Welcome to the “Campus That Cares!” The division of Campus Life and Student Development is dedicated to your development and success as a student leader. Please take every opportunity to engage and participate in the many programs, activities, services, and facilities that have been developed and designed with you in mind. Campus Life and Student Development is available to all students. Listed below is a sampling of opportunities and services designed for our off-campus and online learners.

Student Health 101
www.readsh101.com/tamuc.html

Student Health 101 is a free digital health and wellness magazine where Texas A&M University-Commerce students can connect, learn, and get tips about managing stress, eating healthy, exercising, and much more! Student Health Services, Residential Living and Learning, and Campus Recreation present 10 monthly issues just for A&M-Commerce students. Each issue contains interactive features, including video clips, “how to articles”, and/or discussion forums in the following topic areas: Health Bulletins – featuring ask the experts; UCookBook – healthy and delicious recipes; FitnessU – sensible workouts for all fitness levels; Academics; Stress; Sleep; Career; Sexual Health; Nutrition; and Relationships. Each area contains valuable information that will help you make better decisions and gain a better understanding of the health and wellness challenges we face on a daily basis.

Like Us on Facebook: https://www.facebook.com/TAMUCStudentHealth101
Follow us on Twitter: https://twitter.com/SH101atTAMUC

Programs

During the fall semester, the Sam Rayburn Student Center provides Lions Roar promotional shirts to our many off campus locations. We hope these efforts provide a unique contribution to your campus communities, school spirit, and A&M-Commerce traditions. Campus Recreation will conduct spring tabling at the Collin, Mesquite, Metroplex, Midlothian, and A&M Commerce-Rockwall campuses. Come seek information concerning facilities, programs, and services. There will be fun activities and give-a-ways for students that include t-shirts, pens, and various other unique items. We are interested in the services, programs, and equipment you would like to utilize. Where space is available and a need communicated, recreational, leisure, and wellness equipment can be provided (i.e. table tennis at the Rockwall Campus). L.E.A.D. now offers the Extraordinary Leadership Series live via web feeds and at various off campus locations. The [I] Experience is also open to all campus and on-line students. We also offer leadership tips and blogs to students to learn about different aspects of leadership.

Services

Robert Dotson | robert.dotson@tamuc.edu | 903.886.5523 | www.tamuc.edu/campuslife/deanofstudents
Linda Clinton | lindaclinton@tamuc.edu | 903.886.5445 | www.tamuc.edu/counselingcenter
Maxine Mendoza-Welch | 903.886.5853 | www.tamuc.edu/campuslife/studenthealthservices

The office of the Assistant Dean will consult with faculty and staff at each of the off campus locations to determine if student behavior issues in a classroom need addressing and assist in the resolution of any issues. The Counseling Center provides informal counseling consultations via phone or email and the opportunity to have a confidential conversation with a counselor to discuss a person of concern. In addition, we offer off campus delivery of information, programs, and trainings to classes, organizations, and/or groups. Other services include 24-hour crisis intervention, free anonymous and confidential on-line screenings on a variety of mental health topics (mood disorders, eating disorders, alcohol & drugs), and online featured articles on mental health. Student Health Services offers flu-shot clinics and provides health, nutrition, and fitness brochures and information at the following off-campus locations: Corsicana, University Center at Dallas, Mesquite Metroplex Center, and A&M-Commerce at Rockwall. Students also have access to telephone and one-on-one visitation with a dietitian.

For questions, please visit www.tamuc.edu