

Student Services

The University has a number of services available to you. Among these are counseling and testing, career services, health services, housing, and cultural activities.

Regulations pertaining to matters on student life are found in the online Community Standards Policy Statements, the Residence Hall Handbook and other bulletins issued by University officials.

Health Services

Required Medical History: Once you receive your FSU user name and password, you can complete the medical history online at the Brady Connection web portal. Look for the site on the Brady Health web page or go to <https://bradyhealth.frostburg.edu>. A physical examination is not required unless you are an athlete or in the athletic training program.

Immunization Records: All new and transfer students must be immunized for measles, mumps, rubella, tetanus, diphtheria and pertussis and have documentation of these up-to-date immunizations on file in the Brady Health Center. If you were born before 1957, you are exempt from documentation for measles, mumps and rubella. Tuberculosis risk assessment is also required to be completed. All forms are available on the Brady Health web page under "Information for New Students."

Students who are enrolled in an online only program and who do not physically come to campus are exempt. Students who reside in on-campus housing need to be vaccinated against meningococcal disease, or if they choose not to be vaccinated, they must sign a waiver.

Health Insurance and Fees: Currently there is a \$15 fee for most visits to the health center; there are also miscellaneous charges for diagnostic tests, immunizations, treatments and prescription medications. Payments can be made at the center by cash, check or Bobcat Express, or the charges can be billed to the student's account. Health insurance is strongly recommended for lab work and other care required outside the health center.

Services: The Health Center is accredited by the AAAHC (Accreditation Association for Ambulatory Health Care). The services are available to all currently enrolled students. The health services program offers visits for common illness and minor injury, women's health, STI/HIV testing, allergy injections, immunizations and wellness programs. Referrals to community agencies, hospitals and specialists are provided as indicated. More detailed information regarding health center services can be found at the the Brady website (www.frostburg.edu/brady).

Counseling and Psychological Services

The Counseling Service (301.687.4234) offers a variety of counseling and developmental services to students and the University community. The services are accredited by the International Association of Counseling Services (IACS) and provided by experienced counselors, psychologists and supervised interns. There are no fees charged to FSU students.

Individual Counseling: Personal counseling is available to students who may wish to improve their personal or academic effectiveness, or who may be experiencing personal (relationships, anxiety, adjustment, depression, self-concept, etc.), social, career or academic concerns. Counseling sessions are private and confidential and do not become part of the student's academic record. Psychiatric consultation and evaluation is available as needed for established therapy clients.

Group Counseling and Personal Development: Counseling groups and developmental programs are available on topics such as depression, stress management, mindfulness, understanding self, social anxiety, healthy relationships, and other topics.

Consultation and Outreach Training: The Counseling Center staff consults with individual students, student organizations, faculty, staff, and other groups on helping skills, goal-setting, empathetic listening, team building, crisis prevention and other topics.

Psychological Testing: On a limited basis and in collaboration with the Office of Disability Support Services, the Counseling Center staff conducts extensive psychological testing to assess students for various learning disorders and Attention Deficit/Hyperactivity Disorder (ADHD).

Appointments may be made in person or by telephone Monday through Friday, 8 a.m. to 4:30 p.m., at 301.687.4234. Counseling and Psychological Services is located on the ground floor of Cumberland Hall.

Career and Professional Development

The Office of Career and Professional Development Center offers a variety of programs and services for graduate and undergraduate students enrolled at Frostburg State University. This office 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 and Professional Development Center offers a computerized career guidance system, Career Beam: http://cb.careersearch.net/login/?school_id=2244, you must register on this site. The Self-Assessment tool is in this site.

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. Free access to the career development and job search ISP College Central Network is also available: www.collegecentral.com/frostburg.

Students may participate in Career and Internship Fairs in October and April, and a Teacher Education Job Fair is held in mid-April each year.

The Office of Career and Professional Development Center is open Monday through Friday, 8 a.m. to 4:30 p.m., and is located in 110 Pullen Hall, 301.687.4403.

Disability Support Services

Disability Support Services assists students with disabilities by coordinating services that allow them an equal opportunity to participate in all aspects of the educational environment. The office collaborates with students, faculty and staff to create a welcoming campus that meets the needs of students with disabilities, fosters student independence and recognizes students on the basis of their abilities rather than their disabilities. Services include notetakers, electronic textbooks, scribe/reader services, testing accommodations, assistive technology and advocacy. Students must present documentation of their disability and meet with the director to qualify for services.

(301.687.4483; TTY/HCO 1-800-735-2258 – Maryland Relay)

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.

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 Director provides educational programs and activities for all members of the University community to increase their knowledge, awareness and understanding of alcohol and other drugs.

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 Substance Abuse Facts and Education (SAFE) Office, located in 109 Pullen Hall.

Office of Veterans Services

The Office of Veteran Services exists to serve the needs of individuals eligible for educational benefits either through the Department of Veterans Affairs (VA) or the Department of Defense (DoD - Tuition Assistance). The staff of the office is here to assist veterans, military service members, veteran's dependents and others eligible for educational benefits with concerns or questions regarding benefits, enrollment certification or other matters relating to VA or DOD benefits. The office is located in the Veterans Center at 150 Park Avenue and is open Monday through Friday from 8 a.m. to 4:30 p.m. 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 Services prior to registration to ensure that all necessary VA paperwork is properly initiated. Please remember, eligibility for educational benefits is determined by the VA or the DoD. Eligibility for VA or DoD 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 invited to apply for on-campus housing; the ID number is included in the acceptance letter issued by the Office of Graduate Services.

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. Graduate students are most often assigned to single rooms in apartments at Edgewood Commons or to double rooms in our upper-class halls.

A limited number of assistantships are available for qualified graduate students to serve as live-in Resident Directors; in addition to compensation as a graduate assistant, Resident Directors also reside in a single apartment at no charge and receive an on-campus meal plan. Inquiries may be directed to rlo@frostburg.edu.

All students choosing to live on campus sign a one school year (fall and spring semester) housing contract. Interested students may complete a housing application online at www.frostburg.edu/applyhousing.

Students interested in living at Edgewood Commons, a privately-managed facility offering two- and four-bedroom apartments with single rooms, may apply at www.edgewoodFSU.com.

Writing Services

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

The Tutoring Center is open Sunday, 5 to 9 p.m.; Monday through Thursday, 10 a.m. to 9 p.m.; and Friday, 10 a.m.- 4 p.m.

The Writing Center is located in 151 Pullen Hall and the phone number is 301.687.3077.

All writing appointments are appointment-based and made using our online scheduling software, TutorTrac. The link: <https://tutortrac.frostburg.edu/TracWeb40/Default.html>.