

GRADUATE STUDENT RESOURCE GUIDE



Welcome to Towson University!

Make sure to also check out the [Graduate To-Do List](#)
Click on any underlined text to learn more and visit a webpage.

A message from the Dean:

Thank you for choosing to continue your education at Towson University! To help you succeed in your graduate education, the Graduate Studies Office has compiled this resource guide for you. Your program director, the faculty, the staff, and the students in your program are available to answer any questions you may have. Also, contact the Graduate Student Association (GSA, gsa@towson.edu) to learn about graduate student activities.

Wishing you success in your academic studies and professional growth at Towson University!

Dr. Karen Eskow, *Interim Dean of Graduate Studies*

TABLE OF CONTENTS

Getting Started..... 3

 To-Do List..... 3

 Office of Graduate Studies 4

 Graduate Student Assistantships..... 4

 Graduate Student Association..... 5

Graduate Student Association Award..... 5

 Office of the Registrar..... 6

 Military and Veterans Center..... 6

 International Student and Scholar Office..... 7

Study Abroad Office..... 7

 Diversity Resources..... 7

Getting Here..... 8

 Parking and Transportation Services..... 8

Parking Permit/Evening Permit 8

Shuttle Services..... 9

 Campus Escort..... 10

 Campus Emergency Text Message Notification System..... 10

Buying Books and Supplies for Classes..... 11

 University Store 11

 One Card..... 13

Dining on Campus..... 13

Housing..... 14

 Off-Campus and Individual Housing..... 14

Child Care Family Services..... 14

 University Child Care Center..... 14

Academic Resources..... 15

 Albert S. Cook Library..... 15

 Writing Center..... 16

 English Language Center..... 16

 Tutoring and Learning Center..... 17

 Office of Technology Services..... 17

Student Computing Services..... 18

Student Support Services..... 18

 Career Center..... 18

 Accessibility and Disability Services..... 19

 Office of Financial Aid 20

Health and Wellness..... 20

 Health Center..... 20

 Counseling Center..... 21

 Campus Recreation..... 21

Baltimore Collegetown – Things to Do..... 22

Important University Policies and Procedures..... 22

Non-Towson Resources..... 23

GETTING STARTED

The Graduate To-Do List

Congratulations on your admission and welcome to Towson University! Please complete all required tasks in the [To-Do List](#) and the immunization links by the deadline listed. If you have any questions about any of the items on the list, contact the appropriate office prior to the Graduate Student orientation or program orientation.

Remember to:

[Activate your student account](#) (You will need your student ID number)

[Get your OneCard](#) at Auxiliary Services in the Union

[Obtain a Parking Permit](#) at your eParking portal online

The [Health Center's](#) priority is to keep the students and campus community healthy. All students taking classes on the main TU campus or any of the affiliated campus locations are required to complete the Towson University Immunization and Tuberculosis screening requirements.

Complete your [Immunization Requirements](#) with the [immunization form](#) or by making an appointment at the Health Center through your [TigerHealth portal](#). The Health Center is located at Ward & West Hall, 410-704-2466. All Charges will be billed to student's tuition account or private insurance.

U.S. citizens and permanent resident students also must complete the online tuberculosis questionnaire found on the [TigerHealth](#) site. If required to obtain TB testing, download the TB test form and take it to a health care provider to complete. **Failure to meet the university's mandatory immunization and tuberculosis screening requirements in a timely manner will prevent access to class scheduling.** Students should keep a copy of their immunization records and, if applicable, the tuberculosis testing form, and return the originals by mail, fax, or e-mail to:

Towson University Health Center at Ward & West Hall [\[map\]](#)

8000 York Rd.

Towson MD 21252-0001

Fax: 410-704-3715

E-mail: immunizations@towson.edu

The Office of Graduate Studies

The Office of Graduate Studies offers more than 80 degree and certificate programs in the field of business, education, fine arts and communication, health professions, liberal arts, and science and mathematics. Both full-time and part-time programs are available, led by prominent faculty who combine theory and applied practical knowledge while encouraging collaboration on research projects and creative productions.

Many students will be required to complete a thesis or dissertation by the time they graduate. The Office of Graduate Studies offers the [Graduate Thesis Guidelines](#), a very helpful resource that assists students with the process.

Office of Graduate Studies [\[map\]](#)

Psychology Building, Room 207

Phone: 410-704-2078

Fax: 410-704-5716

E-mail: gradstudies@towson.edu

Graduate Student Assistantships

The Graduate Assistantship Program offers a limited number of assistantships each year to qualified students. Students can apply for assistantships either on or off-campus for a period of one term (fall or spring), academic year (fall and spring), or summer. These include administrative, teaching, and research assistantships. Assistantships are available on a full-time (20 hours per week) or half-time (10 hours per week) basis.

Check the [Graduate Assistantship Handbook](#) for helpful information and go to [Handshake](#) to see job listings!

Graduate Assistantship Office [\[map\]](#)

Psychology Building, Room 203

Phone: 410-704-4484

Fax: 410-704-5716

E-mail: gao@towson.edu

Graduate Student Association

The Graduate Student Association (GSA) represents graduate students at Towson University and advocates for services that address their needs and concerns. The GSA also hosts events throughout the academic year such as professional development workshops, community building activities, and social outings.

Each college has a designated GSA representative – [Meet your GSA rep!](#) You'll receive newsletter and e-mail updates about events going on around campus for graduate students.

Also, the GSA is always looking for members to be on each colleges Peer Advisory Board! Please send an e-mail to gsa@towson.edu with your name and program expressing your interest. Get involved and make your voice heard on issues or concerns within your college or program.

Make sure to check out [GSA Events](#) to register for [Graduate Student Orientation](#).

Graduate Student Association Award

Since 1997, the Graduate Student Association has allotted a portion of the GSA budget to help fund students' research and professional development. This includes, but is not limited to, presentation of a paper or project at a conference, attendance at a conference, or purchase of supplies for graduate research, thesis, or dissertation.

To be considered for a GSA award, complete the necessary documents and submit the ENTIRE packet to gsa@towson.edu or bring to the GSA Office in the Psychology Building, Room 204

[Research Award Instructions](#)

[Travel Award Instructions](#)

Graduate Student Association [\[map\]](#)

Psychology Building, Room 204

Phone: 410-704-3967

Fax: 410-704-5716

E-mail: gsa@towson.edu

Office of the Registrar

The Office of the registrar serves undergraduate and graduate students, faculty members, administrators, alumni, and the general public in the areas of registration, grades, records and transcripts, re-enrollment, inter-institutional registration, and national exchange programs, veteran's benefits, and graduation.

Please keep in mind that you cannot register for classes until your matriculation fee has been received by the Office of Admissions.

Register for classes through your [Student Center](#) using this [guide](#).

[Academic Standards & Policies](#)

[Enrollment Verification](#)

[Graduation](#)

[Grades, Records, & Transcripts](#)

[Inter-Institutional Programs](#)

[Curriculum Management](#)

[Registration](#)

[Veteran's Benefits](#)

Office of the Registrar [\[map\]](#)

Enrollment Services, Room 228

Phone: 410-704-2701

Fax: 410-704-2006

Military & Veterans Center

Towson has been designated as a veteran friendly university. The Military and Veterans Center provides educational, social, and personal enrichment opportunities by providing veterans students with support and resources in a veteran-friendly atmosphere, and by addressing the unique issues and challenges that veteran students face when entering into the university environment. Contact the center to learn about admissions, scholarships, financial aid, counseling, disability support services, student groups, and career services.

Military and Veterans Center [\[map\]](#)

Psychology Building, Room 107

Phone: 410-704-2992

Fax: 410-704-3441

E-mail: tuvetcenter@towson.edu

Monday-Friday 8:00am-6:00pm

International Student and Scholar Office (ISSO)

Towson University is home to nearly 500 students from over 80 countries, and to over 30 foreign faculty, exchange scholars, and visiting faculty each year. The ISSO provides documents, services, and programs essential to a culturally diverse academic environment that enhances international learning opportunities for students, faculty, and staff.

International Student and Scholar Office [\[map\]](#)

Psychology Building, Room 408

Monday-Friday 8:30am-5pm

Phone: 1-410-704-2421

Fax: 1-410-704-6040

E-mail: isso@towson.edu

Study Abroad Office

Towson University is proud to offer students the opportunity to study in a variety of countries around the world while earning academic credit toward their degree. With the permission of their academic department, graduate students can take advantage of international study options.

Study Abroad Office [\[map\]](#)

Psychology Building, Room 408

Phone: 1-410-704-2451

Fax: 1-410-704-4703

E-mail: studyabroad@towson.edu

Diversity Resources

Diversity at Towson University is broadly defined to include: race, ethnicity, country of origin, religion, gender, ability, sexuality, and sexual orientation. Programs are offered to foster a receptive environment, to facilitate recruitment, retention, and graduation of students, and to promote multiracial learning for all students, faculty, and staff.

[Center for Student Diversity](#)

[LGBTQ+ Student Development](#)

[African American Student Development](#)

[Women's Resources](#)

[Asian Pacific Islander/Latino Student](#)

[Development](#)



GETTING HERE

Parking and Transportation Services

Driving to campus? Running late? Not sure where to park? Use the [campus map](#) to find a specific building and then locate the most convenient parking area. Use the step-by-step [driving directions](#) on the website.

Parking and Transportation services is responsible for ensuring the safe and efficient use of the parking resources and the safe transport of the community members who utilize the campus shuttle and charter services.

Parking Permit

The University has converted to “Virtual” parking permits. License plates are used to verify that students/faculty/staff have purchased a permit and are parked in the appropriate area for their permit type. Keep in mind you must be registered for classes before you can buy a parking permit. There is [student](#), [faculty/staff](#), and [visitor](#) parking all around campus – sign into your [eParking](#) account to purchase.

Use the campus [map](#) and pay attention to all posted signs.



Evening Permit

Only on campus in the evening? Evening permits are valid in Commuter and Overflow spaces after 3pm and Faculty/Staff spaces after posted hours.

Shuttle Services

Towson University runs shuttle routes both on and off campus to serve campus visitors and the general campus community. While on campus, students should plan to park their vehicle in a designated lot and use the shuttle to access other locations on campus. A valid TU OneCard must be presented to the driver in order to ride the off-campus shuttles. Individuals who are unable to provide their valid OneCard will not be allowed to board the bus. No exceptions.

For those individuals that have a permanent or temporary mobility concern, the university offers a Paratransit service. Paratransit service is provided to faculty, staff, and students who are registered with Accessibility and Disability Services (ADS). The university's Paratransit service offers on-campus scheduled pick-ups to all faculty, staff, and students with certified Paratransit needs. Transports for rides will be provided within 30 minutes of the requested pick-up time. Please call 410-704-7433 (RIDE) to request service. In addition to the Paratransit service, the front seats of each campus shuttle bus are reserved for individuals with disabilities.

On-Campus Shuttle Services

Towson University runs a free on-campus shuttle route.

Gold Route: Core Campus, West Village, University Village, Towson Center

Black Express: Core Campus & West Village

Off-Campus Shuttle Services

In an effort to serve the campus community, Towson University operates several off campus shuttle routes. A valid OneCard must be presented to the driver in order to ride.

Rodgers Forge Route: Walker Manor, Drumcastle, Rodgers Forge

Goucher/Loch Raven Route: University Loop, CLA Building, Donnybrook Apartments, Goucher Blvd. and Putty Hill Ave., Fairways at Towson (2), Colbury at Glenmont, Hillendale, Loch Raven and Aberdeen, Loch Raven and Glen Keith, Towson Crossing Apartments

Kenilworth/Fairmount Route: The Quarters, Kenilworth at Charles, The Colony, Towson Woods, Promenade Towson, and 1 Olympic Place

Timonium/Cockeysville Route: The Lakes, Steepchase, Padonia Village, Saddlebrook, and Deertree

Tiger InTown Route (Evening service from 4:45pm-2:35am): Institute of Well Being, Dulaney Plaza Shopping Center, York and Pennsylvania Avenue

Campus Escort

Two campus escort programs aim to improve the safety of individuals traveling alone on campus.

SafeWalk provides uniformed police aides and police officers to escort individuals of the campus community walking on campus alone 24 hours a day. Uniformed personnel equipped with radios will meet individuals at any campus location and walk them to a chosen campus destination. To arrange a campus escort call 410-704-SAFE (7233).

SafeRide provides transportation services through the Gold Route bus services on campus until 2:00am. After 2:00am, Safe Ride operates as an on-call point-to-point service provided daily from 2:30am-7:00am at locations accessible on campus with a vehicle. To arrange a Safe Ride pickup between 2:30am-6:00am call 410-704-SAFE (7233).

Towson University Police Department

General Services, Room 100
24 hours a day, 7 days a week
Emergency: 410-704-4444
Non-Emergency: 410-704-2134
Office: 410-704-2505
Email: police@towson.edu

Parking and Transportation Services

Union Garage, 1st Floor
Monday-Friday 8am-5pm
Phone: 410-704-7433 (RIDE)
Fax: 410-704-3370
Email: upark@towson.edu

Campus Emergency Text Message Notification System

Students, faculty, and staff are strongly encouraged to register for Towson University's state of the art emergency notification system. It is the safest way to ensure that you receive critical university notifications on safety issues, school closings, and weather alerts.

To register for an account: [Click here](#), login to your TU account, and complete the registration form. Depending on your wireless service agreement, a nominal charge may be incurred for receiving text messages.

Once your phone is registered, a message will appear letting you know you have successfully signed up. To complete your registration, you must open your account and enter your e-mail address, then click ADD E-MAIL. Then click on the validation link.

BUYING BOOKS AND SUPPLIES FOR CLASSES

University Store

The University Store, located in the University Union, is Towson University’s ultimate destination for textbooks and course materials. The expert staff has direct access to the most current and accurate textbook information from faculty, enabling precise and timely textbook selections.

The university store also has an array of retail merchandise from software and course supplies to gifts, cards, snacks, beverages, and Towson apparel. The online store offers a sampling of Towson University insignia clothing and gifts.

Finding Textbooks for a Class

Prior to purchasing textbooks, students must obtain a copy of their class schedule, which should include class number, utilizing [PeopleSoft \(Towson Online Services\)](#).

Once logged into PeopleSoft, select the following:

Self Service from the left menu column and go to **Student Center**

Weekly Schedule from the **Academics** Menu

Select the appropriate radio button for the term



My Class Schedule

Select a term then select Continue.		
Term	Career	Institution
<input type="radio"/> Summer 2017	Graduate	Towson University
<input checked="" type="radio"/> Fall 2017	Graduate	Towson University

CONTINUE

Find the four digit department code for the course and section

This will help with Online Ordering:

Select the term the course will be taken

Select the Department Code

Select the appropriate Course and Section number

Select Get course material

MUSC 505 - WESTERN MUSIC F/1914 TO PRESENT						
Status		Units	Grading		Grade	
Enrolled		3.00	GRADUATE GRADING			
Class Nbr	Section	Component	Days & Times	Room	Instructor	Start/End Date
1876	180	Lecture	TuTh 12:30PM - 1:45PM	CA3080	Elaine M. Ross	08/28/2017 - 12/19/2017

University Store

University Union [\[map\]](#)

Phone: 410-704-BOOK

Fax: 410-704-4382

Email: ustore@towson.edu

OneCard

The OneCard is the official Towson University ID card. The OneCard provides access to many university services: library privileges at Cook Library, use of the university's athletic facilities, off-campus shuttle rides, free or reduced-priced tickets at Towson University cultural and athletic events, access to recreational facilities and a free e-mail account through the Office of Technology services. With two debit spending accounts, the OneCard provides cashless access to goods and services campus wide. It can be obtained on the first floor of the University Union.

Note: TU ID number and a picture ID (Driver's license, passport, or state issued ID) are needed to purchase the OneCard.

DINING SERVICES

Dining on Campus

Throughout the campus there are multiple places to find something good to eat! Check out the [map](#) to see all locations.

All Towson students – residents and commuters alike – can choose from more than 20 dining locations on campus. These include full-service all-you-care-to-eat facilities at the Glen, Newell Dining Hall and West Village Commons, and grab-and-go options such as Einstein Bagels, Jamba Juice, and three convenience stores.

You can also choose from a number of [dining plans](#) to suite your schedule.

In addition, you can order food from the mobile app [Tapingo](#). You can use your OneCard or credit card to order ahead from Starbucks, Au Bon Pain, and more.

Dining Services [\[map\]](#)

University Union, Room 200A

Phone: 410-704-2302

Fax: 410-704-3560

HOUSING

Off-Campus and Individual Housing

Housing and Residence Life offers off-campus housing listings for students seeking a place to live and for property owners with housing available, at no charge. Using the [off-campus housing list](#) is quick and easy. The portal allows you to search for apartment complexes and townhomes that are located within or close to Towson University. The locations listed are not affiliated with Towson University or the Department of Housing and Residence Life. Start your search today!

Off Campus Student Services [\[map\]](#)

Student Activities Office, University Union Room 217

Phone: 410-704-3307

Fax: 410-704-2219

E-mail: studentactivities@towson.edu

Department of Housing & Residence Life [\[map\]](#)

West Village Commons, 3rd Floor

Phone: 410-704-2516

Fax: 410-704-4228

Email: housing@towson.edu

CHILD CARE AND FAMILY SERVICES

University Child Care Center

The teachers at the University Child Care Center work to facilitate active learning in a developmentally appropriate environment for young children and their parents. Their goal is to promote physical, cognitive, linguistic, nutritional, social, and emotional development in an environment which prides itself on the caring and nurturing of the children, parents, and student staff. University Child Care offers exceptional care through [part-time and full-time attendance programs](#) for two-year-olds and three-year-olds.

University Child Care Center, Auburn Drive [\[map\]](#)

Phone: 410-704-2652

Fax: 410-704-3771

Email: sfike@towson.edu

ACADEMIC RESOURCES

Albert S. Cook Library

The library provides a rich variety of resources acquired to support students' learning, teaching, and scholarship, along with friendly, knowledgeable librarians and staff to assist in using these tools and collections. Whether students are in the library or using the website, resources and help are near at hand.

From the website, students can do a quick search for their much-needed book or article, browse the multitude of [Databases](#) available to students, access brief [Research Guides](#), and [Citation guidelines](#). You can also get help around the clock with the "[Ask a Librarian](#)" tool on the front page of the website.

The library staff has created [The Cook Grad Guide: Everything You Need to Know About Cook Library](#), containing information about how to access library services. In addition, the library has dedicated a space on the 2nd floor of the library dedicated specifically to graduate students entitled the [Graduate Reading Room](#). Bring your OneCard for access! There is also a [24/7 Study Space](#) on the 3rd Floor.

Cook Library has both Windows and Macintosh computers that are available for public use by signing in with your Towson ID and password. The library also has [WEPA](#) printers on each floor and scanners on the 3rd floor for student use.

Cook Library - Phone: 410-704-2461 [\[map\]](#)

Cook Library Group Study Areas

Cook library has 9 group work cubicles, each equipped with furniture and a PC with dual keyboards, mice, and a 24-inch LCD monitor. The cubicle comes equipped with 6 chairs and a work table that is 6 feet by 30 inches. These spaces are available on a first come, first served basis and may not be reserved.

Help from a Librarian

The Reference Desk Staff offers directional, reference, and information assistance on the 3rd floor of the library. You can also text questions to 410-774-1398. Call 410-704-2462 during reference service hours to speak with someone on the phone. In addition, the [Individual Research Consultation \(IRC\)](#) services are available by appointment.

The Writing Center

A writing center is available for graduate students seeking assistance in formal writing and in research design and statistics. The staff can also provide recommendations for professional editors for dissertations.

It is best to make an appointment in order to guarantee that someone will be available to provide assistance. Drop-in appointments can be arranged if someone is available.

The Library and Writing Center have collaborated to provide writing center support at the library's reference desk during a few evening and weekend hours each week. Students are encouraged to access the Cook Library and Writing Center websites for specific times and dates.

The Writing Center [\[map\]](#)

College of Liberal Arts, Room 5330

Phone: 410-704-3426

Email: towsonwritingcenter@gmail.com

English Language Center

The English Language Center offers a variety of programs to meet all of your English language needs including five levels of full-time and part-time intensive English language instruction. Provisional Admission is offered to all graduate students.

Programs include:

Intensive Academic English, English Conversation and Culture, TOEFL Preparation Course, IELTS Preparation Course, International Student Housing, and Sponsored Student Programs.

English Language Center [\[map\]](#)

Enrollment Services Center, Room 101 and 110 (8000 York Road)

Phone: 410-704-2552

Fax: 410-704-8516

email: elc@towson.edu

Tutoring & Learning Center

Looking for strategies and guidance to achieve your goals and succeed academically? The Tutoring & Learning Center offers free academic coaching and workshops available to all students.

Services available:

Tutoring

Peer-Assisted Learning Sessions

Workshops

Academic Coaching

Study Groups

Reading Placement Testing

Supplemental Instruction

Faculty and Staff Resources

Tutoring & Learning Center [\[map\]](#)

Cook Library, Room 524

Phone: 410-704-2291

Fax: 410-704-3216

Email: tlc@towson.edu

Office of Technology Services (OTS)

The Office of Technology Services (OTS) provides communications and computing support to the students, faculty, and staff members of Towson University. From help center solutions to new computer purchase assistance, OTS strives to provide simple and easy-to-use technologies that facilitate lifelong learning, teaching, and business processes.

OTS also offers [Support and Training](#) in Technology both one-on-one and with live and webinar workshops and self-help documents/video tutorials.

OTS [\[map\]](#)

Cook Library, Room 29

Phone: 410-704-2041

Fax: 410-704-3111

Student Computing Services (SCS)

Student Computing Services (SCS) is a division of OTS providing integrated support services available to students in three convenient locations: Cook Library Room 35, SCS West in Towson Run Room 123, and TUNE Room 206.

The Service Desk provides technical support as well as advice on how to best accomplish computing tasks.

The Computer labs provide up-to-date Windows and Macintosh hardware and software applications on a walk-in basis. Each lab also hosts a WEPA Cloud-based printing kiosk.

SCS Multimedia Support services manages the SCS Studios, [equipment loans](#), and consulting and poster printing.

[SCS Studios](#) offers hardware, software, and work spaces well suited to video and audio production for interested students from all disciplines.

SCS Service Desk [\[map\]](#)

Cook Library Room 35

Phone: 410-704-5151

Email: scs@towson.edu

STUDENT SUPPORT SERVICES

Career Center

The Career Center helps students achieve their career goals. The staff offer a comprehensive range of free services to assist students with their career-related needs including: developing your career action plan, career counseling and advising, resume and cover letter reviews, mock interviews, job and internship searches, networking and information interviews, and graduate school essay reviews. The Center partners with employers, alumni, faculty, and administrators to enhance career opportunities for TU students.

Students can make an appointment to meet with a career advisor or career counselor.

Career advisors assist with specific needs such as writing resumes or cover letters, finding internships, developing job strategies, and practicing interview skills.

Career counselors can help students establish career goals, interpret career-related assessments, make career decisions, cope with career transitions, and overcome obstacles to career development.

The Career Center has also introduced [Handshake](#) to help students connect with employers and alumni. Create an account today!

Career Center [\[map\]](#)

7800 York Road, Suite 206

Phone: 410-704-2233

Fax: 410-704-3459

Email: careercenter@towson.edu

Accessibility and Disability Services

Accessibility and Disability Services (ADS) supports the mission of Towson University by providing services that allow students with disabilities an equal opportunity to participate in all aspects of the education environment. ADS promotes a broad definition of diversity that appreciates disability as an integral part of the human experience. The office collaborates with students, faculty, and staff to create a welcoming campus that meets the needs of students with disabilities, fosters student independence, and recognizes students on the basis of their abilities rather than their disabilities.

Eligibility for these services is determined individually by the ADS office based on the [documentation guidelines](#). Students are encouraged to [register with ADS](#) as soon as possible after admission.

Accessibility and Disability Services [\[map\]](#)

Administration Building, Rooms 232-235

Phone: 410-704-2638

Fax: 410-704-4247

Office of Financial Aid

The process of applying for aid can seem complicated and time consuming; the staff at the Office of Financial Aid wants to make it go as smoothly as possible. When calling, an information specialist will respond to your question and forward the call to the processor who oversees your application. The same processor will always work with the student's application.

Office of Financial Aid [\[map\]](#)

Enrollment Services, Room 339

Phone: 410-704-4236

Fax: 410-704-2584

Email: finaid@towson.edu

HEALTH AND WELLNESS

Health Center

The Health Center provides health and wellness services for registered Towson University students and English Language Center students. Faculty and staff are eligible for immunization services. The Health Center is conveniently located in the Health and Counseling Centers at Ward & West Hall.

Services offered include:

Allergy Shots

Contraceptive Counseling/Services

Common Illnesses & Minor Injuries

HIV and STD testing

Immunizations/TB Testing

Lab Services

Minor Office Procedures

Physical Exams

Smoking Cessation

Health Education Services

Acupuncture & Massage Therapy

Appointments can be made through [TigerHealth](#) and walk-ins are welcome.

Health Center [\[map\]](#)

Ward & West Hall, 8000 York Road

Phone: 410-704-2466

Fax: 410-704-3715

Email: healthcenter@towson.edu

Counseling Center

The Counseling Center helps students make the most of their college experiences. The staff work with students to resolve emotional difficulties, improve personal skills, overcome the effects of trauma, disadvantage or substance abuse, and achieve personal goals.

Through its Student Services, the Counseling Center offers currently enrolled students several different kinds of help, starting with a private and confidential initial meeting with a counselor. The counselor will help address immediate problems and will collaborate with the student to determine what further sources will be most helpful.

Counseling Center [\[map\]](#)

Ward & West Hall, 8000 York Road

Phone: 410-704-2512

Email: counseling@towson.edu

Campus Recreation

Campus Recreation engages the TU community with experiential education, leadership opportunities, and wellness initiatives. Campus recreation offers programs and services that strongly support the university's mission of a healthy, active lifestyle through the following program areas:

[Adventure Pursuits](#)

[Fitness](#)

[Aquatics](#)

[Intramurals & Sports Clubs](#)

Activities and programs include group exercises classes, instructional programming, intramural leagues and tournaments, informal recreation opportunities and more. Facilities include an 8-lane, 25-yard pool; a 22,000 square foot, open fitness floor space for cardio, strength and functional training; a 33-foot high rock wall; two multi-activity courts; and outdoor recreational fields.

Campus Recreation [\[map\]](#)

Burdick Hall

Phone: 410-704-2367

Email: campusrec@towson.edu

BALTIMORE COLLEGETOWN – THINGS TO DO!

Baltimore is a great college town! There are more than 120,000 college students in Baltimore and the region is buzzing with the energy of its institutions, industries, culture, and a character all its own.

The [Baltimore Collegetown Network \(BCN\)](#) brings area colleges and universities together with government, business, and community leaders to develop and market Baltimore as a vibrant place to live and learn. Through partnerships, marketing initiatives, and advocacy, BCN works to change perceptions about the city, support cultural offerings, improve transportation systems, and expand services in the region.

Baltimore Collegetown has a comprehensive list of [Things to Do](#) in and around the Towson and Baltimore area, while also offering a [free shuttle system](#) during the academic year.

IMPORTANT UNIVERSITY POLICIES AND PROCEDURES

Towson University has a number of policies and procedures to protect you, to clarify your responsibilities, and to maintain the integrity and safety of the university community. Please review [ALL](#) university policies and procedures.

[Hate/Bias Reporting](#)

[Sexual Assault Policy/Procedures](#)

[Title IX Resources](#)

[Policy on Sexual Misconduct](#)

[Student Organization Registration](#)

[Policy on Threats and Violence](#)

[Student Academic Integrity Policy](#)

[Smoke Free Campus Policy](#)

[Social Media Policy](#)

[Weapons Prohibited](#)

[Hazing Policy](#)

NON-TOWSON UNIVERSITY ONLINE RESOURCES AND BOOKS FOR THE GRAD STUDENT

Online Resources:

[Adult Students](#)

[Association for Non-Traditional Students in Higher Education](#)

[Back to College](#)

[College Transition](#)

[Mapping Your Future](#)

Recommended Books:

- *The Adult Student's Guide to Survival and Success*, 7th Edition – Siebert and Karr
- *New Beginnings: A Guide for Adult Learners and Returning Students* – Simon
- *Never Too Late to Learn: An Adult Student's Guide to College* – Phillips
- *How to Earn a College Degree: When You Think You Are Too Old, Too Busy, and Too Scared* – Ivery



**We wish you the best of luck.
Welcome to the Towson Tiger Community!**