

2017-2018

GOLD BOOK

Your Guide to the
First Year

UNIVERSITY OF MINNESOTA
Driven to Discover®

Partners in transitioning to college life:

Orientation & First-Year Programs and you

The mission of Orientation & First-Year Programs (OFYP) is to provide quality transitional experiences that maximize students' potential for personal and academic success. Our goals are to help students understand their transition and how to thrive during it, communicate academic expectations and pathways, share information on how to navigate resources, foster community, and convey the importance of student engagement.

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 Welcome Days. This publication will answer your questions and help you navigate the vast resources on campus. Use Gold Book into your first semester to ensure a successful first year at the University.

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

Orientation & First-Year Programs

OFFICE OF UNDERGRADUATE EDUCATION

315 Coffman Memorial Union

612-624-1979 or 800-234-1979

ofyp@umn.edu

www.ofyp.umn.edu

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.

This book is designed in sections to support your transition—Life at the U of M, Learning at the U of M, and Your Next Steps. 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. In order for you to thrive, you need to understand how to navigate the campus and its many resources. This guide will introduce you to the resources that will help you understand academic expectations. You will learn where to go for help with everything from studying to writing papers. You also will 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 have access to endless resources, starting with the U of M's huge website twin-cities.umn.edu. 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 your welcome program. Here's your first list:

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

So, read this guide carefully—and then read it again. You will use this as a workbook during Orientation, welcome programs, and into the beginning of the semester. Knowing how to access resources from the very beginning of your college career can lead to excellent outcomes.



Orientation & First-Year Programs

612-624-1979

1-800-234-1979

ofyp.umn.edu

ofyp@umn.edu

This publication is for all new first-year students—including freshmen and transfer students. 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 welcome program you will hear a lot about Student Learning Outcomes 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, in bold below, 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 suggestions 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.

*“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*

More information: www.slo.umn.edu



EXPECTATIONS FOR YOUR EXPERIENCE

Student Development Outcomes

The Student Development Outcomes help students become lifelong learners and engaged and effective citizens. You are expected to be involved in activities that will help you build on these areas such as 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: 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 papers are not always going to go as expected, but there will be opportunities to improve and there are 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 56.

**OUR DIFFERENCES
DRIVE OUR
GREATNESS**

We all belong here.



z.umn.edu/endbias

endbias@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

UNIVERSITY OF MINNESOTA

Driven to DiscoverSM

MY ORIENTATION

QUESTIONS



IDEAS



CONCERNS

CONNECTIONS



TO-DO

- _____
- _____
- _____
- _____
- _____

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. Being at the U of M means you can meet people from all 50 states and 142 countries. So take the opportunity to build a community that creates a sense of belonging for yourself and others. Talk

to your peers in class, make an effort to meet the people living around you, be respectful on social media, and watch out for each other.

In this section you will find lots of opportunities to get engaged with campus whether that is through a student group, a job on campus, or a recreation team. 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.

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U CARD

The U Card is the Official University of Minnesota Identification Card



Your U Card Gives You Access to...

- University Recreation and Wellness
- University Libraries
- Athletic events
- Residence Halls
- Campus buildings after 7 p.m. & more!

Access is based on role/status and is subject to change



The Accounts on Your U Card...

- Gopher GOLD Account*
- Student Account charges at the University of Minnesota Bookstores
- Meal Plan
- FlexDine
- TCF U Card Checking Account**

*The only way to pay for printing on campus

** TCF U Card Checking Account is an optional account



Taking Care of Your U Card...

Do:

- ✓ Store your U Card in a protective sleeve
- ✓ Keep your U Card in a secure place
- ✓ Monitor your U Card account balances
- ✓ Carry your U Card with you on campus

Do not:

- ✗ Punch a hole in your U Card
- ✗ Lend your U Card to anyone
- ✗ Scratch the magnetic stripe
- ✗ Put your U Card near a magnet
- ✗ Share your U Card on social media



Getting Your U Card...

- You will get your U Card at your Orientation
- Pick up your U Card at the U Card Office
- Bring a government issued photo ID (e.g., driver's license)
- The U of M Twin Cities U Card is required for all students including transfer students from other University of Minnesota campuses



Deactivating Your U Card...

- Deactivate your U Card immediately if it is lost or stolen
- You can deactivate your U Card online at ucard.umn.edu
- You can also deactivate your U Card at the U Card Office
- Replace your U Card at the U Card Office — \$25 fee



UCARD.UMN.EDU



FACEBOOK.COM/UCARD



TWITTER.COM/UCARD



UCARD@UMN.EDU



612-626-9900



MONDAY - FRIDAY, 8:00AM-4:30PM



COFFMAN MEMORIAL UNION – G22

Gopher GOLD™ Account

Use your U Card to make purchases on campus with Gopher GOLD. The Gopher GOLD Account allows you to store money on your U Card. No need to worry about carrying your purse or wallet with you on campus, with Gopher GOLD you can make purchases all over campus with just your U Card.

The Gopher GOLD Account is a University of Minnesota pre-paid declining balance account — it is not a bank account. You cannot have a negative balance or get an overdraft. The Gopher GOLD Account is included on every U Card.

You may store up to \$1,000 in your Gopher GOLD Account and balances can be viewed online (www.gophergold.umn.edu), at the U Card Office, or after a purchase. To start using the Gopher GOLD Account, just make a deposit!

Parent/Guest Deposits to a Student's Gopher GOLD Account

A parent or guest may make a deposit to a student's Gopher GOLD Account by going online to www.gophergold.umn.edu. You must know the student's Internet ID.

Make a Deposit



- ONLINE -

WWW.GOPHERGOLD.UMN.EDU



- U CARD OFFICE -

COFFMAN MEMORIAL UNION - G22



- CASH-TO-GOPHER GOLD STATION -

LOCATED ALL ACROSS CAMPUS

TCF U Card Checking Account (optional account)

An additional way in which your U Card can add convenience to campus life is through the TCF U Card Checking Account which can link to your U Card. 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 TCF ATM and avoid paying ATM fees. Your TCF U Card Checking Account is PIN protected, so you don't have to worry about someone accessing your account if you lose your U Card.

TCF Bank has two campus branch locations. 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. If you already have a TCF account, you can upgrade your account and have it linked to your U Card. To open or upgrade the account, you will need a government issued photo ID.

This is an optional non-minimum-balance or daily-balance account. If you open a new TCF U Card Checking Account and make an opening deposit of \$25 or more, you can get a free University of Minnesota sweatshirt.

For more information visit the U Card Office or go online to ucard.umn.edu.



Watch for this U Card icon throughout this book. Accompanying text will help you learn ways you can use your U Card on campus.

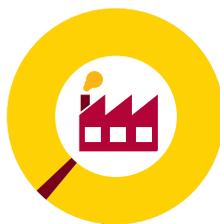
For information on the Meal Plan and FlexDine accounts please see pages 19 & 20.
For information on the Student Account please see page 36.

WHERE YOU LIVE

There are many housing-related resources for students—no matter where they live.



10 % of freshman live at home and commute to campus



2 % of freshman live off campus in near neighborhoods



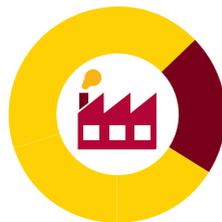
88 % of freshman live in residence halls on campus



20 % of transfer students live at home and commute to campus



43 % of transfer students live more than 3 miles from campus and commute



21 % of transfer students live off campus in near neighborhoods



16 % of transfer students live in residence halls on campus

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Where you live will vary during your time at the University of Minnesota. Some of you may live on campus in a residence hall while some of you may commute to campus. Many of you may live within a mile or two of campus and walk, bus, or bike to class. No matter where you live, there are great resources available to make the U of M feel like home.

Living on Campus

On-Campus Housing

Welcome to your new home away from home. Housing & Residential Life offers lots of extras to make your residence hall room feel like home. 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.

Read on for lists of what to bring, what not to bring, and details on programs and policies designed to help students thrive in a safe, nurturing environment.

Here are some details on how rooms are assigned—and when you can move in.

Housing assignments

You will get your room assignment by the end of July. 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 made based on the date applications are completed—that includes completing the housing application, a \$25 application fee, and a \$200 housing guarantee payment. 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.

Move-In dates

August 28 and 29: Move-In for all first-year students in residence halls. Please refer to the housing assignment letter you will receive in July for specific details regarding your move-in day and time.

September 2: Returning residents and transfer students move in beginning at 8:00 a.m.

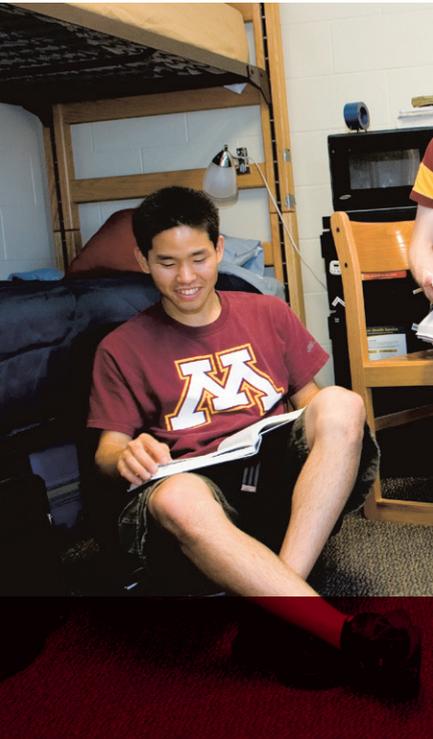
HOUSING & RESIDENTIAL LIFE

Comstock Hall-East
612-624-2994
housing.umn.edu

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.

WHERE YOU LIVE



Please note:

Within traditional residence halls, appliances with open heating elements are prohibited. These include appliances such as oil popcorn maker, toaster, toaster oven, hotplate-type burner, countertop grill, pizza baker/carousel, countertop sandwich maker, broiler, etc. If assigned to an apartment, you may bring these items.

**Bed sizes differ in Radius and Keller*

***Technology Offerings (TV, Phone, Internet) differ in Radius & Keeler. For more information, visit their respective website: housing.umn.edu/Radius housing.umn.edu/Keeler*

Wired Internet is provided in Keeler, but WiFi is not. Residents in Keeler are allowed and encouraged to bring a wireless router.

Move-In: Roll up, unload, roll out

Move-In can be exciting and stressful, both 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 28 and 29 at residence halls and Wilkins Hall to assist with the move-in process, give directions, 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 over-sized vehicle (due to high traffic and a lack of over-sized parking spaces). Staff and volunteers will be available August 28 and 29 to assist with parking information and traffic control.

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

The following appliances are allowed:

- Clothes iron
- Hair dryer
- Drip coffee maker
- Espresso maker
- Blender
- Electric kettle
- Refrigerator (4.3 cubic feet or less)
- Microwave (700 watts or less)

WHAT WE RECOMMEND YOU BRING:

- Personal computer and Ethernet cord
- Phone (active phone lines included in most halls).
- Non-halogen desk, floor, or bedside lamp
- Extra-long twin sheet set (80 inches), pillow, and blankets*
- Towels and washcloths
- Alarm clock
- Bathrobe
- Personal toiletries, carrying case, and flip-flops for the shower
- UL-listed extension cords/surge protectors
- Clothes hangers
- Laundry basket and detergent
- Storage boxes that fit under the bed
- Television and co-ax cable TV cord
- Dishes and utensils



Loft and bunk registration process

Housing & Residential Life provides residence hall students with a convenient loft and bunk program that when possible includes installation before students arrive. In their online room assignment, students will be informed if their bed is lofted, bunked, or un-lofted.

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.

MicroChill combination units and refrigerators

You can rent or purchase a microwave-refrigerator-freezer combination appliance for your room, and if you place your order before August 15, the MicroChill will be delivered to your room prior to move-in day! Using the link www.collegeproducts.com/gophers you can place your order at any time, even prior to receiving your housing assignment. Simply select "Unknown" for the hall and 00 for the room number. Call or email College Products with the information once you have it. You can pay with a credit/debit card. Be sure to use your University Internet ID and (umn.edu) e-mail address. Please make sure to place your order before the August 15 deadline for the discounted pricing and to ensure that the item you order will be delivered to your room before you arrive.

Sending and 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 26. Items will not be accepted and/or held for residents at the information desks.

Renter's insurance

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 you or your parents do not have a policy that covers your personal property, you may want to speak with your insurance company about purchasing renter's insurance.

TECHNOLOGY IN YOUR ROOM

Each resident will receive one high-speed wired connection in his or her residence hall room. Each student must bring an Ethernet cable to use the wired connection. This wired Ethernet connection is the fastest, most reliable, and secure way to connect to the Internet within our residence halls and is needed for movies or gaming. WiFi is also available within the residence halls, and details about how to connect can be found at wifi.umn.edu. Using your own router to expand the University's wireless network is a violation of University policy, and reduces the overall quality of WiFi.

No printer? No problem. From your room, you can print to the computer lab and pay for it when you pick it up. Learn more about WiFi printing at it.umn.edu/wifi-printing. There are also computers in the labs for your use with Adobe Creative Suite and other software.

More information:

visit ResNet
housing.umn.edu/resnet.
(ResNet is how the University refers to technology services—WiFi, Ethernet, UMN TV, and Telephone—in residence halls and apartments.)
To get started preparing your devices, follow the instructions provided by Information Technology on page 44.

WHERE YOU LIVE

UMN-TV provides more than 120 channels of digital content over coax cable and over 200 channels streaming online at tv.umn.edu. You must bring your own coax cable to connect your TV. TV set-top boxes are not required to view coax content on your TV. UMN-TV can be streamed on computers, newer Roku's, and iOS and Android devices with the Xfinity app. UMN-TV offerings in Radius & Keeler apartments differ. For more information, including channel lineups, visit housing.umn.edu/resnet/tv.

U Card



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 residence hall, Wilkins, and Yudof. (Keeler, Radius, and University Village utilize a different system.) 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. If you are having issues with your U Card at your residence hall, please speak with the residence hall's front desk staff to verify your U Card has been entered into the system properly. If your access is confirmed and you are still having issues, visit the U Card Office to have your U Card evaluated. Read more about your U Card on page 8 and at www.umn.edu/ucard.

Our Community Behavior Standards

In order to ensure a healthy and respectful environment for all students, Housing & Residential Life has developed a set of Community Behavioral Standards. These standards reflect a respect for the rights and responsibilities necessary in community living situations, and help keep people safe.

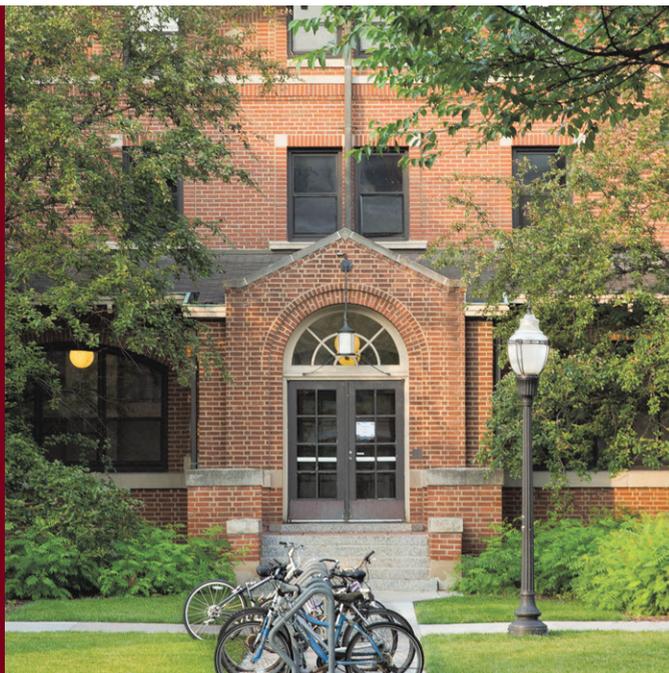
When students violate the Housing & Residential Life Community Behavioral Standards, they will go through the Housing & Residential Life Student Conduct process, which is designed to be educational rather than punitive.

Through this process, students learn the importance of personal responsibility, the value of fairness, and the crucial role of honesty for all members of the University community.

We encourage all students to know their rights and what is expected of them as a students. Policies, regulations, and an outline of due process are located here: housing.umn.edu/rules.

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.



Foundation for Success

Living on campus is an amazing way to meet life-long friends and have once-in-a-lifetime experiences, but it can also be an experience that sets you on a path to achieve great success in all areas of your life.

Housing & Residential Life's Foundations for Success program is specifically designed for students living on campus and is designed to be a partnership that helps you make your short- and long-term goals reality.

The program begins with your Community Advisor who will work hard to get to know you, help you meet other people, provide resources so you can be successful, and help you learn about the University. They will meet with you a couple times each year to help you set goals and stay on track. They do this by helping each student understand and work toward the program's intended outcomes. Research shows that students who reach these outcomes thrive in their college experience and are more likely to experience life-long happiness and success.



MORE HOUSING-RELATED LINKS:

DATES & DEADLINES

www.housing.umn.edu/dates_deadlines

ASSIGNMENT TOURS

www.housing.umn.edu/tours

CONTACT YOUR HALL

www.housing.umn.edu/contact-us/about

MOVE-IN GUIDE

www.housing.umn.edu/move-in

GETTING ALONG WITH YOUR ROOMMATE

housing.umn.edu/roommates

WORK WITH US

www.housing.umn.edu/employment

HALL RESOURCES

www.housing.umn.edu/my-housing

HALL TECHNOLOGY

www.housing.umn.edu/resnet

REQUEST BED LOFT CHANGE

www.housing.umn.edu/lofts

REQUEST A ROOM REPAIR

www.housing.umn.edu/fixit

Living Off Campus

Whether you are living at home with family 20 miles away from campus or in an apartment with friends just down the block from Coffman, living off-campus can be a great experience! We understand as students commuting to campus, you may have different priorities and needs. Regardless of where you live, you should be involved, active, and a confident member of the Gopher community. This section will address specific concerns and offer resources to help you navigate your success at the U of M.

More information on commuter resources:
ocl.umn.edu

Commuting to campus

You will want to figure out the best commute to campus each day. The University offers a number of convenient transportation methods for off-campus students such as carpooling discounts and the U-Pass (see Getting Around, page 25).

Eating on campus

While many off-campus students bring their own meals, you may want the choice of eating on campus! U of M Dining Services offers meal plans specifically for commuting students (see Eating on Campus, page 17).

OFF-CAMPUS LIVING

233 Appleby Hall
612-626-5301
www.ocl.umn.edu

Off-Campus Living provides a variety of services and programs intended to meet the practical, social, and advocacy needs of commuter students and students living in the surrounding campus neighborhoods.

WHERE YOU LIVE



Need to furnish your residence hall room or apartment?

Shop the Pack & Give Back Free Store at the ReUse Program (883 29th Ave. SE.). It is where students and neighbors donate their reusable items and where you can shop during Welcome Week and the first week of class. The goal is to keep reusable items out of the waste stream. So when you are packing up your stuff in May, donate anything you will not need to Pack & Give Back (ocl.umn.edu for more info).

Building community

There are over 700 first-year commuter students and 3,000 transfer students living off campus. Although it may seem difficult to connect with other students, the U of M has made it easier by offering resources that allow students commuters to meet each other. One way to meet other commuters is by joining Gopher Hall. Gopher Hall is an online virtual residence hall on Facebook. It was designed just for you! It is a place to share resources and build connections with other UMN commuting students (both online and in-person). Join us on Facebook by searching "UMN Gopher Hall".

You should also check out Commuter Connections. They offer programming and resources specifically for commuter students. In their space (at 204 Coffman Memorial Union) you can use printers, do your homework, heat up your lunch, take a break with video games, and, of course, meet other commuters. (See page 60 for more information.)

More Information: www.facebook.com/groups/UMNgopherhall

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. You can learn some great tips on renting and what to look for from the Renter Education Liaisons in the Off-Campus Living office, www.ocl.umn.edu.

Finding a roommate

Off-Campus Living offers a free service which allows you to search for other U of M students looking for roommates. You can search for roommates by location, price point, pets, and much more. Fill out the form and find more information at z.umn.edu/undergraduateroommate.

University Student Legal Service (USLS)

Do not 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 before you agree, in writing or electronically, to the lease terms.

Connect with us Online!

 [Off-Campus Gophers](#)

 [@OffCampusGopher](#)

Getting involved

Often the most difficult aspect of being a commuter is not driving, parking, or taking the bus—it is finding your niche among the campus community. The U of M is an active, exciting atmosphere with a group, organization, department, or event for every student. There are an abundance of opportunities to get involved regardless of whether you live on or off-campus. (See Getting Involved, page 54.)

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.begreekUMN.org.

TO DO:

- Before setting a class schedule, plan how you will commute to campus.
- If you will be taking the bus or light rail, purchase your U-Pass. (See page 26 for more information.)
- Join the Gopher Hall Facebook group to stay connected and get updates about living off campus. Search "UMN Gopher Hall."
- Watch for the Off-Campus Student Mailer (August) for information about Welcome Week.

EATING ON CAMPUS

Get the where, when, how



FlexDine!

Dine with FlexDine at Starbucks, Panda Express, Papa John's, Caribou Coffee, Freshii, and concessions at TCF Bank Stadium.



TAKE YOUR MEAL TO GO!

Grab a meal on-the-go with U of M Dining Services To-Go Program



PIZZA DELIVERY ON CAMPUS

Craving pizza? You can use your FlexDine to order Papa John's pizza delivered to your residence hall.



Meal Plan Office

The meal plan office can answer all of your questions.

For more information, contact the meal plan office at 612-624-0558 or email mealplan@umn.edu.



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EATING ON CAMPUS



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

If you will be living in a residence hall, you already chose 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, U of M Dining Services (also referred to as M Dining) offers weekly meal plans, block plans, and FlexDine plans to fit your schedule.

Residential Meal Plans come with two dining parts—meal swipes for all-you-care-to-eat meals at residential restaurants or FlexDine for any M Dining operated location on

campus including Starbucks, Jamba Juice, and even TCF Bank Stadium! Your meal plan can be used in any of the seven residential restaurants (Bailey, Centennial, Comstock, Middlebrook, 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.



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 can 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 a residential restaurant. If you didn't indicate your meal plan preference on your housing application, 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 M Dining website:

www.dining.umn.edu/MealPlansFlexDine/MealPlanPolicy.html.

*Meal plan changes for spring semester must be requested by the deadline indicated in the email from Housing & Residential Life.

RESIDENCE HALL STUDENT MEAL PLAN OPTIONS 2017-2018

Meal plan required for residents of Wilkins Hall and the lower two floors of Yudof Hall in 2017-2018.

NAME	PLAN
Anytime Dining	Unlimited meals + \$100 FlexDine
Anytime Dining Upgrade	Unlimited meals + \$250 FlexDine
14 Meals per Week	14 Meals per week + \$100 FlexDine
14 Meals per Week Upgrade	14 Meals per week + \$250 FlexDine
11 Meals per Week	11 Meals per week + \$100 FlexDine
11 Meals per Week Upgrade	11 Meals per week + \$250 FlexDine

IT'S AS SIMPLE AS A SWIPE

A magnetic strip on the back of your U Card works with the M Dining 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 accepted at Fresh Food Company (17th Ave).

Students living in apartments or commuting

For those apartment residents who are not living in Wilkins or the lower two floors of Yudof and commuter students have the option to choose a meal plan at any time, but it is best to make the request 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 Ave, Sanford, Bailey, Centennial, or Sanford restaurants.

ON CAMPUS APARTMENT AND COMMUTER MEAL PLAN OPTIONS 2017-2018

NAME	PLAN
80 Block	80 Meals per semester + \$100 FlexDine
50/50 Block	50 Meals per semester + \$50 FlexDine
All Flex	\$315 FlexDine



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, or direct billing to student account), at the U Card Office in Coffman Union (with cash or check) or online at dining.umn.edu



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 M Dining location, including Starbucks, Panda Express, Freshii, Papa John's, Caribou Coffee, and concessions at TCF Bank Stadium. These dining dollars conveniently are loaded right on to your U Card.

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. M Dining also accepts Gopher GOLD™.

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 (with cash, check, credit card, or direct billing to student account), at the U Card Office in Coffman Union (with cash or check), by phone at

612-624-0558 (with credit card or direct billing to student account), or online at www.univofminnesota.campusdish.com.

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.

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 U of M.

Commuter students can purchase FlexDine-only plans.

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

FLEXDINE DOLLARS— THE PERFECT GIFT

Hey, parents—and grandparents, aunts, uncles, and friends—FlexDine makes a great gift! Treat your student to a Starbucks coffee by adding FlexDine Dollars to their U Card. For more information, contact the meal plan office at **612-624-0558**, or visit www.dining.umn.edu.

TAKE YOUR MEAL TO GO!

Grab a meal on the go with U of M Dining Services To-Go Program for those on a student meal plan. You can use your complimentary to-go box to carry-out meal from your favorite residential restaurant. If your box is misplaced, a replacement can be purchased for \$4. All other students can enroll in the program by purchasing a \$4 to-go box.

For more information, visit www.dining.umn.edu/about/togo.html

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.*

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



Residential restaurants

Finding a place to eat

Residence hall students with meal plans can eat at any of the six 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, and rice.



PIZZA DELIVERY ON CAMPUS

Craving pizza? You can use your FlexDine to have 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**.

Food courts and restaurants on campus

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

East Bank: Minnesota Marketplace (Panda Express, Chick-fil-A, Topio's, Einstein Bros, Baja Sol, Greens to Go, Cranberry Farms), Erbert & Gerbert's, Jamba Juice, Freshii, French Meadow Bakery and Cafe (Recreation and Wellness Center)

West Bank: Carlson Food Court (Panda Express, Burger Studio), Subway, Papa John's, Bistro West

St. Paul: Terrace Cafe (Papa John's, Subway, Greens to Go)



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 Bagels, Starbucks, ecoGrounds, Dunn Brothers Coffee, Caribou Coffee

West Bank: ecoGrounds, Starbucks, Dunn Brothers Coffee

St. Paul: Java City



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.

Convenience stores

Residence hall convenience stores are 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, the West Bank Skyway, or at the Gopher Spot in the St. Paul Student Center.

EATING ON CAMPUS

FlexDine Dollars vs. Gopher GOLD™

Accepted At:	FlexDine Dollars	Gopher GOLD™
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
U of M Bike Center		X
Deposits:	FlexDine Dollars	Gopher GOLD™
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 Cash-To-Gopher GOLD Station		X
Fee for Online Transfer		X
Fee to Close Account		X
Minimum Deposit	\$25	\$10**
Program Specs:	FlexDine Dollars	Gopher GOLD™
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

*SUA=Student Union & Activities

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

Healthy eating and dietary accommodations

Healthy eating on campus has never been easier. M Dining offers a variety of healthy options, including low-fat, made without gluten, 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.

- M Dining 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 **univofminnesota.campusdish.com** or by downloading the CampusDish App on iTunes or the Google Play Store.
- Look for Healthy for LIFE™ logos to help identify nutritious choices in residential restaurants.
- The Student Nutrition Advocacy Collaborative (SNAC) provides free nutrition check-ups with a trained peer educator. Learn more at **www.bhs.umn.edu/snac**.

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, M Dining now allows you to search for menu items from residential restaurants and food courts on MyFitnessPal.

Gopher GOLD™

You can use Gopher GOLD to make purchases at M Dining locations on campus. Simply give your U Card to the cashier and tell them, "I want to use Gopher GOLD."

Hungry and running late to class? Use your Gopher GOLD at vending machines and convenience stores on campus to get a quick snack.

Using Gopher GOLD is easy and convenient!

Make a deposit to your Gopher GOLD Account online at **gophergold.umn.edu**, at the U Card Office, or at a Cash-To-Gopher GOLD Station.



Sustainability

U of M Dining Services has a deep respect for, and commitment to, protecting and improving the environment. M Dining works to reduce their environmental footprint while delivering exceptional food service at the U of M. 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.

Responsible procurement

CAGE-FREE EGGS

M Dining has served cage-free eggs since 2006. Cage-Free eggs are produced by chickens raised in open floor barns with bedding materials, perches, and nesting boxes, allowing hens to express their natural behaviors.

Quick fact: In 2015, U of M Dining Services purchased 113,848 pounds of cage-free eggs!

LOCAL FOODS

Buying local supports local families and builds communities. M Dining recognizes there are varying definitions of local food and currently recognizes food as local that is produced, packaged and distributed from within a 250 mile radius from campus. Some of our local partners include Cornercopia, U of M Student Organic Farm, U of M Bee lab, U of M Andrew Boss meat and cheese lab, Future Farm, Pepin Heights, Costa's Farm & Greenhouse, and Axdahl's Garden Farm & Greenhouse.

Quick fact: In 2015 M Dining purchased almost 60,000 local apples — almost 24,000 pounds!



SUSTAINABLE COFFEE AND TEA

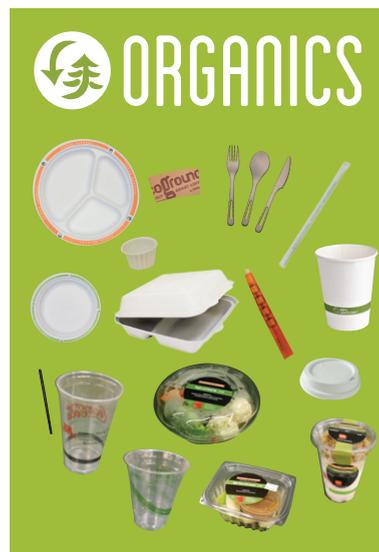
University Dining Services offers fair trade, organic, and rainforest alliance coffees and espresso drinks in restaurants and coffee shops on campus. These coffees and teas are served at our Starbucks, Java City Eco Grounds, Dunn Bros., and Caribou Coffee locations.

Quick fact: In 2015, U of M Dining Services purchased 3,907 pounds of Fair Trade, 12,900 pounds of Rainforest Alliance, and 3,253 pounds of USDA Certified Organic coffee and tea!

SUSTAINABLE SEAFOOD

U of M Dining Services purchases sustainable seafood through Monterey Bay Aquarium's Seafood Watch® program. Sustainable seafood comes from fish and shellfish that are not in danger from overfishing and are not caught or farmed in ways that damage the environment. This program helps preserve our oceans and fisheries for future generations.

Quick fact: On average, M Dining purchases 20,000 pounds of seafood rated as a "Good Alternative" or "Best Choice" by Monterey Bay Aquarium's Seafood Watch®!



Organic Composting

Every month M Dining restaurants collect 90,000 pounds of organic food and compostable packaging that is diverted from the landfill and converted to compost by SET Organics in Rosemount, MN. Please support our efforts by placing all organic material in the correct bin. Helpful sorting signs are posted throughout campus.

Quick fact: M Dining has converted approximately 75% of all packaging to compostable products including napkins, cutlery, plates, cups, and grab & go containers!

EATING ON CAMPUS



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

IMPORTANT M DINING DATES

- AUG. 25** — Reminder to order your apartment/commuter meal plan
- AUG. 30** — FlexDine activated
- SEPT. 2** — Fall meal plans start
- SEPT. 2 – 15** — Submit fall meal plan changes
- NOV. 23 – 25** — Thanksgiving break, Residential Restaurants closed
- NOV. 20 – DEC. 21** — Meal plan change period for Spring
- DEC. 21** — Fall meal plan ends
- DEC. 22 – JAN. 12** — Winter break, Residential Restaurants closed
- JAN. 13** — Spring meal plan starts
- MARCH 12 – 16** — Spring break, Residential Restaurants closed
- APRIL 9** — Fall apartment/commuter meal plan orders open
- MAY 13** — Spring meal plan ends

REMINDERS

- Residential students can make changes to their fall meal plan until September 15.
- Voluntary meal plan holders can make changes to their fall meal plan until September 15 by emailing mealplan@umn.edu. If a plan is purchased after the beginning of classes, students have 10 business days to submit changes.
- Off-campus students order your meal plan or FlexDine now so your U Card is ready for the start of the year.
- Need a job? M Dining hires lots of students. Visit the M Dining job office in Coffman Union (by Jamba Juice).

GETTING AROUND



84,000

people on campus every day



28%

of students take a bus to campus

16,983

U-Passes purchased in fall 2016



4,400

Zap! members ride their bikes

SHUTTLE BUSES



3,480,269

riders on the shuttle buses (2015-16)



375,407

text message requests to NextBus



510,259

miles driven



47,607

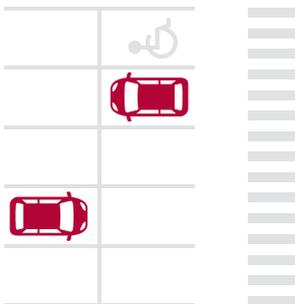
hours buses are on the road



20,840

dial-in requests to NextBus

PARKING



5,496,048

vehicles parked on U of M campus each year (2015-16)



12,890 + 6,656 = 19,546

contract parking spaces on campus

public parking spaces on campus

total parking spaces on campus



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GETTING AROUND



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.

NAVIGATING CAMPUS

Plan ahead and you will have time to get from one class to the next. For commuter students, the first concern is actually getting to campus. For residence hall students, it's all about getting around on campus. This section includes information about riding buses and light rail, parking, carpooling, biking, and walking.

Buses

The free maroon and gold University of Minnesota buses help students, staff/faculty, and visitors to navigate our large campus.

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

Campus Circulators circle specific areas of each campus. For information on routes, hours, and frequency, visit umn.edu/pts.

Be sure to find real-time campus transit arrival and departure information at z.umn.edu/nextbus.

U-Pass—for taking transit to and from campus

Have you heard about the unlimited-ride transit pass called U-Pass? It offers great savings and convenience for students who

use the Twin Cities regional transit system, including light rail and buses. Find current pricing and order U-Pass online at buspass.umn.edu. You must register for classes before you order the pass. If you ride to two places a week (back and forth = 4 rides), you pay about \$2 each time or \$128 each semester. U-Pass saves you money!

U-Pass is renewable, so be careful not to lose it. You have to pay to replace it.

Consider light rail

The METRO Green Line travels down Washington Avenue through the East Bank campus and connects with the METRO Blue Line to offer easy access to the airport and Mall of America. U-Pass covers the cost of all light rail and bus travel. Those who want free rides on the Green Line between the three stations on campus (Stadium Village, East Bank and West Bank stations) MUST pick up a free Campus Zone Pass at Parking & Transportation Services.

More information: z.umn.edu/zonepass

Paratransit Service

Anyone with a short- or long-term physical disability who needs special transportation service while on campus can request an accessible ride (curb-to-curb).

University Paratransit Service is provided by the University and is available Monday through Friday from 7:30 a.m. until 9:30 p.m. To schedule a ride, go online to z.umn.edu/paratransit or call **612-624-8338**.

Parking

Interested in parking a car on campus? Commuter and residence hall contract parking spaces are sold through the student lottery process. Enter the student lottery in July for fall semester and enter in November for spring. For residence hall students, parking contract locations and space availability are based on housing arrangements.

More information: parklot.umn.edu

Daily rate parking lots are your best choice if you need to park and don't have a parking contract. Park behind the football stadium (Oak Street & 5th Street SE.) or in the fairgrounds Lot S108 (near the St. Paul campus) for \$4 Monday through Friday. Ramps and garages typically charge for every hour you are parked. Park before 7:00 a.m. and pay \$6 for that day in one of the five early bird ramps: 4th St. Ramp, East River Rd. Garage, Oak St. Ramp, 21st Ave. Ramp, or Gortner Ave. Ramp.

Considering a carpool?

Metro Transit matches drivers and riders in a Twin Cities database.

More information: metrotransit.org/carpool

Rent a car

If you don't have a car on campus and need to drive, join HOURCAR. Anyone over 18 can join. This car-sharing program allows members to rent cars by the hour or by the day. Membership is \$35 a year. You can use the vehicles available on campus (models vary from Honda Fit to Toyota Tacoma) to drive to the suburbs, go on a job interview, or for Saturday night dates. Rates are \$8/hour or \$70/day on weekends and \$60/day on weekdays, with gas and insurance included.

More information: z.umn.edu/carshare

Biking

The U of M bicycle program continues to receive recognition, including a Platinum Bicycle Friendly University award from the League of American Bicyclists. If you bring your bike to campus, remember three things:

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

U of M Bike Center

The bike center (at the corner of Oak and Delaware Streets) 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
- Educational opportunities such as smart cycling courses and bike maintenance classes

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

More information: www.pts.umn.edu/bike/bike-center

Similar to the secure bike parking at the Bike Center, select parking ramps have secured parking areas too. Access to one of those spots is \$85 a year.

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 transit 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



PARKING TIPS FOR VISITORS:

z.umn.edu/visitor

HOW TO AVOID EVENT PARKING RATES:

z.umn.edu/park4event

z.umn.edu/umneventcal

WHAT TO DO WHEN YOU GET A PARKING TICKET:

z.umn.edu/parkingticket

HOW PARKING CHANGES DURING FOOTBALL GAMES:

z.umn.edu/footballparking

DEAD BATTERY/LOCKED OUT?

pts.umn.edu/park/map

TRAVELING OUTSIDE THE METRO AREA:

pts.umn.edu/bus/interstatebr

You can also rent a secure bike locker from Parking & Transportation Services at **612-626-PARK**. See locker locations on the campus biking map at z.umn.edu/ubike.

If you don't own a bike, try Nice Ride's green bicycles that can be checked out from a public kiosk on or off campus and returned to any other Nice Ride kiosk.

More information: niceridemn.com

Mopeds on campus

For information on moped parking, visit z.umn.edu/mopeds.

Citations or fines are given when mopeds are parked at bike racks or in motorcycle contract areas. Mopeds are prohibited on campus sidewalks.

Walking—and safety

Do you need to know how long it takes to walk between classes or your residence hall and a class? Check out some walking times between buildings and destinations at z.umn.edu/uwalk.

On rainy or snowy days, the Gopher Way can keep you warm and dry. It's a signed route that connects many buildings on campus by tunnel and skyway. Be aware: the path can change to different floors within the same building or pass through uncommon areas, so it's always a good idea to allow for a little extra time when using the Gopher Way.

More information: z.umn.edu/uwalk

If you walk around campus, especially after dark, it is important to use the University Security's Safe Walk service. All you need to do is call **612-624-WALK** or **4-WALK** from any campus phone. See the campus vicinity boundaries here: publicsafety.umn.edu/security.

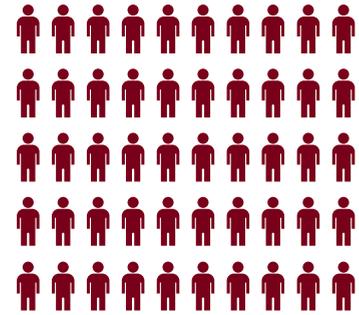
Gopher Chauffeur is a late-transportation service for U of M students provided by Boynton Health. Gopher Chauffeur operates from 10:00 p.m. – 2:30 a.m. on Thursday, Friday, and Saturday nights. Call **612-388-6911** 30 minutes before your pick-up time.

Both Campus Connector and University Avenue Circulator buses run during late-night hours. See details here: z.umn.edu/shuttle. These buses—along with the Gopher Chauffeur and **624-WALK**—give students multiple options to get home safely.

YOUR SAFETY



The University of Minnesota Police Department UMPD is a **24/7, 365**-day-a-year police department with over **50 SWORN OFFICERS** whose mission is to keep the University and its people safe.



UMPD has its own K9, motorcycle, and investigative units.



There are over **3,000**

cameras on campus that are monitored daily by the Public Safety Emergency Communications Center (PSECC).



The UMPD can be contacted day or night by calling **911**. The PSECC answers all 911 calls from campus phone and from cell phone calls that originate from (or near) campus.



Theft is the most reported crime on campus. It is a crime of opportunity. Thieves wait for students to leave their personal belongings unattended. Take that opportunity away from the bad guys. Take your stuff with you everywhere you go.

IN THIS SECTION

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- SAFETY IN RESIDENCE HALLS 31
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YOUR SAFETY

The Department of Public Safety includes the University of Minnesota Police Department, University Security and Public Safety Emergency Communications Center.



IF YOU SEE SOMETHING, SAY SOMETHING

- Dial 911 for emergencies.
- Non-emergency: **612-624-COPS (2677)**
- There are 20 Blue Light Emergency Phones on campus. Pushing the button on the Blue Light is just like dialing 911.

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 Department of Public Safety, but also the students, faculty, and staff.

University Police

The University of Minnesota Police Department (UMPD) is a police department unique to any other post-secondary educational institution in Minnesota, employing over 50 full-time sworn peace officers. The department responds to all police calls on the Twin Cities campus. In addition to conducting investigations, the Community Investigations Division (CID) provides outreach opportunities through presentations and training. The Patrol Division includes motorcycle and bicycle patrols, as well as K9 Units specializing in bomb detection. Specialized units, such as the Coordinated Response Team (CRT) and Foot Beat Officers, engage the University community by addressing livability issues affecting students, faculty, and staff. Overall, the UMPD provides a visible presence at campus events ranging from athletic competitions to visiting dignitaries.

University Security

University Security serves university students, staff and faculty and visitors by enhancing personal safety, reducing risks and acting as ambassadors of the U of M. Their services include 624-WALK, campus security patrol, event security, bicycle patrols, bicycle lock assistance, and building security.

PSECC

The PSECC provides 911 dispatch and security monitoring services. They answer all 911 emergency calls from campus and dispatch the appropriate responders to assist in coordinating responses. They provide video surveillance monitoring and card access services for the University.

Emergencies on campus

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

- **SAFEU Alerts**—For any emergency where student safety is a concern, the University will send out a text giving information on the incident and action steps for those on campus. SAFE U Alerts are only for major incidents. All students with cell phones are automatically enrolled to receive SAFE U Alerts. More information: safe-u.umn.edu/safe-u.html
- **Outdoor Warning System**—UMPD uses a public address system to broadcast alerts that concern campus safety.
- **Email**—the University uses campus email to release Timely Warning Notifications and other information concerning safety on 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. 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 couldn't? YOU'RE NOT ALONE!

The goals of the Step Up program are to give students:

- the ability to recognize events in which they should step up
- skills to effectively intervene

Active bystanders recognize emergency situations (sexual assault, alcohol abuse, safety) and non-emergency situations (noticing a friend is depressed, gambling, academic problems) and have the skills to intervene directly or indirectly. Any student or student group may request a Step Up workshop, free of charge, to learn the Five Decision-Making Steps and the 3-D Approach to Intervention. Step Up is sponsored by The Aurora Center for Advocacy & Education, Boynton Health, and the Office for Student Affairs. Follow us on Twitter: @StepUpUMN and Facebook: UMN Step Up.

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. Aurora helps you identify the options that are available to you, and then supports the choices you make. 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.")

Affirmative consent

Informed, freely and affirmatively communicated willingness to participate in sexual activity that is expressed by clear and unambiguous words or actions. This definition of consent does not vary based upon a person's sex, sexual orientation, gender identity or gender expression.

More Information:

policy.umn.edu/operations/sexualassault

Your safety

The Aurora Center provides prevention education and intervention services for the campus community, including:

- Direct services for victim/survivors, consultations for concerned people, and policy review.
- Help with court, academics, restraining orders, police, University systems, medical, safety and housing, and support groups.
- Prevention and intervention education.
- Serve as confidential advisors.

More information: www.umn.edu/aurora

Safe computing practices

- Beware of phishing scams. Phishing emails are fraudulent messages aimed at stealing your passwords or other sensitive information and may appear to come from anyone, like "UMN Edu Team," "Service," "HelpDesk," or even a co-worker, professor, or friend. Report suspicious messages to phishing@umn.edu.
- Do not open attachments unless you are expecting them.
- Never click on a link or call a phone number that comes up in a pop-up window.
- Choose strong and unique passwords, and do not share your passwords with others.

Confidential Advisors

The Aurora Center staff and volunteers are considered confidential advisors where other university employees (i.e., professors, academic advisors, and student staff) may not be confidential. Aurora advocates are required to keep all information about clients confidential unless clients provide written permission to release information, with the exception of instances where mandated reporting is necessary (for example, child abuse or neglect).

HAVEN—UNDERSTANDING SEXUAL ASSAULT:

Haven is designed to address the critical issues of sexual assault, relationship violence, stalking, and sexual harassment by teaching you key definitions and statistics, bystander skills, and campus-specific policies, procedures, and resources. See page 52 to learn more about the required online courses.

YOUR SAFETY

When in doubt, reach out. Contact Technology Help (it.umn.edu/help) or the University Information Security team (it.umn.edu/safe-computing) with questions.

GOPHER CHAUFFEUR

Get a free, safe ride home on Thursdays, Fridays, and Saturdays. Call **612-388-6911** anytime between 10:00 p.m. – 2:30 a.m.

- Use two-factor authentication whenever possible. Learn more: z.umn.edu/2factorauth
- Regularly update your devices only from the vendor's site.
- Use built-in virus prevention software or install anti-virus software.
- Turn on built-in encryption for your device.
- Back up your data regularly and use secure storage solutions such as Google Drive or Box Secure Storage.
- Never leave your personal device unattended. Secure your devices with passcodes, passwords, or thumbprint or face recognition locks. Your information is only as secure as the device it is on.
- When using a public computer, log out of all accounts and close all windows before you leave to prevent others from accessing your personal information.
- Use secure WiFi connections or connect to the University wired network when on campus. Learn more: wifi.umn.edu
- Obey United States copyright laws by legally downloading and sharing software, music, videos, or images. Learn more: z.umn.edu/uscopyright

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 you will need to update your U Card information with your hall's business office to gain access to your residence hall again.

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 University Security employee on duty every day from 11:00 p.m. to 7:00 a.m.

University Security is 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.

Safety on-the-go

As you navigate to, from, and around campus, consider these tips to keep you safe.

Driver safety

- Always wear your seat belt.
- Be aware of pedestrian and bicycle traffic.
- Always close your windows and sunroof and lock your doors, even if you will only be gone a short time.
- Put all belongings, valuables, and packages in the trunk.
- If you own a moped, motorized scooter, or motorized bike, you must be licensed and have insurance for that vehicle.
- 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 at least 10 feet in front of a bus so the driver can see you.
- Do not run to catch the bus.
- 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

- Tracks are for trains and buses. Never walk on tracks, and stay away from switches which can move at any time.
- Look both ways for oncoming trains, buses, and bicycles as you enter an intersection.
- Cross only at intersections and legal signed mid-block crosswalks.
- Running or horseplay on the platform is dangerous—especially near moving trains.
- Turn down your mobile device near the platform and rail crossing.

SAFE U

The safety of students is of highest priority at the U of M.

Watch for safety tips throughout Gold Book and at SafeU.umn.edu

UNIVERSITY OF MINNESOTA
Driven to Discover™

- 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 it is designated as a bike lane with pavement markings. University police can write citations for bicyclists riding on 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.
- A “No-Zone” is when you are not visible to a car, truck, or bus. Always assume the driver does not know you are there.
- For maximum theft 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 more than \$100.
- Be aware of your surroundings. Don’t be distracted with electronic devices.
- A “No-Zone” is when you are not visible to a car, truck, or bus. Always assume the driver does not know you are there.
- Walk confidently: Look ahead and make eye contact.
- 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 concerns or problems including landlord/tenant issues (lease reviews, disputes with management, etc.), criminal law (most misdemeanors), immigration questions, or consumer or credit problems. There are other services offered, too, including a notary public.

USLS also offers a variety of programs that cover topics such as interacting with police, business start-up, career mentoring, and tenancy law.

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

- Students must be aware of and comply with all state laws. Ignorance is not a defense!
- Take steps to avoid identity theft: Secure data—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. Immediately 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, and 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, 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.

University Student Legal Service

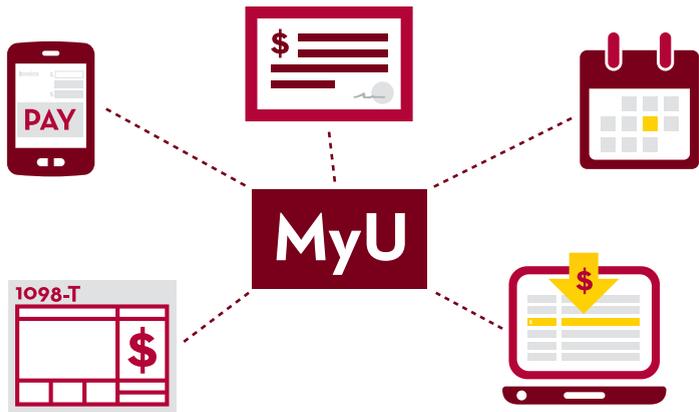
160 West Bank Skyway
612-624-1001
www.umn.edu/usls

BE SAFE WHILE WALKING

Did you read about the University Security’s Safe Walk service? It’s a free service offered through University Security. 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 publicsafety.umn.edu/security.

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

FINANCING YOUR EDUCATION



Manage your University finances in the My Finances tab of MyU.

myu.umn.edu



Need to grant account access to a parent or guest?

Learn how here:
z.umn.edu/parentguestaccess

One Stop Student Services is your source for financial aid and billing information and assistance.

onestop.umn.edu



Want to learn how to manage finances wisely throughout college?

Visit the Financial Wellness pages on the One Stop website.

IN THIS SECTION

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BUYING BOOKS	38
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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. 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 October 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 SEVERAL STEPS INVOLVED WITH RECEIVING FINANCIAL AID:

- Fill out a free application for Federal Student Aid (FAFSA) www.fafsa.gov. Complete it as soon as possible.
- If asked, submit additional documents to One Stop and complete direct deposit online. Complete this as soon as possible.
- Review the paper estimated Financial Aid Award Notice (FAAN) between March and July. Respond to the electronic Financial Aid Award Notice (eFAAN) beginning late July.
- 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.

Upon completing the FAFSA, please monitor your financial aid status in the "My Finances" tab of the MyU portal. z.umn.edu/myfinances

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-related 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 the FAFSA to be considered for a work-study award.

For more information, go to z.umn.edu/workstudyawards.

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 and Student Unions & 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.



International students can make tuition payments through the use of Flywire, an international payment processor.

View your account in the "My Finances" tab at: myu.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



Minnesota Dream Act

The Minnesota Dream Act, passed into Minnesota law and was adopted as an official U of M policy by Board of Regents resolution in 2013. Under this law, undocumented Minnesota high school graduates meeting certain criteria, regardless of immigration status, can benefit in these ways:

- In-state resident tuition rates at public colleges and universities.
- State financial aid available to students who meet state residency requirements.
- Privately funded financial aid through public colleges and universities, including aid from the U of M.

Please visit dream.umn.edu for more information.

ONE STOP

student services

You will go to One Stop Student Services for expert help in learning to manage 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 from 8:00 a.m.-4:00 p.m.). One Stop Student Service centers are located on all Twin Cities campuses:

EAST BANK

333 Bruininks Hall (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 Ave. S.
8:00 a.m.–4:00 p.m., Monday–Friday

ST. PAUL

130 Coffey Hall
1420 Eckles Ave.
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. 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.

Financial Wellness

One Stop offers great financial-related advice through financial wellness resources on Facebook and the One Stop website. 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 help you to be careful and creative with spending and saving habits. One Stop Student Services offers one-on-one sessions to discuss financial wellness. Counselors are available to discuss your questions and concerns regarding financial planning and education. You'll get advice on budgeting, spending, using credit, avoiding financial trouble, and getting help with financial matters. For more information, visit the Financial Wellness page on the One Stop website: onestop.umn.edu/finances/financial-wellness.



Buying your books using your Student Account

When shopping at the U of M Bookstores you have several payment options available including cash, check, credit cards, Student Account charge, and Gopher GOLD™. If you instruct the cashier to charge 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. The cashier will then swipe your U Card to verify you are eligible to charge to your Student Account. If you have grants, scholarships, or loans, your purchases will be deducted from the balance in your Student Account. If there is a balance due on your account, no interest will accrue if paid in full by the due date.

When you get your U Card or if you get a replacement U Card, you have to wait approximately 30 minutes to use it at the Bookstores for making 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 Bookstores.) Your U Card is also used to verify your student status for computer software and hardware purchases at discounted academic prices from M Tech at the Bookstores.

You can also use Gopher GOLD to pay for purchases you make at the Bookstore. Your Gopher GOLD account is a pre-paid account so you must make a deposit to the account prior to making a purchase. You can deposit up to \$1,000. Deposit to your Gopher GOLD



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 the "My Finances" tab in MyU at myu.umn.edu to set up direct deposit.

account online, at the U Card Office, or at a Cash-To-Gopher GOLD Station (visit www.gophergold.umn.edu to make a deposit or for a list of Cash-To-Gopher GOLD Station locations). After you have made a deposit, bring your U Card to the cashier and say you'd like to use Gopher GOLD 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 gophergold.umn.edu.

Finding a job

There are many employment opportunities at the University. Student Employment Programs provides policy information and consultation regarding student employment. To search and apply for student jobs please visit www1.umn.edu/ohr/employment.

For additional information, please 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 2017 can begin working their new position on August 21, 2017.

If you experience concerns relative to your student employment job contact Student Employment Programs with questions. International students are eligible for on-campus student employment opportunities. Please contact ISSS if you have questions regarding employment eligibility. If you get an on-campus job, make sure to check out the Student Employment Leadership Program.



More information: 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.

Here is some information about the University's largest student employers.

U OF M DINING SERVICES

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

STUDENT UNIONS & ACTIVITIES

Student Unions & Activities (SUA) provides hundreds of students with jobs in administration, customer service, marketing, design, web development, and more. 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 can happen outside the classroom, too. These jobs offer tangible experience to help build your résumé and opportunities to advance to senior and managerial roles. If you are searching for a great working opportunity, visit sua.umn.edu/jobs.



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

Transit is designed to empower you with the skills to successfully manage your finances while in school and beyond, minimize dropout and student loan defaults through education, and equip you with the knowledge and skills necessary for making responsible financial decisions. See page 52 to learn more about the required online courses.

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 you can't really afford. Establishing healthy credit card habits early is essential to avoid debt issues later. Please visit onestop.umn.edu and look for additional Financial Wellness information.

FINANCING YOUR EDUCATION

UNIVERSITY RECREATION AND WELLNESS

University Recreation and Wellness prides itself on being one of the largest student employers on the U of M 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.

University 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.bookstores.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 receive stipends each semester based on hours served. 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 in the reception areas and the MCAE computer lab, and assist staff with projects. To apply to be a MCAE IDOL contact mcae@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:
humanresources.umn.edu/jobs



VETERANS

University Veterans Services
(612-625-8076)

z.umn.edu/veterans

provides a wide range of services to military members, veterans, and their families to assist with educational benefits. They can also connect veterans to non-educational benefits, services, and programs for housing, medical needs, employment, family, and transition issues.

TECHNOLOGY

TECHNOLOGY HELP

it.umn.edu



CALL
612-301-4357



SELF HELP
it.umn.edu/self-help-resources



EMAIL
help@umn.edu



CHAT
chat.it.umn.edu



WALK-IN
East Bank, St. Paul & West Bank



WIFI TIPS
wifi.umn.edu

Google Apps



With Google Apps, you can create and collaborate on word processing documents, spreadsheets, and presentations online and in real time. Plus, you get a suite of applications that include: Google Calendar, Google Drive, Google Hangouts, Google+, and Google Chat.

Peer tutoring & Lynda.com



Build your skills in Excel, Adobe Creative Suite, or video production through short class sessions or online videos.

See page 44

MyU



MyU is the official University of Minnesota web portal. You will use MyU to register for classes, view your enrollment, access your financial aid and billing, see your grades, learn about resources and events, and much more.

MyU is personalized for you, giving you tools to help you be successful at the U of M. The information you see is based on your role at the University. As a result, no two portal views are exactly alike.

Sign in at myu.umn.edu

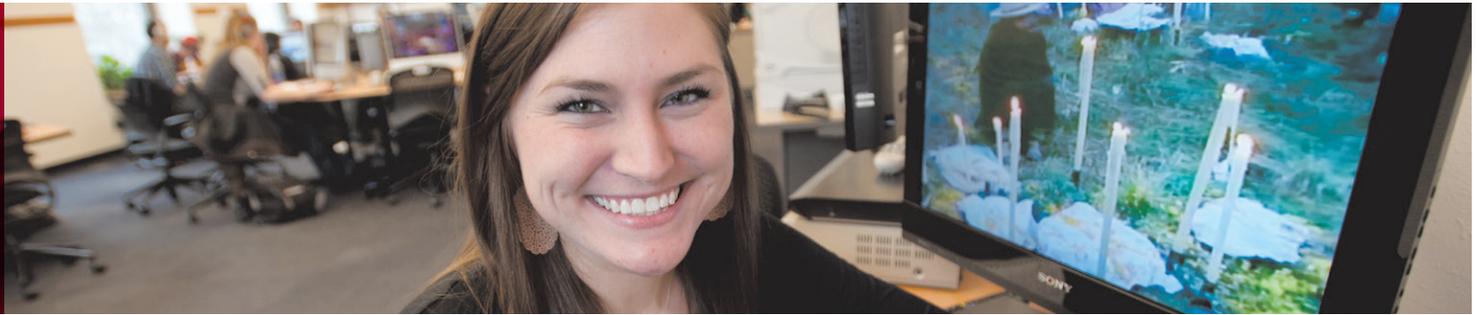
Email



Be sure to check your University email often. Log on at mail.umn.edu.

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As a new student at the U of M, you are provided with a number of technology resources and tools to connect you with University information, grades, emails, financial information, and much more. Use this section to familiarize yourself with the technology available to you.

MyU

myu.umn.edu

MyU is the official University of Minnesota web portal, personalized for you with tools to help you be successful at the U. You'll use MyU to register for classes, access your financial aid and billing, track your degree progress, see your grades, learn about resources and events, manage your information, and much more.

My Finances

View your billing, payment, and financial aid information. Sign up for direct deposit through this tab.

My Info

Manage your identity at the University: edit your preferred name, update your contact information, give parents or guests access to your information, and manage your University directory suppression.

Questions about suppressing your information? Visit z.umn.edu/setsuppression

Additional Tabs

MyU is personalized to your roles on campus and additional tabs may appear here. For example, you will see more tabs if you're a student employee.

Academics

Register for classes, find your textbooks, view your degree progress and grades.

Announcements

Find out about opportunities, resources, and events on campus.

The screenshot shows the MyU web portal with a navigation bar including 'MyU', 'Key Links', 'Recommended', 'Favorites', and 'My Interests'. A sidebar on the left contains tabs for 'Announcements', 'Academics', 'My Finances', and 'My Info'. The main content area features several promotional tiles: 'Health Interprofessional School Fair', 'Registration is Open', 'World Art Day: Featuring Black Violin', 'GOLDY WANTS YOU... TO BE PART OF HIS TEAM!', 'Study Night at WAM', 'Bring Your Own Business Card', and 'How to Afford Study Abroad'. A 'Notifications' section at the bottom shows a table of alerts.

Notification	Sent From	Date	Dismiss
TC Student Bill Ready Notice More	Twin Cities/Rochester	02/15/2017	✕
1098T Ready Notification More	Twin Cities/Rochester	01/27/2017	✕

The Goldy Gopher profile page displays the following information:

- Goldy Gopher** ID: #0000000
- Address:** Home: 123 Gopher Lane, Minneapolis, MN 55414
- Phone:** Cellular: 555/555-5555, Home: 555/555-5555
- Directory Suppression:** Your suppression level is: No Suppression
- Email:** University: goldy@umn.edu, Home: goldy@umn.edu
- Emergency Contacts:** No emergency contacts available for display.
- Parent/Guest Access:** Share My Information

Notifications

Pay attention! Notifications are important notices about things you need to do. For example, notifications tell you when your registration time is available and when to pay your bill.



U Minnesota mobile app

Access essential University information and resources on smart phones and tablets through the **U Minnesota** mobile app.

Download **U Minnesota** to your device by going to your app store, or visit guidebook.com/app/umn. Then open the app to search for your guide:

- iOS users: Search under "Public Guides"
- Android users: Tap the downward arrow

Freshmen should select the guide called "Class of 2021."



Transfer students should select the guide called "New Transfer Students."

- Desktop, Windows, non-Blackberry 10 users will need to access a dedicated link:

Freshmen:

guidebook.com/app/UMN/guide/cl2021

Transfers:

guidebook.com/app/UMN/guide/transfer

Parents:

guidebook.com/app/UMN/guide/parents

These guides are updated regularly to ensure 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 Help provides 24/7 support for all of your technology needs. They can help you reset your password, connect to the Internet and troubleshoot issues with Moodle, MyU, and more. Call 612-301-4357, chat (chat.it.umn.edu), email help@umn.edu or visit a walk-in location.

More information:
it.umn.edu/help

Technology Help Walk-in Locations

EAST BANK

- Coffman Memorial Union 101

WEST BANK

- Blegen Hall 90

ST. PAUL

- St. Paul Student Center 4

For a full list of all technology help services, go to it.umn.edu/help.

Explore Google Apps for the University of Minnesota

Share documents and collaborate with others by using your University Google account. In addition to your U of M email, you can access Drive, Calendar, Chat, Sites, and more.

More information:

it.umn.edu/google-apps-overview

Student Technology Peer Tutoring & Lynda.com

Build your skills in applications such as Microsoft Office, MATLAB, or Adobe Creative Suite through peer tutoring or online videos.

- For Student Technology Peer Tutoring hours and locations, visit z.umn.edu/peertutoring.
- Log on to Lynda.umn.edu to see a full list of online courses.

Purchase discounted hardware and software

The University works with vendors to provide discounts on a variety of products, including hardware, software, and cell phone options for your academic needs. Check with your department or college for specific device or software recommendations.

GET CONNECTED

The University of Minnesota WiFi network is secure, reliable, and fast. Visit wifi.umn.edu to learn how to get connected.





Technology Purchases and Service

The University of Minnesota Bookstores provides access to the latest technology sales and service through its M Tech Store located in the U of M Bookstores at Coffman Memorial Union.

Visit the M Tech Store to test-drive the latest computers, tablets, and more. Have your questions answered by team certified technicians, and save money with special academic discounts available on many products. View the complete selection of technology products online at www.mtech.umn.edu. You may use your student account to purchase at the Bookstores and online from the website. All online computer orders qualify for free shipping in the continental United States.

The U of M Bookstores offer a technology trade-in program where you can recycle your gently used laptops, tablets, cell phones, and MP3 players. Visit mtech.umn.edu to determine your trade-in value.

The U of M Bookstores also provides on-campus repairs and upgrades for Mac and PCs, as well as Apple warranty services from a team of certified service technicians. Learn more about this campus convenience at mtech.umn.edu.

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 including email, MyU, and Moodle, which you will read about in the academic section of this book. Visit

it.umn.edu/internet-accounts-passwords.

WiFi network

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

More information: wifi.umn.edu

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 Teaching Assistant (TA) 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 several times a week.
- When you reply 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



Gopher GOLD is the only way to pay for printing at computer labs, including your residence hall computer center, and libraries on campus. You have to make a deposit into your Gopher GOLD account before you can use U Card to pay for printing. Deposit to your Gopher GOLD account online, at the U Card Office or at a Cash-To-Gopher GOLD Station (visit www.gophergold.umn.edu to deposit or for a list of Cash-To-Gopher

DOWNLOAD MICROSOFT OFFICE 365

Microsoft Office 365 ProPlus is available to U of M students at no charge. Office 365 includes Microsoft Word, Excel, PowerPoint, and more. Learn more and get it today at z.umn.edu/office365.

JOIN YOUR FACEBOOK GROUP

Freshmen students:
U of M Class of 2021

www.facebook.com/groups/uofmclassof2021



Transfer students:
U of M Transfer Students

www.facebook.com/groups/uofmtransferstudents



GOLD Station locations). After you have money in your Gopher GOLD account, swipe your U Card to release your print job from the printer workstation. Based on the number of pages you print, Gopher GOLD will be deducted from your Gopher GOLD account. The print station will show you the remaining balance on your account 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 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, Instagram, or Snapchat you lose control over your content.

The Minnesota Supreme Court 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.



1 in 3

students are diagnosed with a mental health condition



Don't sit in silence.
Change the conversation about mental health.



HOPE IS JUST A CLICK AWAY

mentalhealth.umn.edu



Pet Away Worry & Stress

www.bhs.umn.edu/services/wellness-paws.htm



9,000

Bike racks on campus

16 different intramural leagues



3v3/5v5



Flag



Floor/Ice



Softball



Dodgeball



Outdoor



5v5/8v8



Arena/Stadium
Indoor/Outdoor



4v4 / 6v6



Racquetball



Tennis



Squash



Badminton

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“When health is absent, wisdom cannot reveal itself, art cannot become manifest, strength cannot fight, wealth becomes useless, and 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 University of Minnesota. This section will tell you what services you can find and where. It covers wellness, exercise, and mental health, too.

Health insurance

All students who are 1) admitted to a degree program and 2) registered for 6 or more credits per semester (that count toward the automatic assessment of the Student Services Fee explained on page 36) are required by the University of Minnesota to have health plan coverage. The University-sponsored Student Health Benefit Plan (SHBP) is a comprehensive health plan with no deductible. Learn more about the SHBP at the Office of Student Health Benefits website: www.shb.umn.edu.

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 do so online through the MyU Student Center. You will need to provide the name of your insurance company, your insurance member ID number, and your insurance group number. 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 is September 27, 2017. If you do not waive the SHBP per established guidelines before the deadline, you will be billed and enrolled for the entire semester. Approved waivers are valid for one year.

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.

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 SHBP and are eligible to waive enrollment. To learn more, visit www.shb.umn.edu.

Student Dental Plan

The University of Minnesota offers a Student Dental Plan through Delta Dental for all eligible students. Enrollment and plan information is available at www.shb.umn.edu.



Student health services

Boynton Health, your on-campus clinic, offers comprehensive health care services including a full-service pharmacy and dental, eye, and mental health clinics.

With two convenient clinics on the Twin Cities campus (East Bank and St. Paul), Boynton Health is the primary health care provider for the University. Boynton takes pride in meeting students' health care needs with compassion and offers a wide variety of services delivered by top-notch health care professionals.

If you have health insurance and paid the Student Services Fee, the cost of many services at Boynton will be subsidized after your insurance is billed, including:

- Allergy shots
- Annual eye exam
- Gopher Quick Clinic visits
- Lab tests
- Medical visit
- Mental health appointments
- Nutrition counseling
- Physical therapy (with copay)
- Pregnancy & STI testing
- Primary care
- Urgent care
- Women's clinic visits
- X-rays

If you have health insurance and have paid the Student Services Fee, you will receive the following services at no cost at Boynton:

- Stress management classes
- Tobacco cessation counseling
- Financial counseling
- Medical Information Nurse Line (612-625-7900)

Pharmacy options

Fill prescriptions, purchase over-the-counter medicines and health supplies, or consult with a knowledgeable pharmacist at the Boynton Health Pharmacy—located in the East Bank Clinic. Call **612-624-7655** for prescription refills and transfers any time of day. Please allow 24 hours for refills and transfers from other pharmacies.

Health Promotion Student Groups

Boynton's health promotion student groups are here for you! Reach out to these great health resources if you have health questions or would like to join.

- de-stress—Student stress management education and resources
- 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
- SOBER—Students Off Booze Enjoying Recovery

More information:

www.bhs.umn.edu/peer-health-promotion

MANDATORY IMMUNIZATION POLICY

Minnesota law requires all University of Minnesota students to complete the Student Immunization Form, even if you are considered exempt. Students in the Academic Health Center (this includes Nursing, Medical, Dentistry, Pharmacy, Public Health, Veterinary Medicine and other colleges, schools and centers) have a separate immunization requirement.

Failure to complete the requirement by the sixth week of the semester will result in a registration hold on your student account. To report your immunizations, you need the month and year you received the following immunizations:

- Diphtheria/Tetanus (dose within past 10 years)
- Measles (2 doses after 12 months)
- Mumps (2 doses after 12 months)
- Rubella (2 doses after 12 months)

Online or printable forms for all students and Academic Health Science students are at: www.bhs.umn.edu/immunization-requirements.htm. If you do not have the required immunizations, schedule an appointment at Boynton Health by calling 612-625-3222.

All students must complete and submit a Student Immunization Form, even if you are considered exempt. (Note: Academic Health Center students have a separate immunization requirement/process.) If you do not submit an immunization form, a hold will be placed on your account and you will be unable to register for classes until the form is submitted.

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.

CRISIS CONNECTION

Counselors are available 24/7 Call **612-301-4673** or text **UMN** to **61222**

Medical records

It is often helpful to forward your medical records before being seen at Boynton Health. Before your first visit to the clinic, you can complete and submit an Authorization for the Release of Health Information for Primary, 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 who have 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 many types of mental health challenges. Counseling services are available at Boynton Health's Mental Health Clinic (BMHC) and Student Counseling Services (SCS). In addition, students with psychiatric disabilities can receive support and assistance at the Disability Resource Center. Boynton and SCS also offer a number of different therapy and support groups to assist students in managing their concerns.

How to get help

Boynton's Mental Health Clinic and SCS provide high-quality mental health services for students and are staffed by experienced, qualified professionals. The BMHC is open to full-time, degree-seeking students who pay the mandatory Student Services Fee and graduate assistants who are enrolled in the Graduate Assistant Health Plan.

While both offices offer individual and group psychotherapy services, Boynton provides medication management, while SCS does not. You can seek career and academic study skills at SCS.

If you currently receive professional mental health assistance and would like to continue on campus, contact BMHC (**612-624-1444**) or SCS (**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.

	Individual Appointments	Group Counseling	Walk-in / Crisis	Psychiatry Services (medication treatment & management)	Specialty Services	Specialty Groups	Fees / Payment
BMHC	Yes	Yes	Yes	Yes	Chemical health assessments; couples counseling	Alcohol awareness; anxiety; mindfulness; and more	Have health insurance + pay the Student Services fee
SCS	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)

Wellness

When most people on campus think of wellness, they think of the recreation and wellness centers. University Recreation and 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 on the East Bank campus. Take advantage of some of the new features.

There are workout facilities all over campus. You can 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. M Dining has a dietician on staff (see details on page 22) 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 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.



Smoke- and Tobacco-free Campus

The University of Minnesota is committed to protecting the health and wellbeing of all campus community members. Because we all share the air, the University is smoke- and tobacco-free, which includes all University facilities, buildings, and grounds. To learn more, visit www.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 www.bhs.umn.edu for more information.

BEING HEALTHY



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.

Additional 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.

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

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 U of M 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 Recreation and 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.

RecWell provides premier venues for competitive court sports. The 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



REQUIRED ONLINE COURSES

As you begin your college career, the U of M wants to empower you to be a healthy and successful student. Making healthy decisions throughout your college career will be an important part of your success.

To promote your health and academic success, you are required to complete three online education modules: AlcoholEdu for College (see page 53), Haven—Understanding Sexual Assault (see page 31), and Transit—Financial Wellness (see page 39). These modules will help prepare you to make well-informed decisions about issues that affect you during college and beyond. You will receive information about these courses by email (your U of M email account) in August, and your completion of the modules will be documented.



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. With 9,000 bike racks and 400 enclosed bike lockers on campus, there are plenty of places 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 \$34.95 (items also sold separately) at the Boynton Health Pharmacy.

Read more about biking on campus on page 27.

Zap Me!

The ZAP program is an innovative RFID system with tags installed on bikes. Students can receive gift cards just for riding! The coolest part is that once you are signed up, you don't have to record your biking data—the technology pioneered at the U of M does that for you. To sign up, bring your bike to the University Bike Center.

More information:
<http://z.umn.edu/gopherzap>



Bike Commuting Counts!



AlcoholEdu for College™

AlcoholEdu for College is designed to reduce the negative consequences of alcohol by teaching you important alcohol-related information, helping you learn ways to support others, and increasing your awareness about alcohol and college life. See page 52 to learn more about the required online courses.

HERE ARE SOME HEALTH-RELATED REMINDERS:

- 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

It's easy with more than 900 student groups.



394
Academic and Educational



229
Cultural and Diversity



39
Environmental/
Sustainability

52 Fraternities/Sororities



65
Honorary and Leadership



76
Sport Clubs
and Recreation

19 Fraternities/Sororities
(academic/professional)



19
Publication and Communications



77
Political and Social Action



22
Governing Bodies and Departmental Boards



9
Housing



50
Special Events



110
Health and Wellness



140
Service



31
Performance

70
Religious
Affiliated



120
Special Interest
and Hobby



64
Fine Arts/
Music/Film

37
St. Paul
Campus

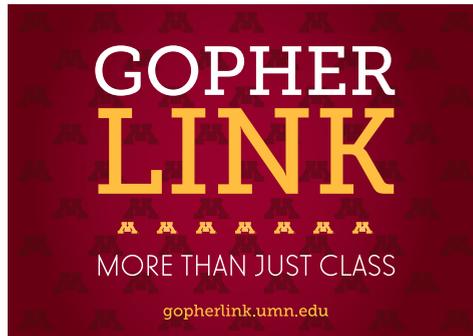
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GETTING INVOLVED

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. This section will highlight a number of ways the U of M supports your growth and development.

You may join a student group or find a great place to volunteer in the community. The U of M 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.



A new tool you can use to connect with student groups and campus events.



HOW TO GET INVOLVED

- What things are you excited to learn about and experience in college?
- What is important to you?
- What majors and careers interest you?

There are two ways:

- Learn about engagement at www.engage.umn.edu.
- Use Gopherlink.umn.edu to find involvement opportunities that you can track and reflect upon.



- 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?

Below are seven areas you can start to explore.

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

GETTING INVOLVED



EXPLORE-U

All new freshmen and transfer students are invited to experience Explore U on Saturday, September 2. 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

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 60 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 at gopherlink.umn.edu.

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/program-board

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, staff, and residents of the University community. The Daily has continually sought to fulfill its mission of serving the community by providing:

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

As a student organization, the Minnesota Daily employs approximately 250 students annually. All students from all majors are encouraged to apply for positions in the newsroom, advertising, marketing, finance, online and administrative areas.

Read the Daily in print, distributed throughout campus and the surrounding area, and online at mndaily.com to learn how to get involved on campus.



Fraternity and Sorority Life

Fraternity and Sorority Life at the University of Minnesota provides engagement opportunities for more than 3,500 students and honors more than 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 with every chapter 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.begreekUMN.org.

Men who wish to join an Interfraternity Council (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.begreekUMN.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 intake process by visiting their national organization and local websites. Click on "Chapters" at www.begreekUMN.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.begreekUMN.org

Residence Hall and Groups

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. Love to cook and want to make a fancy meal but not pay for it? Host a Pinterest party but not buy the supplies? Start a Group in your residence hall. Students supply the ideas. The residence halls pay for it. Students can create their own Groups about pretty much anything! In the past, Groups have formed around fitness, sports, TV, video games, crafting, study groups, community service, social identity, and much more. Don't know where to start? Don't worry. Residence hall staff are here for support. Bonus: Every person that starts a Group has access to optional leadership development training, workshops, and retreats.

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 at leadup.umn.edu.

More information:

www.leadup.umn.edu/first-year



GETTING INVOLVED



SOCIAL MEDIA

You can look for student groups at gopherlink.umn.edu. 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.

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, recreational, and open leagues are all available. (Intramurals also hires hundreds of officials every year if you are interested in an on-campus job. See page 40.) Registration takes place during the second week of the fall and spring semesters.

- Basketball
- Bowling
- Broomball
- Dodgeball
- Flag football
- Ice hockey/
Floor hockey
- Soccer
- Softball
- Ultimate Frisbee
- Volleyball
- Racquetball
- Squash
- Badminton
- Tennis

More information:

www.recwell.umn.edu/intramurals

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 some 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

Gender and Sexuality Center for Queer and Trans Life.

This office is dedicated to transforming campus climate for U of M students, staff, faculty, alumni, and community members by developing and supporting more inclusive understandings of gender and sexuality through education, advocacy, outreach, and support. We recognize the intersections of gender and sexuality with race, ethnicity, class, ability, age, culture, nationality, immigration status, and all social systems. We work to build and bridge communities that welcome and affirm people to be their whole selves, honoring their multiple identities and life experiences. We work to fight systems of oppression that marginalize individuals and communities based on social identities and are committed to being accountable, accessible, intersectional, empowering, and transparent.

More information:

diversity.umn.edu/gsc



Women's Center

The Women's Center advances gender equity across identities. Serving students, staff, and faculty of all genders, we advance an empowering intellectual environment, educate and inspire bold feminist leaders, and advocate for an equitable University culture and world.

At the Women's Center, you can apply for over \$60,000 in scholarships. Attend workshops that help you build leadership skills, gain salary negotiation skills, and more. Volunteer with Feminist Ambassador Brigade. Be a blogger. Hang out in the study/lounge in 65 Appleby Hall! Attend Feminist Fridays (monthly forums on equity topics). Get involved with the Indigenous Women and Women of Color Student Summit! Celebrate International Women's Day. Be inspired by our annual national speaker!

More information:
diversity.umn.edu/women

Multicultural Student Engagement

The office of Multicultural Student Engagement (MCSE) is dedicated to providing diverse opportunities to all students to increase awareness, understanding, and appreciation for cultural competency, social justice, and intersectionality. We promote leadership development, student success, and retention through collaborative engaging educational programming.

MCSE offers opportunities for you to participate in the Social Justice Leadership Certificate program, join in the Power & Privilege conversation series, and enhance your leadership through the Art of Participatory Leadership Student Training.

More information:
mcse.umn.edu

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

office'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 the University. The SPHC provides a centrally located, on-campus, family friendly lounge, study area, and computer lab and offers a wide variety of services and activities that encourage academic and family success. The SPHC is also the primary entry and screening point for the Post Secondary Child Care Grant, a significant source of child care assistance for Minnesota State Grant eligible students with children.

More information:
www.sphc.umn.edu

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 are many options from a food court to convenience stores to Starbucks to sandwich shops.
sua.umn.edu/locations
- 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

GETTING INVOLVED



- Looking for something to do between classes? Grab a snack, 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/locations
- This is where you will find great services and conveniently located offices such as U Card office, Technology Help, United States Postal Service, Printing Services, ATMs, national banks, U of M Bookstores, and the Hennepin County Service Center. sua.umn.edu/locations

Commuter Connection

Commuter Connection supports U of M students who travel to campus. Whether you are looking for someone to share gas and parking expenses, want to get advice on better routes to campus, or want to 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, nap, study, eat, and connect with other students.

More information:
www.facebook.com/ccumn

Northrop

Northrop celebrates innovation in the arts, performance, and academics, hosting a ton of events such as music concerts, dance performances, lectures, film showings, open mics, and graduations. Students receive special discounts, rush tickets, and sometimes even free access to many of these events! With six study lounges, Surdyk's Café and a free art gallery, Northrop is a space for students to gather to create, study, explore and experience something new.

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 many off-campus organizations make up the large variety of traditions (including non-belief) on and around campus. 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 student groups include a wide variety of theological beliefs, practices, and activities. The Interfaith Campus Coalition (www.uminterfaith.org) alongside the Multifaith Student Council (www.umnmfsc.com) works to promote understanding and acceptance of diverse faith practices in the campus setting. Students interested should visit gopherlink.umn.edu 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 Center for Community-Engaged Learning 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

ROTC

The Reserve Officers 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. Two- or three-year scholarships are available.



Air Force ROTC
www.afrotc.umn.edu

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

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



Governance

SUA Board of Governors

Joining the Board of Governors is a great way to help shape the Student Unions & Activities' office from a student's point of view. You can also have the power to influence change for the unions' policies and operations that impact 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

Student Senate and Senate Committees

Hone your leadership skills, network, and work on behalf of your fellow students! The Student Senate and senate committees offer opportunities for students to interact with faculty, staff, and administrators to consult on issues and changes made to policy and procedures. The Student Senate represents undergraduate, graduate, and professional students from across the five U of M campuses. Decisions made by the Senate affect current and future students for years to come. The impact of the student voice through the Senate is immeasurable.

More information: usenate.umn.edu/ssenate

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 meeting with President Kaler and other administrators 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 University of Minnesota. This diverse agenda allows students of various 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 U of M 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 University Recreation and Wellness at recwell@umn.edu.

Fraternity and Sorority councils

The U of M's fraternity and sorority community is made up of more than 60 organizations, many of which have been here for more than 100 years. Our community is governed by four separate councils — the Interfraternity Council (IFC), Multicultural Greek Council (MGC), National Pan-Hellenic Council (NPHC), and Panhellenic Council (PHC) — 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 and 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.

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

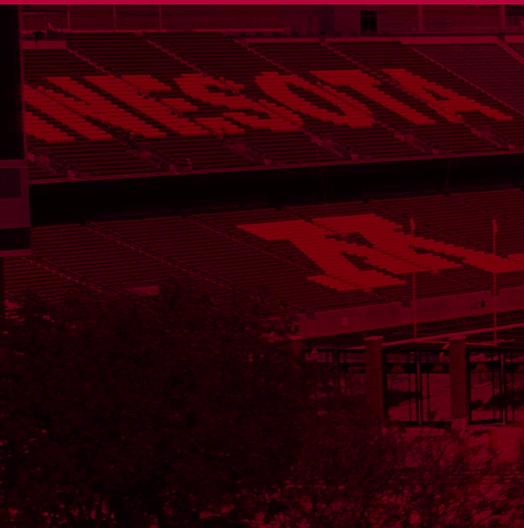
The We Are...Minnesota Spirit Initiative is a student-run organization whose mission is to lead the University of Minnesota community in fan participation and Gopher spirit. We Are...Minnesota is comprised of The Rooter Club (student section for football), The Barnyard (student section for men's basketball), 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 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 front of Coffman Memorial Union.

GETTING INVOLVED



Homecoming and Spring Jam™: Get involved

Founded in 1914, Homecoming is a week in the fall dedicated to school spirit and a celebration of the entire University community. It's a great celebration that brings the campus together with events such as cheer and lip sync competitions, step/stroll competitions, sports competitions, community service events, pep rallies, and of course the Homecoming parade, concert, and football game. Each year, the University of Minnesota Alumni Association welcomes back alumni to share in the excitement of Homecoming. The Alumni Association takes an active role in helping plan 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 event details, visit homecoming.umn.edu.

Spring Jam happens in late April and creates an atmosphere of unity through music. This event is meant to celebrate University students, the University community, the change of seasons, and the end of the school year. Enjoy live music, good food, and quality entertainment. It is the largest student-planned, campus-wide event during spring semester. The headlining act and other artists are typically nationally recognized and are the focus 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 size, and then participate in a series of events planned by Greek governing councils in collaboration with Student Unions & Activities.

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



HOMECOMING 2017
OCTOBER 15-21



University of Minnesota Alumni Association – Get Connected

When you become a U of M student, you join a global alumni community that is nearly a half a million strong (and growing)! From day one, you can tap into Alumni Association programs and events for students to assist you on your career path. And once you graduate, we'll help you stay connected — to the school, your fellow alumni and lifelong opportunities to learn, grow, and achieve. Your journey starts today. Where do you want to go? What do you want to do? Let's get started — together. UMNAlumni.org/Students



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, and men's hockey. 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/students.

EVENTS AND ACTIVITIES

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

Plan your weekends at sua.umn.edu/events.



Bookstore

Show your U of M spirit by wearing maroon and gold on campus with help from the U of M Bookstores. The Bookstores have a huge selection of Gopher fashions and novelties for fans of all ages. Find your campus style at the U of M Bookstores at Coffman Union, the St. Paul Student Center, or online at bookstores.umn.edu.

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. Proof is in the form of the many career-related services on campus starting with major exploration and career planning.

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

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The University's Expectations

Academic 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 regularly, 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 SCC 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 Community Standards administers the student disciplinary process using educational and developmental strategies. If you violate the SCC, you will likely meet with someone from this office.

You can find the Student Conduct Code [online at z.umn.edu/scc](https://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 your college experience will be enhanced by award-winning faculty, state-of-the-art learning facilities, more than 150 majors, and thousands of challenging courses.

As an undergraduate student, your college coursework (or curriculum) is comprised of two parts: major requirement courses and liberal education requirement courses. While individual coursework will vary by major, these two components make up the curriculum for 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

Liberal education courses invite students to investigate the world from new perspectives, learn new ways of thinking, and grow lifelong learners who will be active participants in their communities. Often called “lib eds”, these courses are organized into categories—arts and humanities, biological sciences, historical perspectives, literature, social sciences, mathematical thinking, and physical sciences. Liberal education courses provide opportunities for students to explore areas of interest outside their major. Taking these courses shows future employers—and graduate schools—that you have the ability to think critically, to develop social and communication skills, to solve problems, and to advance diversity and equality in your life and work.

Creating a balanced curriculum

You are expected to take a combination of major requirements and liberal education

courses each semester, as this provides students the best opportunity for academic success. This means you should take liberal education courses throughout your college career and not rush to complete them early in your academic program.

Additional curriculum requirements

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

- Complete a minimum of 120 credits in order to graduate.
- Maintain above a 2.0 cumulative 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. Carlson School of Management students are required to complete an international experience before they graduate. Please discuss college-specific requirements with your academic advisor during your first semester in order to plan the best possible route to graduation.

Your advisor 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 with your questions and concerns. You will read more about advising in this section.

All major and minor requirements are outlined in the University Catalog.

Find more information at
www.catalogs.umn.edu/ug/index.html



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 3 to 4 credits. A 3-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 completing homework or papers.) The number of credits you take each semester is known as your credit load.

The U of M 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). You will need to take an average of 15 credits each semester to graduate in four years.

There are exceptions to the 13-credit requirement (work, family, health, or other life circumstances), but you must get prior approval to take fewer than 13 credits. Information on how to submit the online 13-Credit Exemption is available at the One Stop website:

z.umn.edu/creditexemptionrequest.

The 13-Credit Exemption requests will be reviewed by your college advising office and must be submitted by the fourth week of the term. Without prior 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.

GRADES AND TRANSCRIPTS

Grades can be found on the Academics tab of MyU (myu.umn.edu).

You can also view your unofficial transcript or order an official transcript.



TRACKING AND PLANNING DEGREE PROGRESS

Academic Progress Audit System (APAS)

The APAS report, or degree audit, 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—including courses in progress—and transfer courses (if applicable) apply to your degree requirements. It is important to become familiar with APAS in your first semester, and it should be used as a tool to assist you each semester in planning your coursework. Your academic advisor is a great resource to learn more about your APAS. Additionally, learn more about APAS on the One Stop website (onestop.umn.edu/academics/apas).

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

Transfer credit report

The transfer credit report is prepared by the Office of Admissions. This electronic document shows how college-level coursework you have completed at other institutions transfers to the U of M to fulfill liberal education and major requirements. The information on your report will be used by you and your advisor 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/transfereport.

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 advisor during Orientation, or visit the Admissions website: z.umn.edu/cvvw.

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

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.

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

Visit plan.umn.edu

The screenshot shows the Graduation Planner interface. At the top, there are three columns for 'Fall', 'Spring', and 'Summer' semesters, each with a 'Planned Course(s)' section. Below these, there are 'Recommended Credit Load' and 'Planned Credits' sections. A 'Schedule Builder' button is visible. A pop-up window for 'AFRO 1012' is open, showing the following details:

- 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 pop-up, there is an 'Adviser Comments' section with an 'Adviser(s):' field and a 'Plan For' section with dropdown menus for '*Term:' and '*Year:' and a 'Plan It!' button.

The Degree Progress tab in MyU

The Degree Progress tab displays your degree program in a bar graph. You can hover over the segments of the graph (earned credits, in-progress credits, and, if applicable, credits short of the benchmark) to see the number of credits and the percentage calculation. This same information is also found in the Degree Progress Details section below.

If you have multiple degree programs (e.g., a B.A. and a B.S.), you will be able to select and view one at a time from the drop-down menu.

You will receive specific action items, based on your individual progress, to help support and guide you toward timely degree completion.

Ex: Apply to Graduate, Declare Major, etc.

Have multiple degrees?
If you are pursuing multiple degree programs (e.g., B.A. and B.S.), check your progress in each by using the dropdown menu at the top of the page.

Have multiple majors, minors or certificates?
If you are pursuing more than one major in a single degree program (e.g., B.A. in History and a second major in Psychology), this chart will only show your progress in your primary major. Progress in second majors, minors, or certificates will not be displayed. For more detailed information, check your APAS report.

Gopher History B A Multiple majors or degrees?

Start Year 1 Year 2 Year 3 Year 4

Your progress

10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

Degree-applicable:
 Earned credits
 In-progress credits
 Credits short of benchmark

* Current as of: 01/26/2017 at 02:21:51 AM

The green, vertical line in the chart above is the target benchmark to be on track for completing your degree in four years.

Your degree progress bar is an overview of your degree-applicable earned and in-progress credits from your APAS report. This information will be updated monthly or when a change is made to your academic record, such as declaring a major or changing registration.

Action Plan

- Keep going! The University encourages you to graduate in four years, but we understand that your circumstances might be different.
- Boost your degree progress by working with your advisor to create a plan for efficient course-taking and timely graduation.
- Check the course summaries at the end of your APAS report. If your in-progress courses are neither "degree credits" nor "free electives", consider switching these courses for ones that will meet degree requirements.
- If you've completed a course that you think should count toward your requirements, talk to your advisor.
- Create or review your Graduation Plan for more information on your remaining degree requirements.
- You have in-progress course(s) from past terms. Contact the instructor to discuss a plan for completing the course. Incomplete grades will lapse to an "F" after one year.
- If an incomplete grade is due to a missing grade from another institution, submit an official transcript to the Office of Admissions.

Degree Progress Details

You are:
 59.01% complete
 65.34% complete with in-progress credits

To graduate in four years, your degree should be:
 75% complete with in-progress credits

You are **13.75 credits short** of the target benchmark

Degree-applicable credits:
 Earned: **84.0** Earned credit details
 In-progress: **9.0** In-progress credit details
 Remaining: **49.34**
 Needed to graduate: **142.34**

Credits that do not count toward this degree: **60**
 Non-applicable credit details

My Program(s)
 Twin Cities
 Undergraduate
 College of Gopher Arts
 Gopher History B A

APAS CAPE Graduation Planner Program Catalog Schedule Builder - UMTC

The **Questions?** button directs you to a help guide explaining the page elements.

Degree Progress Details links to a list of applicable and non-applicable credits used for your degree progress calculation.

Additional links to resources and tools.

Courses that do not count towards this degree

The courses listed below are those which are not currently applicable to this degree program you're currently viewing. Please note that these courses may include those which may satisfy:

- a course prerequisite
- a program prerequisite
- requirements for additional major(s) or minor(s) you are pursuing.

Term	Course	Title	Grade	Credits
Spring 2017	1CSCI1133	Intro to Programming Concepts		4
Summer 2016	1MATH2263	Multivariable Calc		4
Fall 2015	1MUS 3430	Campus Orchestra	A	2

For additional help, please contact asr-sdp@umn.edu

REGISTRATION TOOLS

Registration for your first semester takes place during Orientation. For future terms, you will register using the “Academics” tab of myu.umn.edu. Your registration appointment time indicates when you can begin to register. You can find your appointment time by visiting “MyU: Academics: When to register” approximately two weeks prior to the start of registration. Talk to your academic advisor each semester and use the how-to guides found on the One Stop website to assist with registration.

Plan your schedule

- **Search for classes:** You will use the Class Search tool to locate classes by subject, title, and other identifying criteria. Preview class times, dates, locations, instructor, and sections status. Updates show when openings are available.
- **Schedule builder:** This tool 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. Visit myu.umn.edu to review your record and grant Parent or Guest access (PGA).

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 academic calendar at z.umn.edu/calendars. You can also add these dates to your Google calendar.



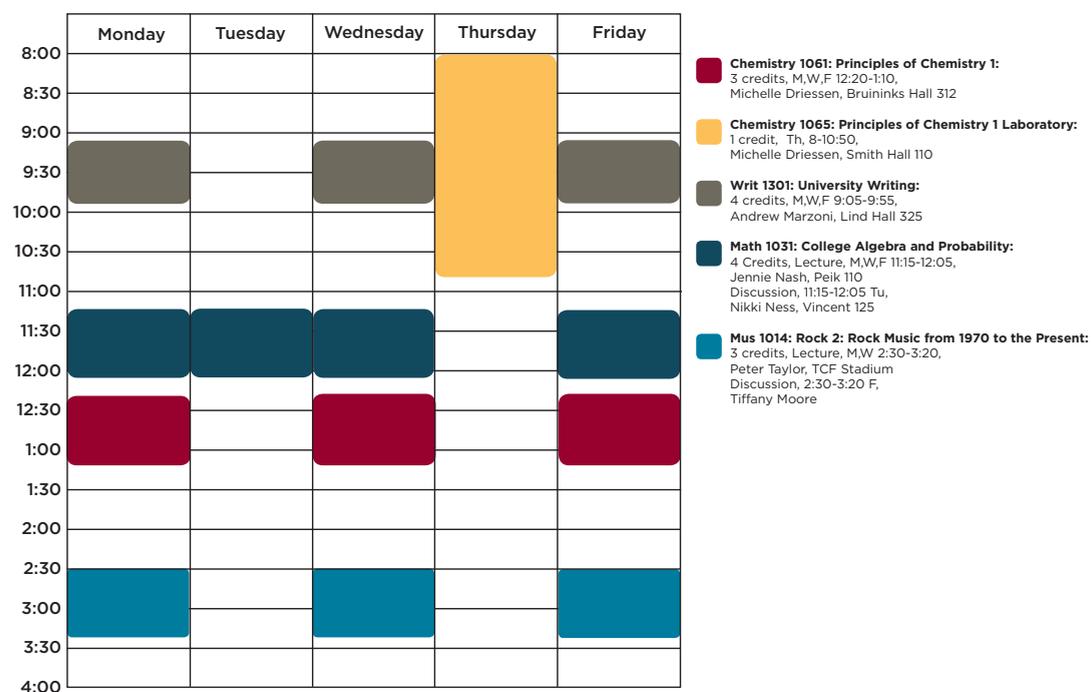
PERSONAL INFORMATION—PRIVACY AND KEEPING THE UNIVERSITY UP-TO-DATE

Your educational information is protected by federal and state laws and by 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, advisor, academic awards and honors received, and degrees earned. To prevent the release of any or all of the above, go to the “My Info” tab at myu.umn.edu. This is also where you can keep your school contact information (e.g., name, phone number, address) up-to-date in the University’s database.

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 coursework. 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 registering for your courses, visit the U of M Bookstores to find out what books or other materials your instructor has selected for you. Go to www.bookstores.umn.edu/my-textbooks and select "Get Textbooks for my Courses." Once you sign in, the system will reference your registration records and produce your custom reading/materials list. This list includes the author, title, and ISBN numbers for your required textbooks as well as information on the price, availability, and format. The U of M Bookstores works directly with your instructors to ensure you have the correct course materials at the best available prices.

When you purchase your course materials online, you can have them shipped to your home or residence hall or you can opt for our free in-store pick-up option to have

Bookstores staff pull and package all of your materials for you.

Prefer to shop in store? You may purchase your course materials at the U of M Bookstores at Coffman Memorial Union. If your courses are on the St. Paul Campus, you may also purchase your books at the U of M Bookstores at the St. Paul Student Center.

The Bookstores provide competitive pricing, a correct text guarantee, student account charges, and easy returns to help you be prepared for class.

The Bookstores also sell office, art supplies, and other reference materials to supplement your course needs.

CHECK THE U LIBRARIES

The U Libraries also provide access to some course materials. Visit z.umn.edu/studentsavings for a list of required materials that are available for free through the libraries. The website also has tips for other ways to save money on course materials.

CLASSROOM EXPECTATIONS



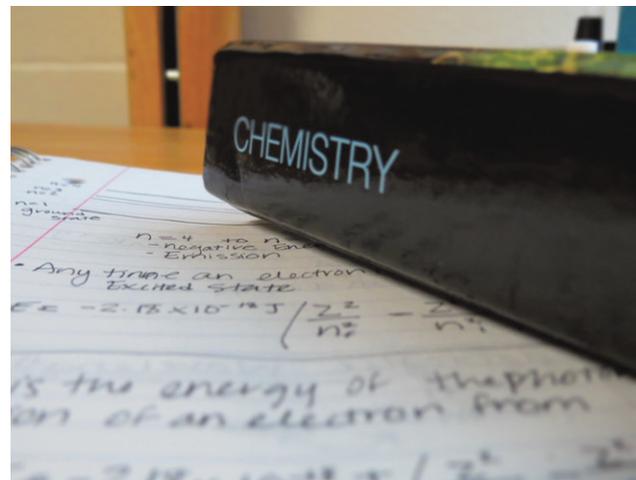
TAKING EXAMS

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.

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.

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.



Sample 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 2017](#) 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 2017](#) 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, 2017	Exam 1	0.19
March 13, 2017	Exam 2	0.19
April 24, 2017	Exam 3	0.19
May 15, 2017 (4:00 PM)	Final Exam-ACS	0.14
	Final Exam-Instructor	0.14
	Connect Homework	0.05
	iClicker work	0.10

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

*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 to be successful in this course.

February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Chpt 4	2	3 Chpt 4	4 HW C Due 11:59 PM
5	6 Chpt 4	7	8 Chpt 5	9	10 Chpt 5	11 HW D Due 11:59 PM
12	13 Chpt 5	14	15 EXAM I 4:40 PM Chpt 5/6	16	17 Chpt 5/6	18
19	20 Chpt 5/6	21	22 Chpt 6	23	24	25
26	27	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 learning management system that allows you to access the syllabus, course handouts, announcements, presentations, discussion forums, quizzes, and exams. If your course uses Moodle it might also be the place where you will turn in your assignments.

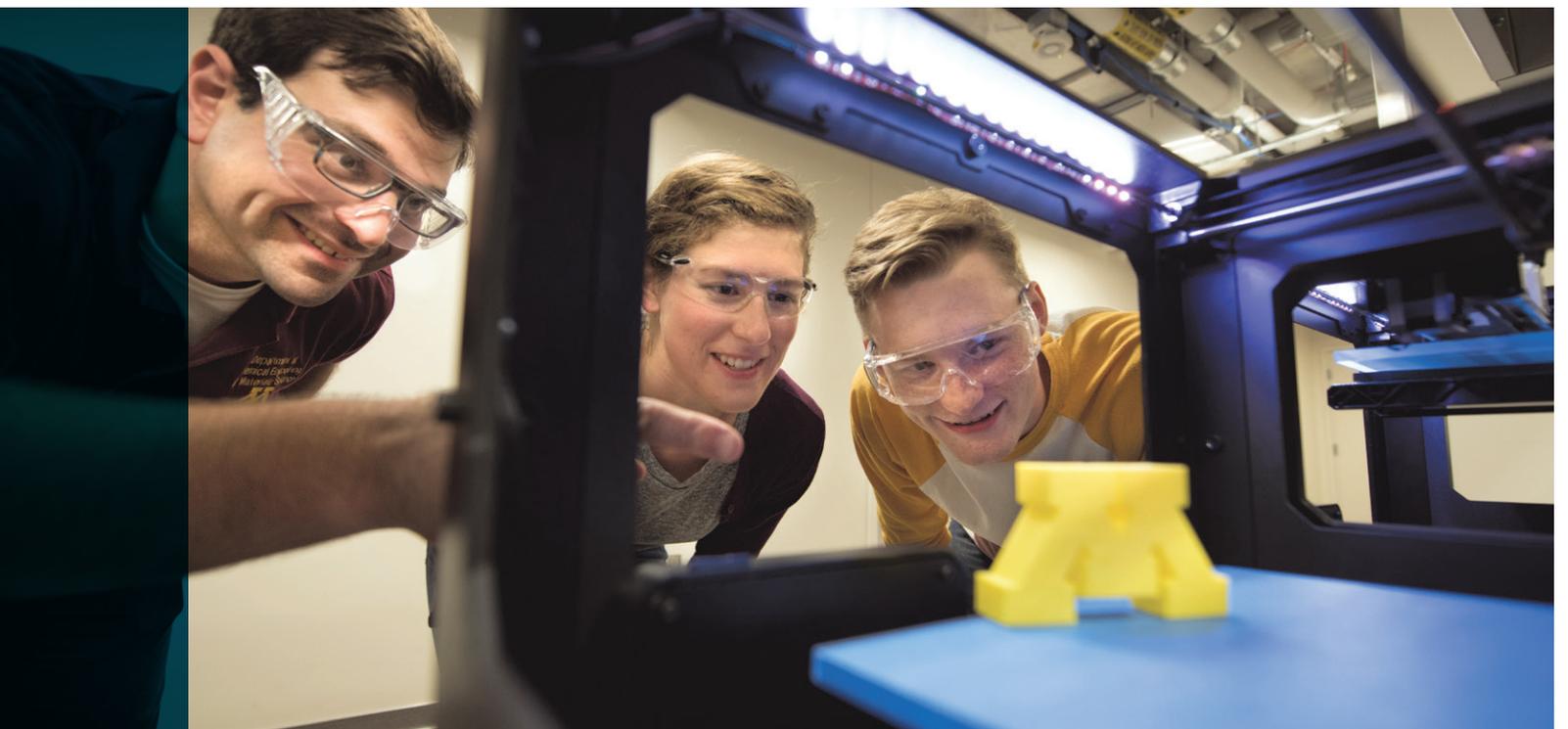
Some professors will make their Moodle course websites available before classes start; others will wait until the first day of the course. It will be up to you to check and ask questions if you are not able to access it.

Before you can log into your course sites, you need to activate your Moodle by logging in at moodle.umn.edu. Once you have activated your account, you can set up a user profile. Note that your profile can be seen by all of your professors, instructors, and 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. It is critical that you understand how to do this right away! To the right is a checklist (including reference websites) to help you get started.

YOUR MOODLE-RELATED TO-DO LIST:

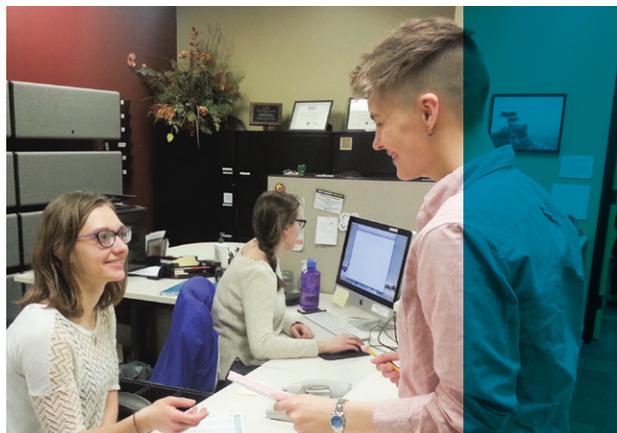
- Watch the Moodle Student Orientation videos and learn how to find your course websites: z.umn.edu/studentmoodle
- Log into your Moodle account: moodle.umn.edu
- Set up your user profile: it.umn.edu/setting-moodle-profile
- Spend time looking through all of the course materials.
- Know where to go for help with Moodle: Contact Technology Help: it.umn.edu/help



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 at least 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 (like your Gopher Guide), 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 go through your course syllabi, noting dates and deadlines to copy into your planning system (see No. 1 above). Doing this will help you organize your semester into more specific week-blocks, allowing you to plan ahead for a weekend road trip or set aside time 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 device that allows access to social media 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 study during the day, leaving your evenings free for eating in the dining center, attending co-curricular activities, and spending time with your roommates and friends.
- 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 78) to reevaluate your time-management plan.
- 6. Don't go at it alone.** Research shows that people who enlist the support of others are more successful at turning bad habits into new-found skills. There are a number of key campus resources outlined on pages 84-86 (such as Academic Counseling & Skills Coaching) to help you create a personalized schedule to manage time more effectively and stay on track.



DISABILITY RESOURCE CENTER

The University of Minnesota values disability as essential to its diverse community. The Disability Resource Center (DRC) serves as a central resource for students, faculty, and staff to corroboratively address barriers to access on our campus. The Student Access team works with students to identify barriers and, in collaboration with faculty and staff, determine reasonable accommodations to reduce them. If you have a disability and would like to discuss accommodations, please contact the DRC at **612-626-1333** or drc@umn.edu.

ACADEMIC SUPPORT TEAM



Everyone needs support to succeed and successful students seek out resources from the beginning. 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 advisors

Academic advising at the University is a partnership that helps you achieve your academic goals. Your academic advisor 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 advisor might be:

- A college advisor who assists you in planning your degree and pursuing opportunities from Orientation through graduation.
- A departmental advisor 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 advisors might be professional advising staff or faculty members, but two things are certain: they can answer your questions (or direct you to the person who can), and they are here to support you along the way!

In order to maximize your relationship with your academic advisor:

- When you meet with your academic advisor 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 advisor(s) have specific knowledge on University policies, academic procedures, course scheduling, and how to take advantage of University and campus-wide resources. Utilize their expertise and campus knowledge to navigate your college experience.
- APLUS is a tool used by academic advisors, career counselors, and other student services professionals to help support you throughout your undergraduate career as you progress toward degree. Your academic success is vital to the University and as a result, if we notice you are getting off-track your advisor may be notified and reach out to you.

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 members 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 class. In some courses, you will have TAs assisting faculty through teaching or serving as a resource. TAs are current graduate students and have a strong expertise in the course content. Utilize them as well to ensure you understand the course topics and to ask questions.

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.

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 \$10 per person for lunch or any other meal) when groups of three to seven undergraduate students from the same class invite their professor to eat with them at a participating campus restaurant.

There is an application (with more details about the program) at undergrad.umn.edu/typl.html.

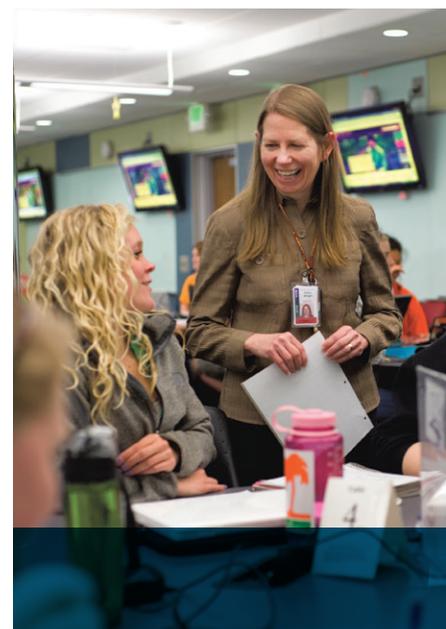
Additional advising programs

University Honors Program

The University Honors Program (UHP) promotes an interdisciplinary approach to learning by 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 comprising Honors Seminars and both foundational and discipline-specific courses. Student engagement in a variety of non-course Honors Experiences includes research, creative expression, internships, study abroad, community service, and more. UHP students work closely with Honors Academic Advisors 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 University 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.



ACADEMIC SUPPORT TEAM

University of Minnesota students who have not gained admission to the University Honors Program as incoming freshmen are eligible to apply after completing at least one semester. Applications for fall term entry are reviewed every spring.

More information: www.honors.umn.edu
390 Northrop, **612-624-5522**
email: honors@umn.edu

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.

More Information:
diversity.umn.edu/multicultural

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 who will monitor academic progress and athletic eligibility as well as assist in course and major selection in consultation with the athlete's college/major advisor. 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: mac.umn.edu

President's Emerging Scholars

Students who were selected to participate in the President's Emerging Scholars (PES) will benefit from the support of this established group of scholars as well as from professional staff who are dedicated to supporting the students' academic, career, and 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



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. All students have access to the tutoring offered at the instructional center (page 84).



International Student and Scholar Services

International Student and Scholar Services (ISSS) is the office dedicated to serving the University of Minnesota's international community. ISSS offers counseling to international students and scholars about academic, career, personal, legal, and family matters. The office also coordinates several programs where international and domestic students can make new friends and gain leadership experience while learning about other cultures and nationalities.

More information: www.iss.umn.edu
More information about academic resources for international students:
z.umn.edu/internationalstudents

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.

- Every college 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 résumé and searching for internships and jobs.
- Your academic advisor can suggest classes that will help you explore your interests and is knowledgeable about majors and requirements for graduation.

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, as well as space to reflect and set some goals, can be found on the following page. Career services offices are also listed at career.umn.edu.

Center for Academic Planning & Exploration

The Center for Academic Planning & 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 one-on-one coaching, workshops, and a 1-credit course designed to help students find a major. Academic and Career Coaches are professionals 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 & Exploration, 511 Bruininks Hall,
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 (z.umn.edu/majorprofiles). 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 advisor 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.



WHAT'S A RÉSUMÉ?

HOW DO I APPLY FOR INTERNSHIPS?

I DON'T KNOW WHAT TO DO WITH MY LIFE.

WHAT ARE MY INTERESTS AND STRENGTHS?

WHAT CAREERS WOULD BE A GOOD FIT FOR ME?

WHAT QUESTIONS ABOUT MAJORS OR CAREERS DO YOU HAVE RIGHT NOW?
Write them down here.

WHAT ARE 1-2 NEXT STEPS YOU CAN TAKE TO EXPLORE MAJORS OR CAREERS?
Use the checklist on the previous page for ideas.

CAREER CENTERS

Carlson School of Management
Business Career Center
2-180 Hanson Hall
carlsonschool.umn.edu/degrees/undergraduate/career
612-624-0011

College of Biological Sciences
College of Biological Sciences Student Services
3-104 Molecular and Cellular Biology
z.umn.edu/careercbs
612-624-9717

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 Bruininks Hall (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, Agricultural 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 Bruininks Hall
www.clacareer.umn.edu
612-624-7577

College of Science and Engineering
CSE Career Center
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

In addition to people and resources, there are opportunities that could help you decide on a major or plan your academic career. Doing research with faculty, studying abroad, or learning leadership skills are three possible ways for you plan for your future.

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 \$1,500 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 ugresearch.umn.edu.

Learn Abroad

A learning abroad opportunity has the potential to be one of the most profound parts of your education. However, the process to make it happen can seem daunting. Your academic advisor 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 academic, career, and life goals.

The First Step session is a half-hour group advising meeting that will help you decide which 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, Kenya, Senegal, or Thailand, conduct service-learning in Argentina, or study at a university in South Africa, advisors can steer you toward the right plan 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. Explore global opportunities at UMabroad.com and 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.



LEARNING SUPPORT



Want to make the most of your University of Minnesota education? Learning support resources—with experienced professionals and well-trained peers—are free and open to all U of M undergraduate students. Don't go it alone and start accessing these resources early!

What type of assistance is available?

- Individual and group tutoring
- Media consultants
- Study sessions for specific courses
- Writing support
- Research support
- Academic skills coaching
- Academic counseling

Tutoring & Study Sessions

SMART Learning Commons

The SMART Learning Commons is your all-in-one academic support center. Located in the three main libraries, each SMART location offers one or more of the following:

- Peer Learning Consultants, who provide drop-in and appointment-based tutoring for over 200 courses.
- Peer Research Consultants (a.k.a. library research tutors), who are fellow students and can help you select a topic, find high-quality sources, and more by appointment or drop-in.
- Media Services, where you can check out cameras and microphones, use editing software, and get assistance on your project from a media consultant.

Peer Assisted Learning (PAL) Sessions

PAL sessions are weekly facilitated group study sessions associated with specific courses. During the session, students break down complex topics into more

easily understood parts, practice problem sets, and work with classmates to prepare for exams. Check your course syllabus or the SMART web page to see if any of your courses have a PAL session offered.

More information: www.smart.umn.edu

Multicultural Center for Academic Excellence (MCAE) Instructional Center

MCAE's Instructional Center provides individual and group tutoring. Tutors offer assistance for introductory courses and general skills in mathematics, sciences, statistics, economics, writing, library research, and selected language courses. MCAE also offers several academic workshops each semester to promote your academic success. There is also a computer lab available to study, work on your assignments, or print your materials on campus.

More information: diversity.umn.edu/multicultural

LOOKING FOR SUPPORT WITH:

COURSE CONTENT AND PREPARING FOR TESTS?

See [Tutoring and Study Sessions](#)

WRITING PAPERS OR PROJECTS?

See [Writing Support](#)

See [Research Support](#)

TIME MANAGEMENT AND ACADEMIC STRESS?

See [Academic Counseling & Skills Coaching](#)

CONFLICTS WITH FELLOW STUDENTS OR FACULTY?

See [Resolving Conflicts](#)

Academic Departments

Academic departments also offer tutoring services. Resources such as the Physics Help Room and the Chemistry Department's Tutor Room are staffed by tutors and TAs. They offer drop-in assistance throughout the semester.

OFFICE HOURS:

Course instructors offer weekly office hours for you to ask questions and discuss topics relating to the course content and your overall progress in the class. Look in your course syllabus for specific times.

Writing Support

Student Writing Support

The Center for Writing's Student Writing Support program offers a wealth of resources to support you in developing productive writing habits and revision strategies. In face-to-face and online consultations, you and a writing consultant work collaboratively on brainstorming, planning, revising, and editing all types of writing projects. In addition to writing consultations, online quick help resources are available 24 hours a day, including resources especially useful for multilingual writers.

More information: writing.umn.edu/sws

SMART Learning Commons

Peer Learning Consultants in the three SMART Learning Commons locations provide drop-in and appointment-based collaborative writing support for all stages of the writing process. Among the SMART PLCs are consultants with technical writing expertise and experience working with multilingual writers.

More information: www.smart.umn.edu

Research Support

University Libraries

The University of Minnesota Libraries is here to help you succeed.

- Through the library website, you can access more than 100,000 online journals, magazines, and newspapers, and more than 8 million books, ebooks, videos, music, and more (use your Ucard to check out books, etc.).
- 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/.
- You can "Ask a Librarian" in-person, by phone, by email, or by chat 24/7. Visit z.umn.edu/libhelp.
- Avoid plagiarism and properly cite your sources by using tools to help you collect and organize your research and create in-text citations and your bibliography as you write. Learn more at lib.umn.edu/howto/citationguides.

More information: lib.umn.edu
z.umn.edu/studentguide

Peer Research Consultants (PRCs)

Located within SMART Learning Commons, MCAE Instructional Center and select locations

Peer Research Consultants provide one-on-one assistance to develop the research strategies needed to write an excellent research paper. The PRCs are specially trained to help you create thesis statements or research questions, navigate the Libraries' website, identify relevant databases or Library services, choose good keywords for searching, locate scholarly sources, and evaluate articles and websites.

More information:
www.lib.umn.edu/services/prc

LEARNING SUPPORT

Academic Counseling & Skills Coaching

Student Counseling Services (SCS)

Student Counseling Services (SCS) offers individualized (1-to-1) support to help you address factors impacting academic performance that are not necessarily skill-based such as procrastination, motivation, perfectionism, test anxiety, lack of interest, and struggles with professors/TAs.

More information: counseling.umn.edu

Student Academic Success Services (SASS)

Academic Skills Coaching is a one-to-one service for students who want to explore new skills for increased efficiency and effectiveness in their academic efforts. Unlike the academic counseling services offered by SCS, 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.

More information: www.sass.umn.edu

Effective U

Effective U is a series of self-paced, interactive, online tutorials addressing a variety of academic skills topics such as time management, stress management, note-taking, and exam preparation. Work through as many or as few as you like whenever you wish. Visit again to see what new topics are being added!

More information: effectiveu.umn.edu

Study Space

U Libraries

You can find a variety of places to study in 12 libraries across campus including quiet study areas, coffee shops in Walter and Wilson library, and more. There are over 40 reservable group study spaces at z.umn.edu/libgroupstudy. Libraries also have 24/7 hours the week before and during finals.



You will use the U of M Libraries for research and checking out books. You will need your U Card to check out materials, print, or make photocopies at the libraries. See page 45 for more information on printing with your U Card.

General Study Space

Gold push pins mark the more than two dozen GPS Waypoint study spaces on campus. You can also study in classrooms that do not have scheduled classes in them. Find a study space at www.classroom.umn.edu/studySpace/FindStudySpace.html.

Resolving Conflicts

Student Conflict Resolution Center (SCRC)

The Student Conflict Resolution Center (SCRC) helps students with University related conflicts and concerns. SCRC staff members offer confidential assistance and information regarding U of M policies and procedures. Staff members also serve as mediators and as advocates in disciplinary and grievance matters. The SCRC works closely with students to help them resolve their current issue, and 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.

Check out the Do-It-Yourself (DIY) resources to 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.

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 advisor 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:

- Get to Know Your Cup of Joe
- It Takes More Than a Good Idea
- Guitar Heroes
- What is the Human Mind?

Your advisor 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 2 of Orientation.



COURSES FOR ONGOING ACADEMIC SUCCESS



Academic success courses are available throughout your first year and will help you enhance the necessary skills you need to be successful.

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 July 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 2-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 2-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.

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 1-credit, mid-semester course specifically for students experiencing academic concerns. Students receive one hour of weekly instruction and one hour of individual consultation to help you with your specific goals and efforts.

For information or to register for these classes, call SASS at **612-624-3323**, or go to 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? 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.



Completely online course materials allow the flexibility to fit lessons, assignments, and quizzes anywhere in your schedule. Our courses also provide opportunities to think more about your attitudes and behaviors related to course topics. The courses equip you with strategies to live a healthier and more balanced life through a no-judgement learning environment, designed to help you make your own informed decisions. There is tremendous value in learning about health and wellness from your peers, so courses incorporate stories and input from real students, including video interviews of experienced students. Plus, get feedback and ideas from our Teaching Assistants, who are fellow undergrad students.

Consider these courses as you plan your class schedule:

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

Full-term and half-term options are available for fall, spring, and summer. Let your academic advisor know if you are interested in one of these courses, and enroll today!

Center for Spirituality & Healing wellbeing courses

Learn health and wellbeing skills that will challenge you and leave an impact — both academically and personally. The Center offers many courses that are easy to fit into your schedule, including:

- CSPH 1001: Principles of Health and Wellbeing
- CSPH 1101: Self, Society, and Environment: An Interconnected Worldview
- CSPH 3001: Intro to Integrative Healing
- CSPH 3201: Mindfulness-Based Stress Reduction
- CSPH 3301: Food Choices

Students report that CSPH courses support them in addressing stress, anxiety, insomnia, and depression. Additionally, data suggests that students who take these courses are more likely to graduate on time!

We also offer many resources such as Stressbusters, a weekly drop in stress reduction activity, our Taking Charge of Your Health & Wellbeing website, and our Wellbeing Lecture Series, all of which are free to students and offer vital tools to help you live a life of wellbeing.

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)
- ESL 3006: English for Business Interactions (2 credits)
- ESL 3007: English for Physics (1 credit)

Student English Language Support (SELS)

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 information.

YOUR NEXT STEPS

Learning how to be a student at the U of M can take time so don't expect to have everything figured out in the first few weeks of the semester. In fact, it may take a couple of months to fully feel settled in this new environment. Think about it, there will be lots of changes to your daily routine, you will have to establish new boundaries for yourself, you will have a greater sense of independence, and your role in your family may also change. Fortunately, you are not alone: there are many resources available to you for support, including your peers, campus service areas, and staff. Focus on the action items on page 93 to get started.

Ask us!

Through all of this change, Orientation & First-Year Programs (OFYP) is here to provide you consistent support — long after you have completed Orientation and experienced Welcome Week or Transfer Welcome Days. Staff and student peers are here to help you, so do not hesitate to contact us throughout your first year. If you have a question at any time during your first year and don't know where to turn, contact us! We are here to help!

Orientation & First-Year Programs

315 Coffman Memorial Union
300 Washington Ave. S.E.
Minneapolis, MN 55455

www.ofyp.umn.edu

ofyp@umn.edu

612-624-1979

or 1-800-234-1979

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IN THE SUMMER:

- Join your Facebook page
 - Freshmen – U of M Class of 2021
 - Transfer Students – U of M Transfer Students
- Download the U Minnesota app (see page 44)
- Complete AlcoholEdu module (see page 53)
- Complete Haven module (see page 31)
- Complete Transit Financial module (see page 39)
- If you have a disability and would like to discuss accommodations, contact the Disability Resource Center at 612-626-1333 or drc@umn.edu as soon as possible. Note: Some accommodations may take a few weeks to arrange.
- Check your U of M email regularly
- Finalize your housing plans (see page 11)
- Complete Event Selection for your Welcome Program
 - Freshmen – Open for Welcome Week Event Selection July 21
 - Transfer Students – Open for Transfer Welcome Days Event Selection August 1
- Purchase your textbooks (see page 73)
- Decide if you are going to attend an optional welcome program
 - MCAE Kick-Off – (see page 92)
 - Global Gopher Week – (see page 92)
- Attend your Welcome Program
 - Freshmen – Welcome Week (August 30-September 4, required)
 - Transfer Students – Transfer Welcome Days (August 31-September 3)

**IN YOUR FIRST SEMESTER:****ACADEMICS**

- Introduce yourself to your professors
- Set up an appointment with your academic advisor
- Strive to earn a 2.5 GPA or better
- Use your Gopher Guide or academic planner to schedule your time
- Access support resources
- Study 2 hours for every hour you spend in class

SOCIAL

- Identify 1-2 first-year programs to explore (see page 93)
- Join one student group
- Find a mentor/support person on or near campus
- Meet new people
- Explore the Twin Cities by taking the Metro Transit Green Line

SELF CARE

- Visit University Recreation & Wellness Center
- Schedule self care in your planner
- Locate your nearest Boynton Health clinic
- Plan for at least seven hours of sleep
- Create a budget for your spending



WELCOME PROGRAMS

Your transition to the U of M is unique. In order to ensure your needs are met, your welcome program is designed with your input. By engaging with these programs you will be ready to begin your first semester at the U of M.



Welcome Week **Wednesday, August 30 – Monday, September 4**

Take the Class of 2021 M photo at Pride & Spirit. Receive your Class of 2021 tassel at Convocation. Meet your classmates and instructors during College Day Activities. Attend your first Gopher Football game. Learn to ride to the Campus Connector to all three campuses. Select different sessions relevant to your personal interests. Explore the Twin Cities using Metro Transit.

Through your engagement in these events, with the support of Welcome Week Leaders and other staff, you will make friends, learn your way around campus, and use resources. Your involvement in Welcome Week will mean that you can start your first semester with confidence.

This program is required and available for first-year, first-time freshmen only.

For a complete schedule and more information: welcomeweek.umn.edu

Transfer Welcome Days

Transfer Welcome Days are the official welcome event for new transfer students. At Transfer Welcome Days you will mingle with new transfer students, hear from current 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.

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.

Transfer Welcome Days are August 31–September 3 for students enrolling fall semester, and Friday, January 19, 2018, for students enrolling spring semester.

More information and registration: ofyp.umn.edu

ADDITIONAL WELCOME PROGRAMS



GLOBAL GOPHER WEEK

Monday, August 21 – Friday, September 1

Global Gopher Week is the time to connect with other new and current international students in safe and supportive spaces. The workshops, events, tours, and activities are designed specifically for international students. It is a fun and easy way to learn how to be successful and show your unique perspectives throughout your academic career. For example, you can learn about the city by going to the Mall of America with other students or learn how to work in groups in an American classroom.

MCAE KICK OFF

AUGUST 28–29, with early campus move-in and social programming on August 27.

The Multicultural Center for Academic Excellence (MCAE) Kick Off is a transition program that is geared specifically for multicultural students. It 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 college life. To sign up for Kick Off, go to diversity.umn.edu/multiculturalkickoff.

FIRST-YEAR PROGRAMS

Make the most of your college experience by engaging in a first-year program. These programs are open to all freshmen and transfer students, unless designated otherwise. Check out these options: Find one or two of interest and get involved!

At Home in MN

At Home in MN provides monthly programming specifically for students to connect with other out-of-state students and Minnesota culture. Come and join other out-of-state students as you check out different Minnesota-musts including the Minnesota State Fair, an apple orchard, and other local sites!

More information:
ofyp.umn.edu/athomeinmn

International Student Seminar

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

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.

Transfer Student Network (transfer students)

The Transfer Student Network is a great place to find support, advice, or help about the transfer process from current transfer students. With a variety of backgrounds and experiences, our Transfer Insiders send out a monthly email with helpful tips and stories of their transition to the U of M. Whether it's a quick e-mail, or a chat over some Starbucks coffee, the TSN Insiders are ready to help you.

More information: ofyp.umn.edu/transfer

ADDITIONAL FIRST-YEAR PROGRAMS

Many first-year programs have already been named in this book. Check them out!

- Courses for freshman students (see page 87)
- Undergraduate Research Opportunities Program (see page 83)
- Learn Abroad (see page 83)
- First-Year Leadership Institute (see page 58)



STAYING INFORMED

There is no shortage of events, activities, research, or things to know at the U of M. In fact, sometimes you may feel overwhelmed by everything going on. In order to continue to streamline this information, the University has a few ways in which it communicates with you. See the chart below for electronic communications designed to support you through your time at the U of M.

MyU	<p>MyU is the official University of Minnesota web portal. You will use MyU to register for classes, view your enrollment, access your financial aid and billing, see your grades, learn about resources and events, and much more.</p> <p>MyU is personalized for you, giving you tools to help you be successful at the U of M. The information you see is based on your role at the University. As a result, no two MyU views are exactly alike.</p> <p>Sign in at myu.umn.edu</p>
Class of 2021 eNewsletter (freshmen only)	<p>This monthly newsletter will be sent to your University email account and includes action items, tips, and resources relevant for first-year students depending on the time of year.</p> <p>Check out past issues at ofyp.umn.edu/freshnews.</p>
Undergrad Update	<p>The Undergrad Update is a bi-weekly eNewsletter that connects and informs all U of M undergraduate students of events, resources, and opportunities that serve to enhance the overall student experience. The newsletter is a collaborative effort between the Office of Undergraduate Education and the Office for Student Affairs.</p> <p>undergrad.umn.edu/update</p>
 TSE Monthly	<p>The TSE Monthly is an eNewsletter sent to all transfer students during their first semester on campus to assist them in their adjustment to the U of M and connect them with important campus resources and opportunities.</p> <p>Visit transfer.umn.edu/programs/tsemonthly/</p>
College electronic newsletter	<p>Your college or advising office will send information to your U of M email about opportunities and events available through your college.</p>
 International student newsletter	<p>The ISSS Weekly Update, created by International Student and Scholar Services (ISSS), 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.</p>
Neighborhood News	<p>This monthly communication is designed for students living off-campus to stay up-to-date on neighborhood issues and events.</p> <p>Email neighbor@umn.edu to join the mailing list.</p>

What to do with this information

Here are some tips for maximizing the information in these electronic communications:

- Look for titles and events that match your interests and goals.
- Scan information for dates that may highlight an important deadline, event, or timeline. Bookmark sites you visit often.
- Curious about something you read? Invite someone to the event to check it out, read up on other items related to the topic, or take a chance and attend the event on your own to meet new people.
- Don't open the newsletter right away, wait until you have some time to read through the information offered.

LOOKING AHEAD

Having a smooth transition to college can take work and time! There are a lot of new elements to navigate, discover, and simply get used to. Use this worksheet to think through your first semester and start envisioning what your first year at the U of M could look like.

**WHAT STEPS WILL YOU TAKE
TO HELP YOURSELF SETTLE IN DURING YOUR FIRST FEW WEEKS?**



**WHAT DO YOU WANT TO ACCOMPLISH
ACADEMICALLY
DURING YOUR FIRST SEMESTER?**



**WHO WILL YOU TALK TO WHEN
CHALLENGES
ARISE?**



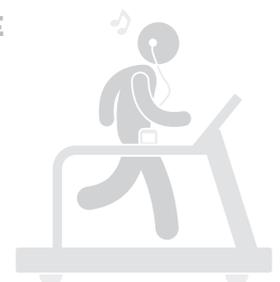
**WHAT DO YOU CURRENTLY ENJOY DOING?
HOW WILL YOU KEEP DOING THIS ACTIVITY THROUGHOUT YOUR FIRST YEAR?**



**OVERALL, WHAT DO YOU
HOPE TO ACCOMPLISH
DURING YOUR FIRST SEMESTER?**



**WHAT STRATEGIES
WILL YOU USE TO MANAGE
YOUR STRESS?**



Want to further explore the above questions and more? Email fyofyp@umn.edu!



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 often represents a challenge. You are your student's primary coach and mentor. Students benefit when their families understand and support the college experience. Families need to encourage students to take personal responsibility for the decisions they will be making.

The University Parent and Family Program, Orientation & First-Year Programs, and offices and departments throughout campus are here to help families work with their students to identify an appropriate level of involvement.

Health and Wellness	97	Academic Support	99
Finance and Money Management	98	Career Preparation	100
Community Support and Safety	98		





Students come to campus with a variety of support mechanisms including parents, extended family, guardians, friends, clergy, and others. As a support to your student, you can help in their success by:

- Learning about the student experience and knowing about resources available at the University.
- Supporting the University's goals for student outcomes. (See Student Learning and Student Development Outcomes, page 3.)
- Knowing when to step in to help your student and when to empower them to take responsibility.
- Becoming an active member of the University community by attending campus events, helping other family members, learning to understand the student experience, and advocating for and supporting the University of Minnesota.

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

This section includes a number of possible scenarios your student may encounter. Each scenario includes information, a list of possible questions to ask, things to consider, and references to appropriate campus resources.

Health and wellness

After talking with your student a few weeks into the semester, you get the sense that your student seems to be spending a great deal of time alone in their room and hasn't mentioned meeting any new friends.

Questions to ask your student:

- Have you attended a student group meeting yet?
- Are there any study groups forming in your classes you could join?
- What activities are going on that are associated with your major of interest?

A healthy social life is a key part of the balance students need. If your student is suffering from homesickness or reports that friends are hard to find, attending a student group meeting (page 56), applying for an on-campus job (page 39), joining an intramural team (page 52), or joining a homesickness support group (page 50) might be helpful. For students living on campus, talking with their Community Advisor is a great first step.

Your phone beeps with a text message from your student "Mom, I'm sick 🤒"

Things to consider:

- What insurance is your student using? Did they sign up for campus insurance or are they using a private provider? And, do they know where their documents are and how to use them? Boynton Clinics will honor any insurance, but it's important the student has a bit of information about their policy.
- Is this illness a short-term cold or bug or is it something related to an on-going health condition?
- How balanced has your student been (sleeping/studying, healthy eating/participating in campus activities) as they navigate the transition to college?

Learn about the health insurance process (page 48), how to make a medical appointment on campus if needed (page 45), and how to transfer medical records and prescriptions to Boynton Health (page 50).

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 for helping to understand and achieve a more balanced life.

As your student's primary support network as they were growing up, you've probably helped them manage their health, hygiene, encouraged them to eat healthfully, and promoted good exercise and sleeping habits. College students know the routine, but it's normal to worry if they will remember to do it on their own.

CARE PACKAGES

Send happy thoughts—to any occasion—to a student you care about with a themed package from Gopher Express. Wish them luck on a big test or send a birthday package. Packages can be delivered to the residence hall or picked up at Gopher Express in Coffman Memorial Union. More information: sua.umn.edu/carepackages

*Boynton has a
24-hour nurse line:*

612-625-7900

Students living in the Residence Halls also have access to live-in student health advocates

PARENTS AND FAMILIES

Finances and money management

As a family member financially supporting my student, what access do I have to my student's records, grades, and financial account?

Questions to consider:

- Has your student granted you access to view/manage their account? (page 36) Don't forget that you'll need to act on their invitation for access.
- Did you and your student have a conversation about what information you expect them to provide you and what they prefer keeping private? If not, now is a good time to have that talk.

The law that allows parents access and control over a child's educational record changes when a student enters school at the college level. The Family Educational Rights and Privacy Act (FERPA) considers college students responsible adults who are allowed to determine who may have access to information about them.

Although the University is prohibited from releasing certain information to families, students can go to the "My Info" tab at myu.umn.edu to give trusted supporters (parents, spouses, etc.) access to protected information. Information about Parent/Guest Access, including the authorization process, is available at One Stop (z.umn.edu/parentguestaccess). If you will be making payments on your student's bills, your student will need to grant access via the Parent/Guest Access.

Community support and safety

Your student is studying late in the library prior to mid-terms. They wonder about walking away from their laptop for a few minutes and how best to get home after they are finished studying.

Your student is taking a night class on the West Bank, but needs to get back to the East Bank on the other side of campus. What options are there for getting home safely?

Things to consider:

- Using campus resources (page 29) is important to help maintain personal safety and security. Take a look at the multitude of tools available and ask questions on how to use them.
- Safety is about more than basic physical safety. Consider the wide range of support services available on campus. Take a look at the Campus Climate site at campus-climate.umn.edu

Campus safety and security is a basic need for our campus community. The University is committed to developing a culture of care: It is critical in helping to facilitate opportunities for students to care for themselves, show respect to others and model positive behavior. However, reminders to secure belongings, avoid leaving laptops or cell phones unattended, and keeping their residence hall doors locked are an important first step for keeping belongings secure.

COMMUNICATION THINGS TO DO:

View the One Stop deadlines at:

onestop.umn.edu/calendars

Sign up to receive safety related emails including timely updates and safety alerts:

police.umn.edu/alerts

Sign up for the campus text message system, TXT-U:

safe-u.umn.edu/txt-u.html

SUGGESTIONS FOR PARENTS AND FAMILY AS YOU SUPPORT YOUR STUDENT'S TRANSITION TO COLLEGE:

- As the beginning of the school year gets closer, review your notes from Parent Orientation in the summer.
- Empower your student to take responsibility to pack and prepare for going to school.
- Review the bi-weekly newsletters from the Parent & Family Program. We will automatically enroll any email address your student gives us. Go to parent.umn.edu to add additional addresses.
- Attend the Move-In Receptions for families in Coffman Memorial Union for last-minute questions and timely information from University Staff.
- Mark your calendar to attend Parent & Family Weekend October 13-15. Registration information will be available at parent.umn.edu.





Academic support

Your student has been in class for a few weeks and gets their first big assignment back. The grade is lower than they expected. Now what?

Questions to ask:

- What sort of study techniques did you use? How did you prepare for and complete the assignment? (page 77)
- Have you visited faculty office hours or made an appointment to discuss what went wrong with the instructor? (page 79)
- When does your academic advisor have their next drop-in hours or available appointment? (page 78)

It's normal during the adjustment period to falter on an exam or get a lower grade on a paper than what a student hoped for

or expected. The first thing to do is avoid panicking! You can help them to remember that they are capable, smart and do belong here at the U of M. As with any transition, they will need to have some patience with the process and with themselves.

There are a multitude of resources available on campus to help reflect on what went awry and create a plan for doing better on the next attempt. A student's academic advisor is a great first stop for assessing the situation and determining the next course of action. Advisors not only help in course selection, but also in accessing resources, reviewing goals and discussing next steps. Advisors will ask critical questions, adjust their style as needed to support students' communication styles, challenge and support students to engage in their academic pursuits, and guide students toward opportunities that will enhance their academic success.

REQUIRED ONLINE EDUCATION MODULES

As your student begins their college career, the U of M wants to empower them to be a healthy and successful student. Making healthy decisions throughout their college career will be an important part of their success.

To promote health and academic success, students are required to complete three online education modules: AlcoholEdu for College™, Haven—Understanding Sexual Assault™, and Transit—Financial Wellness™. These modules will help prepare them to make well-informed decisions about issues that affect students during college and beyond. Your student will receive information about how to complete these courses through their U of M email account during August, and completion of the modules is documented.

AlcoholEdu for College is designed to reduce the negative consequences of alcohol by teaching important alcohol-related information, helping students learn ways to support others, and increasing awareness about alcohol and college life.

Haven—Understanding Sexual Assault is designed to address the critical issues of sexual assault, relationship violence, stalking, and sexual harassment by teaching key definitions and statistics, bystander skills, and campus-specific policies, procedures, and resources.

Transit—Financial Wellness is designed to empower students with the skills to successfully manage finances while in school and beyond, minimize dropout and student loan defaults through education, and equip students with the knowledge and skills necessary for making responsible financial decisions.



PARENTS AND FAMILIES

Career preparation

Your student came to college confident in the major they planned to pursue. Now that they are several weeks in, your student is unsure about their original choice and what to do next.

Questions to ask:

- Have you met with your career counselor or academic advisor yet to discuss your feelings?
- Do you have a career in mind that is dependent on a specific major?
- Which classes that you are currently taking are particularly interesting to you?

Most students change their major or post-graduation career plans at least once during college. Many of them will change far more often than that! If your student is unsure about their major, encourage them to visit their college's career center.

Career counselors work with students to prepare for job and internship applications, practice for interviews, evaluate their talents and interests, share career options, and research opportunities that complement the academic record. Additionally, mentor programs on campus help students envision what a specific career might look like and make valuable networking connections with current professionals.

Some students may be interested in doing some deeper major and career exploration. The Center for Academic Planning and Exploration (CAPE) is a wonderful resource to assist students in this process. See page 81.



Remember, the Parent & Family Program is always available to help you, as a family member of a student, walk through a situation or determine which campus resource is a good fit. Most of the time, your student really can navigate the challenge they are facing. We can provide you with the tools to coach them and guide them so that you feel confident, too!

Parent.umn.edu
Parent@umn.edu
612-626-8770

ORIENTATION STAFF



STUDENT COORDINATORS

Orientation Program Coordinators



Lauren Beckman

My Minnesota Pride has grown exponentially since I became a student at the University and participated in Welcome Week. I felt so connected to the program that it inspired me to be a Welcome Week Leader and then a 2016 Orientation Leader. It was an amazing experience being the “first face” that many students see on

campus and expressing my Gopher Spirit in that flashy polo! I have taken my passion and carried it into my role as a Student Program Coordinator where I work with orientation programming and logistics and supervise the 2017 Orientation Leaders. I’m so excited to see the Orientation Leaders in action as they welcome the Class of 2021!



Troy Wildenberg

After my first tour at the U of M, I knew that this was where I wanted to spend the next four years of my life. As a first-generation college student, I had very little confidence in my ability to be successful in college, especially at such a respected university. However, after attending my Orientation I became more excited and more confident

than ever! Orientation gave me the tools I needed to ask for help in my classes, make friends with other students, and think about my future career path in new ways. Being a Student Program Coordinator has been such an honor and privilege, especially with training our Orientation Leaders and developing their unique leadership styles. It is my sincere hope that we can help to shape how students engage with our campus and that students find their own success here at the U of M.

Parent Orientation Coordinators



Callie Barnette

The transition to the U of M was an exciting and equally as scary experience for me. I am the youngest in my family, but was the first to go to a large university, so this was not only a change for me, but for my parents as well. As a transfer student, my parents played a big role in my transition and helped me get my feet on the ground

here at the U. They were thrilled when I had found my home here. As a Parent Orientation Coordinator, I hope to provide parents and guests with the resources and tools needed to help their student make a successful transition.



Drew Johnson

When I came to the University of Minnesota, the support that my parents gave me was critical to my success. Being the youngest child in the family, my parents had already been through the ropes and were ready with advice whenever I needed it. I was initially incredibly nervous to begin my new life at the U of M, but the support my parents gave

me allowed me to thrive and eventually be able to take up the position of Parent Orientation Coordinator. My goal in this position is to ensure that every student and parent has a successful transition as a student or as a supporter. It is incredibly important to me that the parents who are sending their first student off to college feel just as equipped to support their student as those who have done it before.

Welcome Week Program Coordinators



Alexis Bruccoleri

Welcome Week was the first time I felt at home here at the U of M. As an out-of-state student from New Jersey, moving all the way to Minnesota and adjusting to college life was terrifying. My Welcome Week Leader made me comfortable and excited and I ended up making some of my best friends during that week. I realized how

important having a smooth transition to college was to overall first-year experience and knew I wanted to do the same for other students. Being a 2016 Orientation Leader was one of the greatest experiences of my life and I am so thrilled I get to continue this work as a 2017 Student Program Coordinator for Welcome Week. I couldn’t be more excited for the Class of 2021 to experience the same pride and joy that I do as a Golden Gopher!



Chris Hansen

I’ll admit, I was a nervous wreck the day I moved into college. I was incredibly excited to begin my college career, but leaping into a new stage in life was very intimidating. That is why my Welcome Week experience was invaluable; it helped me make meaningful connections with other students feeling the same way I

was. On top of that, I learned how to navigate all three campuses, discovered important campus resources, had a blast immersing myself in everything this institution and the Twin Cities has to offer. It was during this week that I felt truly welcomed here at the U of M. As a Welcome Week Student Program Coordinator, I am thrilled to be working with a program that gave so much to me, and I look forward to helping create amazing experiences for the Class of 2021.

ORIENTATION LEADERS



**Leanne
Adamsky**
Lake Elmo, MN



**Dee
Anand**
Schaumburg, IL



**Hannah
Benck**
Maplewood, MN



**Haley
Buckley**
Kansas City, MO



**Michael
Butterfield**
Waseca, MN



**TJ
Covey**
Springfield, IL



**Sara
Daily**
Roseville, MN



**Dobbs
DeCorsey**
Chaska, MN



**Mike
Dibble**
Toledo, OH



**Deven
Harlan**
Minneapolis, MN



**Jake
Holley**
Naperville, IL



**Zuhrat
Mahfuz Inam**
Dhaka, Bangladesh



**Max
Jacobson**
Alexandria, MN



**Ciana
Keller**
Eagan, MN



**Shivani
Mishra**
Lusaka, Zambia



ORIENTATION LEADERS



**Sami
Mizock**
Buffalo Grove, IL



**Rachel
Oehlke**
Grand Meadow, MN



**Nick
Pakan-Klemp**
Eagan, MN



**Keerti
Palanisamy**
Tokyo, Japan



**Alayah
Reynolds**
Osseo, MN



**Briana
Sheffel**
Apple Valley, MN



**Nandini
Singh**
New Delhi, India



**Quinessa
Stibbins**
St. Paul, MN



**Phillip
Tran**
Shakopee, MN



**Steven
Wallace**
Minnetonka, MN



**Shamus
Zenk**
Sheboygan, WI



**Yuqi
Zhou**
Canton, China

Transfer Initiatives Intern



Stephanie Ryan

I transferred to the University of Minnesota after my freshman year. Since transferring, I have found a home away from home here at the U of M. Becoming involved in transfer programming was critical to my experience as a transfer student. I began my journey as a Transfer Insider, then a Transfer Student Ambassador, and now as the Transfer Initiatives Intern. I took on these roles in hopes that I could help positively shape other transfer students' experiences. I'm thrilled to have the opportunity to work with transfer students and help you in any way that I can!

TRANSFER STUDENT AMBASSADORS



**Hannah
Corbett**
Milwaukee, WI



**Alex
Dang**
Brooklyn Park, MN



**Zoey
Doto**
St. Cloud, MN



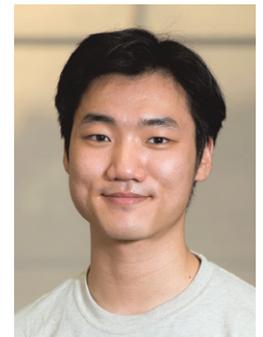
**Sam
Eckstrom**
Burnsville, MN



**Lindsey
Freitag**
Albert Lea, MN



**Peter
Glanville**
Minneapolis, MN



**Jiwon
Na**
Jeonju, South Korea



**Karim
Nabhan**
Farmington, MN



**Tyler
Piantek**
Duluth, MN



**Julia
Post**
Inver Grove Heights,
MN



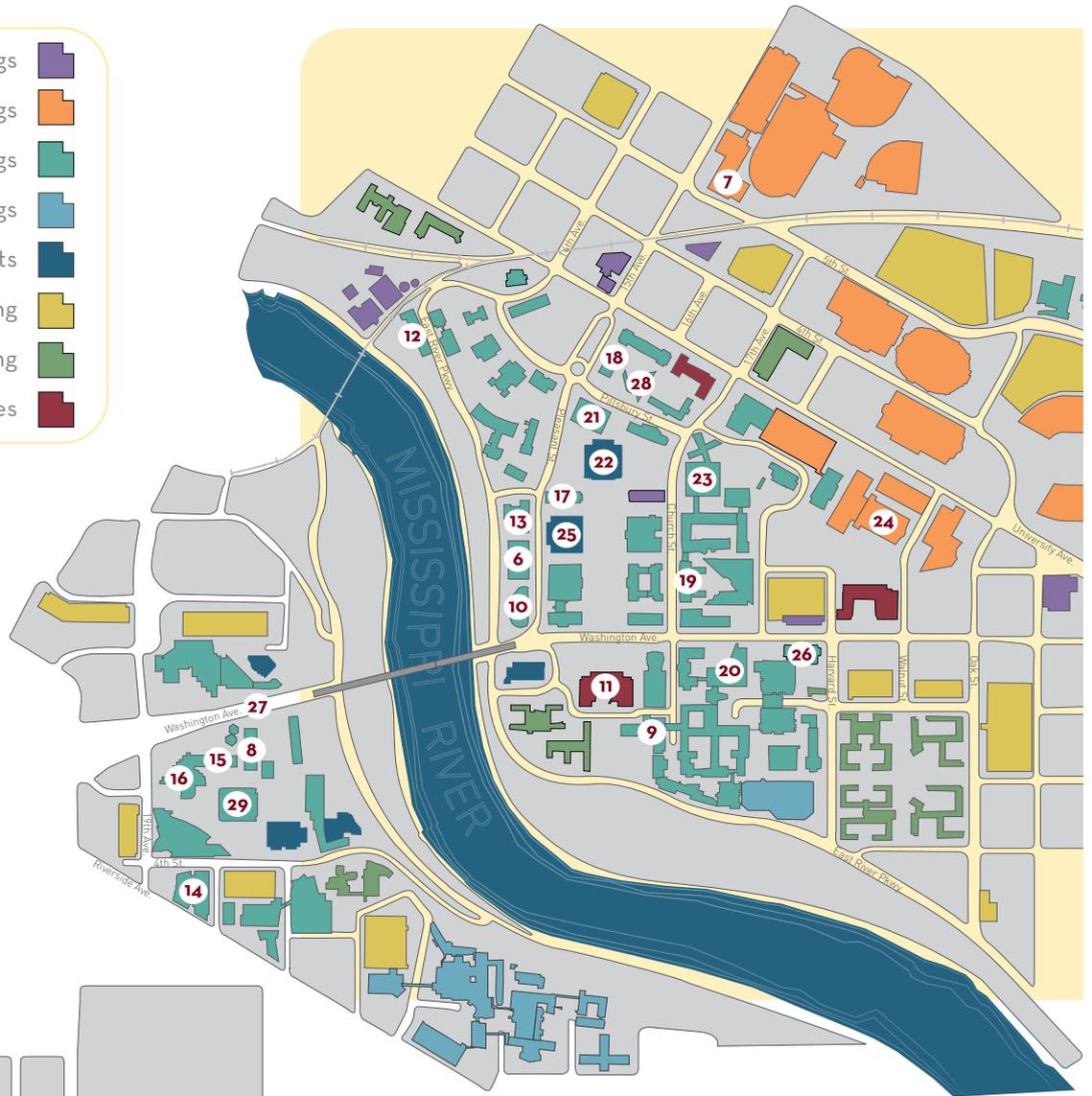
**Juan
Rujana**
Caracas, Venezuela



**Kim
Winkler**
Santo Domingo DN,
Dominican Republic

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
 CFANS Student Services
 Computer labs
 Office of Information Technology (walk-in help)
 Office of the Registrar
 One Stop Student Services
 Student Counseling 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
 Technology Help Walk-In Location

MINNEAPOLIS



6 Appleby Hall

Aurora Center for Advocacy and Education
 Circle of Indigenous Nations
 Community Service-Learning
 Fraternity and Sorority Life
 Gender and Sexuality Center for Queer and Trans Life
 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 for Community Standards
 Parent & Family Program
 President's Emerging Scholars Program
 Student and Community Relations
 Student Conflict Resolution Center
 Student Counseling Services
 Student Parent HELP Center
 Student Writing Support
 Undergraduate Research Opportunities Program
 Women's Center

7 **Bierman Athletic Building**
 McNamara Academic Center

8 **Blegen Hall**
 Technology Help Walk-In Location

9 **Boynton Health**
 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

10 **Bruininks Hall**
 Career Services Center: CDes, CEHD, CLA
 Center for Academic Planning and Exploration
 CLA Advising
 Lounges and study space
 One Stop Student Services
 University Veterans Services

11 **Coffman Memorial Union**
 Bookstore
 Computer lab
 Goldy's Gameroom
 Lounges and study space
 Minnesota Student Association
 Orientation & First-Year Programs
 Postal Station
 Printing Services Copy Center
 Security Monitor Program and Escort Service
 Student Activities Office
 Student Cultural Centers
 Technology Help Walk-In Location
 U Card Office

12 **Education Sciences Building**
 CEHD Student Services
 TRiO Programs

13 **Fraser Hall**
 Office of Student Finance

14 **Hanson Hall**
 CSOM Business Career Center
 CSOM Student Services
 Economics Research Library

15 **Heller Hall**
 CLA Advising
 International IDs and Passport Photos
 Learning Abroad Center

16 **Hubert H. Humphrey Center**
 International Student & Scholar Services

17 **Johnston Hall**
 CLA Student Services

18 **Jones Hall**
 Admissions: Freshman Welcome Center
 CLA Language Center
 CLA Language Testing Program

19 **Lind Hall**
 Career Services Center: CSE
 CSE Student Services
 Computer lab

20 **Molecular and Cellular Biology**
 CBS Student Services

21 **Nicholson Hall**
 Center for Writing
 Student English Language Support (SELS)

22 **Northrop**
 University Honors Program

23 **Rapson Hall**
 CDes Student Services

24 **Recreation and Wellness Center**
 Fitness Center
 Gymnasiums
 Locker rooms
 Pro Shop
 Swimming pool

25 **Walter Library**
 Computer lab
 Digital Technology Center
 Office of Information Technology
 Science and Engineering Library
 SMART Learning Commons & Library
 Media Services

26 **Weaver Densford Hall**
 Nursing Student & Career Advancement Services

27 **West Bank Skyway**
 One Stop Student Services
 University Student Legal Services

28 **Williamson Hall**
 Academic Support Resources
 Admissions: Transfer and International Welcome Center
 Office of the Bursar
 One Stop Student Services

29 **Wilson Library**
 SMART Learning Commons



ACADEMIC CALENDAR

2017-18

Fall Semester 2017 (70 class days)

September 4	Monday
September 5	Tuesday
November 23-24	Thurs.-Fri.
December 13	Wednesday
December 14, 17	Thurs., Sunday
December 15-16, 18-21	Fri.-Sat., Mon.-Thurs.
December 21	Thursday

Labor Day holiday
Classes begin
Thanksgiving holiday
Last day of instruction
Study days
Final examinations
End of the term

Spring Semester 2018 (74 class days)

January 15	Monday
January 16	Tuesday
March 12-16	Mon.-Fri.
May 4	Friday
May 5-6	Sat.-Sun.
May 7-12	Mon.-Sat.
May 12	Saturday

MLK holiday
Classes begin
Spring Break
Last day of instruction
Study days
Final examinations
End of the term

May Session 2018 (14 class days)

May 21	Monday
May 28	Monday
June 8	Friday

May Session begins
Memorial Day holiday
May session ends

Summer Session 2018 (39 class days)

June 11	Monday
July 4	Wednesday
August 3	Friday

Classes begin
Independence Day holiday
8-wk. summer session ends

2018-19

Fall Semester 2018 (70 class days)

September 3	Monday
September 4	Tuesday
November 22-23	Thurs.-Fri.
December 12	Wednesday
December 13, 16	Thurs., Sun.
December 14-15, 17-20	Fri.-Sat., Mon.-Thurs.
December 20	Thursday

Labor Day holiday
Classes begin
Thanksgiving holiday
Last day of instruction
Study days
Final examinations
End of the term

Spring Semester 2019 (70 class days)

January 21	Monday
January 22	Tuesday
March 18-22	Mon.-Fri.
May 6	Monday
May 7-8, 12	Tues.-Wed., Sun.
May 9-11, 13-15	Thurs.-Sat., Mon.-Wed.
May 15	Wednesday

MLK holiday
Classes begin
Spring Break
Last day of instruction
Study days
Final examinations
End of the term

May Session 2019 (14 class days)

May 20	Monday
May 27	Monday
June 7	Friday

May session begins
Memorial Day Holiday
May session ends

Summer Session 2019 (39 class days)

June 10	Monday
July 4	Thursday
August 2	Friday

Classes begin
Independence Day holiday
8-wk. summer session ends

DIRECTORY

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
umalumni.org

Aurora Center for Advocacy and Education

612-626-2929
612-626-9111 (help line 24 hours a day)
aurora.umn.edu

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

612-625-8400
www.bhs.umn.edu

Career Services, 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

612-624-9459
csh@umn.edu
csh.umn.edu

Center for Writing

612-626-7579
writing.umn.edu
writing@umn.edu

Center for Community Engaged Learning

612-626-2044
www.servicelearning.umn.edu

Community Standards, Office of

612-624-6073
www.oscai.umn.edu

Information Technology

IT@UMN
612-301-4357
www.it.umn.edu/contact-us

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
z.umn.edu/CEHDnewstudent
cehdnew@umn.edu

Email, U of M

mail.umn.edu

Equity and Diversity (OED), Office for

612-624-0594
diversity.umn.edu

Events Calendar

events.umn.edu

Food, Agricultural and Natural Resource Sciences, College of (CFANS)

612-624-6768
cfans.umn.edu

Fraternity and Sorority Life, Office for

612-625-8405
www.fsl.umn.edu
begreekumn.org

Gender and Sexuality Center for Queer and Trans Life

612-625-0537
diversity.umn.edu/gsc

Gopher Athletics Ticket Information

1-800-U-GOPHER
612-624-8080
mygophersports.com/students

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—Undergraduate Programs (LEAD-UP)

leadup.umn.edu

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

McNamara Academic Center for Student Athletes

612-625-6888
mac.umn.edu

Minnesota English Language Program (MELP)

612-624-1503
www.cce.umn.edu/esl



DIRECTORY

Multicultural Center for Academic Excellence (MCAE)

612-624-6386
diversity.umn.edu/multicultural

MyU Web Portal
myu.umn.edu

Off-Campus Living
612-626-5213
ocl@umn.edu
ocl.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 and Family Program
612-626-8770
parent.umn.edu
parent@umn.edu

Parking and Transportation Services (PTS)
612-626-PARK (7275)
pts.umn.edu
pts@umn.edu

Police Department, U of M (UMPD)
612-624-COPS (2677)
police.umn.edu

President's Emerging Scholars
612-626-7388
www.prezscholars.umn.edu
cisne004@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

Student Affairs, Office for (OSA)
612-626-1242
www.osa.umn.edu
osaum@umn.edu

Student Conflict Resolution Center
612-624-SCRC (7272)
www.sos.umn.edu

Student Counseling Services (SCS)
612-624-3323
www.counseling.umn.edu

Student Employment

612-626-8608
www.umn.edu/ohr/studentemployment

Student Engagement, Office for
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

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Cover Artwork: Global U
This mosaic art piece titled "Global U" is meant to celebrate our diverse global community here at the University of Minnesota. "Global U" is the product of a series of six mosaic art workshops that were held between October 5 and November 9 of 2016. Workshops were facilitated by locally-based international artist Daniela Bianchini. The project was initiated and directed by Sam Levin and Cici Wu of the Arts & Culture Committee with Student Unions & Activities. This mosaic is located on the second floor of Coffman Memorial Union.

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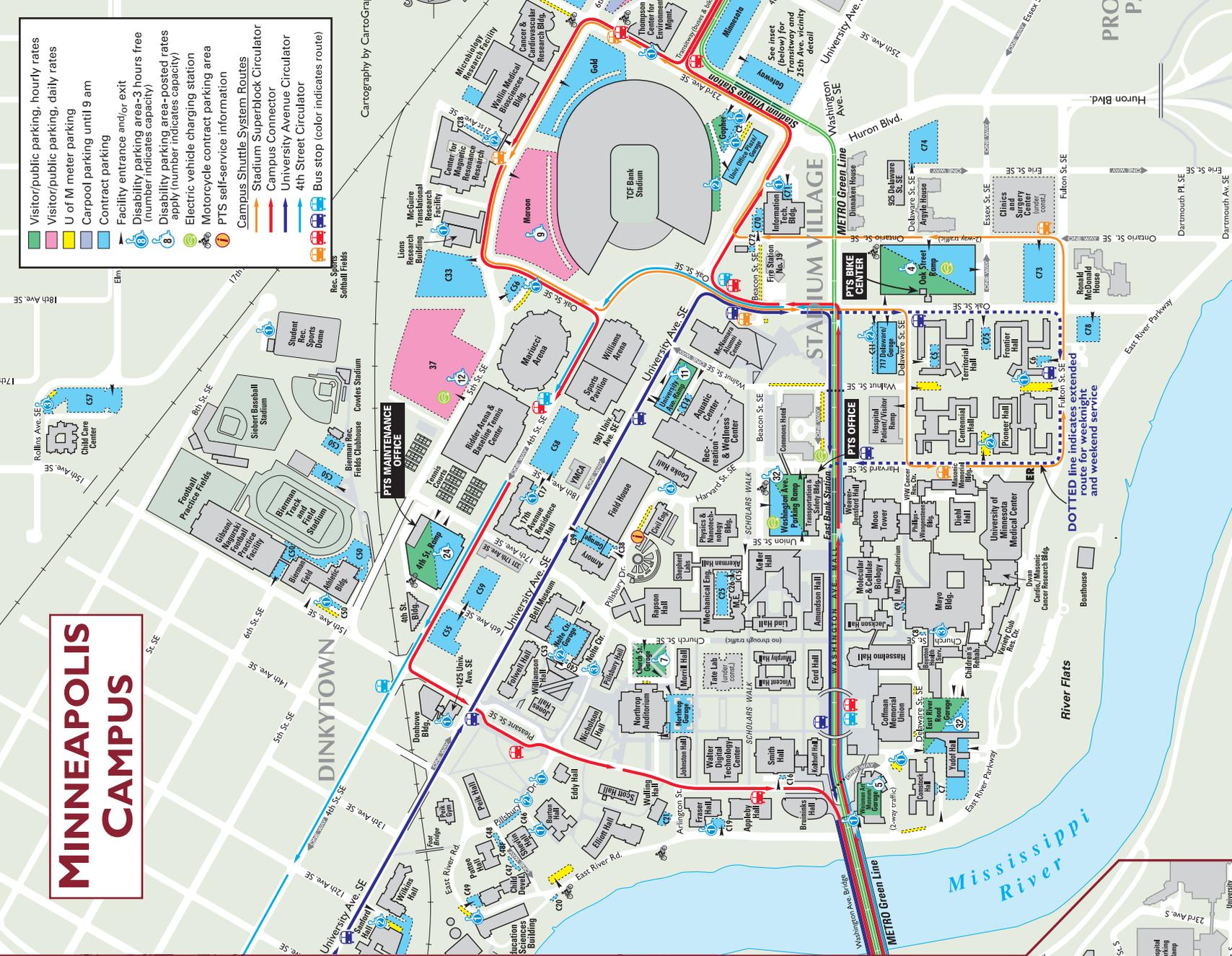
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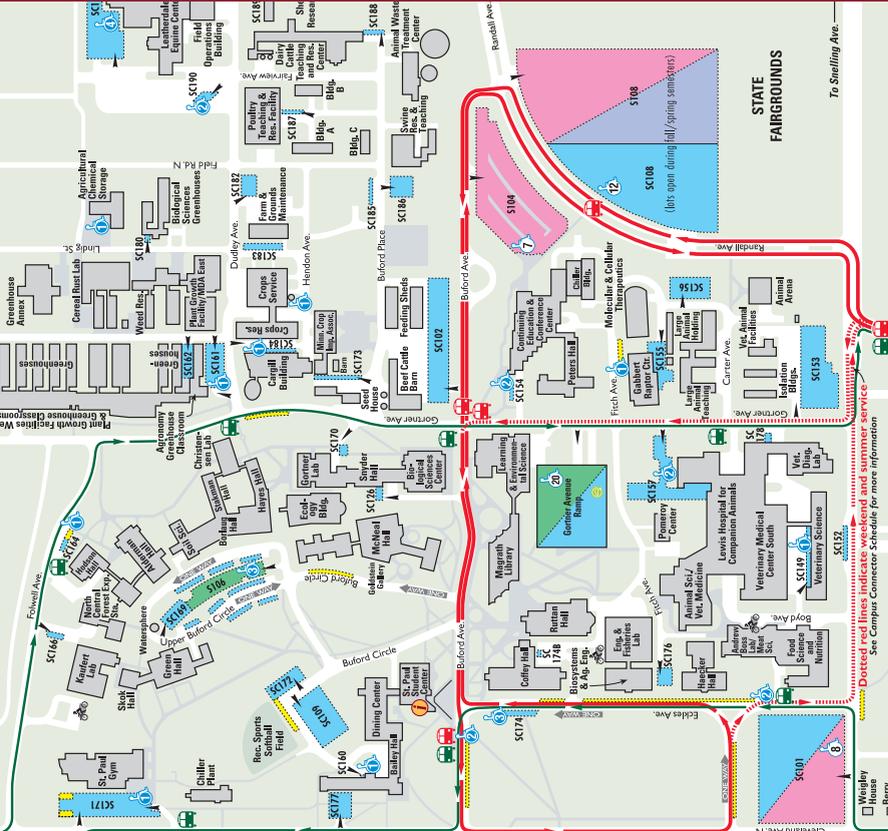
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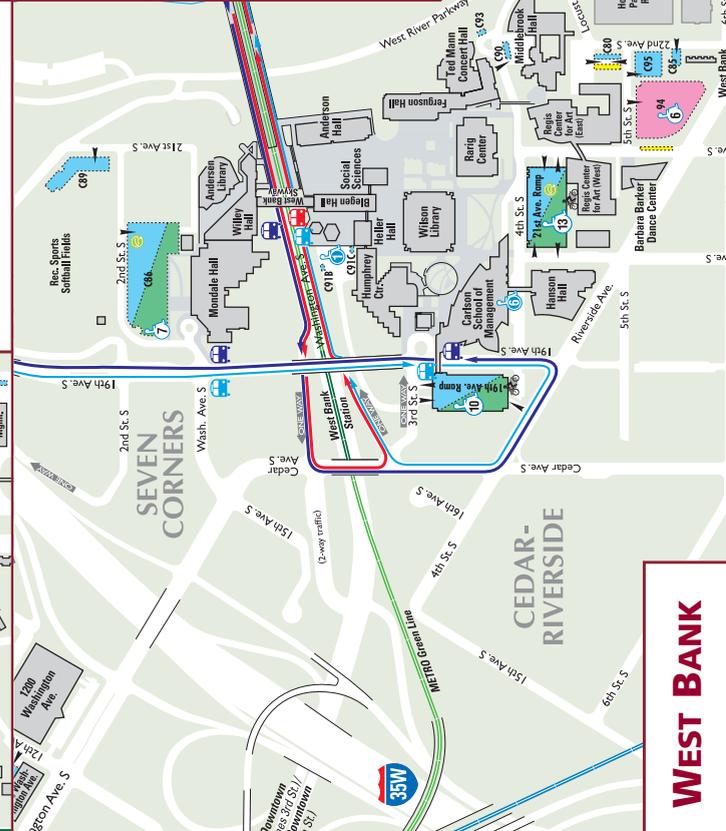
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