

STUDENT SERVICES

Commuters

At Monmouth University, we know that commuter students have unique needs, and we are here to support you every semester. Whether you're a traditional, non-traditional, full-time, part-time, graduate, or undergraduate student, we have resources and guidance just for you through the Division of Student Life.

If you're an incoming first-year commuter, you can join our Commuter Mentor program. This program offers support from a student commuter mentor helping you to settle in and succeed.

Want to get involved? Reach out to the Office of Student Engagement at 732-571-3586, or check out any of the 100+ clubs listed in the Monmouth University Student Handbook. There are plenty of extra-curricular events and leadership opportunities throughout the semester, and we plan activities during the day so you can easily join in.

Feeling hungry? We've got you covered with various commuter meal plans by Gourmet Dining. You can enjoy breakfast, lunch, dinner, and late night snacks at several spots on campus, like the Rebecca Stafford Food Court, Dunkin' Donuts, Jersey Mike's, Magill Commons Dining Hall, Plangere Center, and the Convenience Store in Hesse Hall. You can pay with a meal plan, declining balance, cash or credit. We suggest getting a meal plan for convenience - just contact the Office of Residential Life at 732-571-3465 for details.

Need parking? Parking on campus is hassle-free for commuters. You can find spots any time, day or night, and there's no fee for a commuter parking decal. For more information, call 732-263-5651 or visit our website: Commuter Resources (<https://www.monmouth.edu/off-campus-and-commuter-services/>). We are here to make your time at Monmouth University enjoyable and engaging!

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 ≤ 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 two nurse practitioners, one 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, Uwill.com, and other 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) directly. 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.