

THE OCSS GAZETTE

The Monthly Newsletter for the OCSS Commuter Student Population



WELCOME TO THE FALL SEASON!

Off-Campus Student Services

We've pasted the Spooky Season of Halloween and looking ahead to Thanksgiving. What are you thankful for? Send in a sentence or two (or even a video) telling us what you're thankful for to ocss@umbc.edu and we'll be sure to post them onto our social media.

WHAT'S NEW

Upcoming Events

Announcements

Commuter Meal
Plan

Other Resources

Social Media

UPCOMING OCSS EVENTS

Work Out Buddy!

Looking for a work out buddy?

November 9th 11:50am

Want to check out one of the RAC's new Group Fitness Classes but don't want to go alone? No worries we got you!

Meet us in the OCSS lobby at 11:50 am so that we can walk over to the RAC to attend the 12:15pm Bootcamp Class with Alea in Studio 130

What's Good Wednesday

Play Pictionary with us!

November 3 12pm - 1pm

Come take a mid day break to play a game of Pictionary. Bring your lunch, your thinking cap, and log on for some fun.



Good Morning Commuters A Great Way to Start Your Day!

Every Tuesday 8:30 am - 10:00 am

OCSS will be hosting a Good Morning Commuters (GMC) every Tuesday morning. It's complimentary with your Commuter Gold Card.

Locations:

- (11/9) Commons, Gameroom
- (11/16) True Grits
- (11/23) Commons, Sports Zone

****Location alternates between Commons, Terrace Tent and True Grits.**

What is a Commuter Gold Card?

The Commuter Gold Card is your ticket to free Tuesday morning breakfasts with OCSS, local discounts, and UMBC coupons!

Where can I purchase one?

The Gold Card can **only** be purchased during our Good Morning Commuters. Gold Cards are active for the whole school year.

How much do they cost?

Gold Cards cost \$5 for commuter students and \$10 for residential students.



UPCOMING OCSS EVENTS

Work Out Buddy!

Looking for a work out buddy?

November 3rd 4:35pm

Want to check out one of the RAC's new Group Fitness Classes but don't want to go alone? No worries we got you!

Meet us in the OCSS lobby at 11:50 am so that we can walk over to the RAC to attend the 12:15pm Bootcamp Class with Laila in Studio 130.

Veterans Week Kickoff Event

Come get some sweet treats!

November 5th 12pm

Are you a transfer student interested in learning more about Tau Sigma National Honor Society? Swing by the Commons Breezeway and talk with current Tau Sigma members! They'll be serving up sweet treats as well!

Tau Sigma Table

Come get some sweet treats!

November 5th 12pm

Are you a transfer student interested in learning more about Tau Sigma National Honor Society? Swing by the Commons Breezeway and talk with current Tau Sigma members! They'll be serving up sweet treats as well!

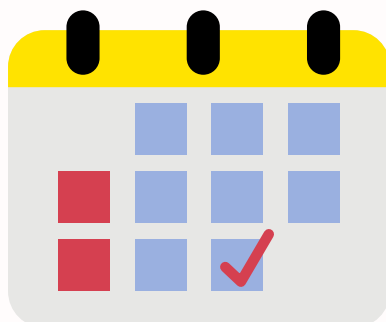
The 10 Second WOW Statement

Introduce in a professional setting.

November 15th 4:30pm

WOW statements are crafted to invoke a "Wow, tell me more!" response from the other party.

The goal of this workshop is to help you craft a wow statement in 2 easy steps that will help lead a real two-way conversation.



More OCSS Events at:

<https://my3.my.umbc.edu/groups/ocss/events>

ANNOUNCEMENTS

The RAC is back!

RAC Building Hours of Operation

Monday – Thursday – 7:00am – 10:00pm

Friday – 7:00am – 9:00pm

Saturday and Sunday – 12:00pm – 7:00pm

RAC Gymnasium

Monday – Thursday – 7:00am – 10:00pm

Friday – 7:00am – 9:00pm

Saturday and Sunday – 12:00pm – 7:00pm

Pool

Mondays/Wednesdays:

7:45am-9am; 10am-11am; 7:45pm-9:30pm

Tuesdays/Thursdays:

10am-1:30pm; 7:45pm-9:30pm

Fridays:

7:45am-9am; 10am-11am; 7:45pm-9pm

Saturdays: 2pm-6pm

Sundays: 12pm-6pm

Strength Training Room (060)

Monday – Thursday – 7:00am – 10:00pm

Friday – 7:00am – 9:00pm

Saturday and Sunday – 12:00pm – 7:00pm

Weight Room (063)

Monday – Thursday – 7:00am – 10:00pm

Friday – 7:00am – 9:00pm

Saturday / Sunday – 12:00pm – 7:00pm

Functional Fitness Training Center

Monday – Thursday – 7:00am – 10:00pm

Friday – 7:00am – 9:00pm

Saturday / Sunday – 12:00pm – 7:00pm

Cardio Zone and Cardio Balcony

Monday – Thursday – 7:00am – 10:00pm

Friday – 7:00am – 9:00pm

Saturday / Sunday – 12:00pm – 7:00pm

***Hours are subject to change.*

**STAY HEALTHY,
ACTIVE,
AND ENGAGED.**

More information about the RAC:
<https://recreation.umbc.edu/>

ANNOUNCEMENTS

Counseling Center & Health Services formally in Erickson Hall is now Retriever Integrated Health

Connect with Others

Join a group where you can reflect, learn, and improve your well being by connection with others.

To learn more about the groups, [click here!](#)



Counseling Center Groups for Fall 2021

Improve Your Well-Being Through Connection with Others

<p>Reflecting Retrievers: Grad Student Process Group (Tuesdays, 3-4:15pm)</p> <p>Gain support for managing the stress of graduate school, and for other challenges in your relationships and personal life</p>	<p>Flexible and Balanced (FAB) Living Group (Wednesdays, 10:30am-12pm)</p> <p>Learn effective strategies for recognizing and changing perfectionistic thoughts and behaviors that cause you stress or distress</p>	<p>Introvert Empowerment Discussion Group (Tuesdays, 2:30-3:45pm)</p> <p>Reframe the way you see yourself and live as a proud introvert! We'll be reading "Quiet" by Susan Cain to gain insight into how to navigate a world that can't stop talking.</p>	<p>You've Got This Group <u>Round 1:</u> Wednesdays, 1pm-2:30pm, Starting Sep. 22nd <u>Round 2:</u> Mondays, 1-2:30pm, Starting Nov. 1st</p> <p>Learn to reduce emotional distress, manage upsetting thoughts, and communicate more effectively</p>
<p>Reflecting Retrievers: Undergraduate Support Group (Mondays, 3-4:15pm)</p> <p>Provides help with managing the stress of college life, improving communication with others, and developing meaningful & healthy relationships</p>	<p>Trans Support Group (Fridays, 2-2:50pm)</p> <p>A supportive space for students who identify as trans, genderqueer, gender fluid, non-binary, bigender, and/or those questioning their gender identity</p>	<p>Survivor First (Thursdays, 1-2pm)</p> <p>A supportive space that empowers survivors of sexual assault through connection and discussion about trauma and recovery.</p>	<p><i>All groups take place over Webex* and are free, confidential, and small-sized (6-8 students).</i></p> <p><i>*Students must be in the state of Maryland to participate in groups due to licensure laws</i></p>

To join a group, first schedule a triage appointment with the Counseling Center through your student health portal <https://myretrievercare.umbc.edu/> or call 410-455-2472 for more information. For general group questions, secure message group coordinator Lauren Mirzakhali, LCSW-C through your student health portal.

COMMUTER MEAL PLAN OPTIONS

Here are three great meal options for commuters!

Flexible 5 + \$60.00 Flex | \$940

The Flexible 5 provides five meals per week for each week of the semester.

*Multiple meals per meal period may be used at any dining location on campus. This is an ideal plan for commuter students who visit campus multiple times per week or for apartment students who like to occasionally eat on campus.

The only dining locations that do not allow multiple meals per meal period are the Retriever Markets located in the Commons and True Grits.

Mega 50 + \$25.00 Flex | \$520

The Mega 50 provides a block of 50 meals to be used throughout the semester. You may choose to have multiple meals per meal period at True Grits or one meal per meal period at any other dining location on campus. If you purchase a Mega 50 and find that sometime during the semester you've run out of meals, you can purchase another Mega 50 or any other meal plan of your choice.

Mini 25 | \$263

The Mini 25 provides a block of 25 meals to be used throughout the semester. You may choose to have multiple meals per meal period at True Grits or one meal per meal period at any other dining location on campus. If you purchase a Mini 25 and find that sometime during the semester you've run out of meals, you can purchase another Mini 25 or any other meal plan of your choice.

To purchase a plan or for more information go to:

<https://campuscard.umbc.edu/meal-plans-2/meal-plan-options/>

OTHER RESOURCES ON CAMPUS

RETRIEVER ESSENTIALS

Retriever Essentials assists students who are classified as food insecure.

For more information and programs:

<https://retrieveressentials.umbc.edu/>

COUNSELING CENTER

The Counseling Center on campus is available to assist with counseling needs.

For more information: <https://counseling.umbc.edu/>

General Announcement:

Commuting from Frederick, MD? Contact student Marie-Ange Kasende <wa96653@umbc.edu> to express interest in carpooling together!!

FOLLOW US ON OUR SOCIALS!



Instagram: https://www.instagram.com/umbc_offcampus/



Twitter: https://twitter.com/off_student



Facebook:

<https://www.facebook.com/UMBCOffCampusStudentServices/>



myUMBC: <https://my3.my.umbc.edu/groups/ocss>



Email us at transfers@umbc.edu to join our discord group!

