

# QUICK TIPS & FAQ

## **Counseling Services**

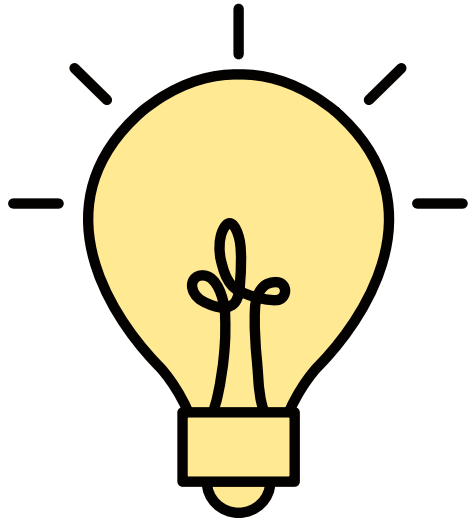
C104 Oakley Applied Sciences

[murraystate.edu/counselingcenter](http://murraystate.edu/counselingcenter)

[msu.counselingcenter@murraystate.edu](mailto:msu.counselingcenter@murraystate.edu) | 270.809.6851

- Counseling is free for enrolled students.
- To get started with ongoing counseling, email [msu.counselingcenter@murraystate.edu](mailto:msu.counselingcenter@murraystate.edu) to request the paperwork link.
- All scheduling is done through email, so be sure to check email regularly!
- On-call counseling is available 9:00–3:00 Monday–Friday when the university is open.
- In-person and zoom options are available.
- When filling out the paperwork, please list as much availability as possible to increase your chances of getting assigned quickly.
  
- Do we offer zoom sessions? Yes!

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January 2024 | Visit website for the most current information.



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## Student Engagement and Success

[murraystate.edu/success](https://murraystate.edu/success)

[msu.successe@murraystate.edu](mailto:msu.successe@murraystate.edu)

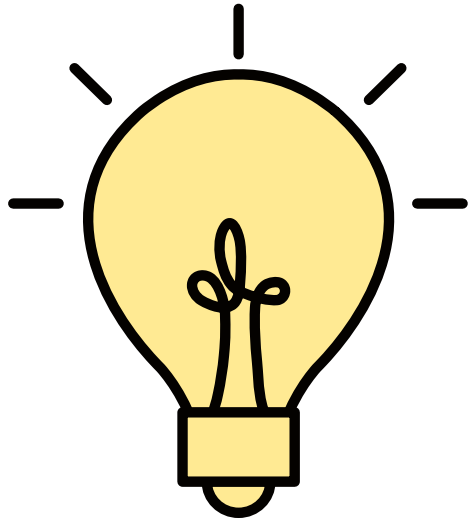
**Not sure where to start? Start with us!**

Supporting students to:

- Transition successfully to college
- Develop successful academic habits
- Create connections with faculty, staff, and resources
- Persist during challenging times
- Engage in their Racer living and learning experience to reach their career and personal goals
- Visit the website to find out all about what we do to support students!

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## **Student Disability Services**

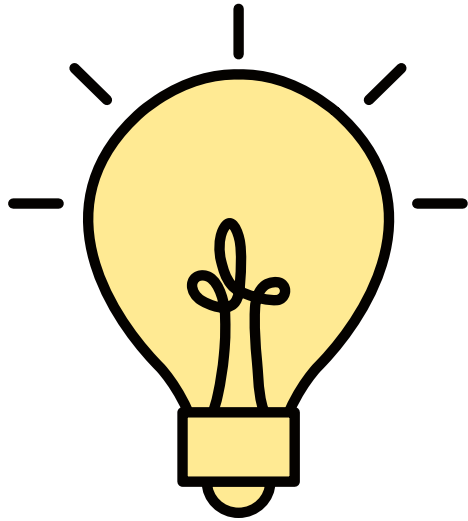
423 Wells Hall

[murraystate.edu/sds](http://murraystate.edu/sds)

[msu.studentdisabilities@murraystate.edu](mailto:msu.studentdisabilities@murraystate.edu) | 270.809.2018

- For students who may be using our testing center, we encourage students to try to build gaps into their schedule, so they don't have too many classes that meet back to back.
- For students who take medication, we encourage them to become self-aware so that they can try to schedule their classes during a period of time when they are most alert.
- If a student has a learning disability, we encourage students to consider the classes they are taking. (Example: if a student has learning disability in reading, the student wouldn't want to take HUM211 and CIV201 in the same semester.)
- For students with mobility issues, we encourage students to build gaps into their schedules so they have enough time to navigate campus, and transition from one class to the next with limited complications

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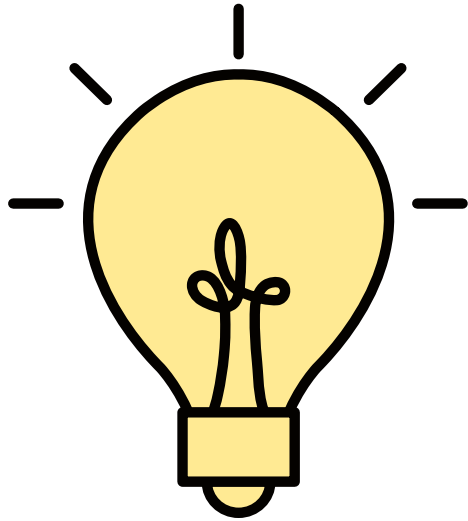
## **Financial Aid**

5th Floor, Sparks Hall

[murraystate.edu/financialaid](http://murraystate.edu/financialaid)

[msu.sfs@murraystate.edu](mailto:msu.sfs@murraystate.edu) | 270.809.2546

- To maximize the majority of financial aid and scholarship awards, students must be enrolled full-time. If a student is enrolling part-time, they are encouraged to speak with our office.
- Financial aid and scholarship options are limited for winter and summer terms
- Financial aid (federal and state) can only pay for the classes that count towards that student's degree.
- The general scholarship application and FAFSA are required to be completed each year to receive financial aid and scholarships.
- Students not meeting renewal requirements for scholarships will receive an email after the spring semester with instructions on how to appeal the loss of their scholarship.



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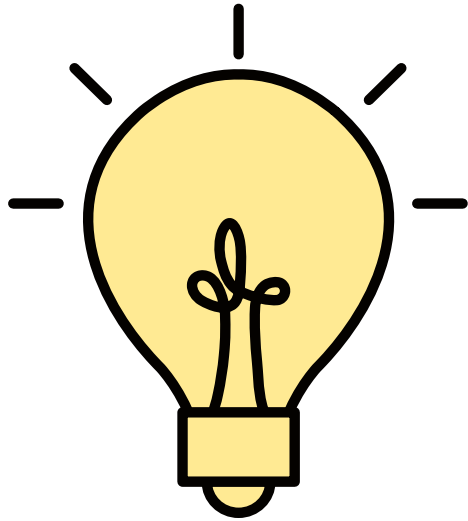
## Student Support Services

261 Blackburn

[murraystate.edu/sss](http://murraystate.edu/sss)

270.809.4327

- All services provided to eligible students are free
- SSS is funded by the US department of Education
- Free individualized tutoring
- Eligible students should be a freshman, sophomore or transfer student
- Federal guidelines require that  $\frac{2}{3}$  of our students served must be under-resourced and first-generation.
  
- How does SSS differ from SDS? SSS differs from SDS in the area of accommodations. SDS works with students and professors to provide accommodations for students that have a disability.
- How many students do you serve? 186 students



# QUICK TIPS & FAQ

## Wellness Center

1000 Wellness Drive

[murraystate.edu/wellnesscenter](http://murraystate.edu/wellnesscenter)

[msu.wellnesscenter@murraystate.edu](mailto:msu.wellnesscenter@murraystate.edu) | 270.809.6000

- Students who are physically active tend to have better grades, attendance, cognitive performance and classroom behavior, according to the CDC.
- Offer Yoga classes once a day, usually in the evenings/night
- Pool is good to utilize if you need to workout in a non-weight bearing capacity. The spa is very relaxing as well, especially after a stressful day.
- Intramural sports are a great way to meet new people and relieve stress through exercise.
- How many days a week should I exercise to see health benefits? 3 days a week minimum
- Who do I contact with questions about intramural sports? Email: [msu.intramurals@murraystate.edu](mailto:msu.intramurals@murraystate.edu)
- Best social media platform to get campus recreation updates? Instagram: [murraystwellness](https://www.instagram.com/murraystwellness)
- Busiest hours at the Wellness Center? 4 p.m-8 p.m
- Slowest hours at the Wellness Center? 9 a.m-2 p.m (10 a.m-11 a.m is the slowest hour)

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