

Thank you for taking the survey. We hope these resources help you in achieving your goal. Some of those available from the Graduate School are also available here:

<https://gradschool.umd.edu/campusresources>

## 1. Student Success in Grad School

- a. **Grad School Writing Center:** provides 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.  
<https://gradschool.umd.edu/graduate-school-writing-center>
- b. **Oral Communication Center:** the OCC offers support for undergraduate and graduate students, faculty, and staff who seek to improve their communication skills for success in academic, professional, civic, and social contexts.  
[https://umdocc.wixsite.com/blog/about\\_us](https://umdocc.wixsite.com/blog/about_us)
- c. **Teaching and Learning Transformation Center:** The TLTC inspires and supports effective, engaging, efficient, and equitable teaching innovations among the University's instructors and assistants.  
<https://tltc.umd.edu/>
- d. **Graduate Student Legal Aid:** The Graduate Student Legal Aid Office provides a wide range of free and confidential legal services to the University of Maryland College Park graduate students who are currently enrolled and pay the graduate student activity fee. GLAO is funded by graduate student fees allocated by the [Graduate Student Government](#). Our mission is to meet the critical legal needs of our diverse graduate student population in a culturally competent, compassionate, and supportive setting.  
<https://terplinksites.umd.edu/Departments/GradLegalAid>
- e. **Graduate student funding:**  
<https://gradschool.umd.edu/funding/student-fellowships-awards>
- f. **TerpTAX:** TerpTax is a Volunteer Income Tax Assistance (VITA) chapter—a program created by the Internal Revenue Service (IRS) to provide FREE tax return preparation to the community.  
<https://gradschool.umd.edu/terptax>

## 2. Mental Health Services:

- a. Counseling Services through the **Counseling Center:**  
<https://www.counseling.umd.edu/>

- b. Behavioral Health Service through the University Health Center:  
For appointments, please call (301) 314-8106.  
<https://www.health.umd.edu/mentalhealth/services>
- c. **Campus Advocates Respond and Educate (CARE) to Stop Violence** provides free, confidential advocacy and therapy services to primary and secondary survivors of sexual assault, relationship violence, stalking, and sexual harassment, while simultaneously empowering the campus community to prevent violence through educational presentations, events, and outreach activities. For more information, contact:  
Call: (301) 314-2222 (general information)  
Call: (301) 741-3442 (24 hours Crisis Cell; available 24 hours during Fall and Spring semester)  
uhc-care@umd.edu  
<http://www.health.umd.edu/care>
- d. **Help Center** is University of Maryland's student-run peer counseling and crisis intervention hotline that provides free and confidential help to the UMD community. Anyone can call and be connected to student counselors who are trained to help with any problems you may be facing. You don't have to provide your name or any identifying information – all calls made to the Help Center are kept strictly confidential and anonymous. We welcome all callers and no issue is too big or small. We also provide walk-in counseling and free, confidential pregnancy tests without an appointment. Call: (301) 314-HELP  
<https://helpcenterumd.org/> or visit their Facebook at:  
<https://www.facebook.com/UmdsHelpCenter/>
- e. The **BETA (Behavior Evaluation and Threat Assessment)** Team evaluates reports about University of Maryland students who are concerning, disruptive, or threatening. We bring expertise from various functional areas: public safety (policing), mental health (psychiatry and social work), counseling (psychology), student conduct, and student affairs to assess concerning behavior and to develop strategies to support the well-being and academic success of all students.  
<https://www.studentaffairs.umd.edu/staff-faculty/beta-team#/about-the-beta-team>
- f. **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 and couples/marital psychotherapy 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.  
<https://psyc.umd.edu/graduate/clin-psychology-clinic>

### 3. Physical Health Services

- a. **The University Health Center** provides high quality, cost-effective health care and wellness programs in order to promote health and support academic success.  
<http://www.health.umd.edu/>
- b. **The University Health Center Nutrition Services** unit empowers and supports members of the University of Maryland community with the knowledge and skills needed to make and implement healthy nutrition choices today and for a lifetime.  
[www.health.umd.edu/dietanalysis](http://www.health.umd.edu/dietanalysis)
- c. **Substance Use Intervention & Treatment Unit (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.  
<http://www.health.umd.edu/mentalhealth/substanceuse>

### 4. Overall Wellness Programs

- a. **UNIVERSITY RECREATION & WELLNESS (RecWell)** They 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.  
<http://recwell.umd.edu>
- b. **The Health Promotion and Wellness Services unit at the University of Maryland Health Center** aims to promote the holistic wellbeing of students through comprehensive and collaborative programming, peer education, sharing of accurate and relevant health information and resources, and providing empathic wellness consultations and coaching for the campus community.  
<http://www.health.umd.edu/HPWSSERVICES>

### 5. Diversity related resources

- a. **BSOS Diversity Resources:**  
<https://bsos.umd.edu/landing/Diversity>
- b. **UMD Black Graduate Student Union**  
<https://www.facebook.com/umdBGSU/>

- c. **Latinx Graduate Student Association (LGSA)** The Latina/o/x Graduate Student Association's mission is to serve the needs of Latinx graduate students at the University of Maryland through social and academic programming.  
[lgsaumd@gmail.com](mailto:lgsaumd@gmail.com)
- d. **The Office of Diversity & Inclusion** serves the University of Maryland by providing leadership and expertise that enriches the experiences of individuals and builds stronger communities. ODI supports the efforts of campus units to achieve their diversity and inclusion goals.  
<https://diversity.umd.edu/>
- e. **OFFICE OF CIVIL RIGHTS & SEXUAL MISCONDUCT (OCRSM)** OCRSM's mission is to support the University's commitment to a working and learning environment free from sexual misconduct and discrimination.  
<https://www.ocrsm.umd.edu/about/index.html>
- f. **HATE BIAS REPORTING** If you ever experience or witness a hate bias incident, in addition to referring to the Office of Civil Rights and Sexual Misconduct (above), please also consider completing a Hate Bias report:  
<https://pdc-svpaap1.umd.edu/ci-rpf313/Odi/somerpt>
- g. **Black Terps Matter:**  
<https://black-terps-matter.mailchimpsites.com/>
- h. **THE LESBIAN, GAY, BISEXUAL, & TRANSGENDER (LGBT) EQUITY CENTER** The LGBT Equity Center provides the campus with leadership and expertise in building a fully equitable community; strengthens and supports people of diverse sexes, gender identities or expressions, and sexual orientations; and develops visible and vibrant LGBTQ+ campus communities.  
<https://lgbt.umd.edu/>
- i. **OFFICE OF MULTICULTURAL INVOLVEMENT & COMMUNITY ADVOCACY (MICA)** MICA provides opportunities and spaces that affirm students and their identities, build inclusive communities among diverse members, and create social change locally, nationally and globally.  
[http://thestamp.umd.edu/multicultural\\_involvement\\_community\\_advocacy](http://thestamp.umd.edu/multicultural_involvement_community_advocacy)
- j. **RAINBOW COUNSELING DROP-IN HOUR** Drop-in hour offered by the Counseling Center's Counseling Service, Monday – Friday, 3-4pm. A service aimed at making the Counseling Center's services feel safer in the LGBT community, the Rainbow Walk-In Hour is staffed with LGBT-friendly psychologists and advanced trainees.
- k. **RAINBOW TERRAPIN NETWORK: #TRANSTERPS** The #TransTerps project formally launched in 2017. It is a part of our Rainbow Terrapin Network and an ongoing campus-wide campaign to improve campus climate for trans people by identifying, disseminating, and implementing good practices for trans inclusion. We do this through trainings/events, through sharing specific good practices information, and by sharing campus resources for trans people.  
<https://lgbt.umd.edu/rainbow-terrapin-network-transterps>
- l. **Out in Science, Technology, Engineering, and Mathematics (oSTEM)** at the University of Maryland, College Park: We are a student organization dedicated to

fostering the professional and personal growth of LGBT students in STEM fields. Our dynamic network helps build connections between students and professionals in industry and academia. We promote the participation and development of LGBT communities in STEM disciplines and address the needs of these diverse communities within our University. We are inclusive of those who are historically underrepresented with respect to gender, gender identity, and ethnic background.

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

- m. **OFFICE OF MULTI-ETHNIC STUDENT EDUCATION (OMSE)** OMSE, a unit of the **Academic Affairs Division** of the University of Maryland, offers a variety of services and programs to enhance the learning experience and promote the academic success of undergraduate students. We collaborate with several other campus offices and college programs to provide unique collegial opportunities for our diverse population.  
<http://omse.umd.edu/>
- n. **OFFICE OF MULTICULTURAL INVOLVEMENT & COMMUNITY ADVOCACY (MICA)** MICA provides opportunities and spaces that affirm students and their identities, build inclusive communities among diverse members, and create social change locally, nationally and globally.  
[http://thestamp.umd.edu/multicultural\\_involvement\\_community\\_advocacy](http://thestamp.umd.edu/multicultural_involvement_community_advocacy)
- o. **CENTER FOR MINORITIES IN SCIENCE AND ENGINEERING** The Center for Minorities in Science and Engineering is committed to the recruitment, retention, development, and graduation of underrepresented minority pre-college, undergraduate and graduate students in engineering.  
<https://eng.umd.edu/minorities>
- p. **STUDENTS OF COLOR COUNSELING DROP-IN HOUR** Drop-in hour offered by the Counseling Center's Counseling Service, Monday – Friday, 3-4pm, affords students of Color the opportunity to drop in to the Counseling Center without an appointment. Students will be guaranteed to be seen by a therapist of Color.
- q. **STAMP Student Resources:**  
[https://thestamp.umd.edu/student\\_org\\_resource\\_center\\_sorc](https://thestamp.umd.edu/student_org_resource_center_sorc)

## 6. International Student Resources

- a. **INTERNATIONAL STUDENT AND SCHOLAR SERVICES (ISSS)** ISSS assists international students with transitioning to the U.S., advising on immigration requirements, and making the most of their academic experience here. ISSS also assists the campus community involved with international educational exchange in the process of bringing international visitors to campus, or in sending Maryland faculty and students abroad.  
<http://globalmaryland.umd.edu/offices/international-students-scholar-services>
- b. **INTERNATIONAL STUDENT SUPPORT GROUPS** Meet other international students, learn about U.S. culture, solve problems, and practice speaking English

as you help each other adjust to life in the United States and the University of Maryland.

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

- c. **INTERNATIONAL STUDENTS COUNSELING DROP-IN HOUR** Drop-in hour offered by the Counseling Center's Counseling Service, Monday – Friday, 3-4pm, affords international students the opportunity to drop in to the Counseling Center without an appointment.
- d. **OFFICE OF MULTICULTURAL INVOLVEMENT & COMMUNITY ADVOCACY (MICA)** MICA provides opportunities and spaces that affirm students and their identities, build inclusive communities among diverse members, and create social change locally, nationally and globally.

[http://thestamp.umd.edu/multicultural\\_involvement\\_community\\_advocacy](http://thestamp.umd.edu/multicultural_involvement_community_advocacy)

## 7. Disability Related

- a. **ACCESSIBILITY AND DISABILITY SERVICE (ADS; THE COUNSELING CENTER)** The University of Maryland is committed to the principle that no qualified individual with a disability shall, on the basis of disability, be excluded from participation in or be denied the benefit of services, programs, or activities at the University. ADS provides reasonable accommodations to qualified individuals to ensure equal access to services, programs, and activities sponsored by the University of Maryland.

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

- b. **The Adaptive Technology Lab (ATLab)** is a low-distraction environment equipped with hardware and software to facilitate access to information for individuals with disabilities. The lab offers advice and training on the use of adaptive technologies and works closely with other campus units to address their adaptive technology needs.

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

- c. **The University of Maryland Hearing and Speech Clinic** at College Park has provided speech, language and hearing services to the community for almost 70 years. The clinic is operated by the Department of Hearing and Speech Sciences as both a training and research facility for Audiology and Speech-Language Pathology.

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

- d. **Paratransit** is a curb-to-curb, on demand and subscription service available to all students, faculty, staff and visitors with disabilities.

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

## 8. Undocumented Students

- a. **UNDOCUMENTED STUDENT RESOURCES WEBSITE** Undocumented students are a vital part of our campus community. As such, the dissemination of up-to-date, accurate information by campus offices is vital. This site will serve as a resource for current and prospective undocumented students.  
<http://undocumented.umd.edu/>
- b. **FACEBOOK PAGE** For more ways to connect to the resources for the undocumented students and larger community at UMD, check out the Facebook page:  
<https://www.facebook.com/undocUMD/>
- c. **Undoc Students UMD Opportunity Fund** This fund is devoted to supporting undocumented students at the University of Maryland. It will go toward emergency funding, legal fees, and other critical areas of support.  
<https://www.gofundme.com/undoc-students-umd-opportunity-fund>
- d. **College of Behavioral & Social Sciences Terp Dream Scholarship Endowment** Everyone needs opportunity to learn, achieve and be successful – and sometimes that help can come through policy changes, scholarships opportunities, from mentors and family members, and from supportive communities. But some have grown up in communities where college education never seemed possible – without help. For these students, the Terp DREAM Scholarship could make the difference between achieving the American dream and getting left behind. This scholarship will offer financial assistance to undergraduate first generation college students at the University of Maryland.  
<https://giving.umd.edu/giving/fund.php?name=terp-dream-scholarship-endowmen>  
[t](#)
- e. For a **list of scholarship opportunities** that don't require citizenship status, please visit: <http://undocumented.umd.edu/financial-resources/>
- f. **UNDOCUMENTED STUDENTS COUNSELING DROP-ON HOUR** Drop-in hour offered by the Counseling Center's Counseling Service, Monday – Friday, 3-4pm. Please contact Dr. Maria Berbery at [mberbery@umd.edu](mailto:mberbery@umd.edu) for more information.
- g. **The UndocuTerp Training Series** is a comprehensive three-hour training that will provide, staff and faculty with the knowledge, skills, and resources necessary to effectively respond to the needs of undocumented students and their families at the University of Maryland (UMD). The training is divided into 3-1 hour sessions. <http://undocumented.umd.edu/undocuterp-training-2/>

## 9. Family Related Services

- a. **FAMILY CARE RESOURCE AND REFERRAL SERVICE** This service was created to assist University of Maryland faculty, staff and students with their family care needs and concerns.  
[https://uhr.umd.edu/benefits/family\\_care/](https://uhr.umd.edu/benefits/family_care/)

- b. **MARYLAND EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM (EFNEP)** The EFNEP of the United States Department of Agriculture, the University of Maryland's Department of Nutrition and Food Science, and the University of Maryland Extension focuses on diet quality, nutrition, food savings, and food safety. EFNEP helps limited-income families and youth acquire knowledge, skills, attitudes, and behavior changes necessary to promote health and wellness and reduce chronic disease risk. For more information, visit the website:  
<https://extension.umd.edu/efnep>
- c. **The Center for Healthy Families** is the Couple & Family Therapy clinic housed in the Department of Family Science at the University of Maryland, College Park. Our graduate student therapists provide family therapy to residents of surrounding communities under the guidance of our certified clinical and faculty supervisors. We serve approximately 500 families per year. The Center for Healthy Families operates as a non-profit clinic and provides services to individuals, couples (married or unmarried), and families.  
<https://www.thecenterforhealthyfamilies.com/>
- d. **UNIVERSITY OF MARYLAND CAPITAL REGION HEALTH MAMA & BABY MOBILE HEALTH UNIT** Our mobile health unit is provided through a partnership with the March of Dimes and UM Capital and is specifically designed to help uninsured and under-insured women throughout Prince George's County receive quality health care for themselves and their babies. We see women of childbearing age, pregnant women, and babies aged 0 to 24 months.  
<https://www.umms.org/capital/health-services/womens-health/mama-baby-bus-program>
- e. **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/>
- f. **THE TOGETHER PROGRAM** is a free program for couples that offers: relationship and financial education, connection to community resources, access to employment services.  
<https://www.togetherprogram.org/>

## 10. Reporting Policies

- a. [University of Maryland Policy and Procedures on Sexual Harassment and Other Sexual Misconduct](#)
- b. [University of Maryland Non Discrimination Policy and Procedures](#)
- c. [University of Maryland Disability & Accessibility Policy and Procedures](#)
- d. [Ethics, Integrity and Compliance Reporting](#)



- i. [UMD General Complaint Form](#)*
  - ii. [UMD Office of Student Conduct \(student policy violation\)](#)*
  - iii. [UMD Office of Civil Rights and Misconduct](#)*
  - iv. [UMD Office of Diversity and Inclusion \(Bias Report Incident\)](#)*
- e. [Ombudsperson Services \(Confidential\)](#)
  - i. [Faculty Ombuds Office](#)*
  - ii. [Staff Ombuds Office](#)*
  - iii. [Graduate Students Ombuds Office](#)*
  - iv. [Undergraduate Students Ombuds Office](#)*
- f. Graduate School Grievance Policy
  - i. [UMD Graduate School - Ombuds Office](#)*
- g. Behavioral Threat
  - i. [BETA \(Behavior Evaluation and Threat Assessment\)](#)*

## 11. Career Related

- a. **Professional development and career services** for PhD students and Postdoctoral Associates are coordinated by Dr. Susan Martin. For more information about resources and events, email [smart18@umd.edu](mailto:smart18@umd.edu), call (301) 405-8236, or sign up for an appointment in [Careers for Terps \(C4T\)](#).
- b. **Professional and Career Development:**  
<https://gradschool.umd.edu/professionaldevelopment>