# Counseling Center Student

Student Rights and Responsibilities

Residence Life Programs

**Health Services** 

Career Development

Intercollegiate Athletics

**University Student Center** 

**Student Activities** 

**Student Government** 

**Commuter Services** 

**Community Service** 

University Memorial Chapel

# STUDENT AFFAIRS



# STUDENT AFFAIRS

The Division of Student Affairs is Morgan State University's comprehensive resource for student development and student success. The Division of Student Affairs at Morgan State University provides learning opportunities and environments that advance the holistic development of all students. This occurs through purposeful engagement that inspires students to excel in and out of the classroom while maintaining standards of leadership and citizenship that transforms the campus and beyond.

Student Affairs will create environments in and outside of the classroom that are conducive to student learning, growth, and development. This is achieved by providing:

state-of-the-art facilities to support a broad range of educational, social, and extracurricular activities;

growth opportunities through personal and spiritual discovery, and career development;

Resources for mental and physical wellness to enhance student success;

opportunities for leadership and citizen development through student organizations, hall governance, athletics, volunteerism, and community service; and

opportunities for engagement that build a sense of pride and community, sustains traditions, and develops life-long identity with Morgan State University.

As the area responsible for student life programs (Residence Life and Housing, Health Services, Student Activities, Intercollegiate Athletics, Intramurals and Recreation) and student support services (Counseling, Career Development), the Division provides the quality and the quantity of services needed to assist students in meeting their goals and the goals of the University. The Division of Student Affairs is the responsibility of the Vice President for Student Affairs.

# **Counseling Center**

We are located in Carter Grant Wilson, the building on the NE corner of Cold Spring Lane and Hillen Road, next to Truth Hall and Jenkins Building.

# Walk-In-Hours

If you are coming to the Counseling Center for the first time, or have an emergency, you may speak with the counselor on Walk-In-duty.

Walk-In-Hours: Monday-Friday 10:00 A.M. – 3:00 P.M.

#### Mission

The mission of the Counseling Center is to provide a range of psychological and counseling services to Morgan students. The Counseling Center strives to support the emotional, interpersonal, social, and of MSU students.

Everyone needs someone to talk with at times. Counseling is a growth process through which students are helped to define goals, make decisions, and solve problems related to personal, social, academic, and career concerns. Counselors help students to resolve personal and educational concerns, which may include:

- · Adjusting to a new environment
- Relationships with family, friends, romantic partners, or roommate
- · Feeling stressed or anxious
- Anger and interpersonal conflicts
- Depression, loneliness, shyness
- Grief and loss
- Self-esteem and self-confidence
- · Sexual issues and decisions
- Sexual Orientation
- Alcohol and drug related problems
- Personal crises
- · Difficulties with study skills
- Time management
- Motivation
- · Choices about majors and careers
- Communication with instructors

# Confidentiality

**Counseling** often deals with very personal and private issues. Counselors respect student's privacy and will not release information disclosed in counseling without the student's explicit permission, except in rare situations when it is necessary to protect the student's or another person's safety.

#### **Services Offered**

Individual Counseling offers the opportunity to talk about whatever is on your mind and to explore your options. A professional counselor can help you resolve personal difficulties and learn more about yourself.

**Group Counseling**: Groups offer an opportunity to meet others who have had similar experience and who also want to pursue personal growth. Most of our groups have 5-8 members, agree to rules of confidentiality, and meet once a week for 1.0 hour. What group members talk about, and when, is up to each individual.

**Workshops**: Each semester the Counseling Center sponsors a series of workshops designed to help students adjust to the academic, social, and psychological demands of campus life.

Outreach Programs: Counselors are available to conduct workshops and provide information on various topics to classes and organizations. Topics may include: Counseling Center services, time management, coping with stress, depression, self esteem, healthy relationships, diversity and sexual, depression, self and conflict resolution. National mental health screening days in the fall and spring educate and screen students for depression, anxiety, and substance abuse.

**Relaxation Room**: Equipped with a reclining massage chair, relaxing music, and soft lighting, this room is available as a place to unwind, meditate, and escape life's stresses. Any member of the Morgan community is welcome to use the room by appointment or on a walk-in basis, for 30 minute sessions.

# **Psycho-Educational**

Attention Deficit/Hyperactivity (ADHD) and Psycho-Educational assessments are available for students who may be eligible to receive academic accommodations based upon having specific learning disabilities or ADHD. All evaluations are comprehensive and are completed in the Counseling Center. Students interested in being evaluated for a learning disability must be referred by the Student Accessibility Support Services Office (SASS).

**Referrals**: Each student's individual needs are considered in making referrals to sources of help outside the Counseling Center. Information is available about a

variety of services and resources on campus and in the community.

Psychiatric referrals are also available for situations in which a psychiatric evaluation and medication might be helpful. Costs for these services are generally covered by student's health insurance.

**Crisis Intervention**: A member of the Counseling staff is on call to assist students in emergencies. After hours, the campus police, (443)885-3103, or a Resident Director, will page the person on duty.

Please go to our website for much more\_information: <a href="www.morgan.edu">www.morgan.edu</a>. (type in Counseling Center in the search box) Emergency on call After hours and weekends, please call (443)885-3103

# STUDENT RIGHTS AND RESPONSIBILITIES

# THE OFFICE OF STUDENT RIGHTS AND RESPONSIBILITIES

Morgan State University is a diverse community of people who respect the rights of others, consciously live in unity, and assume all risks for their actions. Tenets of behavior must be clearly understood to ensure the continued success of the community. The University requires certain standards of behavior in an effort to accomplish these goals. The University standards of conduct, however, do not replace or relieve the requirements of civil or criminal law. The Student's Rights and Responsibilities are based on respect of others, the environment, the mission of the University, and the rights and responsibilities of community membership. The cornerstone of the Student's Rights Responsibilities is respect and accountability. The expectation is that students will respect the rights of all members of the University community. It is your responsibility to become familiar with the policies, take responsibility for your actions, and be sensitive to and respectful of those around you. Being a member of the Morgan State University Community is a privilege that mandates your responsibility for upholding the Code of Conduct. All students are accountable for their behavior and shall not behave in a manner which violates individual, or group rights or jeopardizes the health, safety, and wellbeing of individuals or property.

#### THE OFFICE OF STUDENT JUDICIAL AFFAIRS

Morgan State University Code of Student Conduct (Code)

The Office of Student Judicial Affairs directs the efforts of students and staff members in matters involving student discipline. Disciplinary regulations at the University are set forth in writing in order to give students general notice of prohibited conduct. The regulations should be read broadly and are not designed to define every instance of misconduct. The responsibilities of the Office include: (a) Determination of the disciplinary charges to be filed pursuant to this Code, (b). Interviewing and advising parties involved in disciplinary proceedings (c) Recruiting, selecting, supervising, and advising all judicial boards, (d) Reviewing the decisions of all judicial boards (e) Maintenance of all student disciplinary records, (f) Resolution of cases of student misconduct, as specified in this Code (g) Collection and dissemination of research and analysis concerning student conduct, and (h) Submission of a statistical report each semester to the campus community, reporting the number of cases referred to the Office, the number of cases resulting in disciplinary action, and the range of sanctions imposed.

# TENETS OF JUDICIAL PROGRAM

To regard each student as an individual, deserving individual attention, consideration, and respect.

To consider the facts fully and carefully before resolving any case.

To speak candidly and honestly to each student.

To hold each student to a high standard of behavior, both to protect the campus community, and to promote student moral development.

To contribute to the educational mission of the University by designing policies, conducting programs, and offering instruction that contribute to the intellectual and moral development of the entire student body.

STANDARDS OF DUE PROCESS - A Student who is alleged to have engaged in conduct in violation of the Code shall be provided with notice of the alleged allegations and an opportunity to be heard. Disciplinary proceedings shall determine whether a charged party is responsible or not responsible for violating the Code or other University regulations.

Any person may refer a student or a student group or organization suspected of violating this Code to the Office of Student Judicial Affairs. Persons making such referrals are expected to cooperate fully with the Office of Student Judicial Affairs. It is very important that persons making such referrals provide detailed and complete information pertinent to the referred matter. In addition, persons making such referrals may be needed to appear in a hearing. If the Office of Student Judicial Affairs preliminarily determines that the allegation has merit and the alleged conduct is a violation of the Code, specific charges shall be drafted and referred for a hearing or disciplinary conference.

Members of the University community are encouraged to familiarize themselves with the Code. The Code can be viewed on the University's web page at: www.morgan.edu/students/current/conduct.asp.

# OFFICE OF RESIDENCE LIFE

The Office of Residence Life at Morgan State University is an integral part of the University's mission of achieving academic excellence. The Office of Residence Life provides a holistic approach to student development. We strive to en- hance an individual's academic, social and personal development from matriculation to graduation. To achieve this goal, the Office of Residence Life provides quality living facilities, resident hall pro- grams and a supportive staff that encourages achieve- ment, involvement and inclusion. Residence life pro- grams and activities are tailored to respond to the cultural, social, recreational and educational needs of students.

Inclusive in the services campus housing provides, student rooms have data and cable access. In addition, the halls are equipped with laundry facilities, study halls, computer labs and tutorial labs.

University housing has seven traditional residence halls and two apartment style living complexes. Additionally, housing is provided at Morgan View, a privatized facility exclusively for Morgan State University students, one block away from campus.

Details of the housing application procedure and the rules and regulations that govern living in the residence halls can be found in the Residence Life Handbook. The university also has several affordable meal plans designed to fit students' busy academic schedules.

It is important that all students file for financial aid and pay strict attention to all guidelines and due dates for submitting required documents. Please refer to the Financial Aid section of this catalog for important information and submission dates.

The Office of Residence Life looks forward to serving you and ensuring that you achieve all of your goals. We believe it is important that we develop, support, and ultimately realize the potential of tomorrow's leaders.

# **UNIVERSITY HEALTH CENTER**The University Health Center

The University Health Center (UHC) provides health and wellness services for registered Morgan State University students and immunization services for Faculty and staff. The UHC also administers the University sponsored Student Health Insurance Plan (SHIP).

#### **Clinical Services**

The UHC provides primary care including immunization, gynecological services, prescriptions, referrals to innetwork specialists, and access to afterhours advice lines (24/7 Nurse Line and CallMD.

# **Student Health Insurance**

All full-time undergraduate students (i.e., taking 12 or more credit hours) and J-1 Exchange Scholars and Visitors are automatically enrolled and billed for student health insurance. Graduate students enrolled in at least 6 credits hours (or at least one credit hour while completing a thesis or dissertation), and part-time students taking at least six credit hours may purchase insurance voluntarily. Coverage is designed so that only active students may take advantage of the plan. Students must actively attend classes for at least the first 31 days after the date for which coverage is purchased. Insurance coverage can also be purchased for dependents (i.e. spouse and children).

Eligible students who wish to enroll in or waive the student health insurance coverage should go to <a href="https://www.morganstatestudentinsurance.com">www.morganstatestudentinsurance.com</a> during the designated fall and spring waiver periods. Details regarding the enrollment/waiver process and deadlines are available on the aforementioned website.

# **Immunization Requirements**

Every new student must complete the university's mandatory immunization requirements. Immunization forms may be downloaded from <a href="www.morgan.edu">www.morgan.edu</a>. From here:

Click on the "Administration" tab

Click on the "Student Affairs" tab.

Click on the "Health Services" tab.

Click on the "online Forms" tab under the "Additional Links" heading.

Download and complete all required health forms. Completed health forms may be mailed or faxed to: Morgan State University, University Health Center (Woolford Infirmary Building) 1700 East Cold Spring Lane, Baltimore, MD 21251, Fax: 443-885-8232.

#### Location

The UHC is conveniently located on the south campus behind Cummings Hall next to the Hughes Stadium ticket office.

#### Hours & Phone Numbers

Clinic Hours: Monday - Friday, 8:30 a.m. - 5 p.m.

Closed Saturday, Sunday and university holidays.

Phone: 443-885-3236/Fax: 443-885-8232. After hours, access our 24/7 Nurse Advice Line at 866-751-2723 or CallMD at 866-568-6720.

# CAREER DEVELOPMENT

The mission of the Center for Career Development (CCD), and its staff, is to assist undergraduate and graduate students, as well as degreeholding alumni, in their determination of a choice of career direction, or pursuit of graduate education. We emphasize that success comes through selfassessment, exploration of and experiencing possible careers, and learning the job search related skills necessary to accomplish career related goals and objectives. We seek to empower our clients, so that they will be able to make sound career decisions, achieve career sat- isfaction, and become productive members of society.

The CCD provides assistance to students and alumni in the career decision making process through interest testing, counseling and experiential learning opportunities; individual advising/counseling; a career resource center for

obtaining career information and researching employers; seminars and individualized preparation to develop job-seeking skills; planning and executing a targeted job search; providing opportunities to interview with employers; access to job fairs and career days sponsored by Morgan State University and other organizations in the region; candidate referral of registered students and alumni to employers with professional personnel needs; access to job listings; and assistance with decision- making about and application to graduate study.

The Center for Career Development is the focal point of career planning activities for Morgan State University students and recent alumni. It is the basic philosophy of the Center for Career Development that effective and efficient career planning throughout the college years assures placement into employment or further study.

In following this tenet, students are encouraged to register with the Center for Career Development early in their academic careers and to maintain regular contact with the staff. Students and alumni should recognize that contact with the CCD is at their initiative. The implementation of any advice or information received is their responsibility.

The Center for Career Development is located at the C-224 Montebello Complex. The telephone number is (443) 885-3110. Visit the Center for Career Development web site on the Morgan State University home page at http://careers.morgan.edu.

# INTERCOLLEGIATE ATHLETICS The

Intercollegiate Athletic Department's vision is to model excellence as a University program, as well as a National Collegiate Athletic Association Division I-AA program. Thus, the Department has adopted four core values to guide decisions and behaviors in fulfilling its mission and vision:

- 1. A confident and humble pride.
- 2. Integrity in words and deeds.
- 3. Respect for the dignity of ALL stakeholders.
- 4. Loyalty built on honest and trusting relationships.

Morgan State University provides an extensive National Collegiate Athletic Association (NCAA) Division I intercollegiate athletics program (Division I-AA in football) for students enrolled at the University. The sports offered at the institution include football, men's and women's basketball, cross country, tennis, indoor and outdoor track and field, women's volleyball, softball and bowling. The University is also a member of the Eastern College Athletic Conference, and the Mid-

Eastern Athletic Conference. The University approves and adheres to the regulations of these associations. It also enacts institutional regulations governing the participation of students in athletics.

The Intercollegiate Athletics Program is an integral part of the educational program of the University. The objectives of the athletics program are:

- (1) to provide opportunity for the development of physical fitness and the means for the safeguarding of health.
- (2) to develop good sportsmanship and positive attitudes regarding the use of teamwork in achieving goals, and
- (3) to help skilled athletes enhance their talents and optimize their athletic potential.

The University endeavors to maintain a balance between sports activities and its academic programs. All varsity sports offered by the University provide Athletics Grant-In-Aid to qualified participants. Requirements for admission to the University are the same for all applicants, regardless of participation in athletic activities. Members of intercollegiate teams are college students first; therefore, student-athletes are subject to the same standards that apply to other students and they must maintain satisfactory academic progress in order to continue participation in the Intercollegiate Athletics Program and remain at the University. Intercollegiate Athletics is intended to develop the entire person as an individual capable of making significant contributions to society long after college life is completed.

# STUDENT-ATHLETE ADVISORY BOARD

The NCAA Constitution requires all member institutions to establish and maintain a student athlete advisory board. Its purpose is to provide a voice and forum for those individuals who participate in intercollegiate competition. Each team elects a representative to provide feedback on various athletics issues and present the concerns of their fellow student-athletes to the athletics administration. The Faculty Athletic Representative serves as the advisor for this group.

# EQUITY IN ATHLETICS DISCLOSURE NOTICE

The Morgan State University Athletics Department is committed to the principle and practice of gender equity. This commitment shall reflect in every aspect of departmental operations. In accordance with the requirements of the Equity in Athletics Disclosure Act, Morgan State University prepares an annual report on its intercollegiate men's and women's athletics program participation rates and financial support data. The report is on file and may be obtained by any student,

prospective student, or member of the public from the Office of the Athletic Director, the Admissions Office, and the Office of Student Affairs.

UNIVERSITY STUDENT CENTER

The Student Center is the community center of the University, serving students, faculty, staff, alumni and guests. By whatever form or name, a University Student Center is an organization offering a variety of programs, activities, services and facilities that, when taken together, represent a well considered plan for the community life of the University. The Student Center is an integral part of the educational mission of the University.

As the hub of the University community life, the Student Center complements the academic experi- ence through an extensive variety of cultural, educational, social and recreational programs. These programs provide the opportunity to balance course work, free time and cooperative factors in education. The Center is a student-centered organization that values participatory decision-making. Through volunteerism, its committees, and student employment, the Student Center offers firsthand experience in citizenship and educates students in leadership, social responsibility, and values.

In all its processes, the Student Center encourages self directed activity, giving maximum opportunity for self realization and growth in individual social competency and group effectiveness. The Student Center's goal is the development of persons as well as intellects.

Traditionally considered the "hearthstone" or "living room" of the campus, today's Student Center is the gathering place of the University. The Student Center provides services and conveniences that members of the University community need in their daily lives and creates an environment for getting to know and understand others through formal and informal as- sociations. This three story building houses conference rooms, a recreation center, cyber café, a dynamic Food Court, ballroom, lounges, a Theater and much more. Throughout the Student Center, lounge areas offer comfortable chairs, couches, and tables for students to socialize, eat, or even study. Students can gather together to have fun, relax, schedule classes, and grab a bite to eat, all in one stop!

The Building Hours are the following: Monday – Saturday, 7am-11pm and Sunday, 12pm-11pm.

The Student Center serves as a unifying force that

honors each individual and values diversity. The Student Center fosters a sense of community that cultivates enduring loyalty to the University.

#### THE OFFICE OF STUDENT ACTIVITIES

Morgan State University is dedicated to providing quality activities and programs in a learning environment which promotes academic and personal excellence in students and an appreciation of intellectual, ethical, and aesthetic values. In striving to foster a campus environment which contributes to the total education of each student, the Office of Student Activities seeks to assist individual students as well as student organizations in the creation, implementation, and evaluation of those social, edu-cational, cultural, and recreational programs which contribute to the academic growth and personal development of all students at the University.

# STUDENT GOVERNMENT ASSOCIATION

#### Purpose

The Student Government Association (SGA) at Morgan State University is a vital force in the lives of all members of the University community. The University encourages students to appreciate the privileges of and to assume the responsibilities for self government. The activities and responsibilities of the Student Government are deliberately substantive and designed and operated as real life experiences for training students to function effectively and to take responsibility in the greater community of life.

The Student Government Association is the official student governing body at Morgan State University. It strives to instill a feeling of collective work and responsibility in an effort to reiterate that achievement of common objectives depends on a cohesive atti- tude among students. The SGA stresses that activity goals must be supported by a strong factu- al base. A clear understanding of problems must be ascertained as a first step of problem solving.

# UNIVERSITY MEMORIAL CHAPEL

The primary mission of the University Memorial Chapel is to assist students, faculty, and staff in developing an appreciation for spiritual and moral values in their lives. To facilitate this end, the University Memorial Chapel interacts with students, the administration and the faculty of the University as well as leaders, organizations, and institutions in the community. The mission of the Chapel is closely associated with the history of Morgan State University and its ecumenical promotion of spiritual and social values.

# **History of the Chapel**

The mission of the University Memorial Chapel is best understood against the background of its history. In 1867, a group of dedicated ministers met at Sharp Street Church to establish the Centenary Biblical Institute. The Institute grew, and in time, the curriculum was broadened. In 1890, the name was changed to Morgan College, in honor of a generous benefactor. In the 1920's the school was moved to its present site. The Morgan trustees, in 1939, decided to sell the college to the State of Maryland. The proceeds from that transaction were earmarked for the construction of a center for religious activities, the Morgan Christian Center, a parsonage, and an endowment. The buildings were erected on a plot of land adjacent to the campus, and were dedicated in 1941.

In August of 2009, the Morgan Christian Center trustees deeded the property to Morgan State University. The Center was renamed the Morgan State University Memorial Chapel, to reflect the diverse religious landscape on campus.

#### **Spiritual and Moral Values**

The philosophy of the University Memorial Chapel is that education should embrace the importance of the student's spiritual values. Appreciation of spiritual and moral values informs the life of the truly educated person. When this happens a moral context is given to what one does with the knowledge one has gained. The Chapel exists to give direction to the implementation of spiritual and religious values in character formation. With this direction life decisions are properly grounded.

The University Memorial Chapel exists also as a continuing symbol of the relevance of moral values in higher education. As such, it is recognized not only by the University, but also by the community at large. Its facilities provide space for a variety of activities, for students, faculty, and also for various organizations and individuals in the Baltimore area.

#### **Religious Services**

Students at the University reflect a variety of faith traditions. One of the functions of the Chapel is to provide a place for the spiritual nurture of all students, faculty and staff. The Chapel provides a venue for regular formal worship, for informal religious

meetings or conferences, and for weddings and funerals. These services are primarily, but not exclusively, for persons associated with the University.

The aim of the Chapel is to provide the best worship models for its clients, inclusive of creative and energetic services, and high quality messages and music. By so doing, the student's level of understanding and appreciation of what worship is all about may be enhanced. The University Memorial Chapel seeks to serve as a learning opportunity for students, as well as an arena within which they may develop their leadership, public speaking, and other key skills.

#### Ecumenism/Interfaith

The University Memorial Chapel is a place for cooperation and activities for all religious faiths. Our diverse faith communities have carried forward inspiring activities for Morgan State University and the community. We are communited to fostering understanding between various faith communities, which form the mosaic of

faith practices at the University and in society.

# **Chaplaincy Services**

Volunteer chaplains work in covenant agreement with students, faculty, staff, and community residents. The following chaplain services are available at the Chapel:

- Episcopal-Anglican club
- Muslim Student Association
- Lutheran Campus Ministries
- The Baptist Students Club
- Roman Catholic Campus Ministry
- Intervarsity Campus Fellowship

Contact Information: Morgan State University University Memorial Chapel 1700 East Cold Spring Lane Baltimore, MD 21251

Office: 443.885.5166 Fax: 443.885.8166

# Questions?

Please submit them to Rev. Dr. Bernard Keels at\_bernard.keels@morgan.edu

Morgan State University University Memorial Chapel 1700 East Cold Spring Lane Baltimore, MD 21251

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