

Support Services for Graduate Student Success

Counseling Services Healthy living is an important ingredient to academic success. Research shows that college students who actively participate in healthy self-care behaviors and exercise enjoy improved academic performance, better mental health, more satisfying relationships, and lower incidences of drug use. SCSU Counseling Services offers free, confidential short-term therapy for SCSU students, as well as referrals to community mental health providers. Counselors are licensed social workers, clinical mental health counselors, or psychiatric nurse practitioners. Individual therapy, group therapy, and personal development workshops are offered. Some early morning and evening appointments are available to accommodate graduate students juggling internships and other responsibilities. A counselor is on-call during regular business hours for emergency consultations. Students seek assistance with a variety of concerns, including stress management, depression, anxiety, relationship and family issues, grief, life transitions, anger management, abuse issues, body image, substance abuse, and confusion about identity or career path.

Counseling Services offers a series of weekly skill development workshops open to the entire campus that focus on distress tolerance, self-regulation, identity development, communication skills, self-care, and mindfulness. Counseling services also serves as a clinical training site for graduate students in social work, clinical mental health counseling, and marriage and family therapy. Our prevention efforts include faculty and staff trainings, which teach the warning signs of mental illness so that members of the SCSU community can help identify students at-risk and get them to the support they need.

For more information, contact Counseling Services at (203) 392-5475 or visit [SouthernCT.edu/counseling](https://southernct.edu/counseling).

Child Care Partial Reimbursement Program The SCSU Division of Student Affairs recognizes the unique difficulties for many students who are also parents with young children. To help students who are struggling financially during the semester due to child care/babysitting expenses for their children under 12 years old while they are taking classes, the SCSU Office of the Dean of Students sponsors a Child Care Partial Reimbursement Program that offers a limited number of partial reimbursements to eligible students.

For the application process and form, and information about eligibility requirements, please visit [SouthernCT.edu](https://southernct.edu).

Disability Resource Center Southern is committed to the full inclusion and equal educational opportunity for all persons with disabilities. The Disability Resource Center (DRC) provides services and support that promote educational equity for students with disabilities. Assistance includes arranging accommodations and auxiliary aids necessary for students with disabilities to pursue their academic careers, both in and outside of the classroom. The DRC serves all students with documented disabilities that substantially impact them in educational settings. Students with documented disabilities, visible or hidden, qualify to apply for services.

Categories of disabilities include, but are not limited to the following: mobility/orthopedic disabilities; learning disabilities; attention deficit disorders; visual, deaf and hard of hearing; acquired head injuries; psychological disabilities; autism spectrum disorders and chronic health-related disabilities. DRC services include: arrangement of course and testing accommodations; accessibility information; provision of sign language interpreters, readers and/or note-takers; help with recruitment of personal assistants; development of compensatory skills, such as time management, organization and study skills, access to assistive technology, alternate text formats; self-advocacy skills.

For more information, contact the DRC at (203) 392-6828 or visit [SouthernCT.edu/drc](https://southernct.edu/drc).

Health Services Health Services is a safe, confidential, and cost-effective center for students to address healthcare questions and concerns. Students can have medical needs evaluated in our center by appointment regardless of their health insurance coverage. Our providers work with various offices, both on-campus and off, to coordinate healthcare management at the request of the student. We are staffed by a physician and nurse, nurse practitioners, and support staff, and are available year-round. It is our goal to empower students to become responsible and educated healthcare consumers.

To learn more about Health Services, call (203) 392-6300 or visit [SouthernCT.edu/healthservices](https://southernct.edu/healthservices).

Medical Insurance As of August 2017, the university no longer requires students to obtain health insurance as a condition of attending the university. In addition, there is no longer a university-sponsored insurance plan, therefore no waiver form is required. Students are strongly encouraged to get and keep a health insurance policy in the event of serious illness, injury, or unanticipated surgery. Students can find information about health plans at Aetna, 877-480-4161.

All full-time students are covered under the university's accident insurance policy, which is different from medical insurance policies.

Multicultural Center Graduate students are encouraged to stop by the Multicultural Center (MCC), meet our staff and be introduced to the diverse resource resources that the MCC has to offer. Visit our webpage at [inside.SouthernCT.edu/multiculturalcenter](https://southernct.edu/multiculturalcenter) to learn about our diversity and social justice programs and events sponsored throughout the year. You can borrow books from the MCC library, become a tutor, partake in leadership opportunities, relax in the MCC lounge, and network with other students and staff. We are committed to promoting the academic success, equality and leadership development of all students. We are located in the Adanti Student Center, Rm 234. Semester Hours: Monday to Thursday, 8:30 a.m. - 7:30 p.m. and Friday 8:30 a.m. - 4:30 p.m. (203) 392-5888.

The Office of Residence Life offers several housing options for graduate students at Southern Connecticut State University. The Townhouses, as part of the North Campus Residence Complex, offer comfort and location for graduate students. Located on Pine Rock Avenue, the townhouses, are fully carpeted, air-conditioned, two bedroom and two bathroom apartments, which are located closely to the main academic buildings of the campus. Additionally, these apartments are fully furnished and offer cable, Wi-Fi, and a full kitchen complete with a microwave oven. For more information, please visit [SouthernCT.edu/residencelife](https://southernct.edu/residencelife) or call at (203) 392-5870

The Violence Prevention, Victim Advocacy and Support Center (VPAS) provides violence prevention education, victim advocacy and support services for all SCSU students. Our violence prevention education efforts include information that will help students to

- Build and sustain healthy relationships with intimate partners, friends, fellow students and university community members
- Identify sexual misconduct and consent
- Identify sexual misconduct campus and community advocates, resources, reporting options and Title IX rights.
- Identify perpetrator behavior and risk reduction tips
- Identify tools to safely intervene as a bystander
- Identify the rights available for survivors of criminal acts

Advocacy and support services are available to all students who are survivors of violence, including sexual misconduct, bullying and hazing. In that light, our prevention efforts, advocacy and services are designed to help create a healthier campus community that supports the success of all of our students. Visit [SouthernCT.edu/vpas](https://southernct.edu/vpas) for further information.

Wellness Center The staff of the Wellness Center strive to provide a warm and welcoming environment that values a healthy and connected community. Through our education, outreach, and campus collaborations we make every effort to provide our students with the tools necessary to increase their knowledge and awareness of positive health behaviors. The Wellness Center at Southern is responsible for broad student health outreach on topics including, but not limited to: sexual health, alcohol, tobacco, and other drugs. The Center facilitates health promotion activities for the campus community, including educational sessions, special events, and other activities.

To contact the Wellness Center for more information or to request a presentation for a class or group, call 203-392-6526 or e-mail RosenthalE2@SouthernCT.edu.

Writing Center Assistance with university writing assignments is available to graduate students at no cost in the Writing Center, a part of the Academic Success Center (ASC) on the third floor of Buley Library. The Writing Center offers help with any writing assigned at the university in addition to writing related to academic pursuits such as scholarship applications, etc. Graduate student tutors work with graduate students, and specially trained ESL tutors work with any student with ESL needs. It is recommended that students make an appointment but a limited number of drop in appointments are also available. Please visit the Academic Success Center website to make an appointment: [inside.SouthernCT.edu/academic-success-center](https://southernct.edu/academic-success-center).