni. Use C4T to search job postings, schedule an individual appointment with a career advisor, apply for on-campus interviews, store resumes and cover letters, RSVP to an employer information session or workshop, and access online tools.

<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>

#### **Resume Samples and Tips**

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

<https://careers.umd.edu/students/launch-your-career-0>

#### **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>