College of Arts & Sciences

Helpful Resources for Students and Faculty

Student Resources	**Page 2**
Academic Student Support Programs	**Page 2**
LU Library Resources	**Page 2**
Department tutoring and links	**Pages 2-4**
Student Research	**Pages 3 - 4**
Health and Wellness	**Pages 4-9**
Financial	**Pages 9-12**
Student Living	**Pages 12-13**

COLLEGE OF ARTS & SCIENCES
LAMAR UNIVERSITY

Student Resources (A great place to begin!)

https://www.lamar.edu/arts-sciences/index.html

Undergraduate Advising Center

Freshmen and Sophomores: https://www.lamar.edu/advising/find-your-advisor/freshmen-sophomore.html

Juniors and Seniors: https://www.lamar.edu/advising/find-your-advisor/junior-senior.html

Academic Student Support Programs

- **Accessibility Resource Center (ARC):** https://www.lamar.edu/accessibility-resource-center/index.html
- **Office of Veterans Affairs:** https://www.lamar.edu/financial-aid/veterans-affairs/index.html
- **University Writing Center:** https://www.lamar.edu/arts-sciences/writing-center/index.html
- **McNair Scholars Program:** https://www.lamar.edu/mcnair/index.html
- **Students Tutoring and Retention Services (STARS):** https://www.lamar.edu/student-tutoring-and-retention/index.html
- **Undergraduate Advising Center:** https://www.lamar.edu/advising/index.html
- **The Reaud Honors College:** https://www.lamar.edu/honors-college/index.html

LU Library resources

https://www.lamar.edu/library/index.html

- Loaner Lap Top Program, Room 706 7th floor of the LU Library between 8:30 am -4:00 pm M-F. You'll need your LU ID.

Department tutoring and links

Tutoring

- **SI (Supplemental Instruction) through STARS for 1000 and 2000 courses that are part of the major: https://www.lamar.edu/student-tutoring-and-retention/tutoring-instruction/index.html**
- **Several faculty sponsor/mentor cardinal communities: https://www.lamar.edu/student-tutoring-and-retention/cardinal-communities/mentor.html**
- **Writing center: https://www.lamar.edu/arts-sciences/writing-center/index.html**

- **The Math Shop (tutoring):** https://www.lamar.edu/arts-sciences/mathematics/math-shop/index.html

Departments

- **Biology:** https://www.lamar.edu/arts-sciences/biology/index.html

- **Chemistry and Biochemistry:** https://www.lamar.edu/arts-sciences/chemistry-and-biochemistry/index.html

- **Computer Science:** https://www.lamar.edu/arts-sciences/computer-science/index.html
    - CS First Year Success Program

- **Earth and Space Science:** https://www.lamar.edu/arts-sciences/earth-and-space-sciences/index.html

- **English and Modern Languages:** https://www.lamar.edu/arts-sciences/english-and-modern-languages/index.html

- **History:** https://www.lamar.edu/arts-sciences/history/index.html

- **Mathematics:** https://www.lamar.edu/arts-sciences/mathematics/index.html

- **Nursing:** https://www.lamar.edu/arts-sciences/nursing/index.html
    - The Caring Place (tutoring, plus technical and moral support): https://www.lamar.edu/arts-sciences/nursing/resources/the-caring-place/index.html

- **Physics:** https://www.lamar.edu/arts-sciences/physics/index.html

- **Political Science:** https://www.lamar.edu/arts-sciences/political-science/index.html

- **Psychology:** https://www.lamar.edu/arts-sciences/psychology/index.html

- **Sociology/Social Work/Criminal Justice:** https://www.lamar.edu/arts-sciences/sociology-social-work-criminal-justice/index.html
    - CJ internship course to provide students with career advice and to help them find an internship in their senior year.
    - Haley Tyson, Director of Career Development Center: Haley.tyson@lamar.edu

- **University Studies: https://www.lamar.edu/arts-sciences/university-studies/index.html**

Student Research

- **Office of Undergraduate Research (OUR):** https://www.lamar.edu/undergraduate-research/index.html
- **Texas Academy:** https://www.lamar.edu/texas-academy/index.html
- **Individual faculty-sponsored student research (See faculty in academic departments)**
- **McNair Scholars:** https://www.lamar.edu/mcnair/
- **Internships and Co-ops:** https://www.lamar.edu/honors-college/current-students/high-impact-educational-practices/internships-co-ops.html
- **Career planning:** https://www.lamar.edu/news-and-events/news/2022/06/center-for-career-and-professional-development-prepares-cardinals-to-leave-nest.html
- **Complaint resolution:** https://www.lamar.edu/lu-online/student-services/student-complaint-guide.html
- **Care Team:** https://www.lamar.edu/students/student-affairs-strategic-initiatives/conduct-and-care-services/index.html

Health and Wellness

Local Hospitals / Emergency Centers

- **Baptist Hospital of Southeast Texas**
  - 3080 College St, Beaumont, TX 77701
  - (409) 212-5000
  - Baptist Hospitals of Southeast Texas | Beaumont Hospital (bhset.net)

- **CHRISTUS Southeast Texas – St. Elizabeth**
  - 2830 Calder Ave, Beaumont, TX, 77702
  - (409) 892-7171
  - CHRISTUS Southeast Texas St. Elizabeth | Hospital | Beaumont, Texas (christushealth.org)

- **CHRISTUS Hospital – Orange**
  - 6901 Medical Center Drive, Ste. 100, Orange, TX, 77630
  - (409) 792-6500
  - CHRISTUS Hospital – Orange, TX | 24/7 Care (christushealth.org)

- **Medical Center of Southeast Texas**
  - 2555 Jimmy Johnson Blvd, Port Arthur, TX, 77640
  - (409) 724-7389

- **Medical Services (including immunizations)**
    - LU Student Health Center offers medical services, sexual health, and lab and pharmacy services.
    - Student Health Center - Lamar University
    - (409) 880-8466
    - Email: shc@lamar.edu
    - 4465 Jimmy Simmons Blvd
      Beaumont, TX 77705
      (Inside the Sheila Umphrey Recreational Sports Center)

- **Gulf Coast Health Centers (medical, vision, women's health, pharmacy) Free transportation; sliding scale**
    - 2548 Memorial, Port Arthur, TX, 77640, (409) 983-1161
    - 610 Strickland, Ste 380, Orange, TX, 77630 (409) 983 –1161
    - 755 N. 4th St., Silsbee, TX, 77656, (409) 983-1161
    - Non-Profit Healthcare | Southeast, TX | Gulf Coast Health Center (gulfcoasthc.org)

- **Beaumont Health Department *(Immunizations, STD testing).* Sliding scale payment.**
    - 3040 College Street
      Beaumont TX 77705
      (409) 832-4000
    - https://www.beaumonttexas.gov/216/Public-Health-Services

- **CVS Minute Clinic *(walk-in clinic, medical services, immunizations, physicals) Self-pay and insurance***
    - 2950 Dowlen Road, Beaumont, TX, 77706
    - 2712 Hwy 365, Nederland, TX, 77627
    - 290 Strickland Drive, Orange, TX 77630
    - Walk-in Clinic - SAVE 40% vs Urgent Care | MinuteClinic (cvs.com)

- **Port Arthur Health Department *(Immunizations, STD testing).* Sliding scale payment.**
    - 5860 9th Ave, Port Arthur, TX, 77642 (409) 983-8874
    - Health Department | Port Arthur, TX (portarthurtx.gov)

- **TAN Healthcare. *Medical and HIV Prevention/Treatment.* Sliding scale**
    - 1495 N. 7th St. Beaumont, TX (409) 832-3377
    - 3727 N. 16th St, Orange, TX (409) 920-4223
    - https://www.tanhealthcare.org/patients/patient-services/

- **Legacy Community Health. Sliding scale**
    - Central BMT Clinic: 450 N. 11th St, Beaumont, Texas (*HIV testing and treatmen*t)
    - Primary Health Care Beaumont, TX | Legacy Community Health

Maternal/Child Services

- **UTMB Maternal/Child Clinic:**
    - 195 N 11th Street
      Beaumont TX 77702
      (409) 266-1888
    - UTMB Health Regional Women Services and Pediatrics

- **Hope Women's Resource Clinic:**
    - 3740 Laurel Avenue
      Beaumont TX 77707
      (409) 898-4005
    - https://www.hope-clinic.com/

- **Port Arthur Health Department *(Immunizations, STD testing).* Sliding scale payment:**
    - 5860 9th Ave, Port Arthur, TX, 77642 (409) 983-8874
    - Health Department | Port Arthur, TX (portarthurtx.gov)

- **Beaumont Health Department *(Immunizations, STD testing).* Sliding scale payment.:**
    - 3040 College Street
      Beaumont TX 77705
      (409) 832-4000
    - https://www.beaumonttexas.gov/216/Public-Health-Services

- **Legacy Community Health. Sliding scale:**
    - Central Stagg Clinic: 3455 Stagg Dr. Beaumont Texas
    - Primary Health Care Beaumont, TX | Legacy Community Health

- **Dental:**
    - Gulf Coast Health Center-Port Arthur (sliding scale)
      2548 Memorial
      Port Arthur TX 77640
      (409) 983-1161
    - Healthcare | Port Arthur, TX | Gulf Coast Health Center (gulfcoasthc.org)

- **Mental Health and Addiction Services:**
    - LU Student Health Center's Counseling Center offers general counseling services for surviving college, academic issues, personal needs, and crisis events. Fee is $10 billed to the student's LU student account.
    - Counseling Services - Lamar University
    - (409) 880-8466
    - Email: shc@lamar.edu
    - PHYSICAL ADDRESS: 4465 Jimmy Simmons Blvd
      Beaumont, TX 77705 (Inside the Sheila Umphrey Recreational Sports Center)

- **LU Psychology Department offers general counseling services. No fee.:**
    - Room 200 Social & Behavioral Sciences Building on LU campus
    - (409) 880-7783

- **TimelyCare Virtual Counseling (available 24/7 at no cost):**
    - https://www.lamar.edu/students/student-affairs-strategic-initiatives/student-health-center/counseling-services/timelycare-virtual.html

- **Suicide Prevention Lifeline:**
    - Call 988 or 1-800-273-8255
    - Crisis Text Line
    - Text "HOME" to 741741

- **Baptist Hospitals of Southeast Texas: Behavioral Health:**
    - 3250 Fannin St. Beaumont, TX,
    - Behavioral Health in Beaumont | Baptist Hospitals of Southeast Texas (bhset.net)

- **Gulf Coast Health Centers (*Behavioral health*) Free transportation; sliding scale:**
    - 2548 Memorial, Port Arthur, TX, 77640, (409) 983-1161
    - 610 Strickland, Ste 380, Orange, TX, 77630 (409) 983 –1161
    - 755 N. 4th St., Silsbee, TX, 77656, (409) 983-1161
    - Non-Profit Healthcare | Southeast, TX | Gulf Coast Health Center (gulfcoasthc.org)

- **Spindletop Center (*mental health, substance abuse, veteran peer network*):**
    - 2750 S. 8th St., Beaumont, TX, 77701
    - (409) 838-1033 or (409) 839-1000

- Crisis Hotline 1-800-937-8097
- Behavioral Health | Spindletop Center | Beaumont

- **Elijah's Place (*Faith-based counseling and grief support: Catholic Charities of Southeast Texas*):**
  - 2780 Eastex Fwy, Beaumont, TX 77703 (409) 924-4400
  - https://www.ccsetx.org/elijahs-place-program

- **TAN Healthcare. *Behavioral health and addiction.* Sliding scale:**
  - 1495 N. 7th St. Beaumont, TX (409) 832-3377
  - 3727 N. 16th St, Orange, TX (409) 920-4223
  - https://www.tanhealthcare.org/about-us/

- **Legacy Community Health:**
  - Central Stagg Clinic: 3455 Stagg Dr. Beaumont Texas
  - Primary Health Care Beaumont, TX | Legacy Community Health

- **Beaumont Transitional Treatment Center (Addiction and recovery):**
  - 2495 Gulf Street, Beaumont Texas, 77703 (409) 832-6495
  - Beaumont Transitional Treatment Center - Beaumont, TX | Rehab.com

- **Celebrate Recovery (Faith-based addiction treatment; Calvary Baptist Church):**
  - 3650 Dowlen Road, Beaumont, TX, 77706
  - (409) 898-7074

- **Recovery Council of Southeast Texas (*treatment and recovery of substance abuse):***
  - 4675 Washington Blvd #C, Beaumont TX, 77707
  - (409) 842-2408
  - https://www.recoverycouncilsetx.org/
  - Recovery Council of Southeast Texas (recoverycouncilsetx.org)
- **Willie Carter Outreach Center (*recovery for substance abuse and mental health disorders*):**
  - 548 W. 11th St Port Arthur, TX, 77640
  - (409) 982-1387
  - Willie Carter Outreach Center – Southeast Texas Nonprofit Development Center (setxnonprofit.org)

- **Land Manor (*substance use treatment & recovery*):**
  - 5670 Concord Rd, Beaumont, TX, 77708
  - 409) 896-5911

- https://www.landmanor.org/

- **Samaritan Counseling Center of Southeast Texas (*individual and couples counseling*):**
  - 7980 Anchor Dr. Building 500, Port Arthur, TX 77642
  - (409) 727-6400
  - Samaritan Counseling Center of Southeast Texas – mind – body – spirit – community (sccset.org)

- **Veterans Affairs (VA) Services – For veterans only:**
  - Provides medical services, immunizations, laboratory, mental health care, dietary care, vision, pharmacy, radiology, psychology, women's care
  - 3420 Veterans Circle, Beaumont, TX, 77707. (409) 981-8550
  - Veterans Crisis Line at 988 and press 1 for free, private help anytime 24/7.
  - Beaumont VA Clinic | VA Houston Health Care | Veterans Affairs

- **Family Services Counseling Center**. ***Domestic Violence and Sexual Assault:***
  - 3550 Fannin St., Beaumont, TX, 77701 (409) 833-2668
  - Domestic Violence and Sexual Assault Hotline: 409-832-7575 or 1-800-621-8882
  - Safe House Protection & Shelter
  - Family Services of SETX | Domestic Violence and Sexual Assault Hotline 409-832-7575 or 1-800-621-8882 (westrengthenfamilies.org)

- **Student Health Insurance – through Academic Health Plans (AHP):**
  - Lamar University | Home (myahpcare.com)

- **A detailed list of local medical and mental health resources can be found at:** Local Health Resources - Student Health Center - Lamar University

Financial

General financial aid

- **Catholic Charities (Faith-based):**
  - 2780 Eastex Freeway, Beaumont, TX 77703
  - 409-924-4400
  - Click website below, hit Get Help for many services, including financial help
  - **http://www.catholiccharitiesbmt.org/**

- **Orange Christian Services (Faith-based):**

- 2588 West Park Street, Orange, TX 77630
- 409-886-0938

- **The Salvation Army:**
  - 2350 IH-10 East, Beaumont, TX 77703
  - 409-896-2361

- **Some Other Place:**
  - Call for a financial screening for rent and utilities, help with food
  - 1195 McFaddin Avenue, Beaumont, TX 77710
  - 409-832-7976
  - https://www.someotherplacebeaumont.com/page/some-other-place-programs

Scholarships

- **LU Scholarships:**
  - Wimberly Building, Room 200
  - 409-880-1714
  - https://www.lamar.edu/financial-aid/scholarships/index.html

- **Texas Comptroller: funding source:**
  - Click on link below for scholarships and other financial programs: https://comptroller.texas.gov/programs/education/msp/funding/aid/faidalpha.php

- **FAFSA:** https://studentaid.gov/h/apply-for-aid/fafsa

- **The College Board: scholarship directory:**
  - Click on link below for scholarship directory: https://bigfuture.collegeboard.org/pay-for-college/scholarship-search

- **McNair Scholars:**
  - Click on link below to see requirements, aimed at first generation students or underrepresented students wanting to go to graduate school: https://www.lamar.edu/mcnair/

Room and board assistance

- **Lamar University Housing and Residence Life:**
  - 850 Iowa Street, Beaumont, TX
  - 409-880-8550

- https://www.lamar.edu/students/student-engagement/housing-residence-life/index.html

- **Beaumont Housing Authority:**
  - 1890 Laurel Avenue, Beaumont, TX
  - 409-951-7200
  - https://bmtha.org/

Food Assistance

- **Southeast Texas Food Bank:**
  - 3845 S MLK Jr Parkway Beaumont, TX
  - 409-839-8777
  - https://setxfoodbank.org/
- **Cardinal Food Pantry:**
  - Wesley Foundation at Lamar University – between Combs Hall and Brooks Shivers Dining Hall
  - 409-728-7473
  - https://www.lamar.edu/students/student-affairs-strategic-initiatives/civic-engagement/pantry.html
- **SNAP (Supplemental Nutrition Assistance) Benefits:**
  - 3105 Executive Blvd., Beaumont, TX 77701
  - 409-730-1098
  - https://www.hhs.texas.gov/services/food/snap-food-benefits

Childcare

- **Texas Workforce Solutions:**
  - 510 Park Street #200, Beaumont, TX 77701
  - 409-839-8045
  - Provides childcare financial assistance for qualified applicants
  - https://www.workforcechildcare.org/

- **Communities in Schools:**
  - 350 Pine Street Suite 500, Beaumont, TX 77701
  - 409-951-1810
  - Help support children in local schools
  - Click on website for more information
  - https://cisset.org/

- **The YMCA of Southeast Texas:**

- Services: LCM ISD, Nederland ISD, Port Arthur ISD, PNG ISD, Jasper ISD, Bridge City ISD, Orangefield ISD
- 6760 Ninth Avenue, Port Arthur, TX 77642
- 409-962-6644
- https://ymcasetx.org/afterschool/

- **The Boys and Girls Club (Salvation Army):**
  - 2350 I-10 Frontage Road, Beaumont, TX 77703
  - 409-896-2361
  - Assorted programs to help underprivileged youth
  - https://salvationarmytexas.org/texas/bgctx

Internships/Jobs

- **Lamar University jobs (also check campus announcements):** https://jobs.lamar.edu/postings/search?utf8=%E2%9C%93&query=&query_v0_posted_at_date=&261=&262=&263=&query_position_type_id%5B%5D=2&commit=Search

- **Lamar University's Handshake:** https://www.lamar.edu/career-and-testing-services/career-services/job-database-handshake.html

- **Workforce Solutions of Southeast Texas:** https://setworks.org/?gclid=Cj0KCQjwqP2pBhDMARIsAJQ0Czqc8zGMDykXXeGhvemC_-dLGEbxt92gwxtE2YxVLWtMJI8MJPM5zp0aAlBpEALw_wcB

Student Living

Crime/Title 9

- **Title IX Sexual Misconduct and Sexual Harassment and Discrimination:** https://www.lamar.edu/titleix/resources-and-contacts/index.html

- **University Police Contact including parking, vehicles, services, safety, and more:** https://www.lamar.edu/police/index.html

- **Housing and Residence Life:**
  - Click on the link for General Information for dorms: https://www.lamar.edu/students/student-engagement/housing-residence-life/index.html

  - **Applying for a dorm room:** https://www.lamar.edu/students/student-affairs-strategic-initiatives/housing-residence-life/apply-for-housing.html

    - **Living on Campus including Meal Plans, and other information:** https://www.lamar.edu/students/student-affairs-strategic-initiatives/housing-residence-life/living-on-campus/index.html\

- **Student Organizations on Campus:** https://luhub.lamar.edu/club_signup

- **Study Abroad Programs, including faculty led programs:** https://www.lamar.edu/international-education/study-abroad/students/choose-your-program.html

- **Become a Lamar Ambassador:** https://www.lamar.edu/advancement/alumni-affairs/ambassadors/become-an-ambassador.html