If you need anything during your transition, we are here to help.

Partners in transitioning to college life: Orientation & Transition Experiences and you

The mission of Orientation & Transition Experiences is to provide high quality, dynamic experiences that cultivate community while empowering students to champion their development and leverage campus resources. 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 two years 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.
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If you need anything during your transition, we are 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! 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 Twin Cities 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 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 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:

• Make sure you share this publication with your parents and family.
• 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.

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.
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During Orientation and Welcome Week you may hear about Student Learning Outcomes and Student Development Outcomes. These outcomes provide a framework for your undergraduate experience. The University of Minnesota Twin Cities 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.

At the time of receiving a bachelor's degree, students will have the following skills:

**Problem Solving:** Can identify, define, and solve problems.

**Critical Thinking:** Can locate and critically evaluate information.

**Mastery of Knowledge:** Have mastered a body of knowledge and a mode of inquiry.

**Engaging Diversity:** Understand diverse philosophies and culture within and across societies.

**Communication:** Can communicate effectively.

**Innovation & Creativity:** Understand the role of creativity, innovation, discovery, and expression across disciplines.

**Active Citizenship:** Have acquired skills for effective citizenship and lifelong learning.

**Student Development Outcomes**

The University of Minnesota is committed to providing the best undergraduate experience possible for its students and to prepare them for the next stages of their lives. The Student Development Outcomes help students become lifelong learners and engaged and effective citizens.

University of Minnesota undergraduates will demonstrate:

**Responsibility and Accountability** by making appropriate decisions on behavior and accepting the consequences of their actions.

**Independence and Interdependence** by knowing when to collaborate or seek help and when to act on their own.

**Goal Orientation** by managing their energy and attention to achieve specific outcomes.

**Self-Awareness** by knowing their personal strengths and talents and acknowledging their shortcomings.

**Resilience** by recovering and learning from setbacks or disappointments.

**Appreciation of Differences** by recognizing the value of interacting with individuals with backgrounds and/or perspectives different from their own.

**Tolerance of Ambiguity** by demonstrating the ability to perform in complicated environments where clear cut answers or standard operating procedures are absent.

“You can read about involvement opportunities in the section “Getting Involved” on page 56.”

— first-year student

“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.”
How will you spend your time?

- [ ] hours: __________________
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JOIN THE OFFICIAL UMN CLASS OF 2026 FACEBOOK GROUP!

FIND SOME ADVICE FROM YOUR OLS
### Thinking About Your Experience

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<th>Interests &amp; Passions</th>
<th>Opportunities to Explore</th>
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### Stressors & Worries

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### Stress Indicators

- Sleeping Less or More
- Shoulder Neck/Pain
- Overwhelmed by Responsibilities
- Procrastinating
- Withdrawn from Others
- Increased Irritability

### Self Care: What Can You Do?

<table>
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<th>Physical</th>
<th>Social</th>
<th>Emotional</th>
<th>Spiritual</th>
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<td>(Go for a walk)</td>
<td>(Dinner with a friend)</td>
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LIFE AT THE U OF M

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 every state and 142 countries. 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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The U Card is the Official University of Minnesota Identification Card

Your U Card gives you access to residence halls, University buildings, athletic events & more!

The Accounts Linked to Your U Card...
- Gopher GOLD™ Account*
- Student Account
- Meal Plan
- Dining Dollars
- University Library Account

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

*The only way to pay for printing on campus

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 once you arrive on campus
- Information about picking up your U Card will be included in the online orientation
- 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.tc.umn.edu
- You can also deactivate your U Card at the U Card Office
- Replace your U Card at the U Card Office — fees may apply

facebook.com/ucard
twitter.com/ucard
ucard.tc.umn.edu
@ucardumn
ucard@umn.edu
Coffman Memorial Union – G22
Gopher GOLD™ Account

The Gopher GOLD account allows you to make purchases all across campus using your U Card. It’s a campus currency attached to your student ID. There is no need to worry about carrying your purse or wallet with you on campus, just use your U Card to make all your purchases.

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 automatically linked on every U Card. Balances will roll over every semester/year as long as the account remains active.

You may store up to $1,000 in your Gopher GOLD account and balances can be viewed online (g4g.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 can deposit to a student’s Gopher GOLD account by going online to g4g.umn.edu. You must know the student’s Internet ID.

Convenient Campus Banking

Between studying, working, and having a social life, you’ve got a lot on your plate. Stash the cash you need for books, bills, and more. We’re here to help make managing your money as easy as possible!

Features

- Use your debit card or mobile wallet to shop online and in stores, on or off campus.
- Direct deposit paychecks or financial aid checks to get money faster.
- Easy access to ATMs on or off campus, where you can withdraw cash for free, including 15 on-campus ATMs and two full-service banking centers.
- Use the mobile app with online bill pay, mobile check deposit, and more.
- Link your debit card to your mobile wallet to pay with your phone.

Details

- Free U of M sweatshirt when you open an account with $25 or more.¹
- Visit a local banking center or one of our on-campus locations when you arrive in the fall.

¹ Free sweatshirt with first deposit of $25 or more into a new campus checking account. Visit an on-campus banking center to verify the deposit and pick up a sweatshirt. Limit one per customer. Recipient is responsible for all taxes. The block M is a mark of the University of Minnesota under license.

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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

IN THIS SECTION

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You will likely live many different places during your time at the University of Minnesota. Some of you will live in on-campus housing while some of you will commute to campus. Many of you will 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

University Housing
Housing & Residential Life offers lots of opportunities to make campus your new home away from home. Over 5,000 new students live in the University’s nine residence halls and four apartment buildings. Research shows that students who live on campus are more academically successful and are more engaged in college life.

Read on for details about what to bring, move in, and programs and policies designed to help students thrive in a safe and supportive environment.

International Housing
Prior to the start of the fall semester, temporary housing is available for newly admitted international students. For more information, go to housing.umn.edu/international.

Housing assignments
Students who completed their housing application will get an email with their room assignment at the end of July. This email will include a link so you can look online for details about where—and with whom—you will be living.

Housing assignments are made in the order applications are received, so you will have a better chance of getting your preferred assignment if you apply early—that includes completing the housing application, a $50 application fee, and a $200 housing guarantee payment/extension. Assignments are then made based on preference and what is available, in the following order:

1. Living Learning Community (LLC).
2. Specific, mutual roommate requests.
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 15: Students assigned to Radius, Keeler, Wilkins, and Yudof may move in beginning at 8:00 a.m.

TO DO:

- Watch your UMN email for your housing assignment and move-in instructions.
- Make lists of what you have for your room and what you need. Contact your roommate/s to avoid bringing duplicate items.
- Look into homeowner’s insurance coverage information and/or renter’s insurance (review page 12 for more information).
August 29 and 30: 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.

August 31: Transfer students may move in beginning at 8:00 a.m.

September 3: All other students move in beginning at 8:00 a.m.

**Move-In**

**Roll up, unload, roll out**

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

Welcome Week Leaders and University staff will be available August 29 and 30 at the residence halls 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. If you prefer, you can bring a handcart of your own.

**Parking**

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 29 and 30 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)

**Please note:**

Within 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. You may bring these items if you are assigned to an apartment.

**WHAT WE RECOMMEND YOU BRING:**

- Personal computer and Ethernet cord (14 foot minimum length)
- Non-halogen desk, floor, or bedside lamp
- Extra-long twin sheet set (80 inches), pillow, and blankets*
- Towels and washcloths
- Alarm clock
- Bathrobe
- Health-related items (masks, hand sanitizer, thermometer, etc.)
- 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
- TV and cables compatible with coaxial or ethernet
- Dishes and utensils

*Bed sizes differ in Radius and Keeler

**Technology (TV and internet) differs in Radius Apartment. TV differs in Pioneer Hall. For more information, visit their respective websites:**

housing.umn.edu/(radius
housing.umn.edu/pioneer

**Please note:**

Within 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. You may bring these items if you are assigned to an apartment.
WHERE YOU LIVE

Making the Most of Your Space

Loft and bunk information
Housing & Residential Life provides residence hall students with convenient loft and bunk options. 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.

More information about your room will be available in the online move-in guide.

Refrigerators and microwaves
If you wish, students living in residence halls may purchase a small refrigerator and/or microwave through the University Bookstores that meet Housing & Residential Life standards.

University Bookstores will accept orders while supplies last and notify you with pick up information prior to move-in. Visit z.umn.edu/bookstores-appliances for details.

Sending and receiving packages
Packages will be accepted for residents starting August 25. The Information Desks at each residence hall/apartment will only accept packages sent through 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. Items will not be accepted and/or held for residents at the information desks.

Technology in your room
Each resident will receive one high-speed wired connection in their residence hall room. You must bring an Ethernet cable and device adapter to use the wired connection. The wired Ethernet connection is the fastest, most reliable, and most secure way to connect to the internet. A wired connection is required for streaming or gaming.

Details on how to connect to the internet with Ethernet or WiFi can be found at housing.umn.edu/residents/tech/internet. 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.

Television
UMN-TV* provides online streaming through our private logon to Xfinity on Campus (XoC) for their channels, HBO Max and TV Everywhere. In addition to select LG and Samsung smart TVs, UMN-TV can be streamed on computers, Roku, and iOS/Android devices with the Xfinity Stream app. More details are at housing.umn.edu/residents/tech/tv.

* UMN-TV offerings in Radius apartments differ. Review the website for more information.

Use your building’s technology lounge for printing and more
Please do not bring a personal printer with you. They can result in WiFi disruptions and problems (both for yourself and others). Each residence hall and apartment has a Technology Lounge available 24/7 (with U Card) where it is cheap and easy to print — only $0.05 per page for black and white and $0.10 per page for color. You can either log in at the computers there or use a Cloud printing service.

In addition to this pay-for-print option, the tech lounge computers have Adobe Creative Suite (Illustrator, Photoshop, InDesign, Acrobat Pro, and more) and Microsoft Office. Each building also has a Computer Center Coordinator who can assist with troubleshooting software and hardware problems, UMN-TV, printing support, and computer center maintenance.

More information:
Visit housing.umn.edu/residents/tech to review technology services—WiFi, Ethernet, UMN-TV, and telephone—in residence halls and apartments. Find more on how to prepare your devices on page 42.
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, Keeler, Wilkins, and Yudof. (Radius utilizes a different system.) To get in, swipe or tap your U Card at the card reader. You will need your U Card during Move-In.

If you are having issues with your U Card at your residence hall/apartment, visit the Information Desk 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 for help. Read more about your U Card on page 7 and at ucard.tc.umn.edu.

Our Community Behavioral Standards
To ensure a healthy and respectful environment for all residents, guests, and staff, Housing & Residential has developed Community Behavioral Standards. These standards are expectations rooted in respect for the rights and responsibilities of all community members, and they reflect the commitment necessary in community living situations.

If a student is believed to have violated these standards, they will go through the Housing & Residential Life Student Conduct process. This is designed to be an educational (rather than punitive) process. Working with staff, students will gain an increased understanding of themselves along with the commitments they have to others, the importance of personal responsibility, and the value of fairness.

All residents should take time to review and understand both these expectations and their rights. Policies, regulations, and answers to many questions can be found at housing.umn.edu/community/policies.

If there is an emergency in an on-campus residence hall/apartment: Call 911 first and then contact your Community Advisor (CA), the CA on duty, or the security monitor on duty for additional support. For more information about safety, review housing.umn.edu/residents/health-safety.
WHERE YOU LIVE

Where U Belong

Living on campus is an amazing way to develop a sense of belonging as you make connections with other students and become a part of the campus community. The learning you do and experiences you have living on campus can set you on a path to achieve your personal and professional goals.

In Housing & Residential Life, we work with students to create understanding, supportive, and inclusive communities. We also help one another acknowledge and reduce the barriers for marginalized populations on campus and in society.

Students will connect with their neighbors through events and engagement opportunities around their passions, interests, and talents.

Supporting you on your path to creating a rewarding campus experience is a priority for our staff. These efforts begin with your Community Advisor, a student leader who will work hard to get to know you, help you meet other people, provide support and resources so you can be successful, and help you learn about the University. Think of them as an important part of your campus support system. You can learn more about the dedicated team of professional and student-peer staff in your building at housing.umn.edu/community.

MORE HOUSING-RELATED LINKS:

CONNECT & EXPLORE
housing.umn.edu/live-here

GET INVOLVED
housing.umn.edu/community/get-involved

CONTACT US
housing.umn.edu/contact

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

ROOMMATE TIPS
housing.umn.edu/roommates

WORK WITH US
housing.umn.edu/jobs/students

RESOURCES
housing.umn.edu/residents

TECH SERVICES
housing.umn.edu/residents/tech

REQUEST A ROOM REPAIR
housing.umn.edu/fixit

Living Off Campus

Whether you are living at home with family 20 miles away from campus or in an apartment with friends just down the block from Memorial Union, 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 Food Co. offers meal plans specifically for commuting students (see Eating on Campus, page 18).

Off-Campus Living

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.
Building community

There are over 800 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 Canvas. 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). Respond yes or maybe on the Gopher Hall question on WW Event Selection to be invited or contact ocl@umn.edu to request to be added.

You should also check out Commuter Connection. They offer programming and resources specifically for commuter students as well as an active Discord channel. In their space (at 204 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 62 for more information.)

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)

Be aware that a lease is a binding contract. 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 typically 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 “Our Community” at fsl.umn.edu.

Finding a place to rent

Housing & Residential Life offers a free rental listing service. U of M students can view all listings and post sublet listings at listings.umn.edu. 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.

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 Canvas group to stay connected and get updates about living off campus.
- Watch for the Off-Campus Student Mailer in (August) for information about Welcome Week.
EATING ON CAMPUS
The where, when, and how

DINING DOLLARS
Dining Dollars are loaded onto your U Card and can be used at any dining location on campus including at Starbucks, Panda Express, Subway, Chick-fil-A, Erbert & Gerbert’s and more.

TAKE YOUR MEAL TO GO!
Grab a meal on-the-go with M Food Co. To-Go Program

MOBILE ORDERING ON CAMPUS
Want to order ahead? Download the Boost Mobile Ordering app and skip the lines!

MEAL PLAN OFFICE
The meal plan office can answer all of your questions.
For more information, contact the meal plan office at mealplan@umn.edu.

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Eating on campus will be an integral part of your life at the University of Minnesota. There are more than 20 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 your meal plan when you applied for housing. If you are a commuter or will live in an apartment on or near campus, M Food Co. offers meal plans, block plans and Dining Dollars plans to fit your schedule.

Residential meal plans come with two dining features—meal swipes for all-you-care-to-eat meals at residential restaurants or Dining Dollars. Dining Dollars can be used at any M Food Co. operated location on campus including Starbucks, Panda Express, and more! Your meal plan can be used in any of the six dining centers at Bailey, Comstock (residents only), Middlebrook, Pioneer, Sanford, and 17th Ave Hall.

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

Students living in residence halls

With All Access Dining plans, 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 be automatically assigned to the Unlimited Silver Plan.

RESIDENCE HALL STUDENT MEAL PLAN OPTIONS 2022-2023*

<table>
<thead>
<tr>
<th>PLAN</th>
<th>INCLUDES</th>
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</thead>
<tbody>
<tr>
<td>Unlimited Silver Plan</td>
<td>Unlimited meals + $100 Dining Dollars</td>
</tr>
<tr>
<td>Unlimited Gold Plan</td>
<td>Unlimited meals + $200 Dining Dollars</td>
</tr>
<tr>
<td>Unlimited Platinum Plan</td>
<td>Unlimited Meals + $300 Dining Dollars</td>
</tr>
</tbody>
</table>

* Meal plan options are subject to change. Visit dining.tc.umn.edu for the updated information.

It’s as simple as a swipe

A magnetic strip on the back of your U Card works with the M Food Co. 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 choose to pay with cash or credit/debit card.

Students living in apartments or commuting

Apartment and commuter students have the option to choose a meal plan at any time, but it is best to make the request by August 21. 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 Dining Dollars plans—a flexible option for students with a busy schedule. Meal swipes can be used at Middlebrook, 17th Ave, Sanford, Bailey, or Pioneer restaurants.

ON CAMPUS APARTMENT AND COMMUTER MEAL PLAN OPTIONS 2022-2023

<table>
<thead>
<tr>
<th>PLAN</th>
<th>INCLUDES</th>
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</thead>
<tbody>
<tr>
<td>Unlimited 24/5 Plan</td>
<td>Unlimited Weekday Meals + $300 Dining Dollars</td>
</tr>
<tr>
<td>150 Block</td>
<td>150 Meals per semester + $100 Dining Dollars</td>
</tr>
<tr>
<td>80 Block</td>
<td>80 Meals per semester + $100 Dining Dollars</td>
</tr>
<tr>
<td>50 Block</td>
<td>50 Meals per semester + $100 Dining Dollars</td>
</tr>
<tr>
<td>$315 Dining Dollars</td>
<td>Get a $15 Bonus when you purchase $300 Dining Dollars</td>
</tr>
</tbody>
</table>

* Meal plan options are subject to change. Visit dining.tc.umn.edu for the updated information.
What are Dining Dollars?

Along with access to the residential restaurants, each meal plan comes with Dining Dollars that can be used at any on-campus M Food Co. location, including Starbucks, Panda Express, Chick-fil-A, Subway, Erbert & Gerbert’s, Caribou Coffee, and more. These funds are conveniently loaded on your U Card.

Dining Dollars make 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 Dining Dollars. They will swipe your card and deduct your purchase from your Dining Dollars account balance. M Food Co. also accepts Gopher GOLD™.

Students can add to their Dining Dollars account as needed throughout the semester in $25 increments at the U Card Office in Coffman Union (with credit/debit card, cash, or check), or online at z.umn.edu/diningdollarsbalance.

You can check your Dining Dollars 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/diningdollars.

Unused Dining Dollars carry over through semesters in the same academic year until the balance has been used. Each May, any funds remaining in individual Dining Dollars accounts will be removed and transferred to the U of M.

Commuter students can purchase Dining Dollar-only plans.

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

Dining Dollars—The Perfect Gift

Hey, parents—and grandparents, aunts, uncles, and friends—Dining Dollars make a great gift! Treat your student to a Starbucks coffee or lunch by adding Dining Dollars to their U Card. For more information, contact the meal plan office at 612-624-0558 or visit z.umn.edu/diningdollars.

TAKE YOUR MEAL TO GO!

Grab a meal on the go with the M Food Co. To-Go Program for those on a student meal plan. You can use your to-go box to carry out a meal from your favorite residential restaurant. If your box is misplaced, a replacement can be purchased for $5.

For more information, visit z.umn.edu/diningtogo.
Residential restaurants

Finding a place to eat

Residence hall students with meal plans can eat at any of the six all-you-care-to-eat residential restaurants for breakfast, lunch, brunch, and dinner. Enjoy international entrées, home-style grill items, fresh pizza, make-your-own salads, and more. There are vegan and vegetarian selections every day as well as salads, deli sandwiches, soup, and rice. Residential meal plan holders always have access to our on campus Registered Dietitian.

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, Einstein Bros, Chaat House, Erbert & Gerbert’s), Recreation and Wellness Center (Shake Smart)

West Bank: Carlson Food Court (Panda Express, Tu Taco), Blegen Hall (Subway)

St. Paul: Terrace Café (Wild Pie, Market, and More)

Campus coffee

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

East Bank: Einstein Bros Bagels, Starbucks, Brew Bike Coffee, Caribou Coffee, The Minnesota Mug

West Bank: The Minnesota Mug, Caribou Coffee

St. Paul: The Minnesota Mug

Convenience stores

Residential convenience stores are in Centennial, Middlebrook, and Sanford Halls and offer everything from snacks to shampoo. Convenience items can also be found at retail locations in Blegen Hall and the St. Paul Student Center. Stock up using your Dining 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 Food Co. offers a variety of healthy options, including low-fat, avoiding 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 Food Co. offers individualized help if you are on a special diet. Students can meet with a Registered Dietitian to discuss special dietary needs and dining options. Email dining@umn.edu for more information.

- Daily menus and nutrition information is listed at z.umn.edu/menus.

- M Food Co. offers G8 allergen stations in Pioneer, 17th Ave, Sanford and Middlebrook Hall. This station features a full meal option made without the top eight allergens. The items served at the station are also gluten free.

- The Student Nutrition Advocacy Collaborative (SNAC) provides free nutrition check-ups with a trained peer educator. Learn more at boynton.umn.edu/snac.

- Discover what healthy food can do for you and sign up to receive nutrition news, recipes, and cooking tips at dining.tc.umn.edu.

Gopher GOLD™

You can use Gopher GOLD to make purchases across campus, including M Food Co. locations. 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 g4g.umn.edu, at the U Card Office, or at a Cash-to-Gopher GOLD Station.

<table>
<thead>
<tr>
<th>Accepted At:</th>
<th>Dining Dollars</th>
<th>Gopher GOLD™</th>
</tr>
</thead>
<tbody>
<tr>
<td>Residential Restaurants</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>On-Campus Food Courts</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>On-Campus Coffee Cafés</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Dining at Northrop</td>
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<td>X</td>
</tr>
<tr>
<td>Residential Convenience Stores</td>
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<td>X</td>
</tr>
<tr>
<td>SUA Gopher Express &amp; Gopher</td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Spot Convenience Stores</td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>SUA Game Rooms &amp; Information Desks*</td>
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</tr>
<tr>
<td>Coffman Union Post Office</td>
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<tr>
<td>Printing Services Copy Centers</td>
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</tr>
<tr>
<td>Vending Machines</td>
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<tr>
<td>Library Print Stations &amp; Photo Copiers</td>
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<tr>
<td>Computer Lab Print Stations</td>
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<tr>
<td>University Bookstores</td>
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<tr>
<td>Weisman Art Museum Shop</td>
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<tr>
<td>U of M Bike Center</td>
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<table>
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<th>Gopher GOLD™</th>
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<tbody>
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<td>Deposit with Credit Card</td>
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<td>Deposits can be Made Online</td>
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<td>Deposit in Person</td>
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<tr>
<td>Deposit at Cash-to-Gopher GOLD Station</td>
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<tr>
<td>Fee for Online Transfer</td>
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<td>X</td>
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<tr>
<td>Fee to Close Account</td>
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<tr>
<td>Minimum Deposit</td>
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<td>$10**</td>
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<th>Program Specs:</th>
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<td>Rollover Funds, Until One Year of Inactivity</td>
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<td></td>
</tr>
<tr>
<td>Balance Available After Each Transaction</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Check Balance Online</td>
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<td>X</td>
</tr>
<tr>
<td>Reload Bonus Program</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Most Food and Beverage Purchases are tax exempt</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>Included in Meal Plan</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>Sign up for Parent Guest Access</td>
<td>X</td>
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</tr>
</tbody>
</table>

*SUAs=Student Union & Activities

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

M Food Co. works daily to create a dining environment that has a positive impact on people and our planet. That is why our Sustainability Plan is centered around two key goals: Enabling the wellbeing of thousands of employees, students, and community members, and protecting the environment that allows us to operate and serve food here at the University of Minnesota. Priorities such as inclusive and responsible sourcing, package reduction, food waste minimization, purchasing local, menu engineering, and customer education all play an important role in helping us reach our sustainability goals.

Waste Minimization

In an effort to reduce single-use plastic waste being sent to landfills, M Food Co. locations source compostable cups, straws, containers and utensils in all dining locations, and offer reusable containers in the residential restaurants. We also utilize 100% post-consumer waste recycled and recyclable materials.

Source Ethically and Inclusively

M Food Co.’s culinary team works closely with local growers to plan seasonal menus, utilizing fresh, locally grown produce whenever seasonally available. We are also continuously looking to expand our network of local, minority, and women owned suppliers to provide products and services that are culturally relevant to our students.

We are committed to sourcing seafood that meets Monterey Bay Aquarium Seafood Watch. We utilize cage free shell eggs, reduce antibiotic poultry, and use rBGH free milk and yogurt. Additionally M Food Co. is committed to policies that help reduce food insecurity on campus and provide better working conditions for the people growing and harvesting our produce.

SUSTAINABLE CERTIFICATIONS

There is no shortage of sustainably certified coffee, tea, produce, snacks, and seafood across residential, retail, coffee, and catering dining locations at the U of M. Look for sustainable certifications on your favorite products and menus all year long!
Visit M Food Co. online at dining.tc.umn.edu, for questions about dining on campus.

**IMPORTANT M FOOD CO. DATES**

- **AUGUST** — Reminder to order your apartment/commuter meal plan
- **SEPT. 1** — Dining Dollars activated
- **SEPT. 3** — Fall meal plans start
- **NOV. 24-25** — Thanksgiving break, Residential Restaurants closed
- **NOVEMBER – DECEMBER** — Meal plan change period for Spring
- **DEC. 22** — Fall meal plan ends
- **DEC. 23–JAN. 13** — Winter break, Residential Restaurants closed
- **JAN. 14** — Spring meal plan starts
- **MARCH 5–10** — Spring break, Residential Restaurants closed
- **APRIL 11** — Fall apartment/commuter meal plan orders open
- **MAY 10** — Spring meal plan ends

Dates are subject to change. Check dining.tc.umn.edu for updates.

**REMINDERS**

- Dining Dollars will rollover from fall semester to spring semester. Dining Dollars expire at the end of spring semester and do not rollover year over year. Visit any M Food Co. retail location to use your Dining Dollars.
- Off-campus students: Order your meal plan or Dining Dollars now so your U Card is ready for the start of the year.
- Need a job? M Food Co. is the largest on-campus student employer. Learn more at dining.tc.umn.edu/jobs.
GETTING AROUND

84,000 people on campus every day

27% of students take a bus to campus

1,200 active Zap! members ride their bikes

U-Passes purchased in fall 2021

CAMPUS BUSES

476,980 miles driven

47,783 hours buses are on the road

264,979 riders on the campus buses (2020-21)

PARKING

1,520,478 vehicles parked on U of M campus each year (2020-21)

13,491 contract parking spaces on campus

6,321 public parking spaces on campus

20,242 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 pts.umn.edu.

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-Pass as you will have to pay to replace it.

More information: z.umn.edu/upass

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 U-Pass.

More information: z.umn.edu/zonepass

Paratransit Service

Anyone who is unable to use fixed transit and needs special transportation service while on campus can request an accessible ride (curb-to-curb). University Paratransit

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

Service is available Monday-Friday, 7:00 a.m.-9:20 p.m. To schedule a ride, go 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

Public Parking
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 108 (near the St. Paul campus) for $6 Monday through Friday. Ramps and garages typically charge for every hour you are parked. Find more parking information at z.umn.edu/visitor.

Carpool
Gopher RideShare is a U of M database to connect and share your commute with others. Save time and money and reduce congestion. Download the Gopher RideShare app in the Apple store or on Google Play. Learn more at gopherrideshare.umn.edu.

More information: z.umn.edu/carpool

Rent a car
If you don’t have a car on campus and want 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. One-time registration fee is $25. Vehicles may include fuel-efficient hatchbacks, sedans, utility vehicles, and pick-up trucks. Drive to the suburbs, go on a job interview, or use the vehicle for Saturday night dates. Student rates are $6/hour or $45/day, 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

Maps:
www.umn.edu/pts/maps

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.
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.

## Motorized foot scooters

These rentable scooters are on campus and must be operated like a bicycle. Visit z.umn.edu/scooters for more information.

## 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.

When operating, Boynton Health’s Gopher Chauffeur is a late-transportation service for U of M students provided by Boynton Health. See boynton.umn.edu/gopher-chauffeur for details.

Both Campus Connector and University Avenue Circulator buses run during late-night hours. See details here: z.umn.edu/shuttle.

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

JUMP-START OR ADD AIR TO A FLAT TIRE:
pts.umn.edu/park/park

TRAVELING OUTSIDE THE METRO AREA:
pts.umn.edu/transit/transit
Your Safety

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.

The University of Minnesota Police Department (UMPD) is a 24/7, 365-days-a-year police department with over 55 sworn officers whose mission is to keep the University and its people safe.

UMPD has specialized units such as K9, community engagement, and investigations.

Follow our work on social media!

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.

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

UMPD can be contacted day or night by calling 911.

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UMNpublicsafety

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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 55 full-time sworn peace officers. The department responds to all calls for service on the Twin Cities campus. The Community Investigations Division (CID), Community Engagement Team (CET), a bias crime investigator, K-9 officers, and mental health officers all work together to address current trends and concerns while keeping the campus safe for all.

**University Security**

University Security serves 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, dispatching the appropriate responders to assist in coordinating responses. They also provide video surveillance monitoring and card access services for the University.

**Emergencies on campus**

In the event of a campus emergency, notification occurs in a number of 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-campus.umn.edu](safe-campus.umn.edu)

- **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)
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 without the worry of needing to respond to 911 calls. A lieutenant and three officers are assigned to the Community Engagement Team (CET). The officers work primarily 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 Coffee Stops, workshops, and meet-and-greet opportunities. To be more accessible to students and staff, UMPD CET also establishes locations on the University’s East and West bank campuses as well as the St. Paul campus where 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, Law Enforcement Torch Run, Foot Beats, Meet And Greets, Cops N’ Coffee, Safety Presentations/Active Threat Presentations, Self-Defense Workshops, Community Partnerships, Read Across America, Bicycle Safety Campus, and Community Picnics
Aurora Center for Advocacy & Education
You will see signs for Aurora around campus. The center provides a safe and confidential space (in Appleby Hall) for students, faculty, and staff who are victims/survivors or concerned people of sexual assault, relationship violence, sexual harassment, 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 drop-in hours that include a variety of options, emotional support, referrals, and advocacy. (The University defines sexual assault as (1) actual or attempted sexual contact without affirmative consent; or (2) a threat to engage in contact that would be, if the threat were carried out, sexual contact without affirmative consent.)

Affirmative consent
Affirmative consent is freely and affirmatively communicated words or actions given by an informed individual that a sober reasonable person under the circumstances would believe communicate a willingness to participate in the sexual contact. This definition of consent does not vary based upon an individual’s sex, sexual orientation, gender identity, or gender expression.

More Information: policy.umn.edu/operations/sexualassault

Aurora prevention education
Aurora provides prevention education and workshops covering a variety of topics featuring custom scenarios across the campus community for students, staff, and faculty. Aurora’s workshops work to build empathy for survivors and help people understand sexual violence, explore intersectional identity, learn bystander intervention skills, and promote peer accountability and culture change.

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
- Duo Security (two-factor authentication) is required to access many UMN applications, including MyU, Canvas, and Gmail. What happens if the phone you enrolled in Duo is lost, broken, stolen, or dead? Be prepared! Learn how to enroll a backup device (phone or tablet) or generate bypass codes at z.umn.edu/DuoDevices.
- 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.
- 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

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 54 to learn more about the required online courses.
Your Safety

• 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.

Safety in on-campus housing
 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 may need to update your U Card details with your building’s Information Desk to regain access.

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.
• The Information Desk in each residence hall and apartment building is open 24 hours a day during the academic term.

Safety on-the-go
As you navigate to, from, and around campus, consider these tips to keep you safe.

Driver safety
• Always wear your seat belt.
• Be aware of pedestrian and bicycle traffic.
• Always close your windows and sunroof and lock your doors, even if you will only be gone a short time.
• Put all belongings, valuables, and packages in the trunk.
• If you own a moped, motorized scooter, or motorized bike, you must be licensed and have insurance for that vehicle.
• Have your keys in your hand before arriving at your car.
• Lock your door while driving.

Transit safety
• Do not step into the roadway until the bus has stopped and the door has opened.
• Cross at least 10 feet in front of a bus so the driver can see you.
• Do not run to catch the bus.
• Never stick your arms or legs in the doors to prevent them from closing.
• Keep aisles clear of feet, books, bags, etc.
• Allow other passengers to exit before you board.

Light Rail safety
• Tracks are for trains and buses. Never walk on tracks, and stay away from switches which can move at any time.
• Look both ways for oncoming trains, buses, and bicycles as you enter an intersection.
• Cross only at intersections and legal, signed mid-block crosswalks.
• Running or horseplay on the platform is dangerous—especially near moving trains.
• Turn down your mobile device near the platform and rail crossing.
• Bicyclists are not allowed to turn left to cross the tracks and must use designated bike boxes.

TOOLS FOR YOUR SAFETY
The RAVE Guardian Campus Safety App provides additional safety to students as they walk through campus. The app provides users a virtual walking buddy and a direct connection to the campus 911 center. Learn more at z.umn.edu/raveguardian.

Smart 911 helps first responders be aware of important information, such as medical conditions, your location, and emergency contacts, that will help them address better your emergency. This private and secure service is provided by the University and helps save time when seconds matter. Create your profile at smart911.com.
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: Certain 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 ID (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.

Student Legal Service

160 West Bank Skyway
612-624-1001
sls.umn.edu
Manage your University finances in the My Finances tab of MyU.
myu.umn.edu

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

Wondering when to expect your financial aid awards?
Learn more:
z.umn.edu/tcawardingtimeline

Need to grant account access to a parent or guest?
Learn how here:
z.umn.edu/parentguestaccess

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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 studentaid.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.

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 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/residency. You may contact the Residency Classification Office at otr@umn.edu.

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

THERE ARE SEVERAL STEPS INVOLVED WITH RECEIVING FINANCIAL AID:

- Fill out a free application for Federal Student Aid (FAFSA) studentaid.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 offer between March and July. Respond to the electronic Financial Aid offer 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.
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 also 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 system.umn.edu/minnesota-dream-act for more information.
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 9:00 a.m.-4:00 p.m. (Monday-Friday). One Stop Student Services centers are located on all Twin Cities campuses.

East Bank
333 Bruininks Hall (primary location)
222 Pleasant St. SE.

West Bank
130 West Bank Skyway
219 19th Ave. S.

St. Paul
130 Coffey Hall
1420 Eckles Ave.

Find current hours for all One Stop locations at z.umn.edu/contact.
FINANCING YOUR EDUCATION

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

The budgets are useful guides that show the cost of tuition and fees, books and supplies, room and board, transportation, and personal expenses. If you will have additional expenses that are not included in the COA, contact One Stop for an adjustment to your award. More information is available at onestop.umn.edu.

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: z.umn.edu/FinancialWellnessAppt

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 one business day 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. Buyback funds are given out in cash.) 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 deposit to the account before 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 g4g.umn.edu to make a deposit. After you have made a deposit, bring your U Card to the cashier and say you'd like to use Gopher

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.
GOLD to pay for your purchases. The cashier will swipe your U Card and then deduct the total from your Gopher GOLD account balance. You can check your Gopher GOLD purchases and balance online at g4g.umn.edu.

**Student Employment**

**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 2022 can begin working their new position on August 15, 2022.

If you experience concerns relative to your student employment job, contact Student Employment Programs with questions at stdtemp1@umn.edu.

International students are eligible for on-campus student employment opportunities. Please contact ISSS if you have questions regarding employment eligibility.

**Online job listings**

Handshake (handshake.umn.edu) is the U of M’s online database that connects students and alumni with employers, volunteer organizations, and internships across the country.

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**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. Read and follow instructions in the “How to Apply” section. Upload a cover letter and/or resume, if requested.
3. Applicants MUST meet all minimum qualifications and click the <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. Review information (and update as needed) by clicking on the pencil icon.
6. 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 can apply for all job openings that are listed on the employment website and any work study jobs listed on Handshake.
- 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 graduation. 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 Food Co. — dining.tc.umn.edu/jobs
- Student Unions & Activities — sua.umn.edu/jobs
- Recreation and Wellness — recwell.umn.edu/about/jobs-recwell
- U of M Bookstores — bookstores.umn.edu/employment
- Facilities Management — humanresources.umn.edu/jobs
- Orientation & Transition Experiences — ote.umn.edu/leadership
- Multicultural Center for Academic Excellence (MCAE) — mcae@umn.edu
- Boynton Health — bh-quest@umn.edu
- U of M Libraries — lib.umn.edu/about/student-jobs
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.

UNIVERSITY OF MINNESOTA FOUNDATION
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 at z.umn.edu/callers

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 an anonymous report online: ureport.umn.edu
• Email: endbias@umn.edu
• Additional resources: bias-response.umn.edu
GETTING STARTED GUIDE
Even before you arrive on campus, you can set up your account & start using UMN 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 TOS
Get started using, troubleshoot problems, or improve your skills with technologies you use at the U. Visit it.umn.edu and type a technology name in the search bar to see how-to articles and 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. Visit z.umn.edu/softwareforU.

CANVAS
Canvas is an online learning platform where you will access course material, submit assignments, take quizzes, view grades, and interact with classmates and instructors. Get started at z.umn.edu/studentcanvas.

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Students are provided with a number of technology resources and tools to connect 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, and 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.
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 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 Google Workspace 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/google-workspace

Purchase discounted hardware and software

The University works with vendors to provide discounts on a variety of products, including hardware, software, and electronic accessories 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

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 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. Charge your technology purchases to your student account when you shop in-store or online. 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, and cell phones. Visit mtech.umn.edu to determine your trade-in value.

The U of M Bookstores also provide on-campus repairs and upgrades for Mac and some PCs, as well as Apple warranty services from a team of certified technicians.

More information: 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. All students are required to use 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

GET CONNECTED

The University of Minnesota WiFi network is secure, reliable, and fast. EDUROAM is the preferred secure 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 at 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 advisor. 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 g4g.umn.edu to deposit. After you have money in your Gopher GOLD account, swipe your U Card to release your print job from the printer workstation. The total cost will then be deducted from your Gopher GOLD account balance. 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 for a possible credit back to your Gopher GOLD account.

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
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. Never give out personal information such as your social security number, student ID number, or bank account numbers. If such information is requested, be sure to verify the authenticity of the request.
• 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.
2 in 5 students are diagnosed with a mental health condition

Boynton Health provides care for people at more than 100,000 visits each year. boynton.umn.edu

100+ therapy animal teams at Boynton Health’s PAWS (Pet Away Worry & Stress) boynton.umn.edu/paws

16 different intramural leagues

- 3v3/5v5
- Flag
- Floor/Ice
- Softball
- Dodgeball
- Ultimate
- 5v5/8v8
- Arena/Stadium
- Indoor/Outdoor
- 4v4 / 6v6
- Racquetball
- Tennis
- Squash
- Badminton

9,000 Bike racks on campus

In this section

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- Mental Health Services .................................................. 50
- Wellness ........................................................................... 53
“My experience at Boynton was enjoyable and comfortable. I felt at ease, respected and cared for. Everyone there was kind and thoughtful, and I really appreciated the professional environment.”

You will have access to great health care while you are at the University of Minnesota. This section will tell you what services you can find and where. It covers wellness, exercise, and mental health, too.

**Health insurance**

All students who are 1) admitted to a degree program and 2) registered for 6 or more credits per semester (that count toward the automatic assessment of the Student Services Fee explained on page 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](http://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. 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](http://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 [shb.umn.edu](http://shb.umn.edu).
Taking care of U

Boynton Health is your on-campus health care provider with services on East Bank, West Bank, and in St. Paul.

Making your own appointment might feel intimidating at first. But Boynton Health is here to help. We strive to care for you in a culture that supports equity, inclusion, and respect. At Boynton, you have access to a full-service pharmacy, dental, eye, transgender health, physical therapy, women’s health, nutrition, mental health, and more.

Your Student Services Fee (SSF) subsidizes many Boynton Health services, so use them. For example, after billing your insurance, the Student Services Fee covers these services, so you will not pay out-of-pocket:

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

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 refills and transfers.

Student Wellness & Stress Management

Your SSF also subsidizes public health services provided to you at no cost or billing to your insurance. A few are:

- Boynton Health’s PAWS
- Boynton Health’s Gopher Chauffeur
- Boynton Health’s Nutritious U Food Pantry

Boynton’s health promotion student groups are here for you! Reach out to these groups with questions, for campus resources, or to join them!

- Boynton Health’s de-stress—Trained students help fellow students manage the stresses of student life
- Boynton’s Health Advocates—Students in-residence who can help fellow students with health questions and concerns
- Boynton Health’s SNAC—Peer educators who can help explore nutrition goals and challenges
- Boynton Health’s Recovery on Campus (ROC)—Offers camaraderie and support to anybody who wants to be a sober member of the campus community

More information: boynton.umn.edu/services

#STOPTHESPREADUMN

You qualify for a free flu shot, free COVID-19 testing, and free COVID-19 vaccines at one of Boynton Health’s testing and vaccination locations. Watch your U of M email or follow @boyntonhealth on social media for more details.

Boynton Health’s Nutritious U Pantry

Each month about one in four students will experience or worry about experiencing a food shortage. Boynton Health’s Nutritious U Pantry provides fresh and healthy food for students struggling to get enough to eat. Any student can visit the food pantry, no proof of need is needed. Visit boynton.umn.edu/food-pantry for dates, times, and locations.

Health Questions or Concerns? Call the Nurse Line, Anytime!

Feeling sick but not sure if you should see a doctor or which clinic is right for you? Call Boynton Health’s Nurse Line. Calls are answered seven days a week, 24 hours a day.

612-625-7900

MANDATORY IMMUNIZATION POLICY

Minnesota law requires all University of Minnesota students to complete the Student Immunization Form. Failure to complete the requirement may result in a registration hold on your student account. You must complete this requirement by the sixth week of the semester.

To complete the form and avoid or remove a registration hold, visit boynton.umn.edu/immunization-requirement.
I'M STRUGGLING OR MY FRIEND IS STRUGGLING — WHAT ARE MY OPTIONS?

It’s important to actively attend to your mental, behavioral, emotional, and spiritual health and wellbeing during college. It is completely normal to struggle at times. In fact, learning to face these struggles and work through them often turns out to be a very valuable life skill. The resources below include suggestions for optimizing your wellbeing, many key offices that can support you, and what to do if you feel that you need some urgent or emergency support. Also, know that you can reach out for support to a Community Advisor in the residence halls, your academic advisor, Care Managers (see page 52), or another trusted University staff member—you don’t have to do this alone.

Enjoy time outdoors

Take a social media break

Let’s Talk

Connect with a friend

Group fitness classes at RecWell (page 53)

Sign up for intramural sports at RecWell (page 54)

Get 8 hours of sleep

Boynton Health’s Pet Away Worry & Stress (PAWS)

Schedule time to connect with loved ones

Join a student group (page 58)

Boynton Health’s de-stress one-on-one Stress Check Ins

Eat a balanced meal

Learn to Live

SASS Academic Coaching (page 82)

Break up studying to refocus and stay productive

PRIORITIZE YOUR WELLBEING

YOU@UMN

Caring for your wellbeing during any adjustment or time of increased stress is essential. YOU@UMN is available online 24/7 to provide tips and resources on everything from stress and finances to academics and social connection.
It is clear that there are many ways to provide support to students that do not necessarily require clinical services.

UNIVERSITY PRESIDENT JOAN GABEL AT A BOARD OF REGENTS MEETING

The University uses a holistic approach that recognizes that different students pursue health and wellbeing in different ways—and that is okay (and encouraged)! If you notice that you are struggling, please don’t wait to feel like you are in crisis to seek help. We hope these resources are helpful as you navigate your path of wellbeing at the University.
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 or download at z.umn.edu/bh-hir.

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 and emotional well being can significantly influence your academic performance, interpersonal relationships, and progress toward graduation and other academic and professional goals.

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 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 (OSA) Care Program staff provides support through individualized coordinated assistance and resource referrals for students related to stress management, illness, mental health conditions, well-being concerns, personal emergencies, and/or other unexpected challenges.

How to get help
Boynton Mental Health Clinic and Student Counseling Services (SCS) provide high-quality mental health services for students and are staffed by experienced, qualified professionals. Boynton 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. SCS services are available to all degree seeking students who are enrolled during the period of time they are seeking services.

While both offices offer individual and group psychotherapy services, Boynton provides psychiatric evaluation and medication management. SCS also offers academic coaching and study skills courses.

Students, staff, faculty, and parents are encouraged to contact the Office for Student Affairs (OSA) Behavioral Consultation Team/Care Program if they have strong concerns

<table>
<thead>
<tr>
<th>Service Type</th>
<th>Individual Appointments</th>
<th>Group Counseling</th>
<th>Same Day Urgent Counseling</th>
<th>Psychiatry Services (medication treatment &amp; management)</th>
<th>Specialty Services</th>
<th>Specialty Groups</th>
<th>Fees / Payment</th>
</tr>
</thead>
<tbody>
<tr>
<td>BMHC</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Substance Use Assessment; Eating Disorder Referral</td>
<td>LGBTQI Connections, anxiety, mindfulness, PTSD</td>
<td>Have health insurance + pay the Student Services fee</td>
<td></td>
</tr>
<tr>
<td>SCS</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Career counseling; Academic counseling; SASS</td>
<td>Educational workshops, Affinity spaces, and Counseling Groups</td>
<td>Free (students actively enrolled in a degree-seeking program)</td>
<td></td>
</tr>
<tr>
<td>OSA Care Managers</td>
<td>Yes</td>
<td>No</td>
<td>No</td>
<td>Short-term coordinated assistance and resource referrals for academic support, well-being concerns, and basic needs; Consultations with faculty/staff and students related to health and safety concerns.</td>
<td>No</td>
<td>Free</td>
<td></td>
</tr>
</tbody>
</table>
about the behavior or actions of a U of M student. If you think a student may be at risk of harming themselves or others, we welcome you to share your concerns by making an online referral at care.umn.edu or by calling 612-626-3030. The referral will be reviewed by the OSA Care Managers.

If you currently receive professional mental health assistance and would like to continue on campus, contact Boynton Mental Health (612-624-1444) or Student Counseling Services (612-624-3323) to facilitate a successful transition.

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

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

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

Wellness
When most people on campus think of wellness, they think of University Recreation and Wellness. RecWell strives to encourage lifelong wellbeing through a variety of programs, services, and spaces.

You can take part in a group fitness class or find a quiet corner for the latest workout video you’re following. Maybe you’ve always wanted to rent snowshoes, scale a climbing wall, or try an online meditation class from the privacy of your room. Whatever inspires you to pursue active living and stay motivated during the year, we hope you will find it through RecWell.

RecWell is also the proud caretaker of many facilities on campus, including the Recreation and Wellness Center and the St. Paul Gym. For hours, class schedules, and additional wellness resources, visit recwell.umn.edu.

There are so many options to stay healthy: You can participate in a group fitness class or sign up for a group or individual personal training session. 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 Food Co. has a dietitian on staff (see details on page 21) and has links to health and wellness resources at www.dining.umn.edu.

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 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 sharetheair.umn.edu for more information.
Fitness center

Located in the heart of the East Bank, the Recreation and Wellness Center provides four levels of state-of-the-art cardiovascular and strength training equipment, an indoor cycling center, and several additional cardiovascular and stretching spaces. The total fitness space available on the Minneapolis campus equals more than 25,000 square feet.

Climbing wall and outdoor rental center

The facility also features a climbing wall spanning up to 33 feet in height with more than 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. These spaces are available for rental by students and student organizations. Visit recwell.umn.edu/facilities/reservations 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 Aquatic Center features a 50-meter competition pool and adjacent diving well.

The 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 RecWell Sports Field Complex provides space for recreational and competitive sports activities during colder months.


Work out—and play sports—on campus

All U of M students registered for six or more on-campus credits have an automatic membership with 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 RecWell Sports Field Complex.

REQUIRED ONLINE TRAINING

The University of Minnesota is committed to providing a supportive learning environment and fostering safe, inclusive, and healthy relationships so that we can create a positive campus climate for all. To equip you with the information, resources, and skills needed to be healthy and successful, we require new students to complete the following training sessions: The Gopher Equity Project (see page 93), AlcoholEdu for College (see page 55), and Sexual Assault Prevention (see page 31). 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.
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, volleyball, soccer, softball, and kickball. Opportunities include leagues and special events such as tournaments (that don’t require a full season commitment).

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/programs/intramurals

Biking
With dozens of bike paths and lanes to and around campus, there is always a way to get from point A to B. With 9,500 bike racks and 370 secure bike parking spaces on campus, there are plenty of places to park your bike.

Be Safe, Be Seen
Get low-cost bike safety gear—helmets, lights, and locks—at Boynton Health Pharmacy. Show your U Card to purchase a helmet and headlight set for a discounted price. Items are also sold separately.

Read more about biking on campus on page 26.

Zap Me!
The free 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

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 54 to learn more about the required online courses.

Please share this health insurance information with your family.

If necessary, make arrangements before coming to campus to have your prescriptions transferred, your medical records sent to Boynton Health, or mental health services arranged.

Familiarize yourself with the resources in this section so you can be proactive about your health needs.
Here are seven simple ways to get involved and make the most of your college experience.
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.
Why student groups?

Student groups are a co-curricular opportunity for students to enhance their sense of belonging on campus, explore new ideas and interests, and develop skills that will stay with them beyond college.

Student Groups:
- build community and belonging on campus
- allow students to take their academic experiences and knowledge outside the classroom
- foster lifelong friendships and human connections
- develop critical leadership competencies and career skills
- serve the local and global community
- act as a platform to explore hobbies and passions

Find Your Community On Campus

Student groups are an integral part of the U of M. With over 1,000 student groups on campus, find one that fits your interests or discover something new. If there's a group that's missing, any student can start one and build a new community on campus.

More information: gopherlink.umn.edu

Fraternity and Sorority Life

Fraternity and Sorority Life provides engagement opportunities for nearly 3,000 students in one of over 50 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 starts at the beginning of the school year (late August/early September). To participate, you must register online. Registration closes prior to recruitment beginning. 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. 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.

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 “Our Community” at fsl.umn.edu, or on the BeGreekUMN.org website under their respective pages. 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.

The Greek community participates in a variety of campus and community programs. Homecoming is one campus tradition in which the Greek community is actively involved as planners and participants. They serve the University of Minnesota community by holding different leadership roles in the Minnesota Student Association, they serve as Community Assistants, and TAs throughout multiple colleges across the campus. Many chapters also partner with local and national non-profit groups in order to raise funds, gather goods, or provide services to people and places in need. Their involvement ranges from monetary donations to study help, voter registration efforts to domestic violence education and prevention. Each organization has a connection to which they utilize their fundraising and educational efforts throughout the year, and specific chapter information can be found on chapter’s local or national websites.

To learn about the various events the councils plan, click on “Programs” under “About Us” at fsl.umn.edu.

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: z.umn.edu/leadfyli

Housing & Residential Life Groups

Students living in each on-campus housing community can create their own groups 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 building. Students supply the ideas. Housing pays for it. Students can create a group about pretty much anything—fitness, sports, TV, video games, crafting, study groups, community service, social identity, and much more.

Learn more at: housing.umn.edu/community/get-involved
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 first week of the fall and spring semesters.

- Basketball
- Broomball
- Dodgeball
- Flag football
- Ice hockey/Floor hockey
- Soccer
- Softball
- Ultimate Frisbee
- Volleyball
- E-Sports
- Cornhole
- Badminton
- Tennis
- Spikeball

More information: recwell.umn.edu/programs/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/programs/sport-clubs

Gender and Sexuality Center for Queer and Trans Life (GSC)
GSC is the University of Minnesota’s LGBTQIA+ campus resource center. GSC coordinates programs, services, and resources that uplift intersectional LGBTQIA+ realities and lived experiences.

Visit the Student Lounge in 40 Appleby Hall, a space for you to be authentic while taking care of your needs, whether it be taking a break, studying, socializing, or eating lunch. While you’re there, connect with the friendly staff who are ready to meet and support you!

GSC offers an array of programs for the campus Queer and Trans community. Highlights include:

- Student Leadership Retreat, Trans and Gender Non-Conforming Discussion Series, Lavender Celebration, and more!
- Tongues Untied program—program series by and for LGBTQIA+ people of color
- International LGBTQ+ program—engages and supports LGBTQIA+ international students

More information: gsc.umn.edu

NEED A JOB?
Intramurals hire hundreds of officials every year if you are interested in an on-campus job. See page 40.
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 scholarships, awards, and gender equity grants. Attend workshops that help you build leadership skills, gain salary negotiation skills, learn about gender and the media and more. Work or complete your internship in the Women’s Center. Hang out in the study/lounge in 65 Appleby Hall! Attend Feminist Fridays. Get involved with the Indigenous Women and Women of Color Student Summit and/or Our Voices, the dialogue group for indigenous women and women of color students.

More information: womenscenter.umn.edu

Multicultural Student Engagement

Multicultural Student Engagement (MCSE) is dedicated to providing diverse opportunities to all students to increase awareness, understanding, and appreciation for cultural competency, social justice, intersectionality, and social and emotional well-being. 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 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: https://z.umn.edu/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. Now serving graduate and professional students as well, 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, as well as the newer University Student Service Fees Child Care Assistance Grant. For an intake appointment, please call 612-626-6015.

More information: www.sphc.umn.edu

Multicultural Center for Academic Excellence (MCAE)

The Multicultural Center for Academic Excellence (MCAE) is a community-based space focused on the academic experiences of first-generation students, students of Color, and American Indian students. MCAE supports students from the beginning of their time at the University to achieve their academic aspirations.

We validate the multiple dimensions of identity our students hold and recognize the unique barriers and challenges they will encounter within predominantly white academic spaces. Our work aims to equip students to navigate this reality in meaningful ways.

More information: mcae.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 and convenience stores to Starbucks and sandwich shops. [sua.umn.edu/visit/locations](sua.umn.edu/visit/locations)
- Have questions? Stop by the Student Activities Office, Coffman Memorial Union 126, with questions about student engagement activities and involvement in student groups. Or contact [sao@umn.edu](mailto:sao@umn.edu).
- 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/visit/locations](sua.umn.edu/visit/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, Student Activities, U of M Bookstores, and the Hennepin County Service Center. [sua.umn.edu/visit/locations](sua.umn.edu/visit/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 in 204 Memorial Union is a place to lounge, nap, study, eat, and connect with other students.


Northrop

Located at the heart of campus, Northrop is a renowned performing arts center hosting guest speakers, comedians, music concerts, dance performances, film screenings, activities fairs, graduations, and more. Students receive special discounts, rush tickets, and sometimes free access to many events. With six study lounges, a cafe, and a free art gallery, Northrop is a space for students to gather to create, study, explore, experience something new, and make memories.

[More information: northrop.umn.edu](http://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](http://www.umninterfaith.org)) works to promote understanding and acceptance of diverse faith practices in the campus setting. Students interested should visit [gopherlink.umn.edu](http://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](http://sua.umn.edu/reservations).
Community Engagement

The Center for Community-Engaged Learning is partnered with over 250 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 community-engaged learning course that allows you to combine classroom studies with volunteer work and reflection.

Join the Community-Engagement Scholars Program (CESP), open to all undergraduate students looking to integrate community engagement into their college career. Scholars are recognized by the board of regents with a notation on their official transcript and a medal of distinction.

More information: ccel.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.

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: useenate.umn.edu/senates/student-senate

Student Affairs Advisory Boards

Joining one of these groups is a great way to provide feedback and guidance to important units serving students. Opportunities include:

- Boynton Health Student Health Advisory Committee
- Student Legal Service Board of Directors
- Student Unions and Activities Board of Governors
- University Recreation and Wellness Student Advisory Board
- Mental Health Advisory Committee

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 recognized student governance for undergraduate students. From meeting with President Gabel 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.
For more than 120 years, the Golden Gophers have been competing in the Big Ten Conference and have won 29 national and 211 regular season conference championships.
Be part of the Gopher Athletics legacy!

All it requires is your pride, spirit, and enthusiasm for Gopher Athletics and University of Minnesota 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! Rah!
Rah! for the U of M.
M-I-N-N-E-S-O-T-A!
Minnesota, Minnesota!
Yay, Gophers! RAH!

Join the Ski-U-Crew!

Become a part of the Ski-U-Crew, home of the official student sections for Gopher Football, Basketball, and Hockey. Membership in the Ski-U-Crew is free to all U of M students and will provide access to exclusive fan events, swag, and unforgettable game day experiences.

Find more information at skiucrew.umn.edu. Follow the Ski-U-Crew on Instagram and Twitter @skiucrewumn.

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 and 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 was 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 and modified the word to become a cheer for their own team.

Learn the words to all of the school songs, including Minnesota March, Go Gopher Victory, Our Minnesota, Minnesota Fight, and Hail! Minnesota at z.umn.edu/umnschoolsongs.
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 highlighting school spirit and the campus community, blood drives, a comedy show, a concert, and of course the Homecoming parade 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 Royals are crowned.

To get involved or to check out event details, visit homecoming.umn.edu.

Spring Jam™ music festival 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, carnival rides, and interactive activities. It is the largest student-planned, campus-wide event during spring semester. Between the multi-genre concert lineup and interactive activities, there’s something for everyone at Spring Jam.

Find out how to get involved or check the schedule at springjam.umn.edu.
University of Minnesota Alumni Association—Ignite Success

What could you achieve with unlimited support from more than half a million U of M alumni worldwide? As you work toward your degree, the Alumni Association is here to help you connect with alumni to accelerate your career. Get started today with the Maroon and Gold Network, the free, online platform for career advice, networking, and mentorship brought to you by the Alumni Association.

UMNAliumni.org/Students

Gopher Student Sports Pass

All students will need a Gopher Student Sports Pass on a smart phone device to access their student tickets or to receive free admission to Gopher Athletic events (depending on the sport). Visit gophersports.com/students to create an account to access your Gopher Student Sports Pass.

Gopher Athletics Student Tickets

Student tickets are available for purchase at the Orientation Resource Fair, the 3M Arena at Mariucci ticket office, as well as online for football, men’s basketball, and men’s hockey. All other athletic events for other Gopher programs are free to attend.

Visit gophersports.com/students for full details and information on:

- Purchasing student tickets and guest tickets for non-U of M students
- Managing your online account for digital tickets
- Special offers and discounts

Make sure you create your online account to take advantage of all the events available to you at the U of M!

Events and activities

Student Unions & Activities’ Student Events and Entertainment team plans 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 planned by students for students.

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

Bookstores

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.

The University’s Expectations ................... 69
Understanding the Curriculum .................. 70
Tracking and Planning Degree Progress ...... 72
Registration Tools .................................. 74
Classroom Expectations ......................... 76

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.

Academic Support Team ......................... 80
Academic Success Centers ....................... 83
Major Exploration and Career Planning ...... 86
Courses Just for New Students ................ 89
Courses for Ongoing Academic Success ...... 90
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.
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 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; the environment; global perspectives; race, power, and justice; and technology and society). 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 social justice in your life and work.

**Creating a balanced curriculum**
You are expected to take a combination of major requirements and liberal education courses throughout your academic journey, 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 or Bachelor of Individualized Studies 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 catalogs.umn.edu/twin-cities-programs
Courses/credits
Each course taken at the University of Minnesota is assigned a credit value. Credits 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 vary 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 three 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. Students receiving financial aid from the Minnesota State Grant will receive the maximum award at 15 credits.

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 request will be reviewed by your college advising office and must be submitted by the end of 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 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 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 here.
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.

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.

Planning Your Degree

The University provides online, interactive tools to help you:

• 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 graduation.

A new tool—Stellic—will become available in the 2022-23 academic year. Stellic combines planning with creating a schedule of classes for the upcoming semester. Until Stellic is available to you, you might use other tools such as Graduation Planner and Schedule Builder. Be sure to work with your advisor as you plan for your degree. Some majors or programs have application procedures or special requirements. Your advisor is the best source for this information.

Visit z.umn.edu/degreeplanning.
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.

Progress for multiple degree programs (e.g., BA, BS) is available via the drop-down. Additional plans you may wish to pursue (second majors, minors, and certificates) are not included.

Additional links to resources and tools.

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

Register for classes
During orientation, you’ll use Schedule Builder to search for classes that fit into your semester schedule. A new tool to do this—Stellic—will become available in the 2022-23 academic year. There are also a variety of other resources and tools available to help you prepare and register for classes.

More information:
z.umn.edu/ClassSearchResources

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.

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.

schedulebuilder.umn.edu

Schedule Builder is the University’s premier registration tool. Use it to search/explore courses, create a semester plan, and generate/upload real schedules to the shopping cart.

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Step 1 — Search for classes with preferred criteria

Class Search

Step 2 — Add required and preferred courses to semester plans

Preferred Courses/Sections (15 Credits)

Step 3 — Generate real schedules from semester plans

Schedules

Step 4 — Upload preferred schedule to the shopping cart and register!
CLASSEMSROOM 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.

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. Review your syllabi often throughout the semester to stay on top of expectations. Use a planner or calendar and write in all assignments and due dates when you receive your syllabus.

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-course-materials and 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. Some courses use Inclusive Access materials and these will also be listed. These items are charged directly to your Student Account and most will be available through the Canvas course website. The U of M Bookstores works directly with your instructors to ensure you have the correct course materials at the best available prices.

Purchase your course materials online and have them shipped to your home or residence hall or choose the in-store pick-up option. You may choose to pick up your course materials at the U of M Bookstores in Memorial Union, the St. Paul Student Center, or at the Law School.

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 and 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 or scan the code below 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.
Sample Syllabus

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.

Sample 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.

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.

Policy statements: Instructors and students have a responsibility to maintain a respectful learning environment. Therefore, all syllabi are required to outline policies to support a student in the classroom. These include:

- Overlapping and back-to-back courses
- Student Code of Conduct
- Scholastic dishonesty
- Student mental health and stress management
- Teaching and learning
- Sexual harassment
- Equity, diversity, and equal opportunity
- Disability Resource Center

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.
Online learning management system

Canvas

For many of your courses, Canvas will be an essential part of your learning experience. Canvas is a learning management system that enables access to resources like course syllabi, readings, presentations, videos, and more. It may also be where you take quizzes, submit assignments, post to discussion boards, and check your grades.

Get started today: Visit canvas.umn.edu and accept the “terms of use.” This way, you won’t miss any pre-semester messages your professors might send to you. Once you have accepted the terms of use, you can set up your user profile. Note that your profile can be seen by all of your professors, instructors, and classmates.

By the first day of classes, your professors and instructors will expect that you are familiar with Canvas and know where to find the course materials. Visit z.umn.edu/studentcanvas to get started.

YOUR CANVAS TO-DO LIST:

- Accept Canvas “terms of use” and create your profile (name, pronoun, etc.) canvas.umn.edu
- Review Canvas help guides and learn how to find your course sites z.umn.edu/studentcanvas
- Visit course pages that your professors have made available and review course material
- Know where to get 24/7 Technology Help it.umn.edu/help

Some professors make their Canvas course sites available before classes start; some wait until the first day of class. It is up to you to follow up with your professor if you have trouble accessing any Canvas course sites.
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 80) 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 83-85 (such as Academic Success Centers) 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 collaboratively 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.
At the University of Minnesota, you will have support in abundance. Staff, faculty, and administrators are here to guide you throughout your educational journey and help you holistically engage with your college experience (academic, social, cultural, personal). It will be your job to get to know these campus professionals and utilize their recommended resources throughout your college career. Take the time to find the resources and get to know the people who will be supporting you. This section is a starting point.

**Academic advisors**

Academic advising at the University is a partnership that helps you achieve your academic, career, and personal development goals. Your academic advisor will provide an environment in which you can share your questions, concerns, and aspirations, help you explore your interests and strengths, and support you in creating an educational plan aligned with 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 exploring majors and careers, planning for registration, or guiding you to resources on campus that can assist you with things like social adjustment, personal concerns, study skills, etc.
- 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!

Here’s some advice for getting the most out of your relationship with your academic advisor:

- Whenever you meet with your academic advisor(s), participate fully in the advising experience by sharing your interests, goals, strengths, and any areas in which you might need support or guidance. Come prepared to these advising meetings with your discussion topics, course ideas, questions, and concerns.
- Follow through! 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. Use the resources, strategies, and plans developed in partnership with your advisor(s) to navigate your educational experience.

For an overview of academic advising, check out [advising.umn.edu](http://advising.umn.edu)
• APLUS is a system used by academic advisors, career counselors, and other student services professionals that captures information about students in one place in order to support them throughout their degree journeys. Your 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, to engage with course material in new and creative ways, and 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. 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.

Additional advising programs

University Honors Program
The University Honors Program (UHP) promotes an interdisciplinary approach to learning by providing 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
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, tutoring, community service and leadership opportunities, and career activities offered through Student-Athlete Development.

More information: lindahlaceademiccenter.umn.edu

President’s Emerging Scholars

President’s Emerging Scholars (PES) is an educational opportunity program that supports high-achieving, historically underserved students in their pursuit of a bachelor’s degree. Participants are selected based on holistic review conducted by the Office of Admissions. 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, indigenous students, and students of color. The program ensures the 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 advising to international students and scholars about academic, personal, immigration, 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

Pre-professional advising

The Pre-Health Student Resource Center and Pre-Law Services are available for students who plan to continue their studies in professional programs after completing their undergraduate degree. Through these services, students can explore professional programs, take advantage of drop-in or appointment-based advising, enroll in credit-based classes, participate in workshops and seminars, and connect with other students with similar career aspirations.

Learn More
Pre-Health: healthcareers.umn.edu
Pre-Law: prelaw.umn.edu
Make the most of your education by using free academic success services! Academic success centers and resources are located across the U of M. Success services are staffed with well-trained peers and experienced professionals who are available to help you. Start exploring these academic success resources at success.umn.edu, and follow academic success centers on social media @umnsuccess.

Academic Support Centers

SMART Learning Commons
The Smart Learning Commons are located in the three main libraries. Each location offers:

• Peer tutors who provide drop-in, online, and appointment-based tutoring for over 250 courses and general skills including writing, statistics, and computer programming.

• Peer Research Consultants who provide quality research help for your next research paper. These specially trained students will help you develop a research question, narrow down a topic, find great sources, and more.

More information: smart.umn.edu

Effective U
Effective U is a series of self-paced, online tutorials addressing a variety of skills topics such as time management, stress management, note-taking, and exam preparation. Work through as many as you like whenever you wish.

More information: effectiveu.umn.edu

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

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.
Stay up to date on featured events provided by the services and departments within the academic success centers. If you have any questions about these events, contact the hosting department or email umnsuccess@umn.edu.
Multicultural Center for Academic Excellence (MCAE) Academic Support

Multicultural Center for Academic Excellence’s academic support works to recognize first-generation and students of Color multiple dimensions of identity and cultural capital aid students in retaining and navigating campus. Our model honors the complexity of each student’s background, and how their complexity exists, engages with, and is received by a predominately white campus. Because we understand students sit at multiple cross-sections of identity and their lived experiences exist beyond the walls of the University, we support students in all areas to provide comprehensive support to allow students to be as whole as possible as they navigate the university journey.

MCAE offers in-depth one-with-one peer academic support in math, science, writing, languages, and more. Sessions are available in person and online. Additionally, MCAE has a resource center for students with printing, scanning, and studying areas.

More information: z.umn.edu/mcaetutor

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 in areas like time management, test preparation, creating a study schedule, note-taking, and more. You and your coach work together to create an individualized plan for academic success.

More information: sass.umn.edu

Student Counseling Services (SCS)

Student Counseling Services (SCS) Academic Counseling is 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

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).

More information: ccaps.umn.edu/esl

University Libraries

Many people think of a library as a book warehouse. Yes, the UMN Libraries are great places to study but the Libraries website is the place to go for research.

- You can access 100,000+ online journals, magazines, and newspapers. There are more than eight million books, more than one million online ebooks, and streaming documentaries, music, and more. (Use U card to check out books, etc.)
- Develop your next great idea or learn a new skill in the free innovation and makerspaces. Learn more at z.umn.edu/makeitgreat!
- You can “Ask a Librarian” by appointment, by phone, by email, or by chat 24/7. Visit z.umn.edu/libhelp.

More information: lib.umn.edu

Study spaces

- The Study Space Finder helps you find great places to study. Check it out at studyspace.umn.edu.
- Find a variety of places to study in 11 libraries across campus including quiet study areas, coffee shops in Walter and Wilson library, and more. There are over 50 reservable group study spaces at z.umn.edu/libgroupstudy.
- 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

RESOLVING CONFLICTS

The Student Conflict Resolution Center (SCRC) is a confidential, impartial, and informal resource that helps students with University related problems and concerns. Meeting with an SCRC staff member is a great way to develop a plan to address your current issue and to learn skills to resolve other conflicts that might arise in the future. Check out the Do-It-Yourself (DIY) resources that address some of the most common student concerns including course success, roommate conflicts, and stress management. DIYs can be found at z.umn.edu/SCRCstudents. Contact SCRC at sos@umn.edu to schedule an appointment.
Deciding on your major or career can feel like an overwhelming decision. It is important to understand that making these decisions is a process and will take some time. The U of M has many great resources on campus to help you along the way. Every college has a career center with career counselors or coaches who can help you with major and career exploration. Find your career office at career.umn.edu/career-offices.

ACADEMIC ADVISORS help you...
- Connect to resources on campus
- Achieve your goals from orientation through graduation
- Select courses to make progress toward your degree
- Learn through academic and non-academic opportunities
- Incorporate diverse, global perspectives into your educational experience

CAREER COUNSELORS/COACHES help you...
- Explore majors/careers within your college
- Engage in meaningful experiences related to your interests
- Get started on networking to build your professional identity and community
- Reflect on and articulate your experiences and how they translate to future career settings
- Prepare for the job search process or graduate school

CENTER FOR ACADEMIC PLANNING & EXPLORATION (CAPE) COACHES help you...
- Explore majors across all interests and U of M colleges
- Reflect on your interests, strengths, and values
- Navigate changing your major or college
- Make an action plan to find majors that fit your goals
- Develop decision-making strategies

Scan here to learn more about what current students and career staff have to say about Career Services at the U of M.
How can you build and refine skills needed for this career?

Start thinking about how you want to build your professional community (e.g. through career fairs, information sessions, student groups)

Try to get to know at least one faculty member this year in your major and talk with them about your career interests

Begin thinking about experiences—schedule an appointment with your career office to discuss options and make a plan

Meet with your career office to discuss ways to gain experience through student groups, volunteering, or internships

Not all employers hire by major (though some specific fields such as nursing do); instead they are interested in learning about your skills, interests, experiences, and your interest in the organization

Share this with your academic advisor during your Orientation appointment

Start thinking about how you want to build your professional community (e.g. through career fairs, information sessions, student groups)

How can you explore interests through taking a variety of courses?

Browse CAPE major profiles (cape.umn.edu/majors) to view career info and alumni examples

Connect with a CAPE coach to make a plan for how to explore (cape.umn.edu)

Take a career assessment to explore your interests, strengths, and personality (both career services and CAPE offer these types of assessments)

Talk with alumni to learn more about their career pathways through the Maroon and Gold Network (maroonandgoldnetwork.umnalumni.org)

WHERE ARE YOU NOW?

I am undecided or still exploring majors and/or careers

I have a major in mind but am uncertain about career options

I have a career/job in mind but am uncertain about my major options

I am decided on both my major and my career

MAJOR AND CAREER PLANNING // LEARNING AT THE U OF M // 87
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.

The Office of Undergraduate Research

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 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 with teams of faculty from a variety of disciplines or explore opportunities around the world through an International UROP. Locate directed study for credit, a paid research position, or summer opportunities such as the Multicultural Summer Research Opportunities Program 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 with 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 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.
COURSES JUST FOR NEW 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.

Courses for freshmen

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:

- Finding Happiness In The Age Of Consumption
- Designer Insects: Glowing eyes to self-destructing flies
- What is Space Weather (and Why Should You Care)?
- An Olympic Impact on the World

You can also explore the current challenges facing society by enrolling in a Grand Challenge Curriculum freshman seminar. Your advisor can help you choose a freshman seminar at Orientation. You can look at the freshman seminar offerings at: ote.umn.edu/freshman-seminars.

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. Some colleges consider Thursday during Welcome Week 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 Orientation.

Courses for Transfer Students

- Carlson School of Management (CSOM)
- College of Biological Sciences (CBS)
- College of Food, Agricultural and Natural Resource Sciences (CFANS)
- College of Liberal Arts (CLA)
- School of Nursing

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.

Grand Challenge Curriculum

Grand Challenge Curriculum (GCC) courses engage students in complex issues facing society. GCC courses are designed to enroll students from all colleges and invite interdisciplinary inquiry to explore strategies that address the challenge(s) being studied. Learn more at gcc.umn.edu.
COURSES FOR ONGOING ACADEMIC SUCCESS

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

Academic success courses

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 more effective student.

In **OUE 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. **OUE 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 of small group discussion with the instructor and other students.

If you fall behind in classes or feel overwhelmed, **OUE 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 two hours of weekly instruction to help with your specific goals and efforts.

For information or to register for these classes, visit [sass.umn.edu](http://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

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](http://z.umn.edu/gradespolicy) to read the complete policy about senior year performance and final high school transcripts.
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 1002: Personal Tech & Wellbeing
- 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.

Learn more at [z.umn.edu/ricourses](z.umn.edu/ricourses)

### 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!

Many resources are offered, including Stressbusters, a weekly drop-in stress reduction activity, the Taking Charge of Your Health & Wellbeing website, and a 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](csh.umn.edu)

### English language program

Multilingual students continue to develop their language skills while at the University in preparation for achieving their future career goals. If you would like to continue improving your English, 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)
- ESL 3008: English for Chemistry (1 credit)

Go to [ccaps.umn.edu/esl](ccaps.umn.edu/esl) for more information.
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. 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!

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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

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Understanding Your Transition (W Curve) ........................................... 93
Transition Checklist .................................................................................. 94
Welcome Week .......................................................................................... 95
Student Transition Experiences ............................................................ 96
Staying Informed ..................................................................................... 97
By attending Orientation, you have met a small portion of the new students entering the U of M 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. Below is a graphic that depicts the ups and downs of a student’s transition. Every time you experience something new, you will find yourself somewhere along this "W Curve."*

**To help with this transition, you can contact us any time by using 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 Transition 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 Student Transition Experiences Intern or a Transfer Insider about getting involved and connected.

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IN THE SUMMER:

- Join your Facebook group
  - Freshmen — U of M Class of 2025
  - Transfer Students — U of M Transfer Students
- Complete AlcoholEdu module (see page 55)
- Complete Sexual Assault Prevention for Undergraduates module (see page 31)
- Complete the Gopher Equity Project (see below)
- 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 10)
- Complete Welcome Week Registration — opens in late July
- Purchase your textbooks (see page 76)
- Decide if you are going to attend an optional welcome program
  - MCAE Kick-Off (see page 95)
  - Global Gopher Events (see page 95)
- Mark your calendar for Welcome Week September 1-6 (see page 95)
- Map out your travel plans to/from class (see page 25)

Gopher Equity Project

The Gopher Equity Project is a campus-wide effort to promote diversity, inclusion and belonging for undergraduate students. This effort is one step in creating a positive campus climate for all students to thrive and succeed. Participating in the Gopher Equity Project starts with taking an online training followed by opportunities to discuss and engage during your first year on campus.

Learn more about the Gopher Equity Project at z.umn.edu/gopherequityproject.

IN YOUR FIRST SEMESTER:

ACADEMICS

- Introduce yourself to your professors and attend office hours
- 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
- Access academic success centers (see page 81)
- Study 3 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 (see page 58)
- Find a mentor/support person on or near campus
- Introduce yourself to new people
- Explore the Twin Cities by taking Metro Transit (see page 25)

SELF CARE

- Check out Rec Well to establish your new routine (see page 53)
- 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 (see page 38)
Welcome Week: August 31 - September 5

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 events that address the specific needs of freshmen and transfer students. In mid-July you will have the opportunity to tell us the events you are most interested in attending so your schedule can be tailored to meet your needs.

Class of 2026 Track
Receive your Class of 2026 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 to find your way around campus, and learn to locate and use many campus resources. Welcome Week is required for first-time freshmen.

Watch your email for more information about Welcome Week Registration in July. You will utilize Registration to customize your Welcome Week experience.

For more information: welcomeweek.umn.edu

Transfer 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 Student Leaders you will make friends, learn to navigate campus, and become familiar with many campus resources. Welcome Week is 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 in January 2023.

For more information: welcomeweek.umn.edu

Additional Welcome Programs

Global Gopher Events
z.umn.edu/globalgopher

Global Gopher Events is the time to connect with other new and current international students in safe and supportive spaces. It is a fun and easy way to learn how to be successful and show your unique perspectives throughout your academic career.

MCAE & COIN Kick Off
The Multicultural Center for Academic Excellence (MCAE) & Circle of Indigenous Nations (COIN) annual Kick Off is a community building program that assists first generation students, multicultural students, and American Indian students establish a network of support on campus.

For more information visit mcae@umn.edu.
Your transition doesn’t stop after Orientation and Welcome Week! Orientation & Transition Experiences (OTE) will be with you through your first two years at the University through Student Transition Experiences (STE). STE implements experiences, programs, and communications for first-year students, transfer students, and second-year students, with a goal of building connections with your classmates and providing resources that are pertinent to your University experiences. Below you will find just some of the opportunities specifically for you!

**First Year Experience (FYE)**

Once classes begin you will be on your way to creating your own first year at the U of M.

**First Year Experience Events**

Connect with other first-year students while taking part in fun activities. From craft nights to free fitness classes, free giveaways to destress events, make the most of your college experience by engaging in a first-year specific event.

**At Home in MN**

At Home in MN provides 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 local sites!

Learn about all the opportunities for first-year students at [ote.umn.edu/fye](ote.umn.edu/fye)

**Transfer Student Experience (TSE)**

Create you community at the U of M by engaging with other Transfer students!

**Transfer Student Network**

The Transfer Student Network is a great place to find support, advice, or help about the transfer experience from current transfer students. Meet up with a Transfer Insider for a free coffee drink and chat about life at the U of M.

**The First Six Weeks Calendar**

There is a lot to explore and learn as you transition to a new campus. In order to help you get off to a strong start and take advantage of all the U has to offer, we will provide a calendar of events and resources just for new transfer students!

Learn about all the opportunities for Transfer students at [transfer.umn.edu](transfer.umn.edu)

In addition to the events above, you can also engage in these opportunities for all students:

- **UMN Networks** to help you get connected with other new students who share a common interest and attend on campus events together.
- **Weeks to honor and celebrate groups** such as National Transfer Student Week, First Generation Student Celebration Week, and Second Year Celebration Week.
- **“My View, My U” art gallery exhibit** that showcases student photos and experiences.

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

- Courses for freshmen (see page 89)
- Undergraduate Research Opportunities Program (see page 88)
- Learn Abroad (see page 88)
- First-Year Leadership Institute (see page 59)

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

For more information: [secondyear.umn.edu](secondyear.umn.edu)
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 students. 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 my.umn.edu |
| **Class of 2025 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/current-students/class-of |
| **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 the first semester on campus to assist you in your adjustment to the U of M and connect you with important campus resources and opportunities. Visit transfer.umn.edu/programs/tse-monthly-ENewsletter |
| **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** | International Student and Scholar Services (ISSS) sends the ISSS Weekly Update to all international students. It is an email newsletter with important announcements for international students and scholars. You can learn about changes in visa regulations, ISSS events and programs, University policies affecting international students, and many other topics. More information is available at z.umn.edu/isssweeklyupdate. |
| **Neighborhood News** | This monthly communication is designed for students living off campus to stay up to date on neighborhood issues, events, and commuter resources. Go to ocl.umn.edu to sign-up for the mailing list for renters or commuters. |

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

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

The more you understand about the U of M and about your student’s transition to college, the easier it will be to support your student. Families’ greatest concerns for their students during the first year include 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? It may take more than one visit and more than one outreach to get results. More resources at sua.umn.edu.
- 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 58), applying for an on-campus job (page 39), joining an intramural team (page 60), or joining a homesickness support group (page 52) might be helpful. For students living on campus, talking with their Community Advisor is a great first step. Help your student understand that all of this might take time and might require them to go outside their comfort zone.

**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 Health 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 48), and how to transfer medical records and prescriptions to Boynton Health (page 49).

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. You can continue to support them by helping them identify resources on campus and encouraging them to take advantage of the opportunities available.

### 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: carepackages.umn.edu

Boynton Health has a 24-hour nurse line:

612-625-7900

Students living in the residence halls also have access to live-in student health advocates boynton.umn.edu/ha
COMMUNICATION
THINGS TO DO:
View the One Stop
deadlines: onestop.umn.edu/calendars
Learn more about the
Emergency Alert system and
sign up to receive messages at
the Safe Campus site at:
safe-campus.umn.edu/
emergency-notifications

Join the Gopher
Family Connection!
The Gopher Family
Connection is a platform
and e-newsletter for family
members on the Twin Cities
campus that provides regular
updates on student life,
support services, upcoming
events and deadlines,
family-specific resources and
education, and so much more
throughout the year.
Sign up and set your
preferences at:
gopherfamilyconnection.umn.edu

PARENTS AND FAMILIES

COMMUNICATION
THINGS TO DO:
View the One Stop
deadlines: onestop.umn.edu/calendars
Learn more about the
Emergency Alert system and
sign up to receive messages at
the Safe Campus site at:
safe-campus.umn.edu/
emergency-notifications

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 & Family
Orientation in the summer.
• Empower your student to take responsibility to pack and prepare for going to school.
• Engage in the Gopher Family Connection platform to indicate your preferences
for the types and frequency of information you receive from the U of M. Go to
gopherfamilyconnection.umn.edu to claim your free account.
• Mark your calendar to participate in Parent & Family Weekend October 28-30. Details and
registration will be available over the summer at parent.umn.edu.

Join the Gopher
Family Connection!
The Gopher Family
Connection is a platform
and e-newsletter for family
members on the Twin Cities
campus that provides regular
updates on student life,
support services, upcoming
events and deadlines,
family-specific resources and
education, and so much more
throughout the year.
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registration will be available over the summer at parent.umn.edu.

Habits. College students know the routine,
but it’s normal to worry if they will remember
to do it on their own.

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. Remember, your
student has access to all of the information
relevant to their classes and their progress.
• 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.

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?

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 or apartment doors locked
are an important first step for keeping
belongings secure.

Things to consider:
• Using campus resources (page 32) 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.

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 79)
• Have you visited your instructors during office hours or made an appointment to discuss what went wrong? (page 81) Students can find office hour times on the course syllabus and posted in the Canvas site for each course.
• When does your academic advisor have their next drop-in hours or available appointment? (page 80) Note: All advising offices have drop-in hours. Times are posted on each college’s advising site.

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

REQUIRED ONLINE EDUCATION MODULES

The University of Minnesota is committed to providing a supportive learning environment and fostering safe, inclusive, and healthy relationships so that we can create a positive campus climate for all. To equip students with the information, resources, and skills needed to be healthy and successful, we require new students to complete the following training sessions: The Gopher Equity Project, AlcoholEdu for College, and Sexual Assault Prevention. Your student will receive information in their U of M email account about these online modules in August, and your completion of the training will be documented.

The Gopher Equity Project is a campus-wide effort to promote diversity, inclusion and belonging for undergraduate students. This effort is one step in creating a positive campus climate for all students to thrive and succeed. Participating in the Gopher Equity Project starts with taking an online training followed by opportunities to discuss and engage during your first year on campus.

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.
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.

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 86.

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!

Website: parent.umn.edu
Email: parent@umn.edu
gopherfamilyconnection.umn.edu

Or reach us by phone at:
612-625-2517 (main office)
612-626-8770 (direct)
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), or Transfer Student Leader (TSL). There are also internship opportunities available throughout the year. Helping students develop their leadership is a core value of Orientation & Transition Experiences.

Below are the 2022 Student Interns. 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 to helping students transition to the University. These students have a lot of experience at the University: They are a great resource for you!

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**ORIENTATION STAFF**

**YOUR STUDENT LEADERS**

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.

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**2022 STUDENT INTERNS**

**Orientation Intern**

Rachel DeSmet
Brandon, SD

**Student Leadership Intern**

Charlie Mejia
Eagan, MN

**Welcome Week Intern**

Maisie Sweeney
Batavia, IL
ORIENTATION STAFF

Rishabh Agarwal
Jaipur, India

Huda Ahmed
Dubai, United Arab Emirates

Jorge Aliaga del Campo
Madrid, Spain

Izabella Andor
Edina, MN

Rafi Ardhito Wahyudi
Jakarta, Indonesia

Soo Ban
Daegu, South Korea

Kushagra Bhatnagar
Wentzville, MO

Navya Devda
Corcoran, MN

Sofie Elevold
Minneapolis, MN

Stella Frangiadakis
Rolling Meadows, IL

Isabel Haglin
Brainerd, MN

Sophia Hawk
Hudson, WI

Seamus Heffernan
Milwaukee, WI

Cadence Hitt
Forest Lake, MN

Clara Kilgas
Brillion, WI
ORIENTATION STAFF

Sahil Malhotra
Delhi, India

Margueritte Maloney
New Richland, MN

Ronit Motwani
Aurora, IL

Anna Nevala
Holmen, WI

Choco Nguyen
Hanoi, Vietnam

Aditya Parida
Chicago, IL

Valeria Rojas
Lima, Peru

Ahnaf Sharar
Minneapolis, MN

Cassie Sohr
Grafton, WI

Sam Spaulding
Plymouth, MN

Shreya Srinivasan
Bangalore, India

Leticia Tirtokuncoro
Minneapolis, MN

Vinny Trinh
Eden Prairie, MN

Sorin Truong
Coon Rapids, MN

Michael Yu
Fridley, MN
**STUDENT SERVICES LOCATIONS**

<table>
<thead>
<tr>
<th>6</th>
<th>Appleby Hall</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aurora Center for Advocacy and Education</td>
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<tr>
<td>Circle of Indigenous Nations</td>
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<tr>
<td>Community Service-Learning</td>
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<tr>
<td>Fraternity and Sorority Life</td>
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<tr>
<td>Gender and Sexuality Center for Queer and Trans Life</td>
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<tr>
<td>Institute for Diversity, Equity, and Advocacy</td>
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<tr>
<td>Leadership Education and Development—Undergraduate Programs (LEAD-UP)</td>
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<tr>
<td>Martin Luther King, Jr. Program</td>
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<tr>
<td>Multicultural Center for Academic Excellence</td>
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<tr>
<td>Off-Campus Living</td>
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<tr>
<td>Off-Campus Study Programs</td>
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<tr>
<td>Office for Student Affairs</td>
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<tr>
<td>Office for Community Standards</td>
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<tr>
<td>Office of Undergraduate Research</td>
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<td>Parent &amp; Family Program</td>
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<tr>
<td>President’s Emerging Scholars Program</td>
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<tr>
<td>Student and Community Relations</td>
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<td>Student Conflict Resolution Center</td>
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<td>Student Counseling Services</td>
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<td>Student Parent HELP Center</td>
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<tr>
<td>Student Writing Support</td>
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<tr>
<td>Women’s Center</td>
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<table>
<thead>
<tr>
<th>7</th>
<th>Bierman Athletic Building</th>
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<tr>
<td>Lindahl Academic Center</td>
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<tr>
<th>8</th>
<th>Blegen Hall</th>
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<td>Technology Help Walk-In Location</td>
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<th>Boynton Health</th>
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<tbody>
<tr>
<td>CPR and First Aid classes</td>
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<tr>
<td>Dental Clinic</td>
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<tr>
<td>Eye Clinic</td>
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<tr>
<td>Financial Counseling</td>
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<tr>
<td>Immunization Clinic</td>
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<td>International Travel Clinic</td>
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<td>Massage Therapy</td>
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<td>Mental Health Services</td>
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<td>Nutrition Services</td>
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<td>Pharmacy</td>
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<th>10</th>
<th>Bruininks Hall</th>
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<tbody>
<tr>
<td>Career Services Center: CDes, CEHD, CLA</td>
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</tr>
<tr>
<td>Center for Academic Planning and Exploration</td>
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<tr>
<td>CLA Advising</td>
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<tr>
<td>Lounges and study space</td>
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</tr>
<tr>
<td>One Stop Student Services</td>
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<tr>
<td>University Veterans Services</td>
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<table>
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<tr>
<th>11</th>
<th>Coffman Memorial Union</th>
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<tbody>
<tr>
<td>Bookstore</td>
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<tr>
<td>Computer lab</td>
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<tr>
<td>Goldy’s Gameroom</td>
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<tr>
<td>Lounges and study space</td>
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<tr>
<td>Minnesota Student Association</td>
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<tr>
<td>Orientation &amp; Transition Experiences</td>
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<td>Postal Station</td>
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<td>Printing Services Copy Center</td>
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<td>Security</td>
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<td>Student Activities Office</td>
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<td>Student Cultural Centers</td>
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<td>Technology Help Walk-In Location</td>
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<td>U Card Office</td>
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<tr>
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<td>TRIO Programs</td>
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<td>Office of Student Finance</td>
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<th>Hanson Hall</th>
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<tr>
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<tr>
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<tr>
<td>Economics Research Library</td>
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<tr>
<td>Study spaces</td>
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<td>Makerspaces</td>
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<td>1:Button video production studios</td>
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<tr>
<td>CLA Advising</td>
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<tr>
<td>International IDs and Passport Photos</td>
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<td>Learning Abroad Center</td>
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<th>Hubert H. Humphrey Center</th>
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<td>International Student &amp; Scholarship Services</td>
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<td>Admissions: Freshman Welcome Center</td>
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<td>CLA Language Center</td>
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<td>CLA Language Testing Program</td>
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<td>Career Services Center: CSE Computer lab</td>
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<th>Molecular and Cellular Biology</th>
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<td>Center for Writing</td>
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<td>Student English Language Support (SELS)</td>
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<th>Northrop</th>
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<tr>
<td>University Honors Program</td>
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<th>Recreation and Wellness Center</th>
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<tr>
<td>Fitness Center</td>
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<tr>
<td>Gymnasiums</td>
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<td>Locker rooms</td>
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<tr>
<td>Pro Shop</td>
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<td>Swimming pool</td>
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<tr>
<td>Study spaces</td>
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<tr>
<td>Computers lab</td>
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<td>Science and Engineering Library</td>
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<tr>
<td>SMART Learning Commons</td>
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<tr>
<td>Toaster Innovation Hub &amp; Makerspace</td>
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<tr>
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<th>Weaver Densford Hall</th>
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<td>Nursing Student &amp; Career Advancement Services</td>
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<tr>
<th>28</th>
<th>West Bank Skyway</th>
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<td>One Stop Student Services</td>
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<tr>
<td>Student Legal Service</td>
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<td>Academic Support Resources</td>
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<td>Admissions: Transfer and International Welcome Center</td>
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<td>Office of the Bursar</td>
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<td>One Stop Student Services</td>
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<tr>
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<th>10 Church St SE</th>
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<td>CSE Student Services</td>
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<th>31</th>
<th>Wilson Library</th>
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<td>Study spaces</td>
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<tr>
<td>Computer lab</td>
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<tr>
<td>SMART Learning Commons</td>
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</tbody>
</table>
ACADEMIC CALENDAR

2022-23

Fall Semester 2022 (70 class days)
- September 5: Monday
- September 6: Tuesday
- November 24-25: Thurs.-Fri.
- December 14: Wednesday
- December 15, 18: Thursday, Sunday
- December 22: Thursday

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

Spring Semester 2023 (70 class days)
- January 16: Monday
- January 17: Tuesday
- March 6-10: Mon.-Fri.
- May 1: Monday
- May 4-6, 8-10: Thurs.-Sat., Mon.-Wed.
- May 10: Wednesday

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

May Session 2023 (14 class days)
- May 15: Monday
- May 29: Monday
- June 2: Friday

May session begins
Memorial Day holiday
May session ends

Summer Session 2023 (38 class days)
- June 5: Monday
- July 4: Tuesday
- June 19: Monday
- July 28: Friday

Classes begin
Independence Day holiday
Juneteenth holiday
8-week summer session ends

2023-24

Fall Semester 2023 (70 class days)
- September 4: Monday
- September 5: Tuesday
- November 23-24: Thurs.-Fri.
- December 13: Wednesday
- December 14, 17: Thursday, Sunday
- December 21: Thursday

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

Spring Semester 2024 (70 class days)
- January 15: Monday
- January 16: Tuesday
- March 4-8: Mon.-Fri.
- April 29: Monday
- May 2-4, 6-8: Thurs.-Sat., Mon.-Wed.
- May 8: Wednesday

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

May Session 2024 (14 class days)
- May 13: Monday
- May 27: Monday
- May 31: Friday

May session begins
Memorial Day holiday
May session ends

Summer Session 2024 (39 class days)
- June 3: Monday
- July 4: Tuesday
- July 26: Friday

Classes begin
Independence Day holiday
8-week summer session ends
Directory

Academic Success Centers
success.umn.edu
umnsuccess@umn.edu

Admissions, Office of
612-625-2008 or 1-800-752-1000
admissions.tc.umn.edu
admission@umn.edu

Alumni Association, U of M
612-624-2323
umnalumni.org
umalumni@umn.edu

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
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
career.umn.edu

Care Program
612-625-2517
care.umn.edu

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

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

Center for Writing
612-626-7579
writing.umn.edu
writing@umn.edu

Center for Community Engaged Learning
612-626-2044
servicelearning.umn.edu

Circle of Indigenous Nations
612-624-2555
z.umn.edu/coin
coin@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

Effective U
effectiveu.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)
612-301-2389
cfans.umn.edu

Fraternity and Sorority Life, Office for
612-625-8405
fsl.umn.edu
begreekumn.org

Gender and Sexuality Center for Queer and Trans Life
612-625-0537
gsc.umn.edu

Gopher Athletics Ticket Information
1-800-U-GOPHER
gophersports.umn.edu/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
issss.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
z.umn.edu/newclastudent
class@umn.edu

Libraries, U of M
lib.umn.edu

M Food Co.
612-624-0558
dining.tc.umn.edu
dining@umn.edu

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

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

Multicultural Center for Academic Excellence (MCAE)
612-624-6386
mcael.umn.edu
mcae@umn.edu

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

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

President’s Emerging Scholars
612-626-7388
prezscholars.umn.edu
pes-umn@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 Academic Success Services
sass.umn.edu

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

Student Conflict Resolution Center
612-624-SCRC (7272)
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
ccaps.umn.edu/eslhelp

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
sphc.umn.edu
sphc@umn.edu

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

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

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

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

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

University Recreation and Wellness
612-626-9222
recwell.umn.edu

Veterans Services
612-625-8076
onestop.umn.edu/veterans
veterans@umn.edu

Women’s Center
612-626-9837
womenscenter.umn.edu
women@umn.edu