

# PENN STATE HARRISBURG, THE CAPITAL COLLEGE

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## Resources

### Career Services

Career Services provides career planning and development services to current students and alumni at no charge.

MORE INFORMATION (<https://harrisburg.psu.edu/career-services/>)

### Counseling and Psychological Services

Psychologists, counselors, and a drug and alcohol specialist are available to work with any current student to address personal concerns. This office offers evening hours and operates under strict confidentiality guidelines.

MORE INFORMATION (<https://harrisburg.psu.edu/counseling-psychological-services/>)

### Graduate and Professional Student Council (GPSC)

The GPSC is the voice for graduate and professional students, providing representation to the Student Government Association, the Graduate School, and all other entities that have an impact on graduate and professional students.

MORE INFORMATION (<http://sites.psu.edu/gpsc/>)

### Graduate Studies Office

The Graduate Studies Office offers support for graduate students and represents the Graduate School at Penn State Harrisburg. Additionally, the office sponsors travel grants for grad students, implements academic policies for graduate programs, and works with the Graduate and Professional Student Council (GPSC).

MORE INFORMATION (<https://harrisburg.psu.edu/graduate-studies/>)

### Housing and Food Services

Housing and Food Services provides student resident services, catering, and operates several dining options on campus.

MORE INFORMATION (<http://harrisburgcampusliving.psu.edu/>)

### International Programs (Study Abroad)

International Programs provides and facilitates international educational opportunities for faculty and students, including study tours and study abroad.

MORE INFORMATION (<https://harrisburg.psu.edu/international-programs/>)

### International Student Support Services

Acts as a liaison between Penn State Harrisburg international students and the Office of Global Programs/DISSA at University Park, assisting with immigration issues, hosting employment information sessions, and providing personal development and growth opportunities for students.

MORE INFORMATION (<https://harrisburg.psu.edu/international-student-support-services/>)

### Learning Center

The Learning Center provides tutoring to undergraduate and graduate students in quantitative courses (mathematics, science, business), writing, speeches and presentations, study skills, American and academic literacy. Our mission is to support students' self-management of academic and professional goals through collaboration, guidance, and practice in an environment of inclusive excellence.

MORE INFORMATION (<https://harrisburg.psu.edu/learning-center/>)

### Library

This technologically advanced, academic research library includes 300,000 volumes and more than 200 print journals. The library also includes computer labs, multimedia production studios, classrooms, and a variety of study spaces.

MORE INFORMATION (<https://libraries.psu.edu/harrisburg/>)

### Recreation and Aquatics

The campus has a modern fitness facility that includes: a 5,000-square-foot cardio/weight room, a full-size gymnasium, racquetball courts, group exercise rooms, and a variety of equipment that can be signed out. The Aquatics Center offers class and recreational swimming options including lap and open swim hours.

MORE INFORMATION (<https://harrisburg.psu.edu/recreation-and-aquatics/>)

### Research and Outreach

ORO serves as the primary point of contact for external grant submissions, providing assistance with budget preparation, ensuring grants meet sponsor requirements and submitting grants to sponsors on behalf of the University. Additionally, it develops and maintains relationships with individuals and entities from the public, organizations and private sectors.

MORE INFORMATION (<https://harrisburg.psu.edu/research-and-outreach/>)

### Residence Life

Residence Life provides resources and activities to enhance the personal, physical, educational, and social development of campus residents.

MORE INFORMATION (<https://harrisburg.psu.edu/disability-services/>)

### Student Disability Resources

The Student Disability Resources office provides students with disability accommodations to minimize the effects of their disabilities.

MORE INFORMATION (<https://harrisburg.psu.edu/disability-services/>)

### Student Health Services

Assesses and treats student illnesses and provides wellness counseling and preventive health services. Clinician services are offered by appointment.

MORE INFORMATION (<https://harrisburg.psu.edu/student-health-services/>)

### Student Life

More than 100 student clubs and organizations fit any interest, whether you're looking to get involved in service projects, join a fraternity or sorority, participate in decision-making for the college through Student

Government, or join a club that will help you with your major or career goals.

MORE INFORMATION (<https://harrisburg.psu.edu/student-life/>)

### **University Police and Public Safety**

The Department of University Police and Public Safety is staffed with sworn police officers and civilian personnel charged with the responsibility of providing a safe environment to the campus community. The police officers of the department enforce state laws as well as University rules and regulations.

MORE INFORMATION (<https://harrisburg.psu.edu/safety-police-services/>)