2015-2016
GOLD BOOK
Your Guide to the First Year
Partners in transitioning to college life: 
**Orientation & First-Year Programs and you**

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

OFYP will be a constant in your first year at the University of Minnesota—long after you have completed Orientation and experienced Welcome Week or Transfer Student Welcome Days. This publication will answer your questions and help you navigate the vast resources on campus. Use Gold Book into your first semester to ensure a successful first year at the University.

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

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

This book is designed in sections to support your transition—Life at the U of M, Learning at the U of M, and Making the Transition. It will introduce you to some of the University’s departments and services—and the people, places, and things that will be a part of your daily life. 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. Every section in this book includes links to guide you to more information. A PDF of this publication—with active links—will be available in July at www.ofyp.umn.edu.

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

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

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

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

- Transfer Students
- International Students
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EXPECTATIONS FOR YOUR UNDERGRADUATE EXPERIENCE

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

**Student Learning Outcomes**

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

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

**Can identify, define, and solve problems**

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

**Can locate and critically evaluate information**

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

**Have mastered a body of knowledge and a mode of inquiry**

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

**Understand diverse philosophies and cultures within and across societies**

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

**Can communicate effectively**

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

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

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

**Have acquired skills for effective citizenship and lifelong learning**

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

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

— first-year student

More information: [www.slo.umn.edu](http://www.slo.umn.edu)
Student Development Outcomes

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

Responsibility and Accountability

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

Independence and Interdependence

Study hard, but know that help is available: Don’t be afraid to seek it out when needed.

Goal Orientation

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

Self-Awareness

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

Resilience

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

Appreciation of Differences

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

Tolerance of Ambiguity

Maintain focus and motivation even when the process is unclear.

More information: www.sdo.umn.edu You can read about involvement opportunities in the section “Getting Involved” on page 56.
THE UNDERGRADUATE EXPERIENCE
A DISTINCTIVE LEARNING PARTNERSHIP FACILITATED BY FACULTY AND STAFF

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

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

STUDENT LEARNING OUTCOMES
AT THE TIME OF RECEIVING A BACHELOR’S DEGREE, STUDENTS:

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

University of Minnesota
Driven to Discover™
WHAT ARE YOU CONCERNED ABOUT?

WHERE WILL YOU FIND COMMUNITY?

WHAT DO YOU NEED TO FEEL CONFIDENT?

HOW WILL THE U BE DIFFERENT FROM WHERE YOU ARE NOW?

WHO DO YOU WANT TO BE?
So, you are here for your education. But faculty and staff know you have other things on your mind right now. Where will you live? Where will you eat? How will you get to class? It will be much easier to focus on academics if you have a basic understanding of what to expect each day—outside the classroom. Being at the U of M means you can meet people from all 50 states and 142 countries. So take the opportunity to build a community that creates a sense of belonging for yourself and others. We encourage you to talk to your peers in class, meet the people living around you, respect each other 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.
The U Card is the Official University of Minnesota Identification Card

Your U Card Gives You Access to...
- Recreation Sports Center
- University Libraries
- Athletic Events
- Campus Buildings after 7 p.m. & More!

The Accounts on Your U Card...
- Gopher GOLD Account*
- Student Account
- Meal Plan
- FlexDine
- TCF U Card Checking Account**

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

Taking Care of Your U Card...
Do:
✔ Store your U Card in a protective sleeve
✔ Keep your U Card in a secure place
✔ Monitor your U Card account balances
✔ Carry your U Card with you on campus

Do Not:
✘ Punch a hole in your U Card
✘ Lend your U Card to anyone
✘ Scratch the magnetic stripe
✘ Put your U Card near a magnet

Getting Your U Card...
- Pick up your U Card at the U Card Office
- Bring a government issued photo ID (i.e. drivers license)
- You will get your U Card at your Orientation
- 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 www.umn.edu/ucard
- You can also deactivate your U Card at the U Card Office
- Replace your U Card at the U Card Office — $25 charge

WWW.UMN.EDU/UCARD
FACEBOOK.COM/UCARD
TWITTER.COM/UCARD
UCARD@UMN.EDU

612-626-9900
M-F 8:00AM-4:30PM
COFFMAN MEMORIAL UNION – G22
**Gopher GOLD™ Account**

Gopher GOLD™ is money you can add to your U Card to make purchases on campus with your U Card. The Gopher GOLD Account is the University of Minnesota declining balance account on the U Card—it is not a bank account. You must have money in your account to spend or Gopher GOLD can not be used. You can store up to $1,000 in your Gopher GOLD account. You do not need to sign up for your Gopher GOLD account. Every person with a U Card automatically has a Gopher GOLD account already available on the their U Card.

You can view the list of locations where Gopher GOLD is accepted, make a deposit and check your balance at [www.gophergold.umn.edu](http://www.gophergold.umn.edu).

Deposits into a student’s Gopher GOLD account can be made by using the student’s Internet ID at [www.gophergold.umn.edu](http://www.gophergold.umn.edu). (Internet ID = first part of the student’s e-mail before @umn.edu)

**Make a Deposit**

- **ONLINE**
  - [WWW.GOPHERGOLD.UMN.EDU](http://WWW.GOPHERGOLD.UMN.EDU)

- **U CARD OFFICE**
  - COFFMAN MEMORIAL UNION - G22

- **VALUEPORT**
  - LOCATED ALL ACROSS CAMPUS

**TCF U Card Checking Account (optional account)**

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

TCF Bank has two campus branch locations. This makes accessing your checking account or depositing money into your checking account easy.

The TCF U Card Checking Account can be opened when you get your U Card. If you already have a TCF Account, you can upgrade your account and have it linked to your U Card. To open or upgrade the account, you will need a government issued photo ID.

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

For more information visit the U Card Office or go online to [umn.edu/ucard](http://umn.edu/ucard).

For information on the Meal Plan and FlexDine accounts please see pages 19 & 20. For information on the Student Account please see page 36.
There are many housing-related resources for students—no matter where they live.

**WHERE YOU LIVE**

- **11%** of freshman students live at home and commute to campus.
- **2%** of freshman students live off campus in near neighborhoods.
- **87%** of freshman students live in residence halls on campus.
- **20%** of transfer students live at home and commute to campus.
- **27%** of transfer students live more than 3 miles from campus and commute.
- **43%** of transfer students live off campus in near neighborhoods.
- **10%** of transfer students live in residence halls on campus.

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

Living on Campus

On-Campus Housing

Welcome to your new home away from home. Housing & Residential Life offers lots of extras to make your residence hall room feel like home. Read on for lists of what to bring, what not to bring, and details on programs and policies designed to help students thrive in a safe, nurturing environment.

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

Housing assignments

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

Assignments are made based on the date applications are completed—that includes completing and sending in the housing application, a $25 application fee, and a $200 housing guarantee payment. Assignments are then made based on preference and what is available, in the following order:

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

Move-In dates

August 15: University apartment Move-In begins at 8:00 a.m. (Yudof, Wilkins, University Village).

August 31 & September 1: Move-In for all residence halls—for incoming first-year students. Please refer to the housing assignment letter you will receive in July for specific details regarding your move-in day and time. Please note that Sanford, Comstock, and 17th Ave residence halls will move in September 1.

September 5: Returning residents and transfer students move in beginning at 8:00 a.m.

TO DO:

- Watch for your housing assignment (July 31) and remember your move-in day and time.
- Make lists of what you have for your room and what you need. Be in touch with your roommate/s to avoid bringing duplicate items.
- Familiarize yourself with the Community Behavioral Standards and the Foundations for Success outcomes.
- Check your (parents’) homeowner’s insurance coverage information and/or look into renter’s insurance.
Move-In: Roll up, unload, roll out
Move-In can be exciting and stressful, both for students and parents. Expect a busy, exciting day, and try to relax and enjoy the experience.

Welcome Week Leaders and University staff will be available August 31 and September 1 at 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. Bring a handcart of your own if you wish.

Parking during Move-In:
There will be unloading zones near most buildings. After you have unloaded, please move your vehicle to designated parking, which will be clearly marked. Do not bring a trailer or over-sized vehicle (due to high traffic and a lack of over sized parking spaces). Staff and volunteers will be available August 31 and September 1 to assist with parking information and traffic control. Due to the extended move-in period for University apartments, please follow all parking regulations.

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

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

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

The following appliances are allowed:
• Clothes iron
• Hair dryer
• Drip coffee maker
• Espresso maker
• Blender
• Hot pot
• Refrigerator (4.3 cubic feet or less)
• Microwave (700 watts or less)

WHAT YOU NEED TO BRING:

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

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

Lofted beds provide 55 inches of space below the bed. If you choose to not loft or bunk your beds, they can still be adjusted, up to 27 inches above the floor, to allow for extra storage. Beds in most rooms can be lofted or bunked, but there are a few rooms in residence halls that cannot be altered due to space limitations. The online move-in guide shows your room configuration.

**Bedloft.com: Microfridges, refrigerators, and futons**

You can rent a microwave-refrigerator-freezer combination appliance for your room, and if you place your order by August 11, the MicroFridge will be delivered to your room before you move in. The rental cost is $175 plus tax. You can rent a 3.6 cubic foot refrigerator for $65 plus tax.

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

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

**Sending and receiving packages**

Packages are accepted at the residence hall and apartment information desks only if received through the U.S. mail or by a bonded delivery service. If someone needs to drop something off for a resident after move-in day, the student must be home to accept the item. Packages will not be accepted before August 28. Items will not be accepted and/or held for residents at the information desks.

**Renter’s insurance**

The University does not provide insurance, and does not cover personal possessions. Remember to check your homeowner’s insurance coverage information to see if your personal property is covered. If you or your parents do not have a policy that covers your personal property, you may want to speak with your insurance company about purchasing renter’s insurance.

**TECHNOLOGY IN YOUR ROOM**

Each resident will receive one high-speed Internet connection in his or her residence hall room. Each student must bring an Ethernet cable to use the wired connection. This wired Ethernet connection is the most reliable, fastest, and secure way to connect to the Internet within our residence halls and is needed for movies, IPTV, or gaming. Wireless Internet is also available within the residence halls, and details about how to connect can be found at [it.umn.edu/wifi-network](http://it.umn.edu/wifi-network). Please know that using your own router to expand the

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**More information:**

visit ResNet [www.resnet.umn.edu](http://www.resnet.umn.edu). (ResNet is how the University refers to technology services—WiFi, Ethernet, UMN TV, and Telephone—in residence halls and apartments.) To get started on initiating your account and preparing your computer, follow the instructions provided by Information Technology on page 43.
University’s wireless network reduces the overall quality of WiFi, and is a violation of University policy.

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

UMN-TV within the residence halls provides more than 100 channels of digital content over coax cable and over 20 channels streaming online at tv.umn.edu. You must bring your own coax cable to connect your TV (no need for set-top boxes). For the best experience possible, Ethernet is recommended for streaming UMN-TV.

More information on UMN-TV (including channel line-up) is available at www.resnet.umn.edu/cable.

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 building or apartment. To get in, swipe or tap your U Card at the card reader. Your U Card must be activated for your residence hall during Move-In. Read more about your U Card on page 8 and at www.umn.edu/ucard.

Our Community Standards

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

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

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

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

Five Core Foundations for Success Outcomes:

• Each student will do what they do best every day.

• Each student will have strong and positive relationships.

• Each student will make sound financial decisions.

• Each student will make healthy and sustainable choices.

• Each student will have an inclusive and engaged community experience.
Foundation for Success

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

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

The program begins with your Community Advisor who will work hard to get to know you, help you meet other people, provide resources so you can be successful, and get you used to the University. They will also meet with you a couple times throughout the year to help you figure out where you are going and how to get there. They do this by helping each student understand and work toward the program’s intended outcomes. Research shows that students who reach these outcomes thrive in their college experience, and are more likely to experience life-long happiness and success.

MORE HOUSING-RELATED LINKS:

- IMPORTANT DATES
  www.housing.umn.edu/important_dates

- ASSIGNMENT TOURS
  www.housing.umn.edu/faqs

- HALL AND APARTMENT CONTACT INFORMATION
  www.housing.umn.edu/halls

- STAFFING IN THE RESIDENCE HALLS AND APARTMENTS
  www.housing.umn.edu/orientation

- SUSTAINABILITY
  www.housing.umn.edu/sustainability

- LIVING WITH ROOMMATES
  www.housing.umn.edu/movein/roommate

- TRANSFER STUDENTS HOUSING
  www.housing.umn.edu/transfer

- EXPANDED HOUSING
  www.housing.umn.edu/expanded

- RESIDENCE HALL AND APARTMENT AMENITIES
  www.housing.umn.edu/contractbook/home

Living Off Campus

Commuting to campus

As a commuter student, you need to figure out your transportation needs (see Getting Around Campus, pg. 25), and you need to find places to study and hang out between classes. You’ll also want to find organizations that relate to your interests. Gopher Hall is an online virtual residence hall on Facebook designed just for you. It’s a place to share resources and referring to it will help you find your place on campus. Email go4hall@umn.edu to be invited to the Gopher Hall community. Make use of the Commuter Connection student organization (see Getting Involved, pg. 54) and their second floor space at 204 Coffman Memorial Union. That’s where you can print, do your homework, heat up your lunch, take a break with video games, and meet others who also commute.

More information on commuter resources: ocl.umn.edu

The near neighborhoods

As a student, you may socialize in the near neighborhoods—those closest to the University. In later years, you will likely rent in the near neighborhoods. It is important
WHERE YOU LIVE

OFF-CAMPUS LIVING
17 Appleby Hall
612-626-5301
www.ocl.umn.edu

to think about being a good neighbor now, even if you’re just visiting friends. Here are some things to keep in mind:

• These neighborhoods are the oldest in Minneapolis, which means there are many families and senior citizens in addition to students living here. Many of the houses are older too, so go easy on them!
• Noise travels, so keep it down when arriving and departing a house or apartment. The noise ordinance in the city is 10:00 p.m.–6:00 a.m., seven days a week: It is stricter than in the residence halls.
• If you are not feeling well or need to use a restroom, find a bathroom. Please do not use the sidewalk or someone’s yard. No one wants to deal with that the next morning. Be respectful and ask your friends to do the same.
• Walk in groups and stay in well-lit areas. Lock your doors, bike, or car. We are in an urban area and your safety is important!

More information: ocl.umn.edu

Finding a place to rent
Housing & Residential Life offers a free web-based rental listing service. U of M students can view all listings and post sublet listings at www.housing.umn.edu/offcampus. You can learn some great tips on renting and what to look for from the Renter Education Liaisons in the Off-Campus Living office, www.ocl.umn.edu.

University Student Legal Service (USLS)
(page 33)
Do not make a costly mistake. Have your lease reviewed by a legal professional at USLS before you sign it. Be sure to personally examine the property carefully and understand your rights and responsibilities as a tenant before you agree, in writing or electronically, to the lease’s terms.

Fraternity and Sorority Life
More than 30 University of Minnesota fraternities and sororities provide housing to active members of their organizations. (Usually these students have completed their first year on campus.) Typically, fraternities and sororities are lower cost than traditional off-campus housing, and provide meals, parking, and utilities. Each property is privately run and operated by alumni house corporations or boards that manage the facilities on an annual basis. Fraternities are often open year-round while sororities are closed during breaks and summer months.

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

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).
EATING ON CAMPUS
Get the where, when, how

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

TAKE YOUR MEAL TO GO!
Grab a meal on-the-go with University Dining Services’ new UDS To-Go program!

PIZZA DELIVERY ON CAMPUS
Craving pizza? You can use your FlexDine to order Papa John’s pizza delivered to your residence hall.

Meal Plan Office
The meal plan office can answer all of your questions.

For more information, contact the meal plan office at 612-624-0558 or visit www.dining.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 35 food courts, restaurants, coffee shops, and convenience stores on campus. And there are lots of options when it comes to meal plans, too.

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

Residential Meal Plans come with two dining parts—meal swipes for all-you-care-to-eat meals at residential restaurants or FlexDine for any UDS operated location on campus including Starbucks, Jamba Juice, and even TCF Bank Stadium! Your meal plan can be used in any of the seven residential restaurants (Bailey, Centennial, Comstock, Middlebrook, 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

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

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

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

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

RESIDENCE HALL STUDENT MEAL PLAN OPTIONS 2015-2016

<table>
<thead>
<tr>
<th>NAME</th>
<th>PLAN</th>
<th>PRICE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anytime Dining</td>
<td>Unlimited meals + $100 FlexDine</td>
<td>$2,035</td>
</tr>
<tr>
<td>Anytime Dining Upgrade</td>
<td>Unlimited meals + $250 FlexDine</td>
<td>$2,135</td>
</tr>
<tr>
<td>14 Meals per Week</td>
<td>14 Meals per week + $100 FlexDine</td>
<td>$1,850</td>
</tr>
<tr>
<td>14 Meals per Week Upgrade</td>
<td>14 Meals per week + $250 FlexDine</td>
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<tr>
<td>11 Meals per Week</td>
<td>11 Meals per week + $100 FlexDine</td>
<td>$1,790</td>
</tr>
<tr>
<td>11 Meals per Week Upgrade</td>
<td>11 Meals per week + $250 FlexDine</td>
<td>$1,910</td>
</tr>
</tbody>
</table>

IT’S AS SIMPLE AS A SWIPE

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

Students living in apartments or commuting

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

ADDITIONAL COMMUTER MEAL PLAN OPTIONS 2015-2016

<table>
<thead>
<tr>
<th>NAME</th>
<th>PLAN</th>
<th>PRICE</th>
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<td>45 Block</td>
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<tr>
<td>All Flex</td>
<td>$315 FlexDine</td>
<td>$300</td>
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</tbody>
</table>
What is FlexDine?

Along with access to the residential restaurants, each meal plan comes with FlexDine dollars that can be used at any on-campus University Dining Services location, including Starbucks, Panda Express, Freshii, Papa John’s, Caribou Coffee, and concessions at TCF Bank Stadium. These dining dollars conveniently are loaded right on to your U Card. FlexDine makes your U Card work like a debit card. When purchasing food, present your U Card to the cashier and let them know you want to use FlexDine. They will swipe your card and deduct your purchase from your FlexDine account balance. University Dining Services also accepts Gopher GOLD™.

Students can add to their FlexDine account as needed throughout the semester in $25 increments at the Meal Plan Office in Coffman Union, room B41 (by cash, check, credit card, or direct billing to student account), at the U Card Office in Coffman Union (with cash or check), by phone at 612-624-0558 (with credit card or direct billing to student account), or online at www.univofminnesota.campusdish.com. Unused FlexDine dollars do carry over from one academic period to the next (semester to semester) until the balance has been used or when there has been one continuous year of inactivity on the FlexDine account. After one year of inactivity, any funds remaining will revert back to the University of Minnesota.

Commuter students can purchase FlexDine-only plans. You will read more about FlexDine—and where your FlexDine Dollars can be used—throughout this section.

TAKE YOUR MEAL TO GO!

Grab a meal on the go with University Dining Services’ new UDS To-Go program! You can use your meal plan for a carry-out meal from your favorite residential restaurant. Just bring your U Card to the cashier at any residential restaurant for breakfast, brunch, lunch, dinner, or late-night, pay a one-time refundable $4 deposit with cash or FlexDine, use a meal swipe (or cash/FlexDine), and enjoy a hot meal on the run!

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

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

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

Finding a place to eat

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

Food courts on campus

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

East Bank: Minnesota Marketplace (Panda Express, Chick-fil-A, Topio’s, Einstein Bros, Baja Sol, Greens to Go, Cranberry Farms), Erbert & Gerbert’s, Jamba Juice, Freshii

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

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

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, ecoGrounds, Dunn Brothers Coffee, Caribou Coffee

West Bank: ecoGrounds, Starbucks, Dunn Brothers Coffee

St. Paul: Java City

Convenience stores

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

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

PIZZA DELIVERY ON CAMPUS

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

IT’S MY TREAT!

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

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

• UDS offers individualized help if you are on a special diet. Students can meet with a health and wellness coordinator to discuss special dietary needs and dining options. Contact the registered dietitian at 612-626-8977 or dining@umn.edu.

• Nutrition brochures are available at residential restaurants and food courts.

• Daily menus and nutrition information is listed at www.netnutrition.dining.umn.edu. You can filter the menu by specific dietary needs and food allergies.

• Look for Healthy for LIFE™ logos to help identify nutritious choices in residential restaurants.

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

Gopher GOLD™

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

### FlexDine Dollars vs. Gopher GOLD™

<table>
<thead>
<tr>
<th>Accepted At</th>
<th>FlexDine Dollars</th>
<th>Gopher GOLD™</th>
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<tbody>
<tr>
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<td>X</td>
</tr>
<tr>
<td>On-Campus Food Courts</td>
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<td>X</td>
</tr>
<tr>
<td>On-Campus Coffee Cafés</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Papa John’s Pizza Delivery</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Residential Convenience Stores</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>TCF Bank Stadium Concessions</td>
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<td>X</td>
</tr>
<tr>
<td>SUA Gopher Express &amp; Gopher Spot Convenience Stores</td>
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<td>X</td>
</tr>
<tr>
<td>SUA Game Rooms &amp; Information Desks*</td>
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<tr>
<td>Coffman Union Post Office</td>
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<tr>
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<tr>
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<td>Computer Lab Print Stations</td>
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<td>University Bookstore</td>
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<tr>
<td>Weisman Art Museum Shop</td>
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<td>X</td>
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<tr>
<td>U of M Bike Center</td>
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<table>
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<th>Deposits:</th>
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<tbody>
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<tr>
<td>Deposit with Credit Card</td>
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<td>Deposit in Person</td>
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<tr>
<td>Balance Available After Each Transaction</td>
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</tr>
<tr>
<td>Check Balance Online</td>
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<td>X</td>
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<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>X</td>
</tr>
<tr>
<td>Included in Meal Plan</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Sign up for Parent Guest Access</td>
<td>X</td>
<td>X</td>
</tr>
</tbody>
</table>

*SUA=Student Union & Activities  
**Deposits with credit card are only taken online.  
***$10 minimum deposit is for online deposits only. Does not apply to in person or Value Port deposits.
Sustainability

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

Local foods

In 2014, UDS purchased 499,381 pounds of local produce, 168,294 pounds of local meat, and 1,004,460 pounds of local dairy products. UDS served 113,848 cage-free-raised eggs in our residential restaurants. And our coffee shops used 23,633 pounds of Rainforest Alliance, 3,907 pounds of Fair Trade, and 3,253 pounds of organic coffee and teas.

Terracycling

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

Composting

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

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

**IMPORTANT UDS DATES**

- **AUG. 24** — Reminder to order your apartment/commuter meal plan
- **AUG. 31** — FlexDine activated
- **SEPT. 5** — Fall meal plans start
- **SEPT. 5 – 18** — Submit fall meal plan changes on the website
- **NOV. 26 – 28** — Thanksgiving break, Residential Restaurants closed
- **NOV. 30 – DEC. 23** — Meal plan change period for Spring
- **DEC. 23** — Fall meal plan ends
- **DEC. 24 – JAN. 18** — Winter break
- **JAN. 17** — Spring meal plan starts
- **MARCH 12 – 19** — Spring break, residential restaurants closed
- **APRIL 11** — Fall apartment/commuter meal plan orders open
- **MAY 14** — Spring meal plan ends

**REMINDERS**

- Residential students can make changes to their fall meal plan until September 18.
- Commuter students order your meal plan or FlexDine now so your U Card is ready for the start of the year.
- Need a job? UDS hires lots of students. Visit the UDS job office in Coffman Union (by Jamba Juice).
GETTING AROUND CAMPUS

80,000 people on campus every day

30% of students take a bus to campus

3,100 Zap! members riding their bikes

18,643 U-Passes purchased in fall 2014

SHUTTLE BUSES

3,143,509 riders on the shuttle buses

531,606 miles driven

41,871 hours buses are on the road

132,328 text message requests to NextBus

18,238 dial-in requests to NextBus

PARKING

5,523,190 vehicles parked on U of M campus each year

12,951 + 6,674 = 19,625 total parking spaces on campus

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BIKING .......................................................... 27
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NAVIGATING CAMPUS
Plan ahead and you will have time to get from one class to the next—on time. For commuter students, the first concern is actually getting to campus. For residence hall students, it’s all about getting around on campus. This section includes information about parking, carpooling, biking, riding the bus, 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 then every 15 to 30 minutes at night and on weekends.

Campus Circulators circle specific areas of each campus. For routes, hours, and frequency, check them out online.

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

More Information: [z.umn.edu/nextbus](http://z.umn.edu/nextbus)

U-Pass—for busing to and from campus
Have you heard about the unlimited-ride bus pass called U-Pass? It offers great savings and convenience for students to use city buses. U-Pass costs $100—and that covers the entire semester. If you ride two places a week (back and forth = 4 rides), you pay about $2 each time or $128 each semester. U-Pass saves you money!

Order U-Pass online at [buspass.umn.edu](http://buspass.umn.edu) after registering for classes. The quickest way to get your U-Pass is to pick it up at the Information Desk in Coffman Memorial Union or the St. Paul Student Center. It’s ready about five minutes after you place your order online. If you prefer, you can have it mailed to the address you enter on the form (if you move, it may not be forwarded). U-Pass is renewable, so be careful with it: If you lose it, you have to pay to replace it.

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.
Consider light rail

Transit in the Twin Cities is so much more than just city buses. 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 travels. Otherwise, students, staff, and faculty can pick up the free Campus Zone Pass to ride between the three campus Green Line stops without paying a fare. See more: z.umn.edu/campuszonepass.

Paratransit Service

For anyone with a short- or long-term physical disability, the University offers a free specialized Paratransit Service with curb-to-curb, on-campus service provided Monday through Friday from 7:30 a.m. – 9:30 p.m. To schedule a ride, go online to z.umn.edu/paratransit or call 612-624-8338.

Parking

If you are interested in parking a car on campus, enter the lottery in July for fall semester (and again in November for spring). Commuter and residence hall contract parking spaces are sold to students through this lottery process. The place to enter the lottery is the same, but parking locations and availabilities are different depending on your housing status. More information: parklot.umn.edu

Without a contract parking space, Daily Rate lots are your best choice. Park behind the football stadium (Oak Street & 5th Street SE.) or in the fairgrounds lot (near the St. Paul campus) for $4 Monday through Friday. Ramps and garages charge for every hour you are parked. Park before 7:00 a.m. and pay $6 for that day in one of the five Early Bird Ramps: 4th St. Ramp, East River Rd. Garage, Oak St. Ramp, 21st Ave. Ramp, or Gortner Ave. Ramp.

Ramps and garages charge for every hour you are parked. Park before 7:00 a.m. and pay $6 for that day in one of the five Early Bird Ramps: 4th St. Ramp, East River Rd. Garage, Oak St. Ramp, 21st Ave. Ramp, or Gortner Ave. Ramp.

Biking

Minneapolis continues to climb Top 10 bicycling lists across the nation. 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 much safer from theft than chain locks).
- Always wear a helmet. Purchase a helmet and headlight set for $25 at Boynton Health Service Pharmacy (410 Church St. SE.). Check out the U of M Bike Center on the corner of Oak Street and Delaware Street. It offers a variety of public services for bicyclists, including an accessory shop, repair services, meeting space, and educational classes. Get a RFID (radio frequency identification) tag attached to your bike. It will log your bike trips, so you can be entered to win prizes. Bike Center memberships are available for $85 a year, giving members 24/7 access to secured bike parking and changing facilities with showers.

More information: z.umn.edu/carshare

Rent a car

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

More information: metrotransit.org/carpool

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

More information: zimride.com/umn

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

More information: z.umn.edu/campuszonepass

Important reminders:

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

Maps: www.umn.edu/pts/maps
Another option for secure storage is to rent a bike locker from Parking and Transportation Services at 612-626-PARK. See locker locations on the campus biking map at z.umn.edu/ubike.

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

More information: niceridemn.com

Mopeds on campus
Moped parking is free at designated locations, but you must pick up a permit sticker from the University Police on the first floor of the Transportation & Safety Building on Washington Avenue. Moped designated parking locations are listed at www.umn.edu/pts. Citations or fines are given when mopeds are parked at bike racks or in motorcycle contract areas. Mopeds are prohibited on campus sidewalks.

Walking—and safety
Do you need an idea of how manageable it is to walk between classes (or your residence hall and a class) in a relatively short amount of time? Check out some walking times between buildings 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 tunnels and skyways. Warning: the path can change to different floors within the same building or pass through uncommon areas. It’s always a good idea to allow for a little extra time when using the Gopher Way.

More information: z.umn.edu/uwalk

If you walk around campus alone, especially after dark, it is important to use the U of M Police Department’s free Security Monitor Escort Service. All you need to do is call 612-624-WALK or 4-WALK from any campus phone. See the campus vicinity boundaries here: www.umn.edu/police/escort.html.

The Gopher Chauffeur is a free transportation service that operates from 10:00 p.m. – 2:30 a.m. on Thursday, Friday, and Saturday nights. The service is open to all U of M students. Gopher Chauffeur drivers, navigators, and dispatchers are hired by Boynton Health Service. Call 612-388-6911 30 minutes before your pick-up time.

The University Avenue Circulator bus runs between 3rd Avenue and 23rd Avenue, up and down University Avenue and 4th St. SE. on weekends until 2:00 a.m. See details here: z.umn.edu/circulators. This Circulator—along with the Gopher Chauffeur and 624-WALK—gives students multiple options to get home safely.
The UMPD is a 24/7, 365-day-a-year police department with 50 sworn officers whose mission is to keep the University and its people safe.

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

There are over 2,095 cameras on campus that are watched continuously by the UMPD dispatch center.

The UMPD can be contacted day or night by calling 911. They will respond to all 911 on-campus calls and most that are a few blocks off campus. The cell phone towers are set up so all 911 calls from campus go directly to the UMPD dispatch center.

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

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

### University Police

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

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

### Emergencies on campus

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

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

### Easy safety precautions

If you decide to walk on or off campus at night go as a group and come back as a group. There is safety in numbers. Be aware of your surroundings. If you see something suspicious, call 911. Do not text, talk on the phone, or listen to music with earphones on while walking or biking.

Do not leave your property unattended. If you are in the library, Coffman, or a classroom and have to leave for any reason, take your property with you. Always lock your residence hall room, even if you will only be gone for a minute—every time.

### Step Up: There’s a Hero in All of Us

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

Any student can request a Step Up workshop to learn the Five Decision-Making Steps and the 3-D Approach to intervention.

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Go to UMPD’s website (www.umn.edu/police) to find current and past crime alerts, record sheets to inventory your property, and an area to request an officer give a safety talk to your student group.
Step Up is a joint initiative of The Aurora Center for Advocacy & Education, Boynton Health Service, Housing & Residential Life, Student-Athlete Affairs, Fraternity & Sorority Life, Orientation & First-Year Programs, and the Office for Student Affairs.

More information: stepup.umn.edu

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

Services are free and confidential. Aurora helps you identify the options that are available to you, and then supports the choices you make. There is a 24-hour helpline (612-626-9111) and weekday walk-in hours that include information, emotional support, referrals, and advocacy for victims of sexual assault, relationship violence, and stalking. (The University defines sexual assault as “actual, attempted or threatened sexual contact with another person without that person’s consent.”)

Confidential Advisors
The Aurora Center staff and volunteers are considered confidential advisors where other university employees (i.e. professor/academic advisor/student staff) may not be confidential. As a client, Aurora advocates are required to keep all information about you confidential unless you give written permission to release information, with the exception of instances where mandated reporting is necessary (for example, child abuse or neglect).

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

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

More information: www.umn.edu/aurora

Safe computing practices
- Never open an email attachment from a questionable source.
- When communicating on the Internet, don’t share personal information or pictures that you do not wish to be public.

Get your computer ready for the University network
Prevent viruses and secure your computer by doing these things:

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

For detailed instructions: it.umn.edu/safe-computing

Safety in residence halls
Locked doors
All doors leading to residence hall rooms and apartments are locked 24 hours a day. Access to your residence hall is controlled by your U Card. If your U Card is lost or stolen, deactivate it online right away and obtain a replacement U Card. (Remember, there may be a fee to replace your U Card.) Once you obtain your replacement U Card you will need to update your U Card information with your hall’s business office to gain access to your residence hall again.

Additional security
- Security cameras are installed in every residence hall and apartment. They are located in public areas such as lobbies,

The safety of students is of highest priority at the U of M. We have developed a multi-pronged, collaborative approach to safety including a communications campaign — ‘SafeU.’

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

University of Minnesota
Driven to Discover™
stairwells, computer rooms, elevators, laundry rooms, and tunnels between buildings.

• Each building has a security monitor on duty every day from 11:00 p.m. to 7:00 a.m. Security monitors are in direct radio contact with the University Police Department.

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

Computer security

• Maintain multiple, strong passwords. Don’t use the same password for your online banking that you do for your email.

• Do not download and run files you receive from chat buddies without first making sure that the person intentionally sent you the message.

• Whenever you download software, make sure you read the user agreement. Many programs that you download from the Internet come with unwanted programs known as spyware.

• Back up your data on an external hard drive, USB flash drive, or CD-R/RW.

• Before you download copyrighted music, movies, TV shows, software, or games from the Internet, make sure it is authorized and appropriate. You can be held responsible for substantial costs and fees for illegal downloading.

• Never leave your tech devices unattended, and buy a laptop lock for when you are on-the-go.

• Record and keep serial numbers for any valuable property that you own. This greatly reduces your risk of losing an item due to theft.

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 around campus: There’s a lot of it.

• Always close your windows and sunroof and lock the doors, even if you will only be gone a short time.

• Put 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 in front of a bus at least 10 feet ahead so the driver can see you.

• Never stick your arms or legs in the doors to prevent them from closing.

• Keep aisles clear of feet, books, bags, etc.

• Allow other passengers to exit before you board.

Light Rail safety

• Tracks are for trains and buses. Never walk on tracks, and stay away from switches which can move at any time.

• Look both ways for oncoming trains, buses, and bicycles as you enter an intersection.

• Cross only at intersections and legal signed mid-block crosswalks.

• Running or horseplay on the platform is dangerous—especially near moving trains.

• Turn down your mobile device near the platform and rail crossing.

• Bicyclists are not allowed to turn left to cross the tracks and must use designated Bike Boxes.

Bike safety

• Never ride on a campus sidewalk unless it is designated as a bike lane with pavement markings. University police can write citations for bicyclists riding on sidewalks.

• Obey all traffic signs, signals, and laws.

• Yield to pedestrians in crosswalks.

BE SAFE WHILE WALKING

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

Call 612-624-WALK or 4-9255 from any campus phone.
• Always wear a bike helmet.
• Most campus bike lanes are one-way only. Bikers must ride in the direction of traffic.
• Headlights and reflectors are required by Minnesota law for night riding.
• A “No-Zone” is when you are not visible to a car, truck, or bus. Always assume the driver does not know you are there.
• For maximum theft protection, use a U-lock.
• Keep a written record of your bike’s serial number.

Pedestrian safety
• Obey “Don’t Walk” and other traffic-control signals.
• Cross within the marked crosswalk. Jaywalking is subject to a fine of more than $100.
• Be aware of your surroundings. Don’t be distracted with electronic devices.
• A “No-Zone” is when you are not visible to a car, truck, or bus. Always assume the driver does not know you are there.
• Walk confidently: Look ahead and make eye contact.
• Avoid shortcuts: Take well-traveled and well-lit walkways.
• Trust your instincts.

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

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

Here are some safety tips (and legal reminders) from USLS:
• Students must be aware of and comply with all state laws. Ignorance is not a defense!
• Take steps to avoid identity theft: Secure data—shred documents containing your personal information, safeguard bank accounts, and don’t respond to emails asking for sensitive information. Don’t keep your Social Security card with you, and never give out the number unless absolutely necessary. Immediately report suspected identity theft to the police.
• Driver’s licenses: If you are going to drive in Minnesota, you must have a valid driver’s license. If you move to Minnesota permanently, you must get a Minnesota license.
• Auto insurance: If you drive in Minnesota you must have auto insurance for your vehicle. Always carry proof of insurance in your vehicle. Lack of insurance is a crime.
• Criminal convictions or charges: Bad conduct can result in academic discipline and impact your future educational and employment opportunities. (International students: Certain criminal acts could result in loss of status and removal.)
• Alcohol use: The drinking age is 21. If you are under 21 you may not possess or consume alcohol, and doing so is a crime. Providing alcohol to someone under the age of 21 is also a crime.
• False identification: It is a crime to use a false I.D. (identifying yourself or your age falsely and inaccurately).
• Illegal downloads: Before you download copyrighted music, movies, software, or games from the Internet, make sure it is authorized. Severe penalties can result from illegal downloading.

BE SAFE: KNOW STATE LAWS AND UNIVERSITY EXPECTATIONS
For questions regarding immigration issues, contact USLS for assistance. Read through the list above. You are responsible to know the laws that apply to all students at the University of Minnesota.

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

HAVEN: ONLINE MODULE
The University of Minnesota is committed to the safety, dignity, and respect of all of its students, staff, faculty, volunteers, and visitors. To promote safety on campus, you are expected to complete an online course called Haven before the first day of the semester. This course will teach you key definitions and statistics, bystander skills, and campus-specific policies, procedures, and resources. You will receive log-in information by email (your U of M email account). Your completion of the program will be documented and reported to the University.
Manage your University finances at the My Finances tab of the MyU portal. 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 Live Like a Student page on the One Stop website.

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. Your financial state when you graduate will likely be a pretty good indication of some of the lessons you did—or didn’t—learn outside of class. So get on the right track right now. This section provides information on everything from paying tuition to finding a job.

Financial aid

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

Changes in family situation

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

Types of financial aid

Scholarships/checks

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

Work-study

A work-study award is a form of financial aid that helps undergraduate students pay their educational expenses by working at a job usually on campus. If you do have a work-study award, you may apply for on-campus work openings. Students must complete a Free Application for Federal Student Aid (FAFSA) to be considered for a work-study award.

Residency

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

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

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

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

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

View your account at the “MyU: My Finances” quick link: onestop.umn.edu.

Billing and payment
You will receive a notice in your University email account when your billing statement is available online. The University’s official online billing and payment system allows you to pay with your checking or savings account or with a valid credit card. It’s important that you pay your Student Account in full each semester, or you may not be able to register for the next semester.

For complete information on all payment options, go to z.umn.edu/payment.

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

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

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

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

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

onestop.umn.edu

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

**EAST BANK**
333 Bruininks Hall (primary location)
222 Pleasant St. SE.
8:00 a.m.–4:30 p.m., Monday–Thursday
8:00 a.m.–4:00 p.m., Friday

**WEST BANK**
130 West Bank Skyway
219 19th Ave. S.
8:00 a.m.–4:00 p.m., Monday–Friday

**ST. PAUL**
130 Coffey Hall
1420 Eckles Ave.
8:00 a.m.–4:00 p.m., Monday–Friday
COST OF ATTENDANCE BUDGETS

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

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

Money management

One Stop’s Live Like a Student initiative encourages students to live within their means. If you are used to lounging at home in your family room, prepare yourself for learning to relax on your roommate’s great aunt’s 25-year-old recliner. You will likely have to give up some of the comforts you now enjoy; that’s part of the student experience. Making smart decisions about money is one of the most important things you can teach yourself while in college. Being on a student budget will force you to be careful—and creative. The Live Like a Student campaign offers great financial-related advice through money management resources on the One Stop website, Facebook, and in an e-newsletter. You’ll find advice on budgeting, spending, using credit, avoiding financial trouble, and getting help with financial matters. There’s even a long list of free or cheap things to do around campus. For more information, visit the Live Like a Student page on the One Stop website.

Buying your books using your Student Account

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

When you get your U Card or if you get a replacement U Card, you have to wait approximately 30 minutes to use it at the bookstore 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 bookstore.) 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 bookstore.
You can also use Gopher GOLD value to pay for purchases you make at the bookstore. You must have money already deposited into your Gopher GOLD account (up to $1,000) to use it. Make a deposit at the U Card Office with cash or check, at Value Port machines (www.gophergold.umn.edu for machine locations), or online with a credit or debit card. After you have made a deposit, bring your U Card to the cashier and say you’d like to use Gopher GOLD to pay for your purchases. The cashier will swipe your U Card and the amount of your purchases will be deducted from your Gopher GOLD account balance. You can check your Gopher GOLD purchases and balance online at the U Card website.

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

As a new student entering the University, there are some limitations for the start date of a new position. For example, a student entering the University in fall 2015 can begin working their new position on August 24, 2015. Check the Student Employment Office’s website above for more details.

Employees have rights. If you experience legal concerns relative to your employment contact University Student Legal Service. If you get an on-campus job, make sure to check out the Student Employment Leadership Program. International students: Make sure you are eligible to work. You can find information at www.selp.umn.edu.

Online job listings
GoldPASS (goldpass.umn.edu) is the U of M’s online database that connects students and alumni with employers, volunteer organizations, and internships across the country. Carlson School of Management students will want to check out The Edge—a database listing connections to jobs, internships, and career events.

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

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

STUDENT UNIONS & ACTIVITIES
Student Unions & Activities (SUA) provides hundreds of students with jobs in administration, customer service, marketing, design, web development, and more. SUA provides jobs and cares deeply about student development. All positions are guided by the University of Minnesota’s Student Development Outcomes (page 4).

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

CREDIT CARDS: MAKING WISE CHOICES
Credit cards are an excellent tool for establishing credit. They are useful when traveling, for making online purchases, or for emergencies such as an expensive car repair. Credit cards are also easily abused, tempting you to purchase things 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 “Finances” then “Money Management.”

U CARD—DISCOUNTS
When you make purchases on or around campus, make sure to ask for your student discount and show your U Card!
Your growth as a student can happen outside the classroom, too. These jobs offer tangible experience to help build your résumé and opportunities to advance to senior and managerial roles. If you are searching for a great working opportunity, visit sua.umn.edu/jobs.

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

Student employees are vital to the success of the department and its programs. Recreation and Wellness provides student development opportunities by offering ongoing instruction, lifelong skills training, and a collaborative working environment.

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

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

VETERANS
University Veterans Services (612-625-8076) provides a wide range of services to military members, veterans, and their families to assist with educational benefits. They can also connect veterans to non-educational benefits, services, and programs for housing, medical needs, employment, family, and transition issues.

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

INVESTED DYNAMIC OPERATIONS LIAISONS
MCAE also hires students with work-study as Invested Dynamic Operations Liaisons (IDOLS). As an MCAE IDOL, you would work at the Appleby central location, the Circle of Indigenous Nations, the MCAE Computer Lab or MCAE-St. Paul. IDOLS work in the reception areas and the MCAE computer lab, and assist staff with projects. To apply to be a MCAE IDOL contact Keisha Blackman at blac0023@umn.edu.

FACILITIES MANAGEMENT
Facilities Management employees work to maintain a safe, functional, clean, and welcoming campus. They provide services that range from land care and waste abatement to the maintenance and cleaning of buildings throughout the East Bank, West Bank, and Health Sciences.

More information:
www.facm.umn.edu/about/index.htm

More information:
www.bookstores.umn.edu/employment.cgi

More information:
www.facm.umn.edu/about/index.htm

More information:
www.bookstores.umn.edu/employment.cgi
FINANCING YOUR EDUCATION

UMF FOUNDATION CALL CENTER T.E.A.M.
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 resume for the future!

Starting pay is $10.00 plus incentives and prizes.

Apply online z.umn.edu/callers

FINANCING YOUR EDUCATION
LIFE AT THE U OF M

UPSA Can Help Pay For Your College Expenses.
The Earn and Learn® Program

Students can get as much as $25,000 in paid college tuition and other covered educational expenses.

Available at about 100 UPS locations across the country, the Earn and Learn® Program offers Part-time Package Handlers up to $5,250 per calendar year with a lifetime amount of $25,000. Part-time Supervisors get up to $5,250 per calendar year, with a lifetime maximum of $25,000.

Student employees are eligible for Earn and Learn® benefits the day they are hired. Benefits are pro-rated for students hired mid-semester.

Apply at UPSjobs.com

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Student employees are eligible for Earn and Learn® benefits the day they are hired. Benefits are pro-rated for students hired mid-semester.

Apply at UPSjobs.com

Great training
Weekly pay checks
As much as $25,000 in college assistance ($25,000 for Part-time Supervisors, too!)
3.5 to 5 hour shifts per week day
Consistent work shift schedule
Weekends and holidays off – most locations
401K and stock purchase plan
Medical life insurance available
Paid vacations and holidays
Promotion from within

Apply at UPSjobs.com

FINANCING YOUR EDUCATION
Get Technology Help your way
University Technology Help provides friendly technical help and support on campus. Call, visit, or chat.
See page 44

Peer tutoring & Lynda.com
Build your skills in Excel, Adobe CS, or video production either in a short class session or through online videos.
See page 44

Email
Email is your official means of communication at the U.
see page 43

WiFi
The U of M WiFi network downloads your data at speeds up to 150 megabits per second, about 10 times faster than on the average home network.
see page 45
You will probably refer to this section often before school starts and well into your first semester. This is where you will learn how to set up your University email account. There is information on technology help and support, discounted software, and important reminders about using social media sites.

Before you arrive on campus

Set up your University email account

Your University email account is the official means of communication at the U of M. If you would like to set up your email on a specific email client (such as Apple Mail or Mozilla Thunderbird) follow the instructions at it.umn.edu/email-services. If you would rather access your mail on the web, visit mail.umn.edu. On the right column of the page, click “Need an Account?” and then “Initiate.” You will be prompted to enter your Social Security number, student ID number, birth date, and create a password. If you are an international student, you will follow the same directions except leave the Social Security number blank. If you need help initiating your email, bring a photo ID (passport, U Card, or driver’s license) to any Technology Help walk-in location.

Technology Help locations and hours:
walk-in.it.umn.edu

Activate and manage your account

Visit the My Account page myaccount.umn.edu to manage any changes to your account. You can change or reset your password, manage email options, or view blocked incoming emails.
U Minnesota
Access essential University information and resources on smart phones and tablets through the U Minnesota mobile app.

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

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

Freshmen and their parents should select the guide called “Class of 2019”
Transfer students and their parents should select the guide called “New Transfer Students”

- Desktop, Windows, non-Blackberry 10 users will need to access a dedicated link:
  - Freshmen: guidebook.com/g/cl2019
  - Transfers: guidebook.com/g/umntransfer

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

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

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

More information:
it.umn.edu/help

Technology Help Walk-in Locations

EAST BANK
- Coffman Memorial Union 101

WEST BANK
- Blegen Hall 90

ST. PAUL
- St Paul Student Center 4

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

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

More information: gmail.umn.edu

Student Technology Peer Tutoring & Lynda.com
Build your skills in applications like Office, MATLAB, or Adobe Creative Suite through peer tutoring or online videos.

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

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

For anti-virus software suggestions please visit the technology products page at z.umn.edu/suggestantivirus. You’ll need to select your campus and under user license type, select “student personal computer.”

IMPROVING WIRELESS
The U of M wants your help to improve Wi-Fi on the Twin Cities campus.
We can’t fix what we don’t know about. If you can’t connect to Wi-Fi on campus, visit wifi.umn.edu to report the location. We’ll install more coverage where the U of M needs it most.
Technology Purchases and Service

The University of Minnesota Bookstores at Coffman Memorial Union is home to the M Tech Store where students can choose from many technology options available to them—most with special educational discounts.

Visit the M Tech Store to test-drive the latest computers, tablets, and more and to have your questions answered by the Apple- and PC-trained and certified team. You may also view the complete selection of technology products online at www.mtech.umn.edu. Use your student account to purchase at the bookstore and online from the website. All online computer orders qualify for free shipping.

The U of M Bookstores offers a technology trade-in program to help you recycle your gently used laptops, tablets, cell phones, MP3 players, and more. Visit M Tech (store or online) at www.mtech.umn.edu to determine your trade-in value.

The U of M Bookstores also provide on-campus warranty service, repairs, and upgrades for Macs and PCs from a team of certified service technicians. Learn more about this campus convenience at www.mtech.umn.edu.

Your Internet account and passwords

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

University email:
Reminders and etiquette

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

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

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

• Among friends email is informal, but be sure to write professionally when emailing U of M faculty and staff.
• Clearly identify yourself (name and student ID) and refer to the specific course and section number you are in.
• Be specific in the subject line. “Help” is not at all helpful. Try, “Help needed with Monday’s literature review assignment.”
• Be resourceful and proactive. Don’t email your instructor or TA (Teaching Assistant) for information just because it’s easier than looking for it on your own.
• Be courteous and respectful, and don’t expect an immediate response. Some faculty and staff only check email a couple times each 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

You will use Gopher GOLD™ on your U Card to pay for printing at campus computer labs, including your residence hall computer centers. You have to make a deposit into your Gopher GOLD account before you can use it to pay for printing. You can make a deposit at the U Card Office, at ValuePort machines with cash, or online with a credit or debit card. After you have money in your Gopher GOLD

Wireless network

The University’s wireless network provides students and guests with wireless Internet access on the Twin Cities campus. Wireless is available in residence halls, but students should bring an Ethernet cable for a faster and more secure connection.
account, swipe your U Card to release your print job from the printer workstation. Based on the number of pages you print, Gopher GOLD will be deducted from your Gopher GOLD account. The print station will show you the remaining balance on your account after the transaction is processed.

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

Social media

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

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

• Do not post anything about yourself that you would not want your parents to see.
• Become familiar with and use the privacy settings as much as possible. But remember, it may still be possible for unintended viewers to gain access to your post.
• Never give out your password, Social Security number, account number, student ID, or other personal information on the Internet.
• Don’t agree to meet strangers you have contact with on the Internet.
• Do not download copyrighted material or copy material from the Internet and claim it to be your own.
• Remember you have the right to cancel or close your accounts at any time.

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

• Fraud and scams: People may be subject to identity theft and Internet fraud through the use of social networks.
• Privacy: There should be no expectation of privacy on the Internet. Your private information or information you want kept private may be shared with third parties.
• Employment: Many employers research applicants and conduct Internet background checks on prospective employees. If they find postings to be inappropriate or improper they may decline employment.
• Graduate school: Recruiters and admissions offices at many major universities and colleges will examine an applicant’s postings to make sure the candidate meets their standards of admission.
• Harassment and cyber-bullying: People use social media sites to harass, insult, threaten, and intimidate others.
1 in 4 students are diagnosed with a mental health condition

Hope is just a click away
mentalhealth.umn.edu

Pet Away Worry & Stress
www.bhs.umn.edu/services/wellness-paws.htm

Don’t Sit in Silence. Change the conversation about mental health.

16 different intramural leagues

Arena 3 v 3 5 v 5 8 v 8

Dodgeball Flag Floor Ice

Indoor Outdoor Stadium Softball

Indoor Outdoor 4 v 4 6 v 6

9,000 Bike Racks on campus
"When health is absent, wisdom cannot reveal itself, art cannot become manifest, strength cannot fight, wealth becomes useless, and intelligence cannot be applied.” — Herophilus of Chalcedone, 335-280 BCE

Physician to Alexander the Great

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

Health insurance

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

How to waive the Student Health Benefit Plan (SHBP)

If you have coverage through another insurance company and wish to waive enrollment on the SHBP, you may enter the name of your insurance company, your insurance member ID number, and your insurance group number during registration at Orientation. This information will be electronically verified with your health plan by the Office of Student Health Benefits to ensure compliance with University policies. The deadline to submit a waiver request for fall is September 14, 2015. If you do not appropriately waive the SHBP per established guidelines before the deadline, you will be billed for the entire semester. Approved waivers are valid for one year.

International students and the Student Health Benefit Plan (SHBP)

All international students and their dependents are required to purchase and enroll in the University-sponsored SHBP. If you have health insurance coverage through a United States-based, employer-sponsored group health plan or the University-sponsored Graduate Assistant Health Plan, you do not have to purchase the SHBP and are eligible to waive enrollment. To learn more, visit www.shb.umn.edu.

Voluntary Student Dental Plan

The University of Minnesota offers the Voluntary Student Dental Plan (VSDP) through MetLife for all eligible students. Enrollment and plan information is available at www.shb.umn.edu. Online enrollment for the 2015-2016 plan year goes through September 14, 2015.
IMMUNIZATION REQUIREMENTS

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

• Diphtheria/Tetanus
• Measles
• Mumps
• Rubella

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

To access an online or printable Student Immunization Form, go to: www.bhs.umn.edu/immunization-requirements.htm.

Need your immunizations? Call Boynton Health Service at 612-625-3222 for an appointment. To learn more about the University of Minnesota’s immunization requirements, go to www.bhs.umn.edu/immunization-requirements.htm.

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

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

Pharmacy options

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

Other health resources

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

• De-stress—Student stress management education and resources
• Health Advocates—Student health resources in residence halls, fraternities, and sororities
• SHAC—Student Health Advisory Committee
• SHADE—Sexual Awareness and Disease Education
• SNAC—Student Nutrition Advocacy Collaborative
• SOBER—Students Off Booze Enjoying Recovery
The Gopher Chauffeur offers safe rides home for students on Thursdays, Fridays, and Saturdays during the academic year. To learn more, visit www.bhs.umn.edu.

Medical records
It is often helpful to forward your medical records before being seen at Boynton Health Service. Before your first visit to the clinic, you can complete and submit an Authorization for the Release of Health Information for Primary, Mental Health, or Dental care. Call 612-625-8400 to obtain a form.

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

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

Professionals on campus can help you with issues related to:

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

The University offers a number of services to help you with any type of mental health challenge. Counseling services are available at Boynton Health Service’s Mental Health Clinic (BMHC) and Student Counseling Services (SCS). In addition, students with psychiatric disabilities can receive support and assistance at the Disability Resource Center. Boynton and SCS sponsor a number of support groups for various issues including anxiety and eating disorders.

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

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

If you currently receive professional mental health assistance and would like to continue on campus, contact BMHC (612-624-1444) or SCS (612-624-3323) to facilitate a successful transition. Initial appointments are scheduled in person.

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

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

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

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

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

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

Don’t forget the importance of good eating for your overall good health. University Dining Services has a dietician on staff (see details on page 22) and has links to health and wellness resources at www.dining.umn.edu.

**Expanded fitness center**

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

**CLIMBING WALL AND OUTDOOR RENTAL CENTER**

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

**MULTIPURPOSE ROOMS**

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

**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.

---

**Smoke- and Tobacco-free Campus**

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

Need help quitting? The University offers a variety of resources including nicotine dependence counseling as well as prescription medication and nicotine replacement therapy options. Visit www.bhs.umn.edu for more information.
Additional fitness facilities
The St. Paul Gymnasium has state-of-the-art cardio and strength training equipment, handball/racquetball/squash courts, a gymnasium, multiple fitness studios, a shallow water pool, a climbing/bouldering wall, a suspended track, locker rooms, an equipment room, and lounge spaces.

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

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

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

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


WORK OUT—AND PLAY SPORTS—ON CAMPUS
All University of Minnesota students registered for 6 or more credits have an automatic membership with University Recreation and Wellness. Check in with your U Card or the Biometric Hand Scanner to any of these locations: the University Recreation and Wellness Center, St. Paul Gymnasium, or Student Recreational Sports Dome.

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

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

More information:
www.recwell.umn.edu/intramurals

AlcoholEdu
You have the talent to be successful at the University of Minnesota. Making healthy decisions throughout your college career will be an important part of your success. To help prepare you for the start of your first semester, you are expected to complete an online course called AlcoholEdu before the first day of the semester. This two-and-a-half-hour program that will teach you important alcohol-related information, help you learn ways to support others, and increase your awareness about alcohol and college life is required at more than 500 campuses across the country. During the summer you will receive your log-in information. Your completion of the program will be documented and reported to the University.
Walking for wellness

More walking clubs and trails can be found at www.umn.edu/pts/walk.

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

HELMETS AND HEADLIGHTS
A higher percentage of bicycle fatalities happen after dark despite much lower percentages of users during that time. Show your U Card to purchase a helmet and headlight set for $25 (items also sold separately) at the Boynton Health Service Pharmacy.

U OF M BIKE CENTER
The bike center (at the corner of Oak Street and Delaware Street) offers a space for bicycle commuters to gather and take advantage of resources including:
- Bicycle repair (fee based on service)
- Retail outlet
- RFID (radio frequency identification) tagging and tracking
- Educational opportunities such as smart cycling courses and bike maintenance classes

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

More information: www.umn.edu/pts/bike/bikecenter.html

Read more about biking on campus on page 27.

HERE ARE SOME HEALTH-RELATED REMINDERS:

- Watch for information in June on the required AlcoholEdu online course.
- If your parent/s didn’t attend Orientation, share the information about health insurance with them.
- If necessary, make arrangements before coming to campus to have your prescriptions transferred, your medical records sent to Boynton, or mental health services arranged.
- Familiarize yourself with the resources in this section so you can be proactive about your health needs.
GETTING INVOLVED
It’s easy with more than 900 student groups.

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<td>396</td>
<td>Academic and Educational</td>
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<td>237</td>
<td>Cultural and Diversity</td>
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GETTING INVOLVED

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

You may join a student group or find a great place to volunteer in the community. The University of Minnesota strongly believes that these types of engagement opportunities add real value to your education. Getting involved will allow you to gain new knowledge and skills, meet new people, develop relationships, help ensure you are equipped to pursue a successful career, and explore and pursue new interests and experiences. You are off to a good start: Orientation is your first involvement experience at the U of M. Welcome Week—or Transfer Welcome Day—will be your next engagement experience. This section will highlight a number of ways the U of M supports your growth and development including programming, student groups, athletic events, and more.

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

HOW TO GET INVOLVED

• What things are you excited to learn about and experience in college?
• What is important to you?
• What majors and careers interest you?
• Use the Engage! search tool at www.engage.umn.edu. Type in a word or phrase or search by pre-sorted interest areas.
• Check out the Engage UMN blog. “Like” the Engage UMN Facebook page and follow @EngageUMNTwitter to learn about some great opportunities.
• What co-curricular activities have you been involved in prior to college?
• How and why are these experiences meaningful?
• How do you want to build on these experiences in college?
• What new experiences do you want to pursue in college?

There are unlimited options, but here are seven areas you can start to consider. (For links to information about each one, visit www.engage.umn.edu.)
• Learning Abroad & Away
• Research
• Student Groups
• Campus Leadership & Involvement
• Student Employment
• Volunteering
• Internships
You have four exciting years ahead. Make the most of them inside and outside the classroom.

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

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

Colleges and departments offer student involvement opportunities outside the classroom, too. For example, the College of Science and Engineering has more than 60 student groups. There are professional and honor societies, and service and leadership groups.

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

**Program Board**

SUA’s Program Board gives students the power to plan events for the student body and provides a way to form new friendships. You can gain valuable leadership experience and pride in knowing you are part of something bigger than yourself. Plan

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**THE MINNESOTA DAILY**

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

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

The Minnesota Daily has been repeatedly recognized as one of the top college newspapers in the country. It is also one of the nation’s largest entirely student-written and student-managed newspapers. The Minnesota Daily is a student organization that employs approximately 250 people annually. Read the Daily for ideas on how to get involved on campus. [www.mndaily.com](http://www.mndaily.com)
events such as concerts, art exhibitions, performances, and more!

More information:
sua.umn.edu/program-board

Fraternity and Sorority Life
Fraternity and Sorority Life at the University of Minnesota provides engagement opportunities for more than 3,000 students and honors more than 140 years of tradition. Each year, members post higher graduation rates than non-members and outperform the all-men's and women's GPA. Greek students engage in leadership and involvement in student government, Welcome Week, Orientation, and hundreds of student organizations on campus. Data shows that these students are more satisfied with their collegiate experience than non-Greeks, more willing to engage in the classroom, and feel like they have been able to find a home away from home.

Women who wish to join a Panhellenic (PHC) sorority participate in a formal recruitment process that begins at the end of Welcome Week. To participate, you must register online. Registration closes the day before recruitment begins. During formal recruitment, you will visit with every chapter and meet women from each organization.

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

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

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

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

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

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

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

EXPLORE-U
All new freshmen and transfer students are invited to experience Explore U on Saturday, September 5. You will be able to interact with more than 140 student groups to learn about engagement opportunities. There will be more than 70 local vendors with sample products and information about services.
First-Year Leadership Institute
First-Year Leadership Institute is a selective, co-curricular leadership program designed specifically for incoming freshmen. Are you interested in being an on-campus leader? Are you looking to explore what leadership means to you and how you lead? Each fall, 25 to 30 students are selected to participate in the program that takes place during the spring semester. Through weekly meetings, a weekend retreat, mentoring experiences, and other hands-on activities, participants build lasting friendships with other leaders, expand self-awareness, and gain excitement and direction for their leadership journeys ahead. Applications are available beginning Welcome Week.

More information:
www.leadup.umn.edu/first-year

Intramural sports
The Intramural program provides opportunities for energetic recreational competition and social interaction around campus. Individual and team participation is available in a wide variety of sports. Men’s, women’s, co-recreational, and open leagues are all available. (Intramurals also hires hundreds of officials every year if you are interested in an on-campus job. See page 40.) Registration takes place during the second week of the fall and spring semesters.

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

More information:
www.recwell.umn.edu/intramurals

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

More information:
www.recwell.umn.edu/sportclubs

GLBTA Programs Office
The Gay, Lesbian, Bisexual, Transgender, Ally (GLBTA) Programs Office is dedicated
to improving campus climate and developing and supporting more inclusive understandings of gender and sexuality. The office puts together an e-newsletter, GLBTA NEWS, and offers an open and inclusive space in their student lounge in Appleby Hall. Events celebrate and affirm the lives of LGBT students, staff, faculty, and community members. In February 2014, the GLBTA Programs Office was highlighted in a Buzzfeed article that listed the U of M as one of the 25 best colleges and universities for LGBT students.

Education is at the core of the work done through the GLBTA Programs Office. Ally Trainings are held several times a semester that aim to increase GLBTA knowledge through focused content on language terms and real-life experiences of sexual orientation and gender identity.

To learn more about these and other LGBT Trainings visit diversity.umn.edu/glbta/trainings.

There are more than 40 GLBTA student organizations and initiatives.

More information: diversity.umn.edu/glbta

Women’s Center

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

More information: diversity.umn.edu/women

Circle of Indigenous Nations

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

More information: diversity.umn.edu/multicultural/coin

Undergraduate students with children: Student Parent HELP Center

The Student Parent HELP Center assists low-income, undergraduate students with children by helping them overcome the specific challenges they typically face as they enter the University. The SPHC provides a centrally located, on-campus, family friendly lounge, study area, and computer lab and offers a wide variety of services and activities that encourage academic and family success. The SPHC is also the primary entry and screening point for the Post Secondary Child Care Grant, a significant source of child care assistance for MN State Grant eligible students with children.

More information: www.sphc.umn.edu/index.html

Places to gather

Student Unions

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

• Hungry? There are many options from a food court to convenience stores to Starbucks to sandwich shops.

More information: sua.umn.edu/locations
• Have questions? The Information Desks offer a complete selection of brochures and campus maps, bus passes, and discount tickets to local attractions. [sua.umn.edu/info]

• Looking for something to do between classes? Grab a snack, go bowling, or play video games at Goldy’s Gameroom in Coffman Union. Or, stop by Gopher Spot in the St. Paul Student Center to play pool or bowl. [sua.umn.edu/locations]

• This is where you will find great services and conveniently located offices such as U Card office, Technology Help, United States Postal Service, Printing Services, ATMs, National Banks, U of M Bookstores, and the Hennepin County Service Center. [sua.umn.edu/locations]

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

More information: [commuterconnection.umn.edu]

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

More information: [northrop.umn.edu]

Religious and Spiritual Life
Students at the U of M will find a variety of religiously affiliated student organizations. Almost 70 student groups and 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. Students interested should visit [sua.umn.edu/groups] and look under the category “Religiously Affiliated.”

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

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

More information: [www.servicelearning.umn.edu]

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

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

Air Force ROTC
[www.afrotc.umn.edu]

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

Navy and Marine Corps ROTC
[www.nrotc.umn.edu]
Governance

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

More information: sua.umn.edu/board

Student Senate and Senate Committees
Hone your leadership skills, network, and advocate for your fellow students! The Student Senate and Senate Committees offer opportunities for students to interact with faculty, staff, and administrators and 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: www1.umn.edu/usenate/ssenate/

Minnesota Student Association
The student body is large at the University of Minnesota and students need and want to have a voice. The Minnesota Student Association (MSA) serves as the collective voice for the undergraduate student body. From meeting with President Kaler and other administrators to advocating for greater University support from legislators at the capitol, MSA covers an extremely wide range of topics in an effort to enhance the college experience for students at the University of Minnesota. This diverse agenda allows students of all interests and talents to easily find a fit for themselves within MSA.

More information: msa.umn.edu

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

Fraternity and Sorority councils
The U of M’s fraternity and sorority community is made up of more than 55 organizations, many of which have been here for more than 40 years. The Interfraternity Council (IFC), Multicultural Greek Council (MGC), National Pan-Hellenic Council (NPHC) and Panhellenic Council (PHC) communities are governed by different councils that develop policies related to academics, programming, recruitment, campus traditions, and much more. Reporting to different national bodies, these organizations meet to discuss community business, plan events that engage students, and provide resources to various chapters. Students can participate in these councils within delegation roles and also in executive positions. Each position is elected by chapter delegates.

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

To learn about the governing councils, click on “Councils” at www.begreek.org.
School Pride

For more than 100 years, the Golden Gophers have been competing in the BIG Ten conference and have won more than 25 national and 100 Big Ten championships.
Be part of this athletic legacy!

All it requires is your pride, spirit, and a few lessons on Gopher tradition. Here are a few to get you started:

**Minnesota Rouser (fight song)**

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

**Goldy**

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

**We Are...Minnesota**

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

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

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

Spring Jam happens in late April and creates an atmosphere of unity through music. This event is meant to celebrate University students, the University community, the change of seasons, and the end of the school year. Enjoy live music, good food, and quality entertainment. It is the largest student-planned, campus-wide event during spring semester. The headlining act and other artists are typically nationally recognized and are the focus of Spring Jam.

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

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

To learn about the various events the councils plan, click on “Programs” under “About Us” at begreek.org.
**Bookstore**
Sport your best maroon and gold on campus with help from the U of M Bookstores. The bookstores have a huge selection of Gopher fashions and novelties for fans of all ages.

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

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

For more information on Gopher athletics, and to purchase season tickets, go to [mygophersports.com/students](http://mygophersports.com/students).

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

Plan your weekends at [sua.umn.edu/events](http://sua.umn.edu/events)
In order to succeed academically in college, you need to apply and build upon the skills and habits that helped you succeed in the past. In college, as in life, you must define what success means to you. Asking questions, cultivating creativity, and exercising self-discipline will help you meet and exceed your expectations.

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

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

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

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

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

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

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

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

The Office for Student Conduct and Academic Integrity 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 135 majors, and thousands of challenging courses.

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

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

**Liberal education requirement courses**
Liberal education courses invite students to investigate the world from new perspectives, learn new ways of thinking, and grow as active citizens and lifelong learners. Often called “lib eds” for short, these courses are organized into the categories arts and humanities, biological sciences, historical perspectives, literature social sciences, mathematical thinking, physical sciences, and global perspectives. Liberal education courses provide opportunities for students to explore areas of interest outside their major. Taking these courses shows future employers—and graduate schools—that you have the ability to think critically, further develop social and communication skills, solve problems, and experience diversity.

**Creating a balanced curriculum**
You are expected to take a combination of major requirements and liberal education courses each semester, as this provides students the best opportunity for academic success. This means you should take liberal education courses throughout your college career and not rush to complete them early in your academic program.

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

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

There are several other requirements related to graduation that may be specific to your academic college. For example, CLA students completing a Bachelor of Arts, Bachelor of Individualized Studies, or Bachelor of Fine Arts degree in art must complete the second language requirement. And Carlson School of Management students are required to complete an international experience before they graduate. Please discuss college-specific requirements with your academic adviser during your first semester in order to plan the best possible route to graduation.

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

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

Find more information at [www.catalogs.umn.edu/ug/index.html](http://www.catalogs.umn.edu/ug/index.html)
Courses/credits
Each course taken at the University of Minnesota is assigned a credit value. Courses are awarded on a semester-hour basis, representing how many hours a week a student must attend the course and the amount of work outside class necessary to be successful. While credits range depending on the course, most courses you take will be 3 to 4 credits. A 3-credit course will typically meet for three hours each week during the academic semester. (For each credit hour you are in class, you should average two hours a week in additional preparation outside class—studying and preparing 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 15 credits each semester to graduate in four years.

There are exceptions to the 13-credit requirement (work, family, health, or other life circumstances), but you must get prior approval to take fewer than 13 credits. Information on how to submit the online 13 Credit Exemption is available at the One Stop website: z.umn.edu/creditexemptionrequest. 13 Credit Exemption requests will be reviewed by your college advising office and must be submitted by the fourth week of the term. Without prior approval, you must pay the 13-credit tuition, even if you take fewer credits.

Grades and grade point average
Every course you take for graded credit will be assigned a letter grade. These grades indicate a scale of quality from excellent to failure, ranging from A to F. Each letter grade also has a grade value on a 4.0 scale, with an “A” assigned 4 points, a “B” assigned 3 points, a “C” assigned 2 points, a “D” assigned 1 point, and an “F” assigned 0 points. Each student has a cumulative grade point average (GPA)—a numerical average of all the graded courses he or she has taken at the University of Minnesota. In general, to be in good academic standing, you need to maintain a 2.0 average or above.

Four-Year Graduation Plan
(This applies to freshmen only)
There are many advantages to graduating in four years including financial savings, increased learning that comes with maintaining momentum from semester to semester, and getting a head start on your post-college goals. This plan can help you achieve four-year graduation by assuring that required courses will be available to you.

If the University cannot provide a required course, another course will be substituted for the requirement or the requirement will be waived at the department’s discretion. If the U of M cannot provide either of these options and, consequently, it takes you longer than four years to graduate, the U of M will pay the additional tuition for that course.

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

The deadline to apply for the Four-Year Graduation Plan is the first day of fall semester—September 8. Talk to your adviser at Orientation.

More information: academic.umn.edu/fouryear

Grades and Transcripts
Grades can be found on the Academics tab of MyU (www.myu.umn.edu). You can also view your unofficial transcript or order an official transcript.

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Academic Progress Audit Report

The Academic Progress Audit System (APAS) produces a report, or degree audit, that reflects your progress toward completion of an undergraduate degree in your declared or proposed major. The APAS report shows how your U of M courses—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 adviser and information found on the One Stop website (onestop.umn.edu/degree_planning/apas.html) can help you better understand your APAS.

Transfer credit report

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

Getting credit for college-level coursework

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

If you have questions about how your pre-college credit will apply to your undergraduate degree, ask your adviser during Orientation, or visit the Admissions website: z.umn.edu/cww.
Graduation Planner is an interactive planning tool for University of Minnesota students on all campuses. Use Graduation Planner to:

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

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

ACADEMIC SUPPORT RESOURCES
Office of Undergraduate Education
University of Minnesota
Registration for your first semester takes place during Orientation. For future terms, you will register using the “MyU: Academics” quick link at onestop.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 adviser each semester and use the how-to guides found on the One Stop website to assist with registration.

- **Search for classes:** Locate classes by subject, title, and other identifying criteria. Preview class times, dates, locations, instructor, and sections status. Updates show when openings are available.
- **Schedule builder:** This tool helps students put together a schedule of courses.

**Your student record**

Your student record includes your courses, grades, major and minor, degrees, and other academic-related information. Visit myu.umn.edu to review your record and grant view-access to others.

**Registration holds**

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

**Dates and deadlines**

Stay current with important academic dates and deadlines including term start/end dates, cancel/add deadlines, billing due dates, and holidays by checking the 2015–16 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, adviser, academic awards and honors received, and degrees earned. To prevent the release of any or all of the above, go to the “MyU: My Info” quick link at onestop.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.

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Chemistry 1061: Principles of Chemistry 1: 3 credits, M,W,F 12:20-1:10, Michelle Driessen, Brunincks Hall 312
Chemistry 1065: Principles of Chemistry 1 Laboratory: 1 credit, Th, 8-10:50, Michelle Driessen, Smith Hall 110

Buying books and course materials

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

The bookstore also sells notebooks, paper, binders, writing instruments, and art supplies at competitive prices to supplement your course needs.

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

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

CHECK THE U LIBRARIES

The U Libraries also provide access to some course materials. Check the Library Course Page on the Libraries homepage for your courses or you can search the Libraries website to see if they have the textbook, book, articles, etc. you need.
CLASsROOM EXPECTATIONS

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

Syllabus

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

Sample Syllabus

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

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

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

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

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

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

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

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

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

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

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

1. **Get a planner.** Whether you use a paper-pencil calendar (like your Gopher Guide), your smartphone, tablet, or laptop, create a system to organize your class schedule, weekly time commitments, and your upcoming assignments, deadlines, and exams. It is crucial to create a system that allows you to add and edit dates to your calendar throughout the day. Pick whatever method is most convenient for you.

2. **Organize your syllabi.** After the first week of class, a great “best practice” is to comb 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 Facebook, Twitter, or YouTube. Consider visiting the “Find a Study Space” website ([www.classroom.umn.edu/studySpace/FindStudySpace.html](http://www.classroom.umn.edu/studySpace/FindStudySpace.html)) to discover great places to disconnect and focus on your work.

4. **Spend daytime hours on campus.** Organize your schedule to remain on campus between classes from 8:00 a.m. to 5:00 p.m. Treating your time on campus as a full-time job will allow you to complete most necessary assignments and study during the day, leaving your evenings free for eating in the dining center, attending co-curricular activities, and spending time with your roommates and friends.

5. **Re-evaluate often.** Give yourself the first two to three weeks on campus to attempt your new time management routine, based on the principles listed above. Do you study better at night? Is your iPhone calendar failing to help with your scheduling method? Switch it up and try again. Remember, you can always communicate with a member of your academic support team (see page 78) to reevaluate your time-management plan.

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**DISABILITY RESOURCE CENTER**

The University of Minnesota values disability as essential to its diverse community. The Disability Resource Center (DRC)—a unit within the Office for Equity and Diversity—is a resource for students to enjoy full access to the University. Whether in a science lab or art class, a workshop or an online class, a student group, a dining hall, the residence halls or the RecWell Center, providing accessible environments is a priority at the U of M. The Student Access team at the DRC collaborates with students, faculty, and staff to identify and remove or reduce barriers to access. If you have a disability and would like to discuss accommodations, please contact the Disability Resource Center at 612-626-1333 or drc@umn.edu as soon as possible. Some accommodations may take a few weeks to arrange.
Everyone needs support to succeed. At the University of Minnesota you will have support in abundance. Staff, faculty, and administrators are here to guide you through your educational journey and help you make informed decisions based on accurate information. It will be your job to get to know these campus professionals and utilize their resources throughout your college career. Take the time to find the resources and people who will support you. This section is a starting point.

**Academic advisers**

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

- A college adviser who assists you in planning your degree and pursuing opportunities from Orientation through graduation.
- A departmental adviser who assists you in declaring your major or minor and helps you make the most of your experience in your chosen field of study. These advisers might be professional advising staff or faculty members, but two things are certain: they can answer your questions (or direct you to the person who can), and they are here to support you along the way!

In order to maximize your relationship with your academic adviser:

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

Your faculty and TAs will push you to think critically, engage with course material in new and creative ways, and challenge you to integrate what you’re learning into your life. Faculty 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.

Your peers

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

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

Take your professor to lunch

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

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

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

Additional academic advising programs

University Honors Program

The University Honors Program (UHP) promotes an interdisciplinary approach to learning, providing highly qualified and motivated students with an enhanced learning experience that crosses academic boundaries. UHP students are part of a stimulating and supportive community of like-minded peers with diverse backgrounds and interests. UHP features an exciting curriculum of foundational courses and Honors Seminars combined with student engagement in Honors Experiences including research, creative expression, internships, study abroad, community service, and more. 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 may apply for fall entry in their sophomore or junior years.

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

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

More information: mac.umn.edu

Multicultural Center for Academic Excellence

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

MCAE provides a variety of programs to support students academically as they transition into college life. These programs include the MCAE Academic Success Action Plan, President’s Distinguished Faculty Mentor Program, scholarship support, and peer research consultants. First-year students have the opportunity to explore multicultural perspectives and topics across disciplines through SEAM courses (see page 88 for full description). Tutoring is also offered at the instructional center (page 85).

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. Its primary mission is to assist international students and scholars in successfully accomplishing the goals that brought them to the University, by using all available resources.

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

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

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

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

**Center for Academic Planning & Exploration**

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

CAPE services include one-on-one coaching, workshops, and a 1-credit course designed to help students find a major. Academic and Career Coaches are professionals with a broad University perspective who will guide you through the decision-making process by helping you develop a structured plan for exploration and reflection.

Center for Academic Planning & Exploration, 511 Bruininks Hall, 612-624-3076, www.cape.umn.edu

**EXPLORATION CHECKLIST:**

- **Explore your options:** To explore your interests, strengths, personality, and values, and how these relate to your major and career options, make an appointment with a career counselor in your college’s career office.

- **Decide on a major:** Review the list of U of M majors (z.umn.edu/majorprofiles). Cross off all of the majors you know you are not interested in. Begin more in-depth research on remaining majors.

- **Get Involved:** Join at least one student club or volunteer with a local organization. Choose organizations that you are passionate about.

- **Register for a major or career exploration course.** Learn about tools that will help you explore major and career options.

- **Use your liberal education requirements as an opportunity to explore interests and majors.** Ask your academic adviser for help in selecting classes.

- **Visit your college’s career center.** (See list on following page.) Career services staff members are experts in helping students reach their career goals.

- **Create an account** on GoldPASS to look for employers, volunteer organizations, or internships. The Edge is a similar database for students in the Carlson School of Management.
CAREER CENTERS

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

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

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

College of Design
Career and Internship Services
198 McNeal Hall (St. Paul)
411 Bruininks Hall (Minneapolis)
www.careerhelp.umn.edu
612-624-2710

College of Education and Human Development
CEHD Career Services
360 Education Sciences Building
www.cehd.umn.edu/career
612-625-3339

College of Food, Agricultural and Natural Resource Sciences
Sciences Career and Internship Services
198 McNeal Hall
www.careerhelp.umn.edu
612-624-2710

College of Liberal Arts
CLA Career Services
411 Bruininks Hall
www.clacareer.umn.edu
612-624-7577

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

Health Careers Center
2-565 Moos Tower
www.healthcareers.umn.edu
612-624-6767
In addition to people and resources, there are opportunities that could help you decide on a major or plan your academic career. Doing research with faculty, studying abroad, or learning leadership skills are three possible ways for you to plan for your future.

**Undergraduate Research Opportunities Program**

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

**Learn Abroad**

A learning abroad opportunity has the potential to be one of the most profound facets of your education. However, the process to make it happen can seem daunting. Your academic adviser and staff in the Learning Abroad Center can help guide you through the process, address your concerns, and help you select a program out of 300 that fits your 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](http://UMabroad.umn.edu/students.php).

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

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

You will gain an international perspective, develop new friendships, and build your confidence. Explore global opportunities at [UMabroad.com](http://UMabroad.com) and [youtube.com/user/UMabroad230](http://youtube.com/user/UMabroad230).

**Leadership Minor**

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

To learn more about the courses, requirements, and community of the Leadership Minor, visit [www.lead.umn.edu/minor](http://www.lead.umn.edu/minor).
College is challenging. Seeking help early and often can support your academic goals. Don’t struggle through a course without seeking help. It’s everywhere, and all you have to do is ask.

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

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

**SMART Learning Commons**
The SMART Learning Commons is an academic support resource available to all University of Minnesota students created in collaboration with the University Libraries and the Office of Undergraduate Education. The SMART Learning Commons offers a number of free services including walk-in tutoring for more than 130 undergraduate courses, group learning and study sessions, and exam preparation resources. In addition, the SMART Learning Commons can assist students with support and use of media equipment, facilities, and software, and help students find and utilize research materials. The SMART Learning Commons has three locations, one on each bank of the Minneapolis campus and one on the St. Paul campus.

More information: [www.smart.umn.edu](http://www.smart.umn.edu)

**Academic Counseling (from Student Counseling Services)**
Academic Counseling is an individualized (one-to-one) service for students facing academic performance struggles. Student Counseling Services (SCS) offers this free service that helps students address factors impacting academic performance that are not necessarily skill-based, such as: procrastination, motivation, perfectionism, test anxiety, lack of interest, and struggles with professors/TAs.

To schedule an academic counseling consultation, stop by the SCS front desk at 340 Appleby Hall or visit: [www.uccs.umn.edu](http://www.uccs.umn.edu) for more information.
Help with writing

The Center for Writing’s Student Writing Support program offers students a wealth of resources to help them develop productive writing habits and revision strategies. In free face-to-face and online collaborative consultations, writing consultants help students brainstorm, plan, revise, and edit their writing projects. In addition to writing consultations, students can also access online “quick help” resources 24 hours a day. Resources geared specifically toward multilingual writers are also available.

More information: writing.umn.edu/sws

Academic Skills Coaching

Academic Skills Coaching is a free, individualized (one-to-one) service for students who want to explore new skills for increased efficiency and effectiveness in their academic efforts. If you are looking to work smarter, not harder, this service is for you. Unlike the academic counseling services offered by SCS, Academic Coaching is strictly skill-based in focus. Going to a consultation is like having your own private workshop on an academic question or issue you are curious about. Academic Coaching is not tutoring or academic advising, but it does address common topics such as: test-taking strategies, time management, better note-taking, tips for active reading and writing, and working effectively with professors.

To schedule a coaching appointment, stop by the Student Academic Success Services front desk at 340 Appleby Hall or call 612-624-3323 and ask to schedule an Academic Coaching meeting.

More information is also available on the web at www.sass.umn.edu.

The Instructional Center

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

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

U Libraries: Your academic survival headquarters

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

- Survive your first research paper:
  Get started on a research paper at lib.umn.edu. You can access more than 80,000 online journals, magazines, and newspapers, and more than 7 million books, ebooks, videos, music, and more. And you can do that by using the device of your choice—your computer, smart phone, or tablet. The Assignment Calculator gives you steps to complete big research papers and sends email reminders to keep you on track. Find it at lib.umn.edu/apps/ac/.

- Get expert help when you need it 24/7:
  There is a team to support your academic research. The Peer Research Consultants (a.k.a. library research tutors) are fellow students and can help you select a topic, find high-quality sources and more by appointment or drop-in. You can “Ask a Librarian” in-person, by phone, by email, or by chat 24/7. Visit z.umn.edu/asklibrarian.
• **World-class archives and special collections:** Add a unique source to your research project to wow your instructor. The Archives and Special Collections ([lib.umn.edu/special](http://lib.umn.edu/special)) is home to many treasures—such as the world’s largest collection of Sherlock Holmes memorabilia, more than 10,000 comic books, 4,000-year-old Babylonian clay tablets, ancient maps, University of Minnesota history, and much more.

• **Need a place to study?** Looking for a space to work on a group project? Do you need a place to study for a midterm? How about a quiet spot to write a research paper? You can find such places in the 12 library buildings. Libraries have 24/7 hours during finals.

• **Avoiding plagiarism and citing your sources:** Whenever you use the words or ideas of others you need to make a citation, whether it is from a book, a website, or an article. We have tools to help you collect and organize your research and create in-text citations and your bibliography as you write. Learn more at [lib.umn.edu/howto/citationguides](http://lib.umn.edu/howto/citationguides).

More information: [z.umn.edu/studentguide](http://z.umn.edu/studentguide)

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

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

**Resolving conflicts**

Have a U of M problem or complaint? The Student Conflict Resolution Center (SCRC) helps students with university related conflicts and concerns. SCRC staff members offer confidential assistance and information regarding U of M policies and procedures. Staff members also serve as mediators and as advocates in disciplinary and grievance matters.

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

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

All SCRC services are free and confidential.
Courses Just for First-Year Students

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

Freshman Seminars

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

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

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

First-year courses— by college (freshmen, only)

The following colleges require a first-year course:

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

Many of these courses use the support of peer leaders or teaching assistants. They provide you with first-hand access to students who are living that college experience. Most colleges consider Thursday during Welcome Week (called College Day) to be the first day of class. Students who miss regardless of circumstances must follow up with their college and make up any necessary items. You will register for these courses during Day 2 of Orientation.

Student Excellence in Academics and Multiculturalism

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

SEAM seminars are for first-year students who share a desire to learn and study in a multicultural environment. SEAM seminars raise and explore issues from multiple perspectives in a fun and welcoming atmosphere. These seminars can be taken alone or with courses that provide access to reserved seats in writing, math, and other high-demand classes. Seminars are 1- to 3-credit classes taught by faculty or faculty/staff teams.

More information, contact: Frederic MacDonald-Dennis at fmacden@umn.edu
These courses are offered both semesters so keep them in mind if you fall behind academically and need support in developing or enhancing the skills you need to be successful.

**Academic improvement classes**

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

In LASk 1001: Mastering Skills for College Success, you will learn about factors that are the keys to academic and college success. Understanding these factors will help you deal with unanticipated challenges and identify strategies and concepts that will result in greater efficiency and effectiveness in your efforts. In other words, you will learn how to work smarter, not necessarily harder. This 2-credit course is a great investment to make as you start your University studies.

The road to academic success doesn’t always turn out to be what we expect. Many things can throw students off track, including unexpected family or relationship concerns, stress and anxiety, losing interest or motivation, finding usual approaches to studying no longer work, or questioning whether you still want to be in college. Students dealing with these issues may end up facing probation or suspension. LASk 1102: Academic Success is a 2-credit class that helps students with academic difficulties explore options for change, build a plan for success, and restore confidence. Each week students receive one hour of instruction and one hour or more of individualized consultation with the instructor and other students. Call the SASS front desk and staff will help determine if LASk 1102 is a good fit for you.

If you fall behind in classes or feel overwhelmed, LASk 1101: Academic Refresher can help you get back on track and finish the semester strong. This is a 1-credit, mid-semester course specifically for students experiencing academic concerns. Students receive one hour of weekly instruction and one hour of individual consultation to help you with your specific goals and efforts.

For information or to register for these classes, call SASS at 612-624-3323, or go to www.sass.umn.edu.

**TO DO: SUBMIT FINAL TRANSCRIPTS**

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

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

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

Consider adding one of these Rothenberger Institute courses in your class schedule:

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

Let your academic adviser know if you are interested in one of these courses, and enroll today!

Center for Spirituality & Healing

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

• CSPH 1001: Principles of Health and Wellbeing
• CSPH 3201: Mindfulness-Based Stress Reduction
• CSPH 3301: Food Choices
• CSPH 3202: Mindfulness-Based Stress Reduction
• CSPH 3301: Food Choices
• CSPH 3302: Food Choices

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

Learn more at csh.umn.edu

English language program

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

• ESL 3402: Research Writing (4 credits)
• ESL 3102: Grammar for Academic Purposes (4 credits)
• ESL 3602: Academic Speaking (4 credits)
• ESL 3551: English Pronunciation (4 credits)
• ESL 3001: Integrated Skills for Academic English (2 credits)
• ESL 3006: English for Business Interactions (2 credits)
• ESL 3007: English for Physics (1 credit)

Student English Language Support (SELS)

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

Go to cce.umn.edu/esl for more information.

Check your (University) email!

Your University email is the official form of communication at the University. Official announcements from the University, your department, and professors are sent to this email address. You are responsible for any information sent to you via University email, including tuition bills and other critical information from instructors and administrative offices. See page 43 for related information.
MAKING THE TRANSITION

Successfully navigating the transition to college involves knowing where to turn for help when you need it. To maximize your education, challenge yourself not only to access resources and create a support system, but also to build friendships with students whose experiences are different from yours. The community that you build here will prepare you for a diverse and global work place.

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

OFYP will be a constant support in your first year at the University of Minnesota—long after you have completed Orientation and experienced Welcome Week or Transfer Student Welcome Days. This publication will answer your questions and help you navigate the vast resources on campus. Use Gold Book into your first semester to ensure a successful first year at the University.
Welcome Programs

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

Welcome Week
Wednesday, September 2 – Monday, September 7

Welcome Week is the second step of your transition. While you will get a glimpse into your individual U of M experience at Orientation, Welcome Week provides you the opportunity see yourself as a member of the Class of 2019. You will end the week with new friends, confidence in navigating campus, and knowledge of how to leverage resources to ensure a successful transition.

Check-in for Welcome Week is on Tuesday, September 1 (residential students, only) or Wednesday, September 2. It will be important to get settled in your room or map out your route to campus in advance so you can be ready to participate in the program. This program is only for first-year and first-time freshmen. If you are transferring to the U of M, please see Transfer Welcome Days (see page 92).

Welcome Week introduces and builds upon various communities within the University. Here are some ways Welcome Week will build on your Orientation experience:

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<th>WELCOME WEEK</th>
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| Small group community: | You are grouped with other students from your college of enrollment and have one Orientation Leader to lead you through the program. | You will be assigned to a small group with other new students based on where you live or commute. Two Welcome Week Leaders will assist you and your small group in navigating the program. You will have opportunities to connect with other Welcome Week groups throughout the program. 
**Event Highlights:** Kickoff Meeting, Small Group Discussions, Closing Meeting |
| College community: | You have a college meeting and meet with your academic adviser to select your courses for fall semester. | You will spend a full day (College Day) with your college of enrollment meeting faculty, staff members, and other peers. College Day is required of all colleges, and if you are in CEHD, CLA, CFANS, or CSE you will attend the first day of class for your required first-year course.
**Event Highlights:** New Student Convocation, College Day Activities |
| U of M community: | You have the option to explore parts of campus but the focus will be on a few buildings. In addition, only 5 percent of the freshman class is at each Orientation session. | You will explore the U of M campus in its entirety by learning to navigate the East Bank, West Bank, and St. Paul campus. This includes utilizing the Campus Connector (bus) in order to reach scheduled events. There are many events during Welcome Week where the Class of 2019 will be together in one space.
**Event Highlights:** Pride & Spirit, Gopher Football Game, Jermaine Davis Keynote Address |
| Twin Cities community: | You do not have the opportunity to explore the Twin Cities community. | Your U of M community extends to local businesses and non-profit organizations throughout the Twin Cities. You will attend Explore-U and explore areas off campus so you can learn to take advantage of all the Twin Cities has to offer.
**Event Highlights:** Target Run, Explore-U, Community Engagement Sessions |

For a complete schedule and more information: www.welcomeweek.umn.edu
Transfer Welcome Days

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

Students enrolling fall semester will have the opportunity to attend a football game.

Students enrolling spring semester will have the opportunity to talk one-on-one with current transfer students and attend a resource fair where they will explore a variety of University departments and services.

Transfer Welcome Days are September 3–6 for students enrolling fall semester, and Friday, January 22, 2016, for students enrolling spring semester.

More information and registration: ofyp.umn.edu
OTHER FIRST-YEAR PROGRAMS

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

**MCAE Kickoff**

**AUGUST 31-SEPTEMBER 1**

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

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

**Kick It!**

You can start the first six weeks of each semester by learning to navigate campus resources and opportunities through a fun, online program called Kick It! Have fun while learning how to navigate the University website to find assistance when you need it. By participating you will be entered into weekly prize drawings for gift certificates and other great giveaways! Look for an email at the beginning of the semester for more information.

**At Home in MN**

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

**Transfer Student Network**

*(transfer students)*

New transfer students are encouraged to join the Transfer Student Network (TSN), a peer-to-peer mentoring program that connects new transfer students with current students who have successfully transitioned to the U. Along with personal outreach from their mentor, new transfer students will be invited to participate in intentional programming to help students find their home here at the U of M.

More information: ofyp.umn.edu/transfer

**Global Gopher Week**

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

The events are scheduled for Monday, August 24 - Wednesday, September 2.

**International Student Seminar**

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

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

**MyU**
MyU is the official University of Minnesota web portal. You’ll use MyU to register for classes, view your enrollment, access your financial aid and billing, see your grades, and much more.

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

Sign in at [myu.umn.edu](http://myu.umn.edu). Click on “My Interests” and then “Manage My Interests” to customize your view. You’ll see resources, events, opportunities, and more.

**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.

**Class of 2019 eNewsletter (freshmen only)**
This monthly newsletter will be sent to your University email account and includes action items such as reminders to make an advising appointment or pay tuition. It will introduce you to resources to help you with common transitional issues (often related to specific times of year) such as involvement/engagement, academics, personal finances, and health and wellness.

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

**International student newsletter**
The ISSS Weekly Update is an email newsletter with important announcements for international students and scholars. You can learn about ISSS events and programs, University policies affecting international students, changes in immigration laws, and many other topics.
Your best bet in getting a good start at making a smooth transition is to be well prepared. Read this book and make a point to go through any to-do or reminder items at the end of sections. Keep these things in mind between now and the start of the school year:

■ Check your U of M email regularly.
■ Read all mail sent to your home.
■ Download and use the U Minnesota app (see page 44).
■ Join the Facebook page.
  - Freshmen: U of M Class of 2019.
  - Transfer: U of M Transfer Students.
■ Communicate with parents and family members about the resources listed in this book.
■ Prepare for your welcome program.
■ Complete the online modules about alcohol (see page 52), bystander awareness (see page 33), and financial literacy (see page 39).
■ Contact OFYP with any questions.
■ If you have a disability and would like to discuss accommodations, please contact the Disability Resource Center at 612-626-1333 or drct@umn.edu as soon as possible. Some accommodations may take a few weeks to arrange.

FRESHMAN STUDENTS:
■ Mark your calendar for Welcome Week: Wednesday, September 2 - Monday, September 7. Plan family vacations and work schedules accordingly.
■ Complete the Welcome Week Event Selection July 22 - August 26.
■ Visit www.welcomeweek.umn.edu for a list of what to bring, more highlights, and answers to your questions.

TRANSFER STUDENTS:
■ Register for Transfer Welcome Days at ofyp.umn.edu.
The University of Minnesota recognizes that parents and other family members play an important role in a student’s life throughout the college years. Research shows that today’s college students are in touch with family members using various communication methods every week—sometimes multiple times a day.

For parents, learning when to step in and when to step back during the college years often represents a challenge. You are your student’s primary coach and mentor. Students benefit when their families understand and support the college experience. Families need to encourage students to take personal responsibility for the decisions they will be making.

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

Parents contribute to student success by:

• understanding the student experience and knowing about resources available at the University.

• supporting the University’s goals for student outcomes (see Student Learning and Development Outcomes—pages 3-5).

• knowing when to step in to help their student and when to empower their student to take responsibility.

• becoming an active member of the University community by attending campus events, helping other parents understand the student experience, and advocating for and supporting the University of Minnesota.

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

Campus safety

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

Being safe in today’s world includes being alert to online security. For many students, sharing passwords and PIN numbers with the people they love is the norm. It’s not uncommon for students to provide that information to a boyfriend or girlfriend, a best friend, or a roommate. If those relationships fail, however, students can find themselves with significant problems. The most powerful message a parent can deliver is, “Don’t share your passwords or PINs with anyone: Not even me.” That is a clear statement of the importance of guarding online information. Please see page 31 for more on safe computing practices. For more information on campus safety, see page 30.

HAVEN: Online module

The University of Minnesota is committed to the safety, dignity, and respect of all of its students, staff, faculty, volunteers, and visitors. To promote safety on campus, all incoming first-year students are expected to complete an online course called Haven before the first day of the semester. This course will teach students key definitions and statistics, bystander skills, and campus-specific policies, procedures, and resources. They will receive log-in information by email. Student completion of the program will be documented and reported to the University.

Money management

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

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

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

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

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

Although the University is prohibited from releasing certain information to parents, students can go to One Stop (z.umn.edu/parentguestaccess) to give parents access to protected information. For more information about University policy related to access to student records, see the One Stop website. For information on parent/guest access, see page 36.

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

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

Students thrive when they have a positive outlook and good balance in their lives. The U of M provides multiple opportunities that promote wellness, as well as resources students can use when they struggle to achieve balance. See page 50.

You can support your student’s health and wellness from a distance by making sure he or she has the required information about health insurance (including a copy of his or her insurance card) and instructions on what to do if a medical appointment is needed. (See page 48). If your student has a chronic health condition requiring medication, be sure the prescription is up-to-date and that he or she has a copy of it. Read about how to transfer medical records, if necessary, and prescriptions to Boynton Health Service on page 50.

Students with disabilities are strongly encouraged to register with the Disability Resource Center even if they are unsure they want to access special accommodations. If they find they need accommodations later in the year, it saves time and energy to have the information on file (see page 77).

If diet or food allergies are a concern, students can work with a dietitian to understand what foods in the residential restaurants or on-campus dining facilities are safe options (see page 22).

A healthy social life is a key part of the balance students need. If your son or daughter suffers from homesickness or reports that friends are hard to find, participation in a student group, a sport, or an on-campus job might be a good first step. Finding friends with similar interests will make campus feel more like home, and with that safe and familiar base, students find it easier to branch out and explore.
Parents can feel helpless when their son or daughter calls home to report, “I’m sick.” You can prepare in advance for that phone call by sending a first aid kit to school that includes a thermometer, pain relief medication, instant soup, juice boxes, tissues, and a get-well card. You can even have a care package delivered by Gopher Express. See the related box on page 97.

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

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

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

Career preparation

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

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

More information:

MinnesotaAlumni.org/mentor

AlcoholEdu Online Module

Your student has the talent to be successful at the University of Minnesota. Making healthy decisions throughout their college career will be an important part of their success. To help prepare them for the start of their first semester, they are expected to complete an online course called AlcoholEdu. This two-and-a-half-hour program is required at more than 500 colleges across the country. The course, which must be completed before the first day of the semester, provides important alcohol-related information, helps students learn ways to support others, and increases awareness about alcohol and college life. Students will receive information about the course during the summer. Completion of the program will be documented and reported to the University.
Real-life scenarios

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

• After a few months, you’ve been noticing that your roommate has been borrowing your things without asking. You tried to talk about it, but your roommate didn’t think it was a problem and it’s really starting to bother you. What do you do?
• You’re taking a night class on the West Bank, but you need to get back to East Bank on the other side of campus. What options do you have to ensure you get back safely?
• You and your friends are hanging out a few blocks from campus in Dinkytown on a weekend night. A police officer stops you to ask about a potential crime in the area. How do you address the officer? What do you do if you have been consuming alcohol?
• You wake up in the middle of the night with what feels like strep throat, but you’ve never made a doctor appointment and dealt with your health insurance policies by yourself. What are your options for treatment?
• You’ve been feeling overwhelmed with your coursework, managing a new social life, and adjusting to college. What can you do to relieve some stress?
• You’ve been in class for a few weeks and have had a hard time communicating with your professor. You do not understand the grade you received. How should you handle this?
• You’ve been in class for a few weeks, and you just got your first major assignment back. Your grade is lower than you expected, and you don’t understand why. What could you do?
• What do you do if someone approaches you demanding your cell phone or backpack?

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

• As the beginning of the school year draws near, review your notes from Parent Orientation.
• Empower your student to take responsibility for packing and preparing for school.
• Sign up for the Parent email listserv: Send your email address to parent@umn.edu.
• Attend the Parent Reception at Coffman Memorial Union on August 31 or September 1 for answers to your last-minute questions and timely information from University staff.
• Be sure to return for Parents Weekend October 16-18. Registration information will be available at www.umn.edu/parent.
STUDENT COORDINATORS

Orientation Program Coordinators

Kelsey Neigebauer
Coming to the University from a smaller town, I was a little nervous but overall absolutely excited to start a new journey, and Orientation kick-started the success that I have had thus far. Last summer I had the privilege of being a 2014 Orientation Leader. The position gave me the chance to meet incoming students, educate them about the University, and help smooth their transition to college. Now as a Student Program Coordinator, I have the opportunity of preparing sessions and logistics for the summer as well as supervising the 2015 Orientation Leaders as they strive to make a difference with the Class of 2019. I am thrilled to work with them and see the impact they have on new students and families.

Mike Dixon
During my time as a 2014 Orientation Leader, I facilitated the first step of the college transition for first-year students as they navigated orientation, the introduction to their college experience. My summer was both challenging and rewarding as I met new students, parents, and guests and welcomed them to the University. This year as a Student Program Coordinator, I focus on preparing, training, and supervising the 2015 Orientation Leaders as they enjoy their own experience welcoming new U of M community members. I am excited to continue working with them and to see the positive impact they have on the class of 2019.

Parent Orientation Coordinators

Brianna Ripoli
The thought of attending an out-of-state school was not only scary for me, but my parents, as well. I worried about what I would do if I were homesick, and my parents were concerned about where I would go if I got ill. After a few weeks of being apart, I found that I was calling my parents for fun! I was able to talk to them differently than I ever had before. They were excited to hear about my new friends and classes and were more than happy to hear how much I appreciated them doing my laundry and that I missed their cooking. The opportunity to move away from home and be forced into independence was an eye-opening experience that helped me evolve into the self-sufficient individual I am today.

Sam Theesfeld
When I came to the U of M, I remember feeling at ease with my ability to become an independent student. My first few days on campus, I had to become comfortable purchasing groceries and setting up my residence hall room on my own. While these tasks were really fun to do by myself, I really appreciated it when my parents brought me my favorite candy or gave me advice on my health. Their support my freshman year was powerful in the sense that I will always trust their input. As a Parent Orientation Coordinator, I am very excited to offer support to the parents and guests of our new students, and I hope that the first year will be just the start to a rewarding college journey.

Welcome Week Program Coordinators

Amy Bartos
Coming from out-of-state, I remember feeling so amazed to have such an exciting program to welcome me when I came to the U of M my freshmen year. I was so impressed with the events we participated in, the event staff, and all of the opportunities Welcome Week provided that I knew it was something I wanted to be a part of in my future. As one of this year’s Welcome Week Student Program Coordinators, I am looking forward to continuing to improve Welcome Week to make incoming students more comfortable and more at home at the U of M. I hope to give students the opportunity to find their community and give them a chance to make it their own unique college experience.

Drew Wandschneider
Looking back on my transition to the U of M, I was both very excited and nervous for my first year. Being an extraverted Wisconsinite definitely magnified my emotions even more. However, my Welcome Week experience helped me connect and feel a sense of belonging to the U of M. Overall, I can confidently call the U of M home thanks to Welcome Week. As a Welcome Week Student Program Coordinator, I am thrilled to smooth the transition for first-year students, as well as have the opportunity to help them create a community that they can call home.
ORIENTATION LEADERS

Jason
Adlam
Lake Villa, IL

Aidan
Bramel
Fargo, ND

Charlene
Chew
San Ramon, CA

Dalton
Dahms
Perham, MN

Matt
Detjen
Northfield, MN

Patrick
English
Omaha, NE

Trevor
Estock
Menomonee Falls, WI

Cameron
Gray
Rochester, MN

Shannon
Haley
Anoka, MN

Galen
Helgemo
Shakopee, MN

Cameron
Holl
Richmond, VA

Christina
Jensen
Omaha, NE

Tayler
Johnson
Woodbury, MN

Nicolai
Kessler
Ham Lake, MN

Kristen
Lee
Poplar Grove, IL
ORIENTATION LEADERS

Tate Moeller
Baudette, MN

Addy Motzko
Lakeville, MN

Nick Ohren
Altoona, WI

Marc Parenteau
Hawley, MN

Katy Putzker
Great Falls, MT

Brie Rankin
McKinney, TX

Jay Reinoso
Grayslake, IL

Sydney Rogers
Delafield, WI

Katie Schwartz
Minneapolis, MN

Muhidin Sheekh
Al-Riyadh, Saudi Arabia

Jordan Steger
Richmond, VA

Zack Styx
Lake Villa, IL

Vy Truong
Saigon, Vietnam
TRANSFER STUDENT AMBASSADORS

Sal Randazzo
Stillwater, MN

Emma Foster
Eden Prairie, MN

Ben Knapp
Waukesha, WI

Cindy Lee
Ulsan, South Korea

Martha Metz
Delano, MN

Eldon Davidson
DeForest, WI

Madeline Schutte
Maple Grove, MN

Drew Sipila
Virginia, MN

Ciranno Soares
Porto Alegre, Brazil

Ernie Srimaneekulroj
Bangkok, Thailand

Hadley Byrne
Bloomington, MN
STUDENT SERVICES LOCATIONS

1. **Coffey Hall**
   - Boynton Health Service
   - CFANS Student Services
   - Computer labs
   - Office of Information Technology (walk-in help)
   - Office of the Registrar
   - One Stop Student Services
   - Student Counseling Services

2. **Magrath Library**
   - Computer lab
   - Lounges and study space
   - Office of Information Technology
   - SMART Learning Commons

3. **McNeal Hall**
   - Career and Internship Services
   - CDes Student Services
   - CEHD Student Services
   - Center for Family Development
   - Computer labs
   - Digital Media Center
   - Goldstein Museum of Design

4. **Ruttan Hall**
   - CCE Student Services

5. **St. Paul Student Center**
   - Bookstore
   - Information Desk
   - Larson Art Gallery
   - Lounges and study space
   - Multicultural Center for Academic Excellence
   - Postal Station
   - Printing Services Copy Center
   - Student Center Programs
**STUDENT SERVICES LOCATIONS**

**MINNEAPOLIS**

7 **Bierman Athletic Building**  
McNamara Academic Center

8 **Boynton Health Service**  
CPR and First Aid classes  
Dental Clinic  
Eye Clinic  
Financial Counseling  
Immunization Clinic  
International Travel Clinic  
Massage Therapy  
Mental Health Services  
Nutrition Services  
Pharmacy  
Physical Therapy  
Primary and Urgent Care  
Women’s Clinic

9 **Coffman Memorial Union**  
Bookstore  
Computer lab  
Goldy’s Gameroom  
Lounges and study space  
Minnesota Student Association  
Orientation & First-Year Programs  
Postal Station  
Printing Services Copy Center  
Security Monitor Program and Escort Service  
Student Activities Office  
Student Cultural Centers  
Tech Stop  
U Card Office

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

11 **Fraser Hall**  
Office of Student Finance

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

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

14 **Hubert H. Humphrey Center**  
International Student & Scholarship Services

15 **Johnston Hall**  
CLA Student Services

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

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

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

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

20 **Rapson Hall**  
CDes Student Services

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

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

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

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

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

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

27 **Northrop**  
University Honors Program
ACADEMIC CALENDAR

2015-16

Fall Semester 2015 (70 class days)
September 7 Monday Labor Day holiday
September 8 Tuesday Classes begin
November 26-27 Thurs.-Fri. Thanksgiving holiday
December 16 Wednesday Last day of instruction
December 17-19, 21-23 Thurs.-Sat., Mon.-Wed. Final examinations
December 20 Sunday Study day
December 23 Wednesday End of the term

Spring Semester 2016 (74 class days)
January 18 Monday MLK holiday
January 19 Tuesday Classes begin
March 14-18 Mon.-Fri. Spring Break
May 6 Friday Last day of instruction
May 7-8 Sat.-Sun. Study days
May 9-14 Mon.-Sat. Final examinations
May 14 Saturday End of the term

May Session 2016 (14 class days)
May 23 Monday May Session begins
May 30 Monday Memorial Day holiday
June 10 Friday May session ends

Summer Session 2016 (39 class days)
June 13 Monday Classes begin
July 4 Monday Independence Day holiday
August 5 Friday 8-wk. summer session ends

2016-17

Fall Semester 2016 (70 class days)
September 5 Monday Labor Day holiday
September 6 Tuesday Classes begin
November 24-25 Thurs.-Fri. Thanksgiving holiday
December 14 Wednesday Last day of instruction
December 16-17, 19-22 Fri.-Sat., Mon.-Thurs. Final examinations
December 15, 18 Thurs., Sun. Study days
December 22 Thursday End of the term

Spring Semester 2017 (74 class days)
January 16 Monday MLK holiday
January 17 Tuesday Classes begin
March 13-17 Mon.-Fri. Spring Break
May 5 Friday Last day of instruction
May 6-7 Sat.-Sun. Study days
May 8-13 Mon.-Sat. Final examinations
May 13 Saturday End of the term

May Session 2017 (14 class days)
May 22 Monday May session begins
May 29 Monday Memorial Day Holiday
June 9 Friday May session ends

Summer Session 2017 (39 class days)
June 12 Monday Classes begin
July 4 Tuesday Independence Day holiday
August 4 Friday 8-wk. summer session ends
Admissions, Office of
612-625-2008 or
1-800-752-1000
admissions.tc.umn.edu

Alumni Association, U of M
612-624-2323 or
1-800-862-5867
www.minnesotaalumni.org

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

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

Bookstores, U of M
www.bookstores.umn.edu

Boynton Health Service (BHS)
612-625-8400
www.bhs.umn.edu

Career Services, Central
www.career.umn.edu

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

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

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

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

Community Service Learning Center
612-626-2044
www.servicelearning.umn.edu

Computer and Technology Information
IT@UMN
612-301-4357
www.it.umn.edu/help

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/CEHDbio
cehdnew@umn.edu

Email, U of M
mail.umn.edu

Equity and Diversity (OED), Office for
612-624-0594
www.academic.umn.edu/equity

Events Calendar
events.tc.umn.edu

Food, Agricultural and Natural Resource Sciences, College of (CFANS)
612-624-6768
cfans.umn.edu

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

Gay, Lesbian, Bisexual, Transgender, Ally (GLBTA) Programs Office
612-625-0537
diversity.umn.edu/glbta

Gopher Athletics Ticket Information
1-800-U-GOPHER
612-624-8080
mygophersports.com/students

Gopher Gold
gophergold@umn.edu

Housing & Residential Life (HRL)
612-624-2994
www.housing.umn.edu

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

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

Learning Abroad Center
612-626-9000
www.umabroad.umn.edu

Liberal Arts, College of (CLA)
612-625-2020
iamnew.class.umn.edu
class@umn.edu

Libraries, U of M
lib.umn.edu

McNamara Academic Center for Student Athletes
612-625-6888
mac.umn.edu

Minnesota English Language Program (MELP)
612-624-1503
www.ceeumn.edu/esl

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

Off-Campus Living
612-626-5301
ocl@umn.edu
ocl.umn.edu

One Stop Student Services
enrollment, billing, financial aid
612-624-1111 or
1-800-400-8636
www.onestop.umn.edu
onestop@umn.edu

Orientation & First-Year Programs (OFYP)
612-624-1979 or
1-800-234-1979
www.ofyp.umn.edu
ofyp@umn.edu

Parent Program
612-626-8770
umn.edu/parent
parent@umn.edu

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

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

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

Recreation and Wellness
612-625-6800
www.recwell.umn.edu

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

SMART Learning Commons
www.lib.umn.edu/smart

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

Student Conduct and Academic Integrity, Office for
612-624-6073
www.oscai.umn.edu

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

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

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

Student Engagement, Office for
wwwengage.umn.edu

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

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

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

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

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

Undergraduate Research (UROP)
www.urop.umn.edu

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

University Dining Services (UDS)
612-624-0558
www.dining.umn.edu
dining@umn.edu

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

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

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

Women’s Center
612-625-9837
diversity.umn.edu/women
women@umn.edu
The photos on page 65, 74 and 95 are part of the First-Year Photo Project. The First-Year Photo Project is a student initiative that brings together a small group of new freshmen during their first year of college to photograph their experiences as they transition into the University of Minnesota community. At the end of the year many of those photos are put on display for faculty, staff, and other students to see.

To learn more, visit 
www.ofyp.umn.edu/photoproject.

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