

HEALTH AND WELLNESS

Counseling Center

Free counseling is available to assist students in becoming oriented to college, making a career choice and resolving personal difficulties. Areas of difficulty for which students frequently seek counseling include poor concentration, test anxiety, performance anxiety; sexual assault healing, self-esteem struggles, depression, time management, stress management and relationship problems. Visits to the Counseling Center are strictly confidential and information from counseling sessions will not be shared on campus or off campus without the written consent of the student. There is no charge for counseling services. The Counseling Center is located in Eder Hall 203. For more information see www.missouriwestern.edu/counseling (<http://www.missouriwestern.edu/counseling>) or contact (816) 271-4327.

Accessibility Resource Center

The purpose of the Accessibility Resource Center is to create an inclusive learning environment where students with disabilities have access to the same opportunities available to their peers. Once a student makes a voluntary disclosure to the University regarding their status as a person with a disability, they are protected from discrimination and reasonable accommodations are made in order to remove barriers that would otherwise limit participation in all of the programs the University has to offer. For more information, visit the Accessibility Resource Center in Eder 203, online at www.missouriwestern.edu/arc (<http://www.missouriwestern.edu/arc>) or by phone (816) 271-4330.

Esry Student Health Center

Esry Student Health Center is located on the second floor of Blum Union in Room 203. A nurse practitioner and nursing staff are available to provide assistance with health care needs through diagnosis and treatment, immunizations, health counseling and specialist referral services. The Health Center also offers a variety of educational pamphlets and health information. Health records are maintained with strict confidentiality.

The following is Missouri State Mandated and is required for all students:

1. Tuberculosis Screening Questionnaire

The following is Missouri State Mandated and is required for students living on campus:

1. Tuberculosis Screening Questionnaire
2. Meningococcal (Meningitis), given at 16 years of age or older

The link to complete the Tuberculosis Screening Questionnaire, required forms, as well as the MWSU health policy is available at www.missouriwestern.edu/HealthServ (<http://www.missouriwestern.edu/HealthServ>). Records may be mailed or faxed to Esry Student Health Center, (816) 271-4498 or emailed to health@missouriwestern.edu.

International students that do not plan to live on campus should complete the Tuberculosis Risk Assessment, the Health History Form and the Immunization Documentation Form and submit them to:

Esry Student Health Center
4525 Downs Drive – Blum 203

St. Joseph, MO 64507.

The Esry Health Center is open 8:00-4:30, Monday through Friday. Contact the Health Center at (816) 271-4495 for information regarding nurse/nurse practitioner hours and appointments or any other questions.

Recreation Services

MWSU Recreation Services Department includes the Looney Complex, Baker Fitness Center and outdoor amenities on campus.

The Looney Complex includes the arena, small gymnasium and pool. A full intramural sports recreation program is offered in Looney to enrolled college students and Missouri Western personnel. The program includes individual, dual, team and special events for men, women and coeds. The intramural program encourages the development of mental, physical, emotional and social health. In general, Missouri Western State University provides the opportunity for every individual, regardless of ability to realize the fun of participation in a favorite sport or activity at various levels of competition. For more information, visit our website: www.missouriwestern.edu/recreation (<http://www.missouriwestern.edu/recreation>).

The Baker Fitness Center includes the Nautilus Nitro weight machines, Hammer Strength weight machines, Dumbbells, Multi-Functioning Weight Station, Dual Pulley machine, Smith Machine and various benches with free weights for lifting. The Baker Fitness Center also offers LifeFitness Treadmills, Ellipticals, Bicycles, Stair Climbers, a Concept II Rowing machine and Cybex Arc Trainers. Fitness Classes for students are offered for free during the Fall and Spring semesters in Baker. Students, Faculty and Staff can access Baker with a valid MWSU ID; some membership restrictions apply. Membership information can be found at www.missouriwestern.edu/recreation/fitnesscenter (<http://www.missouriwestern.edu/recreation/fitnesscenter>).

Outdoor amenities on the beautiful MWSU campus include the Trap Range, Disc Golf Course, Wood Chip Trail and Intramural practice field. The Trap Range is located on the west portion of campus and is open approximately April 1 to November 1. The Disc Golf Course has 18 holes located behind the Baker Fitness Center. More information on the course can be found at the Missouri Western DG Course Review (<https://www.dgcoursereview.com/course.php?id=1568&mode=cj>). The Wood Chip Trail is 1.9 miles long with the start/end back behind Baker. The Intramural Practice Field is located behind Leaverton Hall. For a campus map, please visit: www.missouriwestern.edu/recreation/directions-and-parking/campus-map (<https://www.missouriwestern.edu/recreation/directions-and-parking/campus-map>)