

HEALTH & COUNSELING SERVICES

The safety and wellbeing of our students is the No. 1 priority at Methodist University and we're continually striving to improve the services we offer our students.

HEALTH SERVICES

Methodist University offers a virtual health and well-being service named TimelyCare, which offers 24/7, on-demand medical care from trained professionals. Students simply select the day, time, and the medical provider of their choice. There is an abundance of self-care tools and resources, helpful videos, and articles from experts.

See more detail about TimelyCare at right.

COUNSELING SERVICES

In addition to TimelyCare, Methodist University offers on-campus counseling services from trained professionals at "The Well" in West Hall. Students will undoubtedly go through times of transition, change, and growth. It is only natural to encounter challenges from time to time. Our counselors are here to help students through experiences and common mental health conditions like anxiety and depression as well as difficulty coping with stress, adapting to change, forming relationships, and balancing work, play, and rest. Students, anything that is a problem for you is an appropriate topic to bring up in a counseling session. Our goal is to provide you with the necessary tools to improve your overall well-being that will help you in being successful at Methodist University and beyond.



Counseling appointments are available at The Well Monday through Friday from 8 a.m. to 5 p.m. Call 910.630.7164 or email thewell@methodist.edu to make an appointment.



MARK GRONSKI
Director, Health & Counseling Services
910.630.7660
magronski@methodist.edu

METHODIST UNIVERSITY

5400 Ramsey Street
Fayetteville, NC 28311-1498
910.630.7000
methodist.edu
facebook.com/MethodistUniversity

YOUR FUTURE DEMANDS YOUR BEST.



Connect to your free services at
Methodist.edu/timely-care



TIMELYCARE AT MU

Visit methodist.edu/timely-care to find all the details, Health Services Forms, and even some additional local resources that students may need.

Here are some FAQs of the 24/7, virtual services:

How can I access TimelyCare?

Visit timelycare.com/methodist or download the TimelyCare app from your app store and register with your school email address. You can then start visits from any web-enabled device – smartphone, tablet, laptop, or desktop – anywhere in the United States.

Who can use TimelyCare?

Any enrolled student.

What services are available?

- *MedicalNow*: 24/7, on-demand medical care.
- *Scheduled Medical*: Select the day, time, and medical provider of your choice.
- *Health Coaching*: Professional support for developing healthy behaviors.
- *Self-Care Content*: 24/7 access to self-care tools and resources, such as meditation and yoga sessions, helpful videos, and short articles from experts.
- *Peer Community*: An anonymous and judgment-free space where you can connect with, react to, and support other college students going through similar situations.

Students are encouraged to call 911 for assistance when there is a life-threatening illness or injury. Students experiencing an emergency should also immediately notify their Resident Assistant (RA). The RA may help coordinate services.



STUDENT AFFAIRS



DIVISION OF STUDENT AFFAIRS

The Division of Student Affairs seeks to enrich the educational experience by promoting an inspiring environment where students can explore and discover their sense of purpose. We challenge students to grow personally and professionally as they engage within the learning community and strive to reach their fullest potential as productive citizens and good stewards of society.

STUDENT AFFAIRS

The division is comprised of eight departments all highlighted in this brochure. It is also responsible for judicial affairs and for overseeing Sodexo, our campus food service program. We're committed to communicating and collaborating with the entire University community to assist students and accomplish the MU academic mission.



WILLIAM H. WALKER, EdD
Vice President for Student Affairs
& Dean of Students
910.630.7152
wwalker@methodist.edu

Dr. Walker is the chief Student Affairs officer for the University and serves on the President's Cabinet. He is responsible for all aspects of

student life, including the eight departments that provide student services and co-curricular programs for student development and campus engagement.



CLIFTON BOBBITT, EdD
Assistant Vice President for Student
Affairs & Associate Dean of Students
910.630.7152
cbobbitt@methodist.edu

Dr. Bobbitt assists the dean of students with the overall supervision and management of the division. He directly oversees Campus

Recreation & Wellbeing as well as Health & Counseling Services.



SHANNON K. SHASTRY, EdD
Assistant Dean of Students and
Director of Residence Life
910.630.7333
sshastry@methodist.edu

Dr. Shastry assists the dean and associate dean of students with the overall supervision and management of the division, and

directly oversees Housing & Residence Life.



CAROL POPE
Program Coordinator
910.630.7152
capope@methodist.edu

Carol Pope is responsible for the operational and functional aspects of the Division of Student Affairs Office.

CAMPUS ENGAGEMENT

Methodist University Campus Engagement serves as the central gateway for student life outside of the classroom. Campus Engagement is full of opportunities for every student. Are you looking to get involved on campus, meet new friends, and make an impact on your community? Well, look no more, we are here to help you find your "one thing." If it's a club, organization, or academic honor society, Campus Engagement is your one-stop shop to get started. Also housed in this office are Student Activities, the Student Government Association, and Fraternity and Sorority Life.

STUDENT ACTIVITIES

Student Activities is located in Berns Student Center. Students interested in learning about and executing special events, alternative programs, event planning, and student entertainment should join the Student Activities Committee (SAC). SAC produces weekly events such as hypnotists, talent shows, live entertainers, casino nights, foam parties, and much more.

STUDENT GOVERNMENT ASSOCIATION

The Student Government Association (SGA) is the voice of the student population on campus. The association is governed by constitution and directed by officers and senators elected by the student body. The purpose of the SGA is to represent the students to the University administration and design programs to meet the needs of the students. All students are encouraged to participate in the programs sponsored by the SGA and to provide new ideas for implementation. Meetings are held bi-weekly and are open to all students.

FRATERNITY & SORORITY LIFE

Fraternity & Sorority Life at Methodist University provides the opportunity for students to participate in a unique experience. Currently, there are nine Greek organizations on campus. Fraternities and sororities have a long-lasting tradition of the four Greek Pillars – community service, excellence in scholarship, leadership development, and sisterhood/brotherhood bonds. For more information about Fraternity & Sorority Life, or for information about bringing a new organization to campus, please visit the Methodist University website.



GAVIN MYRICK
Director, Campus Engagement
910.630.7458
gmyrick@methodist.edu

CAMPUS RECREATION & WELLBEING

Campus Recreation & Wellbeing aspires to enhance the college experience by providing structured and unstructured leisure time for students. The Campus Recreation & Wellbeing staff is committed to cultivating a healthy social environment through student-driven programs. These opportunities include intramural sports, wellness programming, group fitness, club sports, and more. The activities offered allow students to meet a diverse group of people and support them in learning skills that will contribute to their social, physical, emotional, and intellectual growth and development. The mission of Campus Recreation & Wellbeing is to create an inclusive, fun environment and to provide programs and services that enrich the mind, body, and spirit and promote personal growth.



CYNTHIA REYES
Director, Campus Recreation & Wellbeing
910.630.7161
creyes@methodist.edu

DINING SERVICES

Dining Services is dedicated to enhancing the campus dining experience with a variety of high-quality options. Sodexo is thrilled to offer the Green & Gold Dining Hall and beloved new option, Freshens, ensuring that students and staff can enjoy their favorite meals conveniently on campus. The Monarch Cafe, featuring a full range of Starbucks beverages, provides a welcoming space for socializing. Additionally, our comprehensive catering service is designed to meet diverse needs and elevate special events across the University. Students can easily fulfill all their basic shopping needs at the Monarch Market, which offers a convenient range of essentials and everyday items right on campus. Dining Services also has innovative dining concepts in the McLean Health Science Building, reflecting our commitment to culinary excellence and student satisfaction. At Methodist University, Dining Services is committed to delivering exceptional dining experiences that enrich campus life.



RICHARD MCMULLEN
General Manager, Sodexo
richard.mcmullen@sodexo.com

HOUSING & RESIDENCE LIFE

We have found value, and no doubt you will, from the unique experiences that residence hall living provides. Our staff recognizes that residence hall living is an integral part of the educational process. Whether you live in a traditional hall or suite, our commitment is to provide you with a healthy, clean, and safe environment. Our residence hall staff is here to provide information, counseling, and programming for residents. By choosing to live in the residence halls, you will be at the center of campus activity, close to classes and dining facilities, and right in the midst of so many social activities! Living on campus is convenient, affordable, and fun!



DR. SHANNON K. SHASTRY
Assistant Dean of Students and
Director of Housing & Residence Life
910.630.7333
sshastry@methodist.edu

PUBLIC SAFETY

The Department of Public Safety works 24-7-365 to help keep Methodist University a safer and more secure place to learn, live, work, and grow. Our continuing mission is to service and protect the University community while fostering an atmosphere of integrity, courtesy, and respect. We seek to continuously improve the quality of our services to meet the MU community's changing needs. We are committed to delivering the highest level of professional support to our students, faculty, staff, and guests.

Department of Public Safety
910.630.7098
mupublicsafety@methodist.edu

STUDENT CONNECTIONS & OUTREACH

The Student Connections & Outreach Office serves as a vibrant hub dedicated to fostering meaningful engagement and support across the campus community. It plays a vital role in helping students build strong relationships – both peer-to-peer and with the University – by coordinating a wide array of programs, events, and services designed to enhance student life. Through initiatives such as orientation programs, mentorship opportunities, leadership development, and cultural engagement events, Student Connections & Outreach works to ensure every student feels welcomed, supported, and empowered to thrive academically, socially, and personally. By prioritizing connection and engagement, the department strengthens Methodist University's mission to develop whole persons and global citizens.