A Resource Guide for MSU Students with Children

Brought to you by:
MSU Family Resource Center
1407 S. Harrison, Suite 225
East Lansing, MI 48823

http://www.frc.msu.edu
frc@hr.msu.edu
(517) 432-3745

2013-2014 Edition
“For You”

by Paula Campbell
(1999 MSU Graduate & Student Parents on a Mission Co-Chair)

You brought me here, crying and cold.
Then you warmed me, with one hold.
You dried my tears, held me to your heart.
   It was on that day my life did start.

Then I would roll, scoot, and crawl.
   I would grow two feet tall.
I would walk and talk and all the while.
   Your face was full of love and smiles.

But I was so small I did not see.
That you were learning as much as me.
You had school and work which made you be
   At many times away from me.

Now I’m bigger and I know.
   You had to do, you had to go.
Those things that took you I can see.
   Were things you had to do for me.

So please forgive me if I cry.
   And I’ll forgive you all the time.
No matter what we have to do.
   Always know that I love you.
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This handbook is designed to assist students who have the courage to undertake the responsibility of a family, a home, a job, and college all at the same time. For some it may be the first encounter with higher education while for others it may be a continuation of studies or a transition to a new career.

We recommend you take the time to read the entire handbook because you might discover something that you didn’t even know you needed. This handbook is designed to help you through some of the obstacles. Hopefully it will assist student parents in making college a more rewarding and less frustrating experience.

-Lori Strom
Coordinator

Family Resource Center
1407 S. Harrison, Suite 225
E. Lansing, MI 48823
(517) 432-3745
http://www.frc.msu.edu

The Family Resource Center staff is available to meet with you regarding your individual concerns. Please call to make an appointment or visit the FRC website. You may also read more about the office on page 37 of this guide.
**Student Parents on a Mission (SPOM)**

MSU Student Parent Organization
“Striving for Success”

We recognize student parents as parents first. We work to help them retain a balance between university expectations and family life. We seek to motivate, assist, and unite parents associated with Michigan State University to facilitate retention and academic success.

Student Parents On a Mission (SPOM) is an MSU Registered Student Organization, established in 1994, to provide encouragement and support for student parents. SPOM provides an opportunity to network with other student parents and to discover the many resources that are available at MSU and in the surrounding communities.

- Meetings are typically held monthly during the academic year and feature guest speakers focusing on topics affecting student parents and their families.
- Social events and activities are planned for parents and children.
- An informal network increases student parent access to information in such areas as: employment opportunities, scholarships/financial aid and inexpensive/free activities for families.
- E-mail listserv available for SPOM members.

Student Parents on a Mission is about student parents who want to succeed academically, make new friends and develop an effective peer support system. This group will provide support and encouragement to student parents at MSU and will give you an opportunity to voice your concerns!

The Family Resource Center Coordinator serves as the Advisor to the SPOM organization. For more information and a SPOM application please call the Family Resource Center at (517) 432-3745.

http://www.msu.edu/~studentp

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http://www.msu.edu/~studentp
Where will we live?

ON CAMPUS

University Apartments
Spartan Village Community Center
49 Middlevale
(517) 355-9550
1-800-678-4679
housing-info@uh.msu.edu
http://liveon.msu.edu/

Spartan Village provides a supportive atmosphere for a variety of family styles. Reasonable rates, accessibility to transportation and childcare, and a community of student parents makes this a great option. Diversity abounds here. In addition to all regions of the United States, our residents come from more than 100 countries.

Children are usually great “Goodwill Ambassadors” and here they have many cultures to share, explore, and learn from.

Costs of Living On Campus
University apartment rent includes all heat, water, gas, electricity, sewer, cable and ethernet, and local phone service. Trash bags, shower curtains, lock-out service, telephones, and loaner vacuums, waste removal and recycling are also available. Laundry services are available in each village.

The apartments do not permit washers, dryers, dishwashers, or freezers. Not all apartments have air conditioners. There is an installation and monthly service fee.

Apartment rental rates vary based on the size of the apartment (number of bedrooms) and current remodeling status. Student rates for 2013-2014 are:

($40 non-refundable application fee)

Non-remodeled, uncarpeted:
One Bedroom $650
Two Bedroom $774

Remodeled, carpeted:
One Bedroom $716
Two Bedroom $856
Other Advantages of Living On Campus

• It is close to the main campus and on bus routes.

• Everyone in the village shares a common purpose in pursuing an education.

• Community Centers and Study Rooms are available for programming events, meetings and study groups (call 353-9557 to reserve).

• Each village has numerous play areas for children as well as adult recreational facilities including volleyball courts, basketball courts and picnic areas.

Community Police Officer
1434-D Spartan Village
(517) 355-1103
Call 911 for emergencies

A Satellite Office of MSU Police is located in Spartan Village. The Department of Police & Public Safety work directly in the community, assisting residents with a variety of neighborhood and police related problems.

East Lansing Schools
(517) 333-7420
http://www.elps.k12.mi.us

Spartan Village Apartments are serviced by the East Lansing School District. For enrollment information call the number above.

Additional Services Available:

Spartan Child Development Center
1730 Crescent Road
E. Lansing, MI 48823
(517) 353-5154
www.scdc.msu.edu

MSU Surplus Store
223 Surplus Store & Recycling
(517) 355-0364
www.surplus.msu.edu

The Surplus Store sells used low-cost furnishings and office supplies as well as bicycles, computers, and household items.

Residence Education and Housing Services
Spartan Village Community Center
49 Middlevale
www.liveon.msu.edu

Residents and their families living in University Apartments have the opportunity to take part in many programs and events that are free to the com-
The dates and times of programs are posted on the web site. Events are also advertised in a weekly email that is sent to residents.

Residence Life also addresses resident concerns and oversees facility reservations. For assistance, call or visit the website.

University Apartments Council of Residents

www.msu.edu/~uacor
uacor@msu.edu

The University Apartments Council of Residents (UACOR) serves the students, faculty, and staff residents of Spartan Village. The tax collected each semester is used to provide programs for residents as well as assist in funding of special interest activities, such as safety, recreation and sports programs.

UACOR promotes and coordinates these programs, and provides information and services for residents of University Apartments. UACOR also serves as an advocate for residents with other community agencies and the University. The board aims to make University Apartments a better place to live. All residents are encouraged to attend meetings and participate in all activities. Become an active voice in University Apartments by joining the Council!
Looking for a place to live off-campus? Utilize MSU’s Off Campus Listing Service to help you find the ideal place to rent. The Off Campus Listing Service features multiple property listings and includes advanced search filters, a roommate finder, message boards, and educational resources. It’s a FREE service.

**Added Costs**
Expenses related to apartment and housing rentals may include security deposits/cleaning deposits, extra costs for pets, utilities (all or part), deposits for turning on the utilities, and local/long-distance telephone service.

**Renters’ Insurance**
Whether you live in University Apartments or off-campus, consider the purchase of renters’ insurance. This may seem costly, but the cost is small compared to large, unanticipated expenses which may result from theft, fire, or negligence. Residents are responsible for damaged property if the damage was caused by their own negligence. The risks of being uninsured are high. Most local insurance agents will give you price estimates over the phone. Comparison shopping will help you obtain the best coverage for the lowest cost.

**Subsidized Housing**
There are several subsidized apartment complexes within the Lansing area for which you may qualify. Many have lower income limits, require a security deposit in the amount of one month’s rent, and a satisfactory payment record at other residences (no late payments or evictions). Some apartments allow pets and most allow washers and dryers. Often there are waiting lists for subsidized housing, so begin your housing search early. Subsidized rental rates are based on 30% of your income, substantially lowering monthly rates. Contact FRC for more information.

**Michigan State Housing Development Authority**
735 E. Michigan Avenue
Lansing, MI 48912
(517) 373-8370
www.michigan.gov/mshda

The Michigan State Housing Development Authority, established in 1966, provides loans...
to first time homebuyers that qualify based on their income. Home purchase educational programs are available. Section 8 subsidies (used for free choice of home location/individual houses) are currently not available. However, lists of subsidized housing apartment complexes are available. Call for more information or visit the website.

**Lansing Housing Commission**
310 Seymour
Lansing, MI 48933
(517) 487-6550
www.lanshc.org

The Lansing Housing Commission is the Public Housing Authority in Lansing, MI. Through its public housing and homeownership programs, the Lansing Housing Commission provides families, senior citizens, and disabled individuals the ability to seek and retain decent, safe, affordable housing.

**City of East Lansing Homebuyer Purchase & Rehabilitation Program**
410 Abbott Road
E. Lansing, MI 48823
(517) 319-6930
www.hometownhousing.org

Provides downpayment assistance and rehabilitation assistance to low-income homebuyers who are purchasing a house in the target area. Call for more information.

**City of Lansing Single Family Housing Rehabilitation Loan Program**
124 W. Michigan Avenue
Lansing, MI 48933
(517) 483-4040
www.cityoflansingmi.com

Income eligible families that own a home and live in Lansing may be eligible to receive a 0% interest loan to help with repairs such as furnace, boiler, water heater, roof, windows, siding, sewer, and electrical.

**MSU College of Law Rental Housing Clinic**
610 Abbott Road
E. Lansing, MI 48823
(517) 336-8088
www.law.msu.edu/clinics/rhc

The clinic is staffed with second and third year law students who provide legal counseling, representation, and education to tenants and landlords who have rental housing difficulties. The service compliments other local nonprofit organizations’ efforts at informing tenants and landlords about their rights and responsibilities. The service furthers those efforts when the rental housing issue is a legal one. The Clinic operates under
Michigan Court Rules 8.120 which permits law students who are supervised by a member of the State Bar to provide legal services to clients.

**Housing Considerations**
Several things should be considered when looking into off-campus rental units, such as:

- What amount is required for a security deposit?
- What utilities are included in the cost of rent?
- How much will the cost of utilities run per month?
- Is there a deposit required for the utility?
- Is it convenient to campus, either within walking distance or by bus?
- Are there laundry facilities, study areas, recreational facilities?
- Can a lease be signed just for the academic year?

Cost of apartments in the Lansing/East Lansing area can range from $600.00 to $800.00 for a two-bedroom and more than $800.00 for a three-bedroom. Single home rental rates in East Lansing depend on the proximity to campus and the size of the home. Costs of rentals in Lansing and areas further from campus are considerably lower. However, lower costs for housing is balanced against higher transportation costs, commuting time, etc.
Transportation

The cost of getting to and from class depends on how far away you live from campus. Commuters have the option of driving to campus and parking in the commuter lots. Others may opt to ride the bus. Those living in University Apartments are not permitted to drive or park on campus unless they are Graduate Assistants or have faculty/staff stickers.

CATA
(517) 394-1000
www.cata.org

All bus service for the MSU campus and the greater Lansing area is provided by the Capital Area Transportation Authority (CATA). CATA operates campus service to University apartments, residence halls, commuter lots, and the main campus, 24 hours/day, 7 days/week during Fall and Spring semester. Additionally, CATA provides direct service to many off-campus apartments in the Lansing, East Lansing, Okemos and Haslett areas year round.

The discounted student cash fare is 60¢. MSU student customers must show the bus driver a valid MSU ID to qualify for the 60¢ fare. Students may also purchase a CATA 31-day pass for $18; a Semester Pass for $50; or a Commuter Lot Pass for $20.00/semester or $33 for both semesters. Passes are available at most residence hall managers’ offices, MSU Police, University Apartments office, and the MSU Union. Children under 42” ride for free. The non-student adult fare is $1.25. All fares and passes (with the exception of the Commuter Lot Route pass) are good for all on and off campus fixed-route transit services. Free transfers are available on all buses.

“We’ll Come to You” Services
(517) 432-8888

CATA provides several curb-to-curb transportation services on MSU’s campus. Call from any campus phone when you are ready for a ride. A small bus will arrive within 20 minutes of your call to take you to your campus destination. No advance reservations will be accepted.

Fixed Route Campus Service
Four campus routes provide daytime service Monday through Friday, beginning at 7:00 AM and operating until 7:00 PM. Evening service...
begins on three routes at 7:00 PM and operates until 2:00 AM. The same three routes provide weekend service to MSU from 9:00 AM until 2:00 AM.

Lot Link
Mon-Fri, 7:00 PM-2:00 AM, Sat-Sun, 9:00 AM-2:00 AM. The Lot Link provides evening and weekend campus service between MSU’s student parking Lots 83, 89, or 91 and other campus locations. Rides are restricted to campus only and each trip must begin or end at one of the three lots. If you’re at a parking lot, you can wait in a bus shelter or in your vehicle. If in a vehicle, signal the bus driver with your headlights to let them know you need a ride.

Night Owl
Mon-Fri, 2:00 AM-7:00 AM, Sat-Sun, 2:00 AM-9:00 AM. The Night Owl provides late night/early morning campus service at times when other services are not running. Rides are restricted to campus only.

CATA’s Spec-Tran
(517) 353-9643
(517) 355-1293 (TTY)

Advance reservation curb to curb service is provided to individuals who have permanent or temporary physical disabilities preventing them from using regularly scheduled buses. Customers must be certified to be eligible to use Spec-Tran service. The CATA cash fare for this service is $2.50 per trip. Discount fare cards are available for Spec-Tran certified students through the RCPD office.

MSU/CATA Transportation Center (MSU-CTC)
This indoor facility is the main boarding center for CATA bus routes serving campus. It is located on the ground level of the Shaw Ramp, between North and South Shaw Lanes, just east of the MSU Planetarium. Convenient amenities include phone access to CATA’s customer service and Ride Request Line, print maps and timetables, direct access to the Shaw Ramp, comfortable indoor seating areas, a community policing office, Sparty Convenience Store, ATM, vending machines and restrooms. The facility is open 24 hours a day, seven days a week.

Parking Enforcement Division
87 Red Cedar Road, MSU
(517) 355-8440
www.police.msu.edu

Motorized vehicles (includ-
ing motorcycles and mopeds) and bicycles that are parked or operated on campus must be registered with the MSU Parking Office. The Parking Office issues permits for parking of motorized vehicles and bicycles on campus. Failure to register your vehicle as well as non-compliance with University parking ordinances and regulations may result in tickets and fines. Go to the website to view the Student Parking Regulations. Pay particular attention to the regulations that apply to your permit as well as violation (tickets and fines) information. Other parking and MSU Police information can be viewed online.

*Graduate Assistants*
With a valid permit properly displayed on the vehicle, graduate assistants may park in employee spaces south of the Red Cedar River. The 2013-2014 graduate assistant permits are available to purchase online.

*Commuters*
Persons residing off-campus, who are not graduate assistants, are considered commuter students. With a valid permit properly displayed on the vehicle, commuters have the option of parking in Lot 89 (corner of Farm Lane and Mt. Hope Road) or in the campus pay lots (some at a reduced rate). A commuter may purchase a 2013-2014 parking permit online.

*University Apartments Residents*
With a valid permit properly displayed on the vehicle, residents of Spartan Village Apartments may park in their assigned apartment area and in the campus pay lots (some at a reduced rate). University Apartment residents may purchase a 2013-2014 parking permit online. Each apartment may be issued a complimentary visitor permit. Should the visitor permit be lost or stolen, or you have additional guests, one-day and weekend permits are available at a nominal fee. Lost or stolen complimentary visitor permits will not be replaced.

*Bicycle Registration*
Bicycles must be registered on campus, otherwise, they may be impounded and a fee assessed for recovering the bicycle. The Parking Office provides bicycle permits at no charge. To register, go to the MSU Police website. Along with the make and color of the bicycle, the serial number or a self-appointed number that is at least five (5) digits long and engraved or stamped into the frame of the
bicycle must be included.

Parking Services
Parking Services is responsible for enforcement of University parking ordinances and regulations utilizing civilian student employees. In addition, it provides vehicle “jump starts” for motorists on campus, can contact a towing company if your vehicle is disabled, provide a free gallon of gas, and cut bike locks.

Parking Questions
MSU Parking Office
87 Red Cedar Road, MSU
(517) 355-8440
www.police.msu.edu

Office Hours:
7:30 AM – 4:45 PM
Monday – Friday

MSU Bikes Service Center
B10 Bessey Hall, MSU
(517) 432-3400
www.bikes.msu.edu
bikes@msu.edu

The MSU Bikes Service Center, located in the center of campus under the Bessey Hall auditorium just 200 ft. northwest of the Farm Lane Bridge, provides a full range of bicycle repair services for varying fees.

Bike rentals (short and long term) are also offered as are a variety of bike-related accessories (tires, tubes, lights, fenders, helmets, tools, oils, etc.). Other services include free 24-hour air access, bike storage, bike assembly (for those shipping their bikes to MSU).

A number of classes related to bicycling maintenance, safety, and commuting are also offered. A growing library of bike books and videos/DVDs can also be checked out for free. The Center’s hours vary by semester; check the web site for current hours or call.
Financial Aid

There is money available to help finance your education! (Not available in most cases to international students.)

The money comes from a variety of sources:
$ Federal government
$ State government
$ City and County governments
$ University funds
$ Private foundations and individual funders

To apply for financial aid you need to complete the Free Application for Federal Student Aid (FAFSA) as soon as possible after January 1 of each year in which you plan to attend.

MSU Office of Financial Aid
252 Student Services, MSU
150 Administration Building, MSU
(517) 353-5940
http://www.finaid.msu.edu

Aid Based on Financial Need
MSU’s Office of Financial Aid awards a mixture of grants, loans, and work to students who demonstrate appropriate financial need. Filing the FAFSA is the first step in determining your need for aid.

Grants
Grants are awards that do not have to be repaid.

Pell Grants
Pell Grant offers assistance to high need students working toward their first bachelor’s degree. If you are eligible for the Pell Grant, it will be listed on your MSU financial aid award offer. Eligibility is determined by the FAFSA (Free Application for Federal Student Aid). There is no separate application, and the award will disburse automatically once you are registered. If you are enrolled less than full-time (12 credits) the amount disbursed will be less than the amount listed on your award offer.

Supplemental Educational Opportunity Grants (SEOG)
The SEOG is a federal grant. Priority is given to Pell Grant recipients and is awarded to those first-time undergraduates with exceptional need, as determined by the University. Award amounts depend on the availability of funds. A SEOG does not have to be repaid.

MSU Childcare Grant
The MSU Child Care Grant is available to students who meet the criteria as listed on the financial aid website at
www.finaid.msu.edu. Click on “Students with Children” for criteria and application.

**MSU Assistance Grant (MAG)**
The MSU Assistance Grant (MAG) is for students who have need but are not needy enough to qualify for a Federal Pell Grant. Students must be Michigan residents. There is no separate application, and the award will disburse automatically once you are registered. The disbursed amount will be lower for less than full-time enrollment.

**MSU Enrollment Deposit Grant**
New students who were eligible for a deferment on their Advance Enrollment Deposit will see the charge on their Fall registration bill. Students who demonstrate need will receive a grant to cover the cost of the deposit.

**MSU Freshman Grant (MFG)**
The MSU Freshman Grant (MFG) is offered to new freshmen who are Michigan residents. The award is based on need. There is no separate application, and the award will disburse automatically once you are registered. The amount listed on the award offer assumes full-time enrollment. The disbursed amount will be lower for less than full-time enrollment.

**MSU Program Fee Grant**
Upper division undergraduate students in certain majors will be assessed an additional program fee. Students who demonstrate need will receive a grant to cover the cost of the program fee.

**MSU Spartan Advantage Program (SPAD)**
The MSU Spartan Advantage Program (SPAD) is offered to new freshmen who are Michigan residents, Pell eligible and exceptionally needy based on family income. Spartan Advantage provides a combination of scholarships, grants and work study sufficient to meet the basic cost of education (average cost for tuition and fees, room and board, and books). For more information please visit www.finaid.msu.edu/spad.asp

**MSU Student Aid Grant (SAG)**
The MSU Student Aid Grant (SAG) is available to undergraduate and graduate students based on need. Students must be Michigan residents. There is no separate application, and the award will disburse automatically once you are registered. The amount listed on the award offer assumes full-time enrollment.
enrollment. The disbursed amount will be lower for less than full-time enrollment.

**Loans**

Loans must be repaid in installments after graduation or when you drop below a half-time course load.

Think very carefully about whether you want the loans awarded. Large loans can create problems of repayment. Do not borrow money unless you need it and keep tabs on your cumulative balance.

**Perkins Loan**

The Perkins Loan is a low-interest (5 percent) loan for undergraduate and graduate students with exceptional financial need, as determined by the Office of Financial Aid. The school is the lender. This loan must be repaid. Award amounts depend upon availability of funds.

**Federal Stafford Loan (Subsidized)**

Stafford Loans are low-interest loans made to students attending school at least half-time. These loans are insured by the guarantee agency in each state and reinsured by the Federal Government. You must repay this loan. Depending on your financial need, you may borrow up to:

- $5,500 Freshman year
- $6,500 Sophomore year
- $7,500 a year, if you have completed 2 years of undergraduate study and have achieved junior status.
- $20,500 a year, if you are a graduate/professional student.

Before you can receive a Stafford Loan, the University must first determine your eligibility for need-based financial aid, using the information you have reported on the FAFSA. After you graduate, leave school, or drop below half-time, you have a certain period of time before you begin repayment, called a “grace period.” The length of the period depends on when you took out the loan, but it is usually six months. You must notify the lender as soon as one of the above conditions occurs.

**Federal Stafford Loan (Unsubsidized)**

Even if you are not eligible for need-based aid, you may be eligible for an Unsubsidized Federal Stafford Loan. The amount of your eligibility depends upon the amount of Federal Stafford Loan you have been awarded in your financial aid package, your year in school, and your prior loan
history. Unlike the Subsidized Federal Stafford Loan, the borrower is responsible for the interest that accrues while in school. Interest payments may be made while the student is in school or the interest can be deferred and added to the original loan amount. Repayment begins after graduation.

There are also lifetime loan limits that determine how much Subsidized and Unsubsidized Loan you may borrow throughout your college career.

Limits are:
• $23,000 for dependent undergraduates
• $57,500 for independent undergraduates
• $138,500 for graduate/professional students (includes the amount borrowed in undergraduate loans)

Short-term Loans and Other University Loans
If you need money temporarily, short-term loans are available in the Office of Financial Aid. Depending on student demand, as well as good credit with the University, these loans are available within a relatively short time.

ASMSU Loans
(517) 353-0659
www.asmsu.msu.edu

ASMSU also has a loan program which provides a maximum loan of $300.00 interest free loan for up to six weeks. It is available to registered undergraduate and graduate students who have paid their ASMSU tax.

Council of Graduate Students Loan
(517) 353-9189
www.cogs.msu.edu

The COGS loan fund is administered by the Office of Financial Aid, allowing graduate and medical students to receive interest-free loans of $500.00 for 60 days and a smaller loan of $100.

Other Aid

Junior League of Lansing
1231 Michigan Ave. Ste 204
E. Lansing, MI 48823
(517) 324-8716
www.jllansing.org/

Two scholarships in the amount of $1,000 each are funded to two outstanding men or women in the Greater Lansing Area. Nomination forms must be completed by a referring office and
are due around March of each year. Call for more information.

William & Phoebe Clark Scholarship
332 Union, MSU
(517) 353-1635
www.wrc.msu.edu

If you are a non-traditional student enrolled in a degree program at MSU, and can demonstrate financial need, you may be eligible to receive a William and Phoebe Clark Scholarship. Single parents and applicants who have experienced life-changing circumstances (such as the death of a spouse or partner) are particularly encouraged to apply. Scholarships cover the approximate cost of one undergraduate or graduate course, up to $1,500. The scholarship will be included as part of your financial aid package from MSU. You may receive more than one scholarship award to assist you in earning a degree, but you must reapply each semester.

Mildred B. Erickson Fellowship
332 Union, MSU
(517) 353-1635
www.wrc.msu.edu

The Fellowship is designed to assist nontraditional students who have had to delay or interrupt their degree studies. For students with financial need, the grants cover up to five undergraduate credits at MSU. Funds may also be used for personal or professional growth. There are a limited number of awards granted each semester and decisions about awards are based on financial need and content of your application.

The amount of the Erickson Fellowship is included in your total financial aid package from MSU, which is figured by the Office of Financial Aid. You may receive more than one Fellowship award to assist you in earning a degree, but you need to apply each semester; the limit is three semesters. Apply or call online for an application.

Michigan Competitive Scholarship (MCS)
MCS is a need-based scholarship of up to $1300/year for undergraduate students who are Michigan high school graduates and Michigan residents and received a qualifying score on the ACT (American College Test) taken in high school. No application is required other than the FAFSA (to determine need). The amount listed on the award offer is for full-time enrollment. The award is reduced for less
than full-time enrollment, and cancelled for less than half-time enrollment. The award is renewable for 10 semesters provided the student maintains at least a 2.0 grade point average. If MCS does not appear on your award offer and you believe you are eligible, contact the Office of Financial Aid.

**Donor Scholarships and Grants**

There are numerous scholarships and grants provided by individuals, clubs, foundations, associations, agencies, and corporations for MSU students. Qualifications and eligibility for these scholarships and grants vary. Scholarships for particular fields of study are administered through the specific colleges, departments, or schools. Interested students should inquire about application procedures at the appropriate college, department, or school offices. The Office of Financial Aid can provide additional information on scholarship search services.

**Fellowships**

A variety of graduate fellowships are available to MSU students. Stipends and sources of support vary widely.

Michigan State University annually awards a number of fellowships and tuition scholarships to encourage and assist high achieving students to pursue study leading to a degree. A recipient of one of these awards must be enrolled in a degree program but is not required to give formal service to the University or to the department or school.

For a student not currently enrolled in a graduate program at MSU, the application for admission also serves as an application for these awards. A student currently enrolled may apply through their respective department, school, or college.

**Applying for Financial Aid**

It is important to read the directions very carefully before you begin filling out your FAFSA. There are sections within the form which may not pertain to you if you are an independent student.

You are independent for financial aid purposes if you are any of the following:

- 24 years of age or older before January 1 of the year in which you want aid
- Veteran of the U.S. Armed Forces
- Enrolled in a graduate or pro-
fessional level program (bey-
yond a bachelor's degree)

• Married

• An orphan or a ward of the
court, or were a ward of the
court until age 18

• Provider of a legal dependent,
other than a spouse, for whom
you provide at least half sup-
port.

You may answer “Yes” to this
question if you have any chil-
dren who get more than half
of their support from you. You
may also answer yes if other
people (not your spouse or
children) live with you and get
more than half of their sup-
port from you and will continue
to get that support during the
school year.

Filling out your FAFSA in a
timely manner is important. It is
recommended that you submit
the FAFSA as soon as possible
because the University uses
a priority system in granting
aid. The earlier you submit the
FAFSA, the better your chance
of receiving aid.

NOTE: Aid from Federal pro-
grams is not guaranteed from
one year to the next. You must
reapply every year. Also, if you
change schools, your aid does
not “go with you.” You must ap-
ply at your new school, as well.
Check with the Office of Finan-
cial Aid at the institution you
are planning to attend to find out
what steps you should take.

Award Letter: Once the Of-
face of Financial Aid has deter-
mined your eligibility for grants
and loans, a message will be
emailed to you informing you to
view your financial aid awards
in stu-info under ‘Financial Aid -
Check Your Aid” This will list all
awards, scholarships and loans
you are eligible to receive.
After careful examination, either
accept or decline the loans
according to the instructions
online.
Employment / Careers

Some students may find that financial aid does not cover all costs related to their education such as rent, food, clothing, and personal needs. The alternative may be to find full or part-time employment while working toward your degree. There are other advantages to seeking employment during your college career, such as gaining experience in your career field and building a resume. Many potential employers hire those who have shown positive work experience during college more often than those who can produce only a degree.

Working while taking classes, however, may not be advantageous to everyone. You might consider alternatives before seeking a position, such as the amount of time you will be away from home, family, and homework; the additional amount needed for childcare; and the additional transportation costs. If you do not see enough advantages and there are other alternatives available to you, you might consider not seeking employment.

MSU Student Employment
110 Nisbet Building
113 Student Services Building
(517) 355-9510
www.careernetwork.msu.edu
www.careernetwork.msu.edu/my-spartan-career-login
www.hr.msu.edu

Jobs can be found on individual department websites and at Student Employment websites. There are over 400 departments on campus that hire students.

MSU Student Employment develops student employment policies and procedures, resolves work-related concerns, and maintains student employee work records.

College Work-Study
252 Student Services, MSU and/or 150 Administration Building, MSU
(517) 353-5940
www.finaid.msu.edu/work.asp

The College Work-Study (CWS) Program provides jobs for undergraduates and graduate students who qualify for financial aid. CWS lets you earn money to help pay your educational costs. Depending on your financial need, you are awarded a certain amount which you can earn during the year with on
and off-campus employment. Since the government subsidizes the wages of work-study students, employers are usually eager to hire and are flexible about arranging working hours to meet the needs of the students.

If you work on campus, you will work for the University. If you work off campus, your employer will be a private non-profit organization or a local, State, or Federal public agency, and the work performed must be in the public interest.

Again, a variety of things must be taken into consideration when you accept a work-study award such as: the extra child-care you will be paying while working, the time away from your family and your studies, the cost of transportation to and from your job, etc. If you want a work-study job and have not been awarded College Work Study, inquire with the Office of Financial Aid.

Career Services & Placement
113 Student Services, MSU
(517) 355-9510
and/or
290 Spartan Way, MSU
(517) 884-1300

Career Services & Placement provides assistance to students and alumni planning careers in all employment areas. Services include individual career advising and workshops in areas such as resume writing, interviewing, and conducting job campaigns.

CSP at the MSU Stadium is the site for on-campus interviewing where employers from across the country interview students for potential positions. Students may also speak with employers during career fairs such as the Diversity Career Fair, the Government Career Fair, and the Summer Employment and Internship Fair.

CSP in the Student Services Building offers an extensive collection of information on: the MSU curriculum, occupations, graduate schools, planning a career or job campaign, job market prospects, and employers in many fields. Vocational interest inventories and the computerized System of Interactive Guidance and Information (SIGI) are also available for student use.
Teaching / Graduate Assistantships

Teaching and Research Assistantships are available only to the Master & Doctoral level. If you wish to obtain an assistantship you must apply within your college. At present, graduate assistants are given a 9-credit tuition waiver at registration and receive a monthly stipend. They also receive in-state tuition status. They are available in quarter time (10 hours/week), half-time (20 hours), and three-quarter time (30 hours) levels and can be awarded for teaching and/or research. Most assistantships are assigned for the academic year although some colleges assign assistants each semester. The receipt of an assistantship will affect your eligibility for other financial aid.
A student may receive food assistance, Medicaid, cash assistance, and/or assistance with childcare costs. The following section will provide some general information about the Department of Human Services (DHS).

Students who have children and want to apply for benefits will need to follow the new Department of Human Services (DHS) policies and guidelines.

Be aware that DHS policies often change and are difficult to keep updated. To inquire about your eligibility call DHS in the county where you live.
Childcare Assistance
Clients meeting financial and non-financial guidelines, may qualify for assistance with child daycare costs. An application must be filed with the Department of Human Services. The childcare provider must be registered with the DHS or licensed by the State of Michigan. The client may select a licensed group home or daycare center. If the provider is a family member, they must be a grandparent, aunt, uncle or sibling, who is at least 18 years old. See childcare section for information on finding a childcare provider.

Food Assistance
In order to receive food assistance you must meet financial and non-financial requirements. It is important to check with your DHS Specialist to determine your eligibility.

Medicaid
A student may qualify for Medicaid benefits. The DHS Specialist assigned to the client can assist with more information about health care coverage programs.

Ingham Health Plan (IHP)
5303 S. Cedar Street
Lansing, MI 48909
(517) 887-4465

For uninsured adults and children in Ingham County. Non-citizens are eligible for IHP. Call for more information.

Healthy Kids
5303 S. Cedar Street
Lansing, MI 48909
(517) 887-4306 (Health Dept.)
(517) 887-9400 (DHS)

Healthy Kids is a Medicaid program for pregnant women, babies, and children under 19 years of age. You may have other forms of insurance. The other insurance would be primary and Healthy Kids Medicaid secondary. For income and eligibility information call Ingham Health Department or Ingham County Department of Human Services.

MI Child
1-888-988-6300

MI Child is a health insurance program. It is for uninsured children of Michigan’s working families. If your child qualifies you pay a monthly premium of only $10 for one or more children. There are no copays or deductibles.
Finding Childcare

Great Start Connect
http://greatstartconnect.org

Early Learning Resources. Your destination for Child Care & Preschool Resources. Together we can give every child in Michigan a Great Start!

Parents can go online to find names and phone numbers of licensed childcare providers in your community. You can search for centers, homes, and preschools. You select the criteria of your choice regarding hours of care, location, etc.

As a parent of a young child, you will be concerned about your child’s well-being while you attend class, study, work, and handle other tasks throughout your day. You are facing a big challenge, but the good news is that there is help along the way. MSU’s Family Resource Center will assist you. Call or visit our website.

Determine Your Care Needs

Parents may want childcare just to cover the time they are out of the home. Other parents want their child to have experiences in a group setting. Information such as the time you need childcare, the age of your child, philosophy and curriculum needs of your child, and financial constraints will be important factors to consider when choosing childcare.

Second, find out what is available. There are several different types of childcare available. Knowing what type of care you prefer will be important in making your choice.

Prefer In-Home Care

Care.com
www.care.com/group/msu

A one stop shop for babysitters, nannies, senior/elder care support, housekeepers and even pet sitters! Their site allows you to view detailed profiles of their vetted providers and select by experience, hourly rate, availability and more.

You can also look for “College Caregivers”. If you want to have access to MSU students’ profiles, you can search the
system by college. Enter the portal using the website listed above and enroll using your MSU NET ID email.

What is Available?

Basic Types of Childcare
There are a variety of childcare options available to parents in the Lansing/East Lansing area. Arrangements can be made on an informal basis for in-home care with a friend, neighbor or relative, or on a more formal basis with a childcare provider. The State of Michigan is the licensing agency for childcare provided outside the home.

There are two broad categories of licensed childcare: care offered at a center and care provided in a home setting.

Childcare Centers
There are various types of childcare centers: day care centers, before and after school programs administered by school districts, nursery preschools, cooperative preschools, and temporary care centers.

Childcare centers may offer full or half-day options and will vary in philosophy and technique. When choosing a center appropriate to a child’s needs, parents should be aware of differences such as provider/child ratios, cost, and types of specialized services such as emergency drop-in care.

Home Settings
There are two types of care provided in home settings: family daycare homes for up to six children and group day care homes for a maximum of 12 children. Family and group daycare can only be offered in the residence of the caregiver.

In order to be registered, or licensed, family day care providers must furnish the State of Michigan with three personal references and current proof that all persons 14 years of age or older living in the home are free from tuberculosis. A computer search is conducted on all members of the household 18 years or older to check for criminal convictions or substantiated cases of child abuse or neglect. All licenses must have a fingerprint identification registered with the State to identify a criminal history. Additionally, all applicants must have valid infant, child and adult CPR and First Aid training. Applicants must attend an orientation session during which the rules for day care are explained. Upon completion of the orientation, the provider signs a statement...
of registration certifying their eligibility to provide care. A certificate of registration is then issued.

Childcare Home & Center Licensing & Violations
1-866-856-0126
www.michigan.gov/dhs

To view violations against a childcare provider, visit the website. To file a complaint against a provider, please call.

Childcare Options
There are many different types of programs available and parents should choose the program which best suits both their child's developmental stage and the practical needs of the parent.

Childcare Centers
Childcare centers serve the needs of parents who need part-day or full-day care for their children. Childcare centers generally provide care five days a week, and are open about ten hours a day, year round. Child-centered curricula encourage physical, social, emotional and intellectual development through play-based activities. Most childcare centers serve children 2 1/2 to six years of age, while others offer programs for infants, toddlers and school-age children as well.

Nursery Schools
Nursery Schools are half-day preschool programs designed for children ages three to five. Nursery schools are usually open only during the school year and focus on the intellectual development of the child.

Cooperative Preschool Programs
Co-op Preschool Programs are a parent-administered version of the nursery school, designed to contain operating expenses. Parents are required to actively participate in the program through various operational tasks (e.g., painting, minor repairs, cleanup and teacher aid assistance). Cooperative preschools generally enroll children three to five years of age and the fees are usually lower than nursery schools.

Temporary Care Centers
Temporary care centers serve the needs of parents who want a few hours of care for their children or need care on an irregular basis. This option is ideal for parents who have a doctor's appointment or want an occasional preschool experience for their children. Temporary care centers require parents to register their child(ren)
in advance and to notify the center when care will be needed. In general, temporary care is more expensive than other kinds of licensed center care.

**Family Daycare Home**
A family daycare home is a private residence where the provider is registered to care for other people’s children. Family daycare providers are permitted to care for up to six children, including their own children, under the age of seven. Only two of the six children may be under the age of one year. They serve a wide range of children from infant through school-age and sometimes provide evening or weekend care. As with center care, the philosophies and techniques used by family day care providers may vary widely and should fit the needs of the parent and child.

**Group Daycare Home**
A group daycare home is a private residence where the provider is licensed to care for up to 12 children. There is a second adult in the home assisting with care whenever there are more than six children present.

**School-Age Childcare Programs**
School-age childcare programs provide before and after-school care for elementary and middle school children when school is open. These programs offer a wide variety of activities which include indoor and outdoor games, guided arts and crafts experiences, field trips and tutoring. Before and after-school programs usually accommodate professional development half-days, however, most do not operate when schools are closed for inclement weather or other emergencies. Summer care programs for school aged children are available in some school systems.

**Choosing Childcare**
It is very important that you take time to select your childcare provider, as quality of care may differ significantly between providers. A match between your child and the setting is necessary for a successful experience.

**Initial Phone Contact**
Begin by calling those childcare providers who appear to meet the criteria for your childcare needs. You may want to ask the following questions:

- How long have you been a childcare professional?
- What is the training back-
ground of staff who will interact with my child?
· What days and hours can my child attend?

· What are your fees for caring for my child? Do you participate in any funding programs?

· What types of meals do you serve? Or is the parent required to bring food?

· What is your program philosophy? How is the day structured?

· How do you handle discipline?

· What happens when my child is absent? Do I still pay? Am I allowed any vacation or sick days during the year? Do you take a vacation? Do I pay during your vacation days?

· What is your application process?

· When can I tour?

**Visiting Prospective Childcare Providers**

Your goal in visiting childcare providers is to see their programs in action. Take your child along if possible, so they have the opportunity to experience the program. Make observations about the following areas:

Is the setting clean, safe and sanitary to your standards? Remember, this is a children’s setting; there may be materials and toys on the floor so the children can play and interact, but it should be a safe environment at all times.

Is the physical environment pleasant? Would you enjoy spending a long period of time in this space?

Are the children interacting and active in their play? Children should be busy and involved in activities. They should be talking and moving around in a constructive fashion. Do the children seem generally happy? Are they comforted when they are unhappy?

Are the children supported in their play with other children? Conflicts will occur, children struggle to "share", and get frustrated with each other. These are normal parts of a program. Effective adults will help children work things out by guiding, redirecting and negotiating conflicts. How many adults are with how many children? Does this match required ratios?
Are the philosophy, program and discipline guidelines of the program consistent with your goals for your child? Is the interaction that you see between children and adults consistent with the philosophy discussed. This information should be included in a parent handbook.

How does your child respond to the setting? Does your child take an interest in the activities of the program? Children will demonstrate this interest in different ways; some will get right in and become involved, others will watch from the parent’s arms. You know your child best, so look for signs of interest typical of your child.

How does the provider respond to your child? Did they welcome them, interact with them and introduce them to the other children? Do they appear loving and nurturing?

After the Decision is Made...
After you have selected the best care giver for your child, it is important to finalize the details of the relationship. Make an appointment to meet with the caregiver to cover details. Specific areas you should be sure to cover are:

- Filing fees, any penalties or additional fees, and payment plan
- Days of service, beginning date, holidays and days closed
- Arrival and pickup times and procedures
- First day procedures, paperwork required
- Special supplies to bring (i.e., diapers, child’s belongings, special foods)

Childcare Financial Assistance

The following programs have been identified to assist MSU student-parents:

**MSU Childcare Grant**
252 Student Services, MSU
Office of Financial Aid
(517) 353-5940
www.finaid.msu.edu

The MSU Child Care Grant is available to students who meet the criteria as listed on the financial aid website. Click on “Students with Children” or call for an application.

**MSU Spartan Kids Grant**
Family Resource Center
225 Nisbet Building, MSU
(517) 432-3745
http://www.frc.msu.edu/Child_Care/Students/index.htm
“Spartan Kids” is a one-time childcare grant that reduces the cost of childcare for MSU students at one of the contracted local providers. The grant is $3,000/child. Parents must be U.S. Citizens, working on an undergraduate degree and receiving the Pell-grant on their financial aid. Apply at the Family Resource Center. (Note: This grant is coming to an end Sept. 2013. We are unsure at this time if we will be awarded funding for the next four years)

MSU Office of Financial Aid
252 Student Services, MSU
150 Administration Building, MSU
(517) 353-5940
www.finaid.msu.edu

The MSU OFA attempts to meet the needs of students with dependent care expenses, by adjusting the budget to reflect the cost of childcare, or of having dependents in the home. To qualify for increased assistance you must have applied for financial aid for the current academic year. You do not need to be a financial aid recipient in order to qualify. Call the Office of Financial Aid and ask to speak with a financial aid officer. You will need to file a “Cost of Attendance Increase Request” form.

Department of Human Services - State of Michigan

If you are income eligible, the Department of Human Services may be able to help with childcare costs. See page 28 for more information.

Women’s Caring Program
Child Care Commitment Program
(800) 875-6751
www.womenscaringprogram.org

If you are not eligible for DHS, you may apply for this scholarship. The requirements include either working full time, going to school full time, or a combination of both. Call or go online.

City of Lansing Scholarship
(517) 887-4319
http://hd.ingham.org/Home/OfficeforYoungChildren/ParentsandGuardians/FinancialAssistance.aspx

Residents of Lansing may apply for this scholarship if they meet income guidelines and use a licensed childcare provider located within the city limits of Lansing. This scholarship is administered by the Office for Young Children. For more detailed information and application call OYC.
The Family Resource Center coordinates information and resources to assist students, faculty and staff who are balancing work and/or education with family responsibilities. The FRC staff refers students, faculty and staff to the appropriate agencies or information sources and disseminates information about University child and elder care support programs.

Call FRC for information or assistance on:

- types of child-care available
- sources of financial assistance
- emergency child-care
- elder care assistance
- breastfeeding support
- sick childcare
- free pre-finals childcare
- student support
- parenting classes

Feel free to stop in or call to discuss your needs. Appointments are preferred.

Emergency Back-up Childcare Service
MSU provides an Emergency Backup-Childcare Service to meet the emergency and short-term childcare needs of students, faculty and staff. It can serve infants through age 12. As a student parent, you are eligible for five days of childcare, per year, per child, at no charge. Additional days may be available on a daily-fee basis.

There are two contracted providers. Students may use their five days of care per child at both locations, in combination (i.e. 2 days at one provider, 3 days at the other).

On campus:
Spartan Child Development Center
1730 E Crescent Road
East Lansing, MI 48823
(517) 353-5154
Monday-Friday
7:30 AM - 6:00 PM
Ages 2-6 years old

Space is limited. You may call to reserve a space within two weeks of needing care. Same-day childcare needs will be met when possible. Call to inquire about emergency care space.

Off campus
Mrs. B’s Childcare
Tameka Billingslea
2445 Dobie Road
Mason, MI 48854
(517) 676-3020
Monday-Friday
Mrs. B operates an accredited, licensed group home southeast of campus. The five Emergency Back-up days apply to her program as well. The program is located at the border of Okemos and Mason.

**Sick Childcare**
(517) 333-0610 (Sick Care)
(517) 432-3745 (FRC)
http://www.frc.msu.edu/Child_Care/SickChild.htm

Have you ever worried what would happen if you had a very important exam, project, or class to attend, and your child was ill and unable to attend day care or school? If this situation should ever happen to you, take advantage of MSU’s Sick Child Care program.

This service brings qualified home health care aides into your home to supervise your child who is ill. Examples of illnesses include ear infections, colds and flu, pneumonia, strep throat, chicken pox, and recovery from minor surgery such as a tonsillectomy.

Each MSU student is eligible for 16 hours of care per academic year. Service is to be used in three-hour minimum blocks. MSU subsidizes 70% of the cost with an added 10% discount for students, resulting in a co-pay of $5.00/hr. for parents. More hours of care may be available with prior approval.

Parents may call Home Instead 24 hours a day to request care. Calling during business hours, with a four-hour notice, is optimal. The sooner you call, the better. On-call staff cannot be guaranteed, but they will do their best to accommodate your needs.

Parents and guardians are encouraged to pre-register with Home Instead by providing medical histories before the care is actually needed. By pre-registering, the intake process is shortened. Forms to pre-register are available through FRC.

**Elder Care**
225 Nisbet Building
(517) 432-3745 (FRC)
http://www.frc.msu.edu/caring-for-elders/
(517) 887-1440 (TCOA)
www.tcoa.org

Students, faculty and staff managing the care of an elder may call the FRC coordinator for consultation assistance, to be included on our eldercare listserv or participate in the eldercare education series. Or
you may contact the Tri-County Office on Aging to receive a referral and information on a variety of elder care issues and support services.

**Campus Based Childcare**

**Spartan Child Development Center**

1730 Crescent Road
E. Lansing, MI 48823
(517) 353-5154
www.scdc.msu.edu

MSU provides the facility for the Spartan Child Development Center (SCDC) in Spartan Village. The service is administered as a private not-for-profit organization and the majority of the families enrolled in the center are students, faculty, and staff of MSU. Scholarships are available for student families. Full-time and half-day programs are designed to meet the unique needs of students, for their children ages 6 weeks to 6 years. There is a $45.00 application fee. Please contact SCDC for further information.

**Off Campus Childcare**

**School Age Children**

www.greatstartconnect.org

The school year in Michigan generally runs from Sept. through June and the school day is typically 8:00 AM to 3:30 PM. School districts and specific schools have vacations, teacher workdays and other events which affect the availability of services to children. Please check with the specific school your child will attend for details.

Your child’s school calendar may or may not correspond with the MSU calendar. Please be aware that winter and spring holidays of the schools may be different than the semester breaks of MSU, and that during
each semester there may be days in which you need temporary or short term childcare to cover when schools are closed. Some private childcare providers and centers, as well as public schools, offer services for Before and After School Hours (“B and A” Programs). Check with your local school for details on programs in your area or visit www.greatstartconnect.org.

City of East Lansing
Before & After School Childcare Programs
300 Bailey Street
(517) 319-6979

Please contact the Bailey Community Center for further information on these programs housed within the East Lansing Public School Buildings. Infant, toddler, and preschool care is also available at the Bailey Community Center.

Family Growth Centers
Free Drop In Care
Bethlehem Lutheran Church
549 E. Mt. Hope Rd., Lansing
(517) 371-1347 (Tues., Wed., Thurs.)
9am-11:30am or 1:30pm-4pm

University United Methodist Church
1120 S. Harrison Rd., E. Lansing
(517) 351-6641 (Mondays)

There are two sites that offer free drop off respite childcare for families who need to run an errand, go to a doctor’s appointment or just have time to themselves. FGC accepts children from six weeks through age five and may attend up to 6 times a month. Morning or afternoon sessions available. Call for more information.

Parent Education Programs
(517) 484-8444

The Family Growth Center offers parent support and education classes throughout the year. For more information and a schedule of classes please call.

Kindergarten Round-Up

“Kindergarten Round-up” is offered by school districts each Spring for children who are eligible to begin school (typically 5 years old by December). This event is offered to allow teachers to evaluate and make recommendations about a child’s readiness for school, and allows young children an opportunity to find out what school is about.

Preparing children for school involves “enrolling” the child in
the school. Paperwork needed to complete this process includes immunization, health/physical records and emergency cards. Contact your local school as soon as possible.

**The Great Start Readiness Programs (GSRP), formally Michigan School Readiness Program**

(517) 373-8483  
www.michigan.gov/gsrp

Contact the Early Childhood Education and Family Services department at the State of MI for more information on the free GSRP preschool programs in your area for 4-year olds.

**Head Start**

(517) 372-9411/482-1504

Free preschool for eligible children ages 3-5. Full day and part day classroom options are available, at over thirty-five locations. Early Head Start services include home visits for pregnant women and children 0-3. Four infant/toddler classrooms are also available.

**Immunizations for Childcare**

Immunizations and physicals are required to enroll a child in day care and in the public school system. These physicals and immunizations may be obtained through the health department or from physicians. A child whose parents object to physical examinations or medical treatment on religious grounds may be enrolled if the parent provides a signed statement that the child is in good health and that the parent assumes responsibility for the child’s health.
Car Seats
Michigan law requires that a child under the age of one must be seated in a child safety seat in the back of the vehicle, rear facing (if the vehicle does not have a back seat, the child can be in the front). The center of the back seat is preferred. Never place a child in the front seat when the car is equipped with air bags.

Children over 1 yr. of age until about 4 yr. of age (between 20-40 lbs) need to be in forward facing seats, but still located in the center rear seat. Children over 4 years of age until about 8 years of age (between 40-80 pounds) need to be in weight appropriate booster seats.

Children over 80 pounds and 8 years of age can fit correctly in lap/shoulder belts. To fit correctly in the safety belt, kids must be tall enough to sit with knees bent at the edge of the seat without slouching. The rear seat is always the safest for children.

Car seat rental programs:
Lansing Safety Council
(517) 394-4614

Short-term rental for 1-3 weeks. Infant, toddler, and booster seats available. $20.00 deposit, $5 cleaning fee if soiled.

Clinton County Family Resource Center
4179 S. US 27
St. Johns, MI 48879
(989) 224-1173

Programs and services offered include: low cost car seats for WIC/Medicaid recipients, parenting information and support groups using the Meld Model, 0-3 Healthy Start, Maternal/Infant Support Services, Great Start School Readiness Program preschool (for 4 yr. olds), and Clinton Co. Cares which provides referrals for other human resource agencies.
Health Services

As low income, you may be eligible for Medicaid health insurance through the State of Michigan (see pg. 28).

MSU also offers health insurance for students. Several options are available for students only and for spouses and children. Each student receives a copy of the new health care costs at the beginning of each academic year.

Olin Health Center
(517) 884-6546 (Health Center)
(517) 353-4660 (Appointments)
(517) 355-7707 (Cancellations)
(517) 353-4700 (Courtesy Van)
(517) 353-0718 (Health Education)
(517) 353-5557 (Nurse Info)
(517) 353-8737 (Psychiatry)
olin@msu.edu
www.olin.msu.edu

MSU Student Health Services provides medical, and health education services to the students of MSU. Services are available year around at Olin Health Center, located on East Circle Drive between Berkeley Hall and the Grand River Avenue parking ramp. Olin is open fall and spring semesters from 8:00 am - 6:00 pm Monday through Friday, and 10 am to 1 pm on Saturdays. Summer and break hours are 8 am to 5pm Monday through Friday.

Neighborhood Clinics are open during fall and spring semesters, and are located in Holden, Hubbard, Brody, and McDonel Halls. For Neighborhood clinic hours, please visit: olin.msu.edu.

The Olin Courtesy Van provides free transportation to patients within one mile of campus who have difficulty getting to and from the Student Health Services.

Students are encouraged to call ahead to make an appointment. Patients arriving without an appointment will have an appointment scheduled for them. If illness or injury is urgent, the patient will be given a same day appointment, referred to local urgent care facilities, or transferred to the Sparrow emergency department when warranted.

Health Education
Olin Health Education Services are available to address the health promotion, education and prevention needs of students. Individual counseling, outreach programming and learning opportunities are provided for students interested
in health and lifestyle issues, including nutrition, fitness, sexual health, tobacco, alcohol, and other drugs.

LIFE:Rx Fitness testing, and one-on-one nutrition counseling and free confidential HIV testing are available by appointment.

Women's Health Clinic
Patients receive specialized services including routine pelvic and breast examinations, Pap test, treatment of gynecological problems, counseling, and contraceptive services.

Allergy and Immunization Clinic
Allergy and Immunization services are available by appointment Monday through Friday at Olin Health Center. To schedule an appointment, call (517) 353-4660. For details about starting services visit olin.msu.edu/services/allergy/.

Specialty Services
Psychiatry, orthopedics, sports medicine are available at Olin by referral.

Ancillary Services
Pharmacy, physical therapy, radiology, and laboratory services are also available at Olin. These services must be prescribed by licensed physicians. As an additional service, MSU Pharmacies can deliver prescription or non-prescription pharmacy items to you.

Phone Information Nurse
Available to provide answers to general health related questions and provide assistance with medical decision making, the Phone Nurse is available 24 hours per day, 7 days a week.

Eligibility and Fees
Student Health Services are available to all MSU and MSU College of Law students and their spouses or documented domestic partners. Services are not available for children of students. Enrolled MSU students receive three pre-paid medical office visits each academic year. Three lifetime psychiatry visits, as well as for other services such as lab tests, medical procedures and x-rays. Charges for students with health insurance will be billed directly to the student's insurance company, and the student will be billed for whatever is not covered. For additional information on billing and eligibility, visit http://olin.msu.edu.

Planned Parenthood of Mid and South Michigan
Lansing Health Center
Planned Parenthood provides full access to reproductive health care through medical services, education, and advocacy with services and programs available to all people regardless of race, age, gender, marital status, national origin, disability or sexual orientation.

**Patient Services:**
- Annual Exams
- Birth Control
- Pregnancy options information
- Colposcopy and cryotherapy for abnormal Pap test
- STI testing and treatment
- Pregnancy Testing
- Emergency Contraception
- Rapid HIV testing and education

**Insurance**
Medical insurance is highly recommended for all students. MSU Student Health Services will bill directly to insurance companies, including out-of-state and foreign sponsors, for reimbursable charges. The patient is then billed for any remaining balance.

**Student Health Insurance Plan**
140 Nisbet Building, MSU
(517) 353-4434 HR Benefits
1-800-353-4434
studentinsurance@hr.msu.edu
www.hr.msu.edu/benefits/studenthealth

Learn More!
1-800-859-8452 (Aetna Student Health)
www.aetnastudenthealth.com/msu2

Information is mailed to each registered student prior to the start of Fall semester. Health insurance plans are also available for spouses and dependent children (for additional fees).

All International and Medical Students are required to have health insurance coverage while attending MSU. International and Medical students are automatically enrolled in the Student Health Insurance Plan through a charge on their tuition bill for Fall and Spring Semesters. In order to waive coverage under the MSU student health plan, other coverage must meet the waiver standards. You may submit an on-line waiver request. Students and spouses covered under the MSU Student Health Insurance Plan must seek treatment and/or
referrals through MSU Student Health Services. Dependent children within 45 miles of the MSU East Lansing campus, are encouraged to utilize the services of the MSU Health Team for medical treatment. A referral is required for each separate medical condition. Failure to seek a referral, except in certain conditions such as emergencies, maternity care or when more than 45 miles from MSU will exclude medical treatment from coverage under the health plan.

Ingham Health Plan
5303 S. Cedar Street
Lansing, MI 48909
(517) 887-4465

Offering a limited amount of medical coverage for people who are not eligible for Medicaid. International students are eligible.

People's Prescription Plan
1-800-527-5433

The People’s Prescription Plan offers lowest or best prices to members. Participating pharmacies will give you or your family the lowest or best prices available in their pharmacy.

Local Hospitals

McLaren Greater Lansing
401 W. Greenlawn
Lansing, MI 48910
(517) 975-6000
http://www.mclaren.org/Lansing/Lansing.aspx

The Center includes an inpatient facility, emergency department, pharmacy, specialty clinics, and cardiac, pulmonary, cancer, and other services.

McLaren Regional Orthopedic Hospital
2727 S. Pennsylvania
Lansing, MI 48910
(517) 975-6000
www.mclaren.org/orthopedichospital.aspx

A part of McLaren Heathcare services include orthopedics, endoscopy, medical rehabilitation, inpatient geropsychiatry, sleep disorders, infusions, full surgical services, and an outpatient pharmacy.

Sparrow Hospital
1215 East Michigan Avenue
Lansing, MI 48912
(517) 364-1000
www.sparrow.org

Inpatient and Emergency, as well as various other services, are within the main facility with additional services within the immediate two-block circumfer-
ence of the hospital. These include a family practice center, pharmacy, health care supply, and weight management center. Sparrow Hospital Family Practice Centers offer several locations in Lansing, East Lansing, and one in Mason.

**Sparrow Hospital, St. Lawrence Campus**
1210 W. Saginaw
Lansing, MI 48915
(517) 364-1000
www.sparrow.org

St. Lawrence Campus is a division of Sparrow Health System. Emergency services, mental health, substance abuse programs and hospice services.

**MSU HealthTeam**
Clinical Center, MSU (Service Rd.)
(517) 353-3000
www.healthteam.msu.edu

The MSU HealthTeam’s largest clinical facility is located in the MSU campus Clinical Center on Service Rd. Primary and specialty health care services are offered to the greater Lansing community. Students and their families may use services at the MSU Clinical Center facility on a fee-for-service basis. Specialty clinics include internal medicine, laboratory, MRI, neurology, pediatrics, physical medicine and rehabilitation, radiology and pharmacy services are also available.

**Redi Care**
(517) 694-4134 - Lansing
(517) 339-2100 - Haslett

Urgent care clinic option for non-emergency health needs. Evenings and weekends.

**Hear USA**
www.hearusa.com
705 W Lake Lansing Rd
East Lansing, MI 48823
(517) 337-2411

Offering state of the art solutions that give you a lifetime of the sounds you love.

**Ingham County Health Department**
5303 S. Cedar Street
Lansing, MI 48909
(517) 887-4311
(517) 485-2251 Nights, Weekends, Emergency

A fee is charged for services based on the ability to pay. Services include:
- Adult Health Primary Care
- Adult Dental Services
- Child Health Primary Care
- Family Planning Services
- STI Clinic
- Women, Infants, and Children Program

**Cristo Rey**
Community Center
1717 N. High Street
Lansing, MI 48906
(517) 372-4700
www.cristo-rey.com

Low income, Ingham County residents are eligible if they have no insurance. Family Health Center appointments are made by calling.

Well Child Health Center
901 E. Mt. Hope
Lansing, MI 48910
(517) 372-9175

The Well Child Health Center services children up to age 18 that are on Medicaid or Ingham Health Plan Insurance with regular health exams. For children without insurance, the parent must provide proof of income to receive a sliding scale fee.

Care Free Medical Clinics
5135 S. Pennsylvania, Lansing
(517) 887-5922 - Lansing
790 E. Columbia, Mason
(517) 244-0120 - Mason
admin@carefreemedical.com
www.carefreemedical.com

Provides free medical care to low-income families, regardless of citizenship, if they do not have medical insurance and are not able to use Olin Health Center on campus. Female patients are able to receive annual gynecological examinations as well as the possibility of free mammograms and pap smears. Males will receive examinations and testing as warranted. Regularly scheduled follow-up visits will be planned based upon specific needs. All children and young adults will receive recommended annual and well-child examinations as well as immunizations. Free laboratory and x-ray services when warranted as well as medical supplies and equipment when available.

Physicians Referral Services

Not everyone has the same medical needs or preferences. The area hospitals offer a Physician Referral Service to assist you in locating a doctor who will best suit your needs.

Sparrow Health System
1-888-7WE-HEAL
Physician referral service of doctors who are accepting new patients.

McLaren Greater Lansing
(877) 224-4325
Programs include individual and group, personal or career counseling, testing, multicultural issues, substance abuse assessment, and sexual assault crisis and safety education. Any student registered for one or more credits is eligible for a consultation or assessment interview. As resources permit, additional services and/or referrals may be provided.

This clinic offers comprehensive, multidisciplinary assessments specializing in challenging and complex psychiatric problems for children and adolescents. Additional therapeutic services include focused group treatment, problem solving, social skills training, focused group treatment for parents, family therapy, behavioral management treatment and psychiatric medication treatment in collaboration with primary care physicians.

Provides sliding-scale psychotherapy and assessment services to the East Lansing and MSU communities. They serve adults, adolescents, children, couples, and families. Services include individual psychotherapy, child play therapy, and group therapy. Testing services include evaluations for depression and mood problems, dementia, learning disabilities, ADHD, Autism/Asperger’s Disorder, and neuropsychological problems. Community outreach includes school consultations, parent education, grief and loss groups for children and adults, and domestic violence groups.

The clinical facility of PH.D. specialization in Marriage and Family Therapy. The clinic provides therapeutic services to individuals, couples and families in local and campus communities. Call for more information or to schedule an appointment.
Community Mental Health Services
812 E. Jolly Road
Lansing, MI 48910
1-800-372-8460 (Emergency)
1-888-800-1559 (Non-Crisis)

Mental health services are available to residents of Clinton-Eaton-Ingham Counties for adults and children with mental illness, emotional problems, developmental disabilities, and drug problems. Contact the CMH Authority of Clinton-Eaton-Ingham for more information. CMH serves persons with Medicaid and some other types of insurance.

St. Vincent Catholic Charities
2800 W. Willow Street
Lansing, MI 48917
(517) 323-4734
www.stvcc.org

Family Counseling Center provides counseling to individuals and families. Family Counseling Center accepts most major insurances and cost of services are provided on a sliding scale basis. Agency also provides residential treatment for children who are victims of abuse and/or neglect, foster care, refugee resettlement, programs for seniors, and transitional housing.

Cristo Rey Community Center
1717 N. High Street
Lansing, MI 48906
(517) 372-4700
www.cristo-rey.com

Focuses on the Spanish/Hispanic community although programs are available to all individuals within the Lansing/East Lansing area. Programs offered by Cristo Rey include, mental health, family and child services, family health clinic, latch-key childcare, food and clothing bank, diversion program, prescription assistance for those without insurance, adults with disabilities assistance, alcohol and substance abuse programs, and minority services.

Child & Family Services, Capital Area
4287 Five Oaks Drive
Lansing, MI 48911
(517) 882-4000
www.childandfamily.org

Provides mental health counseling to children, adolescents, and adults. Individual, couple/ marital, and family therapy is provided. Adolescent substance abuse assessment and outpatient treatment is also provided to youth ages 10-20. Most insurances are accepted and services are provided on a
sliding scale fee basis.

**Listening Ear Crisis Center**
(517) 337-1717
http://theear.org

Free, anonymous, and confidential services include a 24 hr. crisis hotline and sexual assault counseling services for survivors and their significant others. Call to talk to someone and/or to set up an appointment with a sexual assault counselor.

**End Violent Encounters, Inc.**
(517) 372-5976
www.eveinc.org

Provides free residential and non-residential supportive services to victims of domestic violence. EVE offers 24-hour crisis line support, safe, temporary emergency shelter, family and individual counseling, advocacy, support groups, children’s programs, community education and personal protection order assistance.

**MSU Safe Place**
G-55 Wilson Hall, MSU
(517) 355-1100 (Safe Place)
(517) 355-2221 (MSU Police)
www.msu.edu/~safe
noabuse@msu.edu

This relationship violence program on campus offers free and confidential services to those victimized by dating or domestic violence. Services include short-term emergency shelter, counseling, support group, advocacy, information, referrals and community education programs. This is available to MSU students, staff, faculty and their partners, as well as for minor aged children.

**Haven House**
121 Whitehills Drive
E. Lansing, MI 48823
(517) 337-2731
www.havenhouseel.org

Emergency shelter for families with children for approximately 30 days as available. Assistance with counseling, education, job search, and housing relocation is also available to residents of the shelter.

**Substance Abuse Treatment**

**Alcoholics Anonymous**
1915 E. Michigan Avenue, Ste D
Lansing, MI 48912
(517) 377-1444 (24 hr. AA line)
(517) 355-8270 (MSU Counseling Center)
www.aa.org

A list of area AA, ALANON, and ALATEEN meetings is available by calling the above number. The list indicates the type of program, time and place. There
is a meeting somewhere every day of the week in the Greater Lansing area. Several AA and Narcotics Anonymous programs are held on the MSU campus. The MSU Counseling Center can assist you in finding the program that suits your needs.

Sparrow Substance Abuse Programs
1210 W. Saginaw
Lansing, MI 48915
(517) 364-7740
www.sparrow.org/behavioralhealth

St. Lawrence Hospital campus offers specialized programs for adults with drug and alcohol problems. Inpatient and outpatient options are available. 24 hour confidential help is available by calling.

Par Rehab Services
3960 Patient Care Drive, Suite 104
Lansing, MI 48911
(517) 887-9801
http://parrehab.org

Located off campus and is a provider of chemical dependency and mental health treatment services. Therapists work with clients to define and identify solutions for alcohol and drug addiction, dual diagnosis, family counseling, women’s issues, anxiety disorders, grief and loss counseling, and more.

Dental
LCC Dental Hygiene Clinic
515 N. Washington Square
Rm. 107
(LCC Arts and Sciences Building)
Lansing, MI 48906
(517) 483-1458
www.lcc.edu/health/dental/clinic

Preventative dental hygiene services and sealants provided by dental hygiene students supervised by a licensed dentist and licensed dental hygienists are offered. Cost of service is $25 for children under 18, adults range from $40.00-$60.00, and seniors over 60 years of age are $25.00. Services are offered during all academic terms - fall, spring and summer. Appointments are made following a no-cost screening appointment.

MSU students and spouses receive routine and emergency dental services provided by dentists and hygienists.
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<th>Ingham County Health Department</th>
<th>Care Free Dental Clinic</th>
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<td>Adult Dental Center</td>
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<td>(517) 887-4423</td>
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Provides preventative, routine, and restorative treatment. Serves 18+ year olds and older Ingham County residents without insurance and with Medicaid. Proof of income and residency are required.

Ingham County Health Department Healthy Smiles Dental Center
2815 S. Pennsylvania Ave.
Ste 203
Lansing, MI 48909
(517) 272-4150

Sees Ingham County children under 18 with Medicaid, Healthy Kids, and MIChild insurances. Children receive preventative, routine, and restorative treatment. The child’s Social Security Card and insurance cards are needed.

The Care Free Dental Clinic is an all volunteer, non profit dental clinic. Our mission is to provide much needed dental treatment for the underserved, whose access to dental health is limited due to inadequate income and/or reduced access to Medicaid care. We provide quality, caring, and compassionate treatment.
Legal/Safety Services

ASMSU/COGS Student Legal Services
329 Student Services, MSU
(517) 353-3716
www.asmsu.msu.edu

The Associated Students of MSU and Council of Graduate Students provide a legal services clinic. This entitles currently enrolled undergraduate and graduate students (who have not refunded their student activity fee) to receive legal counsel from staff attorneys on most student legal concerns. Students may be able to receive representation in court or be counseled in landlord-tenant problems, criminal misdemeanors, traffic offenses, and other legal matters.

Legal Services cannot represent students in regards to divorce, child custody issues, child-support enforcement, felonies, etc. Legal Services may be helpful in recommending affordable private attorneys.

The legal staff is also available to present educational programs about the office, and other law-related matters or concerns.

Judicial Affairs
101 Student Services, MSU
(517) 432-2471
www.studentlife.msu.edu

The Judicial Affairs Office can assist students who have been harassed or victimized by another MSU student on campus, including University Apartments. They also offer educational programs for court referred substance abusers that are MSU students.

Ombudsman
419 N. Kedzie, MSU
(517) 353-8830
www.msu.edu/unit/ombud

The Ombudsman is an official, chosen from among the senior faculty, to serve students who need assistance or redress of grievances involving faculty, staff, and administration. This person independently assesses the validity of each complaint, advises on possible remedies, and, where indicated, actively assists the student in securing a fair resolution of the matter. The Ombudsman has powers of investigation, including direct and ready access to University officers, faculty and official records.
Legal Services of South Central Michigan
3490 Belle Chase Way, #50
Lansing, MI 48911
(517) 394-3121
www.lsscm.org

Provides a full range of free legal services to those who cannot afford a lawyer. Legal Services attorneys give advice, represent clients in court, and help those living on low incomes to know and assert their rights. Legal Aid provides services in civil cases only. No criminal or traffic violations are handled. Legal Services also provides information and education to help prevent legal problems from happening.

MSU College of Law Tax Clinic
610 Abbot Rd.
E. Lansing, MI 48823
(517) 336-8088, ex. 4
www.law.msu.edu/clinics/tax

Provides low-cost, high-quality legal assistance to low-income taxpayers who have cases or controversies with the IRS or who are non-filers. Advises persons for whom English is a second language of their rights and responsibilities.

Chance at Childhood Clinic
541 E. Grand River Avenue
E. Lansing, MI 48823
(517) 432-8406
http://chanceatchildhood.msu.edu/

MSU College of Law and School of Social Work students represent abused, neglected, and at-risk children and families as part of the Child and Family Advocacy Certificate Program.

MSU Police
87 Red Cedar Road, MSU
(517) 355-2222 (Non-emergency)
911 (Emergencies)
www.police.msu.edu

The MSU Police perform a variety of tasks for the benefit of individual citizens, organizations, and institutional agencies that comprise the University community. MSU Police performs the duties of a similarly sized municipal department, plus a wide variety of non-police oriented services.

Green Light Telephones
A network of emergency telephones strategically placed in campus parking areas and along campus walkways (mounted on posts topped with a green light). As you walk around campus, familiarize yourself with the locations of these phones.
Women’s Resources

Women’s Resource Center
332 Union Building, MSU
(517) 353-1635
e-mail: wrc@msu.edu
www.wrc.msu.edu

The Women’s Resource Center is committed to creating and implementing strategies that promote the status of women by providing a supportive climate that enables all to become full and active participants in the development of policy, decision making, and the achievement of equity. The Center serves the interests of students, faculty, and staff with informative programs, newsletters, and literary and video resources.

LCC Women’s Resource Ctr.
1121 Gannon Building, #204
Lansing, MI 48933
(517) 483-1199
www.lcc.edu/wrc/

The Center provides assistance to both men and women returning to college at Lansing Community College, attending for the first time or exploring educational/career options. Services include tuition and childcare grants, general information appointments, academic advising, support services, “Back to School” workshops and community referrals.

Women’s Center of Greater Lansing
1710 E. Michigan Ave. #1712
Lansing, MI 48912
(517) 372-9163
www.womenscenterofgreaterlansing.org

The Women’s Center of Greater Lansing is a place where women can participate in personal and career counseling, comprehensive employment services, attend a workshop or parenting class, take a yoga class or talk with an attorney, all under one roof and on a sliding scale fee basis.
MSU Libraries has a substantial collection, approaching 5 million volumes. Access to the collection is through the Libraries' online catalog, MAGIC.

Those with time constraints can access the tens of thousands of electronic resources available through the Libraries' website. Reference librarians help by pointing visitors to the most relevant resources. They are available on a daily basis via email, chat and in person.

The Main Library houses a Writing Center outpost, the Cyber Café, and a Children’s Nook, as well as a Copy Center and group study rooms. High tech collaborative study spaces and a presentation practice room are available by reservation. During fall and Spring Semesters, the Libraries host a Friday Night Film Series and the Michigan Writers' Series. Off-campus students, faculty and staff are supported through the Libraries' Distance Learning Services.

East Lansing Public Library
950 Abbott Road
E. Lansing, MI 48823
(517) 351-2420.
www.elpl.org

The library is open daily including Sunday afternoon (Sept.-May) and is staffed by highly skilled librarians and assistants to help visitors make use of library services and collections. The library catalog is available online. The library has multiple public computer workstations that provide access to numerous electronic resources, including the Internet. Coin-operated copy machines and computer printers are also available. The library offers programs throughout the year for children, teens, and adults; for more information, check the Calendar of Events online. The Friends of the Library conduct an ongoing used book sale. The library is accessible and parking is available in front of the building. Residents of MSU housing are considered residents of East Lansing and are entitled to free library cards. Non-residents of the City of East Lansing pay a $20 annual library card fee.
The Library is equipped with the latest in electronic resources, including the Michigan eLibrary, and staffed by librarians who will assist with accessing materials and searching ANSWER, the Library’s online catalog. The Law Library has a comprehensive collection of legal resources. There are copy machines, public Internet workstations, study areas, a gift shop and a concessions area where food may be purchased. The building is handicapper accessible. Parking is available in the state owned lot for $1.00 per hour.

Capital Area District Library Outreach Services
401 S. Capitol Avenue
Lansing, MI 48933
(517) 367-3608
www.cadl.org

The Capital Area District Library offers outreach services in several ways. The Bookmobile, stocked with fiction and non-fiction books in large and regular print, movies, audio books and children’s materials, travels to locations throughout Ingham County Monday thru Friday. Books may be requested online with a library card. Books by mail are available to persons who are disabled or infirm. Contact the library to receive information about other Outreach Services.
The Learning Resources Center supports the teaching departments of the University by making available a variety of study and skill development programs to all students.

A variety of workshops and seminars related to listening, note-taking, and study skills are available for students who do not have the reading comprehension and study techniques necessary to cope with reading assignments. There is a professional staff of instructors and tutors who can provide information about instructional material and services to meet individual needs. Service provided is one-on-one.

The OSS is an academic support unit whose primary goal is to assist in the increase of retention rates, facilitate academic success and enhance graduation rates among income eligible, first-generation and disabled students.

A variety of services are designed to facilitate the development of coping and self-management skills in students. The program assists students in developing their abilities and skills and in developing plans to fulfill realistic objectives and goals.

OSS services include academic advising, tutoring, skill enrichment workshops, social counseling, career exploration, peer counseling, graduate study planning, and orientation programs.

Experienced Undergraduate and Graduate Student Writing Consultants are available to work with students in one-on-one or small group writing sessions. Appointments for up to 50 minutes are available Sunday-Friday during daytime and evening hours. Sunday’s and evenings are walk-in only at the Library satellite writing center across from CyberCafe.
All undergraduate students who have been admitted to MSU with fewer than 56 credits are enrolled in the Undergraduate University Division/UUD. Academic advising in the UUD and in all colleges is a continuing process. An advisor assists students in interpreting policies and procedures, selecting a major, schedule planning, career exploration and is a key resource for other available services on campus.

Advising programs in the colleges vary in specific details. Students who declare Major Preferences are assigned to academic advisers in the colleges of their major (UUD advisers are also available to these students). No-Preference students are assigned to an academic advisor and advised in one of the Student Affairs Offices of the UUD.

Keeping in contact with your academic advisor is critical to your success as a student. Mistakes can be costly and time consuming. Students with children are encouraged to meet with their advisor early in the semester to inform them of their family responsibilities.

Graduate students are assigned a member of the faculty who serves as the academic advisor. The name of the advisor is included with other information which is mailed to the student before registration.
The many churches, synagogues and religious centers in the Greater Lansing area serve students in a variety of faiths by providing opportunities for formal worship and informal fellowship activities. For a complete list of those available in the community, consult the yellow pages of the telephone directory. In addition, you may wish to contact the Religious Advisors' Association at the address above.

Many religiously oriented registered student organizations are active on campus. To find out what groups exist and how to contact them, go to the Student Organization Directory on the Department of Student Life website.

The interfaith Alumni Memorial Chapel, located on campus just east of the Kresge Art Center, is available for MSU-affiliated individuals and groups for religious-passage ceremonies. It is especially popular for weddings. It is also available to individuals wishing to enter the sanctuary for private meditation. Hours are posted at the chapel entrance.
Persons with Disabilities

Resource Center for Persons with Disabilities (RCPD)
120 Bessey Hall, MSU
(517) 353-9642
www.rcpd.msu.edu

Provides individual consultation and general assistance for students with disabilities and those working with persons with disabilities. RCPD staff develop and conduct general disability awareness sessions, as well as programs on specific issues for faculty, staff, and students across campus.

The RCPD provides a number of services which allow students with disabilities to compete on an equitable basis with other students pursuing similar academic and career goals. Services include:

- Referrals on accessible transportation for those with physical disabilities
- Alternative reading and learning resources
- Housing and classroom accommodation arrangements
- Coordination of sign-interpreters or notetakers and examination scribes
- Personal care assistant referrals
- Tutorial referrals
- Information on or assistance with admission, orientation, registration, financial aid, and employment

Tower Guard Honorary and Service-Learning volunteers help RCPD provide readers, notetakers, and other assistance to students with disabilities.

Council of Students with Disabilities
www.msu.edu/~csd/Council_of_Students_with_Disabilities/Home.html

Provides programs and activities surrounding a variety of disability related issues. Contact RCPD for more information.
The Multicultural Center has space available for student group meetings and programs as well as four computers for general student use, where students can do their homework, write papers, check their e-mail, and surf the web. There is a small collection of resource materials such as videos of racially/ethnically-themed films, books, and publications (magazines and journals).

The Center hosts a variety of different programs throughout the school year, from academically-oriented presentations to student group meetings to informal social receptions to which everyone is welcome to attend.

The CORES offices (Asian Pacific American Student Organization; Black Student Alliance; Culturas de la Razas Unidas; and North American Indian Student Organization) are also located within the center.

OCAT initiates and coordinates a range of services and programs to positively impact the academic success and quality of life of racial ethnic students at Michigan State University.

The office serves as a support and advocacy network for African American, Asian Pacific American, Chicano/Latino, and Native American Students. The office also assists in the formulation of university policies that affect all students at MSU.

Addressing issues of gender identity and expression across campus is an important priority for the Resource Center. The goal is to collect and provide information about aspects of learning, living and working on campus that are pertinent to the LBGT community.
Parenting Resources

Big Brothers / Big Sisters
Michigan Capital Region
330 Marshal St., Ste. 103, Lansing
(517) 372-0160
www.bbbsmcr.org
This program matches adults and children for one to one activities, mentoring, and fun.

Boys and Girls Club
of Lansing
4315 Pleasant Grove, Lansing
(517) 394-0455
www.bgclansing.org
Boys and Girls Club offers life enhancing programs and character development experiences to inspire and enable young people.

Boy Scouts of America
Chief Okemos Council
4000 W. Michigan, Lansing
(517) 321-9400
www.chiefokemosbsa.org

Chance at Childhood Clinic
541 E. Grand River Ave.,
E. Lansing
(517) 432-8406
www.chanceatchildhood.msu.edu
MSU College of Law and School of Social Work students represent abused, neglected, and at-risk children and families as part of the Child and Family Advocacy Certificate Program - a joint program offered by the MSU College of Law and the Graduate School of Social Work.

Child Abuse
Prevention Services
119 Pere Marquette, #1B, Lansing
(517) 484-8444
Provides parenting education, family strengthening classes, free respite childcare, and a parent aide program.

Eaton Intermediate
School District
1790 Packard Hwy.
Charlotte, MI 48813
(517) 484-2929 x1165
Eaton Intermediate School District Prevention Program Services offers parenting classes covering various topics. Classes are offered in area Counties.

Expectant Parents
Organization
271 Woodland Path, Ste 214 East-Lansing
(517) 337-7365
http://epobaby.org/
Provides support, information and classes for expectant parents. Teen prenatal series is also available as well as sibling classes for 3-8 year olds. The EPO offers financial assistance.
Family Growth Centers
549 E. Mt. Hope
Lansing, MI 48910
(517) 371-1347
Parent education classes, free drop-off childcare, support groups and referral services are available for parents. Branches in the University United Methodist Church on Harrison near Trowbridge Rd.

Girls Scouts Heart of Michigan
1223 Turner St. Ste. 200, Lansing
(517) 699-9400
www.gshom.org
Serves Ingham, Eaton and Clinton Shiawassee County.

Parent Helpline
1-800-942-4357
www.focusus.com/Michigan.html
The Parent Helpline is run by the State of MI and can provide information on child protective services, crisis intervention and local referral services. Operators are trained to help with emotional crisis and listening/discussion to help parents.

Project Great Start
The Early Childhood Investment Corp.
112 E. Allegan
Lansing, MI 48933
(517) 371-9000
www.mi.gov/greatstart
Information and resources for families with children ages 0-3.

Children with Disabilities
Children’s Special Health Care Services
1-800-359-3722
http://www.michigan.gov/mdch
Financial assistance for medical care to families who have children with special needs and require care, ages birth to 21.

ARC Michigan
1-800-292-7851
State organization on mental retardation and developmental disabilities.

LAP Respite Center
201 Hillside Ct., East Lansing
(517) 372-6671
Respite care. Trained staff who are employed by LAP relieve family caregivers. Services may be provided to families for a few hours, a few days in the family home, or at the Respite House, depending on need and availability of service.

Early On® Michigan
1-800-327-5966
www.1800earlyon.org
Early intervention services for infants and toddlers, 0-3 years of age, with developmental delays or diagnosed conditions, and their families. Early On ensures that eligible children receive comprehensive, family-centered, services.
Ingham County Food Bank  
5303 S. Cedar Street  
Lansing, MI 48909  
(517) 887-4357  

ICFB is an information and referral source for those in need of emergency food assistance. Non-perishable food items are provided to families/individuals for three to six days. Food may be provided once in a 30-day period. Eligibility is determined on an individual basis. It is based on need, not income. Clients must have current identification and their own transportation to pick-up food.

St. John’s Student Parish  
327 M.A.C.  
E. Lansing, MI 48823  
(517) 337-9778  

The food bank is open each Saturday morning during the academic school year from 9:00-11:00 AM, and one Saturday a month in the summer. No referral is needed. MSU students, East Lansing residents and parish members are eligible.

MSU Student Food Bank  
Olin Health Center Dining Room  
(517) 432-5136  
www.msu.edu/~foodbank  
During Fall and Spring semesters, the MSU Student Food Bank is open in the evening twice a month. All enrolled MSU students who do not have Residence Hall meal plans are eligible for Food Bank services. All enrolled MSU students are required to show proof of enrollment and a student ID. Visit the website for distribution dates.

Women, Infants and Children  
5303 S. Cedar Street, Bldg #2  
Lansing, MI 48909  
(517) 887-4326  
www.ingham.org  

The Women, Infants and Children (WIC) Program is a supplemental food and nutrition education program for women and children who qualify as nutritionally at risk due to income or medical deficiencies. Income eligibility for WIC is determined under the Federal Guidelines of 185% of poverty. WIC also uses a priority assignment system in order to guarantee service to those with the greatest need for the program. The priority system is as follows:
• Pregnant women, breast feeding women and infants at nutritional risk as demonstrated by blood tests, abnormal growth, or other nutritional or medical conditions.
• Infants up to twelve months of age.
• Children to age five at nutritional risk as demonstrated by blood tests, abnormal growth, or other nutritional or medical conditions.
• Children at nutritional risk due to inadequate diet.
• Post partum women at nutritional risk.

WIC services are available at the Ingham County Health Department. Call for additional information and for appointments.

Cristo Rey Community Center
1717 N. High Street
Lansing, MI 48906
(517) 372-4700
www.cristo-rey.com

Focuses on the Spanish/Hispanic community although programs are available to all individuals within the Lansing/East Lansing area. Programs offered by Cristo Rey include, mental health, family and child services, family health clinic, latch-key childcare, food and clothing bank, diversion program, prescription assistance for those without insurance, adults with disabilities assistance, alcohol and substance abuse programs, and minority services.

Capital Area Community Services (CACS)
1301 Renson St.
Lansing, MI 48910
(517) 393-7077

CACS offers assistance in finding housing as well as help with food and personal needs items for the homeless. Commodity and supplemental food programs for low income families are also available.

Commodity Supplemental Food Program: Provides monthly nutritious foods to supplement the diets of low-income pregnant, breast-feeding and post-partum (up to one year) women as well infants and children up to the age of six. Participants must be within Federal income guidelines and not be currently receiving WIC services. Call for more information.

Emergency Food Assistance Program: Provides low-income individuals and families USDA donated/purchased food for household consumption.
Distribution is four times per year. Eligible participants must register with CACS and provide proof of income and social security numbers for all adult members of the household.

**Food Assistance**
You may qualify for food assistance from the State of Michigan. See page 28 for information.

**Capital Area Human Services Connection**
2-1-1 (Lansing local number or cellphone)

2-1-1 is an easy to remember free phone service that links people with the human service information they need. By dialing the easy to remember 2-1-1 numbers, callers are connected with a call specialist who can discuss the caller’s needs and give them the information and/or agencies they can contact for assistance. Referrals include rent and utility assistance, parenting resources, shelter, food pantries, housing, transportation, health care, counseling and much more! This service is available for free 24/7, 365 days a year.

**Christian Services**
(517) 394-5413
Email: christianservices@acd.net

Christian Services offers help with items which cannot be purchased with food stamps such as soap, shampoo, toilet paper, laundry soap, tooth care, etc. They are also able to help with small household items, a clothing closet for women sizes 16 and up, holiday food baskets, a clothing center for children, emergency diapers/formula, and more.

**The Salvation Army**
525 N Pennsylvania Ave.
Lansing, MI 48912
(517) 484-4424

The Salvation Army assists with emergency food and personal needs. Gives away free produce every Wednesday at 1:00 pm. A valid photo ID is required, first come, first serve. Personal need items are provided on Tues. & Thurs. from 8:30-11:00 AM. (Produce and personal need items given out only when available). Birthdates and social security numbers for all adults in the home required. May also assist with utility shut offs and rent/mortgages arrearages, if funding is available.
Shared Pregnancy
503 N. Walnut
Lansing, 48933
(517) 484-0365
www.sharedpregnancy.org

Offers counseling, free pregnancy testing, and free ultrasounds for women. Non-profit faith-based ministry which provides emotional, material and spiritual assistance to pregnant women. Offers a parenting program called Learn & Earn, where a woman can earn diapers, clothing and baby equipment by attending classes.

University Apartments
Give or Take & Lending Centers
153 Spartan Village Community Center
(517) 884-2095
Residents of MSU University Apartments may obtain free clothing, household items, books, and toys which have been donated by other residents. Open Monday - Friday. Hours of operation vary. Call.

Resale Shops
Carousel Consignments
1780 W. Grand River
Okemos, MI
(517) 347-0668

Volunteers of America
430 N Larch St.
Lansing, MI
(517) 484-4414

5411 Cedar St.
Lansing, MI
(517) 272-3126

Second Time Around
4737 Marsh Road
Okemos, MI
(517) 349-2151

Salvation Army Store
3800 W. Saginaw
Lansing, MI
(517) 321-2520

TinyTown Trading Company
1925 W. Grand River Ave.
Okemos, MI 48864
(517) 339-2111

Plato’s Closet
2843 E. Grand River Ave.
East Lansing, MI 48823
(517) 332-6622
DEBT & CREDIT COUNSELING
MSU Federal Credit Union
600 E. Crescent Road
East Lansing, MI 48823
1-800-MSU-4YOU
517-333-242
www.msufcu.org

Provides services for debt and loan consolidation. Call for more information.

Greenpath Debt Solutions
Credit Counseling Centers
612 S. Creyts Road, Suite C
Lansing, MI 48917
(517) 321-5836

Provides financial counseling in a confidential and dignified manner by trained counselors. They help families work out an orderly debt repayment program and provide sound money management information on budgeting and the wise use of credit. They may also pull credit reports. Anyone seeking services is eligible. The initial interview is free.

Financial Empowerment Center
www.lansingmi.gov/ofe
211 or (866) 561-2500

Free confidential counseling from professional counselors that speak multiple languages.

Meet 1-on-1 with a Lansing Financial Empowerment Counselor who can help you:
- Take control of your debt
- Deal with debt collectors
- Improve your credit
- Create a budget
- Open a bank account
- Start an emergency fund
- Save and plan for your future
- And much more
Fun & Recreation

“Things to Do at MSU”
(517) 432-3745
http://www.frc.msu.edu/publications/ThingToDoAtMSU2013.pdf

The Family Resource Center publishes an activity guide for families. Call or go online for a copy.

Spartan Youth
517-355-7610
www.spartanyouth.msu.edu

The Spartan Youth website has information on activities and camps for children.

MSU Museum
(517) 355-2370

Explore the wonders of the natural world and world cultures at the MSU Museum. It is located on West Circle Drive across from the MSU Main Library. Admission is free.

Eli and Edythe Broad Art Museum
(517) 355-7631
www.museum.msu.edu

The Eli and Edythe Broad Art Museum at Michigan State University is committed to exploring international contemporary culture and ideas through art. The museum also provides a striking and unique backdrop for your next event or gathering.

Abrams Planetarium
(517) 355-4672

The Abrams Planetarium is a panoramic space science theater. Star shows, seasonal shows, sky lectures, and observing sessions are offered to the public on weekends and on special occasions.

Children’s 4-H Garden
(517) 355-0348

This garden is located behind the Plant & Social Science Bldg. at the corner of Bogue St. and Wilson Rd. The Garden is open from June 1 through September 30. The admission is FREE.

MSU Union
Spartan Lanes Bowling
(517) 355-3357 (Bowling)

Spartan Lanes has 16 bowling lanes located on the sub-ground floor of the MSU Union and is a smoke free environment.
# Quick Reference

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
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<tbody>
<tr>
<td>Alcoholics Anonymous</td>
<td>(517) 377-1444</td>
</tr>
<tr>
<td>Capital Area Community Services</td>
<td>(517) 393-7077</td>
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<tr>
<td>Capital Area Transportation Authority</td>
<td>(517) 394-1000</td>
</tr>
<tr>
<td>Career Services and Placement</td>
<td>(517) 355-9510</td>
</tr>
<tr>
<td>Child Abuse Prevention Services (office)</td>
<td>(517) 484-8444</td>
</tr>
<tr>
<td>Computer Center</td>
<td>(517) 355-5266</td>
</tr>
<tr>
<td>Council Against Domestic Assault</td>
<td>(517) 372-5976</td>
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<tr>
<td>Department of Human Services for Ingham County</td>
<td>(517) 887-9400</td>
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<tr>
<td>Department of Human Services for Clinton County</td>
<td>(517) 224-0654</td>
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<tr>
<td>Department of Human Services for Eaton County</td>
<td>(989) 224-5500</td>
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<tr>
<td>Department of Human Services for Shiawassee County</td>
<td>(989) 734-2390</td>
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<tr>
<td>East Lansing Police/Fire/Ambulance</td>
<td>911</td>
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<tr>
<td>Family Growth Centers</td>
<td>(517) 371-1347</td>
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<tr>
<td>Family Resource Center</td>
<td>(517) 432-3745</td>
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<tr>
<td>Head Start</td>
<td>1-800-482-1504</td>
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<tr>
<td>Housing Development Authority</td>
<td>(517) 373-9344</td>
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<tr>
<td>Housing-Rental Housing Clinic</td>
<td>(517) 432-0222</td>
</tr>
<tr>
<td>Ingham County Food Bank</td>
<td>(517) 887-4357</td>
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<tr>
<td>Ingham County Health Department</td>
<td>(517) 887-4300</td>
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<tr>
<td>McLaren Greater Lansing</td>
<td>1-877-446-4426</td>
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<tr>
<td>East Lansing School District</td>
<td>(517) 484-2929</td>
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<tr>
<td>Lansing Housing Commission</td>
<td>(517) 487-6550</td>
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<tr>
<td>Lansing School District</td>
<td>(517) 755-1000</td>
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<tr>
<td>Listening Ear</td>
<td>(517) 337-1717</td>
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<tr>
<td>Legal Services of South Central Michigan</td>
<td>(517) 394-3121</td>
</tr>
<tr>
<td>Michigan Rehabilitation Services</td>
<td>(517) 887-0141</td>
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<tr>
<td>MSU Child Development Laboratory</td>
<td>(517) 355-1900</td>
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<tr>
<td>MSU Clinical Center Information</td>
<td>(517) 334-2337</td>
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<tr>
<td>MSU Counseling Center</td>
<td>(517) 355-8270</td>
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<tr>
<td>MSU HelpLine</td>
<td>(517) 353-4MSU</td>
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<tr>
<td>MSU Office for Inclusion and Intercultural Initiatives</td>
<td>(517) 353-3922</td>
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<tr>
<td>MSU Legal Services</td>
<td>(517) 353-3716</td>
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<tr>
<td>MSU Main Library Information</td>
<td>(517) 432-6123</td>
</tr>
<tr>
<td>MSU Police</td>
<td>(517) 355-2221</td>
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<tr>
<td>Emergency</td>
<td>911</td>
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</tbody>
</table>
Spartan Village Satellite Office (517) 355-1103
MSU Safe Place (crisis) (517) 372-5572
MSU Safe Place (business) (517) 355-1100
MSU Women’s Resource Center (517) 353-1635
Office of Financial Aid (517) 353-5940
Office for Young Children (517) 887-4319
Olin Health Center Information (517) 884-6546
Professional & Program Services- Eaton ISD (517) 484-2929
Resource Center for Persons with Disabilities (517) 355-1293
Sparrow Hospital (517) 364-1000
Spartan Child Development Center (517) 353-5154
Student Employment Office (517) 355-3343
Student Health Insurance (517) 353-4434
Tax Help- MSU College of Law Clinic (517) 336-8089
University Apartments Council of Residents (517) 355-9557
University Apartments Residence Life (517) 355-9557
WEB Reference

MSU Homepage  www.msu.edu
Career Services www.csp.msu.edu
Counseling Center www.couns.msu.edu
Directory Information www.search.msu.edu
Family Resource Center www.frc.msu.edu
Financial Aid Office www.finaid.msu.edu
Graduate School http://grad.msu.edu/
Residence Life www.reslife.msu.edu
Student Parent Support www.msu.edu/~studentp
Student Affairs & Services www.vps.msu.edu
University Housing http://www.liveon.msu.edu/
Women's Resource Center www.wrc.msu.edu

Academic Calendar

<table>
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<tr>
<th></th>
<th>Fall 2013</th>
<th>Spring 2014</th>
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<tbody>
<tr>
<td>Classes Begin</td>
<td>8/28</td>
<td>1/6</td>
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<tr>
<td>Labor Day</td>
<td>9/2</td>
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<tr>
<td>Thanksgiving/Fall Break</td>
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<td>3/3 - 3/7</td>
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<tr>
<td>Spring Break</td>
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<tr>
<td>Classes End</td>
<td>12/6</td>
<td>4/25</td>
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<tr>
<td>Reading Period -no class</td>
<td>12/7 - 12/8</td>
<td>4/28 - 5/2</td>
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<tr>
<td>Final Exams</td>
<td>12/9 - 12/13</td>
<td>4/28 - 5/2</td>
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<tr>
<td>Commencement</td>
<td>12/13 -12/14</td>
<td>5/2 - 5/4</td>
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</tbody>
</table>
For family resources, visit:
www.frc.msu.edu

To order more copies, please contact:

**MSU Family Resource Center**
1407 S. Harrison, Suite 225
East Lansing, MI 48823
http://www.frc.msu.edu
frc@hr.msu.edu
(517) 432-3745

MSU is an affirmative-action, equal-opportunity employer