

Student Services

The University has a number of services available to you. Among these are counseling and testing, career services, computing services, health services, housing, cultural activities, as well as a day care center.

Regulations pertaining to matters on student life are found in the *Pathfinder*, the Residence Hall Handbooks and other bulletins issued by University officials.

Health Services

- **Required Forms:** When you are accepted at the University, in your acceptance package, you will receive a **Medical History Form and an Immunization Form. These must be completed, signed and returned to the University by all undergraduates and international students (undergraduate and graduate).**
- **Physical:** If you are planning to participate in the intercollegiate athletic program or if you anticipate applying to the Athletic Training Education Program, you **must have** the physical examination portion, located on the back of the medical history form, completed and signed by a physician or health care provider.
- **Immunizations:** The University requires all students to have the following immunizations: Two doses of MMR (Measles, Mumps, Rubella), Diphtheria/Tetanus within the past 10 years and tuberculosis screening within the past 12 months. These dates must be recorded on the Immunization Form and this **form must be signed by a physician or health care provider.** You must have a completed immunization record on file at the Brady Health Center.
- **Fees:** There is a user fee (currently \$10) for each visit to the health center. Also, there are miscellaneous charges for diagnostic tests, immunizations, treatments and prescription medications. Payment is due at time of service and may be made at the center by cash, check or Bobcat Express Card.
- **Services:** The Brady Health Center is available for all students and emphasizes prevention of health problems through health education. They offer direct care services for common health problems, combined with referrals to community health agencies, hospitals and specialists. A list of services is available at the health center.
- **Health Insurance:** Although the Brady Health Center does not bill your insurance carrier, it is strongly recom-

mended that you carry health insurance in case you are referred to a local laboratory, clinic, hospital or physician for continued care. If you do not have health insurance, an affordable plan is available through United Healthcare Insurance. See the Brady Web site (www.frostburg.edu/brady) for links to student health insurance information or call Brady Health at 301.687.4310.

Counseling and Psychological Services

Counseling and Psychological Services, located in Sand Spring Hall, provides services throughout the academic year and during the summer months. Individual and group counseling—personal, vocational and educational—is provided by experienced counselors and psychologists. The service is accredited by the International Association of Counseling Services.

In addition, counseling and skill-building groups, psychiatric consultation, psychological testing and referral services are available. All counseling sessions are private and confidential and in no way related to your University standing or records.

Appointments may be made in person or by telephone Monday through Friday, 8 a.m. to 5 p.m., at 301.687.4234. Services are provided without charge.

University Testing Program

The Counseling Service provides information for the Graduate Record Exam (GRE), the Miller Analogies Test (MAT), the PRAXIS, the Law School Admission Test (LSAT) and the Medical College Admission Test (MCAT).

On-campus testing is available for the Graduate Record Exam (GRE), the PRAXIS, the Medical College Admission test (MCAT) and the National Board for Professional Teaching Standards (NBPTS) at the Computer-Based Testing Center in Pullen Hall 105-A. Appointments may be made by calling 301.687.7990. Appointments for the Miller

Analogies Test (MAT) may be made by calling the Counseling Service at 301.687.4234.

Career Services

The Office of Career Services offers a variety of programs and services for graduate and undergraduate students enrolled at Frostburg State University. Career Services assists students with entry into professional careers and encourages the development of job search skills that will facilitate mobility in these careers. Individual assistance is available in the form of career counseling, self awareness and assessment, career exploration, career research, resume critiques, mock interviews and job search assistance.

Graduate students are eligible to enroll in our programs designed to promote the career development and job preparedness of our students.

The Career Resource Center offers DISCOVER, a computerized career guidance system, written career information and Internet access to Web career exploration resources. It is open for your use weekdays, 8 a.m. until 4:30 p.m. On occasion, the office has extended hours. Please check with the office.

Additional programs offered include campus workshops, credential file services, on-campus recruitment and resume referrals. Alumni Expo is sponsored annually where alumni return to campus during the fall to speak to students regarding their career development and their current job responsibilities.

Students may participate in the Career and Internship Fair in April, and a Teacher Education Job Fair is held in late April each year. Job listings and career development information can be accessed at www.collegecentral.com/frostburg.

The Office of Career Services is open Monday through Friday, 8 a.m. to 4:30 p.m., and is located in Sand Spring Hall, 301.687.4403.

Disability Support Services

Through the Office of Disability Support Services (DSS), the University provides accommodations so that students with disabilities may participate in academic programs as well as other campus activities. Some of the services available to students through DSS include the following:

- Extended time for testing and other test modifications



- Books on tape and reader services
- Notetaker services
- Sign language translators

The DSS Office is located in 150 Pullen Hall, phone 301.687.4483 (voice) or 301.687.7955; Voice Relay Operator at 1.800.735.2258.

Policy on Compliance With Disability Discrimination Laws

Frostburg State University is committed to compliance with Section 504 of the Rehabilitation Act of 1973, as amended (29 U.S.C. 794), and the Americans With Disabilities Act of 1990. It is a priority of the University to ensure full participation in programs, employment and activities for all individuals.

Reasonable accommodations shall be provided, upon request, to employees, students and visitors to the University who are eligible to receive them.

All University publications and events announcements shall contain a statement informing persons with disabilities of the procedure for requesting accommodations. New construction projects and renovations shall comply fully with all federal, state and local codes, including the Americans With Disabilities Act Accessibility Guidelines and the Uniform Federal Accessibility Standards.

The University is committed to ensuring nondiscrimination and to resolving any complaints related to disability in a prompt and equitable manner. The ADA/504 compliance officer shall attempt to resolve complaints

following the University's internal grievance procedure.

Writing Services

Writing services are available to all students with writing concerns. Students can receive individual help with coherence and unity; development of ideas; overcoming wordiness, redundancy and vagueness; grammar and punctuation; and MLA, APA and other documentation styles.

The Tutoring Center is open Sunday, 6 to 8 p.m.; Monday through Wednesday, 10 a.m. to 8 p.m.; Thursday, 10 a.m. to 6 p.m.; and Friday, 10 a.m.- 4 p.m. It is located in 151 Pullen Hall, 301.687.3077.

Alcohol/Drug Programs

Frostburg State University believes that members of the University community who use illegal drugs or misuse/abuse alcohol severely limit their educational and human potential and their ability to achieve educational, career and other personal goals. The Alcohol/Drug Education coordinator provides educational programs and activities for all members of the University community to increase their knowledge, awareness and understanding of drugs and alcohol.

The University assists its members who seek rehabilitation by offering counseling and other support services. In addition, the University works closely with local agencies coordinating services with those of the University.

FSU provides alcohol/drug counseling information and services through the University

Counseling and Psychological Services and the Substance Abuse Facts and Education (SAFE) Office. Both offices are located in Sand Spring Hall.

Office of Veterans Affairs

The Office of Veteran Affairs exists to serve the needs of individuals eligible for Veterans Administration educational benefits. The staff of the office is here to assist veterans, veteran's dependents and others eligible for educational benefits with problems or questions regarding benefits, certification or other matters relating to VA benefits. The office is located in Sand Spring Hall Room 110 and is open during the hours posted. The campus phone number is 301.687.4409.

It is advisable for new, re-entering or returning students, who are or may be eligible for VA benefits, to contact the Office of Veterans Affairs prior to registration to ensure that all necessary VA paperwork is properly initiated. Please remember, eligibility for VA educational benefits is determined by the Veterans Administration. Eligibility for VA educational benefits bears no relationship to an individual's indebtedness to Frostburg State University.

Housing

Graduate students who have been admitted to the University and have been issued a seven-digit student ID number are eligible to apply for on-campus housing; the ID number is included in the acceptance letter issued by the Office of Graduate Services. Interested students must complete a housing application online at www.welcome-mat.net/frostburg_terms. It is important that you apply well in advance of the term in which you plan to begin graduate study. Graduate students will be assigned to on-campus housing as space remains available. The Residence Life Office makes an effort to assign roommates of comparable age, and graduate students generally are assigned to either Frederick or Westminster Hall; single rooms are typically not available except in Edgewood Commons apartments.

All students choosing to live on campus sign a one school year (fall and spring semester) housing contract that cannot be broken mid-year. Students interested in applying to live in Edgewood Commons apartments (a privately managed facility) must also complete a separate application.

Campus Activities

Lane University Center

The Lane University Center houses the Alice R. Manicur Assembly Hall, numerous meeting rooms and a game room complete with billiards, pinball, video games and TV viewing area. Additionally, it is home to the Campus Information Desk, Student Activities Office, Cultural Event Series ticket office, Office of Greek Life and Leadership Programs, the UPC, Student Government Association, Black Student Alliance and *The Bottom Line* student newspaper. The Lane University Center Loft is a multi-functional space that features a TV lounge, stage, study area and coffee bar.

Off-Campus Student Mailboxes

There are mailboxes and lockers for off-campus students located in the Lane University Center free of charge on a first-come, first-served basis. Interested students should inquire at the Reservations Office, room 231, located on the second level of the LUC behind the Campus Information Desk.

Appalachian Station

Your stop for hot food with express service, Appalachian Station offers breakfast, lunch and dinner. Menu items include pizza, made-fresh deli sandwiches and salads.

The Loft

If you want simply the best in hot beverages, visit The Loft for a sample of one of Java City's selections: cappuccinos, latte, mochas, all made to the exacting specifications of one of the world's most famous purveyors of fine



coffees and teas. Great sweet treats and cold drinks round out the offerings in the best spot on campus to either grab a cup on the go or to kick back and relax with a frothy hot one.

University Programming Council

The University Programming Council (UPC) is dedicated to providing not only a well-balanced program of activities to foster and encourage education in the extracurricular and co-curricular life of the students and

Frostburg State University, but to extend assistance and program expertise to student organizations in an effort to coordinate the activity programs of the University campus. UPC offers a wide variety of programs, including music, comedy, dances, concerts and special events.

Cultural Events

Each year the University sponsors many cultural events in the fine and performing arts. The Cultural Events Series (301.687.3137) presents professional performances throughout the year. Past guests have included Jack Klugman, Herbie Hancock, Maroon 5 and The Roots, as well as Broadway musicals such as "Seven Brides for Seven Brothers," "Hello Dolly" and "Cabaret"! FSU students receive discount ticket pricing for all CES performances. Opportunities also exist for students to work with CES to assist in the production of the events, as well as workshops and educational outreach opportunities.

University departments present major theatre productions, numerous music performances, poetry readings, lectures, art shows and other events featuring students and visiting artists.



Sports

Sports for men and women, both intercollegiate and intramural, are presented through the Department of Athletics. There are 21 intercollegiate sports, 11 for women and 10 for men. There are also intramural sports consisting of male, female and co-ed competition as well as club sports.

Intercollegiate sports include baseball, men's and women's basketball, men's and women's cross country, field hockey, football, men's and women's lacrosse, men's and women's soccer, softball, men's and women's swimming, men's and women's tennis, men's and women's indoor and outdoor track and women's volleyball.

Intramural sports include flag football, singles tennis, doubles tennis, basketball, volleyball, doubles racquetball, indoor soccer and wrestling. Club sports include men's wrestling, men's and women's rugby, men's volleyball, and men's and women's karate.

Department of Athletics

Competing in Division III of the National Collegiate Athletic Association (NCAA), Frostburg State University is a member of the Eastern Collegiate Athletic Conference (ECAC), the Capital Athletic Conference (CAC), the Atlantic Central Football Conference (ACFC) and the Mason-Dixon Conference. As a member of NCAA Division III, FSU can

offer no athletic scholarships. Frostburg State has won championships in the NCAA, ECAC, Allegheny Mountain Collegiate Conference (AMCC) and the Mason-Dixon Conference and hundreds of FSU student-athletes have earned All-American honors over the years.

As a result of paying an athletic fee, students are admitted free of charge to home athletic events, have access to recreation facilities and may participate in intramural and club sports. The Athletic Department administers and funds the intramural and club sports programs at the University. A variety of intramural activities are held each year for both men and women.

Media and Student Publications

Students who want invaluable experience in media can take part in several extracurricular activities. Writers, editors and artists/designers can join the staffs of two official student publications: *The Bottom Line*, a student newspaper, and *Bittersweet*, a literary magazine. Students interested in broadcasting can work at WFWM, the campus radio station. FSU-TV transmits important campus information over channel 3.

