The Salt Shaker

Looking to build your network? 70% of people report finding their job through networking! Here are 12 ways to start building your network today!

12 Ways to Improve your Networking

The tutor request deadline is approaching! After April 7th, the PASS Office does not accept requests for tutors in specific courses. Students looking for help can, of course, still work with one of our Study Skills tutors. They are available whenever the PASS Office is open on a drop-in basis.

Tutoring News

TRIO Tuesday Events

April 4 – Budgeting: Budgets help you stay on track financially. If you don’t know where you are, you can’t effectively plan for where you want to be in the future.

April 11 – Alumni (Kacey Montana): Come find out how her transition into life after college has gone, where she was when coming into TRIO, and where she is now.

April 18 – Study Hall: Use this night to get caught up on school work, touch base with peers, or just relax.

April 25 – Let’s Talk About Sex: Knowing how to remain safe is essential!

Things to Know!

- April 7: Withdrawal deadline
- April 3–14: Advising weeks
- April 17–28: Fall 2017 Registration
- May 13–14: Reading Days
- May 15–19: Finals Week
- May 20: Commencement

PASS is primarily funded by a federal TRIO grant that serves students who are first-generation, low income, and/or have disabilities.
The Helping Center is a resource for Plymouth State University undergraduate students. At its core, the Helping Center is Students Helping Students. The primary mission of The Helping Center is to train graduate students in the helping professions to work effectively in a therapeutic and assessment-based setting. Students work under direct supervision from faculty to provide free and confidential services. These services include:

- Self-exploration for individuals, couples, families and children
- Group work
- Educational, cognitive, social and emotional assessment
- Supervision training
- Student mentoring
- Career exploration
- Wellness
- Cultural adaptation
- Conflict resolution for roommates, teammates, and others, as well as tackling relationship challenges

The Helping Center offers group and individual self-exploration sessions around personal and academic stress, social anxiety, test anxiety, and self-care. Further, our graduate helping professionals are well equipped to assist undergraduate students in academic preparedness and issues related to diversity.

The Helping Center is located on the third floor of the Samuel Read Hall Building. We are open 10 am to 3 pm Monday through Thursday. These hours are subject to change according to university scheduling, client needs, and supervisory availability. Appointments must be scheduled during regular office hours. Appointments are scheduled according to the university calendar for the graduate department. For questions or to set up an appointment, please call 603-535-2156 or email psu-helpingcenter@plymouth.edu.

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