LESSON 8

Week 8: “Resources” on campus. (October 19-October 25)

**Important Dates/Notes:** October 22 – Midterm Grades Due

**Topic A:** Tuition and Fees are not only paid to take courses; students have many resources on campus to assist them in being successful at Eastern. When the resources aren’t used, the services are “donated” in effect to other students who exploit the help being offered.

*The list below is certainly not inclusive of every resource on campus, but it’s a good take off point for the basic, most request services. Important Resources your student should take advantage of while at Eastern:*

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**The Center for Internships and Career Development**

**Website:** [http://www1.easternct.edu/career/](http://www1.easternct.edu/career/)

The Center for Internships and Career Development offers counseling and resources to actively engage students in the lifelong process of career development by:

- Promoting self-awareness and career exploration through a [4-year career development plan](http://www1.easternct.edu/career/).
- Linking students with employers and career opportunities.
- Encouraging pre-professional experiences and internships.
- Teaching integrative life planning, job search, and career goal-setting skills.

**Hours and Location**

*Hours:* Monday through Friday from 8:00am to 5:00pm. Open Office Hours are held 11am to 1pm during Walk-In Wednesdays. Stop by for a quick resume or cover letter review, or to learn about Eastern’s online career development tools.

*Location:* Wood Support Services, 2nd Floor.

*Appointments:* To schedule an appointment, please call (860)465-4559, email [careers@easternct.edu](mailto:careers@easternct.edu), or stop by Wood Support Services, 2nd Floor.

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**Office of Financial Aid**

**Website:** [http://www1.easternct.edu/finaid/](http://www1.easternct.edu/finaid/)

The Financial Aid Office at Eastern Connecticut State University assists parents and students who might not otherwise be able to meet their educational expenses. The staff in the Financial Aid Office is available to assist students, both current and prospective, in determining their eligibility for available financial aid.
Hours and Location

**Hours:** Monday through Friday from 8:00am to 5:00pm.

**Location:** Wood Support Services, 1st Floor. 860-465-5205.

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### Office of Student Activities

**Website:** [http://www1.easternct.edu/studentactivities/](http://www1.easternct.edu/studentactivities/)

The Office of Student Activities provides *social and educational activities* outside the classroom which enhance learning and personal development. Through engagement, students participate in leadership development opportunities that empower them to become socially responsible leaders.

From student-led initiatives in the numerous student organizations on campus to various campus-wide events and traditions, the Student Activities staff are here to enhance the student experience at Eastern.

Involvement comes in many different shapes and sizes, all through which students have opportunities to develop new ideas, discover hidden talents, build interpersonal relationships, and work to accomplish collectively what could not be done individually. Life-long learning, leadership development, personal growth, and even future careers are informed by involvements in these student organizations and other involvements. Please explore our different pages to discover the opportunities available to Eastern Students.

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### Counseling and Psychological Services

**Website:** [http://www1.easternct.edu/counseling/](http://www1.easternct.edu/counseling/)

Students can sometimes experience difficulties that undermine success in both their personal and academic lives. The staff at the Counseling and Psychological Services (CAPS) are here to assist students with their concerns and to enhance the emotional, developmental, and relational aspects of students’ health and growth through the different services offered.

The staff are conscious of the special concerns students may have, whether they are a woman, man, student of color or other ethnic minority, gay, lesbian, or bisexual, a student with limitations, or an international student. They are committed to being sensitive to student issues and promote this sensitivity within the campus community and beyond.

CAPS offers a full range of support services to all matriculated Eastern students. These services include individual, group, and couples counseling; psychiatric services; crisis intervention; consultation for faculty, staff, and family members; and referrals for outside services.

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### Hours and Location

**Hours:** See website for information

**Location:** The Student Center
**Hours**: Monday – Friday 8:30am to 4:30pm

**Location**: 192 High Street, Willimantic, CT 06226

**Appointments**: If students would like to schedule an appointment to speak with a counselor, they call (860) 465-0181 (5-0181 from campus). Students may also walk into CAPS and schedule an appointment or, if their need is urgent, they will meet with the “on-call” counselor. Most often, appointments can be arranged with the next few days.

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**Health Services**

**Website**: [http://www1.easternct.edu/health/](http://www1.easternct.edu/health/)

Health Services see students by appointment with the physician, nurse practitioners, or nurse. If students are ill and do not have an appointment, arrangements are made to see them as soon as it is possible. Some laboratory testing is available on site. If necessary, Health Services can arrange for diagnostic testing, such as x-rays or more extensive laboratory tests, at Windham Hospital. All visits are confidential. Likewise, all medical records maintained by the Health Service are confidential. No one outside the Health Service staff has access to them, and no one will be given information from them without a student’s written consent. Medical records are kept on file for seven years after students leave Eastern.

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**Hours and Location**

**Hours**: Monday: 9:00 a.m. to 5:00 p.m.; Tuesday through Friday: 9:00 a.m. to 4:30 p.m.

**Location**: 185 Birch Street, Willimantic, CT, 06226

**Appointments**: All visits to the Health Service are by appointment. Students can call at 860-465-5263 to schedule an appointment. Most students are seen the same day they call or no later than the next day. Although Health Services prefer students to call for an appointment, they can still walk. If one of the health care providers is available when students walk in, they will be seen at that time. If not, students will need to schedule an appointment to be seen at a later time. That could be within 20-30 minutes, a few hours later, or the following day, depending on provider availability and your schedule. Students who require urgent medical attention will be seen as quickly as possible.

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**Assignment**:

*Ask your student*: “Have you started to get involved on campus outside of your classes? Is everything going okay, health wise? If they haven’t, insist they do. And if they need help, you can assist them in telling them what’s available. As always, to find out more, visit Eastern’s website!

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**Points**: 10 points for talking to your student about their knowledge of campus resources.

*(Total: 10 possible points)*