

UNIVERSITY OF MINNESOTA
Driven to DiscoverSM

GOLD BOOK

Your Guide to the
First Year



**Partners in transitioning to college life:
Orientation & First-Year Programs and you**

Orientation & First-Year Programs (OFYP) provides quality transitional experiences like New Student Orientation and Welcome programs. We work with more than 50 campus departments to help you maximize your potential for personal and academic success. Whether you are an incoming freshman or a transfer student, our programs and communications will help you navigate the complex transition to the University of Minnesota and provide the tools you need to start your first semester here.

If you need anything during your transition, OFYP is here to help.

Orientation & First-Year Programs
OFFICE OF UNDERGRADUATE EDUCATION

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Welcome to the University of Minnesota and Orientation

Here it is—your first college book! It has many authors: People from more than 50 departments across campus contributed to it with the hope that any information you learn now about the University of Minnesota will help make your transition to college life a smooth one.

So, read carefully—and then read it again. You will use this as a workbook during Orientation, and the hope is that you will use it as a reference at the beginning of the semester.

This book is designed to support your transition with sections Life at the U of M, Learning at the U of M and Making the Transition. It will introduce you to some of the University's departments and services — and the people, places, and things that will be a part of your daily life. Orientation & First-Year Programs takes a holistic approach to the undergraduate experience by considering all aspects of collegiate life including your transition to college. We want to assist you with navigating the campus, creating a safe and respectful environment. It will introduce you to the resources that will help you make healthy choices and finance your education. You will learn about academic expectations, know where to go to get help with everything from studying to writing papers, and discover ways to get involved on campus and in the community.

The goal of this publication and of everyone on campus is to help you thrive in this great living and learning environment so you feel like you belong here.

You will also have access to endless resources, starting with the U of M's huge website. Every section in this book includes links to guide you to more information. A pdf of this publication—with active links—will be available in July at www.ofyp.umn.edu

At the end of most sections you will find a list of reminders—things that you should know or do before you arrive for Welcome Week. Here's your first list:

- If your parent/s are not with you today, make sure you share this publication with them.
- Remember to bring this book with you when you come back to campus. Use it as a reference at the beginning of the semester.
- Seek new friends! Orientation is the ideal time to start making connections.



This publication is for all new students whether you are a new first-year student or a transfer student. Most of the information in this book applies to everyone, but on occasion there is information specific to transfer or international students. That information will be marked with these icons:

 **Transfer Students**

 **International Students**

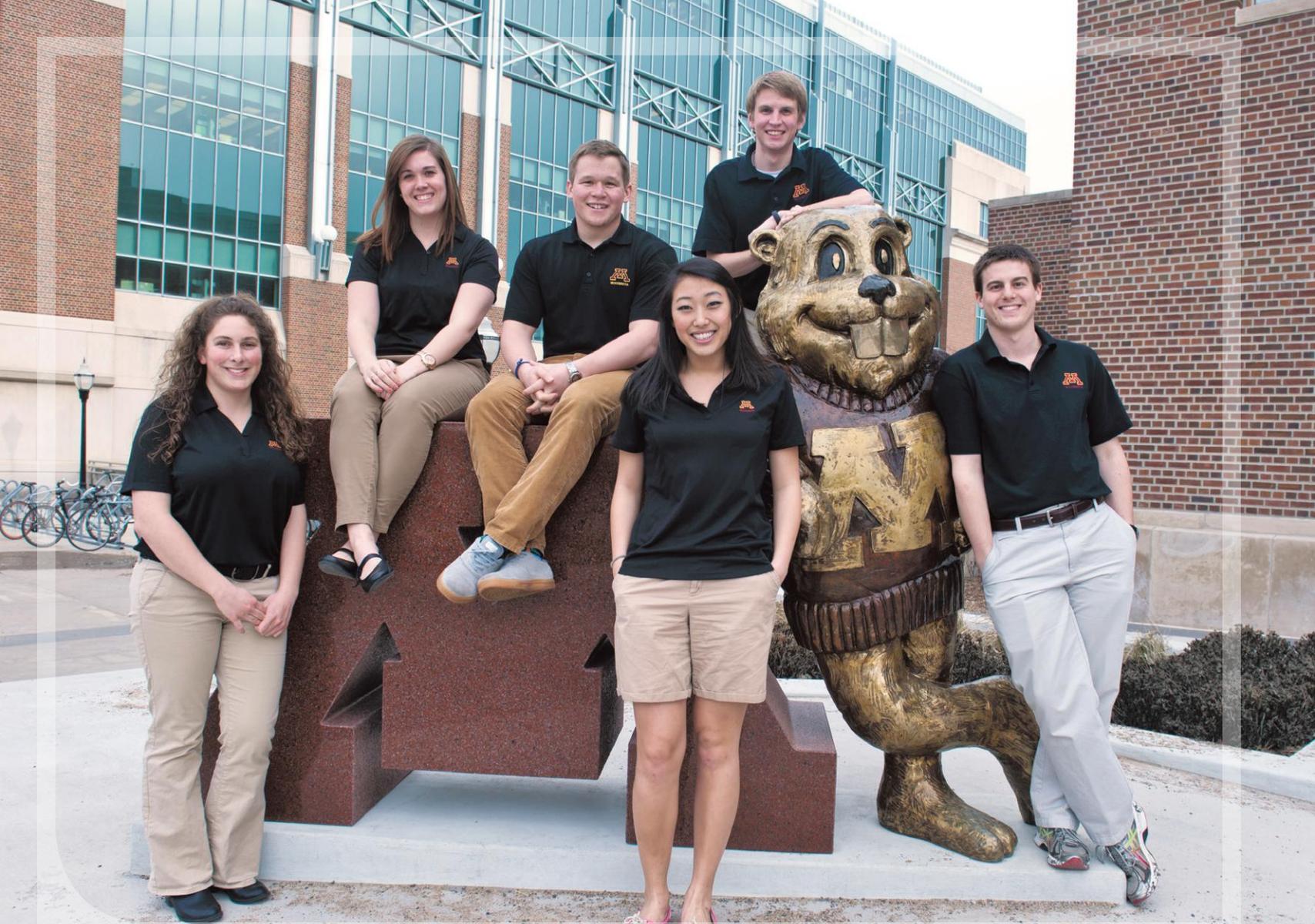


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Expectations for your experience

During Orientation and your fall Welcome program you will hear a lot about Student Learning and Student Development Outcomes. These outcomes provide a framework for your undergraduate experience. The University of Minnesota recognizes that an undergraduate education is made up of a liberal education curriculum and a wide variety of experiences in and out of the classroom. By advancing these outcomes you are positioning yourself for success.

Student Learning Outcomes

The Student Learning Outcomes help guide faculty to develop courses and learning activities and provide strategic ways to improve teaching and learning. The hope is that the Student Learning Outcomes prepare you to speak about your experience and knowledge. This is an example of the University's commitment to exceptional teaching and learning.

You can begin working toward achieving these outcomes today; see the examples below from current students:

Can identify, define, and solve problems

Demonstrate your ability to plan out your degree requirements to put yourself in a position to graduate in a timely manner.

Can locate and critically evaluate information

In preparing for writing research papers, understand how to find and use appropriate resources.

Have mastered a body of knowledge and a mode of inquiry

Use what you have learned in your coursework with what interests you to find out more about something new

Understand diverse philosophies and cultures within and across societies

Participate in a co-curricular experience where you are exposed to different cultures that expand your view of the world.

Can communicate effectively

Have the ability to articulate how your interests, strengths, values, and motivations relate to your intended major(s).

Understand the role of creativity, innovation, discovery, and expression across disciplines

Participate in class discussions, research opportunities, and personal reflection to promote the free exchange of ideas.

Have acquired skills for effective citizenship and lifelong learning

Embrace the liberal education requirements, as it will prepare you for the continually shifting, increasingly complex world we live in.

More information: www.slo.umn.edu

*“Come to college with an open mind. If you have friends going to the same school, remember that you can make new ones. Paths tend to separate and personalities may change. It isn't a bad thing, it just opens the door for new opportunities.”
— first-year student*



Expectations for your experience

Student Development Outcomes

The Student Development Outcomes help students become lifelong learners and engaged and effective citizens. You will be expected to be involved in activities that will help you build on these areas—including service-learning programs, volunteer programs, internships, learning abroad programs, and student activities.

Responsibility and Accountability

Familiarize yourself with each of your course syllabi and create a system for keeping track of assignment deadlines and exam dates. Use your Gopher Guide!

Independence and Interdependence

Study hard, but know that help is available, and don't be afraid to seek it out when needed.

Goal Orientation

Remember why you decided to attend the University, stay focused on your goals, and limit distractions that prevent you from achieving them.

Self Awareness

Be open to learning about your Strengths and how to utilize them to adapt to new situations.

Resilience

Know that exams and paper are not always going to go as expected, but there will be opportunities to improve and people and resources available to help.

Appreciation of Differences

Challenge yourself to meet people different than yourself; this will allow you to work effectively and respectfully with others.

Tolerance of Ambiguity

Maintain focus and motivation even when the process is unclear.

More information: www.sdo.umn.edu You can read about involvement opportunities in the section "Getting Involved" on page 44.

Strengths

After Orientation, you'll be asked to complete the StrengthsFinder assessment. The online assessment is a great tool to discover more about yourself and how to capitalize on your talents to do well at the University of Minnesota. This all goes hand-in-hand: The University wants to help you reach these outcomes by doing what you do best every day.

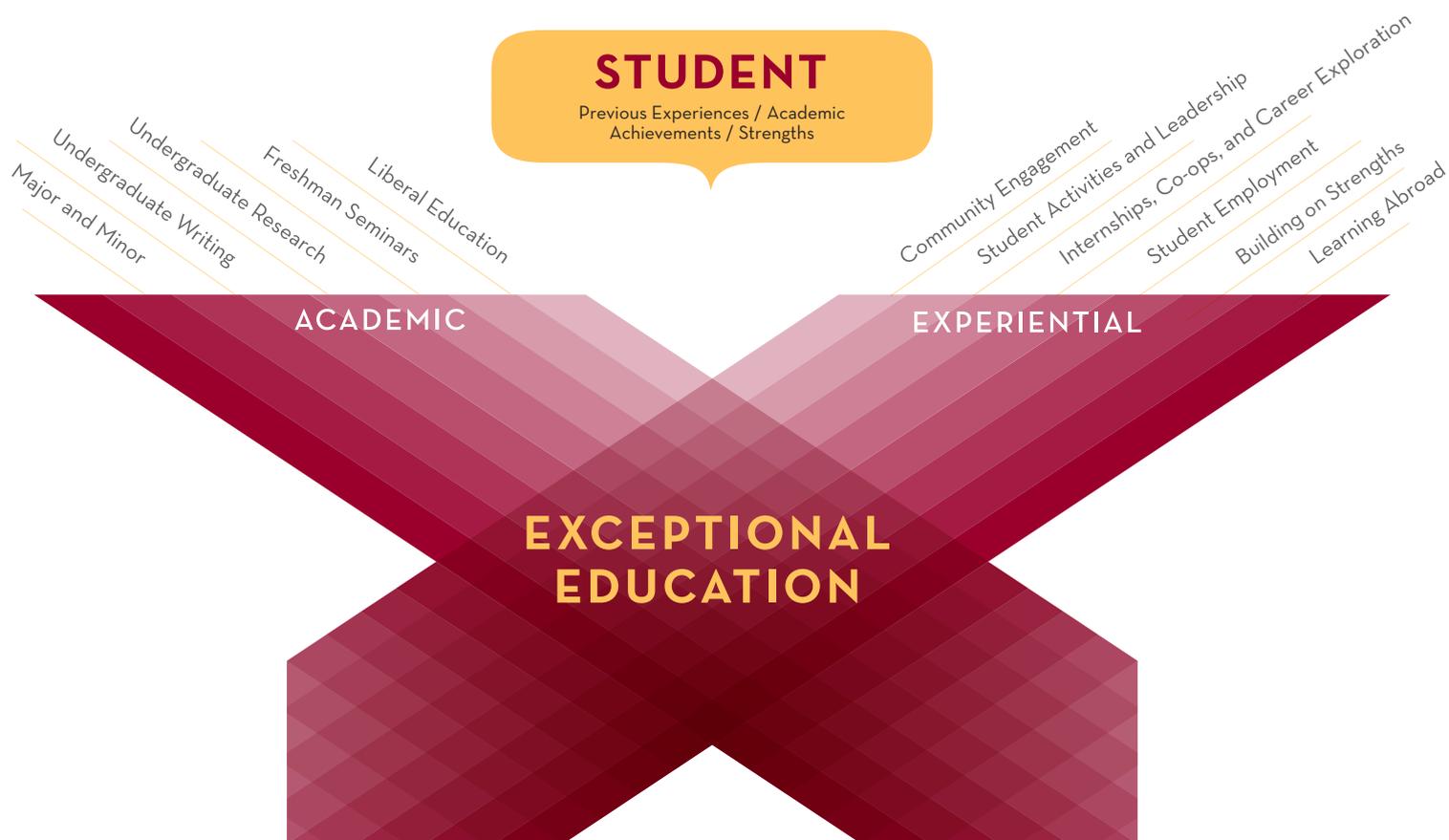
Are you competitive? Maybe having harmony in your life is important to you. Do you adapt well? Does communicating ideas and thoughts come easily? Knowing what you do best will help you develop your talents into Strengths, so you can thrive and work to your full potential in academics, relationships, career goals, and leadership opportunities.

You'll receive information about taking the online StrengthsFinder assessment in the next few weeks. Come back for your Welcome program ready to talk about your Strengths.

More information: strengths.umn.edu

THE UNDERGRADUATE EXPERIENCE

A DISTINCTIVE LEARNING PARTNERSHIP FACILITATED BY FACULTY AND STAFF



STUDENT DEVELOPMENT OUTCOMES

AS THEY PROGRESS TOWARD THEIR DEGREE, STUDENTS WILL DEVELOP AND DEMONSTRATE:

- Responsibility and Accountability
- Independence and Interdependence
- Goal Orientation
- Self Awareness
- Resilience
- Appreciation of Differences
- Tolerance of Ambiguity

STUDENT LEARNING OUTCOMES

AT THE TIME OF RECEIVING A BACHELOR'S DEGREE, STUDENTS:

- Can identify, define, and solve problems
- Can locate and critically evaluate information
- Have mastered a body of knowledge and a mode of inquiry
- Understand diverse philosophies and cultures within and across societies
- Can communicate effectively
- Understand the role of creativity, innovation, discovery, and expression across disciplines
- Have acquired skills for effective citizenship and lifelong learning

RESULTING IN GRADUATES WHO ARE HIGHLY MOTIVATED LIFELONG LEARNERS, LEADERS, AND GLOBAL CITIZENS.

UNIVERSITY OF MINNESOTA
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Life at the U of M

So, you are here for your education. But faculty and staff know you have other things on your mind right now. Where will you live? Where will you eat? How will you get to class? It will be much easier to focus on academics if you have a basic understanding of what to expect each day—outside the classroom.

Remember that tip to read through this book a second time? It might be wise to start here. If you're confident in your knowledge about these things, your transition to the U of M is likely to be less stressful.

This section includes information on:

- U Card
- Housing
- Eating on Campus
- Getting Around Campus
- Your Safety
- Financing Your Education
- Technology
- Getting Involved



U Card

The U Card is your official University of Minnesota personal identification card. Carry it with you at all times. You will use it all over campus to identify yourself as a member of the University community.

Your U Card does just about everything with the many different features associated with it. These features include building access, meal plans, FlexDine, library borrowing privileges, verification card to charge student account, ATM card with the optional TCF U Card Checking Account and using your Gopher GOLD™ Value, the University's declining balance account that allows you to make purchases on campus with your U Card (see page 31).

You can also use your U Card to receive discounts on and off campus, get into athletic events and check in at University Recreation and Wellness locations.

Since your U Card is used for almost everything, you want to avoid misuse, loss, or theft. If you see or know of anyone using someone else's U Card, notify University Police by calling 911. There are serious consequences when fraudulent use of the U Card occurs, including involvement by the Office of Student Conduct and Academic Integrity (OSCAI, see page 57) and possible immediate U Card deactivation.

To avoid misuse of your U Card, DO NOT:

- lend it to anyone for any purpose.
- allow anyone to take your U Card for collateral.
- photograph your U Card and reproduce it either in print or on social media websites.

Report lost or stolen U Cards immediately. Call the U Card Office (**612-626-9900**) or visit the U Card website to deactivate your U Card. Deactivating your U Card cancels all account and access privileges/permissions for FlexDine, meal plan, and Gopher GOLD™ value accounts and residence hall and other door access. Once your U Card has been deactivated, it cannot be reactivated and there may be a fee to replace it. If your U Card is stolen it will be replaced at no cost when you present a police report at the time of reissuance. You will need to bring a government issued photo ID with you each time you replace your U Card.

You will get your U Card on Day Two of Orientation after you have registered for classes.



The U Card is required so make sure you stop at the U Card Office in Coffman Memorial Union to get your card. The U Card can be used for many things on campus. You will see the U Card icon throughout this book highlighting the different ways you will use your U Card on campus. For now, remember:

- Get your U Card.
- Keep your U Card with you at all times.
- It is a bad idea to put a picture of your U Card or your U Card photo on a social media site. Think identity theft!

More information: www.umn.edu/ucard

Housing

Welcome to your new home away from home. Housing & Residential Life (HRL) offers lots of extras to make your residence hall room feel like home. Read on for lists of what to bring (and what you can't), and details on renting lofts, bunks, microwaves, and more. HRL has programs and policies in place to help students thrive in a safe, nurturing environment. You will learn about those things here, too.

But first, here are some details on how rooms are assigned—and when you can move in.

Housing assignments

You will get your room assignment by July 31. Expect an email (and something in the mail) with a link so you can look online for details about where—and with whom—you will be living.

Assignments are based on the date applications are completed—that includes completing and sending in the housing application, a \$25 application fee, and meeting the housing guarantee, a \$200 fee that was due by May 15. (Students can request a housing guarantee extension.) Assignments are then made based on preference and what is available, in the following order:

1. Living Learning Community (LLC) requests.
2. Specific, mutual roommate request.
3. Your preferred residence hall.
4. Your preferred room type (double, single, etc).
5. Roommate matching questions answered within your housing application.

Moving in

Dates

AUGUST 15

University apartment Move-In begins at 8:00 a.m. (Yudof, Wilkins, University Village).

AUGUST 25 & 26

Move-In for all residence halls—for incoming first-year students. Please refer to the housing assignment letter you will receive in July for specific details regarding your move-in day and time. Please note that Sanford, Comstock, and 17th Ave residence halls will move in on August 26.



AUGUST 30

Returning residents and transfer students move in beginning at 8:00 a.m.

Move-In: Roll up, unload, roll out

Move-In can be exciting and stressful—for students and parents. Expect a busy, exciting day, and try to relax and enjoy the experience.

Welcome Week Leaders and University staff will be available August 25 and 26 at residence halls to assist with the move-in process, point you in the right direction, and answer questions.

Moving carts will be available. They can be checked out at all residence halls on a first-come, first-served basis. Bring a handcart of your own if you wish.

Parking during Move-In:

There will be unloading zones near most buildings. After you have unloaded, please move your vehicle to designated parking, which will be clearly marked. Do not bring a trailer or oversized vehicle (due to high traffic and a lack of big enough parking spaces). Staff and volunteers will be available August 25 and 26 to assist with parking information and traffic control. Due to the extended move-in period for University apartments, please follow all parking regulations.



More than 5,000 new students live in on-campus housing. Research shows that students who live on campus are more academically successful and are more engaged in college life.

Making your room a home

Preparing for Move-In may feel overwhelming. Housing & Residential Life has lots of experience helping students make the transition to living on campus. First, the basics. Your living space will have:

- An extra-long twin bed (80 inches)
- A closet or wardrobe (expanded spaces may have a clothes rack)
- A desk and chair (expanded spaces may have tables)
- A dresser
- Window coverings (blinds or drapes)
- Smoke detectors
- Local telephone service (phones are not provided)
- An in-room cable TV connection
- Ethernet and wireless connections
- A trash receptacle
- Recycling containers
- Carpeting (except Pioneer Hall)

See the lists (to the right) of what to bring, and what is not allowed. The following appliances ARE allowed: iron, hair dryer, drip coffee maker, espresso maker, blender, hot pot, refrigerator (4.3 cubic feet or less), microwave (700 watts or less). MicroFridges and refrigerators may be rented (see details next page). It's a good idea to contact your roommate(s) before moving in to avoid bringing duplicate items.

Loft and bunk registration process

Housing & Residential Life provides residence hall students with a convenient loft and bunk program that includes installation before students arrive.

Lofted or bunked beds allow for extra storage and more space to move around your room. Lofted beds provide 55 inches of space below the bed. If you choose to not loft or bunk your beds, they can still be adjusted—up to 27 inches above the floor—to allow for extra storage.

Beds in most rooms can be lofted or bunked, but there are a few rooms in residence halls that cannot be altered due to space limitations. The online move-in guide shows your room configuration.

WHAT YOU NEED TO BRING:

- Phone and answering machine
- Non-halogen desk, floor, or bedside lamp
- Extra-long twin sheet set (80 inches)
- Pillow
- Comforter/bedspread and blanket
- Towels and washcloths
- Alarm clock
- Flashlight
- Bathrobe
- Flip-flops for the shower
- Personal toiletries (shampoo, soap, lotion, etc.)
- Small carrying case or plastic bucket to carry toiletries
- UL-listed extension cords/surge protectors
- Clothes hangers
- Laundry basket/bag (and detergent)
- Storage boxes that fit under the bed
- Bicycle and bike lock (bike racks are located at each residence hall)
- Television and cable TV cord
- One set of dishes/silverware
- Prescription medication
- Personal computer and Ethernet cord

DO NOT BRING:

- Alcohol (including empty alcohol containers)
- Appliances with open heating elements such as oil popcorn maker, toaster, toaster oven, hotplate-type burner, counter top grill, pizza baker/carousel, counter top sandwich maker, broiler, hotplate, etc. (Note: if assigned to an apartment, you may bring these items.)
- Candles or incense
- Firearms/weapons/explosives
- Firecrackers
- Halogen lamps/kerosene or oil lamps
- Hookahs
- Multiple outlet (octopus) adapters
- Pets (fish are allowed in up to a 10 gallon tank)

Housing



Here's another great convenience: You can rent a microwave, refrigerator and freezer combination appliance for your room. If you place your order by August 11, the MicroFridge will be delivered to your room before you move in. The rental cost is \$175 plus tax. You can rent a 3.6 cubic foot refrigerator for \$65 plus tax.

Students can also purchase a futon, which is custom-designed and guaranteed to fit under a lofted bed. The cost is \$229.99 plus tax if ordered by August 11. It will also be delivered to your room before you arrive.

You can register—and pay—for a MicroFridge or a futon at www.housing.umn.edu/bedloft after you receive your housing assignment. You can pay with a credit/debit card, or by mailing in a check. Be sure to use your University (umn.edu) e-mail address. See the website for answers to frequently asked questions. Please make sure to place your order by August 11 to ensure that the item(s) you order will be delivered to your room before you arrive.

Sending & receiving packages

Packages are accepted at the residence hall and apartment information desks only if received through the U.S. mail or by a bonded delivery service. If someone needs to drop something off for a resident after move-in day, the student must be home to accept the item.

Packages will not be accepted before August 22. Items will not be accepted and/or held for residents at the information desks.

Technology in your room

Each resident will receive one high-speed Internet connection in his or her residence hall room. This wired Ethernet connection is the most reliable, fastest, and most secure. Bring an Ethernet cable to use the wired connection. There is a University wireless service in the residence halls and apartments, but you will need to use the wired connection for movies, IPTV, or gaming.

More information: www.resnet.umn.edu.
(ResNet is how the University refers to technology services—wireless, cable, TV, Ethernet, telephone—in residence halls and apartments.)

You will need to follow the instructions provided by Information Technology for initiating your account and preparing your computer on page 34.

No printer? No problem. From your room you can send your paper to print in the computer lab and pay for it when you pick it up. There are also computers in the labs for your use with MS Office and Adobe Creative Suite.

UMN-TV is distributed via coaxial cable TV outlets eliminating the need for set-top boxes. UMN-TV provides more than 100 channels of digital TV content. Bring a coax cable to connect your TV.

More information (including channel line-up): www.resnet.umn.edu/cable.

Renter's insurance

TVs, computers ... This seems like a good place to mention that the University does not provide insurance and does not cover personal possessions. Remember to check your homeowner's insurance coverage information to see if your personal property is covered. If not, it's a good idea to consider purchasing renter's insurance.



All doors leading to residence halls, residence hall rooms, and apartments are locked 24 hours a day. You will use your U Card for access to your building or apartment. To get in, swipe or tap your U Card at the card reader. Your U Card must be activated for your residence hall during Move-In. Read more about your U Card on page 7 and at www.umn.ucard.edu.

Ensuring a respectful community

The University wants to ensure a healthy and respectful environment for all students. That's the basis of the Community Behavioral Standards. These standards reflect a respect for the rights and responsibilities necessary in community living situations, and are created to help keep people safe. When students violate the Housing & Residential Life policies/Community Behavioral Standards, they will go through the Housing & Residential Life Student Conduct process, which is designed to be educational rather than punitive. Through this process, HRL finds that students learn the importance of personal responsibility, the value of fairness, and the crucial role of honesty for all members of the University community.

Know your rights and what is expected of you as a student. Policies, regulations, and an outline of due process is located here:

www.housing.umn.edu/guidebook.

Foundation for Success

Housing & Residential Life (HRL) works hard to make the University of Minnesota feel like home. But they're interested in more than where you live: They want you to succeed! The Foundation for Success program is specifically for students living on campus, and is designed to be a partnership in which HRL works to help students make their short- and long-term goals and dreams come true.

You will be asked to complete a Personal Success Plan that will be the foundation of your residential experience. Living on campus is an amazing way to meet lifelong friends and have once-in-a-lifetime experiences, but it will also be a place that sets you on a path to achieve great success in all areas of your life.

HRL hopes to help each student achieve five core outcomes (see below). Research shows that students who reach these outcomes thrive in their college experience and go on to experience lifelong happiness and success. Community Advisors, living in each community will be enthusiastically waiting for students to move onto campus in late August to help facilitate this exciting experience.

Five Core Foundations for Success Outcomes:

- Each student will do what they do best every day.
- Each student will have strong and positive relationships.
- Each student will make sound financial decisions.
- Each student will make healthy and sustainable choices.
- Each student will have an inclusive and engaged community experience.



Housing

Whether you hope to make friends during the first couple weeks, finish your first semester with a 4.0, or set yourself up to have the career of lifetime, Foundation for Success will help make it more possible. If you want to be an educator, engineer, artist, entrepreneur, or lawyer—or simply strive to make the world a better place—Foundation for Success will make it more likely that the hard work you put into achieving your dreams pays off.

Living off campus

Finding a place to rent

Housing & Residential Life offers a free web-based rental listing service. U of M students can view all listings and post sublet listings at www.housing.umn.edu/offcampus.

University Student Legal Service (page 26)

Don't make a costly mistake. Have your lease reviewed by a legal professional at USLS before you sign it. Be sure to personally examine the property carefully and understand your rights and responsibilities as a tenant.

Fraternity and Sorority life

More than 30 University of Minnesota fraternities and sororities provide housing to active members of their organizations. (Usually these students have completed their

first year on campus.) Typically, fraternities and sororities are lower cost than traditional off-campus housing, and provide meals, parking, and utilities. Each property is privately run and operated by alumni house corporations or boards that manage the facilities on an annual basis. Fraternities are often open year-round while sororities are closed during breaks and summer months.

For information on living in one of these historic facilities, you can reach out to any of the organizations by finding their contact information under "Chapters" at www.begreek.org.

TO DO:

- ❑ Watch for your housing assignment (July 31) and remember your move-in day and time.
- ❑ Make lists of what you have for your room—and what you need. Be in touch with your roommate/s to avoid bringing duplicate items.
- ❑ Familiarize yourself with the Community Behavioral Standards and the Foundations for Success outcomes.
- ❑ Check your (parents') homeowner's insurance coverage information and/or look into renter's insurance.



MORE HOUSING-RELATED LINKS:

IMPORTANT DATES

www.housing.umn.edu/important_dates

ASSIGNMENT TOURS

www.housing.umn.edu/faqs

HALL AND APARTMENT CONTACT INFORMATION

www.housing.umn.edu/halls

STAFFING IN THE RESIDENCE HALLS AND APARTMENTS

www.housing.umn.edu/orientation

SUSTAINABILITY

www.housing.umn.edu/sustainability

LIVING WITH ROOMMATES

www.housing.umn.edu/movein/roommate

TRANSFER STUDENTS HOUSING

www.housing.umn.edu/transfer

EXPANDED HOUSING

www.housing.umn.edu/expanded

RESIDENCE HALL AND APARTMENT AMENITIES

www.housing.umn.edu/contractbook/home

Eating on Campus

Eating on campus will be an integral part of your life at the University of Minnesota. There are more than 35 food courts, restaurants, coffee shops, and convenience stores on campus. And there are lots of options when it comes to meal plans, too.

If you will be living in a residence hall, you have already chosen one of six meal plans when you applied for housing. If you are a commuter or will live in an apartment on or near campus, University Dining Services (UDS) offers block plans and FlexDine plans to fit your schedule.

With a residential meal plan students have two dining options—all-you-care-to-eat meals at residential restaurants or FlexDine to be used in any UDS operated

location on campus, as well as at TCF Bank Stadium. Your meal plan can be used in any of the seven residential restaurants (Bailey, Centennial, Comstock, Middlebrook, Pioneer, Sanford, and 17th Ave. Hall).

Read on for details about specific meal plans. The calendar at the end of this section includes important meal plan-related dates.



Eating on Campus

Meal plans

Students living in residence halls



Each time you eat in an all-you-care-to-eat residential restaurant, one meal will be subtracted from your meal plan balance. Meals on the 14 meals per week or 11 meals per week plans do not carry over from one week to the next. The meal week begins Monday and ends Sunday. With the Anytime Dining plan, you have an unlimited number of swipes and will have access to eat in on-campus residential restaurants as often as you choose.

All you need to use your meal plan is your U Card, which will be swiped upon each entry into the residential restaurant. If you don't indicate your meal plan preference, you will automatically be assigned to the 14 meals per week + \$100 FlexDine plan.

Residential meal plans can be changed during the first two weeks of the fall semester on the Housing & Residential Life website (www.housing.umn.edu). Instructions on how to change your spring meal plan will be emailed to your University email account in November.* Additional information regarding meal plan changes can be found at the University Dining Services website: www.dining.umn.edu/MealPlansFlexDineDetails.

*Meal plan changes for spring semester must be requested before beginning of meals for spring semester, which is Saturday before classes begin.

RESIDENCE HALL STUDENT MEAL PLAN OPTIONS 2014-2015

NAME	PLAN	PRICE
Anytime Dining	Unlimited Meals + \$100 FlexDine	\$2,000
Anytime Dining Upgrade	Unlimited Meals + \$250 FlexDine	\$2,100
14 Meals per Week	14 Meals per Week + \$100 FlexDine	\$1,817
14 Meals per Week Upgrade	14 Meals per Week + \$250 FlexDine	\$1,950
11 Meals per Week	11 Meals per Week + \$100 FlexDine	\$1,750
11 Meals per Week Upgrade	11 Meals per Week + \$250 FlexDine	\$1,875

IT'S AS SIMPLE AS A SWIPE

A magnetic strip on the back of your U Card works with the UDS computer system to identify you as a meal plan holder. If you are dining in a residential restaurant, you can't eat without your U Card—unless you have cash. Credit/debit cards are not accepted.

Students living in apartments or commuting

Apartment residents or commuters have the option to choose a meal plan at any time, but we recommend ordering by August 25. In addition to being able to take advantage of any of the residential meal plans, on campus apartment residents or commuters may sign up for semester block meal plans or FlexDine plans—a flexible option for students with a busy schedule. Meal swipes can be used at 17th Avenue, Sanford, Bailey, Centennial, Pioneer, or Sanford restaurants.

ADDITIONAL COMMUTER MEAL PLAN OPTIONS 2014-2015

NAME	PLAN	PRICE
75 Block	75 Meals per Semester + \$100 FlexDine	\$800
45 Block	45 Meals per Semester + \$100 FlexDine	\$500
All Flex	\$315 FlexDine	\$300



What is FlexDine?

Along with access to the residential restaurants, each meal plan comes with FlexDine dollars that can be used at any on-campus University Dining Services location, including Starbucks, Panda Express, Freshii, Papa John's, Caribou Coffee, and concessions at TCF Bank Stadium. These dining dollars are loaded right on to your U Card for the ultimate convenience.

FlexDine makes your U Card work like a debit card. When purchasing food, present your U Card to the cashier and let them know you want to use FlexDine. They will swipe your card and deduct your purchase from your FlexDine account balance. University Dining Services also accepts Gopher Gold™ Value.

Students can add to their FlexDine account as needed throughout the semester in \$25 increments at the Meal Plan Office in Coffman Union, room B41 (by cash, check, credit card to student account), at the U Card Office in Coffman Union (by cash or check) or online at www.dining.umn.edu/MealPlansFlexDine.

You can check your FlexDine balance by asking a cashier. You may also contact the meal plan office at **612-624-0558** or check your balances online at www.gophergold.umn.edu/balance.php.

Unused FlexDine dollars do carry over from one academic period to the next (semester to semester) until the balance has been used or when there has been one continuous year of inactivity on the FlexDine account. After one year of inactivity, any funds remaining will revert back to the University of Minnesota.

Commuter students can purchase FlexDine-only plans.

You will read more about FlexDine—and where your dollars can be used—throughout this section.



PIZZA DELIVERY ON CAMPUS

Craving pizza? You can use your FlexDine to order Papa John's pizza delivered to your residence hall. If you are on East or West Bank call **612-379-8890** or in St. Paul call **651-487-9990**.

Meal plan and FlexDine terms and conditions

All funds and plans purchased for use in UDS locations at the University of Minnesota-Twin Cities campus are for the personal use of the owner of the account or plan only and are non-transferable. The funds and plans cannot be used as a gift card or gift certificate.

Meal Plan and FlexDine terms and conditions can be found at www.dining.umn.edu. Unused University Dining Services FlexDine balances remaining on your U Card at the end of each semester will remain available for your use until one year of inactivity occurs on the account. After one year of inactivity, any funds remaining will revert back to the University of Minnesota.

FLEXDINE DOLLARS—THE PERFECT GIFT

Hey, parents—and grandparents, aunts, uncles and friends—FlexDine makes a gift! Treat your student to a Starbucks coffee or help load up their campus space with room essentials by adding FlexDine Dollars to their U Card. For more information contact the meal plan office at **612-624-0558**.

Eating on Campus



DON'T SKIP A MEAL: PLAN AHEAD WITH GRAB & GO

You can use one of your meal plan swipes each week (Monday – Friday) for a customizable to-go meal. Each option includes a sandwich or salad, three side items, and a beverage.

Order your Grab & Go meal online at www.dining.umn.edu by 5:00 p.m. at least one day in advance. Pick up your meal anytime after 7:00 a.m. at the residential restaurant you selected when you placed the order. One meal will automatically be deducted on the day you indicated for pick up. Due to system limitations, only one Grab & Go meal can be ordered each day.

Students can add to their FlexDine account as needed throughout the semester in \$25 increments at the Meal Plan Office in Coffman Union, room B41 (by cash, check, credit card to student account), at the U Card Office in Coffman Union (by cash or check) or online at www.dining.umn.edu/MealPlansFlexDine

Residential restaurants

Finding a place to eat

Residence hall students with meal plans can eat at any of the seven all-you-care-to-eat residential restaurants for breakfast, lunch, brunch, and dinner. Enjoy international entrées, home-style grill items, fresh pizza, make-your-own salads, and more! There are vegan and vegetarian selections every day, as well as salads, deli sandwiches, soup, pizza, and rice.

Late-night dining is a must for many college students, so be sure to grab your new friends and head to Centennial Restaurant for delicious food in front of the big screen TV until midnight Sunday through Thursday.* Don't Forget Taco Tuesday.

* Centennial is open until 12 a.m. Sunday – Thursday.

Food courts on campus

If you are in the mood for a quick meal, food courts are the place you will meet and eat between classes.

East Bank (Coffman): Minnesota Market Place (Panda Express, Chick-fil-A, Topio's, Einstein Bros, Baja Sol, Greens to Go, Cranberry Farms), Erbert & Gerbert's

West Bank (Carlson School of Management): Panda Express (new fall 2014), Burger Studio, Subway, Papa John's

St. Paul (Student Center): Papa John's, Subway, Greens to Go

MINNESOTA MARKETPLACE



Campus coffee

Looking for the perfect study spot? Do you want a latté and scone while you get some reading done? Coffee cafés are all over campus.

East Bank: Einstein Bros, Starbucks, Java City, Dunn Bros., Caribou Coffee

West Bank: Starbucks, Java City, Dunn Bros

St. Paul: Java City



Convenience stores

Residence hall convenience stores are located in Centennial, Middlebrook, and Sanford and offer everything from snacks to shampoo. Stock up using your FlexDine dollars!



You can use your Gopher Gold™ at Gopher Express Coffman Union or at the Gopher Spot in the St. Paul Student Center.



IT'S MY TREAT!

Each residential meal plan includes 10 guest meals to treat friends and family to all-you-care-to-eat meals in residential restaurants. You can also use FlexDine dollars to treat your guest at any of the residential restaurants and campus restaurants.

Healthy eating

Healthy eating on campus has never been easier. UDS offers a variety of healthy options, including low-fat, gluten-free, vegan, and vegetarian foods and beverages. Made-to-order entrée stations and garden-fresh salad bars in the residential restaurants let you customize your meal to fit your lifestyle.

- UDS offers individualized help if you are on a special diet. Students can meet with a health and wellness coordinator to discuss special dietary needs and dining options. Contact the registered dietitian at **612-626-8977** or dining@umn.edu.
- Nutrition brochures are available at residential restaurants and food courts.
- Daily menus and nutrition information is listed at www.netnutrition.dining.umn.edu. You can filter the menu by specific dietary needs and food allergies.
- Look for Healthy for LIFE™ logos to help identify nutritious choices in residential restaurants.

Counting calories and tracking your exercise and activity level is a great way to help you make good choices and live a healthy life. MyFitnessPal can help! MyFitnessPal is a free app that makes finding nutrition information and counting your calories quick and easy on any smartphone, tablet or computer. As part of the Healthy for Life program, UDS now allows you to search for menu items from residential restaurants and food courts on MyFitnessPal.

Gopher GOLD™ Value

Your U Card is used to access your Gopher GOLD™ account so you can pay for purchases at campus merchants with Gopher GOLD™ Value. Gopher GOLD™ Value is money that you deposit into your Gopher GOLD™ account eliminating the need to carry cash on campus. You can make deposits at the U Card Office with cash or check, at Value Port machines (visit www.gophergold.umn.edu for machine locations) on campus with cash, or online with a credit or debit card. Family members can also make deposits into your account through the website once you give them parent/guest access. Once you have made a deposit, you can use Gopher GOLD™ Value to grab a quick snack from a vending or beverage machine or an entire meal from a campus restaurant or convenience store. Make a deposit or check your Gopher GOLD™ Value balance online at www.gophergold.umn.edu.

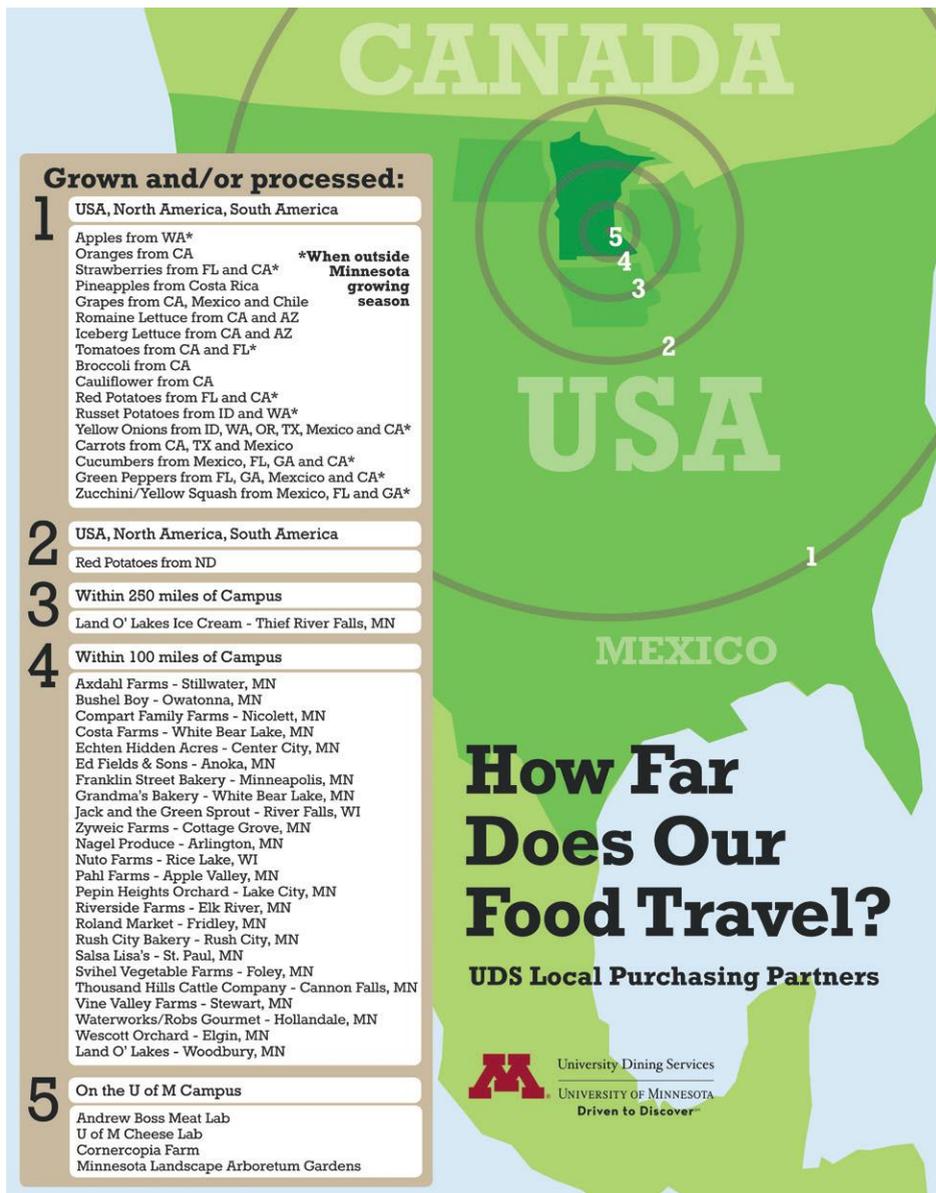
FlexDine Dollars vs. Gopher GOLD™ Value

Accepted At:	FlexDine Dollars	Gopher GOLD™ Value
Residential Restaurants	X	X
On-Campus Food Courts	X	X
On-Campus Coffee Cafés	X	X
Papa John's Pizza Delivery	X	
Residential Convenience Stores	X	X
TCF Bank Stadium Concessions	X	X
SUA Gopher Express & Gopher Spot Convenience Stores		X
SUA Game Rooms & Information Desks		X
Coffman Union Post Office		X
Printing Services Copy Centers		X
Vending Machines		X
Library Print Stations & Photo Copiers		X
Computer Lab Print Stations		X
University Bookstore		X
Weisman Art Museum Shop		X
Deposits:	FlexDine Dollars	Gopher GOLD™ Value
Deposit from Student Account	X	
Deposit with Credit Card	X	X*
Deposits can be Made Online	X	X
Deposit in Person	X	X
Deposit at Value Port Machines		X
Fee for Online Transfer		X
Fee to Close Account		X
Minimum Deposit	\$25	\$10**
Program Specs:	FlexDine Dollars	Gopher GOLD™ Value
Rollover Funds, Until One Year of Inactivity	X	X
Balance Available After Each Transaction	X	X
Check Balance Online	X	X
Reload Bonus Program	X	
Most Food and Beverage Purchases are tax exempt	X	
Included in Meal Plan	X	
Sign up for Parent Guest Access	X	X

*Deposits with credit card are only taken online.

**\$10 minimum deposit is for online deposits only. Does not apply to in person or Value Port deposits.

Eating on Campus



Sustainability

University Dining Services has a deep respect for, and commitment to, protecting and improving the environment. UDS works to reduce their environmental footprint while delivering exceptional food service at the University of Minnesota. Throughout the department, there are long-term environmental stewardship programs and policies within the areas of sustainable food procurement, energy and water conservation, waste stream management, and community relationships. These programs and policies are called Green Thread because they weave throughout the business operations every day.

Local foods

In 2013, UDS purchased 527,512 pounds of local produce, 128,684 pounds of local meat, and 1,193,982 pounds of local dairy products. UDS served 101,016 cage-free-raised eggs in our residential restaurants. And our coffee shops used 24,257 pounds of Rainforest Alliance coffees.

Terracycling

Snacking on chips? Save your wrapper! UDS collects wrappers from chips, cookies, and granola bars and sends them to TerraCycle, an organization that provides free waste collection programs for hard-to-recycle materials. Drop off wrappers in marked bins around campus. For every wrapper UDS turns in, TerraCycle provides \$0.02 to Urban Ventures, a Minneapolis non-profit organization that strives to break the cycle of generational poverty.



Composting

Every month UDS restaurants compost more than 30 tons of food waste, trimmings, or leftovers. If you can't finish your sandwich, compost it! Composting bins are set up at more than 15 locations around campus. You will see members of the Green Team on standby at Coffman Student Union to show you how to sort your waste. (In food courts all of the cups, utensils, and napkins are biodegradable. Don't forget to toss them in the compost bin!)



Visit UDS online at www.dining.umn.edu, call **612-624-0558**, or visit the Meal Plan Office in Coffman, Room B41, for all your questions about dining on campus.

IMPORTANT UDS DATES

AUG. 25 — Reminder to order your apartment/commuter meal plan

AUG. 25 — FlexDine activated

AUG. 30 — Fall meal plans start

AUG. 30 – SEPT. 12 — Submit fall meal plan changes on the website

NOV. 27 – 28 — Thanksgiving break, Residential Restaurants closed

NOV. 1 – 30 — Meal plan change period for Spring

DEC. 18 — Fall meal plan ends

DEC. 19 – JAN. 19 — Winter break

JAN. 20 — Spring meal plan starts

MARCH 14 – 21 — Spring break, residential restaurants closed

APRIL 14 — Fall apartment/commuter meal plan orders open

MAY 17 — Spring meal plan ends

REMINDERS

- ❑ Residential students can make changes to their fall meal plan until September 12.
- ❑ Commuter students order your meal plan or FlexDine now so your U Card is ready for the start of the year.
- ❑ Need a job? UDS hires lots of students. Visit the UDS job office in Coffman Union (by Jamba Juice).

Getting Around Campus



Commuter students:

This section is full of helpful information for you—including money-saving tips on parking and bus passes. Look for information on carpools and more.

Don't worry: You will have time to get from one class to the next — on time. For commuter students, the first concern is actually getting to campus. The U of M is big, but there are all kinds of resources to help make getting around manageable. This section includes information about parking, carpooling, biking, riding the bus, and walking.

Buses

The University of Minnesota has its own bus system that is free for everyone.

The Campus Connector connects St. Paul, East Bank, and West Bank campuses. Connectors run every 5 minutes during the school day, and then every 15 to 30 minutes at night and on weekends.

Campus Circulators are mini-buses that circle areas of each campus. For routes, hours, and frequency, check them out online.

With bus-tracking technology, you can find out where the campus buses are and the next predicted arrival times using a desktop, laptop, or mobile device

More Information: umn.edu/pts

For anyone with a temporary or permanent physical disability, the University offers its Paratransit Service, a free specialized curb-to-curb, on-campus service provided Monday through Friday from 7:30 a.m.–9:30 p.m. Call **612-624-8338** to schedule a ride.

Parking

If you're interested in parking a car on campus, commuter or residence hall contract parking spaces on each campus are sold to students through a lottery process. Students can enter a parking lottery in July for fall semester contracts and in December for spring semester contracts.

More information: parklot.umn.edu

Without a contract space, you will want to use Daily Rate Lots. Park near the stadium (Oak Street & 5th Street SE) or in the fairgrounds lot (near the St. Paul campus) where it currently costs \$4 to park for the whole day. Ramps and garages charge for every hour you are there unless you arrive and park before 7 a.m. in one of the five Early Bird Ramps. The Early Bird rate is currently \$6 each day as long as you leave before midnight on the same day.

Considering a carpool?

Zimride is a social networking tool that uses profiles, networks, and friends to help you find a ride. Only U of M students and staff are listed.

More information: zimride.com/umn

Metro Transit also matches drivers and riders in the broader Twin Cities database.

More information: metrotransit.org/carpool

Rent a car

If you don't have a car and wish you did or if you just can't bring your car to school, there's still a way to get in the driver's seat. HOURCAR allows students to become members and rent on-campus cars by the hour or by the day. Membership is \$35 a year. You can use the cars to make a run to Target, go on a job interview, or even for Friday night dates. Rates are \$8 an hour or \$70/day on weekends and \$60/day on weekdays, with gas and insurance included. Anyone over 18 can join.

More information: umn.edu/pts/park/carshare.html

U-Pass—for busing to and from campus

U-Pass is an unlimited-ride bus pass offered to U of M students. It's great for commuters who want to use city buses to come to class or for those who have off-campus jobs, but no car.

U-Pass currently costs \$97—and that covers all semester. If you go two places a week (that's four times back and forth), you pay about \$2 each time or \$128 each semester. Even with limited travel to (or off) campus, U-Pass pays for itself!

You must order your U-Pass online at buspass.umn.edu after you have registered for classes and you have your U Card. The quickest way to get your U-Pass is to pick it up at the Information Desk in Coffman Memorial Union or the St. Paul Student Center. You can pick it up about five minutes after you have placed your order online. You can have it mailed to you, if you prefer. U-Pass is renewable, so be careful with it: If you lose it, you have to pay to replace it.

Biking

You will see bikers all over campus, all the time—even though there may be a foot of snow! If you bring your bike to campus, remember two things:

- Stay off the sidewalks. Dedicated bike lanes and paths make it easy to get places quickly and safely.
- Purchase a U-Lock to secure your bike to one of the free bike racks near most buildings (U-Locks are much safer from theft than chain locks).
- Always wear a helmet. Purchase a helmet and headlight set for \$20 at Boynton Health Service Pharmacy (410 Church St. SE).

Check out the U of M Bike Center on the corner of Oak Street and Delaware Street. It offers a variety of services for bicyclists, including an accessory shop, repair services, public meeting space, and educational classes. You can get a RFID (radio frequency identification) tag to attach to your bike that will log your bike trips, and you will automatically be entered to win prizes. Bike

IMPORTANT REMINDERS:

- ❑ Don't forget to sign up for the parking lottery if you plan to bring a car to campus.
- ❑ Buy your U-Pass online if you want to use public buses to get around the metro area.
- ❑ Be safe and aware of your surroundings: Walk in groups or call 624-WALK for a security escort.

MAPS:
www.umn.edu/pts/maps

Getting Around Campus



PARKING TIPS FOR VISITORS:

www.umn.edu/pts/park/visitorparking.html

HOW TO AVOID EVENT PARKING RATES:

www.umn.edu/pts/park/eventparking.html

www.umn.edu/pts/park/eventparkingcalendar.html

WHAT TO DO WHEN YOU GET A PARKING TICKET:

www.umn.edu/pts/park/citations.html

PARKING CHANGES DURING FOOTBALL GAMES:

www.umn.edu/pts/park/gopherfb.html

FLAT TIRE/DEAD BATTERY/LOCKED OUT?

www.umn.edu/pts/park/map.html

HEADS UP ON LIGHT RAIL:

www.umn.edu/pts/rail/index.html

TRAVELING OUTSIDE THE METRO AREA:

www.umn.edu/pts/bus/interstatebr.html

BUS SERVICE FOR DISABLED PERSONS:

www.umn.edu/pts/bus/paratransit.html

TAKING BIKES ON BUSES:

www.umn.edu/pts/bike/bikestransit.html

BIKE RESOURCES (TRAILS, REPAIR SHOPS):

www.umn.edu/pts/bike/bikeresources.html

ESTIMATED WALKING TIMES:

www.umn.edu/pts/walk/index.html

WALKING CLUBS:

www.umn.edu/pts/walk/clubs.html

AREA WALKING TRAILS:

www.umn.edu/pts/walk/trails.html

Center memberships are available for \$85 a year and allow 24/7 access to secured bike parking and changing facilities with showers.

You can rent a bike locker to store your bike in by contacting Parking and Transportation Services at **612-626-PARK**. See the campus biking map at www.umn.edu/pts/bike/index.html.

Even if you don't have a bike, Nice Ride's green bicycles can be checked out from public kiosks on and off campus and returned to any other Nice Ride location.

More information: niceridemn.com

Mopeds on campus

There are designated locations for you to park your moped.

Parking is free, but you must pick up a permit sticker from the University Police in the Transportation & Safety Building on Washington Avenue.

To see where the parking locations are, visit www.umn.edu/pts.

Citations or fines are given when mopeds are parked at bike racks.

Mopeds are prohibited on campus sidewalks.

Walking—and safety

Here is a helpful link (www.umn.edu/pts/walk/index.html) that shows walking times between some buildings on each campus. It will give you a good idea of how manageable it is to walk between classes, or your residence hall and a class, in a relatively short amount of time.

On rainy or snowy days, take advantage of the Gopher Way. It's a signed route that connects many buildings on campus by tunnels and skyways. Be aware that the path can change to different floors within the same building or pass through uncommon areas. It's always a good idea to allow for a little extra time when using the Gopher Way.

More information:

www.umn.edu/pts/walk/gopherway.html

If you walk around campus, especially after dark, it is important to use the U of M Police Department's free Security Monitor Escort Service.

A security monitor can escort you anywhere within the campus vicinity 24 hours a day, seven days a week. Use it after your night class to get to your car or bus stop. Use it to walk to visit friends in residence halls across campus after dark. All you need to do is call **612-624-WALK** or **4-WALK** from any campus phone.

See the campus vicinity boundaries here:

www.umn.edu/police/escort.html

The Gopher Chauffeur is a free transportation service that promotes safety in the campus community by providing University of Minnesota students with safe rides home. They operate from 10:00 p.m. to 2:30 a.m. on Thursday, Friday, and Saturday nights. The service is open to all University of Minnesota-Twin Cities students. Gopher Chauffeur drivers, navigators, and dispatchers are hired by Boynton Health Service. Call 612-388-6911 30 minutes before your pick up time.

Your Safety

The University of Minnesota is a safe learning environment for students. The safety of those on campus is not only the responsibility of the University of Minnesota Police Department, but also the students, faculty, and staff.

University Police

The University of Minnesota Police Department (UMPD) is a fully operational police department. There are 50 full-time sworn peace officers. These police officers' assigned duties are patrol, investigations, and campus community safety training.

UMPD dispatchers answer landline and cell phone 911 calls on campus 24 hours a day. The Security Monitor Program, a student employee program through UMPD, is the eyes and ears of the Police Department.

Emergencies on campus

In the event of a campus emergency you will be notified any of several ways, including:

- **TXT U**—For any emergency where student safety is a concern UMPD will send out a text giving information on the incident. UMPD only uses TXT U for major incidents. All students are automatically enrolled in the TXT U program if you have a cell phone.
- **Outdoor Warning System**—UMPD uses a public address system to broadcast alerts that concern campus safety.
- **Email**—UMPD uses campus email to release crime alerts and other information concerning safety on University campus.

Easy safety precautions

If you decide to walk on or off campus at night go as a group and come back as a group. There is safety in numbers. When you are out and about be aware of your surroundings. If you see something suspicious, call 911. Do not text, talk on the phone, or listen to music with earphones on while walking or biking. Do not leave your property unattended. If you are in the library, Coffman, or a classroom and have to leave for any reason, take your property with you. Always lock your residence hall room, even if you will only be gone for a minute—every time.

Step Up: There's a Hero in All of Us

Have you ever been concerned about a situation and wanted to help, but didn't? This is known as "the bystander effect," and it's more common than you might think. Step Up is a pro-social behavior/bystander intervention program that will teach you to recognize emergency situations—including alcohol abuse and sexual assault as well as non-emergency situations such as gambling abuse and academic problems, and the skills to effectively intervene in these situations.

Any student can request a workshop to learn the 5 Decision-Making Steps and the 3-D Approach to intervention. There will be a Step Up information session for first-year students at Welcome Week. Step Up is a joint initiative of The Aurora Center for Advocacy & Education, Boynton Health Service, Housing & Residential Life, Student-Athlete Affairs, Fraternity & Sorority Life, Orientation & First-Year Programs, and The Office for Student Affairs.

More information: stepup.umn.edu

Aurora Center for Advocacy & Education

You will see signs for the Aurora Center around campus. The center provides a safe and confidential space (in Appleby Hall) for students, faculty, staff, and others who are victims, survivors, or concerned people of sexual assault, relationship violence, or stalking.

Services are free and confidential. There is a 24-hour helpline (**612-626-9111**) and weekday walk-in hours that include information, emotional support, referrals, and advocacy for victims of sexual assault, relationship violence, and stalking. (The University defines sexual assault as "actual, attempted or threatened sexual contact with another person without that person's consent.")

Go to UMPD's website (www.umn.edu/police) to find current and past crime alerts, record sheets to inventory your property, and an area to request an officer give a safety talk to your student group.

SAFE U

The safety of students is of highest priority at the University of Minnesota. We have developed a multi-pronged, collaborative approach to safety including a communications campaign — 'SafeU.'

Watch for safety tips throughout this GoldBook and at SafeU.umn.edu

UNIVERSITY OF MINNESOTA
Driven to DiscoverSM

Your Safety



IF YOU SEE SOMETHING, SAY SOMETHING

- Dial 911 for emergencies.
- Non-emergency:
612-624-COPS
- There are 20 Blue Light Emergency Phones on campus. Hitting the button on the Blue Light is just like dialing 911.

The Aurora Center also provides prevention education for the campus community, including:

- Resource services, consultations, and policy review.
- Help with court, academics, restraining orders, police, University systems, medical, safety and housing, and support groups.
- Prevention and intervention education.

More information: www.umn.edu/aurora

Safe computing practices

- Never open an email attachment from a questionable source.
- When communicating on the Internet, don't share personal information or pictures that you do not wish to be public.
- Maintain multiple strong passwords. Don't use the same password for your online banking that you do for your email.
- Do not download and run files you receive from chat buddies without first making sure that the person intentionally sent you the message.
- Whenever you download software, make sure you read the user agreement. Many programs that you download from the Internet come with unwanted programs known as spyware.
- Back up your data on an external hard drive, USB flash drive, or CD-R/RW.
- Before you download copyrighted music, movies, TV shows, software, or games from the Internet, make sure it is authorized and appropriate. You can be held responsible for substantial costs and fees for illegal downloading.
- Never leave your tech devices unattended, and buy a laptop lock for when you are on-the-go.
- Record and keep serial numbers for any valuable property that you own. This greatly reduces your risk of losing an item due to theft. You can create a free portfolio to store your serial numbers through portfolio.umn.edu.

Get your computer ready for the University network

Prevent viruses and secure your computer by doing these things:

- Disable file sharing.
- Set strong passwords for all user accounts.
- Update your application and operating system software.
- Use an Internet firewall.
- Use Symantec Antivirus.
- Use an antispyware program.
- Secure your web browser.

For detailed instructions:

www.oit.umn.edu/safe-computing.

Safety in residence halls

Locked doors

All doors leading to residence hall rooms and apartments are locked 24 hours a day. Access to your residence hall is controlled by your U Card. If your U Card is lost or stolen, deactivate it online right away and obtain a replacement U Card. (Remember, there may be a fee to replace your U Card.) Once you obtain your replacement U Card, access to your hall should update automatically, but you can check with your hall's business office to be sure.

Additional security

- Security cameras are installed in every residence hall and apartment. They are located in public areas such as lobbies, stairwells, computer rooms, elevators, laundry rooms, and tunnels between buildings.
- Each building has a security monitor on duty every day from 11:00 p.m. to 7:00 a.m. Security Monitors are in direct radio contact with the University Police Department.
- The Information Desk in each residence hall and apartment building is open 24 hours a day during the academic term.

- Community Advisors (CAs) are on-call weekdays from 4:30 p.m. to midnight and 24 hours a day on weekends. If the CA needs assistance, a Residence Director is available 24 hours a day.

Safety on-the-go

Everyone wants to be safe. That means watching out for one another. Parking and Transportation Services (PTS) offers these tips to keep you safe.

Driver safety

- Always wear your seat belt.
- Be aware of pedestrian and bicycle traffic around campus: There's a lot of it.
- Always close your windows and sunroof and lock the doors, even if you will only be gone a short time.
- Put valuables and packages in the trunk.
- Be aware if you own a motorized scooter or motorized bike that you must be licensed and have insurance for those vehicles.
- Have your keys in your hand before arriving at your car.
- Lock your door while driving.

Transit safety

- Do not step into the roadway until the bus has stopped and the door has opened.
- Cross in front of a bus at least 10 feet ahead so the driver can see you.
- Special areas on buses are designated for elderly customers and those with disabilities. Please give up these seats when needed.
- Never stick your arms or legs in the doors to prevent them from closing.
- Keep aisles clear of feet, books, bags, etc.
- Allow other passengers to exit before you board.

Light Rail Safety

The addition of trains on Washington Avenue has brought about added safety concerns for pedestrians and bicyclists. Related safety messages are basically common sense:

- Always stay off the tracks.
- Look both ways for oncoming trains, buses, and bicycles as you enter an intersection.
- Cross only at intersections and legal mid-block crosswalks.
- Bicyclists are not allowed to turn left to cross the tracks and must use designated Bike Boxes.

Bike safety

- Never ride on a campus sidewalk unless one is designated as a bike lane with pavement markings. (University police will write citations for bicyclists riding on the sidewalks.)
- Obey all traffic signs, signals, and laws.
- Yield to pedestrians in crosswalks.
- Always wear a bike helmet.
- Most campus bike lanes are one-way only. Bikers must ride in the direction of traffic.
- Headlights and reflectors are required by Minnesota law for night riding.
- For maximum protection, use a U-lock.
- Keep a written record of your bike's serial number.

Pedestrian safety

- Obey "Don't Walk" and other traffic-control signals.
- Cross within the marked crosswalk. Jaywalking is subject to a fine of up to \$112.
- Be aware of your surroundings: Don't be distracted with electronic devices.
- Be careful of blind spots, or "No-Zones," around cars, trucks, and buses. Always assume the driver does not know you are there.
- Walk confidently; look ahead, and make eye contact.

BE SAFE WHILE WALKING

Did you read about the Campus Security Monitor Escort service? It's a free service offered through the campus police department. The program provides escorts 24 hours a day for students walking on both the Minneapolis and St. Paul campuses as well as limited surrounding areas. Trained student security monitors will walk or bike with you anywhere on campus. To view the geographical service boundaries, go to www.umn.edu/police/escort.html.

Call **612-624-WALK** or **4-9255** from any campus phone.



Your Safety

GOPHER CHAUFFEUR

Get a free, safe ride home on Thursdays, Fridays, and Saturdays. Call 612-388-6911 30 minutes before your pick up time.

University Student
Legal Service
160 West Bank Skyway
612-624-1001
www.umn.edu/usls

- Avoid shortcuts. Take well-traveled and well-lit walkways.
- Trust your instincts.

Student Legal Service

The University Student Legal Service (USLS) provides legal services, representation, and education to students. This is the place to go if you have any legal issues or problems including landlord/tenant issues, criminal law (most misdemeanors), immigration issues, or consumer or credit problems. There are other services offered, too, including a notary public.

USLS offers programs that cover topics ranging from interacting with police to learning about tenancy law.

Here are some safety tips (and legal reminders) from USLS:

- **Students must be aware of and comply with all state laws.**
- **Take steps to avoid identity theft:** Secure data—lock your mailbox, shred documents containing your personal information, safeguard bank accounts, and don't respond to emails asking for sensitive information. Don't keep your Social Security card with you, and never give out the number unless absolutely necessary. Report suspected identity theft to the police.

- **Driver's licenses:** If you are going to drive in Minnesota, you must have a valid driver's license. If you move to Minnesota permanently, you must get a Minnesota license.

- **Auto insurance:** If you drive in Minnesota you must have auto insurance for your vehicle. Always carry proof of insurance in your vehicle. Lack of insurance is a crime.

- **Criminal convictions or charges:** Bad conduct can result in academic discipline and impact your future educational and employment opportunities.  (International students: Certain criminal acts could result in loss of status and removal.)

- **Alcohol use:** The drinking age is 21. If you are under 21 you may not possess or consume alcohol. Doing so is a crime. Providing alcohol to someone under the age of 21 is also a crime.

- **False identification:** It is a crime to use a false I.D. identifying yourself or your age falsely and inaccurately.

- **Illegal Downloads:** Before you download copyrighted music or movies, software or games from the Internet, make sure it is authorized. Severe penalties can result from illegal downloading.



BE SAFE: KNOW STATE LAWS AND UNIVERSITY EXPECTATIONS

For questions regarding immigration issues, contact USLS for assistance. Read through the list above. You are responsible to know the laws that apply to all students at the University of Minnesota.



Financing Your Education

An education is literally an investment. But college expenses go far beyond tuition and fees. Managing money is something new for many college students. Your financial state when you graduate will likely be a pretty good indication of some of the lessons you did—or didn't—learn outside of class. So get on the right track right now. This section provides information on everything from paying tuition to finding a job.

Financial aid

Complete a free application for Federal Student Aid (FAFSA) online at www.fafsa.gov. You must apply annually for financial aid (any time after January 1) for the next school year. In July you will be notified by email of your eligibility for grants, scholarships (gift aid), work-study (campus employment), or loans from federal, state, and University programs. Information on all types of aid programs is online at z.umn.edu/onestopfa.

THERE ARE SIX STEPS INVOLVED WITH RECEIVING FINANCIAL AID:

- ❑ Fill out a free application for Federal Student Aid (FAFSA) www.fafsa.gov. Complete ASAP.
- ❑ If asked, submit additional documents to One Stop, or complete direct deposit online. Complete ASAP.
- ❑ Review the paper estimated Financial Aid Award Notice (FAAN) between April and July.
- ❑ Review the email asking you to respond to the electronic Financial Aid Award Notice (eFAAN) beginning late July and throughout the school year.
- ❑ Complete entrance counseling and promissory notes for any accepted loans beginning early August and throughout the school year.
- ❑ Receive disbursement of funds in your student account beginning one week before the semester start date.

To find out what step you are on, go to the One Stop home page and log in to the "Financial Aid Status" quick link.

Changes in family situation

If your family has a major change in financial status after you file the FAFSA, speak with a One Stop counselor. You may qualify to submit a special circumstances appeal that could impact the financial aid you have been offered.

Types of financial aid

Scholarships/checks

If you are receiving a non-University scholarship, ask the donor to send notification of the award—including the name of the scholarship award and dollar amount—to One Stop Student Services.

Work-study

A work-study award is a form of financial aid that helps undergraduate students pay their educational expenses by working at a job usually on campus. If you do have a work-study award, you may apply for on-campus work openings. Students must complete a Free Application for Federal Student Aid (FAFSA) to be considered for a work-study award. For more information, go to "Finances" then "Financial Aid" and look for work-study on the One Stop website.

Residency

If you are a U.S. citizen or permanent resident (green card), you are considered a Minnesota resident if you have lived in Minnesota for at least one calendar year prior to your first day of class attendance, and your primary reason for being in Minnesota is not to attend school. The University's official residency policy is available at z.umn.edu/resident. You may speak with the residency officer in the Office of Admissions by calling **612-625-6330** or **1-800-752-1000**, or by visiting 240 Williamson Hall.

A student service fee is charged to all students who are enrolled for six or more credits. This fee is used to support various student programs including Boynton Health Service and Student Unions and Activities.



International students are not eligible to apply for Federal Student Aid.

Financing Your Education

Reciprocity

Residents of Manitoba, North Dakota, South Dakota, and Wisconsin may be eligible for reciprocity tuition rates. Reciprocity is not automatic, and applications are managed through your home state. You can find information regarding your state's reciprocity application using the links at z.umn.edu/recip. Please note that if you participate in off-campus study, study abroad, or take time off for an academic year or more, you must reapply for reciprocity.

Paying for school: Your Student Account

Your University Student Account helps you manage billing and payment of tuition, fees, on-campus housing, and certain other campus charges. When you register, cancel, or add courses, a charge or credit is posted to your account. View your account at the "Student Account" quick link:

onestop.umn.edu.

Billing and payment

You will receive a notice in your University email account when your billing statement is available online. The University's official online billing and payment system allows you to pay with your checking or savings account or with a valid credit card. It's important that you pay your Student Account in full each semester, or you may not be able to register for the next semester. For complete information on all payment options, go to z.umn.edu/payment.

Parent/guest access to your Student Account

You may grant access to view your student record to your parents and others. Your parent or guest will be able to speak with a One Stop counselor about your financial aid and view your financial aid, registration, holds, grades, and bills. They will also be able to make payments on your behalf. Your parent or guest can complete their part of the authorization process online.

Parent/guest access quick link:
z.umn.edu/parentguestaccess



MN DREAM ACT—UNDOCUMENTED MN STUDENT FINANCIAL AID OPTION

The Minnesota Dream Act, which is also known as The Prosperity Act, was passed into Minnesota law in May 2013 and then adopted as an official University of Minnesota policy in July 2013 by Board of Regents resolution. Under this new law and policy, undocumented Minnesota high school graduates meeting certain criteria can benefit in these ways:

- In-state resident tuition rates for undergraduate and graduate students at public colleges and universities, including all University of Minnesota campuses*, regardless of immigration status.
- State financial aid available to students who meet state residency requirements, regardless of immigration status.
- Privately funded financial aid through public colleges and universities, including aid from the University of Minnesota, regardless of immigration status.

Please visit dream.umn.edu for more information, application, and eligibility requirements.

ONE STOP

student services

You will go to One Stop Student Services for expert help and self-service tools to assist you in managing the business of being a student. Everything you need to know about registration, financial aid, billing, payment, student records, and veterans benefits and resources is available from One Stop.

onestop.umn.edu

If you don't find answers to your questions online, One Stop Student Services can be reached at onestop@umn.edu, or by calling **612-624-1111** (or **1-800-400-8636** if you are outside the Twin Cities metro area). One Stop Student Service centers are located on all Twin Cities campuses:

EAST BANK

333 Science Teaching & Student Services
(primary location)
222 Pleasant St. SE
8:00 a.m. – 4:30 p.m., Monday – Thursday
8:00 a.m. – 4:00 p.m., Friday

WEST BANK

130 West Bank Skyway
219 19th Avenue South
8:00 a.m. – 4:00 p.m., Monday – Friday

ST. PAUL

130 Coffey Hall
1420 Eckles Avenue
8:00 a.m. – 4:00 p.m., Monday – Friday



Financing Your Education



COST OF ATTENDANCE BUDGETS

You can estimate what it will cost to attend the University of Minnesota by using the standard Cost of Attendance (COA) budgets that are prepared by the University. The University uses them to estimate the cost of attending the University for the purposes of awarding financial aid.

The budgets are useful guides that show the cost of tuition and fees, books and supplies, room and board, transportation, and personal expenses. But your actual costs will vary depending on where you live and if you are an undergraduate or graduate student. Your actual costs will also depend on your personal lifestyle choices, as well as your academic program and coursework. If you will have additional expenses that are not included in the COA, contact One Stop for an adjustment to your award.

Look for “Estimating Your Costs” at onestop.umn.edu.



Money management

One Stop’s Live Like a Student initiative encourages students to live within their means. If you are used to lounging at home in your family room, prepare yourself for learning to relax on your roommate’s great aunt’s 25-year-old recliner. You will likely have to give up some of the comforts you now enjoy: That’s part of the student experience. Making smart decisions about money is one of the most important things you can teach yourself while in college. Being on a student budget will force you to be careful – and creative. The Live Like a Student campaign offers great money-related advice through money management resources

on the One Stop website, Facebook, and in an e-newsletter. You’ll find advice on budgeting, spending, credit, avoiding financial trouble, and getting help with financial matters. There’s even a long list of free or cheap things to do around campus. For more information, visit the Live Like a Student page on the One Stop website.

Buying your books using your Student Account

When shopping at the U of M Bookstores you have several payment options available including checks, credit cards, Student Account charge, and Gopher GOLD™ Value. If you charge your Bookstore purchases to your Student Account you will need to present your U Card and a second form of identification such as a driver’s license or state ID. Tell the cashier to charge your purchases to your Student Account. The cashier will swipe your U Card to verify that you are eligible to charge to your Student Account. If you have any grants, scholarships, or loans, your purchases will be deducted from that balance in your Student Account. If you don’t have a positive balance, then you have a few weeks to pay the balance. The Student Account is nice because you are not charged any interest for the time it takes you to pay off the balance.

When you get your U Card or if you get a replacement U Card, you have to wait one hour to use it at the Bookstore for making



DIRECT DEPOSIT

If you plan to work on campus, will receive financial aid, or if the University ever needs to refund a credit balance, you must sign up for direct deposit. Direct deposit is a safe, easy way to have funds automatically transferred into your bank checking or savings account. Once set up, it is easy to change your bank information at any time. Go to onestop.umn.edu, select the Direct Deposit quick link, and follow the instructions.

purchases to your Student Account or when selling used books back at the end of the semester. (Your U Card is required to sell used textbooks back to the Bookstore.) Your U Card is also used to verify your student status for computer software and hardware purchases at discounted student prices from M Tech at the Bookstore.

You can also use Gopher GOLD™ value to pay for purchases you make at the Bookstore. You must have money already deposited into your Gopher GOLD™ account (up to \$1,000) to use it. Make a deposit at the U Card Office with cash or check, at Value Port machines (www.gophergold.umn.edu for machine locations) with cash, or online with a credit or debit card. After you have made a deposit, bring your U Card to the cashier and say you'd like to use Gopher GOLD™ value to pay for your purchases. The cashier will swipe your U Card and the amount of your purchases will be deducted from your Gopher GOLD™ account balance. You can check your Gopher GOLD™ purchases and balance online at the U Card website.

U Card Accounts

There are five accounts associated with your U Card: Student Account, meal plan, FlexDine, Gopher GOLD account, and TCF U Card Checking Account. Here's information about the Gopher GOLD™ account and the TCF U Card Checking Account:

Gopher GOLD™ Value

Your U Card is used to access your Gopher GOLD™ account that can be used to make purchases all over campus at locations that accept Gopher GOLD. Gopher GOLD™ Value is money that you deposit into your Gopher GOLD™ account allowing you to use your U Card to pay on campus. You can make deposits at the U Card office with cash or check, at Value Port machines (visit www.gophergold.umn.edu for machine locations) on campus with cash, or online with a credit or debit card. Family members can also make deposits into your account through the website once you give them parent/guest access. Once you have made a deposit, you can use Gopher GOLD™ value to grab a quick snack from a vending or beverage machine or an entire meal from a campus restaurant or convenience store.

Make a deposit or check your Gopher GOLD™ Value balance online at www.gophergold.umn.edu.

TCF U Card Checking

TCF Bank is the only bank that can link to your U Card, which adds another layer of usability to the U Card and flexibility to your life on campus. TCF Bank has the most ATMs on campus, and when you link your U Card to the TCF U Card Checking Account, you can use your U Card at any of them and avoid paying ATM fees. Your U Card is PIN protected, so you don't have to worry about someone accessing your account if you lose it.



U CARD ACCOUNTS:
 Student Account
 Meal Plan
 FlexDine
 Gopher GOLD™ Value
 TCF U Card Checking Account

U CARD—DISCOUNTS
 When you make purchases on or around campus, make sure to ask for your student discount and show your U Card!

TRANSIT-FINANCIAL WELLNESS™: ONLINE MODULE

Living within your means is an effective way to stay out of financial trouble during your time at the University and after you graduate. If you haven't had to manage a budget you need to learn how. This summer you are expected to complete an online three-hour course that will cover student loan default prevention, savings and banking, credit cards, credit scores, insurance and taxes, credit cards, investing, and retirement options. The course is a combination of information and games to help you be proactive about your financial health. You will receive log in information by email (your U of M email account). Your completion of the program will be documented and reported to the University.

CREDIT CARDS: MAKING WISE CHOICES

Credit cards are an excellent tool for establishing credit. They are useful when traveling, for making online purchases, or for emergencies such as an expensive car repair. Credit cards are also easily abused, tempting you to purchase things before you can really afford them. Establishing healthy credit card habits early is essential to avoid debt issues later. Please visit onestop.umn.edu and look for "Finances" then "Money Management."

Financing Your Education

Here is another great convenience: TCF Bank has two campus branch locations, one of which is open seven days a week. This makes accessing your checking account or depositing money into your checking account easy.

The TCF U Card Checking Account can be opened when you get your U Card at Orientation after registration, or you can upgrade an existing TCF Bank account to a TCF U Card student checking account. To open or upgrade the account, you will need a government issued photo ID, like a driver's license, state or military ID, or passport. This is a no-minimum-balance or daily-balance account, so you can spend almost every penny. Once the account is set up, if you make an opening deposit of \$25 or more, you can get a free University of Minnesota sweatshirt. For more details visit the U Card Office or check out the website:

www.gophergold.umn.edu.



VETERANS

University Veterans Services provides a wide range of services to military members, veterans, and their families through the Veterans Certification Office (612-625-8076), assisting with educational benefits. The Veterans Resource Office (612-625-7620) directs veterans to non-educational benefits, services, and programs for housing, medical needs, employment, family and transition issues.

Finding a job

There are many employment opportunities at the University. Student Employment Programs will help you find a job that fits your needs. If you have questions about student employment, call the Student Employment Office at 612-626-8608 or visit www.umn.edu/ohr/studentemployment.

As a new student entering the University, there are some limitations for the start date of a new position. For example, a student entering the University in fall 2014 can begin working their new position on August 25, 2014. Check the Student Employment Office's website above for more details.



Employees have rights. (International students: Make sure you are eligible to work.) If you experience legal concerns relative to your employment contact University Student Legal Service. If you get an on-campus job, make sure to check out the Student Employment Leadership Program.

You can find information at www.selp.umn.edu.

Online job listings

GoldPASS (goldpass.umn.edu) is the

U of M's online database that connects students and alumni with employers, volunteer organizations, and internships across the country. Carlson School of Management students will want to check out The Edge—a database listing connections to jobs, internships, and career events.

The University's largest student employers:

UNIVERSITY DINING SERVICES

View open positions and apply at the University of Minnesota employment website at: employment.umn.edu. Qualified applicants will be scheduled for an interview. Once you are on campus stop by the UDS Job Office Room (103B Coffman Memorial Union, across from Jamba Juice). Email udshr@umn.edu with any questions.

STUDENT UNIONS & ACTIVITIES

Student Unions & Activities (SUA) provides hundreds of students with jobs in administration, facilities, marketing and design, and more. The pay range is \$8 to \$12. SUA provides jobs and cares deeply about student development. All positions are guided by the University of Minnesota's Student Development Outcomes (page 4). Your growth as a student does not only have to happen in the classroom. These jobs can offer tangible experience to help build your resumé and the opportunity to advance to senior and managerial roles. If you are searching for a great working opportunity, visit sua.umn.edu/jobs.

RECREATION AND WELLNESS

Recreation and Wellness prides itself in being one of the largest student employers on the University of Minnesota campus. More than 700 positions are available including lifeguards, personal trainers, group fitness instructors, outdoor trip leaders, youth program counselors, administrative interns, and more. Entry level positions such as fitness center attendants, office assistants, and custodians are intended to introduce student employees to the department and to on-campus employment. Previous experience is recommended, but not required.

Student employees are vital to the success of the department and its programs.

Recreation and Wellness provides student development opportunities by offering on-going instruction, lifelong skills training, and a collaborative working environment.

All student employees are required to maintain certifications in member service, CPR, standard first aid, automatic defibrillator devices, and blood-borne pathogens. Specific program areas may require additional training and certifications. All training is provided free of charge to student employees. Work-study, standard wage positions, and internships are available year-round. See open positions at www.recwell.umn.edu/employment.

U OF M BOOKSTORES

The U of M Bookstores hire many students to work as cashiers, sales associates, and more. Hiring takes place throughout the year, but many part-time, temporary student positions are available at the beginning and end of each semester.

More information:

www.bookstore.umn.edu/employment.cgi

MCAE AMBASSADORS

The Multicultural Center for Academic Excellence (MCAE) is a campus-wide resource that promotes an inclusive atmosphere to foster and enrich multicultural understanding among all members of the University of Minnesota community. MCAE offers a student ambassador leadership development program called MCAE Ambassadors. The student ambassadors support recruitment and facilitate enrollment of new undergraduate students by creating a dedicated, diverse, and energetic organization. They help build pipelines to the University of Minnesota and MCAE through K-12 outreach and serve, promote, and deepen the opportunities available to current University of Minnesota students to strengthen the University community. Ambassadors do receive stipends per semester and the amount is based on the amount of volunteer hours per semester. Students interested in applying should email mcae@umn.edu.

INVESTED DYNAMIC OPERATIONS LIAISONS

MCAE also hires students with work-study as Invested Dynamic Operations Liaisons (IDOLS). As an MCAE IDOL, you would work at the Appleby central location, the Circle of Indigenous Nations, the MCAE Computer Lab or MCAE-St. Paul. IDOLS work at desks and the computer lab and help staff with projects. To apply to be a MCAE IDOL contact Crystal Esparza at espa0018@umn.edu.

FACILITIES MANAGEMENT

Facilities Management employees work to maintain a safe, functional, clean, and welcoming campus. They provide services that range from land care and waste abatement to the maintenance and cleaning of buildings throughout the East Bank, West Bank, and Health Sciences. More information: www.facm.umn.edu/about/index.htm

Part-Time Package Handlers

- Advancement opportunities
- Great place to build your resumes and develop skills
- Complete benefits package
- 401K & stock purchase plan

Shifts available in four convenient metro locations:
Eagan • Airport
Minneapolis • Maple Grove

See a UPS Recruiter or visit our website for shift availability:
www.upsjobs.com

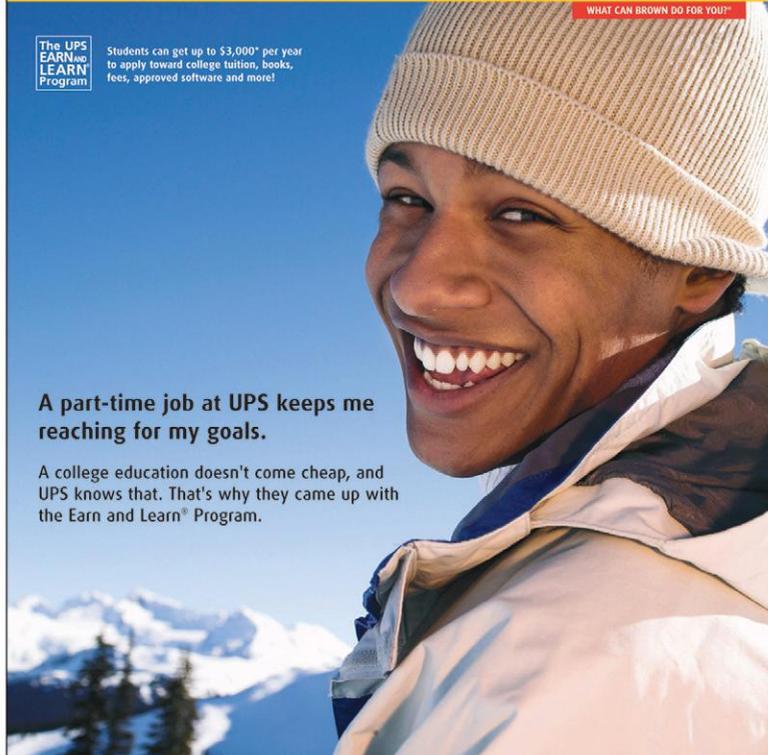
*Program guidelines apply. UPS is an equal opportunity employer.



WHAT CAN BROWN DO FOR YOU?™



Students can get up to \$3,000* per year to apply toward college tuition, books, fees, approved software and more!



A part-time job at UPS keeps me reaching for my goals.

A college education doesn't come cheap, and UPS knows that. That's why they came up with the Earn and Learn® Program.

Technology



You will probably refer to this section often before school starts and well into the semester. This is where you will learn how to set up your University email account. There is information on technology help and support, discounted software, and important reminders about using social media sites.

Before you arrive on campus

Set up your University email account

Your University email account is the official means of communication at the U of M. If you would like to set up your email on a specific email client (such as Apple Mail or Mozilla Thunderbird) follow the instructions at www.it.umn.edu/all-services/messaging-calendering/email/setup-guides. If you would rather access your mail on the web, visit www.mail.umn.edu. On the right column of the page, click "Need an Account?" and then "Initiate." You will be prompted to enter your Social Security number, student ID number, birth date, and create a password.

 If you are an international student, you will follow the same directions except leave the social security number blank. If you need

help initiating your email, bring a photo ID (passport, U Card, or driver's license) to any Technology Help walk-in locations.

Technology Help locations and hours:
www.it.umn.edu/technology-help/walk-in

Activate and manage your account for campus resources

You can activate your account for other campus resources such as Google and NetFiles. NetFiles is an online file storage and sharing tool. Activate these resources here: www.umn.edu/myaccount. Also visit this site to manage any changes to your account: You can change or reset your password, manage email options, view blocked incoming emails, or activate NetFiles and Gmail accounts.



U Minnesota

New students and their parents can now access essential University information and resources on their smart phones and tablets through **U Minnesota**. This app contains many guides created by University departments and colleges that users can select and download directly to their device.

Begin by downloading **U Minnesota** to your device. Go to your app store, or visit m.guidebook.com/app/umn. Then open the app and follow these instructions:

- iOS Users: Tap "Download Guides" on the bottom left
- Android Users: Tap the downward arrow to access "Browse Guides"

Freshmen and their parents should select the guide called "Class of 2018"

Transfer students and their parents should select the guide called "New Transfer Students"

- Desktop, Windows, non-Blackberry 10 users will need to access a dedicated link:
 - › Freshmen: <http://guidebook.com/g/cl2018>
 - › Transfers: <http://guidebook.com/g/umntransfer>

These guides will be updated regularly to insure content is current and relevant to your transition to the U of M. You can also link to maps and directions, learn about events, connect with social media, and receive notifications.

Printed materials used during your orientation and welcome programs will be available electronically on **U Minnesota**.

After you arrive on campus

Technology help

Technology helpline is open 24 hours a day and provides computer, Internet, software, and campus telephone support. For voice-to-voice help, call **612-301-4357** (or **1-4357** on campus). To receive help via live chat, visit www.it.umn.edu. For face-to-face help visit one of our walk-in locations listed.

More information:

www.it.umn.edu/technology-help/walk-in

Tech Stop locations

EAST BANK

- Coffman Memorial Union 101
- Coffman Memorial Union B60 (computer lab and Tech Stop satellite)
- Walter Library room 103 (computer lab and Tech Stop satellite)

WEST BANK

- Blegen Hall 90

ST. PAUL

- Coffey Hall 50

Note: Satellite locations offer a limited number of services. For a full list of all Tech Stop services go to www.oit.umn.edu/tech-stop/services/index.htm.

Explore Google Apps for the University of Minnesota

Share documents and collaborate with others by using your University Google account. In addition to your UMN email, you get Drive, Calendar, Chat, Sites, and Google +.

More information: gmail.umn.edu

Technology training

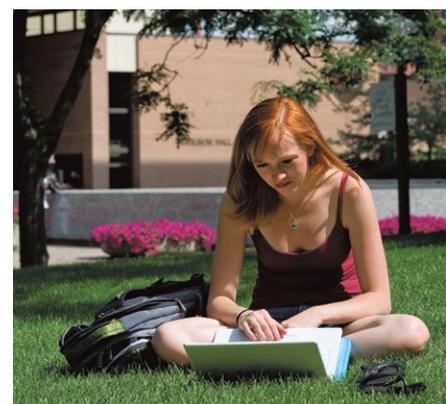
Build your skills in Excel, Adobe CS, or video production either in a short class session or through online videos. Stuck with a technical issue and have an assignment due? Come in to talk with one of our student peer technology tutors for help.

More information:

www.it.umn.edu/all-services/training-usability/training

Purchase discounted hardware and software

Many software titles are available to you for academic needs through the University. For more information regarding discounted software, applications, and hardware, go to: www.it.umn.edu/all-services/technology-products



Improving Wireless

The U of M wants your help to improve Wi-Fi on the Twin Cities campus.

We can't fix what we don't know about. If you can't connect to Wi-Fi on campus, visit wifi.umn.edu to report the location. We'll install more coverage where the U of M needs it most.

Technology

For anti-virus software suggestions, please visit the technology products page at <http://z.umn.edu/suggestantivirus>. You'll need to select your campus and under user license type, select "student personal computer."

The University of Minnesota Bookstore at Coffman Memorial Union is home to the M Tech Store where students can choose from many technology options available to them—most with special educational discounts. Visit the M Tech Store to test drive the latest computers, tablets, and more, and have your questions answered by our Apple and PC trained and certified team. You may also view the complete selection of technology products online at www.mtech.umn.edu. You can use your student account to purchase at the Bookstore and online from their website. All online computer orders qualify for free shipping.

Your Internet account and passwords

Your Internet ID and password act as a key to many online tools and services offered by the University. When you log in, your Internet ID identifies you, and your password authenticates you as the owner of that ID. Your Internet password is used to access most online, self-service tools that require authentication including email, myU (web portal), and Moodle, which you will read about in the academic section of this book. To learn more about Internet accounts, visit www.it.umn.edu/all-services/identity-management/accounts.

Wireless network

The University's wireless network provides students and guests with wireless Internet access on the Twin Cities campus. Wireless is available in residence halls, but students should bring an Ethernet cable for a faster and more secure connection.

University email: Reminders and etiquette

Your U of M email is the official means of communication at the University. That includes messages from your academic adviser. You are responsible for reading and understanding

all messages from your adviser. Contact your adviser if you have questions.

Even if you forward your U of M account to another email address, you are expected to send email from your University account. For security purposes, U of M advisers, faculty, and staff can only email you at your U of M address.

Here are some tips to keep in mind when using your University account:

- Among friends email is informal, but be sure to write professionally when emailing U of M faculty and staff.
- Clearly identify yourself (name and student ID) and refer to the specific course and section number you are in.
- Be specific in the subject line. "Help" is not at all helpful. Try, "Help needed with Monday's literature review assignment."
- Be resourceful and proactive. Don't email your instructor or TA (Teaching Assistant) for information just because it's easier than looking for it on your own.
- Be courteous and respectful, and don't expect an immediate response. Some faculty and staff only check email a couple of times each week.
- When replying to a message, include the original message to remind the recipient of the conversation's context.
- Respond to faculty/instructor emails within a reasonable amount of time.



Printing with your U Card

You can use Gopher GOLD™ Value on your U Card to print at campus computer labs, including your residence hall computer centers. You have to make a deposit into your Gopher GOLD™ account before you can use it to pay for printing. You can make a deposit at the U Card Office with cash or check, at Value Port machines with cash, or online with a credit or debit card. After you have value in your Gopher GOLD™ account, swipe your U Card to release your print job (including large format, poster-type printing) from the printer workstation. Based on the number of pages you print, Gopher GOLD™ value will be deducted from your Gopher GOLD™ account. The print station will show



you your remaining account balance after the transaction is processed.

If you believe your Gopher GOLD™ account was improperly charged for printing or you had pages that didn't print or printed incorrectly, bring it to the attention of the computer lab attendant who will email the date and time of the incident, your student ID number, and the amount of Gopher GOLD™ value in question to gophergold@umn.edu for a possible credit back to your Gopher GOLD™ account.

Social media

Be smart when using social media. When you accept the "terms of service" for any social media site such as Facebook, Twitter, or Myspace you lose control over the content.

The Minnesota Supreme Court recently ruled that the University has the right to discipline a student for inappropriate comments and postings. Here's how you can protect yourself:

- Do not post anything about yourself that you would not want your parents to see.
- Become familiar with and use the privacy settings as much as possible. But remember, it may still be possible for unintended viewers to gain access to your post.
- Never give out your password, Social Security number, account number, student ID, or other personal information on the Internet.

- Don't agree to meet strangers you have contact with on the Internet.
- Do not download copyrighted material or copy material from the Internet and claim it to be your own.
- Remember you have the right to cancel or close your accounts at any time.

University Student Legal Service offers these social media reminders to students:

- Fraud and scams: People may be subject to identity theft and Internet fraud through the use of social networks.
- Privacy: There should be no expectation of privacy on the Internet. Your private information or information you want kept private may be shared with third parties.
- Employment: Many employers research applicants and conduct Internet background checks on prospective employees. If they find postings to be inappropriate or improper they may decline employment.
- Graduate school: Recruiters and admissions offices at many major universities and colleges will examine an applicant's postings to make sure the candidate meets their standards of admission.
- Harassment and cyber-bullying: People use social media sites to harass, insult, threaten, and intimidate others.

Join the Class of 2018 Facebook group

Watch your U of M email account for an invitation to join the U of M Class of 2018 Facebook group. This invitation is sent from Facebook, so check your spam folder if you don't see it in your inbox. This group is intended only for students at the U of M in the Class of 2018. The Facebook page is a forum to connect with other first-year students. There is no obligation to join.

Being Healthy



*“When health is absent,
wisdom cannot reveal
itself, art cannot
become manifest,
strength cannot fight,
wealth becomes
useless, an intelligence
cannot be applied.”*

*— Herophilus of
Chalcedone,
335-280 BCE
Physician to
Alexander the Great*

You will get sick: It’s inevitable. The good news is that you will have access to great health care while you are at the U of M. This section will tell you what services you can find and where. It covers wellness (exercise) and mental health, too. But first, the business side of health and wellness ...

Health insurance

This is important health-related information. Please show it to your parent or guardian.

All students who are 1) admitted to a degree program and 2) registered for six or more credits per semester (that count toward the automatic assessment of the Student Services Fee explained on page 27) are required by the University of Minnesota to have health plan coverage. The University-sponsored Student Health Benefit Plan (SHBP) through Blue Cross and Blue Shield of Minnesota is a comprehensive health benefit plan with no deductible. More information about the SHBP can be found on the Office of Student Health Benefits website at www.shb.umn.edu.

Waiver review

A charge for coverage on the University-sponsored SHBP will appear on your Student Account. The coverage and charge may be

waived if you complete the waiver process per established guidelines (see link on this page) by the September 15 deadline. Approved waivers are valid for two years. If you do not appropriately waive the SHBP before the September 15 deadline, you will be enrolled and billed for the entire semester.

How to waive the Student Health Benefit Plan (SHBP)

If you have coverage through another insurance company and wish to waive enrollment on the SHBP, you may enter the name of your insurance company, your insurance member ID number, and your insurance group number during registration at Orientation. This information will be electronically verified with your health plan by the Office of Student Health Benefits to ensure compliance with University policies. The deadline to submit a waiver request for fall 2014 is September 15.

International students and the Student Health Benefit Plan (SHBP)

All international students and their dependents are required to purchase and enroll in the University-sponsored SHBP, unless eligible for a waiver.

If you have health insurance coverage through a United States-based, employer-sponsored group health plan or the University-sponsored Graduate Assistant Health Plan, you do not have to purchase the University-sponsored SHBP. To learn more, visit www.shb.umn.edu.

Voluntary Student Dental Plan

The University of Minnesota offers the Voluntary Student Dental Plan (VSDP) through MetLife for all eligible students. Enrollment and plan information is available at www.shb.umn.edu. Online enrollment for the 2014-2015 plan year goes through September 15, 2014.

Boynton Health Service

Boynton takes pride in meeting students' health care needs with compassion and professionalism by offering a wide variety of services delivered by top-notch health care professionals.

STUDENT HEALTH SERVICES

If you have health insurance and have paid the Student Services Fee, you will receive the following services at no out-of-pocket cost after your health plan processes the bill:

- Allergy shots
- Annual eye exam
- Financial counseling
- Lab tests
- Mental health appointments
- Nurseline (612-625-7900)
- Nutrition Services
- Physicals
- Pregnancy & STI Testing
- Primary care clinic
- Stress management classes
- Tobacco cessation counseling
- Urgent care appointments
- Women's Clinic appts
- X-rays

IMMUNIZATION REQUIREMENTS

Minnesota law requires that all University of Minnesota students born after 1956 have the following immunizations:

- Diphtheria/Tetanus
- Measles
- Mumps
- Rubella

Note: Students who graduated from a Minnesota high school in 1997 or later are considered automatically exempt.

Boynton Health Service provides immunizations. Call **612-625-3222** to make an appointment.

Once you have all of your immunizations, you need to complete a Student Immunization Form. You may complete and submit your immunization record online or by using a printable form.

To access either form, go to www.bhs.umn.edu/immunization-requirements.htm.

Send your completed paper form to:
Boynton Health Service
Attn: Patient Assistance
410 Church Street S.E.
Minneapolis, MN 55455

Important: Students who do not submit the form will have a hold placed on their account that will prevent them from registering for second semester classes until the form is submitted.

To learn more about the University of Minnesota's immunization requirements, go to www.bhs.umn.edu/immunization-requirements.htm.

Being Healthy



FREE FLU SHOT

You qualify for a free flu shot at one of the Boynton-sponsored flu shot clinics during the fall semester. Watch your U of M email for more details.

If you have health insurance and have paid the Student Services Fee, you will receive the following services at a reduced cost or with a co-payment after your health plan processes the bill:

- Contact lens fitting
- CPR and first aid classes
- Dental exams
- Massage therapy
- Physical therapy
- Travel immunizations

You can receive all listed services at Boynton's East Bank Clinic (410 Church Street S.E., **612-625-3222**).

You can receive primary care, mental health, nutrition, physical therapy, and Gopher Quick Clinic services at Boynton's St. Paul Clinic (109 Coffey Hall, **612-624-7700**).

More information: www.bhs.umn.edu

Other health resources

You are welcome to get involved in Boynton's student groups, including:

- Health Advocates—Student health resources in residence halls, fraternities, and sororities
- SHAC—Student Health Advisory Committee
- SHADE—Sexual Awareness and Disease Education
- SNAC—Student Nutrition Advocacy Collaborative
- SNAP—Student Network for Abuse Prevention
- SOBER—Students Off Booze Enjoying Recovery

The Gopher Chauffeur also offers safe rides home for students on Thursdays, Fridays, and Saturdays during the academic year. To learn more, visit www.bhs.umn.edu.

Pharmacy Options

Transferring a prescription to the Boynton Health Service Pharmacy is quick and easy. Just call **612-624-7655** with your name, the prescription number, and the phone number of the pharmacy from which you would like

to transfer the prescription. You can find this information on your current prescription label.

Prescription refills and transfers may be ordered any time of day. Please allow 24 hours for refills and transfers from other pharmacies.

The Pharmacy also dispenses over-the-counter medications and health and medical supplies.

Medical records

In order to deliver high-quality care, it is often helpful to have your medical records before you are seen at Boynton. If you would like Boynton Health Service to have your medical records on hand before your first visit to the clinic, complete and submit an Authorization for the Release of Health Information for Primary Care, Mental Health, or Dental Care. Call **612-625-8400** to obtain a form.

Note: This is not required, but is advised for patients who have a condition that requires care on campus, or a condition your health care provider should know about.

Mental health services

Mental health issues can have a profound impact on you and your success, leading to poor academic performance, impaired interpersonal relationships, and lower graduation rates.

Professionals on campus can help you with issues related to:

- mood (stress, anger, depression, anxiety).
- life changes (loss, relationship issues, transition).
- academics (motivation, procrastination, learning issues, academic probation).
- career (choosing/changing majors, job confusion or uncertainty).

The University offers a number of services to help you with any type of mental health challenge. Counseling services are available at Boynton Health Service's Mental Health Clinic (BMHC) and University Counseling and Consulting Services (UCCS). In addition, students with psychiatric disabilities can

	Individual Psychotherapy	Group Counseling	Walk-in / Crisis	Psychiatry Services (medication treatment & management)	Specialty Services	Specialty Groups	Fees / Payment
BMHC	Yes	Yes	Yes	Yes	Chemical health assessment and substance abuse; eating disorder assessment	Eating Disorder Recovery Group; alcohol awareness; mindfulness; and more	Have health insurance + pay the Student Services fee
UCCS	Yes	Yes	Yes	No	Career counseling; Academic counseling; SASS	Dissertation support; assertiveness; grief; Feel Better Fast	Free (students actively enrolled in a degree-seeking program)

receive support and assistance at the Disability Resource Center. Boynton and UCCS sponsor a number of support groups for various issues including anxiety and eating disorders.

How to get help

BMHC and UCCS provide high quality mental health services for students and are staffed by experienced, highly qualified professionals. While both offices offer individual and group psychotherapy services, there are some differences between them (see chart above) that may help you decide which one matches your needs. Boynton provides medication management, while UCCS does not. However, you can seek career and academic study skills at UCCS. See the chart above to compare services.

If you currently receive professional mental health assistance and would like to continue on campus, contact either Boynton Health Service Mental Health Clinic (**612-624-1444**) or UCCS (**612-624-3323**) to facilitate a successful transition. Initial appointments are scheduled in person.

Helping a Friend

While at the University it is possible that a friend, classmate, roommate, or significant other may be dealing with depression, anxiety, alcohol misuse, or other mental health issues. To assist you in helping friends and classmates, the University created an interactive training tool that provides:

- information to help you identify mental health concerns.
- strategies for engaging in conversations with peers to better understand their concerns and identify potential solutions.
- information about appropriate campus resources.

You can learn more about how to assist others as well as the broad range of confidential services available on campus at the Student Mental Health website:

www.mentalhealth.umn.edu.

Wellness

When most people on campus think of wellness, they think of the recreational and wellness centers. University Recreation and

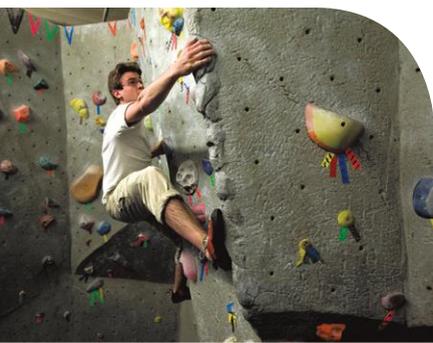


Smoke- and Tobacco-free Campus

The University of Minnesota is committed to protecting the health and well-being of all campus community members. Because we all “share the air,” the University will be smoke and tobacco free July 1. This includes all University facilities, buildings, and grounds. To learn more, visit sharetheair.umn.edu.

Need help quitting? The University offers a variety of resources including nicotine dependence counseling as well as prescription medication and nicotine replacement therapy options. Visit bhs.umn.edu for more information.

Being Healthy



Wellness provides programs and services to help you stay motivated and physically active during the year. And they are the proud caretakers of the University Recreation and Wellness Center—a newly remodeled recreation and wellness facility located on the East Bank campus. Take advantage of some of the new features.

There are workout facilities all over campus. You will read about them below. Look for weight rooms hours, group fitness class schedules, and related fitness information at www.recwell.umn.edu.

Maybe you prefer walking or biking rather than lifting weights. This section includes information on those things, too.

Don't forget the importance of good eating for your overall good health. University Dining Services has a dietician on staff (see details on page 17) and has links to health and wellness resources at www.dining.umn.edu.

Expanded fitness center

In addition to the existing fitness centers, the University Recreation and Wellness Center expansion provides four levels of state-of-the-art cardiovascular and strength training equipment, an indoor cycling center, and several additional cardiovascular and stretching spaces, bringing the total fitness space available on the Minneapolis campus to more than 25,000 square feet.

CLIMBING WALL AND OUTDOOR RENTAL CENTER

The new facility features a climbing wall spanning up to 33 feet in height with over 3,200 square feet of climbing surface. There is also an entrance to the outdoor rental center from a loading dock so you can easily pick up and drop off all of your rented outdoor equipment.

MULTIPURPOSE ROOMS

Seven different rooms are utilized for group fitness classes, special events, Sport Club practices, informational fairs, banquets, presentations, and more.

INDOOR TRACK

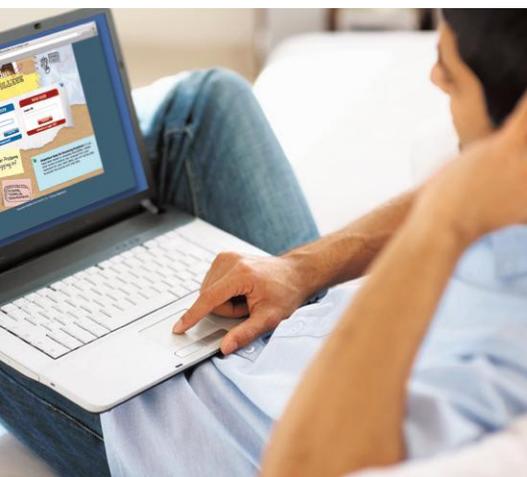
There is a 1/9-mile suspended track for running and walking with great exterior views of the campus and interior views of the activity spaces below.

Other fitness facilities

The St. Paul Gymnasium has state-of-the-art cardio and strength training equipment, handball/racquetball/squash courts, a gymnasium, multiple fitness studios, a shallow water pool, a climbing/bouldering wall, a suspended track, locker rooms, an equipment room, and lounge spaces.

The University Aquatic Center features a 50-meter competition pool and adjacent diving well.

University Fieldhouse features a six-lane, 200-meter indoor track and four basketball courts (or 1 soccer field).



AlcoholEdu

You have the talent to be successful at the University of Minnesota. But sometimes students have difficulty with some of the challenges University life and living on your own may present. To help prepare you for the start of your first semester, you are expected to complete an online course called AlcoholEdu before the first day of the semester. This two-and-a-half-hour program is required at more than 500 campuses across the country. Whether you drink alcohol or not, it will teach you important alcohol-related information, help you learn ways to support others while increasing your awareness about alcohol and college life. It also includes an assessment about alcohol use. During the summer you will receive your log-in information. Your completion of the program will be documented and reported to the University.

Cooke Hall has three volleyball courts (or five badminton courts), a fitness studio, and two pools for lap swimming and instructional courses.

The Student Recreational Sports Dome provides space for recreational and competitive sports activities during colder months.



Outdoor activity space at the U of M includes four field spaces: the Minneapolis Recreational Sports Fields, West Bank Fields, St. Paul Tennis Courts, and St. Paul Recreational Sports Fields.

WORK OUT—AND PLAY SPORTS—ON CAMPUS

All University of Minnesota students registered for six or more credits have an automatic membership with University Recreation and Wellness. Check in with your U Card or the Biometric Hand Scanner to any of these locations: the University Recreation and Wellness Center, Wellness Center, St. Paul Gymnasium, or Student Recreational Sports Dome.

Join a team

The Intramural program is a great way to engage in friendly competition. You can compete in individual, partner, or team events in a wide range of sports including basketball, bowling, soccer, softball, and kickball. Opportunities include leagues, special events such as tournaments (that don't require a full season commitment), University Athletic Leagues (a higher level of competition), and summer golf leagues.

University Recreation and Wellness features a premier venue for competitive court sports. The University Recreation and Wellness Center and the St. Paul Gym feature several state-of-the-art court facilities, and the Court Sports program provides varied opportunities for recreational and competitive court sports enthusiasts.

More information:

www.recwell.umn.edu/intramurals

Walking (club) for wellness

Enjoy a stroll through campus while burning off some calories and adding to your daily steps total. Each Wellness Walk has been mapped, timed, and has had steps counted for your convenience. Find six maps at www.umn.edu/ohr/wellness/fitness/index.html. (East Bank Perimeter Walk, East Bank River Walk, East Bank Gopher Way Walk, Green Spaces Walk, Minneapolis Campus Bridges Walk, and St. Paul Campus Perimeter Walk) Find more walking clubs and trails at www.umn.edu/pts.

Biking beats stress

With dozens of bike paths and lanes to and around campus, there is always a way to get from point A to B. And with 9,000 bike racks and 200 enclosed bike lockers on campus, there is always a place to park your bike.

HELMETS AND HEADLIGHTS

A higher percentage of bicycle fatalities happen after dark despite much lower percentages of users during that time. Show your U Card to purchase a helmet and headlight set for \$20 (items also sold separately) at the Boynton Health Service Pharmacy.

U OF M BIKE CENTER

The bike center (at the corner of Oak Street and Delaware Street) offers a space for bicycle commuters to gather and take advantage of resources including:

- Bicycle repair (fee based on service)
- Retail outlet
- RFID (radio frequency identification) tagging and tracking capabilities
- Educational opportunities such as smart cycling courses and bike maintenance classes

An optional Bike Center membership is \$85 a year and includes secure bike parking and access to showers.

More information:

www.umn.edu/pts/bike/bikecenter.html

Read more about biking on campus on page 21.

HERE ARE SOME HEALTH-RELATED REMINDERS:



- Watch for information in June on the required AlcoholEdu online course.
- If your parent/s didn't attend Orientation, share the information about health insurance with them.
- If necessary, make arrangements before coming to campus to have your prescriptions transferred, your medical records sent to Boynton, or mental health services arranged.
- Familiarize yourself with the resources in this section so you can be proactive about your health needs.

Getting Involved

WHAT IS STUDENT ENGAGEMENT?

"I think this means not only participating in something that is of interest to you, but doing something to make a difference in the community, either the student community or the surrounding area. Being engaged is beyond being involved—it is actively doing something of meaning to you."
—U of M student

Being open to new ideas and experiences allows you to appreciate differences (a Student Development Outcome) and to acquire skills for effective citizenship (a Student Learning Outcome). You'll learn these things—and more—by taking advantage of opportunities outside the classroom.

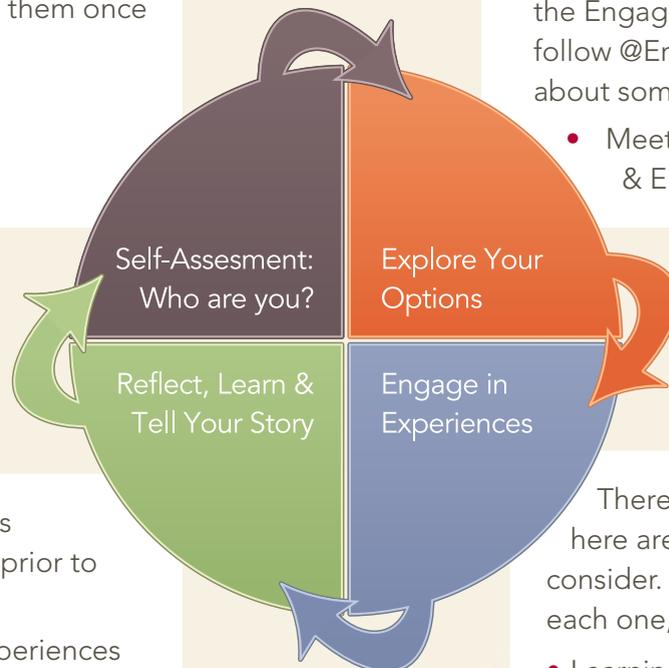
You may join a student group or find a great place to volunteer in the community. The University of Minnesota strongly believes that these types of engagement opportunities add real value to your education. Getting involved will allow you to gain new knowledge and skills, meet new people, develop relationships, help ensure you are equipped to pursue a successful career, and explore and pursue new interests and experiences.

You are off to a good start: Orientation is your first involvement experience at the U of M. Welcome Week—or Transfer Welcome Day—will be your next engagement experience. This section will highlight a number of ways the U of M supports your growth and development including programming, student groups, athletic events, and more.

How to get involved

- What things are you excited to learn about and experience in college?
- What are your Strengths? How can you develop them and use them once you get to campus?
- What is important to you?
- What majors and careers interest you?

- What co-curricular activities have you been involved in prior to college?
- How and why are these experiences meaningful?
- How do you want to build on these experiences in college?
- What new experiences do you want to pursue in college?



- Use the Engage! search tool at www.engage.umn.edu. Type in a word or phrase or search by pre-sorted interest areas.
- Check out the Engage UMN blog. "Like" the EngageUMN Facebook page and follow @EngageUMNTwitter to learn about some great opportunities.
- Meet with a Strengths & Engagement Coach

There are unlimited options, but here are seven areas you can start to consider. (For links to information about each one, visit www.engage.umn.edu.)

- Learning Abroad & Away
- Research
- Student Groups
- Campus Leadership & Involvement
- Student Employment
- Volunteering
- Internships



You will take the StrengthsFinder assessment before you come to campus. (See page 4.) StrengthsFinder will identify your top five natural talents and provide ideas for how you can apply these talents toward success. Once you get your results, ask yourself how you can use your Strengths to start engaging in co-curricular experiences. What experiences will give you opportunities to further develop your Strengths?

You have four exciting years ahead. Make the most of them inside and outside the classroom.

Getting involved can be intimidating, but joining a student group is one of the best ways to meet new people in an open and friendly environment. Student groups are always looking for new members. For any interest you have, you can probably find a student group through Student Unions & Activities (SUA). If you can't find a related group, it's easy to start one yourself.

A portion of the fees you pay to attend the University of Minnesota funds SUA. That office serves students (and the campus community, in general) by providing facilities, programs, services, leadership, and involvement opportunities that enhance the social, educational, recreational, and cultural environment of the University of Minnesota.

Colleges and departments offer student involvement opportunities outside the classroom, too. For example, the College of Science and Engineering has more than 40 student groups. There are professional and honor societies, and service and leadership groups.

On the following pages are some of the many involvement opportunities that are available at the U of M. All of them are focused on helping, guiding, and granting students with the experience they need to excel in their future endeavors. You can also search University groups by your interests or major at sua.umn.edu/groups.

Visit a Strengths & Engagement coach to talk about your Strengths and how to get connected to opportunities to get involved on and off campus. Check out the series of short Strengths videos at www.strengths.umn.edu

THE MINNESOTA DAILY

For more than a century, The Minnesota Daily has had an active and vital presence in the lives of the students, faculty members, staff members, and residents of the University community. The Daily has continually sought to fulfill its mission of serving the community by providing:

St. Paul  Minneapolis

MINNESOTA DAILY

- Coverage of news and events affecting the University and surrounding community.
- A forum for the communication and exchange of ideas for the University community.
- Educational training and experience to University students in all areas of newspaper operations.

The Minnesota Daily has been repeatedly recognized as one of the top college newspapers in the country. It is also one of the nation's largest entirely student-written and student-managed newspapers. The Minnesota Daily is a student organization that employs approximately 250 people annually. Read the Daily for ideas on how to get involved on campus. www.mndaily.com

Getting Involved

EXPLORE-U

All new freshmen and transfer students are invited to experience Explore U on Saturday, August 30. You will be able to interact with more than 140 student groups to learn about engagement opportunities. There will be more than 70 local vendors with sample products and information about services.

Student groups

Program Board

SUA's Program Board gives students the power to plan events for the student body and provides a way to form new friendships. You can gain valuable leadership experience and pride in knowing you are part of something bigger than yourself. Plan events such as concerts, art exhibitions, performances, and more!

More information:
sua.umn.edu/programboard

Fraternity and Sorority Life

Fraternity and Sorority Life at the University of Minnesota provides engagement opportunities for more than 2,700 students and honors 140 years of tradition. Each year, members post higher graduation rates than non-members and outperform the all-men's and women's GPA. Greek students engage in leadership and involvement in student government, Welcome Week, Orientation, and hundreds of student organizations on campus. Data shows that these students are more satisfied with their collegiate experience than non-Greeks, more willing to engage in the classroom, and feel like they have been able to find a home away from home.

Women who wish to join a Panhellenic (PHC) sorority participate in a formal recruitment process that begins at the end

of Welcome Week. To participate, you must register online. Registration closes the day before recruitment begins. During formal recruitment, you will visit every chapter's facility and meet women from each organization.

To register or to learn more about the U of M's PHC sorority community, click on "Recruitment" at www.begreek.org.



Men who wish to join an IFC fraternity can participate in two types of recruitment each fall. During the final weekend of Welcome Week, there is a formal process that enables men to visit with as many different organizations that they choose. At the conclusion of the formal process, men can participate in an informal process that includes various events such as barbecues and on-campus programming.

For more information about joining an IFC fraternity, visit the "Recruitment" page at www.begreek.org.

Men or women interested in joining a Multicultural Greek Council (MGC) or National Pan-Hellenic Council (NPHC) fraternity or sorority can learn about each specific organization's process by visiting their national organization and local websites. Click on "Chapters" at www.begreek.org to learn more about the process for joining an MGC or NPHC fraternity or sorority. Students interested in joining are encouraged to contact the organizations directly.

Greek life provides unique opportunities for you to engage in campus traditions, engage in your entire campus community, and build friendships that last a lifetime.

More information:
www.fsl.umn.edu
www.begreek.org





Residence halls

Each residence hall has many opportunities for students to get involved. Students can create their own groups in which to connect with peers around common interests. In the past, groups have formed around fitness, intramurals, cooking, TV shows, videogame tournaments, hosting community wide social events, study groups, community service, and much more. If you meet people in the building who share your interests, you can form a group. Funds are available to help groups put on programs for their members and the entire building community. This is a great way to connect with other students and get involved with something that interests you. Staff is available to provide support to these groups. Housing & Residential Life also supports students' development of leadership skills by providing all students free access to workshops, training, and retreats throughout the academic year.

First-Year Leadership Institute

First-Year Leadership Institute is a selective, co-curricular leadership program designed specifically for incoming freshmen. Are you interested in being an on-campus leader? Are you looking to explore what leadership means to you and how you lead? Each fall, 25 to 30 students are selected to participate in the program that takes place during the spring semester. Through weekly meetings, a weekend retreat, mentoring experiences, and other hands-on activities, participants

build lasting friendships with other leaders, expand self-awareness, and gain excitement and direction for their leadership journeys ahead. Applications are available beginning Welcome Week.

More information:

www.leadup.umn.edu/first-year

Intramural Sports

The Intramural program provides opportunities for energetic recreational competition and social interaction around campus. Individual and team participation is available in a wide variety of sports. Men's, women's, co-recreational, and open leagues are all available. (Intramurals also hires hundreds of officials every year if you are interested in an on-campus job.) Registration takes place during the second week of the fall and spring semesters.

- Basketball
- Bowling
- Broomball
- Dodgeball
- Flag football
- Hockey
- Soccer
- Softball
- Ultimate Frisbee
- Volleyball
- Racquetball

More information:

www.recwell.umn.edu/intramurals



SOCIAL MEDIA

In addition to using the Engage! search tool, you can look at a list of student groups at www.sua.umn.edu/groups. Don't forget about social media. Search and follow your college and groups you are interested in on Twitter and Facebook. Remember to join your class Facebook page.

Getting Involved



Sport Clubs

Sport Clubs offer a wide variety of sports including Aikido, water polo, fencing, and rugby for both competitive and recreational athletes. Clubs are open to all students. No experience is required for most clubs. Instruction is available in a number of sports, such as martial arts and ballroom dancing. Two-thirds of Sport Clubs compete nationally against teams from other colleges and universities.

More information:

www.recwell.umn.edu/sportclubs

GLBTA Programs Office

The Gay, Lesbian, Bisexual, Transgender, Ally (GLBTA) Programs Office is dedicated to improving campus climate and developing and supporting more inclusive understandings of gender and sexuality. The office puts together an e-newsletter,

“GLBTA NEWS,” and offers an open and inclusive space at their student lounge in Appleby Hall. Events celebrate and affirm the lives of LGBT students, staff, faculty, and community members. In February 2014, the GLBTA Programs Office was highlighted by Buzzfeed as one of the 25 best colleges and universities for LGBT students.

Education is at the core of the work done through the GLBTA Programs Office. Ally Trainings are held several times a semester that aim to increase GLBTA knowledge through focused content on language terms and real-life experiences of sexual orientation and gender identity. To learn more about these and other LGBT Trainings visit <https://diversity.umn.edu/glbta/trainings>.

There are more than 40 GLBTA student organizations and initiatives.

More information: diversity.umn.edu/glbta

Women's Center

The Women's Center advances equity for women students, staff, faculty, and alumnae across identities. At the Women's Center, you will be able to find women's and gender equity resources on campus and beyond, apply for over \$60,000 in scholarships, attend workshops and training that help you bridge the confidence gap, gain salary negotiation skills, and learn to be a change agent through women's leadership development opportunities throughout the year. You can also become a part of our team through our employment, volunteer, and internship opportunities, which are open to people of all genders.

More information:

diversity.umn.edu/women

Circle of Indigenous Nations

The Circle of Indigenous Nations recruits, retains, and graduates American Indian/First Nations/Alaskan Native students by promoting cultural values that help indigenous students succeed personally, academically, and professionally. The group's goal is for students to feel a sense of community on campus by providing resources and programs and offering services. The Circle of Indigenous Nations strives to bridge the richness of the surrounding American Indian communities with the strengths of the University's research, education, and teaching.

More information:

diversity.umn.edu/multicultural/coin

Undergraduate Students with Children: Student Parent HELP Center

The Student Parent HELP Center assists low-income, undergraduate students with children by helping them overcome the specific challenges they typically face as they enter college. Student parents can significantly increase their earning potential, increase the overall economic stability of their families, and improve the academic outcomes for their own children by earning a four-year degree. The Center provides a family friendly, centrally located on-campus facility and offers a wide

variety of services and activities that encourage academic and family success.

More information:

www.sphc.umn.edu/index.html

Places to gather

Student Unions

On top of the great events, involvement opportunities, support, and leadership roles, don't forget about the unions themselves. There are three: Coffman Memorial Union, St. Paul Student Center, and the West Bank Skyway. Nicknamed, "the living rooms on campus," the unions are a great one-stop shop for a ton of services.

- Hungry? There is a slew of options from a food court to convenience stores to Starbucks to sandwich shops. sua.umn.edu/food
- Have questions? The Information Desks offer a complete selection of brochures and campus maps, bus passes, and discount tickets to local attractions. sua.umn.edu/info
- Looking for something to do between classes? Grab a snack and go bowling or play video games at Goldy's Gameroom in Coffman Union. Or, stop by Gopher Spot in the St. Paul Student Center to play pool or bowl. sua.umn.edu/gamerooms
- This is where you will find great services including offices such as U Card office, Tech Stop, United States Postal Service, Printing Services, ATMs, National Banks, U of M Bookstores and the Hennepin County Service Center. sua.umn.edu/services

Commuter Connection

Commuter Connection supports University of Minnesota students who travel to campus. Whether you are looking for someone to share gas and parking expenses, get advice on better routes to campus, or find ways to get involved on campus, Commuter Connection can help. The group's space, on the second floor of Coffman Union, is a place to lounge or nap, study, or eat.

More information:

commuterconnection.umn.edu



Getting Involved

Northrop Auditorium

Northrop is an epicenter that celebrates innovation in the arts, performance, and academics. After three years of being under revitalization, Northrop is now open to host a variety of events, such as music concerts, dance performances, lectures, film showings, poetry slams, and graduations, to mention a few. And, students often receive free or discounted access to these events! With six study lounges, a café and free art gallery, Northrop is a space for students to gather.

More information: northrop.umn.edu

Religious and Spiritual Life

Students at the U of M will find a variety of religiously affiliated student organizations. Almost 70 student groups and several off campus communities encompass a large variety of traditions including non-belief. Students are encouraged to be curious about their own beliefs or nonbeliefs and respectful toward people with beliefs different than their own. Students should feel supported and safe in their engagement in these organizations. The groups include a wide variety of theological beliefs, practices and activities. Students interested should visit sua.umn.edu/groups and look under the category "Religiously Affiliated."

Student Unions & Activities provides spaces for bible studies, meditation, rituals, ceremonies, and prayer to registered student groups. To reserve a space visit sua.umn.edu/reservations/.

Community service

You can arrange an advising appointment with one of the Peer Advisors in the Community Service-Learning Center to learn about opportunities to volunteer at one of more than 300 non-profits /organizations, schools, and community centers that want U of M students working with them. You can also gain valuable experience and contribute to the local community by taking a service-

learning course that allows you to combine classroom studies with volunteer work and reflection.

More information:

www.servicelearning.umn.edu

Community Service-Learning Center, 240 Appleby Hall, **612-626-2044**, csl@umn.edu

ROTC

The Reserve Officer Training Corps (ROTC) prepares University students for future officer leadership in the United States Air Force, Army, Marine Corps, or Navy, and motivates young people to be better citizens. ROTC is dedicated to service to the local community, state, and nation. Students participate in physical training, community service, drill competitions, and other team-building and leadership activities.

Governance

SUA Board of Governors

Joining the Board of Governors is a great way to help shape the Student Unions and Activities office from a student's point of view. You can also have the power to influence change for the unions' policies and operation impacting the student body. You matter and so do your opinions. Applications are available in February for the following academic year.

More information: sua.umn.edu/board

Minnesota Student Association

The student body is large at the University of Minnesota and students need and want to have a voice. The Minnesota Student Association (MSA) serves as the collective voice for the undergraduate student body. From hosting campus events that promote community growth to advocating for greater University support from legislators at the capitol, MSA covers an extremely wide range of topics in an effort to enhance the college experience for students at the



Air Force ROTC,
www.afrotc.umn.edu

Army ROTC,
armyrotc.com/edu/univmntwincities/index.htm

Navy and Marine Corps ROTC,
www.nrotc.umn.edu



University of Minnesota. This diverse nature allows students of all interests and talents to easily find a fit for themselves within MSA.

More information: msa.umn.edu

Recreation and Wellness Advisory Board

The Recreation and Wellness Advisory Board serves as a communication vehicle between University Recreation and Wellness and all University of Minnesota students, faculty, and staff. The board is responsible for advising the department's leaders on programming issues, as well as facility and policy operations. If you are interested in getting involved with student governance or the Recreation and Wellness Advisory Board, contact Dr. Jim Turman, University Recreation and Wellness director, at turma001@umn.edu.

Fraternity and Sorority councils

The U of M's fraternity and sorority community is made up of more than 50 organizations, many of which have been here for more than 100 years. The Interfraternity Council (IFC), Multicultural Greek Council (MGC), National Pan-Hellenic Council (NPHC) and Panhellenic Council (PHC) communities are governed by different councils that develop policies related to

academics, programming, recruitment, campus traditions, and much more.

Reporting to different national bodies, these organizations meet to discuss community business, plan events that engage students, and provide resources to various chapters. Students can participate in these councils within delegation roles and also in executive positions. Each position is elected by chapter delegates.

The IFC governs the men's social fraternities, the PHC the women's social fraternities. MGC governs the cultural or multicultural based fraternities and sororities. The NPHC governs the historically African American fraternities and sororities, sometimes referred to as the "Divine Nine."

To learn about the governing councils, click on "Councils" at www.begreek.org.



School Pride

For more than 100 years, the Golden Gophers have been competing in the BIG Ten conference and have won more than 25 national and 100 Big Ten championships.



Be part of this athletic legacy!

All it requires is your pride, spirit, and a few lessons on Gopher tradition.

Here are a few to get you started:

Minnesota Rouser (fight song)

Minnesota, hats off to thee!
To thy colors true we shall ever be.
Firm and strong, united are we.
Rah! Rah! Rah! for Ski-U-Mah.
Rah! Rah! Rah! Rah!
Rah! for the U of M.
M-I-N-N-E-S-O-T-A!
Minnesota, Minnesota!
Yay, Gophers! RAH!



We Are...Minnesota

The We Are...Minnesota Spirit Initiative is a student-run organization whose mission is to lead the University of Minnesota community in fan participation, Gopher spirit, and positive behavior. We Are...Minnesota is comprised of The Rooter Club (student section for football), The Barnyard (student section for men's basketball), The Ice Box (student section for men's hockey) and the Gopher Greeters (fan ambassadors for Gopher sporting events). Be a part of the athletic legacy on campus and find more information online at <http://www.spirit.umn.edu/>



Goldy

Goldy began his mascot career in the 1940s. Throughout the '60s and '70s, the Goldy Gopher mascot evolved into a more modern cartoon character—from cute to fierce, to one that now exudes a kind of cheerful confidence. Goldy appears at sporting events, other school functions and even has his own hangout in Coffman Memorial Union.



Homecoming and Spring Jam™: Get involved

In 2014 the University of Minnesota will celebrate 100 years of Homecoming. Founded in 1914, Homecoming is a week in the fall dedicated to school spirit and celebration of the entire University community. It's a great celebration that brings the campus together with events such as a campus-wide scavenger hunt, cheer and lip sync competitions, sports competitions, community service events, pep rallies, and of course the Homecoming Parade and football game. Each year, the University of Minnesota Alumni Association welcomes back numerous alumni to share in the excitement of Homecoming. The Alumni Association takes an active role in helping plan the Homecoming activities and connecting alumni back to the University during this fun-filled week including hosting the celebration at which the Homecoming king and queen are crowned.

To get involved or to check out what's happening, visit homecoming.umn.edu.

Spring Jam happens in late April and celebrates the warm weather and the end of the school year. It's a three-day music festival including live performances, competitions, and a variety of special events. It is the largest student-planned, campus-wide event during spring semester. The headlining act is national and is the main draw throughout all of Spring Jam.

Find out how to get involved or check the schedule at springjam.umn.edu.

Homecoming and Spring Jam are two campus traditions in which the Greek community is actively involved as planners and participants. During each event, Greek organizations participate in both campus-based and Greek-specific competitions through the week leading up to each event. Organizations are paired into larger groups based on academic performance and chapter rank, and then participate in a series of events planned by Greek governing councils in collaboration with Student Unions and Activities.

To learn about the various events the councils plan, click on "Programs" under "About Us" at begreek.org.



HOMECOMING 2014
FOREVER GOLD



Bookstore

Sport your best maroon and gold on campus with help from the U of M Bookstores. The Bookstores have a huge selection of Gopher fashions for fans of all ages.



Events

Your U Card is used as a visual ID to enter Gopher athletic games, so you should bring your U Card with you when you go to a game. Also, watch for discounts and free admission to Gopher games with your U Card throughout the year.



ATHLETIC TICKETS

Student tickets are available for purchase at the Orientation Resource Fair (and many other venues as well) for football, men's basketball, men's hockey, and wrestling. All other athletic events are free with your U Card.

For more information on Gopher athletics, and to purchase season tickets, go to mygophersports.com.

EVENTS AND ACTIVITIES

Student Unions & Activities provides free, or low-cost, events every Friday and Saturday night at Coffman Union and the St. Paul Student Center. Students can enjoy new films, concerts, performances, comedy acts, bowling, and other great events.

Plan your weekends at sua.umn.edu/events

LEARNING AT THE U OF M

In order to succeed academically in college, you need to apply and build upon the skills and habits that helped you succeed in the past. In college, as in life, you must define what success means to you. Asking questions, cultivating creativity, and exercising self-discipline will help you meet and exceed your expectations.

Even in your academics, there will be lessons to learn outside the classroom. For some students, managing their time and learning how to study for college courses rather than high school classes can be stressful. There are many resources—and specific courses, even—to help students with those issues, and you will learn about them here.

Read through the following section for a clear understanding of what will be expected of you academically. You will learn what to expect from the University, too.

A good portion of this section is a guide to the many resources on campus—people, places, courses, and services—in place to help you. The number of resources available should be a clear indication that everyone at the University wants you to succeed. As a matter of fact, everyone at the U of M is counting on your success. Proof is in the form of the many

career-related services on campus starting with major exploration and career planning. You are on your way.

Familiarize yourself with the following now so that you know where to go for help when you need it:

- The University's Expectations
- Understanding the Curriculum
- Tracking and Planning Degree Progress
- Registration Tools
- Classroom Expectations
- Academic Support Team
- Academic Advising Programs
- Major Exploration and Career Planning
- Academic Support
- Courses Just for First-year Students
- Courses to Assist in Your Transition



The University's Expectations

Integrity and caliber of work

Promoting academic achievement and integrity is everyone's responsibility. You are expected to read your syllabus (a course outline or description), attend class, participate in class discussions, and ask questions. Faculty members are expected to set clear guidelines, give honest feedback, and uphold standards.

Achieving a degree from the University of Minnesota is a prestigious accomplishment. It signifies that you have met all of the requirements and learned the body of knowledge necessary for the discipline you chose. The value of your degree is greatly diminished when grades are not achieved honestly.

Student conduct

The University of Minnesota Student Conduct Code (SCC) establishes academic and behavioral standards for students. As a student, you are responsible to the academic community of the University as well as the broader community of which you are a part.

The Student Conduct Code applies both on and off campus. Remember that as a student you represent the University of Minnesota wherever you go and in whatever you do.

The Office for Student Conduct and Academic Integrity administers the student disciplinary process using educational and developmental strategies. If you violate the Student Conduct Code, you will likely meet with someone from this office.

You can find the Student Conduct Code online at z.umn.edu/scc.



Understanding the Curriculum

The University of Minnesota is one of the nation's top public research universities, and it is also a member of the esteemed Association of American Universities. This means college experience will be enhanced by award-winning faculty, state-of-the-art learning facilities, and an unprecedented variety of more than 135 majors and thousands of challenging courses.

As an undergraduate student, your college coursework, or curriculum, is comprised of two parts. While individual coursework will vary based on each major, these two components make up the curriculum for each and every undergraduate student on campus:

Major requirement courses

Courses that fall under this requirement are specific to your individual major or program of study. These courses give you detailed knowledge in major-specific subjects that are required for you to be successful in your future career. Often, these courses will give you foundational understanding of concepts, terms, and processes that are tailored to the field(s) of study associated with your particular academic college and major.

Liberal education requirement courses

Courses that fall under this requirement were designed to supplement your major coursework, giving you an opportunity to gain a well-rounded, versatile, and robust academic experience on campus. Often called "lib eds" for short, these courses are organized into a variety of categories, such as Arts and Humanities; History and Social Science; Mathematical Thinking; and Global Perspectives. Liberal education courses are designed to be taken in tandem with your major requirements, and are important to developing transferable skills and knowledge considered crucial to future employers, graduate, and professional schools.

Additional curriculum requirements

As an undergraduate student, the U of M curriculum also requires that you to do the following:

- Complete a minimum of 120 credits in order to graduate.
- Maintain above a 2.0 grade point average (GPA).

There are several other requirements related to graduation that may be specific to your academic college. For example, CLA students completing a Bachelor of Arts, Bachelor of Individualized Studies, or Bachelor of Fine Arts degree in Art must complete the second language requirement. Please discuss college-specific requirements with your academic adviser during your first semester in order to plan the best possible route to graduation.

Your adviser will be an invaluable resource, but you must take responsibility for your education, actions, and decisions. Familiarize yourself with program requirements, deadlines, and college policies, and come prepared to your advising appointments. You will read more about advising in this section.

Creating a balanced curriculum

Liberal education courses are extremely important in showcasing your ability to gain knowledge, skills, and experience in a wide variety of topical areas. These courses may or may not be tied to your specific field of study, but are a common way for future employers to see students' ability to think critically, develop social and communication skills, solve problems, and experience diversity. You are expected to take a combination of major requirements and liberal education courses each semester for your best chance at academic success. With this recommendation



in mind, you should anticipate taking liberal education courses throughout your college career, and not rushing to complete them early in your academic program.

Courses/credits

Each course taken at the University of Minnesota is assigned a credit value. Courses are awarded on a semester-hour basis, representing how many hours a week a student must attend the course and the amount of work outside class necessary to be successful. While credits range depending on the course, most courses you take will be three to four credits. A three-credit course will typically meet for three hours each week during the academic semester. (For each credit hour you are in class, you should average two hours a week in additional preparation outside class—studying and preparing homework or papers.) The number of credits you take each semester is known as your credit load.

The University of Minnesota–Twin Cities requires students to register for a minimum of 13 credits each semester to be considered a full-time student. Because any credits above 13 are free, many students take 14 to 18 credits each semester (depending upon their degree program).

There are exceptions to the 13-credit requirement (work, family, health, or other life circumstances), but you must get prior approval. Submit the online Request for Reduced Credit Load form under “Registration” at onestop.umn.edu/forms to your college advising office by the end of the fourth week of the term. Without that approval, you must pay the 13-credit tuition, even if you take fewer credits.

Grades and grade point average

Every course you take for graded credit will be assigned a letter grade. These grades indicate a scale of quality from excellent to failure, ranging from A to F. Each letter grade also has a grade value on a 4.0 scale, with an “A” assigned 4 points, a “B” assigned 3 points, a “C” assigned 2 points, a

“D” assigned 1 point, and an “F” assigned 0 points. Each student has a cumulative grade point average (GPA)—a numerical average of all the graded courses he or she has taken at the University of Minnesota. In general, to be in good academic standing, you need to maintain a 2.0 average or above.

Four-Year Graduation Plan

(This applies to freshmen only)

There are many advantages to graduating in four years including financial savings, increased learning that comes with maintaining momentum from semester to semester, and getting a head start on your post-college goals. This plan can help you achieve four-year graduation by assuring that required courses will be available to you. If the University cannot provide a required course, another course will be substituted for the requirement or the requirement will be waived at the department’s discretion. If the U of M cannot provide either of these options and, consequently, it takes you longer than four years to graduate, the U of M will pay the additional tuition for that course.

If you choose to take part in the plan, your responsibility is to:

- Start at the U of M as a freshman.
- Take courses appropriate for your major.
- Take freshman composition during your first academic year.
- Discuss and sign an agreement with your adviser at Orientation.
- Work with your adviser to set up an academic plan each year.
- Plan to register for an average of 15 credits per semester to graduate in four years.
- Register on your assigned registration date.
- Let your adviser know immediately if you have problems registering for classes.
- Remain in good standing with your college and department.

GRADES AND TRANSCRIPTS

The University does not mail grades or give grades over the phone. From the One Stop website (onestop.umn.edu) you can:

- View your grades by term on the “Grades” quick link.
- Print an unofficial transcript.
- Order official transcripts.

The deadline to apply for the Four-Year Graduation Plan is the first day of fall semester—September 3. Talk to your adviser at Orientation.

More information: academic.umn.edu/fouryear

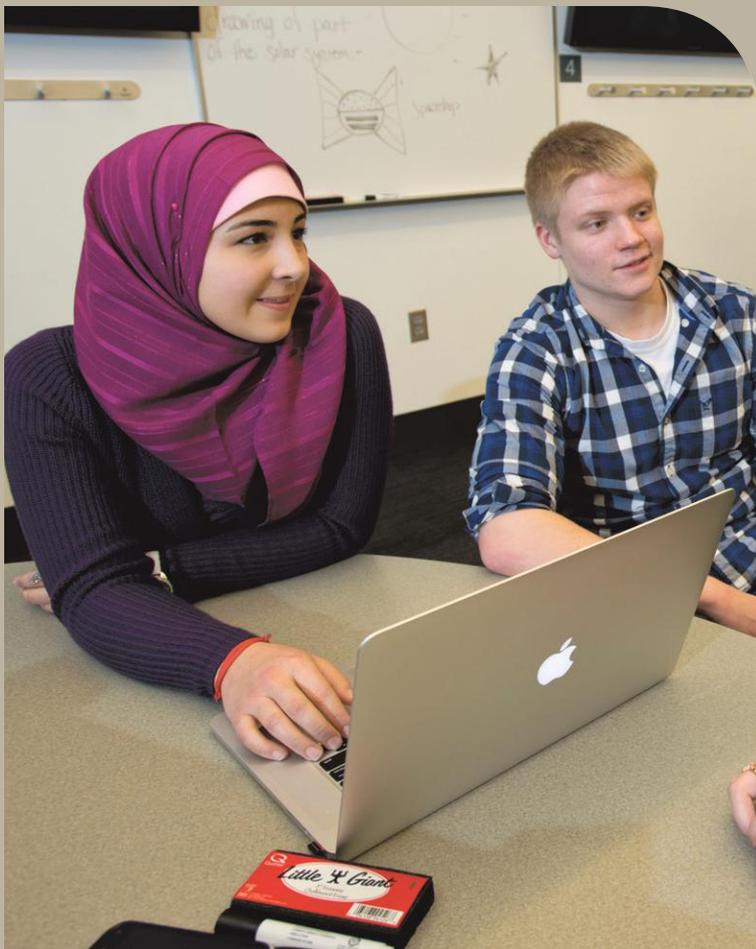
Tracking and Planning Degree Progress

Academic Progress Audit Report

The Academic Progress Audit Report (APAS) produces a report, or degree audit, that reflects your progress toward completion of an undergraduate degree in your declared or proposed major. The APAS report shows how your U of M courses, transfer courses, and courses in progress apply to your degree requirements. It is important to become familiar with APAS starting your first semester and it should be used as a tool to assist you and your adviser in planning your future coursework. Your academic adviser and information found on the One Stop website (onestop.umn.edu/degree_planning/apas.html) can help you better understand your APAS.

📄 Transfer credit report

The transfer credit report is prepared by the Office of Admissions. This electronic document shows how college-level coursework that you have completed transfers to the University of Minnesota-Twin Cities to fulfill general education requirements. The information on your report will be used by you and your adviser during Orientation to determine which degree program requirements you have met and which ones you still need to complete. You will receive transfer credit report updates each time new transfer course information is recorded on your official student record. If you have questions about your report, visit z.umn.edu/transferreport.



Getting credit for college-level coursework

There are several ways to receive academic credit for non-collegiate learning experiences. You may receive credit by earning satisfactory scores on one of the standardized national exams such as the Advanced Placement (AP) program, the International Baccalaureate (IB) program, or the College Level Examination Program (CLEP). You can also receive credit for College in the Schools (CIS) courses offered by accredited colleges and universities. If you were in the armed services and received training or attended school, you will receive credit only if the courses taught in the school you attended are similar in level and content to courses offered on the Twin Cities campus. Any Post-Secondary Enrollment Option (PSEO) coursework that you have completed at other colleges or universities would be included on the transfer credit report. Any PSEO coursework you completed at the University of Minnesota will be included on your Academic Progress Audit System (APAS) report.

If you have questions about how your pre-college credit will apply to your undergraduate degree, ask your adviser during Orientation, or visit the Admissions website: z.umn.edu/cww.

Graduation Planner is an interactive planning tool for University of Minnesota students on all campuses.

Use Graduation Planner to:

- Explore the requirements for majors and minors.
- Discover what courses you need to take, and when you should take them.
- Make a plan that will help you stay on track for four-year graduation.

The screenshot shows the Graduation Planner interface with three columns for Fall 2013, Spring 2014, and Summer 2014. The Fall 2013 column shows planned courses AFRO 4001 (3.0 cr) and AFRO 4105 (3.0 cr). A pop-up window for AFRO 1012 is open, displaying the following information:

- Title:** Black Worlds in Global Perspective: Challenges and Changes
- Description:** Challenges/possibilities emerging out of dispersal of Africans and their descendants throughout New World. How dispersion occurred, why it transformed Black worlds over time. Mechanisms of impoverishment. Consequences of global migrations in lives of Africans and peoples of African descent.
- Prereq:** None
- Liberal Educ:** Social Sciences, Global Perspectives (was International Perspectives)
- Terms Offered:** Fall in All academic years
- Credits:** 3
- Campus:** Twin Cities

Below the course plan, there is an "Adviser Comments" section with an "Adviser(s)" field and expand/collapse options. A "Plan For" section includes dropdown menus for "Term" and "Year" and a "Plan It!" button.

Your adviser will be able to review and comment on the plans you create. Be sure to work with your adviser as you plan for your degree. Some majors or programs have application procedures or special requirements and your adviser is the best source for this information. Visit plan.umn.edu

ACADEMIC SUPPORT RESOURCES
Office of Undergraduate Education

UNIVERSITY OF MINNESOTA

Registration Tools

Registration for your first semester takes place during Orientation. For future terms you will register using the “Register” quick link at onestop.umn.edu. You will be notified by email when you are able to begin your registration online for future semesters. Talk to your academic adviser each semester and use these self-service tools:

- **Class Search:** Locate classes by subject, title, and other identifying criteria.
- **Class Schedule:** Preview class times, dates, locations, campus maps (with building photos), instructor, section status, books, and materials required. Updates show when classes are full and when openings are available.
- **Schedule Builder:** Schedule Builder is a new tool that helps students put together a schedule of courses.

Your student record

Your student record includes your courses, grades, major and minor, degrees, and other academic-related information. An online self-service tool allows you to review your record, make informed choices about your education, and grant view-access to others.

Registration holds

A registration hold can be placed on your record by various campus offices for a variety of reasons. These holds are intended to help you take care of tasks or obligations that are critical to your success at the University. An example is a hold that will prevent you from registering for classes until you have completed your college’s orientation requirement. If you have a question about a registration hold and how to resolve it, you can start by asking your college’s advising office. They will either resolve the hold, or direct you to the office that can.

Dates and deadlines

Stay current with important academic dates and deadlines including term start/end dates, cancel/add deadlines, billing due dates, and holidays by checking the 2014–15 academic calendar at z.umn.edu/calendars. You can also add these dates to your Google calendar.



PERSONAL INFORMATION— PRIVACY AND KEEPING THE UNIVERSITY UP-TO-DATE

As a University student, your educational information is protected by federal and state laws, as well as University Board of Regents policy. University staff may not discuss your student record with your parents (or spouse, guardian, partner, or other third party) without your authorization.

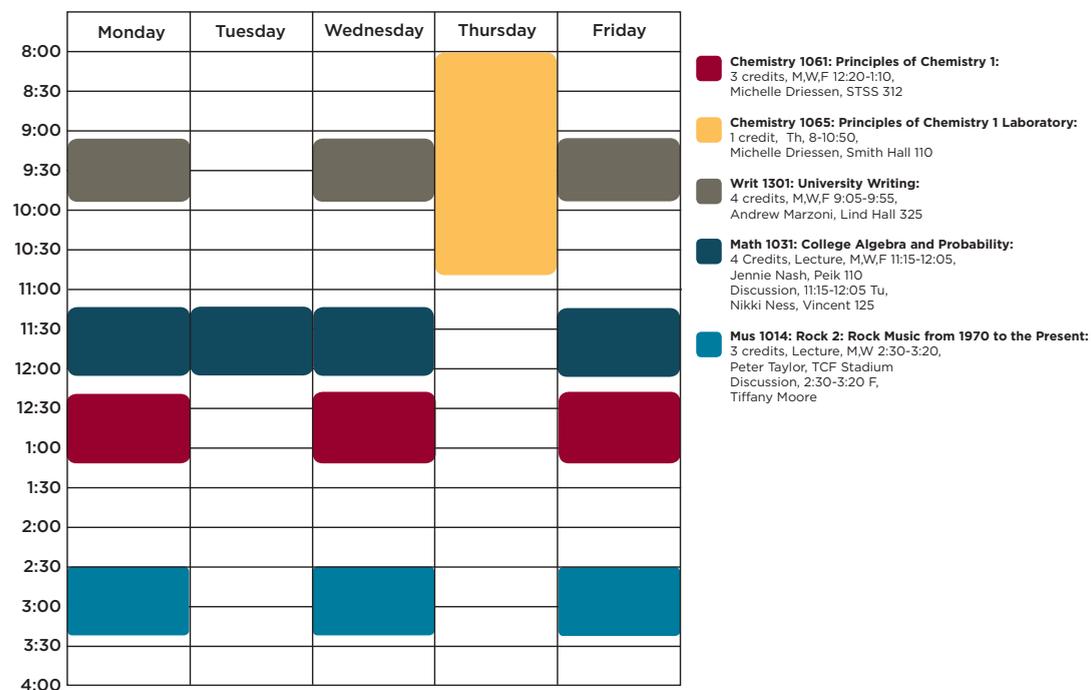
Some personal information is available to anyone who requests it, including your name, address, email address, phone number, dates of enrollment and enrollment status, college and class, major, adviser, academic awards and honors received, and degrees earned. To prevent the release of any or all of the above, go to the “Personal Information” quick link at onestop.umn.edu. The link is also where you can keep your school contact information (e.g., name, phone number, address) up-to-date in the University’s database.



The upgrade of the University’s systems in spring 2015 will change some of the processes highlighted in this book. For more information, visit z.umn.edu/upgrade.

Schedule sample

This schedule is for a 15-credit week (or credit load). Remember the general rule to budget two hours a week (or more) of study time for each hour of course work. In this example, that means a total of 45 hours for class and study time. You may also have other commitments that will take up time in your weekly schedule such as work, student group meetings, or volunteering. It is important that you budget enough time each week to manage not only your coursework but to take care of your other commitments as well.



Buying books and course materials

After you have registered for your courses, you can visit the U of M Bookstores to find out what books or other materials your instructor has selected for you. Or go to www.bookstore.umn.edu/textbooks/searchbooks.html and select "Get Textbooks for my Courses." Once you sign in, the system will automatically reference your registration records and produce a custom reading/materials list for you. Your custom list will include the author, title, and ISBN numbers for your required textbooks as well as information on price and availability. The Bookstore list shows if your materials are available as new, used, digital, or rental.

The Bookstore also sells notebooks, paper, binders, writing instruments, and art supplies at competitive prices.

You may purchase your course materials at the U of M Bookstore at Coffman Memorial Union or online at www.bookstore.umn.edu. If your courses are on the St. Paul campus, you may also purchase your books at the U of M Bookstore at the St. Paul Student Center.

When you purchase your textbooks online you can have them shipped to your home or residence hall, or pick them up in the store. The U of M Bookstore works directly with your instructors to ensure you have the correct course materials at the best prices available.

Classroom Expectations

For each course, your first day of class will be somewhat similar. Instructors are required to cover the ground rules, so to speak. You will learn about expectations for classroom participation and attendance and how those things will affect your grade. You will learn how your grades will be determined and how you can get help outside of class. The course syllabus includes the most pertinent information about the class. You will read about it below.

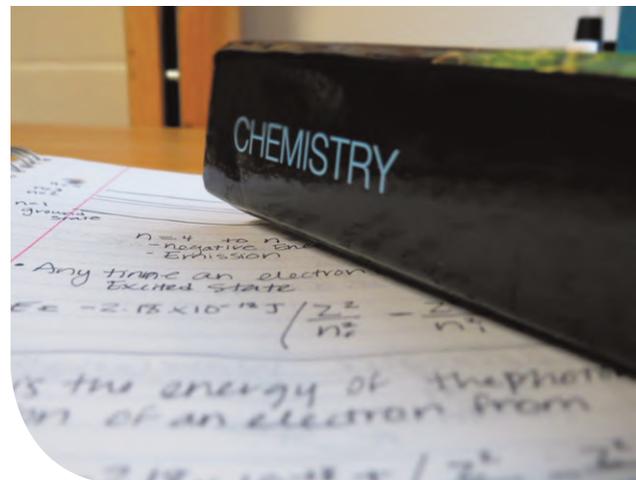


TAKING EXAMS

Professors and teaching assistants may require you to present your U Card before and/or after taking midterms or final exams in your classes. They will compare the name on your U Card with the name on your test and make sure the picture matches the person turning in the test. This practice helps eliminate forged test taking.

Syllabus

For each course you take at the University of Minnesota, the instructor will provide you with a syllabus. The syllabus outlines the course objectives, expectations, reading and paper assignments, dates of exams, University policies, and your faculty's contact information. The syllabus may also include information about how to access additional academic and health support resources. Whether the instructor references it many times throughout the semester or never brings it up again, the syllabus provides you a framework for success within the course. Use the Gopher Guide and write in all assignments and due dates from each syllabus. It is a good idea to keep your syllabi, especially the ones from your major, which you may want to refer to later on.



Here is an example that includes some of the sections you may find on a syllabus:

Instructor Info

Dr. Michelle Driessen
mdd@umn.edu

113 Smith Hall
624-0062

Office Hours

Office hours will be held Fridays 11-12 and 2 hours TBA by vote in Moodle. Appointments (set up by email) are also encouraged if office hours do not fit your schedule.

Instructor information: This section includes contact information for the instructor (office location, phone number, email address) as well as information about office hours—times set aside each week when you can visit the instructor to ask questions and seek advice.

Class Background Information

Chemistry 1061/1065 and 1062/1066 are introductory chemistry courses, each accompanied by a lab course. The two courses, with labs, together are designed to prepare a student for a major in science, including chemistry and engineering, and the health sciences. Each lecture/lab pair fulfills the core physical science requirement. A student may ask, "Why is this course considered an important component of my liberal education?" A liberally educated person is one who can understand complex issues, find credible information, analyze that information, problem-solve, and draw reasonable conclusions based on facts. This course will develop these skills and prepare you to be an informed citizen and life-long learner.

Prerequisites

To register/remain registered in this course, you must meet one of the following criteria:

- Register in BOTH 1061 & 1065 during the same semester is required.
- Passed the chemistry placement exam (and been advised to take this course)
- Completed CHEM 1015 or an equivalent course with a grade of C- or better

If you do not meet one of these criteria, you should report your situation to the staff in Smith 115 (624-0026) immediately. They handle all registration issues pertaining to this course.

Class information: This includes a description of the course and the material covered as well as the prerequisites necessary to enroll and be successful in the course. Information about the textbook and other materials utilized in the course are also listed here.

Class Websites

There are 3 websites associated with this course that you must visit frequently to keep up with the material.

Lecture Moodle Site

This site [CHEM 1061 Chemical Principles I – Lec 003, 004, 005 – Spring 2014](#) is where you will find any information associated with the lecture portion of the course. It will contain a class calendar, syllabus posting, and many resources to help you succeed on our exams. You will find your exam and online homework grades posted here under “my grades”.

Connect (publisher’s website with online homework)

There is a link from the Lecture Moodle site to the Connect homework system. Follow the instructions posted on this link to set up your account correctly.

Lab (Separate Course) Moodle Site

This site [CHEM 1065 – Lab – Spring 2014](#) is where you will find your lab syllabus and multiple resources associated with completion of the laboratory projects. You will view your LAB grades here under “grades”. Please note that the lab is a separate graded course that must be taken at the same time you take this lecture course.

Class websites: This particular course has several websites used to supplement your success in the course. Instructors may use online tools to give you feedback about your course performance and may also post additional documents or readings online. This section describes what these online resources are and how to access them.

Grades & Grading Policies

Your final course grade will be based on the weighted average of your scores according to the following breakdown.*

		Weight
February 13, 2013	Exam 1	0.19
March 13, 2013	Exam 2	0.19
April 24, 2013	Exam 3	0.19
May 18, 2013 (4:00 PM)	Final Exam-ACS	0.14
	Final Exam-Instructor	0.14
	Connect Homework	0.05
	iClicker work	0.10

Cumulative score = $E1 \cdot 0.19 + E2 \cdot 0.19 + E3 \cdot 0.19 + FE-ACS \cdot 0.14 + FE-Inst \cdot 0.14 + HW \cdot 0.05 + iClicker \cdot 0.10$

*Letter grades will be assigned based on the overall cumulative score, with the B-/C+ borderline set close to the class average.

Class work, grading policies, and other grade issues:

These three sections discuss how you will be assessed in the course, the grading scale, and how individual assignments and exams are weighted. You can see that this particular course includes online homework, exams, classroom activities, and practice problems. Special circumstances that can affect your course grade are also addressed.

Academic Dishonesty**According to the Student Conduct Code:**

Scholastic dishonesty means plagiarism; cheating on assignments or examinations; engaging in unauthorized collaboration on academic work; taking, acquiring, or using test materials without faculty permission; submitting false or incomplete records of academic achievement; acting alone or in cooperation with another to falsify records or to obtain dishonestly grades, honors, awards, or professional endorsement; altering, forging, misrepresenting, or misusing a University academic record; or fabricating or falsifying data, research procedures, or data analysis.

Academic integrity: This includes the instructor’s policy on how he/she will handle instances of scholastic dishonesty and the potential outcomes for the situation. It may also include the definition of scholastic dishonesty and/or a link to the Student Conduct Code.

Help**Instructor**

Asking questions during office hours is a first line of defense toward overcoming conceptual problems with the course material. Get help early on so that problems do not compound! I hope to see you in person so that I can help you if you are having any difficulty.

Free Tutoring

Room 124 Smith Hall is the site of regular Chem 1061 drop-in tutorial sessions conducted by general chemistry TAs. See the TA web link for additional details. <http://www.chem.umn.edu/ta/current/1061tutor.htm>

Help: This section includes information about how you can access tutoring and assistance that will help you be successful in this course.

February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4 Chpt 3	5	6 Chpt 4	7	8 Chpt 4	9 HW C Due 11:59 PM
10	11 Chpt 4	12	13 EXAM I 4:40 PM Chpt 5	14	15 Chpt 5	16 HW D Due 11:59 PM
17	18 Chpt 5	19	20 Chpt 5/6	21	22 Chpt 5/6	23
24	25 Chpt 5/6	26	27 Chpt 6	28		

Class schedule: This final section outlines due dates for assignments, readings for each class meeting, and dates of exams. This section can be especially useful in helping you map out your semester and manage your time.

Classroom Expectations

Moodle

For many of your courses, Moodle will be your lifeline. Moodle is the online system that allows you to access the syllabus, course handouts, announcements, presentations, discussion forums, quizzes, and exams. It is also the place where you will turn in your assignments for many of your courses.

Some professors will make the course websites available before classes start; other professors will wait until the first day of the course before they open their course sites. It will be up to you to check and ask questions if you are not able to access it.

Before you can log into your course sites, you need to activate your Moodle account by logging in (moodle.umn.edu/). Once you have activated your account by logging in, you can set up a user profile for yourself. Note that this single user profile will be seen by all of your professors and instructors and your classmates.

By the first day of classes, your professors and instructors will expect that you are familiar with Moodle and know where to find the course materials online. It is critical that you understand how to do this right away! To the right is a checklist to help you, along with websites that will be a good resource to help you get started.

YOUR MOODLE-RELATED TO-DO LIST:

- Read the Moodle Student Guide: www.oit.umn.edu/moodle/student-guides/index.htm.
- Watch the training video: www.oit.umn.edu/moodle/student-guides/index.html.
- Activate and log in to your Moodle account (moodle.umn.edu/).
- Set up your user profile: www.oit.umn.edu/moodle/student-guides/user-profile/index.htm.
- Log in to all of your course websites found on the "Courses" tab through the "MyU" portal (www.myu.umn.edu).
- Spend time looking through all of the course materials.
- Know where to go for help with Moodle (moodle@umn.edu) or moodle.umn.edu.



Time management

As you prepare for college coursework at the U of M, you must pay special attention to how you will manage your time. The standard expectation is that for each hour you spend in class, you should spend approximately two hours outside of class studying the course material, reading, completing assignments, and preparing for exams. For a 15-credit semester, this means you should anticipate spending 45 hours a week either in class or studying!

- 1. Get a planner.** Whether you use a paper-pencil calendar, your smartphone, tablet, or laptop, create a system to organize your class schedule, weekly time commitments, and your upcoming assignments, deadlines, and exams. It is crucial to create a system that allows you to add and edit dates to your calendar throughout the day. Pick whatever method is most convenient for you.
- 2. Organize your syllabi.** After the first week of class, a great “best practice” is to comb through your course syllabi, noting dates and deadlines to copy in to your planning system (see #1 above). Doing this will organize your semester into more specific week-blocks, allowing you to determine when is a good time for a weekend road trip home, and when you need to study for three exams in an upcoming week.
- 3. Get offline.** Sometimes the best way to be efficient in your study habits is to turn off your computer, cell phone, and any other avenue that allows access to Facebook, Twitter, or YouTube. Consider visiting the “Find a Study Space” website (www.classroom.umn.edu/studySpace/FindStudySpace.html) to discover great places to disconnect and focus on your work.
- 4. Spend daytime hours on campus.** Organize your schedule to remain on campus between classes from 8:00 a.m. to 5:00 p.m. Treating your time on campus as a full-time job will allow you to complete most necessary assignments and studying during the daytime hours, leaving your evenings free for eating in the dining center with friends, co-curricular activities, and spending time with your roommates.
- 5. Re-evaluate often.** Give yourself the first two to three weeks on campus to attempt your new time management routine, based on the principles listed above. Do you study better at night? Is your iPhone calendar failing to help with your scheduling method? Switch it up and try again. Remember, you can always communicate with a member of your academic support team (see page 68) to further investigate your time management plan.



DISABILITY RESOURCE CENTER

The Disability Resource Center office is committed to making the University accessible to faculty, staff, guests, and students. Services include testing accommodations, sign language and captioning, access assistance, and document conversion to those who meet the requirements for reasonable accommodations. If you have a disability, registering to receive services is easy. Call **612-626-1333** or visit diversity.umn.edu/disability to schedule an appointment. Remember: It is important to plan ahead and register for services before they are needed, as there are many things that can delay setting up accommodations.

Academic Support Team



Everyone needs support to succeed. At the University of Minnesota you will have support in abundance. Staff, faculty, and administrators are here to guide you through your educational journey and help you make informed decisions based on accurate information. It will be your job to get to know these campus professionals and utilize their resources throughout your college career. Take the time to find the resources and people who will support you. This section is a starting point.

Academic advisers

Academic advising at the University is a partnership that helps you achieve your academic goals. Your academic adviser will support you, learn about your interests and strengths, and challenge and empower you to meet and exceed your goals. Every college tailors its advising services to meet the unique needs of its students. Your academic adviser might be:

- A college adviser who assists you in planning your degree and pursuing opportunities from Orientation through graduation.
- A pre-major college adviser who helps you explore majors and maximize the benefits of the liberal education curriculum.
- A departmental adviser who assists you in declaring your major or minor and helps you make the most of your experience in your chosen field of study.

These advisers might be professional advising staff or they may be faculty members, but two things are certain: they can answer your questions (or direct you to the person who can), and they are in your corner!

In order to maximize your relationship with your academic adviser:

- When you meet with your academic adviser at Orientation and throughout your four years, always be prepared and ready to talk about your interests, goals, strengths, and any areas in which you might need assistance. Planning in advance for your advising meeting is critical.
- Listen up! Your academic adviser(s) have specific knowledge on University policies, academic procedures, course scheduling regulations, and how to take advantage of University and campus-wide resources. Pay attention and take their feedback seriously.

Faculty and teaching assistants (TAs)

Your faculty and TAs will push you to think critically, engage with course material in new and creative ways, and challenge you to integrate what you're learning into your life. Faculty at the U of M are at the top of their fields and have chosen to work at this top-rated undergraduate-serving institution. You matter to them, and they should matter to you. Make use of faculty office hours, introduce yourself after class, and ask questions in lecture.

Your peers

On occasion you will have the opportunity to work with other students on your assignments. Forming study groups is a great way to learn information and interact with your classmates. Be sure that you read your syllabus and check with your instructor to ensure that it is appropriate for you to collaborate. It is better to ask if you can work together than make assumptions and be accused of scholastic dishonesty.

Your peers and classmates can be a tremendous support through your college experience. Forming study groups to share information, knowledge, and expertise about a course in which you are all enrolled offers an opportunity to engage in intense discussion about course material which creates important dynamics for learning.

Some colleges have a formal peer mentoring or advising program.

Additional Academic Advising Programs

University Honors Program

University Honors Program (UHP) promotes an interdisciplinary approach to learning, providing highly qualified and motivated students with an enhanced learning experience that crosses academic boundaries. UHP students are part of a stimulating and supportive community of like-minded peers with diverse backgrounds and interests. UHP features an exciting curriculum of foundational courses and

Honors seminars combined with student engagement in honors experiences including research, creative expression, internships, study abroad, community service, and more.

Honors students work closely with UHP advisers in selecting their course(s) of study and other honors experiences, planning for graduation with Latin Honors, and preparing for life beyond college. The Honors Residential Community in Middlebrook Hall is a great place for UHP students to live on campus. Outstanding UHP students lead study groups in Middlebrook and a variety of social and intellectual extracurricular and co-curricular programs are featured there.

The Honors Student Association (UHSA) plans activities and events based on the interests of current students. All UHP students are members of this student organization and UHSA welcomes their suggestions and participation in planning and coordinating activities.

University of Minnesota students who have not gained admission to the University Honors Program as incoming freshmen may apply for fall entry in their sophomore or junior years.

More information: www.honors.umn.edu

390 Northrup, **612-624-5522**, email: honors@umn.edu

Student-Athlete advising

The McNamara Academic Center for Student-Athletes (MAC) is committed to supporting student-athletes in achieving academic, athletic, and personal excellence. All student-athletes are assigned an academic counselor that will monitor academic progress and athletic eligibility as well as assist in course and major selection in consultation with the athlete's college/major adviser. Student-athletes have access to computer labs, study space, mentor and subject tutoring, community service and leadership opportunities, and career activities offered through Student-Athlete Development.

More information: www.mac.umn.edu



Academic Support Team

Multicultural Center for Academic Excellence

The Multicultural Center for Academic Excellence (MCAE) provides programs and services to Latina/o, African and African-American, Asian-American, and Native American students, but is open to all students. MCAE supports students of color from the early transition to the University through graduation. Its mission is to support students' academic persistence and achievement, while encouraging them in their personal endeavors.

MCAE provides a variety of programs to support students academically as they transition into college life. These programs include the MCAE Academic Success Action Plan, President's Distinguished Faculty Mentor Program, scholarship support, and peer research consultants. First-year students have the opportunity to explore multicultural perspectives and topics across disciplines through SEAM courses (see page 77 for full description). Tutoring is also offered at the instructional center (page 75).

Community engagement promotes a sense of social justice and community responsibility. Community engagement and service learning opportunities organized by MCAE include the Multicultural Civic Engagement Program and the Multicultural Family Literacy Program.

Visit diversity.umn.edu/multicultural/ for more information on how to get involved and take advantage of these programs.

President's Emerging Scholars

Students who were selected to participate in the President's Emerging Scholars (PES) will benefit from the support of this growing group of scholars as well as from professional staff who are dedicated to supporting the students' academic, career, or personal goals. PES opportunities include specialized academic guidance and support, a peer mentor program, and an on-campus first-year conference designed to introduce students to the wide range of University programs, services, and opportunities.

More information:
www.prezscholars.umn.edu/about.html



International Student and Scholar Services

International Student and Scholar Services (ISSS) is the office dedicated to serving the University of Minnesota's international community. Its primary mission is to assist international students and scholars in successfully accomplishing the goals that brought them to the University, by using all available resources.

More information:
www.iss.umn.edu

Take Your Professor to Lunch

When you have the opportunity, introduce yourself to your instructors. Ask questions. It shows you are serious about your coursework and want to do well. If you want to get to know your professor (or classmates) better, the University has a program called "Take your professor to lunch!"

If you are an undergraduate in a class of 30 or more students, the University will pay for lunch (up to \$9 per person for lunch or any other meal) when groups of three to seven undergraduate students from the same class invite the professor to eat with them at a participating campus or residence hall restaurant.

There is an application (with more details about the program) at www.saa.umn.edu/undergraduate/signup/professor_lunch.

Major and Career Planning



Deciding on your major or career can feel like an overwhelming decision at times. It is important to understand that making those decisions is actually a process, and it will take some time. The University of Minnesota has many great resources on campus to help you along the way.

Two key resources that all students should use to explore majors and careers are your college's advising office and career center.

- Your academic adviser can suggest classes that will help you explore your interests, and is knowledgeable about majors and requirements for graduation.
- Every college also has a career center with career counselors or coaches who can help you with self-exploration and career assessments. You can learn about careers related to your interests, and get help with creating a resumé and searching for internships and jobs.

The checklist on this page includes some ways that you can jump-start your major and career exploration during your first year at the U of M. A list of career services offices on campus can also be found on the following page.

Center for Academic Planning and Exploration

The Center for Academic Planning and Exploration (CAPE) provides personalized services to help undergraduate students develop an action plan to aid in the major and career decision-making process.

CAPE services include coaching, workshops, and a one-credit course designed to help students find a major. Coaches are academic advisers or career counselors with a broad University perspective who will guide you through the decision-making process by helping you develop a structured plan for exploration and reflection.

Center for Academic Planning and Exploration, 511 Science Teaching & Student Services Building, 612-624-3076, www.cape.umn.edu

EXPLORATION CHECKLIST:

- Explore your options:** To explore your interests, strengths, personality, and values, and how these relate to your major and career options, make an appointment with a career counselor in your college's career office.
- Decide on a major:** Review the list of U of M majors (catalogs.umn.edu/programs.html). Cross off all of the majors you know you are not interested in. Begin more in-depth research on remaining majors.
- Get Involved:** Join at least one student club or volunteer with a local organization. Choose organizations that you are passionate about.
- Register for a major or career exploration course.** Learn about tools that will help you explore major and career options.
- Use your liberal education requirements as an opportunity to explore interests and majors.** Ask your academic adviser for help in selecting classes.
- Visit your college's career center.** (See list on following page.) Career services staff members are experts in helping students reach their career goals.
- Create an account** on GoldPASS to look for employers, volunteer organizations, or internships. The Edge is a similar database for students in the Carlson School of Management.



Career Centers

Carlson School of Management

Business Career Center
2-180 Hanson Hall
www.carlsonschool.umn.edu/career-services
612-624-0011

College of Biological Sciences

Career Center for Science and Engineering
105 Lind Hall
www.ccse.umn.edu
612-624-4090

College of Continuing Education

Degree Seeking Students
Career and Internship Services
198 McNeal Hall
www.careerhelp.umn.edu
612-624-2710

College of Design

Career and Internship Services
198 McNeal Hall (St. Paul)
411 Science Teaching & Student Services Building
(Minneapolis)
www.careerhelp.umn.edu
612-624-2710

College of Education and Human Development

CEHD Career Services
360 Education Sciences Building
www.cehd.umn.edu/career
612-625-3339

College of Food, Agriculture and Natural Resource Sciences

Career and Internship Services
198 McNeal Hall
www.careerhelp.umn.edu
612-624-2710

College of Liberal Arts

CLA Career Services
411 Science Teaching & Student Services Building
www.clacareer.umn.edu
612-624-7577

College of Science and Engineering

Career Center for Science and Engineering
105 Lind Hall
www.ccse.umn.edu
612-624-4090

Health Careers Center

2-565 Moos Tower
www.healthcareers.umn.edu
612-624-6767

Major and Career Planning

Undergraduate Research Opportunities Program

You have chosen to earn your undergraduate degree at one of the world's top research universities. But research is for grad students and faculty, right? Think again! The University of Minnesota's Undergraduate Research Opportunities Program (UROP) provides funding to U of M undergraduates who work on a research project with a faculty mentor. UROP provides a stipend (up to \$1,400 for approximately 120 hours of research) and expense money (up to \$300 for project-related expenses) to students. UROP is open to freshmen through seniors who are in an undergraduate degree program in good academic standing. Applications are accepted twice a year at www.urop.umn.edu.

Learn Abroad

A learning abroad opportunity has the potential to be one of the most profound facets of your education. However, the process to make it happen can seem daunting. Your academic adviser and staff in the Learning Abroad Center can help guide you through the process, address your concerns, and help you select a program out of 300 that fits your specific goals.

The First Step session is a half-hour group advising meeting that will help you decide which learning abroad experience is right for you. Meeting times can be found at UMabroad.umn.edu/students.php.

Whether you want to intern in Italy or the UK, explore international development in Ecuador, India, Kenya, or Senegal, conduct service-learning in Argentina, or study at a university in Australia, advisers can steer you toward the right path for your needs.

If you participate in a Learning Abroad Center program, you will earn University resident credit that you can use to keep on track to graduate.

You will gain an international perspective, develop new friendships, and build your confidence abroad. Explore global opportunities at umabroad.com and [youtube.com/user/umabroad230](https://www.youtube.com/user/umabroad230).

Leadership Minor

The 17-credit Leadership Minor program is interdisciplinary, multidimensional, experiential, and global. As a participant, you will explore and experience multiple frameworks of leadership. The program prepares you for real-life leadership experiences on campus and in the larger global community by combining social change theories of leadership with authentic community leadership.

To learn more about the courses, requirements, and community of the Leadership Minor, visit www.lead.umn.edu/minor.



Academic Support



Don't struggle through a course without seeking help. It's everywhere, and all you have to do is ask.

Many academic departments offer tutoring services. Resources like the Physics Help Room and the chemistry department's Tutor Room are staffed by tutors and teaching assistants. They offer drop-in course assistance throughout the day.

You can check with your academic adviser and your instructors to find out about additional tutoring resources. But here are the main ones:

Academic Counseling (from UCCS)

Academic Counseling is an individualized (one-to-one) service for students facing academic performance struggles. University Counseling & Consulting Services (UCCS) offers this free service that helps students address factors impacting academic performance that are not necessarily skill-based. Such as:

- Procrastination
- Motivation
- Perfectionism
- Test anxiety
- Lost interest

- Struggles with professors/TAs
- Writer's block
- And others ...

To schedule an academic counseling consultation, stop by the UCCS front desk at 340 Appleby Hall.

For information, call **612-624-3323**, or visit: www.uccs.umn.edu.

SMART Learning Commons

The SMART Learning Commons is an academic support resource available to all University of Minnesota students created in collaboration with the University Libraries and the Office of Undergraduate Education. The SMART Learning Commons offers a number of free services including walk-in tutoring for more than 130

undergraduate courses, group learning and study sessions, and exam preparation resources. In addition, the SMART Learning Commons can assist students with support and use of media equipment, facilities, and software, and help students find and utilize research materials. The SMART Learning Commons has three locations, one on each bank of the Minneapolis campus and one on the St. Paul campus.

More information: www.smart.umn.edu

Help with writing

The Center for Writing, a student writing support program, offers students a wealth of resources to assist in the development of writing skills. Students can receive support across the stages of the writing process, through face-to-face consultations and online collaborative feedback. In addition to writing consultations, students can also access online support content 24 hours a day. Resources geared specifically toward multilingual writers are also available.

More information: writing.umn.edu/sws

Academic Coaching

Academic Coaching is a free, individualized (one-to-one) service for students who want to explore new skills for increased efficiency and effectiveness in their academic efforts. If you are looking to work smarter, not harder, then this service is for you. Unlike the academic counseling services offered by UCCS, Academic Coaching is strictly skill-based in focus. Going to a consultation is like having your own private workshop on an academic question or issue you are curious about. Academic Coaching is not tutoring or academic advising, but it does address common topics such as:

- Test-taking strategies
- Time management
- Better note-taking
- Tips for active reading and writing
- Working with professors
- And more ...

To schedule a consultation, stop by the Student Academic Success Services front desk at 340 Appleby Hall and ask to schedule an Academic Coaching meeting.

More information: **612-624-3323** or www.sass.umn.edu

The Instructional Center

MCAE's Instructional Center provides group and individual tutoring. It is a great place to enhance what you are learning in the classroom and to get help in achieving the best grades possible. Many students study together in the instructional center in facilitated study groups. Nationally certified tutorial staff offer one-on-one assistance for help in introductory courses and help with skills such as mathematics, sciences, statistics, economics, writing, and library research. You also can get help in several language courses.

MCAE also offers several academic workshops each semester on subjects such as "How to Survive and Thrive in Organic Chemistry," "How To Thrive in On-Line Courses," "Time Management," "Using Google to Help You Succeed in College," and many others.

To learn more about the many offerings of the Instructional Center, go to diversity.umn.edu/multicultural.

U Libraries: Your academic survival headquarters

The University of Minnesota Libraries is here to help you succeed. Data analysis from 2011 – 2013 showed that students who used library resources (including the website) at least once, had, on average, a higher GPA than those who did not. These students were twice as likely to return for second semester.

- **Survive your first research paper**
Get started on your research paper at lib.umn.edu. You can access more than 80,000 online journals, magazines, and newspapers, and more than 7 million books, ebooks, videos, music, and more. And do it using the device of your choice—your computer, smart phone or

Academic Support

tablet. The Assignment Calculator gives you steps to complete big research papers and sends email reminders to keep you on track. Find it at lib.umn.edu/apps/ac/.

- **Get expert help when you need it 24/7**

We have a team to support your academic research. You can “Ask a Librarian” in-person, by phone, by email, or by chat 24/7. Visit z.umn.edu/asklibrarian.

- **World-class archives and special collections**

Add a unique source to your research project to wow your instructor. The Archives and Special Collections (lib.umn.edu/special) is home to many treasures—such as the world’s largest collection of Sherlock Holmes memorabilia, more than 10,000 comic books, 4,000-year-old Babylonian clay tablets, ancient maps, University of Minnesota history, and much more.

- **Need a place to study?**

Looking for a space to work on a group project? A place to study for a midterm? A quiet spot to write a research paper? You can find such a place in one of 13 library buildings. Libraries have 24/7 hours during finals.

- **Avoiding plagiarism and citing your sources**

Whenever you use the words or ideas of others you need to cite it, whether it is from a book, a website, or an article. We have tools to help collect and organize your research, and to create in-text citations and your bibliography as you write. Learn more at lib.umn.edu/howto/citationguides.

More information: z.umn.edu/studentguide



You will use the University of Minnesota Libraries for research and checking out books. You will need your U Card to check out materials from the Libraries.

If you need to photocopy library materials or use one of the computer printing stations, you will also need to swipe your U Card to access the Gopher GOLD™ value. You can add Gopher GOLD™ value to your account at a Value Port machine at the library with cash, online with a credit or debit card, or at the Coffman U Card Office with cash. Copier and computer lab terminals will show you your remaining account balance after your transaction has processed.

Resolving conflicts

The Student Conflict Resolution Center (SCRC) helps students with university related conflicts, problems, or concerns. SCRC staff members can serve as confidential advisors, and the office is a source of information regarding U of M policies and procedures. Staff members can also serve as informal mediators, and as advocates in disciplinary hearings.

The SCRC works closely with students to help them resolve their current issue, but also strives to help students develop the awareness and skills to resolve other issues that may come up during their time at the U of M.

SCRC has developed a series of Do-It-Yourself (DIY) resources for students to help prepare for and address issues on their own. They address some of the most common student concerns including roommate conflict, group projects, course success, and stress management. DIYs can be found at www.sos.umn.edu/Students/DIY.html.

All SCRC services are free and confidential.

Courses Just for First-Year Students

In addition to your liberal education and major courses, there are opportunities to take courses that further engage you in the intellectual and academic rigors of the University. Some colleges require a first-year course, and you will read about that here. Look over the lists (at the links provided), and talk to your adviser about taking one of these courses.

Freshman Seminars

When you register for classes consider taking a freshman seminar—offered both fall and spring semesters. These seminars are small classes taught by some of the University's most outstanding faculty members. Designed for first-year students, they are a great way to interact with a faculty member, meet other new students, and explore a new topic such as:

- My Other Car is a Bicycle
- Nothing
- Curing Cancer
- Great Southern Land—Imagining and Visiting New Zealand

Your adviser can help you choose a freshman seminar at Orientation. You can look at the freshman seminar offerings at: www.ofyp.umn.edu/freshsem.

First-year courses— by college (freshmen only)

The following colleges require a first-year course:

- College of Biological Sciences (CBS)
- College of Education & Human Development (CEHD)
- College of Food, Agricultural and Natural Resource Sciences (CFANS)
- College of Liberal Arts (CLA)
- College of Science and Engineering (CSE)

Many of these courses use the support of peer leaders or teaching assistants. They provide you with first-hand access to students who are living that college

experience. Most colleges consider Thursday during Welcome Week (called College Day) to be the first day of class. Students who miss regardless of circumstances must follow up with their college and make up any necessary items. You will register for these courses during day two of Orientation.

Student Excellence in Academics and Multiculturalism

The Student Excellence in Academics and Multiculturalism (SEAM) program offers first-year students the opportunity to explore multicultural perspectives and topics across disciplines. This is done primarily through seminars taught by University faculty. SEAM seminars also enhance college-level study skills and expose students to potential career paths.

SEAM seminars are for first-year students who share a desire to learn and study in a multicultural environment. SEAM seminars raise and explore issues from multiple perspectives in a fun and welcoming atmosphere. These seminars can be taken alone or with courses that provide access to reserved seats in writing, math, and other high-demand classes. Seminars are one- to three-credit classes taught by faculty or faculty/staff teams.

More information contact: Frederic MacDonald-Dennis at fmacden@umn.edu

Courses for Ongoing Academic Success



These courses are offered both semesters so keep them in mind if you fall behind academically and need support in an academic setting.

TO DO: SUBMIT FINAL TRANSCRIPTS

In order to verify that you have met University of Minnesota enrollment requirements, you must have your final high school transcript, including date of graduation, submitted to the Office of Admissions by August 1. It will be reviewed to make certain you have maintained your strong academic record. Visit z.umn.edu/gradespolicy to read the complete policy about senior year performance and final high school transcripts.

Academic improvement classes

Through your admission to the University, you have demonstrated a capacity to perform at a high academic level. But that doesn't necessarily ensure your success in college. The following courses offered through Student Academic Success Services (SASS) will teach you how to be a better student.

In LASK 1001: Mastering Skills for College Success, you will learn about factors that are the keys to academic and college success. Understanding these factors will help you deal with unanticipated challenges and identify strategies and concepts that will result in greater efficiency and effectiveness in your efforts. In other words, you will learn how to work smarter, not necessarily harder. This two-credit course is a great investment to make as you start your University studies.

The road to academic success doesn't always turn out to be what we expect. Many things can throw students off track, including unexpected family or relationship concerns, stress and anxiety, losing interest or motivation, finding usual approaches to studying no longer work, or questioning whether you still want to be in college.

Students dealing with these issues may end up facing probation or suspension. LASK 1102: Academic Success is a two-credit class that helps students with academic difficulties explore options for change, build a plan for success, and restore confidence. Each week students receive one hour of instruction and one hour or more of individualized consultation with the instructor and other students. Call the SASS front desk and staff will help determine if LASK 1102 is a good fit for you.

If you fall behind in classes or feel overwhelmed, LASK 1101: Academic Refresher can help you get back on track and finish the semester strong. This is a one-credit, mid-semester course specifically for students experiencing academic concerns. Students receive one hour of weekly instruction and one hour of individual instruction with a SASS consultant.

For information or to register for these classes, call SASS at **612-624-3323**. A brief screening by phone is required before students can register for LASK 1101 and LASK 1102.

More information: www.sass.umn.edu

Rothenberger Institute Wellness Courses

Excited about being on your own for the first time? Not sure what to expect? Worried what you might do if you start to feel tired, stressed, pressured, conflicted, or unmotivated? Let us help! The Rothenberger Institute (RI) wants to provide every student with tools for leading a healthy, productive, and balanced life through convenient, online, 1-credit wellness courses.

RI courses are relevant, unbiased, and motivating. Course materials will provide you with opportunities to examine your attitudes and behaviors related to course topics and equip you with strategies to live a healthier and more balanced life. RI's "teach, don't preach" approach provides a learning environment that offers you the knowledge and skills to make your own informed decisions. We believe there is tremendous value in learning about health and wellness from your peers, so our courses incorporate stories and input from real students, including video interviews of experienced students who have "been there." Plus, get feedback and ideas from your Teaching Assistant, a fellow undergrad student.

Rothenberger Institute courses in your class schedule:

- PubH 1001: Success Over Stress
- PubH 1003: Alcohol & College Life
- PubH 1004: Sexuality Matters
- PubH 1005: Sleep, Eat & Exercise

Let your academic adviser know if you are interested in one of these courses and enroll through One Stop.

Center for Spirituality & Healing

The Center for Spirituality & Healing provides you with the opportunity to earn academic credit as you reduce stress and improve your wellbeing. As you transition into college life, consider including courses that provide you with the tools you need to help manage life's experiences. Some of our courses include:

- CSPH 1001: Principles of Health and Wellbeing
- CSPH 3201: Mindfulness-Based Stress Reduction
- CSpH 3301 Food Choices

Our diverse program areas include: Stress Reduction, Animals in Healthcare, Purpose and Resilience, Health Coaching, Arts & Healing, Culturally-Based Healing Practices, Nature-Based Therapeutics, Whole Systems Healing

Learn more at csh.umn.edu



English language program

If you are a non-native speaker of English and would like more support with your academic English skills, the University of Minnesota offers various advanced-level English courses for credit. In these courses, you can improve your grammar, listening, speaking, reading, or writing skills. All of these courses are designed to help you further strengthen the academic English skills needed to be successful in University programs. Some of the courses include:

- ESL 3402: Research Writing (4 credits)
- ESL 3102: Grammar for Academic Purposes (4 credits)
- ESL 3602: Academic Speaking (4 credits)
- ESL 3551: English Pronunciation (4 credits)
- ESL 3001: Integrated Skills for Academic English (2 credits)

In addition to courses, you can also schedule a free 45-minute consultation with an English as a second language (ESL) professional who will help you work on a particular language skill such as grammar, reading, or pronunciation at Student English Language Support (SELS).

Go to cce.umn.edu/esl for more course descriptions.



Check your (University) email!

Your University email is the official form of communication at the University. Official announcements from the University, your department, and professors are sent to this email address. You are responsible for any information sent to you via University email, including tuition bills and other critical information from instructors and administrative offices. See page 34 for related information.

MAKING THE TRANSITION

Successfully navigating the transition to college involves knowing where to turn for help when you need it. Consider Orientation & First-Year Programs (OFYP) your guide to the many resources that exist to help students succeed at the U of M.

Those resources are listed here in the Gold Book, and you will learn about them during Orientation. But OFYP will be a constant in your first year at the University of Minnesota—long after you have completed Orientation and experienced Welcome Week or Transfer Student Welcome Day. In this section you will learn more about Welcome programs, other first-year programs, and electronic newsletters that share a common purpose: helping you have a successful first year at the University.

Orientation &
First-Year Programs
315 Coffman Memorial Union
300 Washington Ave. SE
Minneapolis, MN 55455
www.ofyp.umn.edu
ofyp@umn.edu
612-624-1979
or 1-800-234-1979



Welcome Programs

Whether you are a freshman or a transfer student, these programs are designed to meet your needs. By the time school starts, our hope is that you will be confident about starting the school year and feel you belong here at the U of M.



Welcome Week, Wednesday, August 27 – Monday, September 1

Orientation is your first step in the transition, Welcome Week is the second. You will end the week with new friends and a better understanding of how you will work through your transition to the U of M. This program is only for first-year and first-time freshmen. If you are transferring to the U of M, please see Transfer Welcome Days (below).

Students who attend Welcome Week have a greater sense of belonging and are more confident when they start classes because they have had time to meet friends, navigate campus, and get settled. Welcome Week introduces and builds upon various communities within the University. Here are some ways Welcome Week will build on your Orientation experience:

Welcome Week small group community:

At Orientation you are grouped with other students from your college of enrollment and have one Orientation Leader to lead you through the program.

At Welcome Week you will be assigned to a small group with other new students based on where you live or commute. Two Welcome Week Leaders will assist you and your small group in navigating the program. You will have opportunities to connect with other Welcome Week groups throughout the program.

College community:

At Orientation you have a college meeting and meet with your academic adviser to select your courses for fall semester.

At Welcome Week you will spend a full day, College Day, with your college of enrollment meeting faculty, staff members, and other peers. College Day is required of all colleges and if you are in CEHD, CLA, CFANS, or CSE you will attend the first day of class for your required first-year course.

U of M community:

At Orientation you have the option to explore parts of campus and are focused on a few buildings. In addition, only 5 percent of the freshman class is at each Orientation session.

At Welcome Week you will explore the U of M campus in its entirety by learning to navigate the East Bank, West Bank, and St. Paul campus. This includes utilizing the Campus Connector (bus) in order to reach scheduled events. There are many events during Welcome Week where the Class of 2018 will be together in one space. For example, you will take a class photo in the shape of the “M” at an event called Pride & Spirit.

Twin Cities community:

At Orientation you do not have the opportunity to explore the Twin Cities community.

At Welcome Week your U of M community extends to local businesses and non-profit organizations throughout the Twin Cities. You will attend Explore-U and explore areas off campus so you can learn to take advantage of all the Twin Cities has to offer.

For a complete schedule and more information:

www.welcomeweek.umn.edu

Welcome Programs



If you live on campus, you will check in for Welcome Week on Tuesday, August 26 or Wednesday, August 27. It will be important to get settled in your room as much as possible and say goodbye to your parents and family members before the start of Welcome Week. If you live off-campus, you will check in for Welcome Week on Wednesday, August 27. It will be important to map out your route to campus in advance so you can also be ready to begin Welcome Week.

To help you get settled, there is a trip to a local Target store scheduled for the Class of 2018 on the evening of Tuesday, August 26. Look for details in the Welcome Week schedule online. It will be a great time to get last-minute items.

Transfer Welcome Days

 Transfer Welcome Days are the official welcome event for new transfer students. At Welcome Days, you will mingle with other transfer students, meet professional staff, learn about campus resources and student organizations, and get answers to last-minute questions. You will also meet the University mascot, Goldy Gopher, and receive a free U of M T-shirt.

Students enrolling fall semester will have the opportunity to attend a football game and smaller group sessions during which they will talk with current transfer students about relevant issues. Some typical workshop topics include:

- Small College to Large University: How to Adjust
- Life at the U for Non-traditional Students
- Understanding Minnesota Culture
- Been there, done that—or have I?
- Fraternity and Sorority Life at the U

Students enrolling spring semester will have the opportunity to talk one-on-one with current transfer students and attend a resource fair where they will explore a variety of University departments and services that address the same topics covered during the fall break-out sessions.

Transfer Welcome Days are August 28-30, for students enrolling fall semester and Friday, January 23, 2015, for students enrolling spring semester.

More information and registration:
ofyp.umn.edu

Other First-Year Programs

There are additional first-year programs you can choose to participate in. These programs will introduce you to other students with similar backgrounds or interests or to campus resources that, again, will help you in your transition.

Multicultural Kickoff (freshmen only)

AUGUST 25-26

The Multicultural Center for Academic Excellence (MCAE) Kick-Off is a fun program that is geared specifically for multicultural students. It is sponsored by the MCAE and takes place right before Welcome Week begins so that students can participate in both programs.

Participants will discover extracurricular activities available on campus; learn the secrets to college success from University students, staff, and faculty; build confidence; develop leadership skills; experience campus life; learn about college expectations; and connect with other incoming and returning students. You will be with other students who have the same questions and concerns that you have about taking on college life. To sign up for Kick-Off, go to diversity.umn.edu/multiculturalkickoff.

First-Year Photo Project (freshmen only)

The First-Year Photo Project brings together students to document their personal transitions to the U of M through photography. Meeting every few weeks, the participants will create a photo documentary, and a gallery exhibit of what it means to be a freshman in the Class of 2018. Students can apply online during the summer to participate in this small cohort experience.

Kick It! (freshmen only)

You can start the first six weeks of each semester by learning to navigate campus resources and opportunities through a fun, online program called Kick It! Have fun while learning how to easily find assistance when you need it. By participating you

will be entered into weekly prize drawings for gift certificates, iPods, and other great giveaways! Watch myU for more information.

@Home in MN

(freshmen and transfer students)

If you are a domestic student from out of state, you will have additional needs to take into account during your transition such as travel arrangements, financial planning, healthcare, and climate change. @Home in MN provides monthly programming to introduce you to other out-of-state students while experiencing different Minnesota traditions. Programs include activities such as a fall visit to an apple orchard, cross country skiing, and trips to local attractions.

International Student Seminar (freshmen and transfer students)

 The New International Student Seminar (NISS) takes place right before midterms in the fall and spring semesters. This is a required program with International Student and Scholar Services.

The goals of the program are for you to be able to self-assess your academics, mental health, and general adjustment to the United States and the U of M. NISS helps to create discussion around academic success, helps you learn about useful resources, and connects you with ISSS staff and fellow students. You will learn your strengths and identify your challenges, so you can be successful long-term.

Electronic Communication

You are expected to read emails and electronic communications from the University. You will receive important updates and learn about opportunities through various electronic communications.

myU *(all students)*

myU is the official University of Minnesota web portal. It is your cyber link to the University's online community. myU is personalized just for you. Information you have provided to the U of M, such as your college affiliation, helps the system display information that makes sense to you. Additionally, myU gives you the power to make choices for yourself. As a result, no two portal views are exactly alike. Hopefully you have already been accessing myU in preparation for Orientation.

Start by visiting myu.umn.edu, and sign in using your U of M Internet ID and password. myU will provide you with the most current information about student activities, academic opportunities, U of M events, links to your course websites, library resources, and much more.

myu.umn.edu

Undergrad Update *(all students)*

The Undergrad Update is an eNewsletter that lists events, resources, and opportunities that are available to all students. The newsletter is a collaborative effort between the Office for Student Affairs and the Office of Undergraduate Education and was created to improve student communication at the University. Content from the Undergrad Update can also be found on the myU web portal.

undergrad.umn.edu/update

College electronic newsletter *(all students)*

Your college or advising office will send information to your U of M email about opportunities and events available through your college.

OFYP communications *(freshmen only)*

Throughout the year first-year students will receive two electronic communications from Orientation & First-Year Programs:

Year 1: This weekly article series is available on myU and addresses common transitional issues, such as homesickness, time and stress management, and negotiating new friendships. It directs you to specific campus resources available to help you ensure a successful year.

Class of 2018 eNewsletter: This monthly newsletter will be sent to your University email account and includes action items such as reminders to make your advising appointment or pay your tuition. It will introduce you to resources to help you with common transitional issues (often related to specific times of year) such as involvement/engagement, academics, personal finances, and health and wellness.



International student newsletter

The ISSS Weekly Update is an email newsletter with important announcements for international students and scholars. You can learn about ISSS events and programs, University policies affecting international students, changes in immigration laws, and many other topics.

Next Steps in Your Transition



PREPARE FOR YOUR WELCOME PROGRAM

First-year students:

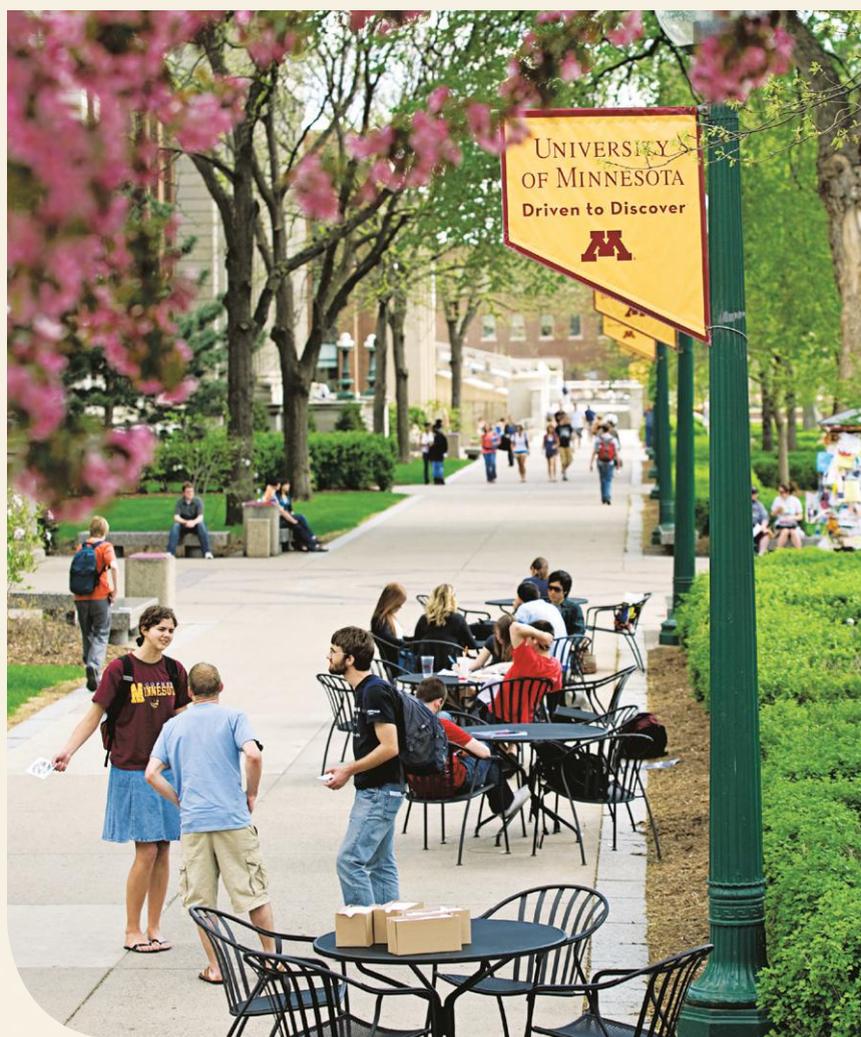
- Mark your calendar for Welcome Week: Wednesday, August 27 – Monday, September 1. Plan family vacations and work schedules accordingly.
- Complete the Welcome Week Event Selection between July 17 – August 14.
- Visit www.welcomeweek.umn.edu for a list of what to bring, more highlights, and answers to your questions.

Transfer students:

- Register for Transfer Welcome Days at ofyp.umn.edu

Your best bet in getting a good start at making a smooth transition is to be well prepared. Read this book and make a point to go through the to-do and/or reminder items at the end of each section. And keep these things in mind between now and the start of the school year:

- Check your U of M email regularly.
- Read all mail sent to your home.
- Download and use the U Minnesota app (see page 35).
- Join the Facebook page.
 - Freshman: check your email for your invitation to the U of M Class of 2018.
 - Transfer: U of M Transfer Students.
- Communicate with parents and family members about the resources listed in this book.
- Prepare for your Welcome program.
- Take the StrengthsFinder online assessment (see page 4) and Watch the I Know My Top 5, Now What? Strengths video online at strengths.umn.edu.
- Complete the online modules about alcohol (see page 42) and financial literacy (see page 31).
- Contact OFYP with any questions.
- If you have a documented disability and would like to request a sign language interpreter, captioning, or alternative formats for publications, please contact Disability Resource Center at **612-626-1333** (v/tty) or ds@umn.edu no later than August 5.



PARENTS AND FAMILIES

The University of Minnesota recognizes that parents and other family members play an important role in a student's life throughout the college years. Research shows that today's college students are in touch with family members using various communication methods every week—sometimes multiple times a day.

For parents, learning when to step in and when to step back during the college years represents a new challenge. You are your student's primary coach and mentor. Students benefit when their family understands and supports the college experience, while encouraging the student to take personal responsibility for the decisions they will be making.

The University Parent Program, Orientation & First-Year Programs, and offices and departments throughout campus are here to help parents as you work with your student to identify an appropriate level of involvement.



The parent role

Parents contribute to their student's success by:

- understanding the student experience and knowing about resources available at the University.
- supporting the University's goals for student outcomes (see Student Learning and Development Outcomes—pages 3-5).
- knowing when to step in to help their student and when to empower their student to take responsibility.
- becoming an active member of the University community by attending campus events, helping other parents understand the student experience, and advocating for and supporting the University of Minnesota.

The more you understand about the University of Minnesota and about your student's transition to college, the easier it will be to support your student. Parents' greatest concerns for their student during the first year revolve around safety, finances, health and wellness, academic advising, and career preparation.

Campus safety

Safety is consistently listed as parents' top concern for their student, but it is not always a student's greatest concern. Regular reminders from parents can make a difference in helping students remember to trust their instincts, secure their belongings, avoid leaving laptops or cell phones unattended for even a short time, and lock residence hall doors when they step out of the room and when they're sleeping. As a precaution, be sure your student has an inventory of valuable items (bikes, cell phones and other technology, and debit and credit cards), including a record of serial numbers and card numbers, and keep the information in a secure place.

Being safe in today's world includes being alert to online security. For many students,

sharing passwords and PIN numbers with the people they love is the norm. It's not uncommon for students to provide that information to a boyfriend or girlfriend, a best friend, or a roommate. If those relationships fail, however, students can find themselves with significant problems. The most powerful message a parent can deliver is, "Don't share your passwords or PINs with anyone. Not even me." That is a clear statement of the importance of guarding online information. Please see page 24 for more on safe computing practices.

For more information on campus safety, see page 23.

Money management

A college education has great value: Research shows college graduates earn more over their lifetime and are more satisfied with their life. As students move toward that graduation goal, it's important that the cost doesn't include significant or unnecessary post-graduation debt.

As your family prepares for the start of school, parents are encouraged to provide guidance on budgeting and financial management. The University's philosophy is that students are well advised to "Live Like a Student Now So You Don't Have to Later."

Financial Aid

At the end of July, students will receive an email with a financial aid offer. They will be asked to confirm any scholarships, grants, work-study, or any loans for which they are eligible. Please talk to your student about how much they want to take out in loans, keeping in mind that more loan dollars now mean higher repayment rates later.

If you will be making payments on your student's bills, your son or daughter will need to grant access for you to see his or her Student Account. Authorization can be done online on the One Stop website.

CARE PACKAGES

Send happy thoughts—on any occasion—to a student you care about with a themed package from Gopher Express. Wish them good luck on a big test or send a birthday package. Packages can be delivered on or near campus, and there is free in-store pickup at Gopher Express in Coffman Memorial Union. More information: sua.umn.edu/carepackages

Parents and Families

TRANSIT FINANCIAL HEALTH ONLINE LESSON

An important out-of-classroom lesson for students is learning to manage a budget. They need to live within their means to stay out of financial trouble during their time at the University and after they graduate. Students are expected to complete a three-hour online program that will cover student loan default prevention, savings and banking, credit scores, insurance and taxes, credit cards, investing, and retirement options. The course is designed to help them be proactive about their financial health and plan for their financial future. They will receive information about Transit Financial Health during summer. Completion of the program will be documented and reported to the University.

Students records and privacy

The law that allows parents access and control over a child's educational record changes when a student enters school at the college level. According to FERPA (Family Educational Rights and Privacy Act, also known as the Buckley Amendment), college students are considered responsible adults and are allowed to determine who will receive information about them.

Although the University is prohibited from releasing certain information to parents, students can go to One Stop (z.umn.edu/parentguestaccess) to give parents access to protected information. For more information about University policy related to access to student records, see the One Stop website. For information on parent/guest access, see page 28.

Parent/guest access quick link:

z.umn.edu/parentguestaccess.

Health, wellness, and balance

Throughout your child's growing-up years, you have tended to medical conditions, monitored medications, and provided comfort during the various childhood illnesses. You also have promoted healthy eating, provided reminders about daily vitamins, and tried your best to encourage good exercise, hygiene, and sleeping habits. College students know the routine, but parents can't help but worry.

Students thrive when they have a positive outlook and good balance in their lives. The U of M provides multiple opportunities that promote wellness, as well as resources students can use when they struggle to achieve balance. See page 41.

You can support your student's health and wellness from a distance by making sure he or she has the required information about health insurance, including a copy of his or her insurance card and instructions on what to do if a medical appointment is needed.

(See page 38). If your student has a chronic health condition requiring medication, be sure the prescription is up-to-date and that he or she has a copy of it. Read about how to transfer medical records, if necessary, and prescriptions to Boynton Health Service on page 40.

Students with disabilities are strongly encouraged to register with the Disability Resource Center, even if they are unsure they want to access special accommodations. If they find they need accommodations later in the year, it saves time and energy to have the information on file (see page 67).

If diet or food allergies are a concern, students can work with a dietitian to understand what foods in the residential restaurants or on-campus dining facilities are safe options (see page 17).

A healthy social life is a key part of the balance students need. If your son or daughter suffers from homesickness or reports that friends are hard to find, participation in a student group, a sport, or an on-campus job might be a good first step. Finding friends with similar interests will make campus feel more like home, and with that safe and familiar base, students find it easier to branch out and explore additional interests. Be ready to help your student take that first step by reading through the section of this book called Getting Involved on page 44.

Parents can feel helpless when their son or daughter calls home to report, "I'm sick." You can prepare in advance for that phone call by sending a first aid kit to school that includes a thermometer, pain relief medication, instant soup, juice boxes, tissues, and a get-well card. You can even have a care package delivered by Gopher Express. See the related box on the previous page.

AlcoholEdu Online Module

Sometimes students have difficulty with some of the challenges University life and living on their own present. A common belief or stereotype of college life is that “all students” are drinking heavily. Our data indicates it is the minority of students that engage in high-risk drinking, and whether a student chooses to drink or not they will be faced with choices about alcohol use multiple times. To help prepare them for the start of their first semester, they are expected to complete an online course called AlcoholEdu. This two-and-a-half-hour program is required at more than 500 colleges across the country. The course, which must be completed before the first day of Welcome Week, teaches important alcohol-related information and includes an assessment about alcohol use. They will receive information about the course during the summer. Completion of the program will be documented and reported to the University.

Academic success

Academic success begins with Orientation when students meet with advisers to discuss their goals for the first year and develop a path that will lead them toward those goals.

This appointment is the first step in developing an ongoing, personal relationship with the academic adviser, which is an important reason why parents are not included in that appointment. Advisers need to develop a connection with the student, and they can best do this by talking directly to her or him. They know that different students have different communication styles, and they will work with the student to uncover the most important information and address the critical questions that will lead to a successful first year, while laying the groundwork for the entire four years.

Academics are not strictly about coursework, though. The University offers a number of support services and learning experiences, including tutoring and study skills, study abroad, research opportunities, service learning, and student organizations based on academic majors. During the first appointment, academic advisers can begin to guide students toward opportunities that will enhance their academic success.

Career preparation

Students need more than a college transcript to launch their life’s work. Career advisers work with students to develop a resumé, practice interviewing skills, sort through job options, write a letter of application, and negotiate terms of employment. Along the way, they also will help with information on job shadowing, informational interviews, mentorships, and internships.

Parents can help by encouraging students to attend career workshops and job fairs and by helping their own sons and daughters, as well as other students, with networking opportunities. The Mentor Connection program is a collaboration of the University of Minnesota Alumni Association, the colleges and their volunteer alumni society boards, and University departments. Consider mentoring a current student, and remember to explore this opportunity for your child a year or two prior to their graduation.

More information:

MinnesotaAlumni.org/mentor

Real Life Scenarios

During the weeks leading up to the start of college, parents often worry that they haven’t talked to their student about all the important things a college student needs to know. Students, meanwhile, are not interested in hearing lectures from mom or dad. It can be helpful to give your student some situations or scenarios that might occur and ask how they would handle them. In addition to addressing some of the concerns parents have, this gives students a chance to practice critical thinking and problem solving—skills that will be useful in the real-life situations students may encounter. Below are a few examples:

- After a few months, you’ve been noticing that your roommate has been borrowing your things without asking. You tried to talk about it, but your roommate didn’t think it was a problem and it’s really starting to bother you. What do you do?



Parents and Families

- You're taking a night class on the West Bank, but you need to get back to East Bank on the other side of campus. What options do you have to ensure you get back safely?
- You and your friends are hanging out a few blocks from campus in Dinkytown on a weekend night. A police officer stops you to ask about a potential crime in the area. How do you address the officer? What do you do if you have been consuming alcohol?
- You wake up in the middle of the night with what feels like strep throat, but you've never made a doctor appointment and dealt with your health insurance policies by yourself. What are your options for treatment?
- You've been feeling overwhelmed with your coursework, managing a new social life, and adjusting to college. What can you do to relieve some stress?
- You've been in class for a few weeks and have had a hard time communicating with your professor. You do not understand the grade you received. How should you handle this?
- You've been in class for a few weeks, and you just got your first major assignment back. Your grade is lower than you expected, and you don't understand why you were marked down. What could you do?
- What do you do if someone approaches you demanding your cell phone or backpack?

Here are suggestions for parents and family as you prepare for your student's transition to the U of M:

- As the beginning of the school year draws near, review your notes from Parent Orientation.
- Empower your student to take responsibility for packing and preparing for school.
- Sign up for the Parent email listserv: Send your email address to parent@umn.edu.
- Attend the Parent Reception at Coffman Memorial Union on August 25 or 26 for answers to your last-minute questions and timely information from University staff.
- Learn about the Strengths-based approach that the U of M has implemented to help your student succeed. Check out <http://www.strengths.umn.edu/parentsguests> to learn more.
- Be sure to return for Parents Weekend September 26-28. Registration information will be available at www.umn.edu/parent.



ORIENTATION STAFF



Student Coordinators

Parent Orientation Coordinators



Ben Wunrow

As an out-of-state student it was hard for my parents at first and to be honest it was hard for me too, but this was what I needed to become more independent. I know my parents care about me and they are always there for me but it was nice to be away from home because it forced me to handle everything by myself. My parents were there if I

needed it, but I knew it would be a great learning experience for me to do it on my own. The experience of transitioning to college has helped me develop into the person I am today.



Sarah Lee

When I came to the University of Minnesota, I did not know a single person, but was very excited to begin my adventure of being on my own. I quickly became involved on campus and busy with classes. Although I am a day's trip away from home, I am always able to call home to ask advice, see what is new or just catch up. Even if it is by email or text I

always enjoy being able to send pictures home to share my exciting experiences, receiving a text asking if I made it to class through the snow that day, or learning the score of my siblings' sporting events. I am thankful to have the constant support of my parents, family and friends and wouldn't be where I am today without them.

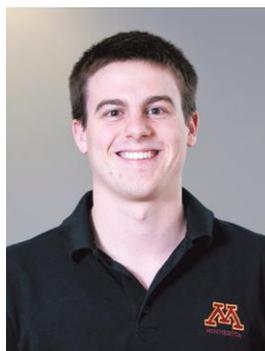
Student Orientation Program Coordinators



Lauren Eidman

As a 2013 Orientation Leader, I had the opportunity to work with first-year students as they navigated through their Orientation experience. I had a wonderful summer meeting new students, educating about the University, and helping to provide a more comfortable transition to college. Now as a Student

Program Coordinator, I have the pleasure of supervising the 2014 Orientation Leaders as they create their own experience and make an impact on the Class of 2018. I am excited to work with them to provide a positive experience for new students and families.



Connor Schweitzer

My role as an Orientation Leader last summer allowed me to directly work with students and parents as they made the transition to the U. This year as a Student Program Coordinator, I am focused on Orientation logistics and preparing the sessions to be fun and informative for students. I also help facilitate Orientation Leader training

to prepare them to create a smooth and successful transition for all incoming students and parents. I can't wait to see the impact the Orientation Leaders have on the Class of 2018.

Welcome Week Program Coordinators



Emma Contreras

As an out-of-state student, I was both nervous and excited to come to the U. Looking back on my Welcome Week experience makes me realize how beneficial it was to have time to get to know fellow students while having the guidance of upperclassmen. As a Welcome Week Student Program Coordinator, I am excited to have the opportunity to

assist with training the Welcome Week Leaders to guide the Class of 2018 as they make their transition into the U of M community.



Patrick Stumpf

I am from a small town and Welcome Week helped me with my transition to the U of M and Minneapolis. It gave me a chance to see everything the U of M had to offer and to get to know people from all over the US and the world. As a Student Program Coordinator, I am looking to make a similar impact on the Class of 2018.

Orientation Leaders



**Colin
Alsbro**
St. Joe, MI



**Maddie
Archer-Burton**
Apple Valley, MN



**Amy
Bartos**
Menomonee Falls, WI



**Bonnie
Baumgartner**
Park Rapids, MN



**Haskel
Black**
Brooklyn Center, MN



**Evalina
Bond**
Minnetonka, MN



**Keighly
Colangelo**
Maple Grove, MN



**Luke
Coyer**
Eden Prairie, MN



**Mike
Dixon**
Eagan, MN



**Mike
Franczyk**
Yorba Linda, CA



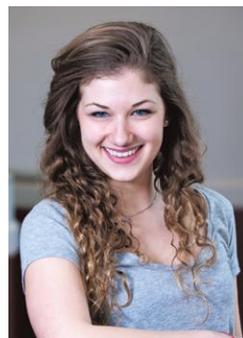
**Shannon
Hargis**
Mission Viejo, CA



**Connor
Harrel**
Woodbury, MN



**Harry
Huynh**
Charlotte, NC



**Jordan
Jensen**
Omaha, NE

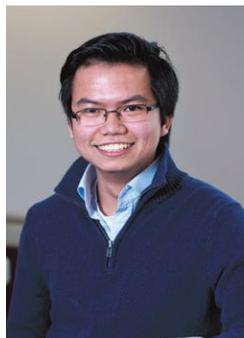


**Ben
Johnson**
Minnetonka, MN

Orientation Leaders



Rachel
Lachinski
Andover, MN



An
Le
Ho Chi Minh City,
Vietnam



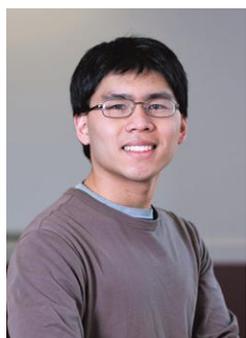
Kelsey
Neigebauer
New Ulm, MN



Vanessa
Nyarko
Romeoville, IL



Felix
Okotete
Brooklyn Park, MN



Joshua
Policarpio
Richfield, MN



Matthew
Schroeder
Bloomington, MN



Ally
Sevoid
Woodbury, MN



Rachel
Tanner
Shakopee, MN



Sam
Theesfeld
Medina, MN



Ashley
Vanden Bosch
Kimberly, WI



Drew
Wandschneider
Cedarburg, WI



Natalie
Wilson
Chanassen, MN

Transfer Student Ambassadors



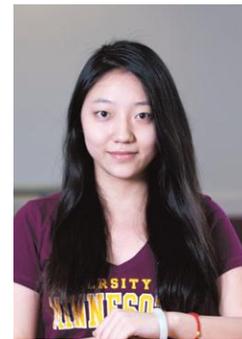
**Matt
Boelke**
Plymouth, MN



**Jared
Bruggeman**
Rochester, MN



**Jordan
Bugella**
Minneapolis, MN



**Vivian
Chen**
Beijing, China



**Mariah
Failor**
Prior Lake, MN



**Dunia
Francois**
Eden Prairie, MN



**Kyle
Holmes**
Pekin, Illinois



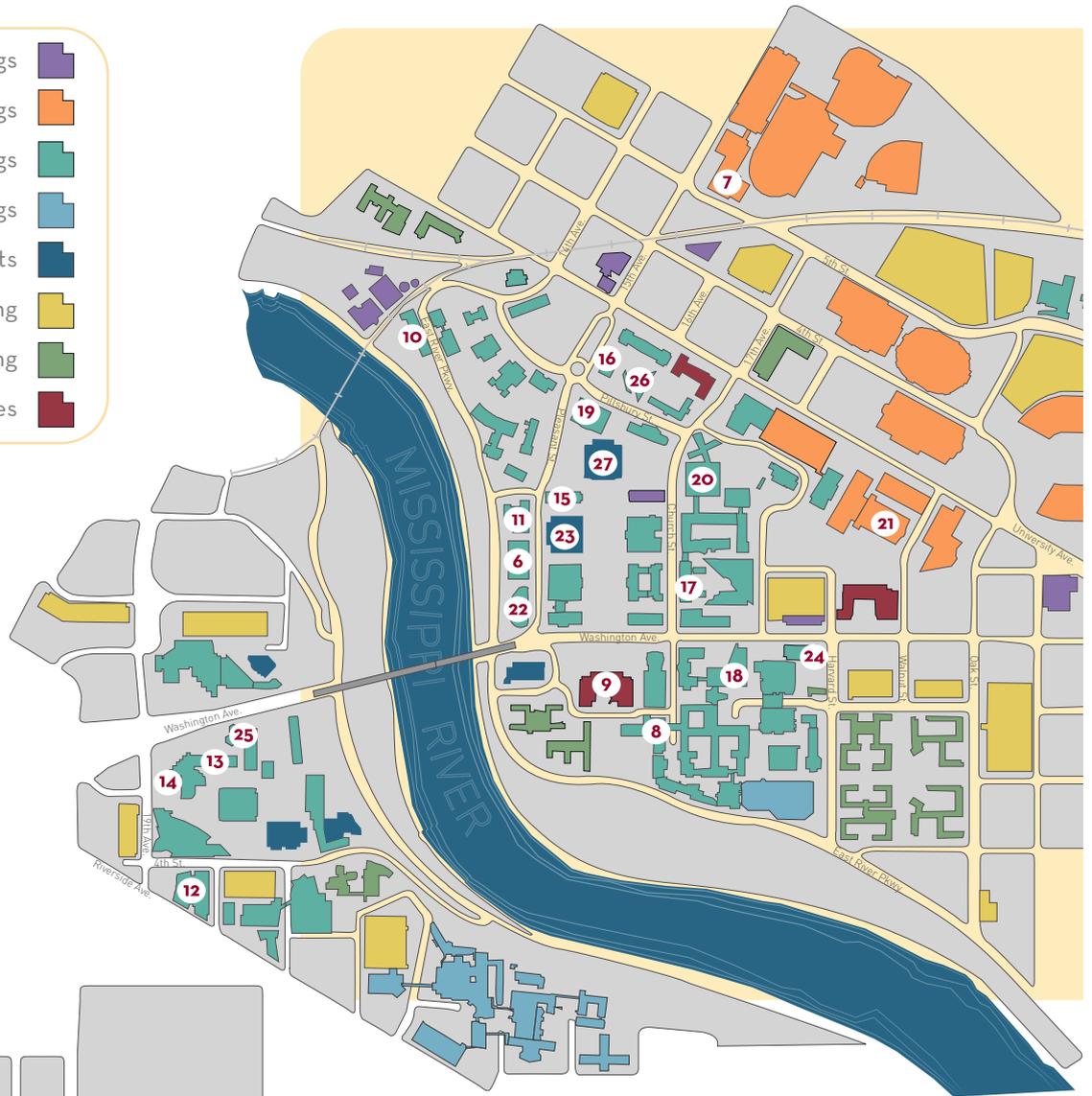
**Anastasia
Press**
Mahtomedi, MN



**Jill
Vieau**
Osseo, MN

Student Services Locations

- Administrative Buildings 
- Athletic Buildings 
- Classroom Buildings 
- Hospital Buildings 
- Libraries, Museums, and the Arts 
- Parking 
- Student Housing 
- Visitor and Student Resources 



ST PAUL

- 1 Coffey Hall**
 Boynton Health Service
 CFANS Student Services
 Computer labs
 Office of Information Technology (walk-in help)
 Office of the Registrar
 One Stop Student Services
 University Counseling & Consulting Services
- 2 Magrath Library**
 Computer lab
 Lounges and study space
 Office of Information Technology
 SMART Learning Commons
- 3 McNeal Hall**
 Career and Internship Services
 CDES Student Services
 CEHD Student Services
 Center for Family Development
 Computer labs
 Digital Media Center
 Goldstein Museum of Design
- 4 Ruttan Hall**
 CCE Student Services
- 5 St. Paul Student Center**
 Bookstore
 Information Desk
 Larson Art Gallery
 Lounges and study space
 Multicultural Center for Academic Excellence
 Postal Station
 Printing Services Copy Center
 Student Center Programs

MINNEAPOLIS



- 6 Appleby Hall**
 Aurora Center for Advocacy and Education
 Circle of Indigenous Nations
 Community Service-Learning
 Fraternity and Sorority Life
 GLBTA Programs Office
 Institute for Diversity, Equity, and Advocacy
 Leadership Education and Development-
 Undergraduate Programs (LEAD-UP)
 Martin Luther King, Jr. Program
 Multicultural Center for Academic Excellence
 Off-Campus Study Programs
 Office for Student Affairs
 Office of Student Conduct and Academic
 Integrity
 Parent Program
 President's Emerging Scholars Program
 Student and Community Relations
 Student Conflict Resolution Center
 Student Parent HELP Center
 Student Writing Support
 Undergraduate Research Opportunities
 Program
 University Counseling & Consulting Services
 Women's Center

- 7 Bierman Athletic Building**
 McNamara Academic Center
- 8 Boynton Health Service**
 CPR and First Aid classes
 Dental Clinic
 Eye Clinic
 Financial Counseling
 Immunization Clinic
 International Travel Clinic
 Massage Therapy
 Mental Health Services
 Nutrition Services
 Pharmacy
 Physical Therapy
 Primary and Urgent Care
 Women's Clinic
- 9 Coffman Memorial Union**
 Bookstore
 Computer lab
 Goldy's Gameroom
 Lounges and study space
 Minnesota Student Association
 Orientation and First-Year Programs
 Postal Station
 Printing Services Copy Center
 Security Monitor Program
 and Escort Service
 Student Activities Office
 Student Cultural Centers
 Tech Stop
 U Card Office
- 10 Education Sciences Building**
 CEHD Student Services
 TRIO Programs
- 11 Fraser Hall**
 Office of Student Finance
- 12 Hanson Hall**
 CSOM Business Career Center
 CSOM Student Services
 Economics Research Library
- 13 Heller Hall**
 CLA Student Services
 International IDs and
 Passport Photos
 Learning Abroad Center
- 14 Hubert H. Humphrey Center**
 International Student & Scholarship
 Services
- 15 Johnston Hall**
 CLA Student Services
- 16 Jones Hall**
 Admissions: Freshman
 Welcome Center
 CLA Language Center
 CLA Language Testing Program
- 17 Lind Hall**
 Career Services Center: CSE
 CSE Student Services
 Computer lab
- 18 Molecular and Cellular Biology
 Building**
 CBS Student Services
- 19 Nicholson Hall**
 Center for Writing
 Student English Language Support
 (SELS)
- 20 Rapson Hall**
 CDES Student Services
- 21 Recreation and Wellness Center**
 Fitness Center
 Gymnasiums
 Locker rooms
 Pro Shop
 Swimming pool
- 22 Science Teaching and Student
 Services Building**
 Career Services Center: CDES,
 CEHD, CLA
 Center for Academic Planning
 and Exploration
 CLA Student Services
 Lounges and study space
 One Stop Student Services
 University Veterans Services
- 23 Walter Library**
 Computer lab
 Digital Technology Center
 Office of Information Technology
 Science and Engineering Library
 SMART Learning Commons & Library
 Media Services
- 24 Weaver Densford Hall**
 Nursing Student & Career
 Advancement Services
- 25 West Bank Skyway**
 One Stop Student Services
 University Student Legal Services
- 26 Williamson Hall**
 Academic Support Resources
 Admissions: Transfer and International
 Welcome Center
 Office of the Bursar
 One Stop Student Services
- 27 Northrop**
 University Honors Program

Academic Calendar

2014-15

Fall Semester 2014 (70 class days)

September 1	Monday
September 2	Tuesday
November 27-28	Thurs.-Fri.
December 10	Wednesday
December 11	Thursday
December 12-13, 15-18	Fri.-Sat., Mon.-Thurs.
December 14	Sunday
December 18	Thursday

Labor Day holiday
Classes begin
Thanksgiving holiday
Last day of instruction
Study day
Final examinations
Study day
End of the term

Spring Semester 2015 (74 class days)

January 19	Monday
January 20	Tuesday
March 16-20	Mon.-Fri.
May 8	Friday
May 9-10	Sat.-Sun.
May 11-16	Mon.-Sat.
May 16	Saturday

MLK holiday
Classes begin
Spring Break
Last day of instruction
Study days
Final examinations
End of the term

May Session 2015 (14 class days)

May 25	Monday
May 26	Tuesday
June 12	Friday

Memorial Day Holiday
May session begins
May session ends

Summer Session 2015 (39 class days)

June 15	Monday
July 4	Saturday
August 7	Friday

Classes begin
Independence Day holiday
8-wk. summer session ends

2015-16

Fall Semester 2015 (70 class days)

September 7	Monday
September 8	Tuesday
November 26-27	Thurs.-Fri.
December 16	Wednesday
December 20	Thursday
December 17-19, 21-23	Fri.-Sat., Mon.-Thurs.
December 20	Sunday
December 23	Thursday

Labor Day holiday
Classes begin
Thanksgiving holiday
Last day of instruction
Study day
Final examinations
Study day
End of the term

Spring Semester 2016 (74 class days)

January 18	Monday
January 19	Tuesday
March 14-18	Mon.-Fri.
May 6	Friday
May 7-8	Sat.-Sun.
May 9-14	Mon.-Sat.
May 14	Saturday

MLK holiday
Classes begin
Spring Break
Last day of instruction
Study days
Final examinations
End of the term

May Session 2016 (14 class days)

May 23	Tuesday
May 30	Monday
June 10	Friday

May session begins
Memorial Day Holiday
May session ends

Summer Session 2016 (39 class days)

June 13	Monday
July 4	Saturday
August 5	Friday

Classes begin
Independence Day holiday
8-wk. summer session ends

Directory

Academic Center for Student Athletes

612-625-6888
gopheracademics.com

Admissions, Office of

612-625-2008 or
1-800-752-1000
admissions.tc.umn.edu

Alumni Association, U of M

612-624-2323 or
1-800-862-5867
www.minnesotaalumni.org

Aurora Center for Advocacy and Education

612-626-2929
612-626-9111 (help line 24 hours a day)
www.umn.edu/aurora

Biological Sciences, College of (CBS)

612-624-9717
www.cbs.umn.edu
newincbs@umn.edu

Bookstores, U of M

www.bookstores.umn.edu

Boynton Health Service (BHS)

612-625-8400
www.bhs.umn.edu

Career Initiatives, Central

www.career.umn.edu

Carlson School of Management (CSOM)

612-624-3313
www.carlsonschool.umn.edu

Center for Academic Planning and Exploration (CAPE)

612-624-3076
www.cape.umn.edu

Center for Spirituality & Healing

612-621-9459
csh@umn.edu

Center for Writing

612-626-7579
writing.umn.edu
writing@umn.edu

Community Service Learning Center

612-626-2044
www.servicelearning.umn.edu

Computer and Technology Information

Office of Information Technology

612-301-4357
www.oit.umn.edu/help-support

Design, College of (CDes)

612-626-3690
design.umn.edu/students
cdesinfo@umn.edu

Disability Resource Center

612-626-1333 (v/tty)
diversity.umn.edu/disability

Education and Human Development, College of (CEHD)

612-625-3339
http://z.umn.edu/CEHDnew
cehdnew@umn.edu

Email, U of M

mail.umn.edu

Equity and Diversity (OED), Office for

612-624-0594
www.academic.umn.edu/equity

Events Calendar

events.tc.umn.edu

Food, Agricultural and Natural Resource Sciences,

College of (CFANS)

612-624-6768
z.umn.edu/cfansorientation

Fraternity and Sorority Life, Office for

612-625-8405
www.fsl.umn.edu
begreek.org

Gay, Lesbian, Bisexual, Transgender, Ally (GLBTA) Programs Office

612-625-0537
www.glbta.umn.edu

Gopher Athletics Ticket Information

1-800-U-GOPHER
612-624-8080
www.gophersports.com

Gopher Gold

gophergold@umn.edu

Housing & Residential Life (HRL)

612-624-2994
www.housing.umn.edu

International Student & Scholar Services (ISSS)

612-626-7100
www.iss.umn.edu

Leadership Education & Development

www.lead.umn.edu/minor

Learning Abroad Center

612-626-9000
www.umabroad.umn.edu

Liberal Arts, College of (CLA)

612-625-2020
iamnew.class.umn.edu
class@umn.edu

Libraries, U of M

lib.umn.edu

Multicultural Center for Academic Excellence (MCAE)

612-624-6386
diversity.umn.edu/multicultural

Directory

MyU Web Portal
myu.umn.edu

One Stop Student Services
enrollment, billing, financial aid
612-624-1111 or
1-800-400-8636
www.onestop.umn.edu
onestop@umn.edu

Orientation & First-Year Programs (OFYP)
612-624-1979 or
1-800-234-1979
www.ofyp.umn.edu
ofyp@umn.edu

Parent Program
612-626-9291
www.parent.umn.edu
parent@umn.edu

Parking and Transportation Services (PTS)
612-626-PARK (7275)
www.umn.edu/pts
pts@umn.edu

Police Department, U of M (UMPD)
612-624-COPS (2677)
www.umn.edu/police

President's Emerging Scholars
612-626-7388
www.prezscholars.umn.edu/about.html
clsne004@umn.edu

Recreation and Wellness
612-625-6800
www.recwell.umn.edu

Science and Engineering, College of
612-624-2890
www.cse.umn.edu
cseadvising@umn.edu

SMART Learning Commons
www.lib.umn.edu/smart

Strengths at the U
strengths.umn.edu
strengths@umn.edu

Student Affairs, Office for (OSA)
612-626-1242
www.osa.umn.edu
osaum@umn.edu

Student and Community Relations
www.scr.umn.edu

Student Conduct and Academic Integrity, Office for
612-624-6073
www.oscai.umn.edu

Student Conflict Resolution Center
www.sos.umn.edu
612-624-SCRC (7272)

Student Employment
612-626-8608
www.umn.edu/ohr/studentemployment

Student Engagement, Office for
612-624-4378
www.engage.umn.edu

Student English Language Support (SELS)
612-624-1503
www.cce.umn.edu/esl

Student Health Benefits
612-624-0627 or
1-800-232-9017
www.shb.umn.edu
umshbo@umn.edu

Student Parent HELP Center
612-626-6015
www.sphc.umn.edu
sphc@umn.edu

Student Unions & Activities (SUA)
612-624-INFO (4636)
www.sua.umn.edu

U Card Office
612-626-9900
www.umn.edu/ucard

Undergraduate Research (UROP)
www.urop.umn.edu

Undergraduate Education, Office of
<http://www.undergrad.umn.edu/>
612-626-9425

University Counseling & Consulting Services (UCCS)
612-624-3323
www.uccs.umn.edu

University Dining Services (UDS)
www.dining.umn.edu
612-624-0558
dining@umn.edu

University Honors Program (UHP)
612-624-5522
www.honors.umn.edu
honors@umn.edu

University Student Legal Service
612-624-1001
www.umn.edu/usls
usls@umn.edu

Veterans Services
612-625-8076
onestop.umn.edu/veterans
veterans@umn.edu

Women's Center
612-625-9837
diversity.umn.edu/women
women@umn.edu



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Editor:
Beth Thibodeau

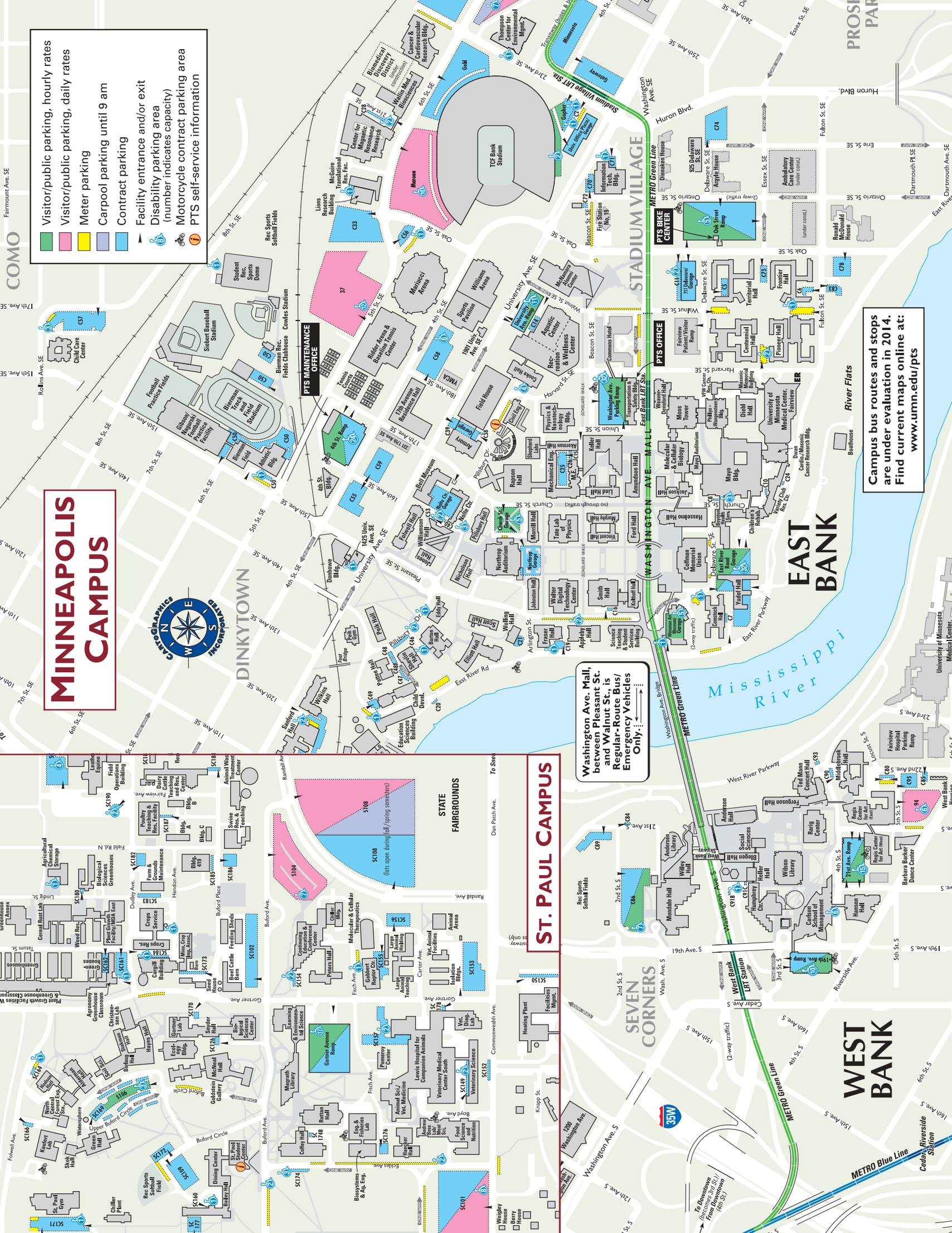
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Andy Yelken

The photos on page 55, 64 and 85 are part of the First-Year Photo Project. The First-Year Photo Project is a student initiative that brings together a small group of new freshmen during their first year of college to photograph their experiences as they transition into the University of Minnesota community. At the end of the year many of those photos are put on display for faculty, staff, and other students to see.

To learn more, visit
www.ofyp.umn.edu/photoproject.

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MINNEAPOLIS CAMPUS

- Visitor/public parking, hourly rates
- Visitor/public parking, daily rates
- Meter parking
- Carpool parking until 9 am
- Contract parking
- Facility entrance and/or exit
- Disability parking area (Number indicates capacity)
- Motorcycle contract parking area
- PTS self-service information



ST. PAUL CAMPUS

Washington Ave. Mall, between Pleasant St. and Walnut St., is Regular-Route Bus/Emergency Vehicles Only

Campus bus routes and stops are under evaluation in 2014. Find current maps online at: www.umn.edu/pts

EAST BANK

WEST BANK

SEVEN CORNERS

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COMO

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