



## **COUNSELING SERVICES**

Counseling Services offers a variety of services to the campus community including individual and group counseling; career counseling; workshops on contemporary issues in response to students' needs; and consultation to students, staff and faculty. For an appointment, call 978-542-6410 or stop in at Meier Hall Room 224.

Counseling Services has professionally trained staff who view personal concerns as a normal part of the growth process. Counseling is designed to help students solve problems and reduce the physical and emotional stresses which may interfere with academic or personal goals. Students frequently seek counseling for family or relationship difficulties, alcohol and drug use, depression or anxiety.

All services are available in a comfortable and confidential environment without charge to Salem State College students. Appropriate community referrals are provided when necessary.

Counseling Services is open Monday and Friday between 8:30 a.m. and 5:00 p.m., and Tuesday through Thursday between 8:30 a.m. and 7:00 p.m. Check out our web site at [www.salem.mass.edu/counseling/welcome.html](http://www.salem.mass.edu/counseling/welcome.html).

## **CAREER SERVICES**

Career issues are often the primary motivating factor for individuals enrolling in graduate school. Whether your goal is to add to your skill base, transition to a new career or to advance within your current situation, the Office of Career Services provides a variety of services to support individuals as they navigate career decisions.

- Counseling – Individual appointments are available to assist current students and alumni with their career development needs. Through conversation, activities and inventories, students will clarify their values, interests, personality preferences and skills allowing for clarification of career goals. Additionally, job search support is available through individual counseling sessions. Appointments are required, call 978-542-6406 to schedule a convenient time.
- Seminars – A variety of seminars are offered throughout the year including: resume writing, interview preparation and job search strategies. Registration is required. For a schedule of upcoming programs check the LOG (first edition of the semester), [www.salem.mass.edu/careersvs/index.htm](http://www.salem.mass.edu/careersvs/index.htm) or call 978-542-6406.
- Career Resource Center – The center houses a collection of CD ROM, video and print resources, directories and labor market information (salary, industry outlook). The center also maintains listings of full-time permanent positions and internship listings in the JOB BANK. Positions on-line are listed through JOB TRAK. See our web site for more information.
- On-Campus Recruiting – Students graduating during the current academic year are eligible to participate in interviews scheduled on campus. For the most up to date listing of who is on campus and when, refer to the web page. [www.salem.mass.edu/careersvs/index.htm](http://www.salem.mass.edu/careersvs/index.htm). Lists are also posted in the Harrington Building Lobby (South Campus), the Ellison Campus Center, Meier Hall lounge and the CALL Center located in the Sullivan Building.



- Job Fairs – Spring is job fair season. Each year the Office of Career Services facilitates opportunities for students to interact with employers from a range of industries. Watch the LOG for information concerning time and location.

The Career Services office is located at 37 Loring Avenue. Hours are as follows:

Fall and Spring Semesters:

Monday, Thursday, Friday	8:30 a.m. to 5:00 p.m.
Tuesday and Wednesday	8:30 a.m. to 7:00 p.m.

Summer Semesters:

Monday - Friday	8:30 a.m. to 5:00 p.m.
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### HEALTH SERVICES

Health Services is open from 8:00 a.m. to 4:00 p.m. on Monday and Friday, and from 8:00 a.m. to 7:00 p.m. on Tuesday through Thursday during the academic year. Summer hours are 8:00 a.m. to 4:00 p.m. For more information on available services call Health Services at 978-542-6413, or check out our web page at [www.salem.mass.edu/counseling/health.html](http://www.salem.mass.edu/counseling/health.html).

### O'KEEFE PHYSICAL EDUCATION CENTER

The Salem State College intercollegiate athletic program operates out of the Richard B. O'Keefe Complex, regarded as one of the finest facilities among the Massachusetts State Colleges. The multi-purpose facility features the 2,800 seat Richard H. Rockett Ice Arena, a 1,600 seat gymnasium with an all-purpose floor, an eight lane swimming pool, four tennis courts, racquetball and squash courts, a baseball/softball indoor hitting cage, a fully equipped fitness center, a dance studio and gymnastics apparatus room. The facility also houses the athletic director's office, the athletic training/sports medicine office, the sports information office, the athletic equipment storage room, four classrooms and the faculty offices for the College's Sports, Fitness & Leisure Studies major. The facility is open year round to Salem State students, faculty/staff, administrators, employees and alumni. Family and individual memberships are offered to the general public during the summer months. Normal operating hours are 8:30 a.m. till 9:30 p.m. Monday through Friday and 12:00 noon till 9:00 p.m. on weekends.

### PRESCHOOL PROGRAM

The Salem State College Preschool Program opened in the Fall of 1970. The program is licensed and professionally staffed, serving children between the ages of 2 years, 9 months to 5 years old. The Preschool is also accredited by the National Academy of Early Childhood Programs (NAEYC).

The size of the program is limited to 15 children at one time, and the average total enrollment ranges from 30-35. Enrolling small numbers of children reflects the center's appreciation of individual differences and the careful planning of appropriate activities to meet the physical, social and intellectual needs of each child. Enrollment is primarily for children whose parents are students at the college, and with space permitting, faculty, staff, and community members are encouraged to register.

The center is a self-contained facility located on the upper South Campus and is open from 8:00 a.m. to 5:00 p.m. Monday through Friday (excluding holidays and semester breaks). The setting on a college campus offers many valuable resources for field trips, consultation services, and academic support from various departments.