
Student Development

Counseling Center

Students in college sometimes encounter personal problems that can be difficult to negotiate alone. These problems can affect a student's ability to achieve personal, career and academic goals. The psychologists and professional staff at the Counseling Center provide a variety of services to assist students in resolving problems, learning about themselves and others, and promoting personal and intellectual growth and development. Off campus referrals are made for students requiring specialty care. The psychological counseling services offered at the Center are based on interventions designed to help students resolve developmental issues of early adulthood. Among the services offered by the Center are:

- Individual counseling directed toward the resolution of personal problems.
- Educational and career counseling and testing to promote the identification and implementation of appropriate academic and career goals.
- Developmental groups and workshops designed to address common student concerns such as stress management, depression, self-esteem, personal growth, relationships, eating disorders, and family problems.
- Lectures and open discussions on topics related to human development that are of interest to students.
- Advisement, training, and consultation for resident assistants, peer educators and other student leaders.
- Referral for psychiatric evaluation provided through UMass Memorial Medical Center, University Campus.
- Consultation for students, faculty, and staff about others for whom they have concerns.

The services offered at the Counseling Center are available to all current full-time students and are confidential. Students interested in making an appointment and those dealing with a psychological emergency, may call the Center at (508) 793-3363 or visit Hogan 207 from 9 a.m. to noon and 1 to 5 p.m. For psychological emergencies after hours and on weekends, the psychologist on call can be reached by calling Public Safety at ext. 2222.

Career Planning Center

A strong liberal arts education is an excellent foundation for occupational success. The achievements of Holy Cross graduates across the spectrum of careers are a testimony to the value of a Holy Cross education in relation to career development. Although the academic experience at Holy Cross facilitates the development of skills that are crucial for career success, it does not focus or direct a student to any particular occupational area. For this reason early involvement in career development activities maximizes the career opportunities that will be available to a student upon graduation.

The staff of the Career Planning Center assists students in identifying and clarifying their career objectives, teaches skills and strategies for conducting a successful job search, and provides resources for students seeking entry-level professional positions and internships. Students are encouraged to utilize career planning resources beginning in their first year and throughout their four years at Holy Cross.

The resources and programs offered by the Center include: individual career counseling, career exploration groups, internship databases, workshops, mock interviews, career panels, a shadowing program, on-campus recruiting, resume referral, career fairs, summer job postings, a credential file service, career resource library, newsletters, and Web site.

A database of Holy Cross graduates who have volunteered to serve as career advisors is also available to students. The Office participates in the following consortia which provide additional internship and employment opportunities for students: Liberal Arts Career Network (LACN), the Massachusetts Educational Recruiting Consortium (MERC), and the Liberal Arts Recruiting Connection (LARC).

Career Planning services are available to all students. The Office is located in Hogan 203 and is open from 9 a.m. to 5 p.m. during the academic year. Summer hours are 8:30 a.m. to 4:30 p.m.

Summer Internship Program

The Holy Cross Summer Internship Program provides exceptional, prescreened Holy Cross undergraduates with an opportunity to gain meaningful work experience in an area related to a student's occupational goals. Through a competitive application process, selected sophomores and juniors are invited to apply for paid internships with the nation's leading employers and organizations. Internships are developed through the network of Holy Cross alumni, parents, and friends throughout the country and earmarked and designed specifically for Holy Cross students. Internships are generally 8-10 weeks in length and require a minimal commitment of 35 hours per week. The Summer Internship Program is located in Hogan Center, room 203.

Office of Disability Services

The Office of Disability Services is responsible for coordinating assistance for disabled students in order to promote equal access to College programs and services. The office seeks to assist students and their families in making the necessary arrangements to facilitate full participation in academic and extracurricular pursuits.

The College of the Holy Cross complies with Section 504 of the Rehabilitation Act of 1973, the Americans with Disabilities Act of 1990, and applicable local, state and federal statutes regarding nondiscrimination against persons with disabilities.

The Office of Disability Services is located in Room 209 of the Hogan Campus Center. The director of the office or a designee is available for consultation and may be contacted by telephone at (508) 793-3363, TTY: (508) 793-3693, or FAX: (508) 793-3334.

Health Services

The mission of Health Services is to support our students in the achievement of their educational goals by maintaining and improving their health and the health of the College community. Demonstrating its commitment to quality and excellence, Health Services is accredited by the Accreditation Association for Ambulatory Health Care, Inc. (AAAHC) and an institutional member of the American College Health Association.

Health Services is located in Loyola Hall. Hours of operation are Monday through Friday, 8:30 a.m.–5:30 p.m., Saturdays, 10 a.m.–4 p.m. during the academic year. Health Services is a medical clinic on campus to meet students' primary care and urgent care needs. In addition, nutrition therapy, asthma education, smoking cessation, massage therapy, and allergy injections are available at Health Services.

Board-Certified Family Practice Physicians affiliated with the University of Massachusetts/ Memorial Medical Center are available by appointment Monday through Friday, 20 hours per week. Public Safety responds to emergencies. An on-call physician is available for acute illness after hours at (508) 792-8830. Health Services is also staffed by Family Nurse Practitioners and Registered Nurses. Appointments can be scheduled by calling (508) 793-2276.

Wellness Programming

The primary goal of the Office of Wellness Programming is to coordinate the Alcohol and Drug Prevention Program for the College. All departments within the Division of Student Affairs play a role in implementing the college alcohol policy through education or enforcement. Students are informed about the laws pertaining to alcohol use, the college policy, community standards, and the consequences to oneself and others as the result of participating in high-risk drinking. Wellness Programming aims to create an atmosphere on campus that encourages students to make responsible, low-risk choices in regard to the use of alcohol and/or other substances.

The resources and programs offered by the office include but are not limited to: the coordination of "AlcoholEdu," an online alcohol prevention program that is required for all incoming first year students; individual meetings with students regarding their use of alcohol and /or other substances; Alcohol Screening Day; Alcohol Awareness Week; the Great American Smoke Out; the Natural Highs Fair; and a 21st Birthday Card campaign. The Students for Responsible Choices, a peer education group dedicated to educating the student body about alcohol and other substances, is coordinated by this office.

In addition, Wellness Programming provides opportunities for the campus community to participate in activities that will promote optimal wellness. Yoga, Pilates, Kickboxing, and Tai Chi are a few of the exercise classes that are offered on a regular basis. A campus-wide Wellness Fair is held annually. The Director is also the advisor for the Sexual Health Awareness Peer Educators (SHAPE), a group dedicated to educating the student body about sexually transmitted diseases as well as gender specific cancers.

The Director provides training and consultation to a wide variety of student groups regarding substance use as well as training, consultation and referral to individual students in all area of wellness including stress management, nutrition, healthy eating and other healthy lifestyle choices.

The office is located in Hogan 225, and is open from 9:00 a.m. – 5:00 p.m., Monday through Friday.