

SPRINGFIELD COLLEGE Student Affairs Resources and Services



Springfield College Health Center

- Medical services through patient care, health education, and wellness promotion are offered at the center.
- Also provided is comprehensive health care for all students—both undergraduate and graduate—with the purpose of preventing disease, improving health, and enhancing the balance of spirit, mind, and body.

Health Center
(413) 748-3175
healthcenter@springfield.edu
springfield.edu/healthcenter

Springfield College Counseling Center

Free, professional, and confidential individual and group counseling services for a wide variety of psychological issues are offered to undergraduate and graduate students.

(413) 748-3345
counselingcenter@springfield.edu
springfield.edu/counseling

Office of Spiritual Life

The office staff promotes the spiritual growth of all members of the Springfield College community. Spiritual Life provides opportunities for faith exploration, worship, reflection, meditation, and engaged social action.

Flynn Campus Union
second floor
(413) 748-3210
spirituallife@springfield.edu
springfield.edu/spirituallife

Office of Campus Recreation

The office staff promotes health, fitness, and wellness for Springfield College students, faculty, and staff. Take advantage of the offerings of our Wellness & Recreation Complex.

- Fitness and wellness programs
- Group exercise
- Club sports
- Intramurals
- Pool
- Cardio and weight-training space

(413) 748-3468
springfield.edu/campusrecreation

Office of Student Activities and Campus Union

Get involved with clubs and activities—and have some fun!

- Pursue a hobby.
- Join or lead a club or organization.
- Attend on- or off-campus events.
- Discover new interests.
- Develop your leadership skills.

Flynn Campus Union, first floor
(413) 748-3198
springfield.edu/studentactivities

Office of Housing and Residence Life

As a residential college, students live on campus for a minimum of three years. During that time, staff at the Office of Housing and Residence Life provide a safe, comfortable living space, and support for your academic, social, and emotional needs. Through events, support services, and connections to resources, our staff are here to ensure a positive living environment for all.

(413) 748-3102
reslife@springfield.edu
springfield.edu/reslife

Career Center

Comprehensive career services are available to all students and alumni.

- Career and major exploration
- Resume and cover letter assistance
- Job search and interviewing assistance
- Graduate school advising
- Networking opportunities and job fairs

Flynn Campus Union, Room 233
(413) 748-3222
career@springfield.edu
springfield.edu/career-center

Pride Pantry

Do you need food, toiletries, and/or household supplies but can't afford them? The Pride Pantry is your source for free items. All undergraduate and graduate students are welcome to "shop" for the items you need. Hours vary so please contact the Center for Service and Leadership staff for more information.

385 Eastern Avenue
(corner of Eastern Avenue
and Shillingford Street)
(413) 748-3394
service@springfield.edu

Center for Service and Leadership

Become a leader by joining one of our community service opportunities.

- Tutor or mentor local youth in an afterschool program (online for fall 2020).
- Join the Humanics in Action Club and help our neighbors in and around Springfield.
- Immerse yourself in service in the Alternative Break Program.

Flynn Campus Union, Suite 342
springfield.edu/service
(413) 748-3394
service@springfield.edu