

# STUDENT SERVICES

## Commuters

There are traditional, non-traditional, full-time, part-time, graduate, and undergraduate students who commute to campus every year. Monmouth University recognizes commuter students are unique and have needs that the University supports each semester. The Division of Student Life is available to provide resources, advocacy, and guidance to all commuter students who attend Monmouth University. Incoming first-year commuter students are offered guidance and support as part of the Commuter Mentor program, in which they have the opportunity to request a mentor during new student orientation. Commuter students who are interested in getting involved are encouraged to contact the Office of Student Engagement by calling 732-571-3586 or any of over one hundred recognized clubs that are listed in the Monmouth University Student Handbook.

There are a wide range of extra-curricular events and leadership opportunities that take place every semester, and programs are planned so commuters can participate during the day. Commuters can choose from a number of meal plans operated by Gourmet Dining. Commuter students can access breakfast, lunch, dinner, and late-night dining options at a number of locations on campus. The locations include the Rebecca Stafford Food Court, a Dunkin' Donuts, Magill Commons Dining Hall, Plangere Center, Bey Hall Express, and a Convenience Store in Hesse Hall. Declining balance, cash, Visa, and MasterCard are available for use at all dining locations on campus; however, we recommend students consider purchasing a meal plan through the University. The Office of Residential Life administers both resident and commuter student meal-plans and can be reached by phone at 732-571-3465. Commuter students will find parking at any time of the day or night and they are not required to pay a fee for a parking decal. For more information, call 732-263-5651 or refer to the Office's Web site (<http://www.monmouth.edu/commuter/>).

**Health Services** is open to all students whether they live on or off campus. All students, aged thirty (30) years or younger, must show proof of two measles, two mumps, and one rubella immunization and if taking nine (9) or more credits, must show proof of having completed the Hepatitis B series. All new Monmouth University students  $\leq 18$  years of age, both residential and commuter and any student regardless of age living in campus sponsored housing, must show proof of a dose of the meningitis vaccine (MenACWY) on or after their 16th birthday. Students are recommended, not required, to be COVID vaccinated and stay up-to-date with COVID vaccinations including additional doses when eligible. Documentation of all required immunizations needs to be uploaded to the private and confidential student account in the Student Health Portal. In order to provide personalized and comprehensive care, students are encouraged to complete the online Health History form and upload a copy of their current health insurance card into the Student Health Portal. Students are seen at the on-campus Health Center on a walk-in basis and by appointment for specialty services. Students are responsible for any costs incurred for outside referrals, prescriptions, off-campus providers, laboratory and diagnostic procedures. Services include: diagnosis and treatment of common ambulatory illnesses and injuries, immunizations, allergy injections, physicals, women's services, and rapid testing for influenza, strep, mono and COVID.

The Health Center hours during the academic semester are: Monday through Friday, 8:45 a.m. to 5:00 p.m. Health Services is staffed with three nurse practitioners, a nurse practitioner/director and a part-time

general physician. Additional information can be obtained by calling 732-571-3464 or going to: <https://www.monmouth.edu/health-services>.

There are several hospitals within two to six miles of campus that offer complete medical and psychiatric services should the student require a higher level of care. For on-campus medical emergencies call 732-571-4444.

**Counseling and Prevention Services (CPS)** assists students in their personal growth and development through clinical counseling and psycho-educational programming. CPS offers free episodic counseling to reduce symptoms and support students in addressing mild to moderate general mental health and substance use concerns. Services are provided by licensed counseling professionals or graduate-level trainees, supervised by licensed professionals. Through collaborations with Monmouth Medical Center and other local agencies, 24-hour services are available for mental health crises. The office is one component of the integrative team of health professionals at the University providing holistic care for students' well being.

Students may call **732-571-7517** to schedule an appointment for counseling or to request additional information. CPS is open Monday through Friday from 8:45 am to 5:00 pm when the University is open. For additional information, students may also e-mail CPS ([mu counseling@monmouth.edu](mailto:mu counseling@monmouth.edu)) directly. Additional information can also be found on the CPS Web site (<http://www.monmouth.edu/counseling/>). The office is located on the third floor of the Rebecca Stafford Student Center.

**The Global Education Office** provides assistance to students and faculty from other countries with their adjustment to life in the United States and Monmouth University. The Assistant Director for International Students and Faculty Services and the International Student Advisor are available to provide immigration counseling, academic and career planning support, and access to extra-curricular activities such as the International Club.

**The Office of Student Support and Veteran Services** serves two primary functions. One is to work with students that are experiencing some difficulty or challenge outside of the classroom that may prevent them from being a successful student. The second is to serve as a primary point of contact for student veterans, active duty personnel and dependents of military personnel at the University and to coordinate a comprehensive program of support and advocacy services. This position also serves as the University's School Certifying Official for verification and eligibility of veteran benefits. Office hours are Monday through Friday from 8:45am to 5:00pm. You may reach the office at 732-263-5258 or via email at [veteraninfo@monmouth.edu](mailto:veteraninfo@monmouth.edu).