### Career Center

The **Career Center** offers:

- Career Advising
- Career Assessment
- Career Counseling
- Helps with choosing a major
- 4 year career planning
- Resume Building
- And more....

**SU 80, Room 220**

**Phone:** **(561) 297-3533**

**Email:** **career@fau.edu**

**Office Hours:**

Mon.- Thu. 8 a.m. - 6 p.m.; Fri. 8 a.m. - 5 p.m.

**Same-Day Career Advising Hours:**

Mon. - Thu. 1 p.m. - 4 p.m.

**Website:** [http://www.fau.edu/cdc/](http://www.fau.edu/cdc/)

### On and Off Campus Resources

#### Tips for Veterans from the Career Center:

- Visit the Career Center early on to get you going in the right direction
- Upload your resume into **OWL Career Link**
- Drop in during **Same Day Career Advising** hours to get quick answers to your initial questions
- Pick up free Career Success Guide and our events bookmark
- Attend Career Development Center events such as Career Fair 101, Career & Technical Fair, and Professional Graduate School Day
- Meet with a career advisor for assessments, internships, and to apply for graduate and professional schools, or full time jobs

**Web link:** [http://www.fau.edu/cdc/students/veteran/](http://www.fau.edu/cdc/students/veteran/)

For additional information (Transition Assistance Program, Resources & Forms, and Family Resources), visit the **Military and Veterans Affairs Office:** [http://www.fau.edu/vets/index.php](http://www.fau.edu/vets/index.php). Contact Michael Giallombardo, Director, at mgiallom@fau.edu.

### Finding a Job on or off Campus

#### For Student Employment Jobs on Campus:

[https://jobs.fau.edu/applicants.jsp/shared/frameset/frameset.jsp?time=144649563695](https://jobs.fau.edu/applicants.jsp/shared/frameset/frameset.jsp?time=144649563695)

**New Users:**

1) Click **Search postings** link at the left
2) To apply for a job, click the **Create Application** link at left, then follow the directions

   **Select student for position type** to search for all on-campus jobs.

**Returning Users:**

1) Click **Login**, and enter your username and password (If you don't remember your username or password, there is an **'I Forgot My Username/Password'** link on the Login page to help you). This enables you to:
   - Edit your existing application.
   - Apply to new jobs without re-entering your application information.
   - Review the status of positions you have applied to.

**Also search jobs for on and off Campus at:**

1) **Owl Career Link:** [http://www.fau.edu/cdc/OCL_instruction.php](http://www.fau.edu/cdc/OCL_instruction.php)
2) **“Get a JOB!” Database:** [https://www.myinterfase.com/fau-se/Account/LogOn?ReturnUrl=%2ffau-se%2fstudent%2f](https://www.myinterfase.com/fau-se/Account/LogOn?ReturnUrl=%2ffau-se%2fstudent%2f)
# Student Accessibility Services

The **Student Accessibility Services** office, formerly Office for Students with Disabilities, provides academic support services including advocacy, academic accommodations, Assistive Technology equipment/software training, Assistive Technology Computer Lab, Learning Strategies training, and an active student organization.

**Student Support Services (SU), Room 133**  
**Phone:** (561) 297-3880  
**Website:** [http://www.fau.edu/osd/](http://www.fau.edu/osd/)  
**Monday–Thursday:** 8 a.m. - 6 p.m.  
**Friday:** 8 a.m. - 5 p.m.  
**Saturday and Sunday:** Closed

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# Counseling and Psychological Services (CAPS)

![Counseling and Psychological Services (CAPS)](http://www.fau.edu/counseling/)

**http://www.fau.edu/counseling/**  
**Feeling distressed and need to talk?**  
**CAPS Crisis Line**  
561-297-3540

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# Student Health Services

The best-in-class accredited medical care for registered FAU Students. Services serve as a primary care solution to all FAU commuter and residential students.

**Student Services Building (SS W), Room 240**  
**Website:** [http://www.fau.edu/shs/](http://www.fau.edu/shs/)  
**Monday–Thursday:** 8 a.m.—6 p.m.  
**Friday:** 8 a.m. - 5 p.m.  
**Saturday:** 10 a.m. - 2 p.m.  

*For Nutrition Services, contact Etty Baker, RD bakere@fau.edu or (561) 297-2276*  
**Website:** [www.fau.edu/shs/services/nutrition.php](http://www.fau.edu/shs/services/nutrition.php)

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# Owls Care Health Promotion

**Owls Care Health Promotion** offers assistance for:  
- Stress Management  
- Healthy Lifestyles  
- Sexual Health  
- Sexual Assault Prevention  
- Healthy Relationships  
- Bystander Intervention  
- And more.....

**Student Services Building (SS #8), Room 222**  
(2nd Floor above the Breezeway Food Court)  
**Phone:** (561) 297-1048  
**Website:** [http://www.fau.edu/owlscare/](http://www.fau.edu/owlscare/)  
**Monday - Friday:** 8 a.m. - 5 p.m.
Victim Services

VICTIM SERVICES OF PALM BEACH COUNTY CAN BE REACHED AT:
(561) 355-2418
24 Hour Crisis Hotline: (866) 891-1772

Assist victims of sexual assault, domestic violence, homicide and other violent crimes through crisis response, advocacy, therapy and community awareness.

Website:
http://www.pbcgov.com/publicsafety/victimservices/

University Center for Excellence in Writing
General Classroom South (GS-2) Room 215
(561) 297-3498
http://www.fau.edu/ucew/

Writing Consultations:
• Understand assignments
• Generate and clarify ideas
• Flesh out weak or biased arguments
• Understand documentation and citation practices
• Develop strategies for identifying patterns of error that can be tracked and proofread for conformity to American academic English
• Provide expert perspectives for creative projects

⇒ Make Appointments here:
//faasadvisor.fau.edu/TracWeb40/Default.html

Center for Learning and Student Success (CLASS)
General Classroom South (GS-2) Room 223
(561) 297-0906
http://www.fau.edu/class/

♦ Supplemental Instruction: Provides peer-facilitated group study sessions for students enrolled in large, high-risk courses (30% D, F, and withdrawal rate).

⇒ SI Review Session Schedule:
http://www.fau.edu/class/si/schedule.php

♦ Owl-to-Owl Tutoring: Housed in General Classroom South, 2nd Floor, provides FREE group tutoring by peer tutors in content area courses.

⇒ Make Appointments here:
//faasadvisor.fau.edu/TracWeb40/Default.html

♦ eTutoring: Free eTutoring for FAU students enrolled in some of FAU's most difficult online courses.

⇒ eTutoring Schedule:
http://www.fau.edu/esuccess/etutoring.php

Math Learning Center
General Classroom South, Room 211
http://www.math.fau.edu/MLC/

Created to help FAU students develop their math problem solving skills so they have the confidence and ability to solve math problems on their own.

Free drop-in Group Tutoring:
Monday - Thursday: 9 a.m. - 6 p.m.
Friday: 9 a.m. - 4 p.m.

Campus Police

FOR ALL EMERGENCY CALLS REGARDLESS OF CAMPUS, DIAL 9-1-1.

Boca Campus: (561) 297-3500
Building 69 (Campus Operations)
Telephone Device for the Deaf: (561) 297-2390
Website: http://www.fau.edu/police/contact.php
Boca Helping Hands provides food and emergency assistance to meet basic human needs and long-term solutions to break the cycle of dependence:

- Food Center
- BHH Backpack
- Job Mentoring
- Job Training: Esperanza Catering at Boca Helping Hands
- Catering: Esperanza Catering at Boca Helping Hands
- Boca Helping Hands Home Health Care Training
- CDL Commercial Truck Driver Training
- ESOL CLASS
- Resource Center
- Children's Assistance Program (CAP)
Bus Route from Florida Atlantic University to Boca Helping Hands:

1. Palm Tran bus stop is located in front of FAU Administration Bldg. (Bldg. AD 10)
2. Take Bus 94 to Glades Road at N. Dixie Highway bus stop.
3. Boca Helping Hands is 0.2 miles from this stop.
   ◊ Walk west on Glades Rd. toward NW 1st Ct.
   ◊ Turn right onto NW 1st Ct.
   ◊ Boca Helping Hands will be on your right

*Bus Full Fare: $2.00 (one-way)
*Half/Reduced Fare: $1.00 available to students under 21, disabled, Medicare, and Veteran’s administration (one-way)

For additional information: http://www.pbcgov.com/palmtran/maps_schedules/rt94.htm
Connecting People and Community Resources

211 is an easy to remember 3-digit number for the residents of Palm Beach, Martin, St. Lucie, Indian River, and Okeechobee Counties to access crisis intervention and suicide prevention services, information, assessment, and referral to community services. 211 helpline and crisis line are available to individuals of all ages and are free, confidential, and available 24/7.

211 Palm Beach Treasure Coast offers these core programs, as well as useful information on crisis topics. **Click on links below for more information:**

- **Crisis Intervention**
- **Helpline- Providing Information, Assessment, and Referral**
- **211’s Special Needs Helpline**
- **211 Teen Hotline**
- **211 Helpline for Elders**
- **Elder Crisis Outreach**
- **Sunshine Daily Telephone Reassurance**
- **Health Navigator**

**Family Promise of South Palm Beach County** transitions families experiencing homelessness to sustainable independence and financial stability. Family Promise of South Palm Beach County is an interfaith organization that depends on 1200 active volunteers representing 19 congregations to accomplish its objectives of providing temporary shelter, food, financial management training, family counseling, access to transportation, educational scholarship funding and a formal long-term mentoring program to ensure successful life transitions for its clients.

**840 George Bush Blvd. “D”, Delray Beach, FL 33483**
# How to EAT RIGHT when money’s tight!

**A Shopper’s Guide to Healthier Eating on a Budget**

## 1) PLAN A FOOD BUDGET

Keep track of the amount of money you spend on food for 1 week and then multiply by 4. This is your budget for the entire month.

## 2) TAKE INVENTORY

Check your refrigerator, freezer and cupboards for foods you have on hand. This will keep you from buying food you don’t need.

## 3) CHECK THE ADS

Watch for sale items. Buy extra “staple” foods when the price is low. These are foods that store well, like peanut butter, pasta sauce, canned tuna, beans, and grains, like rice and oatmeal.

## 4) MAKE A SHOPPING LIST

Plan meals ahead for the week and stick to your list by purchasing only the ingredients you will need. Left-overs are great for lunch or a quick dinner.

## 5) TRY STORE BRANDS

The store brand or generic brand almost always costs less, and usually tastes the same. In fact, they often use the very same ingredients.

## 6) USE UNIT PRICING

The “unit price” of a food is the price per pound or per ounce. This helps compare food items of different weights. The tag on the shelf should tell you the total price and the unit price — this way, you can get the best deal.

## 7) BE AWARE OF MARKETING TECHNIQUES

The following are ways to get you to spend more money:
- End of aisle displays
- Items at checkout counter
- Sweet cereals at eye-level
- Food samples in the store

## 8) COMPARE PRICES

Compare prices of fresh, frozen and canned vegetables and fruits. Canned and frozen are sometimes less costly and an easy way to get in your recommended 5 daily servings of these.

## 9) BUY FRESH VEGETABLES AND FRUITS IN SEASON

Veggies and fruits are at their cheapest when they are in their growing season. Look for specials at the store and your local farmer’s market.

## 10) EAT BEFORE YOUR SHOP

Shopping when you’re hungry can cause you to purchase more than you need. Have a snack or meal beforehand.

## 11) VARY YOUR PROTEIN

Meats can be expensive and high in fat. Consider some meatless meals and try beans, lentils, eggs or tofu. These protein sources are typically lower cost.

## 12) DOUBLE CHECK

To avoid losing money, pay attention to the following:
- The check-out scanner for price errors
- Your receipt for accuracy
- Your change before leaving the store

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For more information, visit Owls Care Health Promotion. [www.fau.edu/owlscare](http://www.fau.edu/owlscare)