

## **UMASS RESOURCES CICS GRADUATE STUDENTS NEED TO KNOW**

UMass is BIG place, so here are a few of the UMass offices CICS grads use the most frequently.

### **UMass Graduate School Orientation**

- <https://www.umass.edu/graduate/graduate-school-orientation-2020>
  - Tons of information and resources to help you be the best graduate student and get the most out of your UMass experience.
  - Great videos on how to be a grad student and tips for success
- <https://www.umass.edu/graduate/wugs-content-videos>

### **UMass Campus Recreation**

- <https://www.umass.edu/campusrec/VirtualCampusRec>
- Things may be virtual and the gyms may be closed, but UMass Rec has you covered!
  - August Wellbeing Calendar- Daily challenges to stay well - [https://www.umass.edu/campusrec/sites/default/files/documents/pdf/Calendars/wbc\\_august\\_2020.pdf](https://www.umass.edu/campusrec/sites/default/files/documents/pdf/Calendars/wbc_august_2020.pdf)
  - Workout of the day that can be done ANYWHERE- <https://www.umass.edu/campusrec/workout-day>
- Follow Campus Rec on social media for video game tournaments, trivia nights, zoom fitness, etc.

### **UMass University Health Services (called UHS)**

- <https://www.umass.edu/uhs/>
- You pay a health fee, so use UHS!
- UHS will be carrying out COVID-19 tests during the '20-'21 school year
- UHS does physicals, pediatrics, OBGYN services, eye- dr appoints, tele-health appointments, and more for grad students!
  - Here is ALL that UHS does- <https://www.umass.edu/uhs/services>

### **Center for Counseling and Psychological Health (called CCPH)**

- <https://www.umass.edu/counseling/>
- You pay a health fee, so use CCPH!! Make sure taking care of your WHOLE human self!
- CCPH provides FREE (at least the 1<sup>st</sup> four sessions) counseling for students!
- Has FREE programming, like support groups, drop in 10-15 minute telehealth sessions, learn to meditate sessions, stress management and so many more things.
- Fall 2020 programming- <https://www.umass.edu/counseling/groups-and-workshops> below is just a sample of some sessions CICS grads may enjoy
  - Meditation 101- every Monday 2:30-3:30pm, from 9/14 to 11/16
  - Connections in Quarantine- Tuesdays 2-3pm, now until 11/17
    - Meet new people and other students! Connect and make real friendships
  - Women Graduate Group- Mondays 3-4:30pm
  - Overcoming Social Anxiety for grads- 3:30 pm – 5 pm (09/23, 09/30, 10/07 and 10/14)

### **Student Legal Services Office**

- <https://www.umass.edu/slso/>
- A FREE office of lawyers and law professionals to assist all UMass students!

- Have a legal question about your lease? Were you in car accident and have a legal question--- Student Legal Services is the place to go!

### **UMass Job Board**

- <https://www.umass.edu/umfa/job-board>
- Find jobs at UMass and in the UMass area
- If a job says On-Campus, for Fall '20, that means through UMass. Your paycheck will come from UMass
  - There are remote jobs listed here for Fall '20, like remote tutoring, communications support, etc.
- International students, you can apply for On-Campus, Non-Work Study jobs

### **UMass Center for Women and Community (called CWC)**

- <https://www.umass.edu/cwc/>
- Provides education, leadership advocacy, programming, support services that address and support female identifying students and all members of the UMass community
- CWC provides community programming, community education, runs the Hampshire County Rape Crisis Center, provides counseling, and so much more.

**Need something and do not know where to go?! GO HERE!** This UMASS site has all the office & resources IN ONE PLACE!

- <https://www.umass.edu/studentlife/single-stop>

### **Get a Boston Public Library Card**

- <https://www.bpl.org/get-a-library-card/>
- All students studying in the state of Massachusetts are eligible for a Boston Public Library card!
- Perfect for all the E-books and audiobooks

### **Free New York Times Access FREE**

- <https://www.library.umass.edu/news/new-york-times-academic-pass-subscription/>
- All UMass Students have FREE access to the New York Times

Want more information on anything and everything listed here? You can ALWAYS email Elizabeth Parolski, MS Academic Advisor, [eparolski@umass.edu](mailto:eparolski@umass.edu) OR set up an appointment to meet with her [here](#).