

# University of Maryland RESOURCE DIRECTORY 2024 - 2025



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

## FOREWORD

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

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



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## GENERAL INFORMATION FOR ALL TERPS

### CAMPUS MAPS

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

### DEAN OF STUDENTS

The Dean of Students Office is committed to supporting Terps in need. If you are a graduate or undergraduate student at UMD and could use help accessing resources, navigating campus policies, or are seeking connection with university programs or departments, come talk to us.

301-314-8484

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

### FINANCES & TUITION

#### ECONOMIC CRISIS RESPONSE GRANT

Creating a culture of care is central to the values of the Dean of Students Office. In the spirit of caring for our students, the Student Crisis Fund enables us to award Economic Crisis Response Grants when a verified crisis has negatively impacted a student's health, safety, wellbeing, and their ability to continue their education. The Economic Crisis Response Grant process is managed by the Dean of Students Office and is made possible thanks to the support of generous donors and their contributions to the Student Crisis Fund.

301-314-8484

<https://studentaffairs.umd.edu/support-resources/dean-students-office/student-resources/economic-crisis-response-grants>

#### FINANCIAL LITERACY RESOURCES

The UMD provides its students with a number of helpful resources and tools to improve their own financial literacy and wellness. These include iGrad, The Office of Student Financial Aid, videos on various financial topics from Make \$ense of Your Money, LinkedIn Learning (formerly Lynda.com), and FAST (Financial Awareness for Smart Terps). Information on all of these resources can be found by following the link below.

<https://lib.guides.umd.edu/c.php?g=327406&p=6938353>

#### INTERNATIONAL EDUCATION SCHOLARSHIP

The International Education Scholarship is a need-based scholarship awarded to UMD students participating in select Global Learning at Home programs. This scholarship is available for degree-seeking UMD students in good academic standing who enroll in one of the Global Classrooms courses in winter and summer terms. Eligible students can receive up to the value of three credits of in-state undergraduate tuition. This scholarship may also be available to other select Global Learning at Home opportunities. Contact the GLI team at [info-gli@umd.edu](mailto:info-gli@umd.edu) to check scholarship eligibility if you are planning to participate in a global virtual program other than Global Classrooms courses (e.g. virtual research internship).

<https://marylandglobal.umd.edu/global-learning-all/global-learning-home/scholarships-awards>

#### NATIONAL SCHOLARSHIPS OFFICE (NSO)

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

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

#### OFFICE OF STUDENT FINANCIAL AID

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

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



## SCHOLARSHIP SEARCH

This scholarship matching platform will help you easily identify scholarship opportunities you're eligible for based on your academic profile and answers to a series of matching questions. They recommend utilizing this platform at least once a year, prior to the start of the fall semester, to maximize your scholarship opportunities.

<https://financialaid.umd.edu/resources-policies/scholarship-search>

## TERP FAMILY STUDENT SCHOLARSHIP

The Terp Family Student Scholarship is a one-time award presented each year to undergraduate students in good standing who may be unable to continue their education at the University due to extenuating financial circumstances. Thanks to the generosity of our donors, the committee will award a minimum of 20 scholarships of up to \$2,000. Awards are made annually on or before July 15 for the following academic year.

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

## THE RETURNING STUDENTS PROGRAM SCHOLARSHIPS

The Returning Student Program was created to provide support for adult students who are in need of financial assistance to continue their education at the University of Maryland.

<https://studentaffairs.umd.edu/returning-students-program-scholarship>

B. Udelle Friedland Memorial Endowed Scholarship:

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

Charlotte W. Newcombe Foundation Scholarship:

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

Gerald G. Portney Memorial Scholarship:

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

Judith Helen Hager Endowed Memorial Scholarship:

<https://studentaffairs.umd.edu/scholarships/judith-helen-hager-endowed-memorial-scholarship>

Marilyn K. Brown Memorial Scholarship Fund:

<https://studentaffairs.umd.edu/marilyn-k-brown-scholarship-fund>

Michelle Martine Moore Endowed Scholarship:

<https://studentaffairs.umd.edu/michelle-martin-moore-endowed-scholarship-fund>

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

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

## UMD EDUCATION ABROAD SCHOLARSHIP

Maryland Global administers partial scholarships through the UMD Education Abroad (EA) Scholarship to assist UMD degree-seeking undergraduate students with the cost of attending approved and credit-bearing study abroad programs. We do not currently have scholarship funding for graduate students or visiting students. The UMD EA Scholarship is made up of several scholarships that each have their own eligibility requirements and award amounts, but the application process is the same. If you have any questions about scholarships and funding study abroad, feel free to **make an appointment with your EA advisor.**

<https://marylandglobal.umd.edu/global-learning-all/study-abroad/affordability/scholarships/umd-education-abroad-scholarship>

***For other global learning fellowships and scholarships, please visit:***

<https://marylandglobal.umd.edu/global-learning-all/fellowships-scholarships>

## STUDENT LEGAL AID

### GRADUATE STUDENT LEGAL AID OFFICE

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

<https://gradlegalaid.umd.edu>

### UNDERGRADUATE STUDENT LEGAL AID OFFICE

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

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

## STUDENT OMBUDS SERVICES

### GRADUATE OMBUDS OFFICE

The Ombuds Office was established in 1999 to further the university mission of excellence in graduate education. The Office is available to all students with questions or concerns related to their graduate experience. The university is a large and complex institution; misunderstandings and conflicts can occur easily. The Ombuds Office provides confidential and informal assistance in resolving these conflicts and promotes fair and equitable treatment within the university.

<https://gradschool.umd.edu/about-us/ombuds-office>

### UNDERGRADUATE OMBUDS OFFICE

The Ombuds Office works to: ensure that undergraduate students receive fair and equitable treatment in matters of concern or complaints involving the university; assist students with resolving issues with the university – issues include those in which students are unsure where to go for assistance or those that may not be easily addressed through established policies or procedure; provide information on university policies and procedures; make referrals to appropriate campus colleagues who may be helpful with resolving issues, and sometimes facilitates the resolution of problems.

<https://www.ugst.umd.edu/ombuds/index.html>

## 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.

[https://stamp.umd.edu/activities/student\\_org\\_resource\\_center\\_sorc/get\\_involved](https://stamp.umd.edu/activities/student_org_resource_center_sorc/get_involved)

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

The Adele H. Stamp Student Union 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://stamp.umd.edu/>

### Graduate Student Life

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

[https://stamp.umd.edu/engagement/graduate\\_student\\_life](https://stamp.umd.edu/engagement/graduate_student_life)



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

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

[https://stamp.umd.edu/lcsl/leadership\\_community\\_servicelearning](https://stamp.umd.edu/lcsl/leadership_community_servicelearning)

### **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/lcsl/programs/maryland\\_lead](https://stamp.umd.edu/lcsl/programs/maryland_lead)

### **Student Organization Resource Center (SORC)**

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

[https://stamp.umd.edu/activities/student\\_org\\_resource\\_center\\_sorc](https://stamp.umd.edu/activities/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. Their 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 exists to empower all University of Maryland students to realize their full career potential. As the campus experts in career education, we provide comprehensive resources, programs and services to a wide range of constituents, including students and alumni, parents and families, employers, and faculty and staff.

<https://careers.umd.edu>

### **UNIVERSITY OF MARYLAND POLICE DEPARTMENT (PUBLIC SAFETY)**

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

911

301-405-3333

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



## *ACADEMIC SUCCESS*

### OFFICES GEARED TOWARD STUDENT SUCCESS

#### **ACADEMIC ACHIEVEMENT PROGRAMS (AAP)**

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

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

#### **ACADEMIC ADVISING**

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

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

#### **FOSTERING TERP SUCCESS**

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

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

#### **OFFICE OF EXTENDED STUDIES**

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

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

#### **STUDENT SUCCESS OFFICE**

The Student Success Office offers services and resources to assist students in completing their undergraduate degrees. These services include: Coordinating reenrollment; Centralizing resources for students, advisors, and faculty; Managing data from exiting students; Leading retention initiatives.

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

### **TEACHING & LEARNING TRANSFORMATION CENTER**

#### **Academic Coaching Conversations**

Academic Coaching is free, personalized, one-on-one support available to all UMD students. Our team helps you maximize your potential and build on your strengths to achieve your academic goals.

We collaborate with you to optimize your academic success by:

- Creating personalized study plans or schedules
- Refining study and learning strategies
- Enhancing time management skills & tools
- Navigating UMD's campus learning resources

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

### **Guided Study Sessions**

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, their data suggest that students who attend GSS more frequently earn a higher course grades.

<https://tlc.umd.edu/students/get-help-class/guided-study-sessions>

### **Math Success Program**

The Math Success Program (MSP) offers FREE drop-in collaborative math coaching to UMD students in many math and math-related courses.

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

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

The Reed-Yorke Health Professions Advising Office is housed in the College of Computer, Mathematical, and Natural Sciences and serves *all* University of Maryland students and alums, regardless of major, who are interested in the health professions.

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

## **ACADEMIC SUCCESS RESOURCES**

### **ACADEMIC PLANS & GUIDE**

#### **4-Year Plans for Academic Majors**

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

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

#### **Academic Success Guide (The Department of Resident Life)**

Please explore the following resources and the latest version of the Academic Success Guide to help you achieve your academic goals here at the University of Maryland.

<https://reslife.umd.edu/safety-resources/academic-success>

#### **Four Year Academic Success Plan (The Counseling Center)**

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

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

### **COMMUNICATION SKILLS**

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

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

### **GENERAL EDUCATION AT UMD**

General Education at the University of Maryland serves to unite the intellectual and creative goals that UMD has for its students and define the University of Maryland education.

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

### **GPA CALCULATOR**

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

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

## MATH SKILLS

### Academic Achievement Programs – Mathematics Component

The goal of the Mathematics Component is to enhance and improve the mathematics skills of students so that they will be able to succeed in an entry-level math course at the University. Through lectures, small group discussions, and lab settings, efforts are made to provide effective developmental instruction as well as help students become more independent learners as they shift from a product-oriented and rule-based approach to a process-oriented and concept-based approach to solving problems. To prepare students for the college-level mathematics required to enter their chosen major fields, the Mathematics Component provides opportunities to: Establish a strong foundation in mathematical skills; Improve math problem-solving capabilities; Reduce math anxiety; Analyze and self-assess computational skills; Understand the thinking process involved in problem solving.

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

### Developmental Math Program

Each student graduating from UMCP, unless exempted, must have passed the Fundamental Studies Mathematics requirement. In order to determine the student's mathematical preparation for taking one of the courses satisfying this requirement, or a math course satisfying a major requirement, all entering students must take the Mathematics Placement Test (except for students entering with college level calculus credits, either through AP or another college). Using the results of this test the student is placed into one of the Mathematics Department's courses. Students who do not place into the desired credit bearing courses (Math 107, 113, 115 or higher) must take the developmental math course Math 003 or a combined developmental-fundamental course.

<https://www-math.umd.edu/developmental-math.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>

### Math Major Survival Guide

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

[https://www-math.umd.edu/images/pdfs/Math\\_Major\\_Survival\\_Guide.pdf](https://www-math.umd.edu/images/pdfs/Math_Major_Survival_Guide.pdf)

### Handouts

A variety of handouts, apps, links, and videos are offered by the Counseling Center, including handouts on Math Learning.

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

*For other academic success programs and resources that offer math support, please review the description of the [Teaching & Learning Transformation Center](#)*

## ONLINE RESOURCES

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

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

## RESEARCH EXPERIENCE

### First-Year Innovation & Research Experience (FIRE) Program

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

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

### **Office of Undergraduate Research (OUR)**

The OUR empowers UMD students and campus partners to equitably and inclusively engage and succeed in inquiry, creative activity, and scholarship. Their primary mission is to support UMD undergraduate students in engaging research opportunities in all possible forms. Their focus is not on connecting students with individual researchers but instead on empowering you to identify potential research opportunities at UMD and beyond, to make a strong case for yourself as a candidate for research opportunities, and to communicate your research findings and experiences with a range of academic and non-academic audiences.

<https://our.umd.edu/students>

## **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>

### **Handouts: Studying, Test Preparation, and Time Management**

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

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

*For other academic success programs and resources that offer study skills support, please review the description of the [Teaching & Learning Transformation Center](#).*

## **TUTORING**

### **Academic Achievement Programs – Tutoring Component**

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

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

### **Math Department Tutoring**

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

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

### **Office of Multi-Ethnic Student Education (OMSE) Tutoring**

Tutoring is one of the numerous ways the OMSE office fulfills its purpose of giving students the opportunity to excel academically. We have offered tutoring services since their start in the 1970s. The tutorial program serves approximately 850 – 1000 students annually. We are an officially accredited program of the National Tutoring Association. Tutoring is a free of charge for currently registered students and is available for most introductory courses, including Mathematics, Computer Science, Biology, Chemistry, Writing, and Physics. Our model consists of small group tutoring sessions (2-5 students) between 1-2 hours per week.

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

### **Office of Undergraduate Studies**

The University is committed to academic excellence, and provides a variety of tutoring and other academic resources to support student success – available on campus, from our peer institutions, and other non-university websites.

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

## WRITING SKILLS

### **Academic Achievement Programs – English Component**

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

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

### **Graduate School Writing Center**

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

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

### **Writing Center (for Undergraduate Students)**

The Writing Center’s highly trained tutors are prepared to help you improve your writing, research, and critical thinking skills as you prepare for a successful academic and professional life. The Writing Center works with UMD undergraduates by providing consultations through different delivery modes: [in-person](#) and [online](#) (synchronous and asynchronous).

<https://english.umd.edu/writing-programs/writing-center>

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

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

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

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

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

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

#### **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 their 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/>

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

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

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

##### **Brief Anonymous Online Screening**

Behavioral health – which includes mental health, substance use, and more – is a key part of your overall well-being. Brief screenings are the quickest way to determine if you or someone you care about should connect with a behavioral health professional. Think of these as a checkup from your neck up. This program is completely anonymous and confidential, and immediately following the brief questionnaire, you will see your results, recommendations, and key resources.

<https://screening.hfihub.com/UMDCounselingCenter>

##### **Campus Outreach**

In addition to our clinical services, the Counseling Center provides campus outreach as preventative interventions to promote wellness. Campus outreach efforts allow the Counseling Center staff to connect with students who may not seek out clinical services. In addition, campus departments may seek workshops or trainings related to staff or student development. The Counseling Center is a member of the Association of University and College Counseling Center Outreach (AUCCCO).

<https://counseling.umd.edu/outreach-consultation/outreach-programming>

[Facebook](#): UMD Counseling Center

[Instagram](#): @umdcounseling

[Twitter \(X\)](#): @UMCounselingCTR

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



## Clinical Services

As the primary campus provider of psychological and consultation services, the Counseling Center offers free and confidential counseling sessions to registered UMD undergraduate and graduate students.

The focus of the initial appointment referred to as a brief assessment, is to determine the nature and impact of the presenting concerns and to identify options for addressing these issues. If additional treatment is indicated, the counselor will recommend the most effective method of treatment, which may include group counseling, career exploration, workshops, individual counseling, or referral to an off-campus mental health provider. In some cases, the brief assessment is sufficient for identifying ways to address the problems. Below are a few topics that counseling with the Counseling Service can help with.

<https://counseling.umd.edu/clinical-services>

### Some [Common Issues](#) for Individual Counseling

Academic Concerns/Learning Difficulties  
Adjustment to College  
Alcohol and/or Drug Concerns  
Anxiety  
Attention Deficit Hyperactivity Disorder  
Depression  
Eating and Body Image Concerns  
Grief  
Perfectionism/Low Self-Esteem  
Sexual and Relationship Violence  
Sleep Difficulties  
Stress  
Suicidal Thoughts  
Time Management/Procrastination

### Topics of Group Counseling<sup>1</sup>

Asian Pacific Islander Desi American (APIDA) Student Support Group  
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  
Life Skills (mindfulness, emotion regulation, and distress tolerance)  
Memory Circle (grief and loss)  
Men and Masculinities  
My Body-My Self (body image for women-identified and nonbinary)  
Queer Students of Color Support Group  
Stress Management  
Women's Graduate Student Support Group  
Women's Self-Compassion Group

## Drop-in Hours for Underrepresented Students

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

## Online Resources

The Counseling Center has created a plethora of resources for helping and responding to students in distress including increasing awareness of cultural differences, responding to emotional distress, substance abuse, interpersonal violence, academic problems, and career concerns.

<https://counseling.umd.edu/resources/students>

## CRISIS HOTLINES

### 211 Maryland

211 Maryland is a simple, memorable phone number for Marylanders to connect with essential resources throughout the state. It's a free and confidential service that gives individuals with unmet needs a one-stop access point instead of navigating through the sometimes-confusing maze of health and human service agency phone numbers, websites and community resources. 211 MD oversees a statewide network of call centers, providing essential connections to Marylanders when they need it most. Callers are automatically routed to their regional call center for assistance.

Call: 211

Text: Keywords listed on website to 898-211 or TXT-211

<https://211md.org/>

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

### **988 Suicide & Crisis Lifeline**

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

Call: 988

<https://988lifeline.org/>

### **After-Hours Crisis Support (The Counseling Center)**

The Counseling Center offers after-hours crisis support to any UMD student or any person concerned about a UMD student. Professional mental health counselors are available when the Counseling Center is closed to assist callers with mental health crises. Counselors also can provide information about the Counseling Center or other campus resources. When appropriate, Counseling Center staff will follow up with the caller on the next business day.

301-314-7651

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

### **Crisis Text Line**

Crisis Text Line provides free, 24/7, high-quality text-based mental health support and crisis intervention by empowering a community of trained volunteers to support people in their moments of need.

Text: 'HOME' to 741-741

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

### **Domestic Violence and Sexual Assault Help Hotline**

The Domestic Violence and Sexual Assault Center at UM Capital Region Medical Center is a community-based program that promotes the physical and emotional well-being of victims throughout Prince George's County in a private and confidential medical setting. We offer our services to all victims and survivors of domestic violence, sexual assault, and human trafficking regardless of race, color, religion, national origin, gender, sexual orientation or economic status. We also counsel families, friends, and partners to help everyone impacted through the healing process. We offer a safe space to victims of all ages. Whether you or a loved one is looking for help, we are here to respond to your needs. Our team of trained hotline counselors provide crisis counseling 24 hours a day, seven days a week. Whether the event just occurred or you are experiencing emotional stress from a past event, our counselors are here to help. All services are free.

240-677-2337

<https://www.umms.org/capital/health-services/domestic-violence-sexual-assault>

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

Crisis counselors are trained to answer calls, chats, or texts from LGBTQ young people who reach out on our free, confidential and secure 24/7 service when they are struggling with issues such as coming out, LGBTQ identity, depression, and suicide.

1-866-488-7386

Text: 'START' to 678-678

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

## **ONLINE RESOURCES**

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

Search the Counseling Center "Common Student Concerns" to select the area of concern and find useful online resources based on that concern, including recommended apps.

<https://counseling.umd.edu/resources/students>

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

### **Lean On Me College Park**

Lean On Me strengthens communities by providing peer-to-peer text lines that allow for easy access to confidential non-crisis support. We envision a world where anyone can seek and receive emotional support.

Text: 301-494-8808

<https://leanonmechat.wixsite.com/maryland>



## **UMD Help Center**

Help Center is a peer counseling and crisis intervention hotline run and operated by trained undergraduate students at University of Maryland. Since 1979, Help Center has provided free, anonymous, and confidential drop-in and hotline services to University of Maryland students and the surrounding community.

301-314-HELP (4357)

<https://helpcenterumd.org/>

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

[Instagram](#): @umdhelphcenter

## **STUDENT SUPPORT GROUPS**

### **Active Minds at Maryland**

Active Minds works to increase mental health awareness on campus, raise funds for critical mental health education and resources through the Active Minds national office, promote positive mental health, educate their peers about the signs and symptoms of mental health disorders, and encourage students to reach out for help when needed. Powered by more than 700 chapters located at high schools and colleges nationwide, Active Minds plays an important role in referring students to resources and starting conversations about this important topic. Each year, more than 15,000 students join an Active Minds high school or college chapter to serve as passionate advocates, stigma fighters, and educators for mental health.

<https://terplink.umd.edu/organization/active-minds>

[Facebook](#): Active Minds at Maryland

[Instagram](#): @active\_minds\_at\_maryland

### **Multi-Ethnic Mental Health Organization (MEMO)**

MEMO serves as a platform for multi-ethnic students to gain awareness of mental health importance in order to promote the maintenance of students' own mental health and combat its stigmatized views within the minority community.

<https://beacons.ai/memoumd/>

[Instagram](#): @memoumd

### **SKY at UMD**

SKY Club at the University of Maryland conducts wellness workshops and meditation events that focus on providing tools to mitigate stress, increase productivity, and build leadership and teamwork skills of the student community. They equip them with practical tools consisting of breathing techniques, meditation and yoga. In addition, the club facilitates a happier, more engaged community through fostering an attitude for service.

<https://terplink.umd.edu/organization/sky-at-umd>

[Facebook](#): SKY at UMD

[Instagram](#): @skyatumd

## **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/clinics/clin-psychology-clinic>

## UNIVERSITY HEALTH CENTER

### **Behavioral Health Services**

College is an exciting time of opportunities and self-discovery, however, there are times when students may struggle with depression, anxiety, and other mental health illnesses that require medical attention. The Behavioral Health Service provides confidential services for registered UMD students including medication evaluation and management, crisis intervention, and psychotherapy. We can also consult with the broader UMD campus community as needed. Our team is staffed with licensed clinicians, including psychiatrists, psychiatric nurse practitioners, and psychotherapists who are available to assist with a variety of mental health conditions.

301-314-8106

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

### **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.

Crisis Line: 301-741-3442

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

## OVERALL WELLNESS

### **ADVENTURE PROGRAM (RecWell)**

The Adventure Program provides student-powered adventure experiences that promote personal growth, transformative learning, social responsibility, and environmental stewardship to the University of Maryland community. We offer adventure trips off campus, top rope climbing and bouldering at the Climbing Wall, team building on the Challenge Course, equipment rental for your personal adventures, and bike maintenance and parts to get you back out on the road.

<https://recwell.umd.edu/node/241>

### **COUNSELING SERVICE WELLNESS SERIES (COUNSELING CENTER)**

The Counseling Center is hosting drop-in virtual skills sessions on a wide range of topics (16 total!) to support your mental health and wellbeing. Visit the website to find out more about information, including topic descriptions, Zoom links, and times. Advanced registration is not required. The sessions will close to new participants 15 minutes after it starts. The Wellness Series sessions are held only during Fall and Spring semesters and do not occur on university holidays or closures.

<https://counseling.umd.edu/outreach-consultation/wellness-series>

### **HEALTH PROMOTION AND WELLNESS SERVICES (UNIVERSITY HEALTH CENTER)**

Health Promotion and Wellness Services strives to support inclusive, accessible, and diverse health and wellness opportunities. Our services are provided to empower students to develop a strong foundation to optimize their capacity to learn, reach their potential, and achieve their goals throughout their academic careers and beyond.

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

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

RecWell believes 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 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>

## 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 and assists with continuing care after intensive treatment.

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

### UNIVERSITY HEALTH CENTER

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

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

### UNIVERSITY OF MARYLAND CAPITAL REGION HEALTH

University of Maryland Capital Region Health Medical Group is dedicated to providing comprehensive primary and specialty care to the residents of Prince George's County and neighboring communities. We have a network of board-certified physicians. In addition to specialists in family and internal medicine, they offer extensive care for women's health and a number of specialty services.

<https://www.umms.org/capital>

## 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://stamp.umd.edu/centers/memorial\\_chapel/chaplains](https://stamp.umd.edu/centers/memorial_chapel/chaplains)

### GARDEN OF REFLECTION AND REMEMBRANCE

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

[https://stamp.umd.edu/centers/memorial\\_chapel/garden](https://stamp.umd.edu/centers/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://stamp.umd.edu/centers/memorial\\_chapel](https://stamp.umd.edu/centers/memorial_chapel)



## **MUSALLAH**

The Muslims Students' Association at the University of Maryland, College Park is a student-run organization, founded in 1969, that strives to promote unity and prosperity amongst Muslim students, as well as education for those interested in Islam on-campus and off-campus.

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

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

### **COMMUTER STUDENTS**

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

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

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

#### **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.

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

#### **TRANSFER AND OFF-CAMPUS STUDENT LIFE (TOCSL)**

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

[https://stamp.umd.edu/engagement/transfer\\_and\\_offcampus\\_student\\_life](https://stamp.umd.edu/engagement/transfer_and_offcampus_student_life)

### **FIRST GENERATION COLLEGE STUDENTS**

#### **ACADEMIC ACHIEVEMENT PROGRAMS (AAP)**

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

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

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

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

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

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

##### **Ronald E. McNair Post-Baccalaureate Achievement Program**

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

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

### **FIRST-GEN TERPS**

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

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

## INTERNATIONAL STUDENTS

### **GRADUATE SCHOOL WRITING CENTER**

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

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

### **GRADUATE STUDENT LEGAL AID OFFICE**

Legal Aid offers 30-minute consultations with an immigration attorney for international, undocumented, and immigrant students one day per month during the fall and spring semesters. These consultations are with a specialized immigration attorney who is familiar with student-related issues.

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

### **INTERNATIONAL STUDENT AND SCHOLAR SERVICES (ISSS; MARYLAND GLOBAL)**

The International Student & Scholar Services (ISSS) team serves as the touchpoint for all of your questions about immigration, transitioning to the U.S., and making on-campus connections. We aim to provide a welcoming environment to promote and facilitate a successful educational, professional and personal experience for the international community.

<https://marylandglobal.umd.edu/global-learning-all/international-students-scholars>

### **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.

<https://counseling.umd.edu/gettingstarted>

### **INTERNATIONAL STUDENT SUPPORT GROUP (THE COUNSELING CENTER)**

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

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

### **MARYLAND ENGLISH INSTITUTE (MEI)**

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

<https://marylandenglishinstitute.com/>

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

The Office of Multicultural Involvement and Community Advocacy supports and advocates for our campus’ historically marginalized communities by providing opportunities and spaces that affirm identities, build inclusive communities among diverse members, and create social change - locally, nationally and globally.

[https://stamp.umd.edu/mica/multicultural\\_involvement\\_community\\_advocacy](https://stamp.umd.edu/mica/multicultural_involvement_community_advocacy)

## LGBTQIA+ IDENTIFIED STUDENTS

### **LGBTQIA+ SUPPORT GROUP (THE COUNSELING CENTER)**

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

<https://counseling.umd.edu/clinical-services/group-counseling>

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

The Office of Multicultural Involvement and Community Advocacy supports and advocates for our campus' historically marginalized communities by providing opportunities and spaces that affirm identities, build inclusive communities among diverse members, and create social change - locally, nationally and globally.

[https://stamp.umd.edu/mica/multicultural\\_involvement\\_community\\_advocacy](https://stamp.umd.edu/mica/multicultural_involvement_community_advocacy)

### **RAINBOW COUNSELING DROP-IN HOUR (THE COUNSELING CENTER)**

Drop-in hour offered by the Counseling Center's Counseling Service, Monday – Friday, 3-4pm. A service aimed at making the Counseling Center's services feel safer in the LGBT community, the Rainbow Walk-In Hour is staffed with LGBTQ+ therapists or allies. Therapists who identify as LGBTQ+ are available to meet with students on Mondays and Fridays. Therapists who identify as LGBTQ+ allies are available to meet with students on Tuesdays through Thursdays.

<https://counseling.umd.edu/gettingstarted>

### **RAINBOW TERRAPIN NETWORK: #TRANSTERPS**

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

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

### **THE LGBTQ+ EQUITY CENTER**

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

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

## OFFICES GEARED TOWARD DIVERSITY, EQUITY, & INCLUSION

### **ACCESSIBILITY & DISABILITY SERVICE (ADS)**

We recognize that each student's disability-related access needs are unique. Instead of providing one-size-fits-all accommodations, we tailor our approach to each individual's specific concerns. Our ultimate aim is to create an environment where students with disabilities can fully participate, engage, and thrive. Together, we're setting a new standard for access and inclusion in higher education.

301-314-7682

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

### **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**

[https://cm.maxient.com/reportingform.php?UnivofMaryland&layout\\_id=35](https://cm.maxient.com/reportingform.php?UnivofMaryland&layout_id=35)

### **Sexual Misconduct Reporting Online**

[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**

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

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

### **Report an Incident**

Follow the link to access report forms for incidents of bias; sexual harassment or sexual misconduct; discrimination, harassment or retaliation; or report to the ADA coordinator:

<https://diversity.umd.edu/report-an-incident>

## **RACIAL & ETHNIC MINORITIES**

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

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

<https://counseling.umd.edu/clinical-services/group-counseling>

### **CENTER FOR MINORITIES IN SCIENCE AND ENGINEERING**

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

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

### **CIRCLE OF SISTERS SUPPORT GROUP (THE COUNSELING CENTER)**

A support group for Black women to talk about various topics such as identity development, self-confidence, family, friendships, dating & relationships, academics, sexuality, and navigating life at a PWI and beyond.

<https://counseling.umd.edu/clinical-services/group-counseling>

### **ENTRE NOSOTRXS LATINX SUPPORT GROUP (THE COUNSELING CENTER)**

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

<https://counseling.umd.edu/clinical-services/group-counseling>

### **NYUMBURU CULTURAL CENTER (OFFICE OF DIVERSITY AND INCLUSION)**

The mission of the Nyumburu Cultural Center is to promote an understanding of and appreciation for African-American Culture in all of its richness and complexity. In carrying out its mission, the Nyumburu Cultural Center strives to improve the life for African-American students and students of the African Diaspora, both undergraduate and graduate; to foster greater involvement of these students in campus programs and initiatives; to instill in these students an informed consciousness of their African-American, Caribbean, and African heritages; and to improve retention and graduation rates of these students. In the various events and activities, it sponsors, the Center also acknowledges, recognizes and solicits contributions of other heritages. Such efforts to cross boundaries and to intersect with other campus circles make the Nyumburu Cultural Center an excellent place for cultural exchange, intersectionality, and collaborations which enables the University of Maryland to make greater strides in achieving genuine cultural pluralism.





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

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

The Office of Multicultural Involvement and Community Advocacy supports and advocates for our campus' historically marginalized communities by providing opportunities and spaces that affirm identities, build inclusive communities among diverse members, and create social change - locally, nationally and globally.

[https://stamp.umd.edu/mica/multicultural\\_involvement\\_community\\_advocacy](https://stamp.umd.edu/mica/multicultural_involvement_community_advocacy)

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

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

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

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

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

<https://counseling.umd.edu/gettingstarted>

## **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 & DISABILITY SERVICE (ADS)**

We recognize that each student's disability-related access needs are unique. Instead of providing one-size-fits-all accommodations, we tailor our approach to each individual's specific concerns. Our ultimate aim is to create an environment where students with disabilities can fully participate, engage, and thrive. Together, we're setting a new standard for access and inclusion in higher education.

301-314-7682

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

### **HEARING AND SPEECH CLINIC**

We provide speech, language, and hearing services for individuals of all ages with a wide variety of disorders and conditions. Located in LeFrak Hall in College Park, the Clinic is operated by the Department of Hearing and Speech Sciences as both a training and research facility of speech-language pathology and audiology. Services are provided by students who are working towards their Master's degree in speech-language pathology or their Doctoral degree in audiology. These students are closely supervised by experienced speech-language pathologists and audiologists, who are faculty members of the Department of Hearing and Speech Sciences, certified by the American Speech-Language and Hearing Association (ASHA) and licensed by the Board of Examiners of the State of Maryland.

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

## **PARATRANSIT**

Shuttle-UM offers Paratransit as its curb-to-curb, on-demand shuttle subscription service available to students, faculty and staff with temporary and permanent disabilities. Those with temporary disabilities (impact of less than six weeks) who wish to use this service must register with the University Health Center (UHC). Students with permanent disabilities and temporary disabilities lasting for more than six weeks must be registered with Accessibility and Disability Services (ADS). Faculty and Staff with permanent disabilities and temporary disabilities lasting for more than six weeks must be registered with University Human Resources (UHR). Paratransit is also available for campus guests who schedule their rides directly with Shuttle-UM.

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

## **TRANSFER STUDENTS**

### **OFF-CAMPUS HOUSING SERVICES**

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

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

### **TRANSFER 2 TERP LEARNING COMMUNITY (T2T)**

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

[https://stamp.umd.edu/engagement/transfer\\_and\\_offcampus\\_student\\_life/transfer\\_2\\_terp\\_learning\\_community](https://stamp.umd.edu/engagement/transfer_and_offcampus_student_life/transfer_2_terp_learning_community)

### **TRANSFER AND OFF-CAMPUS STUDENT LIFE (TOCSL)**

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

[https://stamp.umd.edu/engagement/transfer\\_and\\_offcampus\\_student\\_life](https://stamp.umd.edu/engagement/transfer_and_offcampus_student_life)

### **TRANSFER CREDIT SERVICES (TCS; OFFICE OF THE UNIVERSITY REGISTRAR)**

Transfer Credit Services (TCS) provides 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, which includes: determining the acceptability of courses, awarding credit by the University of Maryland, and maintaining the database of transfer course evaluations.

<https://registrar.umd.edu/transfer-credit>

### **TRANSFER EXPERIENCE NETWORK (TEN)**

Follow the link to a website with supports and resources available to transfer students. It was created by the Transfer Experience Network (TEN) — a group of staff and faculty across the University of Maryland from offices such as Pre-Transfer Advising, Transfer & Off-Campus Student Life, Office of Undergraduate Admissions, Orientation Office, Office of Letters and Sciences, and academic colleges across campus. TEN members serve as advocates for the transfer students at the University of Maryland and discuss and address issues related to transfer across campus.

<https://transfer.umd.edu/index.html>

### **TRANSFER STUDENT PROGRAMS (THE COLLEGE OF LETTERS AND SCIENCES)**

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

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

## UNDOCUMENTED & IMMIGRANT STUDENTS

### ENTRE NOSOTRXS LATINX SUPPORT GROUP (THE COUNSELING CENTER)

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

<https://counseling.umd.edu/clinical-services/group-counseling>

### GRADUATE STUDENT LEGAL AID OFFICE

Legal Aid offers 30-minute consultations with an immigration attorney for international, undocumented, and immigrant students one day per month during the fall and spring semesters. These consultations are with a specialized immigration attorney who is familiar with student-related issues.

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

### IMMIGRANT & UNDOCUMENTED STUDENT LIFE (STAMP)

The Immigrant and Undocumented Student Life office provides guidance and support to immigrant and undocumented undergraduate and graduate students at the University of Maryland. Our office supports students who are from mixed-immigration status families and students on campus who center immigration issues in their educational advocacy. We are dedicated to holistically supporting students throughout their educational careers by providing individual mentoring support, fostering a safe academic environment through social programming, and advocacy. We support faculty/staff with training on the assets, challenges, and advocacy needed for undocumented students on campus. We encourage all students to check out our student org, Migrating Shells out.

[https://stamp.umd.edu/engagement/immigrant\\_undocumented\\_student\\_life](https://stamp.umd.edu/engagement/immigrant_undocumented_student_life)

[Facebook:](#) @undocUMD

[Link Tree:](#) @umdundoc

[Instagram:](#) @umdundoc

## SCHOLARSHIPS & FUNDS

### Terp Family Student Scholarship

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

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

*For more financial resources, 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)

## VETERAN STUDENTS

### ADVENTURE PROGRAMS FOR VETERANS

Take a break from academics and paddle, bike, climb, or ski while building social connections with fellow veterans. These collaborative programs between the RecWell Adventure Program, UMD Veteran Student Life, and Team River Runner can introduce you to a new outdoor activity, provide you with a physical challenge, or help you and your family get outside and enjoy the outdoors.

<https://recwell.umd.edu/programs-activities/adventure-program/adventure-trips/adventure-programs-veterans>

### VETERAN-CENTRIC STEM TUTORING

If you're a current veteran or military-connected student seeking personalized support in your STEM courses, the STEM Veteran Assistance Program at the University of Maryland is here for you.

[https://stamp.umd.edu/engagement/veteran\\_student\\_life/current\\_students/stem\\_tutoring](https://stamp.umd.edu/engagement/veteran_student_life/current_students/stem_tutoring)



## **VETERAN STUDENTS COUNSELING DROP-IN HOUR (THE COUNSELING CENTER)**

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

<https://counseling.umd.edu/gettingstarted>

## **VETERAN STUDENT LIFE**

To build and maintain a community of veteran and military-connected students, staff, faculty, and alumni at the University of Maryland that collectively supports the transition from military life to civilian college. Together, the community provides opportunities for development along the [8 Dimensions of Wellness](#) throughout the UMD experience empowering students to develop a renewed sense of purpose and significance during and after their time at the University of Maryland.

[https://thestamp.umd.edu/veteran\\_student\\_life](https://thestamp.umd.edu/veteran_student_life)

## **SCHOLARSHIPS & FUNDS**

[https://stamp.umd.edu/engagement/veteran\\_student\\_life/current\\_students/veteran\\_scholarships](https://stamp.umd.edu/engagement/veteran_student_life/current_students/veteran_scholarships)

## ***LIVING AND WORKING***

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

#### **DINING GUIDE**

Get the latest information about dining options on campus by following the link:

<https://dining.umd.edu/2023-24-dining-guide>

#### **DINING LOCATIONS**

- Cafes
- Dining Halls
- Dining in The Stamp
- Kirwan Food Court
- Shops
- Golf Course
- Other Dining—Campus Pantry and Maryland Farmers Market

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

#### **DINING PLANS**

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

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

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

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

<https://extension.umd.edu/programs/family-consumer-sciences/efnep/>

#### **ONLINE SERVICES**

Follow the link to access the following tools: Verify that you have a dining plan and which plan you have; verify current spending account balances; verify recent transactions; upgrade your Resident Dining Plan, adding Dining Dollars; purchase a Connector Dining Plan; purchase a block of Dining Dollars.

<https://dining.umd.edu/services/online-services>

### **RESOURCES FOR ESSENTIAL NEEDS**

#### **CAMPUS PANTRY**

The UMD Campus Pantry is open to help students, faculty, and staff experiencing food insecurity. You must swipe your University ID before entering and check out before leaving. Bring your own reusable bag. The Campus Pantry is located on the ground floor of the South Campus Dining building, 7093 Preinkert Drive, Campus Drive, College Park, MD 20742.

301-405-9579

[campuspantry@umd.edu](mailto:campuspantry@umd.edu)

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



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

Feeding America is a nationwide network of food banks, food pantries and local meal programs. Our common goal is simple: help people get the food and resources they need to thrive.

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

## **FOSTERING TERP SUCCESS**

Fostering Terp Success is a campus-wide community of support and belonging for students who are struggling with homelessness as well as those who have a history of involvement in foster care. Our comprehensive network of supportive staff and faculty is committed to removing barriers to and assisting students in accessing essential campus services, navigating challenges, and developing self-advocacy and life skills. We offer coaching, workshops, and access to professional staff, referrals, and targeted resources in the community.

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

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

## **GROCERY STORE DISCOUNTS**

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

## **MARYLAND HUNGER SOLUTIONS**

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

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

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

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

<http://www.pgcfec.org>

## **SERVICES 24/7**

Services 24/7 is a free virtual resource designed to connect the University of Maryland community with nonprofit organizations to increase their capacity to serve. On Services 24/7 you can: search for local events, groups, and causes that you care most about; review, reflect and share your volunteer experience through the impact function; organize registration for volunteer events and recruit Maryland students, faculty, and staff. With nearly 300 nonprofit organizations and campus departments listed on Services 24/7, there is something for everyone.

<https://umd.givepulse.com/group/248707-services-247>

## **TERP TO TERP CAMPUS REUSE STORE**

Terp to Terp supports students' essential needs and fosters a culture of social responsibility and waste reduction. Our store collects and distributes small appliances, kitchen items, room accessories, clothing, and school supplies donated throughout the year. All items are FREE for UMD students! But please only take what you need. If you're a student at UMD in need of essential living items, set up an appointment to shop for unused or gently used items. Bring your own bags, boxes, and transportation, as we are unable to deliver items.

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



## THE CAPITAL AREA FOOD BANK

In a region as large as metropolitan Washington, ensuring everyone has access to good, healthy food takes a significant community effort—which is why we partner with more than 400 nonprofit organizations in DC and the surrounding region. Together, we provide more than 50 million meals to almost half a million area residents, every year. And because we know that food alone won't solve hunger, we also address the root causes of hunger through multiple education programs and innovative service delivery partnerships.

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

## FAMILY CARE

### CAMPUS CHILD CARE CENTERS

#### Center for Young Children (CYC)

The CYC is a research center and laboratory school within the department of Human Development and Quantitative Methodology within the College of Education. Founded in 1948, the CYC strives to meet our triple mission of providing a high-quality early childhood program for children from 3 to 5 years of age, training preservice teachers and other child and family-focused university students, and supporting child development research.

<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 regular faculty and staff, Contingent II, and Graduate Assistants only.

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

### ELDERCARE

#### Eldercare Locator

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

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

#### Maryland Access Point (MAP)

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

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

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

## FAMILY AND BABY ROOMS ON CAMPUS

### Family Study Room

The University Libraries' Family Study Room is located on the third floor of McKeldin. With enough space to fit one family, 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/visit/libraries/mckeldin/family>

### Lactation Rooms and Changing Stations

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

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

## HY-SWAP

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

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

## NETWORKS FOR PARENTS AND GUARDIANS

### UMD Babysitters and Local Parents of Littles

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

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

### UMD Parents Google Group

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

[Google Groups](#) : UMDParents

## ONLINE RESOURCES

### Maryland Family Network

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

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

### Pandemic Parenting

Their 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/>

## THE EVERY CHILD PROJECT (TECP)

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

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

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

The Mama and Baby Mobile Health Unit provides quality health care to uninsured and under-insured women who are pregnant or of childbearing age. All services are provided free of charge.

<https://www.umms.org/capital/health-services/womens-health/supporting-our-community/mama-and-baby-mobile-health-unit>



## HOUSING

### ON-CAMPUS HOUSING

#### Residence Halls

There's nothing like bonding with your floormates and creating lifelong friendships when living on-campus. You'll be surrounded by students experiencing similar journeys and have support when you need it. From hall and community programs to athletic and campus events, to leadership roles and on-campus employment, your calendar will be full and your skills will soar!

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

#### Res Life Scholarships

Resident Life offers five scholarships that provide financial assistance to University of Maryland students. Three scholarships support current student staff in the department and two honor the memory of exemplary Resident Life staff members, Joseph M. Mitchell (1963-2005) and Michelle Humanick (1966-2010).

<https://www.reslife.umd.edu/about-us/res-life-scholarships>

#### University-Affiliated Apartments

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

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

### HANDSHAKE

Handshake is the University Career Center's online career management platform for University of Maryland students and alumni. Handshake can be accessed online or through the app.

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

### INTERNSHIPS

An internship is a monitored work experience that has intentional learning outcomes and goals for students. Internships:

- Consist of educationally enriching projects with learning objectives, quality training and supervision, and regular feedback.
- Can be a semester, summer, or even year-long program.
- Have assignments and projects that are related to the student's major or career interests. A minimal amount of an intern's assignments should include clerical work.

There is not a standard internship hiring structure that every industry follows. It is important for you to research typical hiring timelines and processes based on the career field you are thinking about pursuing.

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



## ON-CAMPUS EMPLOYMENT OPPORTUNITIES TO CONSIDER

Conferences & Visitor Services	<a href="https://cvs.umd.edu/employment/">https://cvs.umd.edu/employment/</a>
Community Organizing Student Intern	<a href="https://stamp.umd.edu/mica/mica/programs/cosi">https://stamp.umd.edu/mica/mica/programs/cosi</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/join-our-team/student-employment">https://reslife.umd.edu/join-our-team/student-employment</a>
Dining Services	<a href="https://dining.umd.edu/contact/employment/student-opportunities/">https://dining.umd.edu/contact/employment/student-opportunities/</a>
Gossett Student-Athlete Center	<a href="https://umterps.com/sports/2018/5/21/employment">https://umterps.com/sports/2018/5/21/employment</a>
TerpJobs	<a href="https://uhr.umd.edu/student-employment/">https://uhr.umd.edu/student-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>

## SERVICES 24/7

Services 24/7 is a free virtual resource designed to connect the University of Maryland community with nonprofit organizations to increase their capacity to serve. On Services 24/7 you can: Search for local events, groups, and causes that you care most about; review, reflect and share your volunteer experience through the impact function; organize registration for volunteer events and recruit Maryland students, faculty, and staff. With nearly 300 nonprofit organizations and campus departments listed on Services 24/7, there is something for everyone.

<https://umd.givepulse.com/group/internships/248707>

## STUDENT EMPLOYMENT

Whether you choose to take on a Federal Work-Study position, graduate assistantship or other form of employment, there are a multitude of opportunities for you both on and off campus. Explore your options and decide what's right for you in the following website:

<https://careers.umd.edu/find-jobs-internships/student-employment#Quadjobs>

## UNIVERSITY CAREER CENTER & THE PRESIDENT'S PROMISE

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

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

## TRANSPORTATION TO AND ON CAMPUS

### BIKE SHOP (RecWell)

The RecWell Bike Shop is a student-powered bike shop providing free bike repair and education for all UMD students, faculty, and staff. The shop also rents commuter and mountain bikes, hosts bike maintenance classes and group rides, and has a limited inventory of bike parts and safety equipment for sale.

<https://recwell.umd.edu/programs-activities/adventure-program/bike-shop>

### DEPARTMENT OF TRANSPORTATION SERVICES (DOTS)

The DOTS provides a full range of parking and transportation services to a diverse community of more than 50,000 students, faculty and staff in the Greater College Park area. We are committed to developing and supporting a dynamic and diverse workforce that includes both students and full-time employment opportunities.

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

### Bikeumd & E-scooters

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

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



### **Paratransit**

Shuttle-UM offers Paratransit as its curb-to-curb, on-demand shuttle subscription service available to students, faculty and staff with temporary and permanent disabilities. Those with temporary disabilities (impact of less than six weeks) who wish to use this service must register with the University Health Center (UHC). Students with permanent disabilities and temporary disabilities lasting for more than six weeks must be registered with Accessibility and Disability Services (ADS). Faculty and Staff with permanent disabilities and temporary disabilities lasting for more than six weeks must be registered with University Human Resources (UHR). Paratransit is also available for campus guests who schedule their rides directly with Shuttle-UM.

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

### **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>

### **LOCAL & REGIONAL TRANSIT**

Several local and regional transit providers connect campus and the surrounding communities.

<https://transportation.umd.edu/sustainable-transportation/local-regional-transit>

### **SMART COMMUTE**

The Smart Commute trip planner is all about how to get to, from and around UMD in a way that saves money, time and the planet. Biking, transit, walking and ridesharing at all healthy transportation options that take the stress out of your commute.

<https://umd.rideamigos.com/#/>

## *PLANNING YOUR LIFE AFTER UMD*

### **ALUMNI ASSOCIATION**

The Alumni Association connects, cultivates and channels the power of alums to enrich their own lives, advance the university, and impact the greater good.

<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 short-term individual career counseling at the Counseling Center. Career counseling can help students begin to understand how their personality, values, skills, 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.

<https://counseling.umd.edu/clinical-services/career-counseling>

#### **PSYC 123 - THE PSYCHOLOGY OF GETTING HIRED**

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

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

#### **UNIVERSITY CAREER CENTER & THE PRESIDENT'S PROMISE**

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

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

##### **Handshake**

Handshake is the University Career Center's online career management platform for University of Maryland students and alumni. Handshake can be accessed online or through the app.

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

##### **Resumes & Cover Letters**

So how do you get yourself noticed by employers? It all starts with a persuasive cover letter and a targeted resume that highlights your relevant skills and qualifications and tells the story you want recruiters to walk away with. 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/find-jobs-internships/resumes-cover-letters>

##### **Interviewing**

Although an interview seems like a test, it's actually more like a conversation. You as a candidate are trying to determine if the opportunity matches your goals just as the employer is assessing whether you are a good fit with their needs. This means you need to think of the interview as a two-way dialog, not just a one-way question and answer session.

<https://careers.umd.edu/find-jobs-internships/interviewing>

##### **Offers & Salary Negotiation**

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



more money? The University Career Center is available to assist you as you consider how to proceed with the opportunity you've been given.

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