

STUDENT GUIDANCE AND HEALTH

1. Center for Career and Professional Development

The Center for Career and Professional Development empowers students to confidently transition from college to career. Through individualized support and early engagement, students receive guidance in career exploration, resume writing, job search strategies, interviewing, and professional development. The Center promotes career readiness and offers innovative resources such as the Career Readiness Microcredentialing Program, the Cardinal Career Closet (Professional Attire), and the Hire A Cardinal Studio. Career Consultants collaborate across campus and maintain industry awareness to support student success through workshops i.e., career fairs, and employer engagement opportunities.

Additionally, testing is also housed in the Center for Career and Professional Development where students can begin their academic journey with university entrance and placement exams to professional certification and licensures for their careers as well as for graduate and professional school. These assessments and exams include: TSI, Residual ACT, CLEP (College Level Examination Program), HESI (Health Education Systems, Inc.), TOEFL (Test of English as a Foreign Language), GRE (Graduate Records Examination), GMAT (Graduate Management Admissions Test), TExES (Texas Examinations of Educator Standards), CPA (Certified Public Account), LSAT (Law School Admission Test), MCAT (Medical College Admission Test), Texas Real Estate, Texas Insurance, NCE (National Counselor Exam), FE (Fundamentals of Engineering), ACSM (American College of Sports Medicine), Step 1, 2, 3, (United States Medical Licensing), CompTIA (Computing Technology Industry Association), and many more.

For more information see the [website \(https://www.lamar.edu/career-and-testing-services/\)](https://www.lamar.edu/career-and-testing-services/) or call client services at (409) 880-8878.

2. Student Health and Insurance

1. Student Health Center

The Student Health Center (SHC) offers medical services, counseling services, and health education to currently enrolled students. All services are available by appointment, Monday through Friday. Appointments can be scheduled by calling (409) 880-8466 or in person at the reception desk. A Student Health Center fee charged to the student upon registration each semester ensures eligibility for Health Center services during that semester. An additional \$10.00 is charged at each visit to a medical provider or counselor, along with reasonably priced lab, pharmacy, and procedure fees. Charges are the responsibility of the student. After-hour care can be found through [local providers \(https://www.lamar.edu/students/student-engagement/student-health-center/community-resources.html\)](https://www.lamar.edu/students/student-engagement/student-health-center/community-resources.html) of medical and counseling services. Please visit the SHC [website \(https://www.lamar.edu/students/student-engagement/student-health-center/\)](https://www.lamar.edu/students/student-engagement/student-health-center/) for more information.

Nurse practitioners, overseen by a supervising physician, provide general medical services. Female nurse practitioners provide gynecological services. More serious injuries are referred to local emergency rooms, urgent care, or family physician offices. Students with chronic conditions are encouraged to continue to see their primary care physician or

specialist for maintenance and medication adjustments. The in-house pharmacy offers limited prescription medications as well as over-the-counter medicines and supplies.

The health center is also staffed with licensed professional counselors who offer short-term psychological counseling and individual therapy.

2. Health Insurance

Campus sponsored health insurance is required of all international students and offered to all domestic students. Eligibility requirements apply and can be found on the [Academic Health Plans \(https://lamar.myahpcare.com/\)](https://lamar.myahpcare.com/) (AHP) website along with enrollment forms and other detailed information. All services delivered at the SHC are paid at 100%. Premiums are due at the time of enrollment and are available per semester or on an annual basis.