

University Resources

Counseling and Psychological Services (CAPS): SUB I, Rm 3129, (703) 993-2380 <http://caps.gmu.edu/>

- Individual counseling for students with concerns about academics, adjustment to the university, relationships, anxiety, depression, diversity issues, physical appearance and weight management
- Support groups for personal growth
- Workshops on anger management, stress management, relaxation techniques, communication skills and assertiveness

Learning Services: SUB I, Rm 3129, (703) 993-2999 <http://caps.gmu.edu/learningservices/>

- Academic Skills Workshops on time management, overcoming procrastination, managing performance anxiety, and organizational, study, and exam strategies
- Academic skills certificate
- Tutoring referral information

Disability Services: SUB I, Rm 4205, (703) 993-2474 <http://www.gmu.edu/student/drc/>

- Provides reasonable accommodations for students with a documented disability

University Career Services: SUB I, Rm 3400, (703) 993-2370 <http://careers.gmu.edu>

- Assists students with major/career exploration
- Information about internships, co-ops, part-time jobs, volunteer work
- Assists with resume writing, interview techniques, and job searching
- Information on how to research graduate programs and how to apply to graduate school

Academic Computer Labs: Johnson Center, Rms 340, 341, 343, (703) 993-3446

<http://itusupport.gmu.edu/STG/computerlabs.asp>

- A guide to computing services

Math Tutoring Center: Johnson Center, Rm 344, (703) 993-1460 <http://math.gmu.edu/tutorcenter.htm>

- Free math tutoring for first and second year math courses
- Literacy center for students preparing to get into Math 105, 106, 110, 111, 108, or Math 113

Writing Center: Robinson Hall, A114, (703) 993-1200 <http://writingcenter.gmu.edu/>

- Assists with writing assignments for all subjects
- Strategies to organize ideas, editing, and overcoming writing anxiety

Diversity, Inclusion and Multicultural Education SUB I, Suite 2400 (703) 993-2700 <http://odime.gmu.edu/>

- Mentoring programs
- Counseling for students who feel they are being discriminated against
- Workshops and lectures for those interested in diversity, inclusion, and multicultural issues

Military Services: Johnson Center, Rm 213, (703) 993-8243 <http://military.gmu.edu/>

- Benefits information for veterans, active duty, reserve, and military family members attending Mason (military@gmu.edu)

Student Financial Aid: SUB I, Rm 1100, (703) 993-2353 <http://financialaid.gmu.edu/>

- Issues related to financial aid, scholarships, work study, and satisfactory academic progress