



# **STUDENT SERVICES:** **A HELPING HAND ON CAMPUS**

*By Rebecca Markey*



**D**uring the mad rush of Frosh Week and the beginning of classes, first-year students receive a lot of information in a short period of time. In the midst of so much activity, with the pressure on to get orientated quickly, it's easy for them to overlook the many supports available to assist them outside the classroom. If they remain unaware of these academic, personal and experiential supports, however, they may find themselves missing out on good opportunities, or worse, scrambling to find help when a crisis hits.

Whether you have academic concerns or health issues, need help finding a job, or just need someone to talk to, the many supports that fall under the umbrella heading of "Student Services" are there to help you in your first year and beyond. Take a moment to inform yourself of the services available on campus at the institution you plan to attend. While every campus is different, most offer support in the following areas to help you excel both in and out of the classroom:

## ACADEMIC ASSISTANCE:



Helps you develop the academic skills, strategies and competencies you need to succeed. Support in some or all of the following may be provided: note taking, exam preparation and writing, study skills and time management, to name a few. To get started, drop by the academic skills centre on your campus and make an appointment for a consultation.

## ACCESSIBILITY RESOURCES & SERVICES:



Provides support, advocacy and programming for students with learning, physical, sensory and/or mental health disabilities or conditions.

In most circumstances, services are provided to students with a documented disability. Those with medical conditions that are an issue only occasionally, or only at times of stress, are encouraged to register in advance to be able to access supports if and when they're required. To get started, contact your campus accessibility centre when you receive your offer of admission and make an appointment with an advisor.

## CAREER DEVELOPMENT:

Helps you explore and refine your career goals, develop relevant skills, explore further education, and conduct a job search for part-time and full-time positions. Most campus career centres require you to register with them to access job postings, career counselling and special events. To get started, drop by your career centre, meet the career services staff and create a personal account.

## HEALTH SERVICES:



Offers many of the same services as a family doctor's office to help students maintain physical and emotional health. Whether you have a health emergency, a question or a bad case of the flu, your campus health centre can provide confidential care, counselling and referrals.

## COUNSELLING AND PSYCHOLOGICAL SERVICES:



Offers students confidential assessment, treatment and referrals for a range of emotional and psychological problems such as anxiety, depression, relationship problems, prolonged stress, eating disorders, phobias and difficulties adjusting to university life. To access these services, contact your campus counselling centre for an intake appointment.

## "ADDITIONAL SERVICES OFFERED UNDER THE UMBRELLA OF STUDENT SERVICES ALSO DEAL WITH MATTERS SUCH AS STUDENT HOUSING, ATHLETICS AND RECREATION."

Note that most counselling and psychological centres offer immediate services during office hours to students in crisis as a result of assault, partner abuse and other forms of abuse or violence.

## INTERNATIONAL STUDENT SERVICES:



Helps international students get orientated to both the campus and the surrounding area. Services may include accommodation assistance, information on university health insurance, updates on employment policies, and social activities.

Additional services offered under the umbrella of Student Services also deal with matters such as student housing, athletics and recreation, financial aid and community service/volunteer support. The fee to access these basic services is usually included in the fees paid along with your tuition. In other words, you pay for these great services, so make sure you use them!

To find out what supports your campus offers, check out the "Student Services" or "Student Life" section of your school's homepage for a complete listing. Identify the services that may be of assistance and register with them during the first few weeks of school to ensure that help is available when you need it. **CO**

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