



Health Services

The Student Health Services Office takes your good health and well being personally. Maintaining good health is important to the successful completion of your college career. Time can make a difference, so don't wait until you feel worse. Visit us at the onset of illness, so we can evaluate and start you on a course of treatment early.

Where is Health Services located?

On the first floor of the Residence Hall Building -- Room 107.

What services are available?

Health Services is staffed by a Board Certified College Health Nurse who provides programs and limited services that address the health needs of Manor students, including:

- Primary assessment and treatment of health problems and injuries
- Health education information
- Referrals to campus and community resources
- Over-the-counter medications for minor illnesses
- Blood pressure screenings

Do I need an appointment?

Any student in need of health care is encouraged to use Student Health Services on a walk-in basis. A nurse is available to assist you during the hours posted outside the office. There is no physician on campus. In case of an emergency, or you believe your condition is urgent and you cannot wait for regular office hours, call Campus Security at (215) 885-2360, x 292.

How much does it cost?

There is no charge for Student Health Services. However, for doctor or emergency room visits, you will be asked to supply your health insurance information.

All information regarding student health records is kept highly confidential.



Residence Life

The Residence Life Staff embraces the philosophy of educating the total person, and the staff members within the Residence Hall are challenged to create an environment which is an educationally, culturally, spiritually and personally enriching experience for all residents. Residence Life Staff members strive to :

- Bring out individual identities and strengths.
- Help students weather the inevitable changes in their values, ideas, maturity and intellectual achievement.
- Work together to organize various learning experiences for the residents.

FACILITY

Saint Josaphat Residence Hall is co-ed, with single-sex living on each of the three floors. Each floor is equipped with kitchen, bathroom, and laundry facilities. A Social Lounge, which is open 24-hours a day, is located on the first floor featuring computers, a color television, and a DVD/VCR. There is a study room equipped with computers and a printer for use by students and their guests. The second floor boasts a lovely sun porch with outdoor furniture where students can socialize and relax.

Access to the Residence Hall is strictly regulated and is limited to residents, housekeeping and maintenance staffs, security personnel, and guests. A security officer is located 24-hours a day, 7 days a week, at the main entrance to the Residence Hall to monitor the entrance/exits of residents and visitors who sign-in and sign-out at the entrance desk.

In addition to 24-hour Security, the Residence Hall is also managed by the Resident Coordinator (RC) and the Resident Assistants (RA's). These individuals are caring, compassionate and highly trained to provide advice, harmony and encouragement to the residence hall students.

All policies governing Residence Life can be found in the Manor College Student Handbook.



Campus Ministry

Manor College, as a Catholic College, offers everyone who comes to Manor an opportunity to connect with God - for God is present everywhere, especially within each and every one of us. With an abiding concern for dialogue and cooperation among various religious traditions, we welcome students of all faiths.

What is Campus Ministry?

Campus Ministry is a call to grow in relationship with God, oneself, and others.

- Campus Ministry is responsible for the total person. People need sensitive persons who will help them gain insight into understanding and clarifying their "priorities".
- Campus Ministry is rooted in relationships. Relationships between God and each individual; between the individual and his/her college community; and between the Campus Minister and the individual.
- Campus Ministry is a call to community, coming together with a common purpose and goals as a community.

Campus Ministry offers service to God through: Divine Liturgy at the Holy Trinity Chapel in the Convent of the Sisters of Saint Basil the Great on Saturdays and Sundays at 8:00 am. Special Holy Days are observed with liturgies in the Manor College Chapel. See the Liturgical Calendar posted outside the College Chapel for dates and times.

Campus Ministry offers service to self through: Weekly prayer gatherings in the Chapel; Quiet prayer or Guided Prayer Services; arrangements for the sacrament of reconciliation; Yoga nights in the Dorm; and Busy Student's Retreats.

Campus Ministry offers service to others through: Community service projects, lunchtime coffeehouses; participation in the Music Ministry Players Group.

For more information about Campus Ministry or Music Ministry, please call (215) 885-2360, x 296.



Student Activities

College is certainly a rewarding experience, but one way to make it truly memorable is to get involved. The Student Activities staff strives to help you by offering activities, clubs, and leadership opportunities designed to get you motivated, moving, and meeting people.

Clubs

Manor College has a wide variety of active clubs on campus for you to explore. We have clubs geared to specific academic majors:

- The Vet Tech Club, Legal Studies Student Association, Student Association for the Dental Hygienists' Association, Association of Computing Machinery/Computer Science Club

Clubs with an interest in the arts:

- The Manor Dance Team, Music Ministry Players, Theater Guild, The Zeppo Literary Magazine, The MACRINIAN Yearbook

Groups focused on cultural and global awareness:

- Black Cultural Awareness Club, International Students' Club, Students United for Nature (SUN)

Clubs with a mission of service to Manor and the community:

- Rotaract, Admissions Ambassadors, Campus Ministry

Student Senate

The Manor College Student Senate is a volunteer organization which encourages student leadership and responsibility by providing the opportunity for initiating and executing their own program of activities. Senate leadership activities include Fondue Fridays, the annual Halloween Bash, the Involvement Fair, and Blood Drives.

Lunchtime Activity Series

Special **FREE** and fun activities (Karaoke, Work-Out Wednesdays, Brown Bag Bingos, Game Shows, and Caricatures, etc.) held once a month during lunchtime hours.

The Student Activities Office (located on the second floor of the Academic Building) is also the location to receive your student ID, locker, information about health insurance, and a Student Activities Calendar. Contact the office at (215) 885-2360, x 276.



**student
life**



Dean of Students

The office of the Dean of Students serves as the leadership umbrella for the eight divisions of the Student Life Department, as well as overseeing the operations of the Ukrainian Heritage Studies Center. The Dean of Students is the Director of Campus Ministry, Health Services, the Residence Hall, Security, and the Ukrainian Heritage Studies Center. The Dean of Students also supervises the Director of Counseling, the Director of Athletics, the Director of Student Activities, the Residence Life Coordinator, and a full-time Administrative Assistant.

The Dean of Students is the principal administrator directly responsible for the coordination and overall development of all **non-academic** life.

Based upon the late Pope John Paul II's "**Ex Corde Ecclesiae**" (*From the Heart of the Church*) the goal of the Dean of Students and the Student Life Staff is to encourage all Manor College students to cultivate a responsible lifestyle and community values inherent in the Catholic Basilian mission of:

- **REVERENCE** (to regard with esteem),
- **RESPECT** (thoughtful consideration of others and treating others with care)
- **SERVICE** (contribution of one's time and talents to helping another)
- While embracing an awareness of the **ETHNIC DIVERSITY** (various traditions, customs, and cultures) of the Manor College Community.

The office of the Dean of Students is located on the second floor of the Academic Building, (across from the Student Life Office) and may be reached via phone at (215) 885-2360, x 278.



The Counseling Center

"We're here for you."

Down in the dumps? Personal problems making it hard to concentrate, interfering with your academic success or negatively affecting your interactions with others? Feel like your life is out of control?

Stop in the Manor College Counseling Center and find out how much it can help to just talk and be really heard by someone who is caring, trained and objective. The licensed staff provides support counseling, information and referrals. Students seek personal counseling for many reasons, including such issues as: feeling overwhelmed, roommate, relationship or family problems, stress, difficulty with decisions, eating disorders, substance abuse, depression, anxiety, and sexual assault.

The Counseling Center can help you:

- Adjust to college and maximize your success
- Learn relaxation techniques
- Improve self-esteem
- Reduce the risk of sexual assault
- Deal with loss, (e.g., a death or a relationship break-up)
- Learn to manage anger
- Determine whether you have a substance abuse problem or eating disorder
- Learn how to deal more effectively with conflict
- Develop assertiveness & healthy boundaries
- Think through confusing problems
- Recognize and avoid emotional abuse

Students are encouraged to use counseling services, which are **free of charge** to all Manor students. Strict confidentiality is maintained according to law. Exceptions include situations when a student is assessed as being immediately dangerous to self and others. Because counseling is **confidential**, use of counseling services never appears on academic records. **DON'T WAIT.** Drop in or make an appointment today.

The Counseling Center is closed during the summer, holidays and over school breaks.

AN IMPORTANT NOTE

The Manor College Counseling Department provides support counseling to help students achieve their academic goals. The Department does **not** provide comprehensive mental health services **nor** is there around the clock staffing. Students requiring on-going therapy or medical management are strongly advised to continue treatment with their outside mental health providers. It is also recommended that they introduce themselves in the Counseling Department to establish a relationship of support for their time at Manor.



The Career & Transfer Center

Career Services

Not sure about your major or your career path? Want to save time and money by choosing the career path that is right for you? Whether you're trying to decide on a career or find a job, we can help you:

Explore career options

- Find careers compatible with your major
- Determine whether a career is right for you through free career testing
- Check job descriptions and job market forecasts
- Learn salary ranges for specific careers

Find a part-time, full-time, summer, or internship position

- Our on-line job bank, www.collegecentral.com/manorcollege, allows you to search for jobs and post your resume
- Develop successful job hunting strategies
- We teach interviewing skills, networking, resume writing

Want to know which large area employers hire graduates with Associate Degrees? Where to find jobs related to your major? **Check out the Career Center webpage.**

Transfer Counseling

*If you plan on transferring to a 4-year college or university after graduation, come to the Career & Transfer Center **beginning in the second semester of your freshman year.** We can help you evaluate which institutions will best meet your individual needs.*

We have:

- Information about **DUAL-ADMISSIONS AGREEMENTS** between Manor College and select 4-year colleges
- Transfer fairs with representatives from area 4-year colleges, universities and hospital-based nursing schools
- Information about scholarships
- Information about articulation agreements with 4-year colleges that have pre-approved Manor courses for transfer credit.

Tip: Be sure and pay attention to the number of credits you have. Dual Admissions deadlines are based on this, not when you will graduate. Don't miss out on savings of time, money, and a smooth transfer of all your credits. INVESTIGATE **DUAL ADMISSIONS AGREEMENTS NOW!**



Security

At Manor College, personal responsibility for oneself and one's actions, as well as respect for the rights of others, is fostered by students, faculty, and staff. In addition to its well-lit campus, safe parking, and daily patrols by Abington Township Police, Manor College has security officers on duty 24-hours a day, seven days a week, both in the Residence Hall and on foot patrol. Additionally, the Residence Hall is equipped with an electronic security camera and monitoring system on each floor. Students, faculty, staff and guests are encouraged to report any criminal, unusual or suspicious activities to the Campus Security Department or the Dean of Students as soon as possible.

Follow these basic tips to reduce the risk of possible crime on campus:

Follow these basic tips to reduce the risk of possible crime on campus:

- Keep the phone number for Campus Security in your cell phone or on you at all times. **(215) 885-2360, x 292**
- **ALWAYS** lock the door to your dorm room or car. It takes only 8 seconds for someone to enter, take something, and then get out.
- Lock all doors and windows when sleeping and **NEVER** prop doors open.
- Keep your ATM/bank cards in a safe place and don't share your PIN number.
- Avoid keeping cash and valuables in your dorm room or your vehicle.
- Have your car keys ready when you approach your vehicle.
- Check the backseat of your car before entering.
- Report any known or suspected firearms or weapons on campus to Security. Firearms or weapons of any type, including concealed weapons for which the carrier has a legal permit, are **STRICTLY PROHIBITED** on campus. Weapons include, but are not limited to: BB guns, pellet guns, air guns, knives, bows and arrows, martial arts weapons.
- If you have been a victim of a crime or feel threatened in anyway, either verbally or physically, please report the situation to Security immediately.

Sign-up for Manor's emergency text messaging system by following the links on the Manor website, (www.manor.edu) as soon as possible.



Athletics

The success of our intercollegiate sports program is a huge source of pride for the Manor community.

Our team mascot is the Blue Jay and our school colors are royal blue and white.

Currently, Manor competes in the National Junior College Athletic Association (NJCAA) in both men's and women's soccer and basketball. All teams host an open try-out period prior to the start of their seasons.

To be eligible to participate on an intercollegiate team in the NJCAA, each athlete must enroll full-time and remain full-time throughout his/her season of competition. Athletes must also be in good academic standing and maintain the credit/GPA requirements established by the NJCAA. Every Manor College athlete is required to attend mandatory study hall sessions and meet weekly with their team's "academic coach." Also, all athletes must carry a form of health insurance in order to play intercollegiate sports.

Athletic Achievements

Men's Soccer - State Championships: 2007, 2005, 2001, 1999, 1997, and 1993.

Women's Soccer - State Champions: 2004 and 1999

Men's Basketball - League Champions: 2008, 1997

Women's Basketball - State Champions: 1999, 1998 / Regional Champions: 2007, 2006, 2005

In addition to intercollegiate sports, the athletic department also organizes intramural sporting events such as March Madness and "Staffaculty" vs. Students competitions.

Any student interested in participating on an intercollegiate team should contact the Athletic Director at (215) 885-2360, x 306