2018-2019

GOLD BOOK

Your Guide to the First Year

UNIVERSITY OF MINNESOTA

Driven to Discover®

Partners in transitioning to college life:

Orientation & Transition Experiences and you

The mission of Orientation & Transition Experiences 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.

Orientation & Transition Experiences will be a constant in your first year at the University of Minnesota—long after you have completed Orientation and experienced Welcome Week. 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, Orientation & Transition Experiences is here to help.

Orientation & Transition Experiences

OFFICE OF UNDERGRADUATE EDUCATION

315 Coffman Memorial Union
612-624-1979 or 800-234-1979
oteinfo@umn.edu
ote.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 **z.umn.edu/goldbook**.

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

- **If your parent/s are not 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 Week, 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 & Transition Experiences
612-624-1979
1-800-234-1979
ote.umn.edu
oteinfo@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 Welcome Week 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.

More information: **www.slo.umn.edu**

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

EXPECTATIONS FOR YOUR EXPERIENCE

Student Development Outcomes

The Student Development Outcomes help students become lifelong learners and engaged and effective citizens. You 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 54.

RESPECT EVERYONE EVERY DAY

We all belong here.

IF YOU WITNESS OR EXPERIENCE A BIAS OR HATE INCIDENT, REPORT IT TO THE BIAS RESPONSE AND REFERRAL NETWORK.

- Submit anonymous report online: **bias.ethicaladvocate.com**
- Email: **endbias@umn.edu**
- Additional resources: **bias-response.umn.edu**

ORIENTATION GOAL SETTING

GOALS FOR ...

TODAY:

MY FIRST WEEK ON CAMPUS:

MY FIRST SEMESTER:

QUESTIONS & CONCERNS

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 Residential Halls, University buildings, athletic events & more!

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

The Accounts on Your U Card...

- Gopher GOLD Account™
- Student Account
- Meal Plan
- FlexDine
- University Library Account

*The only way to pay for printing on campus
** TCF U Card Checking Account is an optional account

Optional Add-On Account

- TCF U Card Checking 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 or bend it
- ✘ 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

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

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 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 (**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 **gophergold.umn.edu**. You must know the student's Internet ID.

Make a Deposit

- ONLINE -

gophergold.umn.edu

- U CARD OFFICE -

Coffman Memorial Union - G22

- CASH-TO-GOPHER GOLD STATION -

Located all across campus

CAMPUS ADDRESSES

Coffman Memorial Union
300 Washington Ave SE, G057
612-626-2785

Dinkytown
1400 5th St SE
612-317-4821

ucard.umn.edu

TCF U Card Student Checking[1]

TCF Bank is proud to be the "Official U Card Bank" offering an exclusive checking account to meet the needs of U of M students. The TCF U Card Student Checking account is the only bank account that offers a convenient link to your U Card.

Features

- Free withdrawals at TCF ATMs and TCF fee waived for up to four withdrawals per statement cycle at non-TCF ATMs[2]
- Free digital banking, including online bill pay and mobile deposit
- Two full service branches and 18 ATMs on campus
- Free, instantly issued debit card at any branch if you need a replacement card

Details Campus Addresses

- No monthly maintenance fee and no minimum balance requirements[3]
- Free U of M sweatshirt when you open an account with $25 or more[4]
- Open a TCF U Card Student Checking account during Orientation or at one of our campus locations
- Already have a TCF checking account? Simply upgrade your account when you get your U Card

TCF U Card Student Checking is an optional account and not required to obtain your U Card.

Visit **tcfbank.com/uofmn** to learn more.

For information on the **Meal Plan and FlexDine accounts** please see pages 18 & 19.
For information on the **Student Account** please see page 36.

[1]You must be a student enrolled and attending U of M to be eligible for this account type. This account is also referred to as "TCF Campus Card Checking" in the account contract. TCF has a school arrangement with this university to offer on-campus banking services to their students, faculty and staff. Account is optional and is not required to use your U Card. [2]No TCF fee for up to four ATM withdrawals per monthly statement period at non-TCF ATMs in the state of Minnesota and South Dakota. No TCF fee for any ATM withdrawals at non-TCF ATMs outside the states of Minnesota and South Dakota and outside of the U.S. The ATM operator may charge a fee. [3]Other fees may apply. These include, for example, fees for overdrafts, returned item NSFs, dormant accounts, ATM transactions at non-TCF ATMs, check orders and other optional services. [4]Free sweatshirt with first deposit of $25 or more into a new campus checking account. Limit one sweatshirt per customer. Recipient is responsible for all taxes. ©2018 TCF National Bank. Member FDIC.

WHERE YOU LIVE

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

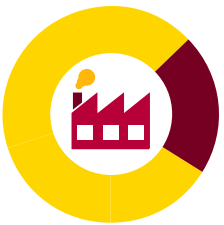
10% of freshmen live at home and commute to campus

2% of freshmen live off campus in near neighborhoods

88% of freshmen 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 $50 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 27 and 28: 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 1: 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

Facebook: /umnhousing
Twitter: @umnhousing
Instagram: /umnhousing

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. See pages 13-14.**
- ☐ **Check your (parents') homeowner's insurance coverage information and/or look into renter's insurance.**

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 27 and 28 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 27 and 28 to assist with parking information and traffic control.

Your living space will have:

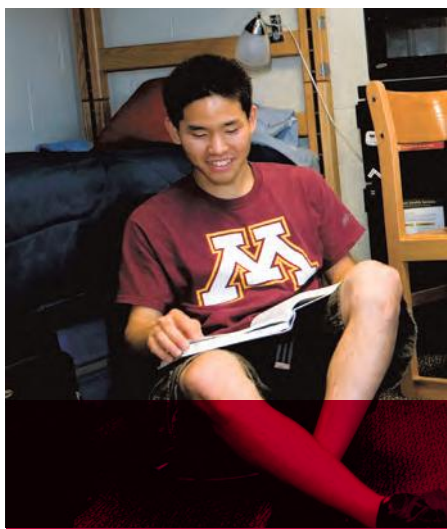
- ✔ An extra-long twin bed (80 inches)*
- ✔ A closet or wardrobe (expanded spaces may have a clothes rack)
- ✔ A desk and chair (expanded spaces may have tables)
- ✔ A dresser
- ✔ Window coverings (blinds or drapes)
- ✔ Smoke detectors
- ✔ An in-room cable TV connection**
- ✔ Ethernet and WiFi connections**
- ✔ 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)

**Bed sizes differ in Radius and Keeler*

Technology offerings (TV, phone, internet) differ in Radius & Keeler. For more information, visit their respective websites:* ***housing.umn.edu/Radius housing.umn.edu/Keeler



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.

WHAT WE RECOMMEND YOU BRING:

- ☐ Personal computer and Ethernet cord (10-15 feet)
- ☐ 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 cable TV cord
- ☐ Dishes and utensils

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 42.*

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 the 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**. Do not bring a personal WiFi router. Using your own router to expand the University's WiFi network is a violation of University policy, and reduces the overall quality of WiFi for you and those around you.

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.

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, Roku's, and iOS/ Android devices with the Xfinity Stream app. UMN-TV offerings in Radius 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 7 and at **ucard.umn.edu**.

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:

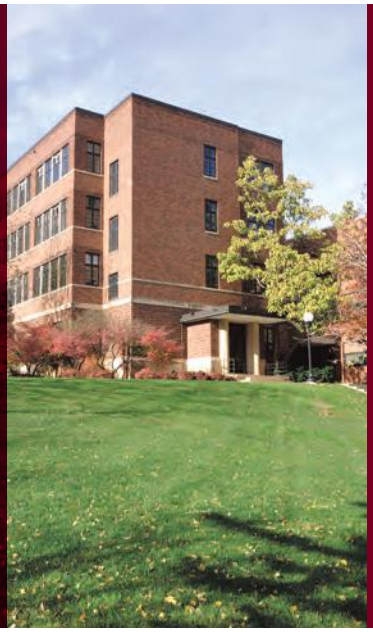
- **Each student will do what they do best every day.**
- **Each student will have strong and positive relationships.**
- **Each student will make sound financial decisions.**
- **Each student will make healthy and sustainable choices.**
- **Each student will have an inclusive and engaged community experience.**

Foundation for Success

Living on campus is an amazing way to meet life-long friends and have once-in-a-lifetime experiences. 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
housing.umn.edu/dates

Assignment Tours
housing.umn.edu/tours

CONTACT YOUR HALL
housing.umn.edu/contact

MOVE-IN GUIDE
housing.umn.edu/move-in

Getting Along With Your Roommate
housing.umn.edu/roommates

WORK WITH US
housing.umn.edu/employment

HALL RESOURCES
housing.umn.edu/my-housing

HALL TECHNOLOGY
housing.umn.edu/resnet

Mircrofridge Rental
housing.umn.edu/microfridge

REQUEST A ROOM REPAIR
housing.umn.edu/fixit

OFF-CAMPUS LIVING

17 Appleby Hall
612-626-5301
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.

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! Students who commute to campus may have different needs and priorities than students who live on campus. 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. M Dining offers meal plans specifically for commuting students (see Eating on Campus, page 17).

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 student 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**

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.)

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 **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, **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**.

Student Legal Service (SLS)

Do not make a costly mistake. Have your lease reviewed by a legal professional at SLS 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.

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**.

Connect with us Online!

Off-Campus Gophers

@OffCampusGopher

@offcampusgopher

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).

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 25 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 M Dining 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, 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 dining centers at (Bailey, Centennial, Comstock, Middlebrook, Sanford, and 17th Ave Hall) and the Nutrition Center at Athletes Village (breakfast and brunch only).

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 (**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 2018-2019

Freshmen living in Wilkins Hall or Yudof Hall are required to have a meal plan in 2018-2019.

PLAN	PRICE
Anytime Dining	$2,195: Unlimited meals + $100 FlexDine
Anytime Dining Upgrade	$2,275: Unlimited meals + $250 FlexDine
14 Meals per Week	$1,995: 14 Meals per week + $100 FlexDine
14 Meals per Week Upgrade	$2,130: 14 Meals per week + $250 FlexDine
11 Meals per Week	$1,930: 11 Meals per week + $100 FlexDine
11 Meals per Week Upgrade	$2,050: 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, Sanford restaurants, or the Nutrition Center at Athletes Village (breakfast and brunch).

ON CAMPUS APARTMENT AND COMMUTER MEAL PLAN OPTIONS 2018-2019

PLAN	PRICE
80 Block	$885: 80 Meals per semester + $100 FlexDine
50/50 Block	$550: 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 **www.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 declining balance 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 **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 **z.umn.edu/flexdinebalance**.

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 a 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.

EATING ON CAMPUS

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. You can also visit the Nutrition Center at Athletes village for breakfast and brunch, Monday through Friday. 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, Greens to Go, Cranberry Farms), Erbert & Gerbert's, Jamba Juice, Freshii, French Meadow Bakery and Café (Recreation and Wellness Center)**

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

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

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.

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, Caribou Coffee, Dunn Brothers Coffee**

St. Paul: **Java City**

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.

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**.
- 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 **boynton.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.

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
Surdyk's at Northrop		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	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.

EATING ON CAMPUS

Sustainability

M Dining 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, M Dining purchased 113,848 pounds of cage-free eggs!*

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!*

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, M Dining 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®!*

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. 27 — Reminder to order your apartment/commuter meal plan

AUG. 29 — FlexDine activated

SEPT. 1 — Fall meal plans start

SEPT. 1 – 14 — Submit fall meal plan changes

NOV. 22 – 24 — Thanksgiving break, Residential Restaurants closed

NOVEMBER – DECEMBER — Meal plan change period for Spring

DEC. 20 — Fall meal plan ends

DEC. 21 – JAN. 11 — Winter break, Residential Restaurants closed

JAN. 22 — Spring meal plan starts

MARCH 15 – 23 — Spring break, Residential Restaurants closed

APRIL 8 — Fall apartment/commuter meal plan orders open

MAY 15 — 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 14 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

23%
of students take a bus to campus

14,829
U-Passes purchased in fall 2017

U-Pass

4,843
Zap! members ride their bikes

CAMPUS BUSES

523,645
miles driven

49,848
hours buses are on the road

3,997,582
riders on the shuttle buses (2016-17)

PARKING

5,426,586
vehicles parked on U of M campus each year (2016-17)

13,076 contract parking spaces on campus + **6,703** public parking spaces on campus = **19,779** total parking spaces on campus

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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/gophertrip**.

U-Pass—for taking transit to and from campus

U-PASS, an unlimited-ride transit pass, offers great savings and convenience for students who use the Twin Cities regional transit system, including light rail and buses. Find 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 $2.50 each time or $160 each semester. U-Pass saves you money!

Be careful not to lose your U Card as you will have to pay to replace it.

For more information, please visit **z.umn.edu/upass**.

More information: **buspass.umn.edu**

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), but do not have a U-Pass, MUST pick up a free Campus Zone Pass at Parking & Transportation Services.

More information: **z.umn.edu/zonepass**

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.

GETTING AROUND

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 7:00 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 assignments.

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 early bird ramps: 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 (U-Locks are more resistant to theft than cable locks).
- Always wear a helmet. Purchase a helmet and headlight set at Boynton Health 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 $40 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 $40 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**

You can also rent a secure bike locker from Parking & Transportation Services. 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 rented 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. Hours vary by building. 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. See **boynton.umn.edu/gopher-chauffeur** for details. Call **612-388-6911** 30 minutes before your requested 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.

PARKING TIPS FOR VISITORS:
z.umn.edu/visitor

HOW TO AVOID EVENT PARKING RATES:
z.umn.edu/not-event-parking
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

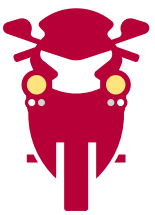
TRAVELING OUTSIDE THE METRO AREA:
pts.umn.edu/bus/interstatebr

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.

The University of Minnesota Department of Public Safety (DPS) consists of the University of Minnesota Police Department, the Public Safety Emergency Communications Center (PSECC), and University Security.

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



There are over **3,000** cameras on campus that are monitored daily by the Public Safety Emergency Communications Center.

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.

University Security provides generalized building security and the Safe Walk program.

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

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. The Community Investigations Division (CID) investigates all levels of crime on campus, following cases from initial reporting to court conclusion. The Community Engagement Team (CET) provides community outreach and training opportunities, as well as focused foot beat patrols addressing current trends and concerns.

University Security

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

Public Safety Emergency Communications Center (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**
- Email—the University uses campus email to release Timely Warning Notifications and other information concerning safety on campus.
- Outdoor Warning System—UMPD uses a public address system to broadcast alerts concerning campus community safety.

IF YOU SEE SOMETHING, SAY SOMETHING

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

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's 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.

UMPD—Community Engagement Team

The Community Engagement Team (CET) is committed to developing and maintaining relationships and partnerships within the University community; establishing transparency, mutual understanding, and trust between community members and law enforcement; and ensuring public safety by addressing criminal influences, providing necessary resources for identified circumstances, and partnering with community leadership.

In 2017, the University of Minnesota Police Department (UMPD) expanded its community engagement efforts by hiring officers to engage with students and staff, specifically—without the worry of needing to respond to 911 calls. One sergeant and three officers are assigned to the Community Engagement Team (CET). The officers work Monday through Friday and at University events on weekends.

One of the most critical components of effective law enforcement is establishing and maintaining public trust. Since relationships are difficult to establish during times of crisis, the CET's goal is to create non-enforcement, positive interactions to build and maintain lasting relationships and community trust. The team accomplishes this by increasing foot patrols, coordinating events such as Cops N' Coffee and self-defense workshops, and creating ongoing meet-and-greet opportunities. To be more accessible to students and staff, UMPD CET has satellite office hours on the University's East and West bank campuses and the St. Paul campus. The added presence in a friendly setting helps officers be more approachable. Students can stop in to express crime-related concerns or simply have a friendly conversation. The Community Engagement Team wants students and faculty to see the officers as community partners.

Activities & Initiatives

Police Week Open House, National Night Out, Social Media Engagement, Officer Hours, Late Night Breakfast, Orientation, Nerf Games, Police Olympics, Homecoming Parade, Shop With A Cop, Toys For Tots, Bicycle And K9 Units, Special Olympics And Law Enforcement Torch Run, Foot Beats, Meet And Greets, Cops N' Coffee, Safety Presentations/Active Threat Presentations, Self-Defense Workshops, Community Partnerships.

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

Affirmative consent is 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: **aurora.umn.edu**

Secure U

Here are a few safe computing tips to stay secure online.

- 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.
- 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. Learn more: **z.umn.edu/strongpassword**
- Use two-factor authentication whenever possible. Learn more: **z.umn.edu/DuoUMN**
- Regularly update your devices. Download or update apps from a well-known and trusted source such as Google Play or Apple App Store.
- 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.
- When using a public computer in a library, lab, or kiosk, log out of all accounts and close all windows before you leave to prevent others from accessing your personal information.
- Use a secure WiFi network (such as eduroam) 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**
- 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.

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).

SEXUAL ASSAULT PREVENTION FOR UNDERGRADUATES

Sexual Assault Prevention for Undergraduates 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.

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 community. 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 available 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.

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℠

GOPHER CHAUFFEUR

Get a free, safe ride home. See website for details:
boynton.umn.edu/gopher-chauffeur

*Call **612-388-6911** Thursday-Saturday between 10:00 p.m. – 2:30 a.m.*

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.
- 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.
- Use caution—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.
- Use caution—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

Student Legal Service (SLS) 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.

SLS 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 SLS:

- 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 SLS for assistance. Read through the list above. You are responsible to know the laws that apply to all students at the University of Minnesota.

Student Legal Service

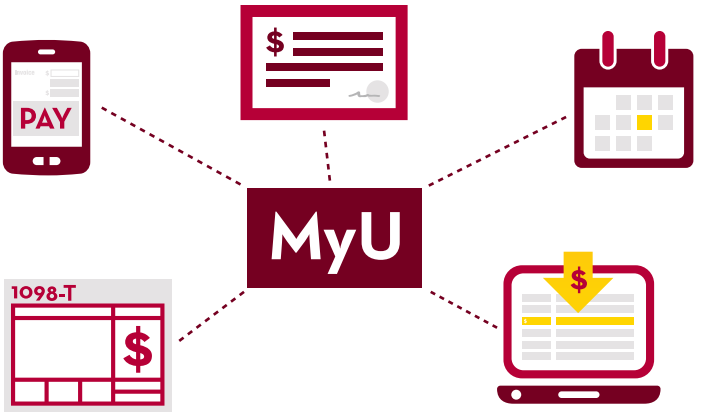
160 West Bank Skyway
612-624-1001
sls.umn.edu

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**.

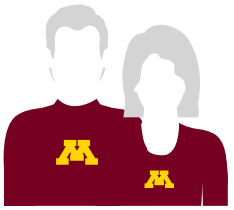
Call **612-624-WALK** or **4-9255** from any campus phone.

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

Wondering when to expect your financial aid awards?

Learn more:
z.umn.edu/tcawardingtimeline

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?

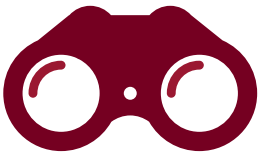
Visit the Financial Wellness pages on the One Stop website.

z.umn.edu/financialwellness

Looking for scholarships?

Try the Undergraduate Scholarship search:

z.umn.edu/scholarshipsinfo



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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 and enroll in direct deposit through MyU. Complete as soon as possible.**
- **Review the paper estimated Financial Aid Award Notice between March and July. Respond to the electronic Financial Aid Award Notice beginning late July.**
- **Complete entrance counseling and promissory notes for any accepted loans after responding to your Financial Aid.**
- **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 **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, refer to instructions about submitting a scholarship check on the One Stop website: **z.umn.edu/howtopay**.

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 any position listed on the student employment website. You must notify your employer of your work-study award to use your funding. 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

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.

Reciprocity

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

Paying for school: Your Student Account

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

View your account 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**.

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

Learn more at **z.umn.edu/intlpay**.

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 Services 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

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**.

U CARD—DISCOUNTS

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

Financial Wellness

One Stop Student Services 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 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, Apple Pay, Google Pay, 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 Bookstores. 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 account online, at the U Card Office, or at a Cash-To-Gopher GOLD Station (visit **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

DIRECT DEPOSIT

If you will receive financial aid, work on campus, 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 **z.umn.edu/financialwellness** to set up direct deposit.

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 **umn.edu/ohr/employment**.

For additional information, please visit **umn.edu/ohr/studentemployment**. For new students entering the University, there are some limitations on the start date of a new position. For example, a student entering the University in fall 2018 can begin working their new position on August 20, 2018.

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.

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.

HOW DO I FIND A STUDENT JOB?

How To Apply For A Student Job

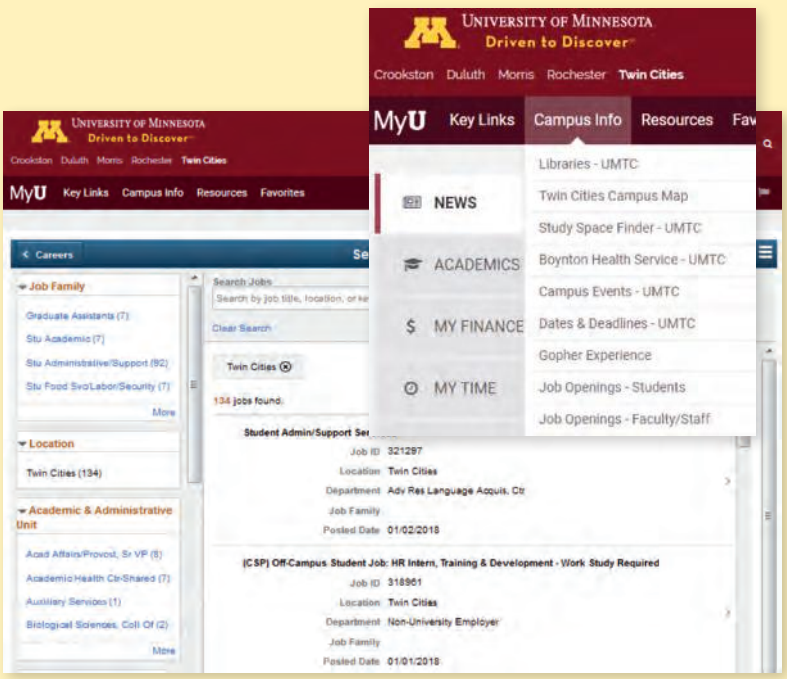
1. Student jobs are listed on MyU. There is competition for jobs, so students should apply for multiple openings and record each corresponding six-digit job opening number.
2. Carefully read instructions in the "How to Apply" section. Upload a cover letter and/or résumé, if requested.
3. Applicants MUST meet all minimum qualifications and click <Apply> button.
4. OPTIONAL: Enter education, work experience, job training, degrees, and language skills (as applicable) only if you have NOT attached a résumé.
5. Add professional and/or personal references.
6. Enter the appropriate referral source for the position.
7. Review information (and update as needed) by clicking on the pencil icon.
8. Click <Submit Application> to complete an application, or click <Save as Draft> to complete at a later time.

Students with a Work Study Award

- Students with a work study award granted through financial aid are able to apply for all job openings that are listed on the employment website.
- All students MUST notify the employer(s) of the work study award.

Students without a Work Study Award

- Students that do not have a work study award granted through financial aid are able to apply for all job openings EXCEPT positions labeled "Work Study Required."



THE BENEFIT OF HAVING AN ON-CAMPUS JOB

Working an on-campus job has lasting benefits. In addition to earning a paycheck, you can find positions to help you prepare for your career after the University. In addition, research by the National Center for Education Statistics has shown that students who work 1-15 hours have slightly higher GPAs than their peers who do not work or work over 20 hours per week. Below are what current students have shared about how they have benefited from having an on-campus job.

"Having an on-campus job has really assisted me in finding my place on this campus. When you come to the U it can seem like such an ocean, but through my job I have been able to find a small community. You are working with mostly other students in your role and so you all share at least that one common connection, and many others are soon to follow. Through my position on campus I have made some of my closest friends, and I'll always appreciate my office for that."

"Having an on-campus job has helped me connect with students and their families. I work to make sure that their experience at the U is as enjoyable as mine has been!"

"Definitely flexibility and the understanding that school comes first."

"As an international student, having an on-campus job is one of a few chances that allows me to gain experience while going to school. I also feel more involved with the campus because I'm working on-campus."

"Time off for breaks"

"Getting experience in my field of study."

"I really like the people I work with/for. They're always supportive and kind."

Interested in having an on-campus position? Check out the University's largest student employers:

M Dining — udshr@umn.edu
Student Unions & Activities — sua.umn.edu/jobs
University Recreation and Wellness — recwell.umn.edu/employment
U of M Bookstores — bookstores.umn.edu/employment.cgi
Facilities Management — humanresources.umn.edu/jobs
Orientation & Transition Experiences — ote.umn.edu/leadership
MCAE Ambassadors — mcae@umn.edu

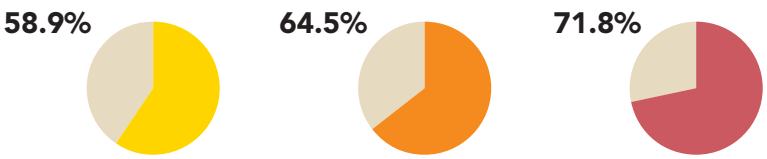
Why Graduate in 4 Years?

Total Cost of Attendance* (COA):

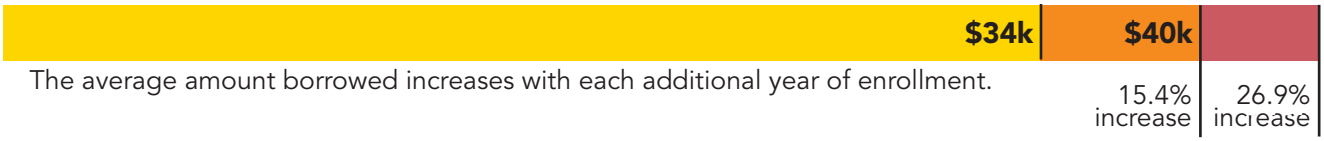
* Based on resident tuition rate

Percentage of Students Borrowing:

Additional years in college increases the likelihood of borrowing money.



Average Amount Borrowed:



The average amount borrowed increases with each additional year of enrollment.

Total Repaid:

Total paid based on average amount borrowed at 6% interest, paid over 10 years.

Key Graduating in: 4 years 5 years 6 years

Data based on UMN Twin Cities Fall 2010 entering class

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.

UMF STUDENT CALL CENTER

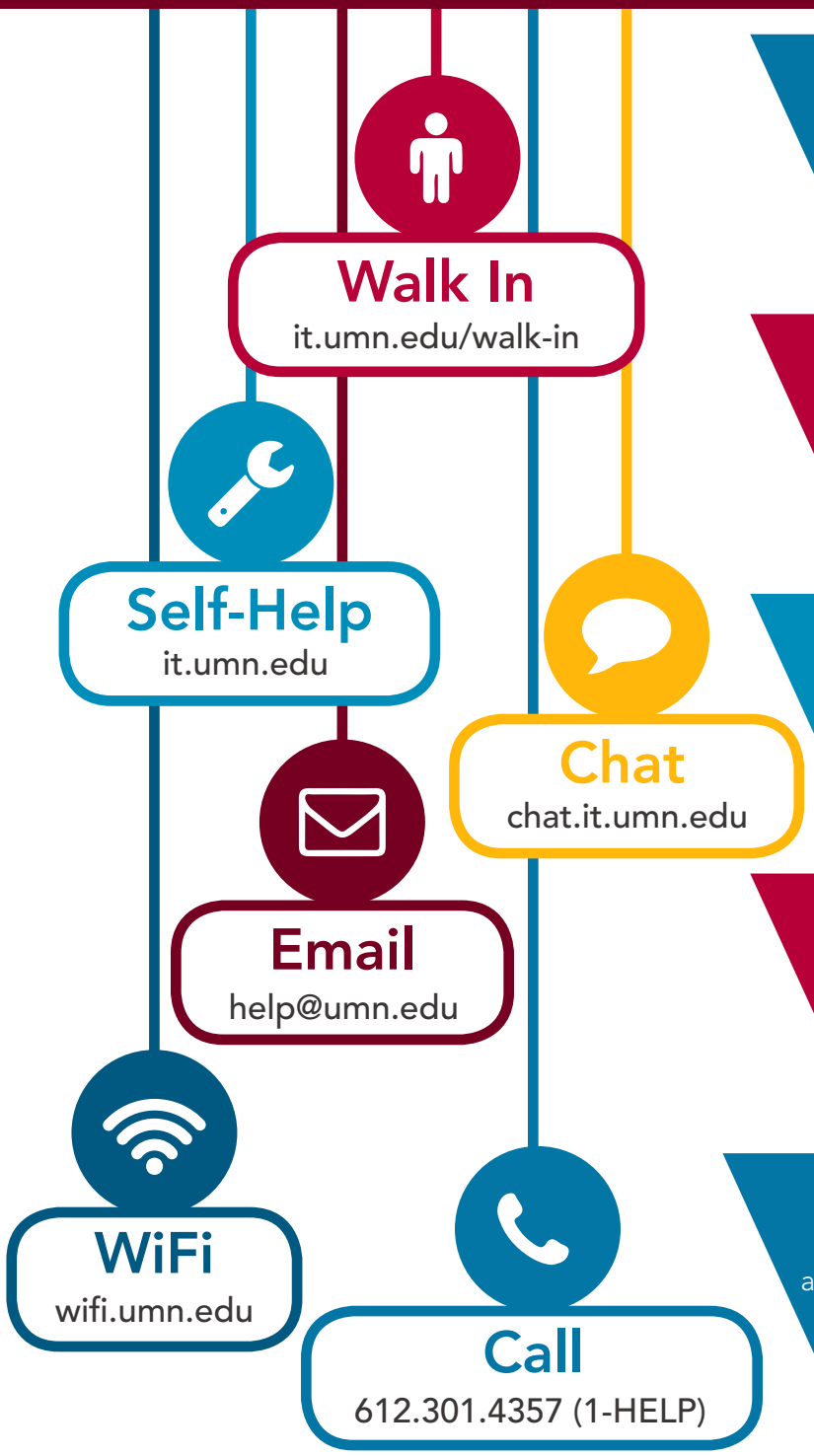
This team is a group of 100+ students who build connections and raise money on behalf of the U of M. Students set their own schedules and work on campus in a fun, relaxed environment.

Develop communication skills and build your résumé for the future!

Starting pay is $11 plus incentives and prizes.

Apply **online z.umn.edu/callers**

TECHNOLOGY



GETTING STARTED GUIDE

Even before you arrive on campus, you can set up your account & start using University technology resources & services. To get started visit **z.umn.edu/new-student**.

PASSWORD RESETS

Visit **my-account.umn.edu** to set your UMN password reset questions. After you've set your questions, you'll be able to reset your password through the self-service menu.

SELF-HELP GUIDES & HOW TO'S

Get started using U of M technologies, troubleshoot problems, or improve your skills. Visit **it.umn.edu** and type a technology name in the search bar to see how-to articles & self-help guides.

SOFTWARE FOR U

Get Microsoft Office 365 Pro, Wolfram Alpha Pro, JMP Pro and JMP Genomics free of charge while you are a student at the U of M. Visit **z.umn.edu/software**.

CANVAS

Canvas is an online learning platform where you may access course material, submit assignments, take quizzes, view grades, & interact with classmates & instructors. Tour Canvas at **z.umn.edu/student-tour**.

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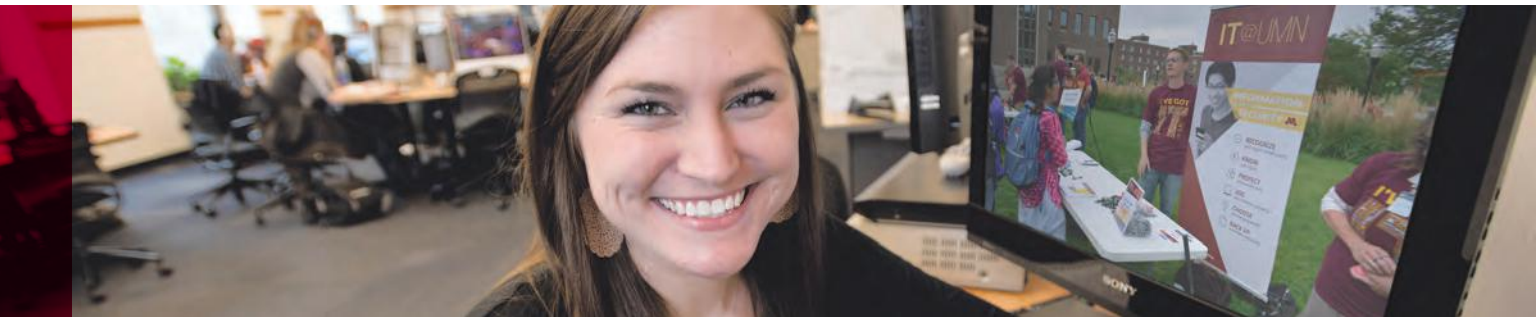


Students are provided with a number of technology resources and tools to connect you with University information, grades, email, financial information, and much more. Use this section to familiarize yourself with the technology available to you.

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, indicate a gender identity and personal pronoun, and manage your University directory suppression.

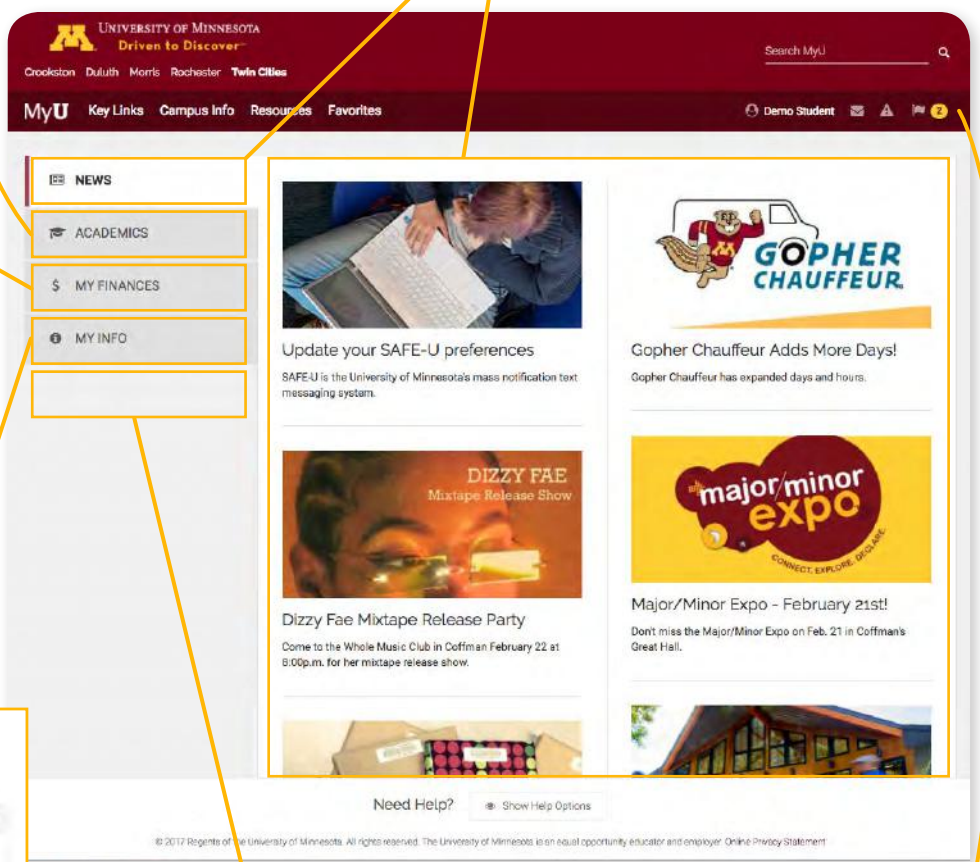
Questions about suppressing your information? Visit **z.umn.edu/setsuppression**

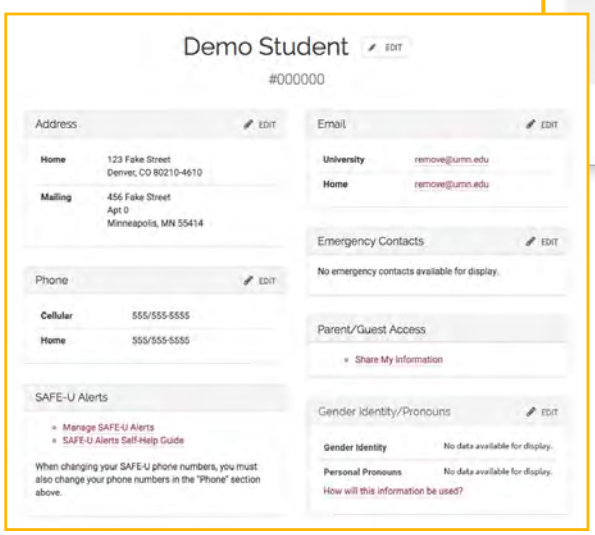
Academics

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

News

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





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.

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.

TECHNOLOGY

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 2022."

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/cl2022

  Transfers:
  guidebook.com/app/UMN/guide/transfer

  Parents:
  guidebook.com/app/UMN/guide/parent

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, Canvas, 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 G Suite (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: **z.umn.edu/G-Suite**

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.

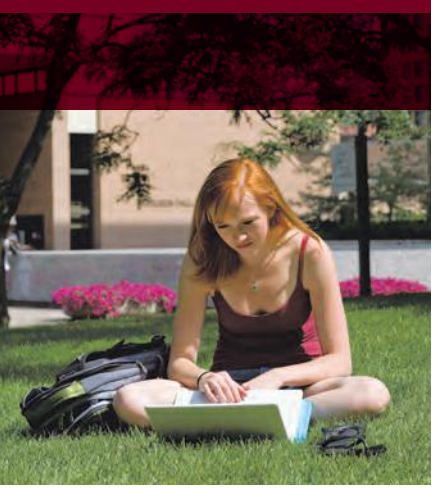
Purchase discounted hardware and software

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.

Learn more about software at:
z.umn.edu/software

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 **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**.

Internet ID, passwords, and two-factor authentication

Your internet ID and password act as a key to online tools and services offered by the University. Add stronger protection by using Duo Two-Factor Authentication. In the event that your password is stolen, two-factor authentication helps keep your financial aid and private information out of the hands of would-be thieves. Learn more at **z.umn.edu/2factor**.

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 another fast and secure connection option.

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 your 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 **gophergold.umn.edu**

Software for U

Did you know there are many kinds of software that are available to students at no charge? You can download Microsoft Office 365 Pro, Wolfram Alpha Pro, JMP Pro and JMP Genomics, and Esri ArcGIS at no cost and set yourself up for success this semester!

Learn more and download today: **z.umn.edu/softwareforU**

Connect to eduroam

eduroam is the preferred secure WiFi network for students. Use your **full University email address and password to connect**. eduroam is also available at hundreds of colleges and universities around the world!

Learn more: **z.umn.edu/eduroam**.

JOIN YOUR FACEBOOK GROUP

Freshmen:
U of M Class of 2022
www.facebook.com/groups/umnclassof2022

Transfer students:
U of M Transfer Students
www.facebook.com/groups/uofmtransferstudents

to deposit or for a list of Cash-To-Gopher 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.
- Do not post comments or photos of other people without their permission.
- 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.

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.

BEING HEALTHY

1 in 3
students are diagnosed with a mental health condition

HOPE IS JUST A CLICK AWAY
mentalhealth.umn.edu

PAWS (Pet Away Worry & Stress)
boynton.umn.edu/paws

9,000
Bike racks on campus

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

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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BOYNTON HEALTH 49
MENTAL HEALTH SERVICES 50
WELLNESS 50

BEING HEALTHY

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.

"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

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 35) are required by the University of Minnesota to have health plan coverage. To satisfy this requirement, eligible students are enrolled in the University-sponsored Student Health Benefit Plan (SHBP). The SHBP is a comprehensive health plan with no deductible through Blue Cross and Blue Shield. Learn more about the SHBP at the Office of Student Health Benefits website: **shb.umn.edu**.

How to waive the Student Health Benefit Plan (SHBP)

If you have your own health insurance and wish to waive enrollment in the SHBP, you may do so using the online Health Coverage Declaration. 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 verified 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, 2018. If you do not waive the SHBP before the deadline, you will be billed and enrolled for the entire semester. Approved waivers are valid for one year. To learn more, visit **shb.umn.edu**.

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 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 **slackshb.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 **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
- SHADE—Sexual Health Awareness and Disease Education
- SNAC—Student Nutrition Advocacy Collaborative

More information:
boynton.umn.edu/services

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: **boynton.umn.edu/immunization-requirement**. 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.

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.

The Office for Student Affairs Care Manager provides coordinated assistance and ongoing support through individualized case management for students dealing with increased stress, illness, personal emergencies, or other unexpected difficulties. The Care Manager can provide resource referrals to students struggling to manage their stress, mental health needs, or crisis situations.

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.

Students, staff, faculty, and parents are encouraged to contact OSA's Care Manager if they have strong concerns about the behavior or actions of a U of M student. If you think a student might cause harm to self or others, we welcome you to share your concerns by making a referral at caremanager.umn.edu or by calling **612-625-2517**. Your referral will be reviewed by the OSA Care Manager.

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	Same Day Urgent Counseling	Psychiatry Services (medication treatment & management)	Specialty Services	Specialty Groups	Fees / Payment
BMHC	Yes	Yes	Yes	Yes	Chemical health assessments; Eating disorder assessment	LGBTQI Connections, anxiety, mindfulness, PTSD	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)
OSA Care Manager	Yes	No	No	No	Coordinate case management, academic support, food/housing and financial hardship support, consultation to faculty, staff, students, and parents with concerns about student	No	Free

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 **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 21) 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.

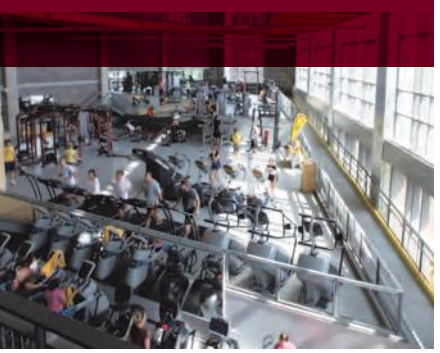
Multipurpose rooms

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.sharetheair.umn.edu** for more information.



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

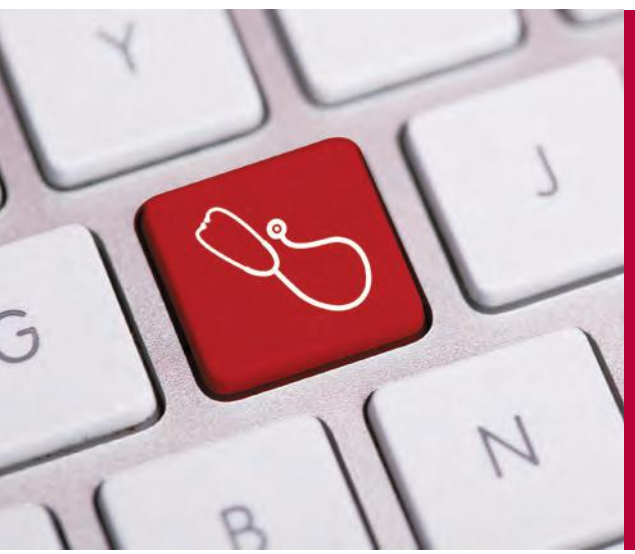
All U of M students registered for six or more credits have an automatic membership with University Recreation and Wellness. Check in with your U Card or the Biometric Hand Scanner to any of these locations: the Recreation and Wellness Center, St. Paul Gymnasium, or Student Recreational Sports Dome.

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:
recwell.umn.edu/intramurals



REQUIRED ONLINE MODULES

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), Sexual Assault Prevention for Undergraduates (see page 31), and Transit—Financial Wellness (see page 41). These modules will help prepare you to make well-informed decisions about issues that affect you during college and beyond. You will receive information in your U of M email account about these online modules 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 secure bike parking spaces 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 26.

Zap Me!

The ZAP program is an innovative RFID system with tags installed on bikes. Students can receive gift cards just for riding! 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:
z.umn.edu/gopherzap

Zap!
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.

Here are 7 simple ways to get involved and make the most of your college experience.

IN THIS SECTION

GOPHER LINK 55

STUDENT GROUPS 56

PLACES TO GATHER 59

COMMUNITY SERVICE 60

ROTC 60

GOVERNANCE 61

SCHOOL PRIDE 62

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

394 Academic and Educational

229 Cultural and Diversity

39 Environmental/ Sustainability

52 Fraternities/Sororities

BeGreek
NPHC | PHC | MGC | IFC

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

GETTING INVOLVED

EXPLORE U

As part of Welcome Week, all new freshmen and transfer students are invited to experience Explore U on Saturday, September 1. You will be able to interact with more than 200 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

Fraternity and Sorority Life

Fraternity and Sorority Life provides engagement opportunities for more than 3,500 students in one of 60 fraternities or sororities, governed by one of four student-led councils. Honoring more than 140 years of tradition, 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 as 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 culturally-based fraternity and sorority can attend the Multicultural Greek Meet and Greet during the first week of the fall semester. Students interested in joining a Multicultural Greek Council (MGC) or National Pan-Hellenic Council (NPHC) fraternity or sorority are encouraged to contact the organizations directly. More information about each organization and their recruitment and intake processes can be found by clicking on "Chapters" at **www.begreekUMN.org**.

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

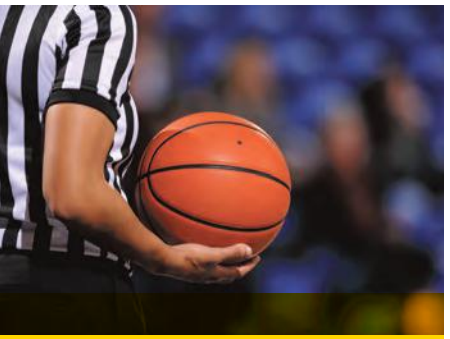
Each residence hall has many opportunities for students to get involved. Students can create their own groups in which to connect with peers around common interests. Love to cook and want to make a fancy meal but not pay for it? Host a Pinterest party but not buy the supplies? Start a group in your residence 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.

First-Year Leadership Institute

First-Year Leadership Institute is a selective, co-curricular leadership program designed specifically for incoming freshmen. Are you interested in being an on-campus leader? Are you looking to explore what leadership means to you and how you lead? Each fall, 25 to 30 students are selected to participate in the program that takes place during the spring semester. Through weekly meetings, a weekend retreat, mentoring experiences, and other hands-on activities, participants build lasting friendships with other leaders, expand self-awareness, and gain excitement and direction for their leadership journeys ahead. Applications are available beginning Welcome Week.

More information:
lead.umn.edu/enrichment/fyli

GETTING INVOLVED



Intramurals also hire hundreds of officials every year if you are interested in an on-campus job.
See page 40.

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. 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:
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:
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.umninterfaith.org**) 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

The Center for Community-Engaged Learning is partnered with over 300 non-profits, organizations, schools, and community centers that want U of M students working with them. You can arrange an advising appointment with a Peer Advisor to learn about opportunities to volunteer with one of 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

Student Governance

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**

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

SCHOOL PRIDE

For more than 120 years, the Golden Gophers have been competing in the Big Ten conference and have won more than 25 national and 175 Big Ten championships.

Be part of this Gopher Athletics legacy!

All it requires is your pride, your spirit, and enthusiasm for Gopher Athletics and our traditions! 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!

Learn the words to all of our school songs, including Minnesota March, Go Gopher Victory, Our Minnesota, Minnesota Fight, and Hail! Minnesota at z.umn.edu/schoolsongs.

We Are...Minnesota

We Are...Minnesota is an ongoing initiative that brings together student-run fan organizations whose goal is to share Gopher spirit and encourage fan participation throughout the U of M community. We Are...Minnesota includes The Rooter Club (football), The Barnyard (men's basketball) and The Ice Box (men's hockey), all of which you see in action in the student sections of their respective sports. You can be a part of these great organizations — or even start your own to support student-athletes in your favorite sport. Find more information at **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.

Maroon and Gold:

The color combination that has been the official colors of the U of M since the 1870s were selected by Mrs. Augusta Norwood Smith, who received the assignment from University President William Watts Folwell because she was, in his opinion, "a woman of excellent taste."

Golden Gophers:

Minnesota's nickname is the Gopher State and has been since 1857. The University adopted the nickname for its football team in the 1920s, and legendary broadcaster Halsey Hall coined the term "Golden Gophers" in the 1930s, a reference to the team's gold-colored jerseys and pants.

Ski-U-Mah:

The uniquely Minnesota battle cry, Ski-U-Mah (pronounced SKY-YOU-MAH) dates back to the 1880s when two Minnesota rugby players are said to have heard "Ski!" yelled out during a canoe race — a version of a Dakota tribe's word for victory — and modified the word to become a cheer for their own team.

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 **fsl.umn.edu**.

University of Minnesota Alumni Association—Get Connected

When you become a U of M student, you put something in motion: You! As you work towards your degree, 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 U of M, to opportunities to continue growing and learning, and to our global community of alumni who are changing the world every day. The bond between U of M alumni and their alma mater lasts a lifetime. Where do you want to go? What do you want to do? Let's get started — together.
UMNAlumni.org/Students

Events

U Card

You will need your U Card to enter Gopher Athletic events with a student ticket or to receive free admission as a student (depending on the sport). Bring your U Card with whenever you go to a Gopher game. Also, watch for discounts and other deals available only to students. You'll need your U Card for these also!

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 for the other 22 Gopher teams 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 adapting to the new expectations of studying for college courses can be stressful. High school and college are different! There are many resources—and specific courses, even—to help students with these challenges, 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.

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

The University's Expectations 67
Understanding the Curriculum 68
Tracking and Planning Degree Progress .. 70
Registration Tools 72
Classroom Expectations 74
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Major Exploration and Career Planning ... 81
Learning Support 84
Courses Just for First-Year Students 87
Courses for Ongoing Academic Success .. 88

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 choose. The value of your degree is greatly diminished when grades are not achieved honestly.

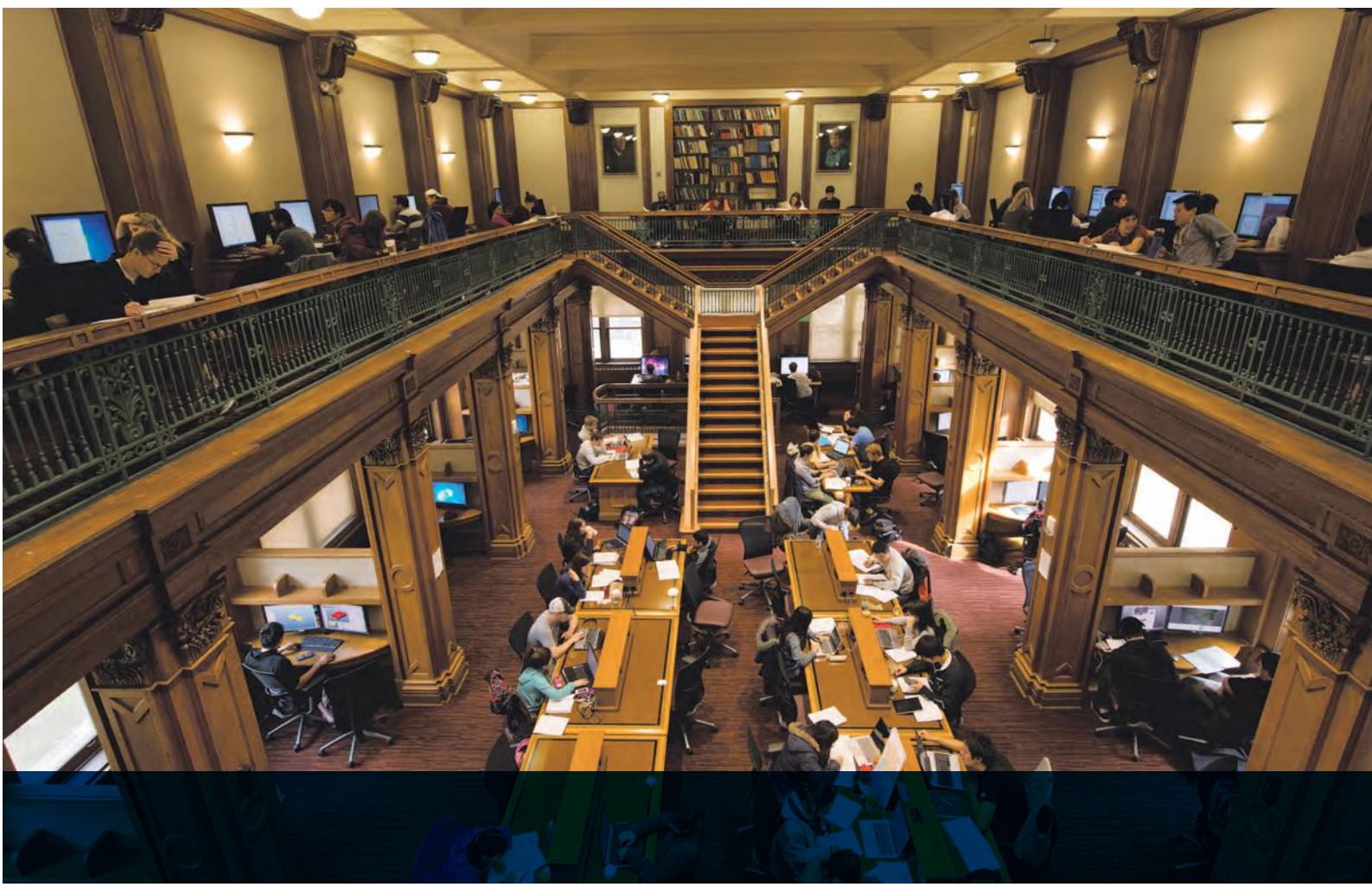
Student conduct

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**.



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 as lifelong learners who will be active participants in their communities. Often called "lib eds," these courses are organized into categories: cores (arts and humanities, biological sciences, historical perspectives, literature, social sciences, mathematical thinking, and physical sciences) and themes (civic life and ethics, diversity and social justice, the environment, technology and society, and global perspectives). 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, develop social and communication skills, solve problems, and 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 balance and 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 at the U of M 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.

Some colleges have additional college-specific GPAs. You and your academic advisor will discuss the importance of these special GPAs, if it applies to you.

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**).

Do you have questions regarding how your previous credits have transferred to the U of M? Check your APAS report or visit Transferology (**z.umn.edu/UMNTransferology**) to see how your transfer courses have been evaluated. The Office of Admissions reviews transfer courses for general transferability to the U of M and for liberal education requirements, while academic departments review transfer courses for use in a specific major or minor. If needed, you can submit a new course for academic department review. For more information on submitting a course for review, visit **z.umn.edu/creditevaluation**.

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/transferreport**.

Getting credit for college-level coursework

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

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

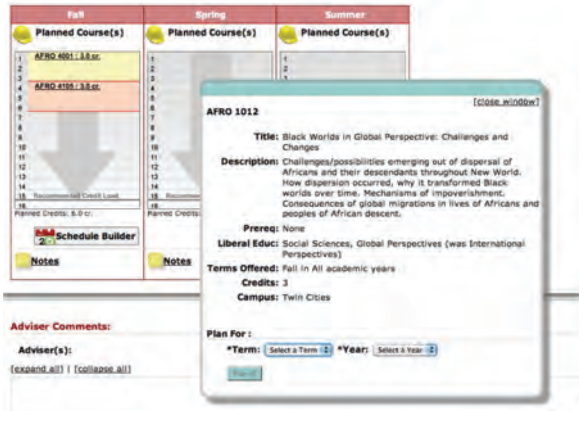
Graduation Planner is an interactive planning tool for University of Minnesota students.

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 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.

Have multiple degrees?

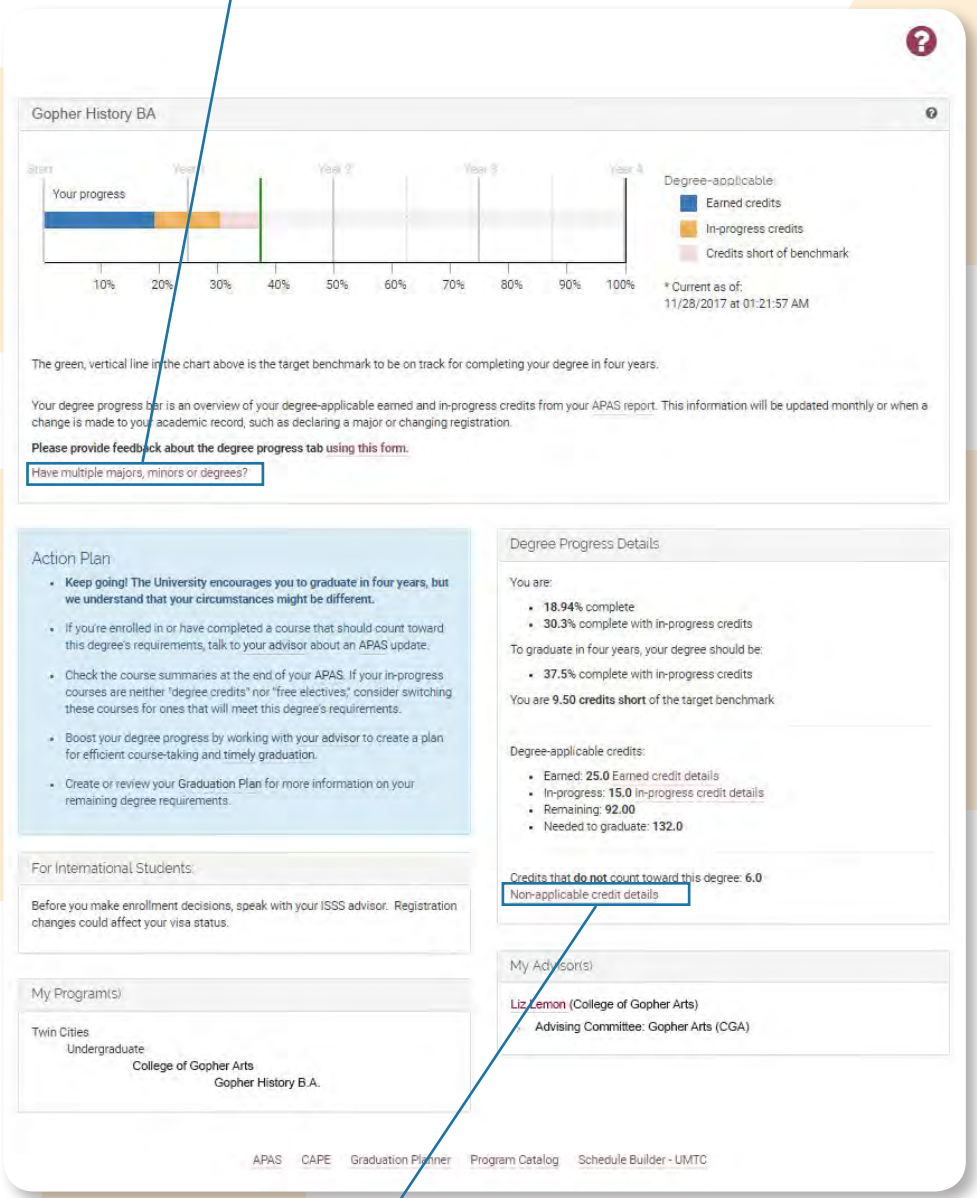
If you are pursuing multiple degree programs (e.g. BA and BS), check your progress in each by using the drop down menu at the top of the page.

Have multiple majors?

If you are pursuing more than one major in a single degree program (e.g. BA in History and a second major in Psychology) this chart will only show your progress in your primary major. For more detailed information on your progress in second majors, minors, or certificates, check your APAS report.

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.

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



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.

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 the degree program you're currently viewing.

Please note that these courses may have been used to satisfy:

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

Term	Course	Title	Grade	Credits
Fall 2016	1PORT3920	Topics in Luso Cultures		3
Fall 2015	1MATH1001	Excursions in Math	N	0
Spring 2015	1SWED4004	Intermed Swedish	C+	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. You can also preview class times, dates, locations, instructor, and sections status.
- **Schedule Builder:** This tool helps students explore, plan, and schedule their 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 assist you in resolving the hold, or direct you to the office that can. You can also find out more about a particular hold by clicking on it in MyU.

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.

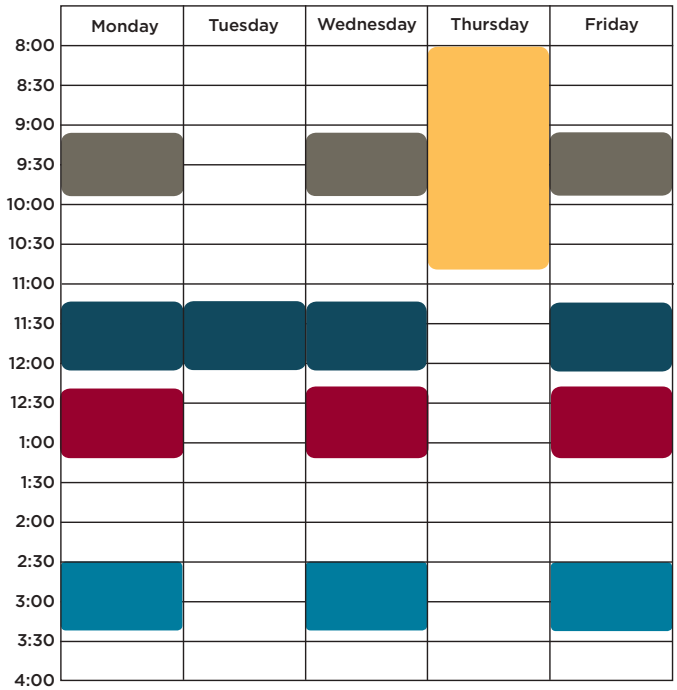
PERSONAL INFORMATION—PRIVACY AND KEEPING THE UNIVERSITY UP-TO-DATE

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.



Chemistry 1061: Principles of Chemistry 1:
3 credits, M,W,F 12:20-1:10,
Michelle Driessen, Bruininks Hall 312

Chemistry 1065: Principles of Chemistry 1 Laboratory:
1 credit, Th, 8-10:50,
Michelle Driessen, Smith Hall 110

Writ 1301: University Writing:
4 credits, M,W,F 9:05-9:55,
Andrew Marzoni, Lind Hall 325

Math 1031: College Algebra and Probability:
4 Credits, Lecture, M,W,F 11:15-12:05,
Jennie Nash, Peik 110
Discussion, 11:15-12:05 Tu,
Nikki Ness, Vincent 125

Mus 1014: Rock 2: Rock Music from 1970 to the Present:
3 credits, Lecture, M,W 2:30-3:20,
Peter Taylor, TCF Stadium
Discussion, 2:30-3:20 F,
Tiffany Moore

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 **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 opt for our 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 reference materials to supplement your course needs.

CHECK THE U LIBRARIES

The U Libraries also provides 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. This initiative is in partnership with the University Bookstores.

CLASSROOM EXPECTATIONS

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

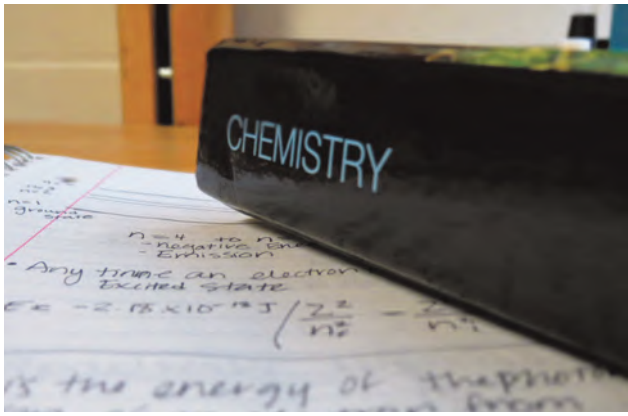
U Card

TAKING EXAMS

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

Syllabus

For each course you take at the University of Minnesota, the instructor will provide you with a syllabus. The syllabus outlines the course objectives, expectations, reading and paper assignments, dates of exams, University policies, and your faculty's contact information. The syllabus may also include information about how to access additional support resources for different needs you may have. 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. You are encouraged to review your syllabi often throughout the semester to stay on top of expectations. Use the Gopher Guide and write in all assignments and due



dates from each syllabus even after the course ends. 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 113 Smith Hall
mdd@umn.edu 624-0062

Office Hours
Office hours will be held Fridays 11-12 and 2 hours TBA by vote in Canvas. 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 Canvas Site
This site CHEM 1061 Chemical Principles I – Lec 003, 004, 005 – Spring 2018 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 Canvas site to the Connect homework system. Follow the instructions posted on this link to set up your account correctly.

Lab (Separate Course) Canvas Site
This site CHEM 1065 – Lab – Spring 2018 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 17, 2018	Exam 1	0.19
March 10, 2018	Exam 2	0.19
April 21, 2018	Exam 3	0.19
May 11, 2018 (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
Scholastic dishonesty is discussed under the Institute of Technology 's scholastic policies. According to the CLA Classroom Grading and Examination Procedures, scholastic dishonesty is defined as:

"Any act by a student which misrepresents the student's own academic work or that compromises the academic work of another. Scholastic dishonesty includes (but is not necessarily limited to) cheating on assignments or examinations; plagiarizing, i.e. misrepresenting as one's own work any work done by another; submitting the same paper, or substantially similar papers, to meet the requirements of more than one course without the approval and consent of all instructors concerned; depriving another of necessary course materials; or sabotaging another's work. "

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 may also include information about other helpful campus resources for you outside of coursework.

February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Chpt 4	2 HW C Due 11:59 PM
3	4 Chpt 4	5	6 Chpt 5	7	8 Chpt 5	9 HW D Due 11:59 PM
10	11 Chpt 5	12	13 **EXAM I 4:40 PM** Chpt 5/6	14	15 Chpt 5/6	16
17	18 Chpt 5/6	19	20 Chpt 6	21	22 Chpt 6	23 HW E Due 11:59 PM
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

Note: The U of M is in the process of transitioning from Moodle to Canvas as its official learning management system (LMS). You may have classes that use both systems during the transition. By Fall 2019 all classes that use an LMS will use Canvas.

Online learning management systems

Moodle and Canvas

For many of your courses, Moodle and Canvas will be your lifeline. Moodle and Canvas are the online learning management systems that allow you to access items like the syllabus, course handouts, announcements, presentations, discussion forums, quizzes, and exams. If your course uses Moodle or Canvas, it might also be the place where you will turn in your assignments.

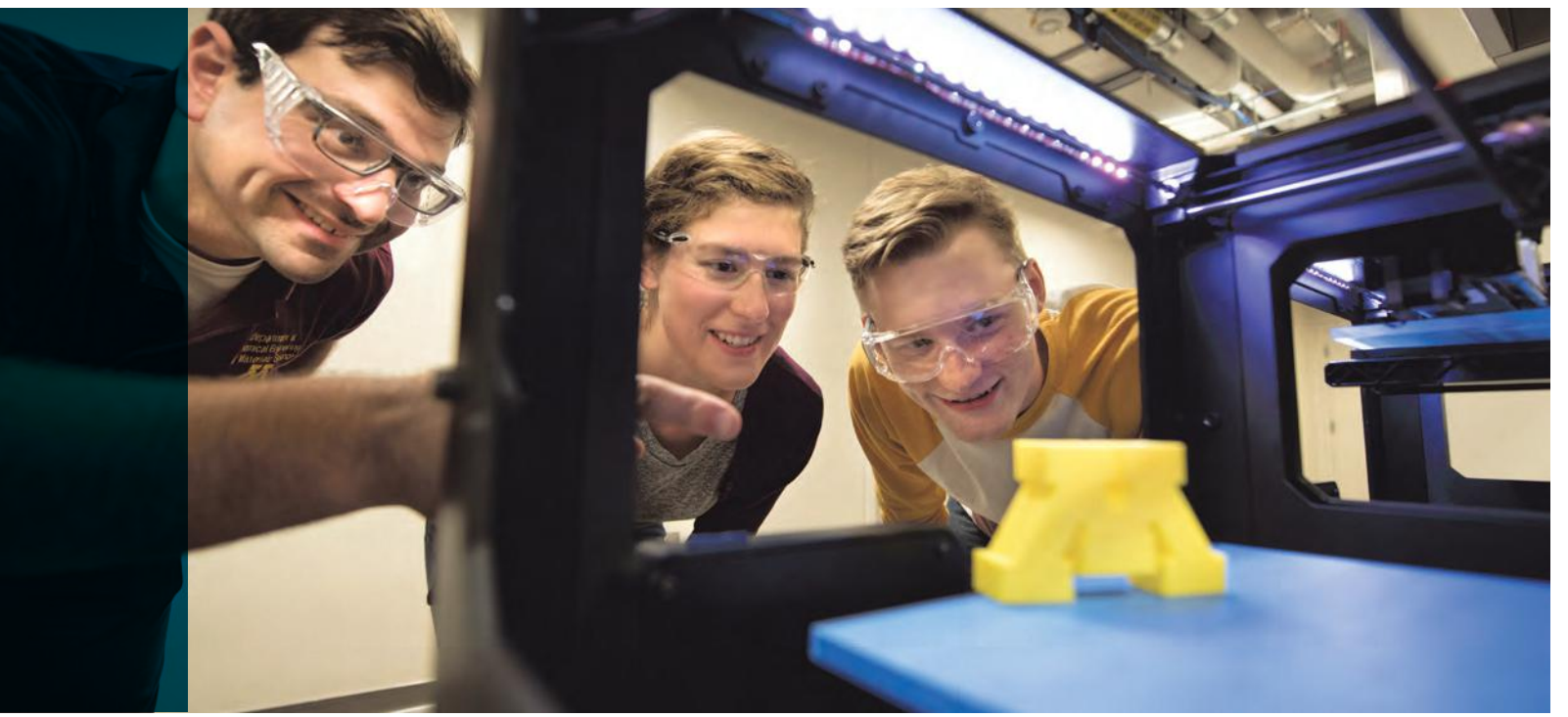
Some professors will make their Moodle or Canvas course sites available before classes start; others will wait until the first day of the class. It will be up to you to check and ask questions if you are not able to access it.

Before you can access your course sites, you need to activate Moodle by logging in at moodle.umn.edu and Canvas at canvas.umn.edu and then accept the "terms of use." Once you have activated your accounts, you can set up a user profile. Note that your profile can be seen by all of your professors, instructors, and classmates.

YOUR MOODLE AND CANVAS TO-DO LIST:

- **Review Moodle and Canvas help guides and learn how to find your course websites: z.umn.edu/studentmoodle z.umn.edu/studentcanvas**
- **Log into your Moodle and Canvas accounts: Moodle.umn.edu Canvas.umn.edu**
- **Spend time looking through all of the course material**
- **Know where to go for help with Moodle and Canvas: Contact Technology Help at: it.umn.edu/help**

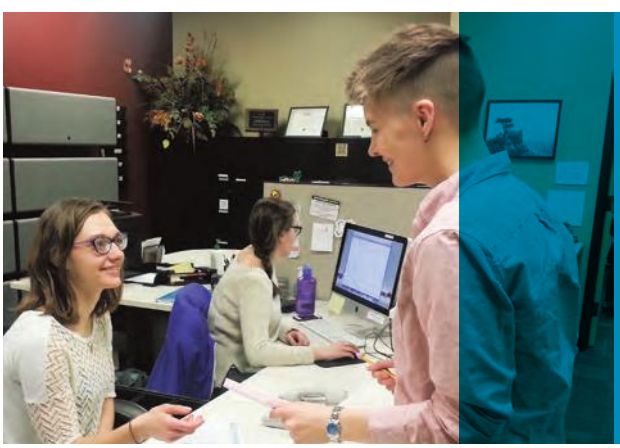
By the first day of classes, your professors and instructors will expect that you are familiar with Moodle and Canvas and know where to find the course materials. It is critical that you understand how to do this right away! Above is a checklist (including reference websites) to help you get started.



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 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 (**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.

Whomever you are working with, 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 your 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 and offer support.

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.

Check out **lunch.umn.edu** for more details.

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.

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**

ACADEMIC SUPPORT TEAM

Student-athlete advising

The Lindahl Academic Center 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:
lindahlacademiccenter.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).

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

President's Emerging Scholars

President's Emerging Scholars (PES) is a merit-based scholarship that supports underserved students in their pursuit of a bachelor's degree. Participants are selected based on holistic review conducted by the Office of Admissions and PES students demonstrate achievement in a number of ways, including strong academics, extracurricular excellence, and significant community engagement. Many PES students are the first in their family to attend college, Pell Grant recipients, and students of color. The program ensures timely graduation of its participants by encouraging and supporting academic, career, and personal wellbeing through scholarships, programming, professional advising, and peer mentoring.

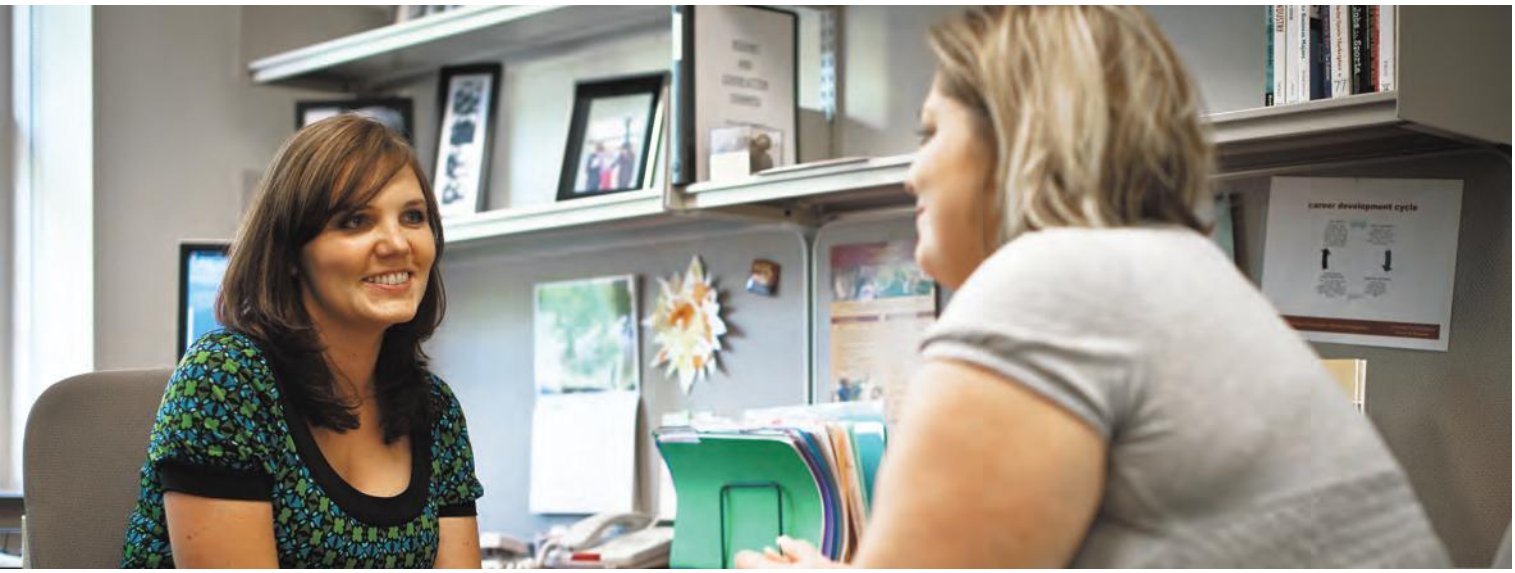
More information:
www.prezscholars.umn.edu

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.isss.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 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–spaces to seek help, reflect and set goals–in 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 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 and Professional Studies
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

Pre-Health Student Resource 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 can help you decide on a major or plan your academic career. Doing research with faculty, studying abroad, or gaining leadership skills are just three of the many possible ways for you to plan for your future.

Undergraduate Research Opportunities Program

The U of M is one of the world's great research universities. On our campuses, at our field stations, and in our communities, thousands of students and faculty create new knowledge and develop new examples of human expression every day. The Office of Undergraduate Research (OUR) provides undergraduate students with several opportunities to get involved with research alongside a faculty mentor. Looking for the right opportunity? Chances are it's available at the OUR. Connect with faculty to complete an exciting research project for an Undergraduate Research Opportunities Program (UROP) scholarship ($1,500 for a 120 hour project). Work on interdisciplinary research relating to the Grand Challenges or explore opportunities around the world through an International UROP. Locate directed study for credit, a paid research position, or summer opportunities on campus and across the country. You are an important member of our academic community, so get involved with research and be a discoverer! More information can be found 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 200 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, engage wih a local community 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 **lead.umn.edu/minor**.

LEARNING SUPPORT

Make the most of your University of Minnesota education. Learning support services with well-trained peers and experienced professionals are free and open to all U of M undergraduate students. Start accessing these services early:

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

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**

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 tutors, who provide drop-in and appointment-based tutoring for over 200 courses.
- Peer Research Consultants, who help you select a topic and find high-quality sources.
- Media project support: check out cameras and microphones and more, and get help from a consultant with video production or graphic design software.

Peer-Assisted Learning (PAL) Sessions

Weekly PAL (group study) sessions for specific courses are led by trained peers who have completed the course with high marks. Students get extra practice solving problems and understanding course concepts. Emphasis is on working with classmates to review and prepare for tests. Check the SMART web page or course syllabus for schedules.

More information: **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. In addition, there is also a computer lab available for studying, working on your assignments, or printing materials.

More information:
diversity.umn.edu/multicultural

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 tutors in the three SMART Learning Commons locations provide drop-in and appointment-based collaborative writing support for all stages of the writing process. SMART tutors also have technical writing expertise and experience working with multilingual writers.

More information: **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 (PRC)

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

Peer Research Consultants help you develop the research strategies needed to write an excellent research paper. They can help you create research questions, navigate the Libraries' website, identify relevant databases or library services, locate scholarly sources, and evaluate articles and websites.

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

Academic counseling & skills coaching

Student Counseling Services (SCS)

Student Counseling Services (SCS) offers individualized (one-to-one) 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**

LEARNING SUPPORT

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: **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**

Language support

Student English Language Support (SELS)

Multilingual learners can schedule a free, 45-minute consultation or attend a small group meeting with an English as a second language (ESL) professional to work on a particular language skill such as grammar, reading, or pronunciation at Student English Language Support (SELS).

Go to **ccaps.umn.edu/esl** for more info

Study spaces

Study Space Finder

The Study Space Finder helps you find great places to study. Use the Study Space Finder to:

- Find study space close to your location on campus from your mobile device.
- Locate computer labs, coffee shops, or group study rooms.
- View features of a study space.

Check it out at **studyspace.umn.edu**.

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.

Your U Card is your Library Card. Use it to check out books, print, or to make photocopies at any of the 12 libraries on campus. 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 **classroom.umn.edu/studySpace/FindStudySpace.html**.

Resolving conflicts

Student Conflict Resolution Center (SCRC)

The Student Conflict Resolution Center (SCRC) is a free and confidential resource that helps students with University-related problems and concerns. SCRC staff members can provide information about U of M policies and procedures to prepare you to address the conflict on your own, contact other parties on your behalf, or bring parties together for a facilitated conversation. Meeting with an SCRC staff member is a great way to develop a plan to address the current issue and to learn skills to resolve other conflicts that may come up in the future. Advocates are also available to assist students in formal grievance or disciplinary proceedings.

Check out the Do-It-Yourself (DIY) resources that address some of the most common student concerns, including roommate conflicts, group projects, course success, and stress management. DIYs can be found at **sos.dl.umn.edu/students**.

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:

- Fashioning Islam in Literature and Culture
- Biology at the Movies
- Galileo on Trial
- Quantum Mechanics for Everyone

Your advisor can help you choose a freshman seminar at Orientation. You can look at the freshman seminar offerings at: **ote.umn.edu/freshsem**.

First-year courses for transfer students

- College of Biological Sciences (CBS)
- College of Food, Agricultural and Natural Resource Sciences (CFANS)
- College of Liberal Arts (CLA)

These one-credit courses are designed to support new transfer students in their transition to the U of M during their first semester on campus. These courses focus on helping students learn to navigate the U of M by introducing them to key resources and promoting community. You will have the opportunity to register for these courses at Orientation.

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 **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. These 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 RI 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!

Bakken 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)

Go to **ccaps.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 91 to get started.

Ask us!

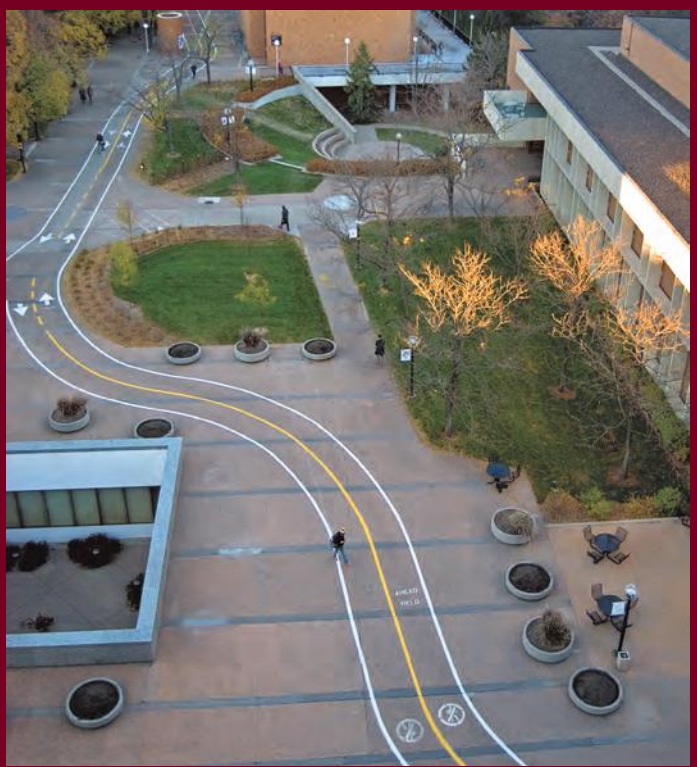
Through all of this change, Orientation & Transition Experiences is here to provide you consistent support — long after you have completed Orientation and experienced Welcome Week. Staff and student peers are here to help you. If you have a question at any time and don't know where to turn, contact us! We are here to help!

Orientation & Transition Experiences
315 Coffman Memorial Union
300 Washington Ave. S.E.
Minneapolis, MN 55455
ote.umn.edu
oteinfo@umn.edu
612-624-1979
or 1-800-234-1979

Transition Checklist 91
Welcome Week 92
Student Transition Experiences 93
Staying Informed 95

IN THE SUMMER:

- ☐ Join your Facebook page
  - ☐ Freshmen — U of M Class of 2022
  - ☐ Transfer Students — U of M Transfer Students
- ☐ Download the U Minnesota app (see page 44)
- ☐ Complete AlcoholEdu module (see page 53)
- ☐ Complete Sexual Assault Prevention for Undergraduates module (see page 31)
- ☐ Complete Transit Financial module (see page 41)
- ☐ 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 Welcome Week Event Selection — opens July 19
- ☐ 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 Events — (see page 92)
- ☐ Attend Welcome Week August 29–September 3 (see page 92)



IN YOUR FIRST SEMESTER:

ACADEMICS

- ☐ Introduce yourself to your professors
- ☐ Set up an appointment with your academic advisor
- ☐ Make a plan to earn a 2.5 GPA or better
- ☐ Use your Gopher Guide or academic planner to manage your time
- ☐ Map out your travel plans to/from class
- ☐ Access support resources
- ☐ Study 2 hours for every hour you spend in class

SOCIAL

- ☐ Find ways to connect with new friends in person; for instance, explore the Twin Cities or join an intramural team
- ☐ Join one student group
- ☐ Find a mentor/support person on or near campus
- ☐ Introduce yourself to new people
- ☐ Explore the Twin Cities by taking the Metro Transit Green Line

SELF CARE

- ☐ Engage in your favorite physical activity regularly
- ☐ Schedule time for yourself each day
- ☐ Be intentional about going to bed and waking up at the same time each day to set a good routine
- ☐ Limit caffeine to improve sleep and aim for seven hours of sleep each night
- ☐ Create a budget for your spending

WELCOME WEEK

Beginning July 19, you will be able to complete Welcome Week Event Selection to tell us the events you are most interested in attending so your schedule can be tailored to meet your needs. Take the M photo at Pride & Spirit. Attend a Gopher Football game. Find a student group at Explore U. Explore the Twin Cities using Metro Transit. These are all the ways Welcome Week helps all new students get acclimated to campus. Additionally there are specific events that address the needs of freshmen and transfer students.

Class of 2022 Track

Receive your Class of 2022 tassel at Convocation. Meet your classmates and instructors during College Day Activities. Learn to ride the Campus Connector to all three campuses. Select different sessions relevant to your personal interests. With the support of Welcome Week Leaders you will make friends, learn your way around campus, and use resources. Welcome Week is required for first-time freshmen.

Beginning July 19, you will be able to complete Welcome Week Event Selection to tell us the events you are most interested in attending so your schedule can be tailored to meet your needs.

For more information:
welcomeweek.umn.edu

New Transfer Student Track

Mingle with new transfer students. Hear from current transfer students. Learn about campus resources, career opportunities and organizations. Get answers to last-minute questions. With the support of Transfer Student Leaders you will make friends, learn your way around campus, and use resources. Welcome Week is optional, but highly recommended, for new transfer students.

Transfer 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 U of M departments and services. This event will take place on January 18, 2019.

For more information:
welcomeweek.umn.edu

ADDITIONAL WELCOME PROGRAMS

GLOBAL GOPHER EVENTS

Monday, August 21 – Friday, August 31

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 27-28, with early campus move-in and social programing on August 26.

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**.

STUDENT TRANSITION EXPERIENCES

By attending New Student Orientation, you have met a small portion of the new students entering the U this year. Welcome Week will give you an opportunity to continue to expand this network and explore campus. Once classes begin you will be on your way to creating your own first year at the U of M. At times you may feel like you are alone in your transition, however there are many ways you will have shared ups and downs with other new students. 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. Refer back to the Transition Checklist (see page 91) to see some tips on how to prepare for the academic year.

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. Join other out-of-state students by checking out different Minnesota-musts including the Minnesota State Fair, an apple orchard, and other local sites!

More information:
ote.umn.edu/athomeinmn

Transfer Student Network (TSN)

(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: **ote.umn.edu/transfer**

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.

ADDITIONAL OPPORTUNITIES

Many oppurtunities have already been named in this book. Check them out!

- Courses for freshmen (see page 87)
- Undergraduate Research Opportunities Program (see page 83)
- Learn Abroad (see page 83)
- First-Year Leadership Institute (see page 57)

STUDENT TRANSITION EXPERIENCES

STUDENT TRANSITION EXPERIENCE INTERNS

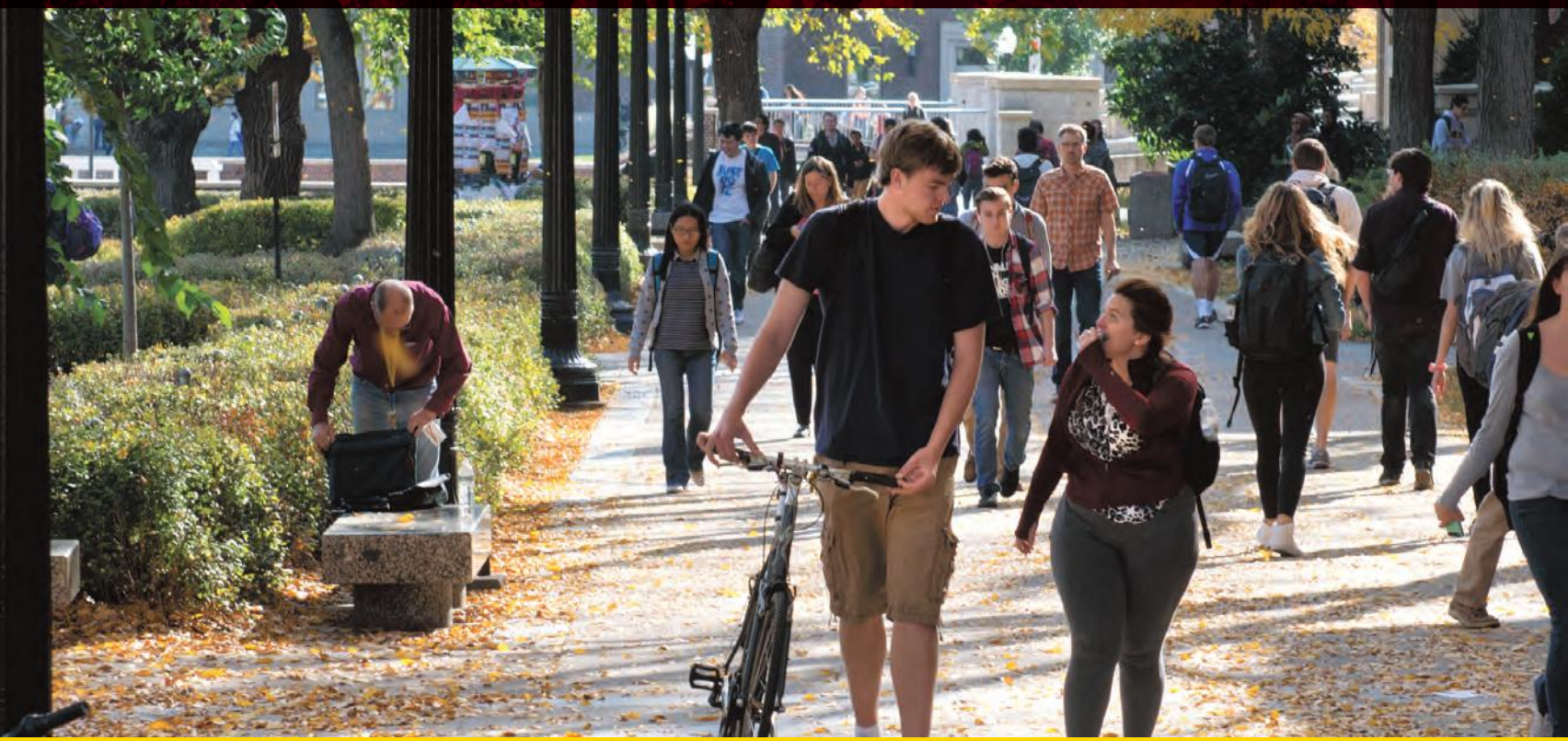
These students are available to assist you with your transition at any point in the year. They are responsible for creating the events and communications freshmen and transfer students receive. You can contact them at one of the following email addresses:

fye@umn.edu

Email this address with questions specific to the freshman experience. Not sure where to start getting involved or need some tips on getting connected? Student Experience Interns can help point you in the right direction.

transfer@umn.edu

Email this address with questions specific to the transfer experience. Get connected with a Transfer Insider over a Coffee Chat where you can enjoy a free Starbucks drink while getting advice from another transfer student.



Before you know it your first year at the U will come to a close. Orientation & Transition Experiences will still be here to support you into your second year as well!

For more information: **secondyear.umn.edu**

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	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 MyU views are exactly alike. Sign in at **myu.umn.edu**
Class of 2022 eNewsletter *(freshmen only)*	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. Check out past issues at **ote.umn.edu/freshnews**
Undergrad Update	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. **undergrad.umn.edu/update**
TSE Monthly	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. Visit **transfer.umn.edu/programs/tsemonthly**
College electronic newsletter	Your college or advising office will send information to your U of M email about opportunities and events available through your college.
International student newsletter	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. All international students are automatically subscribed to the email list at the start of each semester. More information is available at **isss.umn.edu/weeklyupdate**.
Neighborhood News	This monthly communication is designed for students living off campus to stay up-to-date on neighborhood issues and events. Go to **ocl.umn.edu** to sign-up for the mailing list.

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.

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 & Transition Experiences, and offices and departments throughout campus are here to help families work with their students to identify an appropriate level of involvement. Campus resources and support are built around the concept of student wellbeing. The key components of wellbeing along with resources, ideas and questions to ask are included in the next few pages. As conversations arise with your student, these are a good first step for considering how to respond.

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

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 abut 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

Scenario: *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.

Scenario: *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 and 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—on 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

COMMUNICATION THINGS TO DO:

View the One Stop deadlines:
onestop.umn.edu/calendars

Sign up to receive safety related emails including timely updates and safety alerts:
publicsafety.umn.edu/alerts

Sign up for the campus text message system, SAFE U:
safe-u.umn.edu/safe-u.html

Finances and money management

Scenario: *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

Scenario: *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.*

Scenario: *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 at **publicsafety.umn.edu**.
- Safety is about more than basic physical safety. Consider the wide range of support services available on campus, including identity based resources and communities. 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.

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 addresses.
- Mark your calendar to attend Parent & Family Weekend October 26-28. Registration information will be available at **parent.umn.edu**.

Academic support

Scenario: *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 during 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 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.

Academic Support Resources you may want to remind your student to use

- Smart Learning Commons: **smart.umn.edu**
- Online academic skills coaching: **effectiveu.umn.edu**
- Their academic advisor
- Student Academic Support Services (SASS): **sass.umn.edu**

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™, Sexual Assault Prevention for Undergraduates, 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 in their U of M email account about these modules in August, and completion of the modules will be 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.

Sexual Assault Prevention for Undergraduates 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.

Career preparation

Scenario: *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

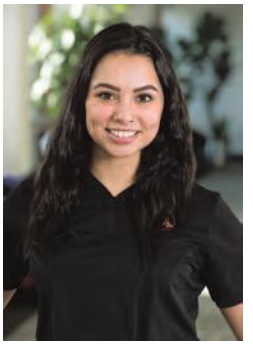
YOUR STUDENT LEADERS

Orientation & Transition Experiences offers several great opportunities for students to develop their leadership skills while assisting new students in their transition to college. Students can get involved as a Welcome Week Leader (WWL), Orientation Leader (OL), Transfer Student Leader (TSL), or Transfer Insider. We also have internship opportunities that are available throughout the year. Helping students develop their leadership is a core value of Orientation & Transition Experiences.

To the right are the 2018 Student Coordinators. These students have been working hard training the OLs, WWLs, and TSLs to bring you the best orientation experience possible. They have dedicated the past few summers helping students transition to the University and now as supervisors they have a great deal of University experience and are a great resource for your needs.

"Orientation & Transition Experiences defines leadership not as a position, but as a group process working toward a common goal. Our goal is the successful transition of all new undergraduate students to the U of M."

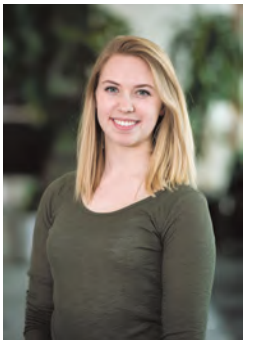
Orientation Program Coordinators



Brianne
Sheffel

Shamus
Zenk

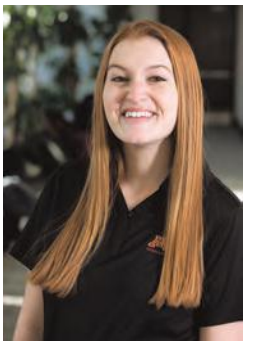
Parent Orientation Coordinators



Hannah
Benck

Dobbs
DeCorsey

Welcome Week Program Coordinators



Sara
Daily

Steven
Wallace

ORIENTATION LEADERS

Thi
Bui
Brooklyn Park, MN

Ryan
Burger
Stillwater, MN

Max
Chu
Ames, IA

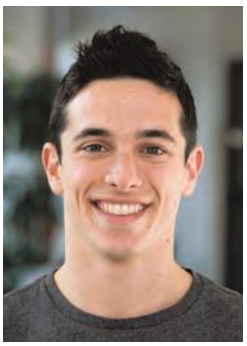
Samantha
Cronin
Eau Claire, WI

Emily
Dahl
Woodbury, MN

Fanta
Diallo
Minneapolis, MN

Chad
Faust
St. Paul, MN

Lily
French
Cannon Falls, MN

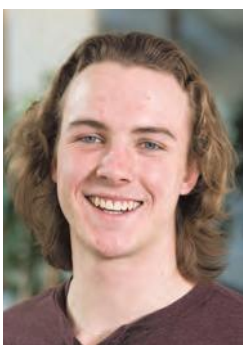


Josh
Goetz
Jamison, PA

Gabriela
Gonzalez
Santa Clara, CA

Allie
Guidish
Naperville, IL

Eric
Hendricks
St. Louis Park, MN



Brady
James
Woodbury, MN

Lucas
Kauzlarich
Bloomington, IL

Tom
Koch
Coon Rapids, MN

ORIENTATION LEADERS

Rachel
Larson
St. Paul, MN

Devin
Mays
Savage, MN

Stephen
Mohabir
Rosemount, MN

Joyce-Madeleine
Nguenkam
Douala, Cameroon

Andrew
Parker
Brooklyn, NY

Ronnie
Peterson
Minneapolis, MN

Kelly
Pocian
Plymouth, WI

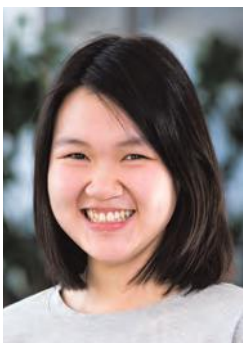
Sam
Portinga
Eden Prairie, MN

Sai
Powar
Pune, India

Monica
Punzalan
Gurnee, IL

Catherine
Retica
Minnetonka, MN

Jake
Schaper
Marthasville, MO



Amanda
Wang
Medan, Indonesia

Emily
Richardson
Byron, Minnesota

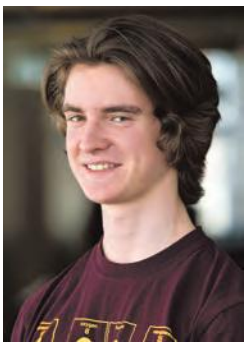
TRANSFER STUDENT LEADERS

Alissa **Clancy**
New Prague, MN

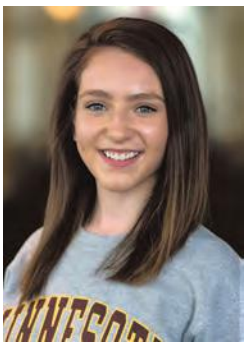
Michael Rodolfo **Corda**
Cerritos, CA

Elisabeth **Hollembaek Parr**
Moline, IL

Cody **Johannsen**
Faribault, MN

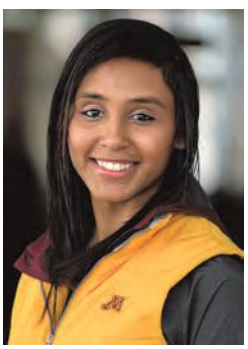


Archie **Mackinnon**
Minnetonka, MN



Sydney **Mayer**
Madison, WI

Brittney **McLaughlin**
Ottumwa, IA

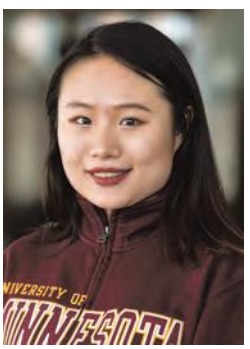


Diah **Swenson**
Duluth, MN

Andrew **Wright**
Eden Prairie, MN

Abby **Zellman**
Andover, MN

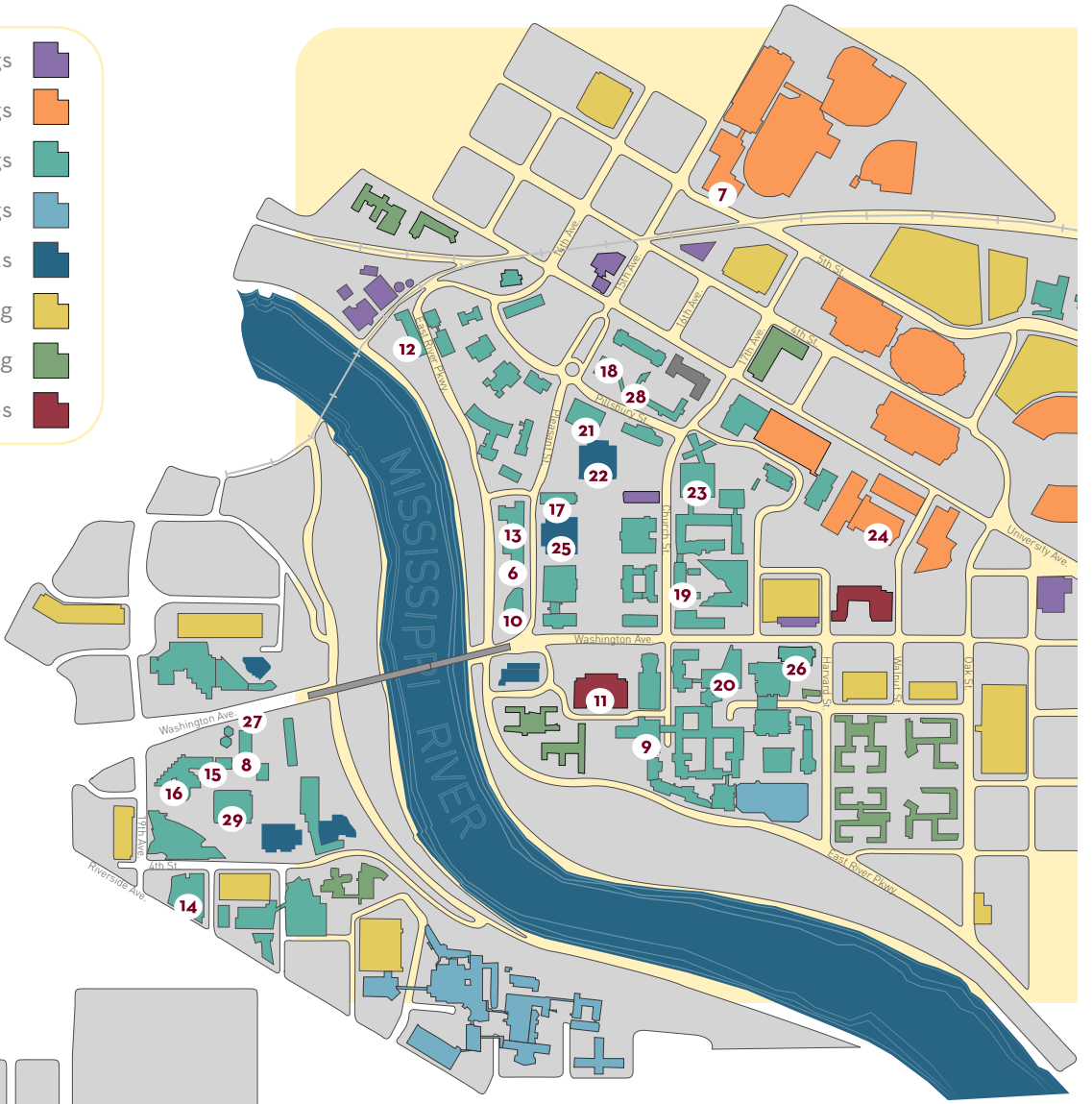
Tianyu **Zhai**
Qingdao, Shandong, China



Helene **Zheng**
Shanghai, China

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
- College of Continuing and Professional Studies 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
- Office of Undergraduate Research
- 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
- Women's Center

7 Bierman Athletic Building
- Lindahl 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 & Transition Experiences
- Postal Station
- Printing Services Copy Center
- Security
- 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 & Scholarship 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
- Student Legal Service

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

2018-19

Fall Semester 2018 (70 class days)

September 3	Monday	**Labor Day holiday**
September 4	Tuesday	**Classes begin**
November 22-23	Thurs.-Fri.	**Thanksgiving holiday**
December 12	Wednesday	**Last day of instruction**
December 13, 16	Thurs., Sun.	**Study days**
December 14-15, 17-20	Fri.-Sat., Mon.-Thurs.	**Final examinations**
December 20	Thursday	**End of the term**

Spring Semester 2019 (70 class days)

January 21	Monday	**MLK holiday**
January 22	Tuesday	**Classes begin**
March 18-22	Mon.-Fri.	**Spring Break**
May 6	Monday	**Last day of instruction**
May 7-8, 12	Tues.-Wed., Sun.	**Study days**
May 9-11, 13-15	Thurs.-Sat., Mon.-Wed.	**Final examinations**
May 15	Wednesday	**End of the term**

May Session 2019 (14 class days)

May 20	Monday	**May session begins**
May 27	Monday	**Memorial Day holiday**
June 7	Friday	**May session ends**

Summer Session 2019 (39 class days)

June 10	Monday	**Classes begin**
July 4	Thursday	**Independence Day holiday**
August 2	Friday	**8-wk. summer session ends**

2019-20

Fall Semester 2019 (70 class days)

September 2	Monday	**Labor Day holiday**
September 3	Tuesday	**Classes begin**
November 28-29	Thurs.-Fri.	**Thanksgiving holiday**
December 11	Wednesday	**Last day of instruction**
December 12, 15	Thurs., Sun.	**Study days**
December 13-14, 16-19	Fri.-Sat., Mon.-Thurs.	**Final examinations**
December 19	Thursday	**End of the term**

Spring Semester 2020 (70 class days)

January 20	Monday	**MLK holiday**
January 21	Tuesday	**Classes begin**
March 16-20	Mon.-Fri.	**Spring Break**
May 4	Monday	**Last day of instruction**
May 5-6, 10	Tues.-Wed., Sun.	**Study days**
May 7-9, 11-13	Thurs.-Sat., Mon.-Wed.	**Final examinations**
May 13	Wednesday	**End of the term**

May Session 2020 (14 class days)

May 18	Monday	**May session begins**
May 25	Monday	**Memorial Day holiday**
June 5	Friday	**May session ends**

Summer Session 2020 (39 class days)

June 8	Monday	**Classes begin**
July 3	Friday	**Independence Day holiday observed**
July 31	Friday	**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
umalumni@umn.edu
umnalumni.org

Aurora Center for Advocacy and Education
612-626-2929
612-626-9111 (help line 24 hours a day)
aurora.umn.edu

Bakken Center for Spirituality & Healing
612-624-9459
csh@umn.edu
www.csh.umn.edu

Biological Sciences, College of (CBS)
612-624-9717
cbs.umn.edu
newincbs@umn.edu

Bookstores, U of M
bookstores.umn.edu
612-625-6000

Boynton Health
612-625-8400
boynton.umn.edu

Career Services
www.career.umn.edu

Carlson School of Management (CSOM)
612-624-3313
carlsonschool.umn.edu

Center for Academic Planning and Exploration (CAPE)
612-624-3076
www.cape.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 for
612-624-6073
communitystandards.umn.edu

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
www.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
housing.umn.edu

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

International Student & Scholar Services (ISSS)
612-626-7100
isss.umn.edu

Leadership Education & Development—Undergraduate Programs (LEAD-UP)
lead.umn.edu

Learning Abroad Center
612-626-9000
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

M Dining
612-624-0558
www.dining.umn.edu
dining@umn.edu

Lindahl Academic Center
612-625-6888
lindahlacademiccenter.umn.edu

DIRECTORY

Minnesota English Language Program (MELP)
612-624-1503
ccaps.umn.edu/esl

Multicultural Center for Academic Excellence (MCAE)
612-624-6386
diversity.umn.edu/multicultural

Multicultural Student Engagement
612-625-8524
mcse.umn.edu

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
onestop.umn.edu
onestop@umn.edu

Orientation & Transition Experiences
612-624-1979 or
1-800-234-1979
ote.umn.edu
oteinfo@umn.edu

Parent and Family Program
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parent@umn.edu

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

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

Public Safety—Police/911/Security
612-624-COPS (2677)
publicsafety.umn.edu

Science and Engineering, College of
612-624-2890
www.cse.umn.edu
cseadvising@umn.edu

SMART Learning Commons
smart.umn.edu

Student Affairs, Office for (OSA)
612-626-1242
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
counseling.umn.edu

Student Employment
612-626-8608
umn.edu/ohr/studentemployment

Student English Language Support (SELS)
612-624-1503
cce.umn.edu/esl

Student Health Benefits
612-624-0627 or
1-800-232-9017
shb.umn.edu
umshbo@umn.edu

Student Legal Service
612-624-1001
sls.umn.edu
usls@umn.edu

Student Parent HELP Center
612-626-6015
www.sphc.umn.edu
sphc@umn.edu

Student Unions & Activities (SUA)
612-624-INFO (4636)
sua.umn.edu

U Card Office
612-626-9900
ucard.umn.edu

Undergraduate Education, Office of
www.undergrad.umn.edu
612-626-9425

Undergraduate Research, Office of (OUR)
ugresearch.umn.edu

University Honors Program (UHP)
612-624-5522
www.honors.umn.edu
honors@umn.edu

University Recreation and Wellness
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recwell.umn.edu

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NOTES

NOTES

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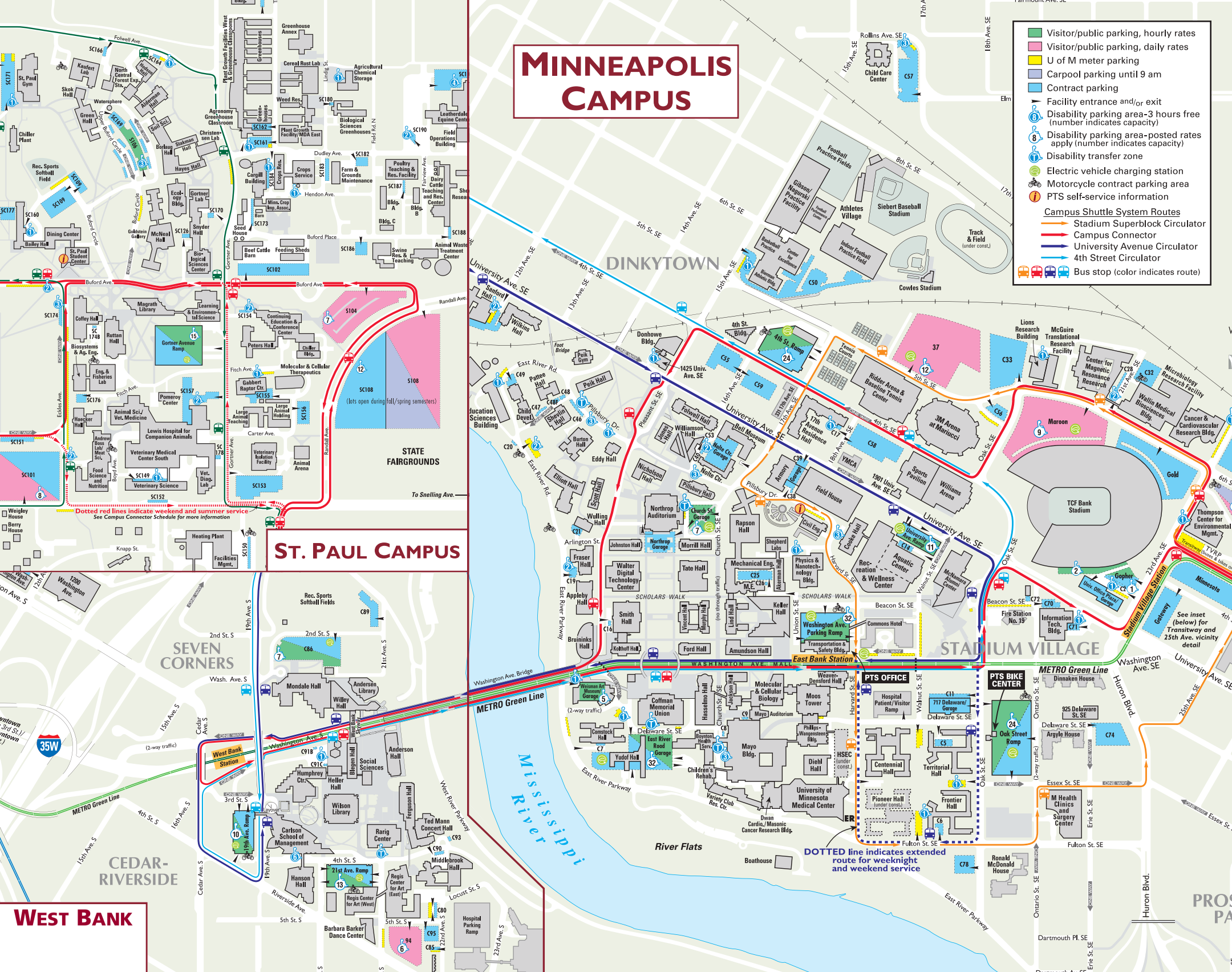
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Visitor/public parking, hourly rates
Visitor/public parking, daily rates
U of M meter parking
Carpool parking until 9 am
Contract parking
Facility entrance and/or exit
Disability parking area-3 hours free (number indicates capacity)
Disability parking area-posted rates apply (number indicates capacity)
Disability transfer zone
Electric vehicle charging station
Motorcycle contract parking area
PTS self-service information
Campus Shuttle System Routes
Stadium Superblock Circulator
Campus Connector
University Avenue Circulator
4th Street Circulator
Bus stop (color indicates route)
Dotted red lines indicate weekend and summer service
See Campus Connector Schedule for more information
DOTTED line indicates extended route for weeknight and weekend service
PTS OFFICE
PTS BIKE CENTER
East Bank Station
West Bank Station
METRO Green Line
Stadium Village Station
Washington Ave. Bridge
Buford Ave.
University Ave. SE
Washington Ave. SE
Oak St. SE
Harvard St. SE
Church St. SE
Union St. SE
Walnut St. SE
Pillsbury Dr.
Beacon St. SE
Delaware St. SE
Fulton St. SE
Essex St. SE
Dartmouth Pl. SE
Huron Blvd.
East River Parkway
East River Rd.
Fitch Ave.
Carter Ave.
Randall Ave.
Gortner Ave.
Eckles Ave.
Boyd Ave.
Cedar Ave. S
West River Parkway
Riverside Ave.
Locust St. S
Knapp St.
Weigley House
Berry House
Sanford Hall
Wilkins Hall
Donhowe Bldg.
Peik Gym
Peik Hall
Pattee Hall
Child Devel.
Education Sciences Building
Folwell Hall
Williamson Hall
Lind Hall
Bell Museum
Burton Hall
Eddy Hall
Elliott Hall
Nicholson Hall
Pillsbury Hall
Wulling Hall
Fraser Hall
Appley Hall
Bruininks Hall
Johnston Hall
Northrop Auditorium
Northrop Garage
Morrill Hall
Walter Digital Technology Center
Tate Hall
Smith Hall
Kolthoff Hall
Ford Hall
Amundson Hall
Rapson Hall
Shepherd Labs
Mechanical Eng.
Physics & Nanotechnology Bldg.
Keller Hall
Civil Eng.
Cooke Hall
Rec-reation & Wellness Center
Aquatic Center
McNamara Alumni Center
Field House
Armory
Sports Pavilion
Williams Arena
TCF Bank Stadium
Gibson/Nagurski Practice Facility
Football Practice Fields
Athletes Village
Siebert Baseball Stadium
Track & Field (under const.)
Basketball Practice
Center for Excellence
Indoor Football Practice Field
Bierman Athletic Bldg.
Cowles Stadium
Ridder Arena & Baseline Tennis Center
3M Arena at Mariucci
Lions Research Building
McGuire Translational Research Facility
Center for Magnetic Resonance Research
Wallin Medical Biosciences Bldg.
Microbiology Research Facility
Cancer & Cardiovascular Research Bldg.
17th Avenue Residence Hall
1425 Univ. Ave. SE
1901 Univ. Ave. SE
4th St. Bldg.
4th St. Ramp
University Ave. Ramp
Washington Ave. Parking Ramp
Transportation & Safety Bldg.
Commons Hotel
Fire Station No. 19
Information Tech. Bldg.
Univ. Office Plaza/Garage
Thompson Center for Environmental Mgmt.
TVRP
Gateway
Minnesota
Gopher
Maroon
Gold
See inset (below) for Transitway and 25th Ave. vicinity detail
Hospital Patient/Visitor Ramp
717 Delaware/Garage
Oak Street Ramp
925 Delaware St. SE
Dinnaken House
Argyle House
Territorial Hall
Centennial Hall
Pioneer Hall (under const.)
Frontier Hall
M Health Clinics and Surgery Center
Ronald McDonald House
Moos Tower
Mayo Auditorium
Mayo Bldg.
Diehl Hall
HSEC (under const.)
University of Minnesota Medical Center
ER
Children's Rehab.
Variety Club Res. Ctr.
Dwan Cardio./Masonic Cancer Research Bldg.
Boathouse
Phillips-Wangensteen Bldg.
Boynton Health Serv.
Coffman Memorial Union
Hasselmo Hall
Molecular & Cellular Biology
Weaver-Densford Hall
Comstock Hall
Yudof Hall
Weisman Art Museum Garage
Church St. Garage
Nolte Ctr. Garage
East River Road Garage
Child Care Center
Rollins Ave. SE
Elm
Greenhouse Annex
Cereal Rust Lab
Agricultural Chemical Storage
Weed Res.
Biological Sciences Greenhouses
Plant Growth Facility/MDA East
Plant Growth Facilities West & Controlled Atmosphere
Agronomy Greenhouse Classroom
Leatherdale Equine Center
Field Operations Building
Poultry Teaching & Res. Facility
Dairy Cattle Teaching and Res. Center
Farm & Grounds Maintenance
Crops Service
Crops Res.
Cargill Building
Minn. Crop Imp. Assoc.
Seed House
Beef Cattle Barn
Feeding Sheds
Swine Res. & Teaching
Animal Waste Treatment Center
Bldg. A
Bldg. B
Bldg. C
Hendon Ave.
Dudley Ave.
Buford Place
Buford Circle
Upper Buford Circle
Lower Buford Circle
Folwell Ave.
Linden Ln.
Kaufert Lab
North Central Forest Exp. Stn.
Skok Hall
Watersphere
Green Hall
Alderman Hall
Gulf Sci.
Borlaug Hall
Stakman Hall
Hayes Hall
Christen-sen Lab
Chiller Plant
St. Paul Gym
Rec. Sports Softball Field
Dining Center
Bailey Hall
St. Paul Student Center
Ecol-ogy Bldg.
Gortner Lab
Snyder Hall
McNeal Hall
Goldstein Gallery
Bio-logical Sciences Center
Magrath Library
Learning & Environmental Science
Coffey Hall
Ruttan Hall
Biosystems & Ag. Eng.
Eng. & Fisheries Lab
Gortner Avenue Ramp
Continuing Education & Conference Center
Peters Hall
Chiller Bldg.
Molecular & Cellular Therapeutics
Gabbert Raptor Ctr.
Large Animal Teaching
Large Animal Holding
Animal Sci./Vet. Medicine
Pomeroy Center
Haecker Hall
Lewis Hospital for Companion Animals
Veterinary Medical Center South
Andrew Boss Lab/Meat Sci.
Food Science and Nutrition
Veterinary Science
Veterinary Isolation Facility
Vet. Diag. Lab
Animal Arena
Heating Plant
Facilities Mgmt.
1200 Washington Ave.
Rec. Sports Softball Fields
Andersen Library
Willey Hall
Mondale Hall
Social Sciences
Anderson Hall
Humphrey Ctr.
Heller Hall
Wilson Library
Ferguson Hall
Ted Mann Concert Hall
Rarig Center
Carlson School of Management
Middlebrook Hall
Hanson Hall
21st Ave. Ramp
Regis Center for Art (East)
Regis Center for Art (West)
Barbara Barker Dance Center
Hospital Parking Ramp
19th Ave. Ramp
Bigelow Hall
West Bank Station
35W