

# Resources Available to Metropolitan College Students

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## MET Resources for All Students— Enrollment & Student Success (ESS)

[metess@bu.edu](mailto:metess@bu.edu); 617-353-2980

1010 Commonwealth Ave, First Floor, West Suite

ESS is your one-stop location for assistance with academic support, physical/mental health, and community resources. Not sure where to go or who could best help? Contact ESS!

## Sexual Misconduct Reporting— MET's Title IX Coordinator

**Julie Prendergast, Director of Human Resources, MET**  
[jprend@bu.edu](mailto:jprend@bu.edu); 617-358-3166

- Reporting Form for incidents of harassment, discrimination, or sexual misconduct:  
[bu.edu/met/incident-report-form](https://bu.edu/met/incident-report-form)
- Confidential on- and off-campus resources:  
[bu.edu/met/confidential-resources](https://bu.edu/met/confidential-resources)

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## Physical/Mental Health & Wellbeing

### STUDENT HEALTH SERVICES

[bu.edu/shs](https://bu.edu/shs)

Student Health Services are available to:

- Full-time students, regardless of insurance (excludes those studying online)
- Any student (excluding those on LOA) enrolled in the Student Health Insurance Plan (SHIP)

All students (online/on campus; full-/part-time, etc.), regardless of status or insurance, are eligible for assistance with community referrals.

### MENTAL HEALTH

[bu.edu/shs/mental-health](https://bu.edu/shs/mental-health)

- Resources include assessment and diagnosis; brief treatment; groups and workshops; 24/7 on-call mental health emergencies; referral services to community resources for longer-term care; phone consultations; and outreach and prevention.

### SURVIVOR ADVOCACY, RESPONSE & PREVENTION (SARP)

[bu.edu/shs/survivor-support](https://bu.edu/shs/survivor-support)

- Services include a 24/7 crisis line; medical, legal, and academic advocacy; individual counseling and referrals to community providers; and group counseling.
- Discussions with SARP counselors are confidential and do not trigger a complaint to the University.

### OFFICE OF THE OMBUDS

[bu.edu/ombuds](https://bu.edu/ombuds)

- Independent, impartial, informal problem-solving resource for all BU community members (faculty/staff/students).

## Academic & Career Support

### MET CAREER DEVELOPMENT

[bu.edu/met/careers](https://bu.edu/met/careers)

### MET EVENTS CALENDAR

[bu.edu/met/events](https://bu.edu/met/events)

Find upcoming dates of interest including career support and community engagement opportunities.

### BU CENTER FOR CAREER DEVELOPMENT (CCD)

[bu.edu/careers](https://bu.edu/careers)

### BU PROFESSIONAL CLOTHING CLOSET

[bu.edu/careers/resources/professional-clothing-closet](https://bu.edu/careers/resources/professional-clothing-closet)

Get free professional attire appropriate for interviews, networking events, career fairs, and the workplace.

### BU EDUCATIONAL RESOURCE CENTER

[bu.edu/erc](https://bu.edu/erc)

Academic skills workshops and advising; master's students 'Lunch & Learn' series; and more.

- Writing Assistance:  
[bu.edu/advising/educational-resource-center/writing-assistance](https://bu.edu/advising/educational-resource-center/writing-assistance)

### DISABILITY & ACCESS SERVICES

[bu.edu/disability](https://bu.edu/disability)

### INNOVATE@BU

[bu.edu/innovate](https://bu.edu/innovate)

Innovate@BU helps students launch ideas, learn new skills, find inspiration, and access resources and advice.

## Boston-Based & National Resources

### NATIONAL MENTAL HEALTH & SUICIDE HOTLINE

[988lifeline.org](https://www.988lifeline.org)

Dial 988 from anywhere in the US.

### BOSTON AREA RAPE CRISIS CENTER (BARCC)

[barcc.org](https://www.barcc.org)

24-7 Hotline: 800-841-8371; 617-492-8306

### RAPE, ABUSE & INCEST NATIONAL NETWORK (RAINN)

[rainn.org/public-policy-action](https://www.rainn.org/public-policy-action)

800.656.HOPE (4673)

## External Sources for Reading/Writing/ Grammar Assistance

- All aspects of academic English but especially strong on writing:  
[uefap.com/writing](https://www.uefap.com/writing)
- Academic English skills for reading:  
[uefap.com/reading](https://www.uefap.com/reading)
- Listening/reading lessons on a variety of current events and topics:  
[breakingnewsenglish.com](https://www.breakingnewsenglish.com)
- BBC's English learning website:  
[bbc.co.uk/learningenglish](https://www.bbc.co.uk/learningenglish)
- Practice your idioms and phrasal verbs (includes quizzes):
  - [idiomconnection.com](https://www.idiomconnection.com)
  - [a4esl.org/q/h/idioms.html](https://www.a4esl.org/q/h/idioms.html)
- Grammar quizzes and clear explanations of many aspects of grammar:  
[grammar-quizzes.com](https://www.grammar-quizzes.com)
- Short lessons and practice on major grammar topics:  
[preply.com](https://www.preply.com)

## Additional Community Resources

### NEWBURY CENTER (FIRST-GENERATION STUDENTS)

[bu.edu/newbury-center](https://www.bu.edu/newbury-center)

### HOWARD THURMAN CENTER FOR COMMON GROUND

[bu.edu/thurman](https://www.bu.edu/thurman)

Explore community, identity, and belonging through programs and events that foster critical thought, building new connections, and provoke conversations on current issues.

### STUDENT EMPLOYMENT OFFICE

[bu.edu/seo](https://www.bu.edu/seo)

### INTERNATIONAL STUDENTS— CENTER FOR ENGLISH LANGUAGE & ORIENTATION PROGRAMS (CELOP)

[bu.edu/celop](https://www.bu.edu/celop)

### BU INTERNATIONAL STUDENTS & SCHOLARS OFFICE (ISSO)

[bu.edu/isso](https://www.bu.edu/isso)

Need quick assistance from ISSO?  
Utilize the Advisor On Call.

### BU GRADUATE EDUCATION—PROVOST'S OFFICE CENTRAL RESOURCE GUIDE

[bu.edu/grad/resources](https://www.bu.edu/grad/resources)

## Resources Largely Created by BU LGBTQIA+ Students and the Queer Activist Collective

[linktr.ee/BULGBTQResources](https://linktr.ee/BULGBTQResources)

- Resources for Trans Students at BU
- QTBIPOC Boston Resources
- How Change Names in BU Systems
- TGNCI-Specific Support Groups
- Gender Affirming Product Program
- All Gender BU Bathrooms Map
- BU LGBTQIA+ Center for Faculty and Staff
- BU Out List
- And more