THINK DEEPLY.

EXPLORE

ENDLESSLY.

WONDER

PURPOSEFULLY.
EVERY QUESTION GUIDES US TO NEW OPPORTUNITIES.

NEW PLACES
NEW PEOPLE
AND NEW UNDERSTANDING.

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About the systems and theories that shape our thinking.

About all the hours in the day and how to best spend them. About our individual beliefs and the ways we can work together to find new solutions.

Our continual search for knowledge allows us to go deeper. To shine light in a new direction. We’re here not to simply absorb information and get a degree. We are here to accomplish much more.

As a comprehensive Catholic university that is grounded in the liberal arts, we dive into details, test beliefs, tap into the power of a well-placed question, and embrace a culture of curiosity.

That’s how we discover not only what’s out there, but also what lies within ourselves.

IT’S WHAT WE DO BEST BOTH HERE ON THE BLUFF AND OUT IN THE WORLD.
YOUR MAJOR ISN’T A UNIVERSAL ROAD MAP. IT’S MERELY A COMPASS for YOUR OWN INTELLECTUAL JOURNEY.
EVERY DETAIL CONNECTS US
to something further ahead.

Your academic journey will be uniquely your own. And it all starts with what inspires you.

The very topics that captivate your imagination and evoke deeper thought can become the subjects you study and the transformative stepping stones for your career. As you define your direction, your professors and advisors are here to help you choose specific courses and map out your unique path. Our belief is that no matter what program you choose to pursue, you’ll leave with skills and knowledge that will last a lifetime.

At University of Portland, every academic program is rooted in a liberal arts core curriculum that provides a knowledge base and six habits of heart and mind to address enduring questions of human concern, solve complex problems, and make effective, ethical decisions. Think of the University core curriculum as a compass that will guide you through your educational experience at UP and life after graduation. You’ll take an Anchor Seminar your first semester as an introduction to both the core and college life, followed by Foundation courses in the arts, sciences, social sciences, and humanities, and two additional Exploration courses outside your major to delve deeper into the habits of the heart and mind. A final Integration project will help you reflect upon what you learned in the University core and its connections to your major.

To find out more about our programs of study, visit up.edu/exploreacademics
IT DOESN’T MATTER
if you are left-brained or right-brained.
Here, you’ll engage both sides.

We’re not here to fit you into an already existing plan or pre-determined route. In fact, you’ll find the opposite approach. We want you to benefit from multiple perspectives and understand issues through a variety of lenses. That means you can pick a minor or two or even a second major in a completely different area of study.

We have engineering majors with minors in music; nursing majors with minors in Spanish; education majors with minors in psychology; business majors with minors in philosophy; and students in the College of Arts and Sciences with majors and minors in every combination possible.

But no matter the route you select, you won’t go it alone. In our smaller classes, you’ll develop close relationships with dedicated and caring professors who will serve as mentors, guides, and even sounding boards. You’ll find that they are with you at every step of your academic journey.

“DR. NATALIE NELSON-MARSH HAS HAD A HUGE HAND IN MY DEVELOPMENT AS A STUDENT AND AS A PERSON. HER PASSIONATE TEACHING STYLE INSPIRED ME TO SELECT ORGANIZATIONAL COMMUNICATION AS MY MAJOR, AND SHE IS ALWAYS WILLING TO MAKE TIME TO MEET WITH ME.”

— Brendan Rath ’23
Organizational Communication
The real world happens off the page.

Sometimes, the most valuable lessons are found outside the classroom—or even outside the country.

At UP, you’ll have immersive experiences that let you dig into real-world work. Internships, clinical experiences, student teaching, practica, research, community service, integrated learning—these will make up a significant component of your education. Whether they take place in ecosystems or health care systems, in a local school or a multinational business, in a tech start-up or a local government, you’ll have access to opportunities all year round.

Go further.

Our study abroad programs are designed with all majors in mind—we want everyone to be able to experience new cultures and horizons. Our programs are offered in countries across the globe during the summer, for a semester, or for an academic year.

If you’re interested in research, you won’t have to wait long to put your knowledge into practice. As early as your first year, you can connect with your professors on research projects where you’ll not only acquire crucial field experience, but also gain confidence in how to search for your own solutions.

“My UP internship at a French immersion school and my work as a French tutor have allowed me to explore my interest in becoming an immersion-focused school teacher. And my recent semester studying abroad in Nantes, France, improved my understanding of French history and French culture.”

—Isabella de Mattos ’23
Economics, B.A. & French Studies; minor in German
LIFE LOOKS DIFFERENT ON THE BLUFF.
YOU’LL FIND PLENTY OF

room to roam.

In a place that will feel like home.

Our campus is nestled in a quiet, safe, residential neighborhood overlooking the Willamette River. Instead of towering skyscrapers, we have majestic trees, green grass, and birds overhead. From the moment you step on campus, we think you’ll feel right at home. Come take a look and see for yourself why some 4,000 students love being a part of The Bluff.

PLACES AND SPACES THAT DRIVE DISCOVERY.

Sometimes you need a little help or extra tools to find the answer you’re looking for. That’s why we’ve designed our classrooms, buildings, and departments to help you every step of the way.

LEARNING ABOUT LEARNING.

If you need help navigating college life, the Shepard Academic Resource Center is a great place to start. You’ll find academic counseling, workshops, and support for first-year and first-generation students and those who haven’t yet declared a major. We have an Innovation Lab with the technology and tools needed for brainstorming group projects and a Digital Lab with all the tools you’ll need to create videos or photos for class assignments.

PURSUING NEW IDEAS.

Conversations can flourish in our 65,000-square-foot academic center, Dundon-Berchtold Hall, which houses dozens of classrooms, offices, study lounges, and an auditorium. There’s also our Franz Center for Leadership, Entrepreneurship, and Innovation, which is home to one of the nation’s top entrepreneurship programs. Opportunities include certificates in leadership, workshops, lectures by industry leaders, and the Pilot Venture Challenge.

REFLECTING ON VALUES.

Discussions about faith and ethics are not limited to Campus Ministry. The Garaventa Center brings thought-provoking artists, speakers, and films to campus. And our Dundon-Berchtold Institute hosts an annual ethics week and offers competitive scholarships to research ethical issues with a professor. These are all opportunities for you to discover how faith influences each of us differently.
Every student has their favorite spot on campus to take it all in. Some of these include the fireplace in Bauccio Commons, the benches behind Corrado Hall and St. Mary’s, the terrace below Bauccio Commons, the study nooks in Shiley Hall, the patio outside of The Anchor, the archway path behind Villa Maria, The Bluff looking out toward Mount Hood, and the spot under the tree outside the Pilot House.

“"I engage in many campus activities, like Pilots After Dark, events in Corrado (my residence hall), the Unity Ball (Cultural Night), events sponsored by the Latinx Student Union, and Diversity and Inclusion programs. Participation in these activities is really enriching my college experience by connecting me with a cross-section of peers. These interactions lead to new friendships and memories that will continue beyond my time at UP.””

— Santiago Franco ’25
Computer Science
YOUR NEXT BIG ADVENTURE

is just around the corner.

Mere minutes from campus, you’ll find a wealth of experiences waiting to be explored in the City of Roses.

Music venues big and small. Food carts for every taste. A bookstore spanning an entire city block. Professional basketball and soccer teams. Green spaces woven into architectural designs. Miles and miles of bike paths. Start-ups and established brands. There’s truly no other place that’s as easy to navigate while offering as much to do as Portland. (Just remember to bring your rain gear.)

"MY FAVORITE SPOT IN PORTLAND IS NW 23RD AVENUE. THERE ARE SO MANY CUTE STORES AND BOUTIQUES, AS WELL AS AMAZING FOOD! IT’S A GREAT PLACE TO GO SHOPPING AND GRAB SOME ICE CREAM FROM SALT & STRAW WHILE YOU’RE THERE."

—Mia Taylor ’25
Secondary Education and Mathematics

GETTING THERE.

You can walk, hop on your bike, or catch a ride. Buses go right by campus all day long and they’ll take you to places like the Mississippi District, where you’ll find great local eats and shops. Close to campus in the St. Johns neighborhood, you can watch a movie, sip coffee, or grab lunch at the farmers market. Or get a Zipcar membership and drive yourself anywhere you want to go.

A WEALTH OF EXPERIENCES.

Companies of all shapes and sizes can be found around Portland, including Nike, Wieden+Kennedy, Adidas, Intel, Columbia Sportswear, Urban Airship, Daimler Trucks North America, Brew Dr. Kombucha, Children’s Cancer Association, Providence Health & Services, Leatherman Tool Group, Precision Castparts, and Portland Public Schools.

WHERE TO GO.

Places that always make the list: Pittock Mansion, Japanese Garden, Cathedral Park, Tilikum Crossing, Alberta Street, Saturday Market, St. Johns food cart pod, Powell’s Books, and NW 23rd. What will your favorite spot be?

Start planning your Portland adventures at up.edu/exploreportland
IT’S OUT THERE waiting for you.

The hardest part?
Deciding what to do first.

We believe Oregon is truly a great place to live. And we think you’ll agree with us. To Portland’s east is the Columbia River Gorge, known for its famous hiking trails and waterfalls, and Hood River, where you can be windsurfing or kiteboarding in 60 minutes. A 90-minute drive will take you either to the Pacific Ocean, where uncrowded beaches stretch for miles, or to Mount Hood, a year-round destination for skiers, snowboarders, and hikers. Beyond the mountains, in Central and Eastern Oregon, you’ll find wide-open spaces and high-desert ranchlands. To the south are the winding country lanes of the Willamette Valley. Every direction you turn will bring you to a new adventure.
GET LOST IN THE RIGHT direction.
You’ll shift your idea of service from counting hours to measuring the impact of what you are doing. From global issues affecting millions of people, to the details of the everyday lives of our neighbors, you’ll have many ways to get involved—whether it’s for a one-time project or a longer term commitment. Our Moreau Center for Service and Justice partners with a host of local organizations and nonprofits that share our commitment to social justice, both within and beyond the greater Portland community.

**IT’S WHAT YOU DO WITH YOUR TIME THAT COUNTS.**

Service immersions are available during fall, winter, spring, and summer breaks. Get a close-up view of what it’s like to live in urban Portland, in rural Washington, near the U.S./Mexico border, or even in another country. You’ll meet with local organizations and a variety of different people to better understand the geographic and socioeconomic issues that each area faces.
A FRESH state of mind.

Take a breath and take time for you.

We see health and wellness as a chance for you not just to invest in a fuller life, but also to trek across our beautiful state, or to meditate your way to a fresh state of mind. Your studies will occupy a good amount of your time, but we also have all sorts of resources to balance your hard work with moments of play and peace.

At the Beauchamp Recreation and Wellness Center, you’ll have access to an abundance of fitness classes, equipment, and more. You can also sign up for trips organized by our Outdoor Pursuits Program, which offers opportunities to explore Oregon through hiking, mountain biking, snowshoeing, rock climbing, and other activities.

Discover all of the ways you can get involved at up.edu/explorerecreation
THE POWER

of purple.

Be part of the action, on or off the field.

With 16 NCAA Division I intercollegiate teams competing in the West Coast Conference, there are lots of opportunities to participate in or cheer on Pilot athletics. We have men's and women's basketball, soccer, tennis, cross country, and indoor and outdoor track and field; men's baseball; and women's beach volleyball, rowing, and volleyball—which team you root for is up to you. And if your skills aren’t quite D1, you can join one—or more—intramural teams.

CLUBS FOR EVERY INTEREST.

You’ll find it’s easy to try something new or hone your skills in one of nearly 100 active student clubs and organizations. We have clubs that cover interests ranging from mock trial to robotics, climbing to lacrosse, and the environment to culture, including the Hawai’i and CHamoru’ clubs, and our Black and Latinx student unions.
A CLOSET-KNIT COMMUNITY

that’s open to all.

And where there’s not just one right answer.

The UP community is continually striving to create an environment where everyone—in-state, out-of-state, international, first-generation, multicultural, LGBTQIA+, and BIPOC folks—can be part of our fabric. You’ll be encouraged to have open and honest conversations. To talk through differences and commonalities. To listen. To question. And to reflect on your own actions and story.

HERE, BEING WELCOMED GOES FAR BEYOND THE FIRST DAY.

We believe every member of UP is responsible for creating a welcoming and equitable environment, and we provide the support to make it happen. Our ongoing DEI workshops educate and empower individuals to confront racism, foster inclusion, and increase equity. UP Bridge starts as a pre-orientation program and partners throughout the year with FGEN, International Student Services, Study Abroad, and other offices to provide connections, resources, and tools for incoming first-year students. Ready to make your voice heard? Become a student coordinator for Diversity Dialogues and help bring different points of view to campus. Here at UP, inclusivity is a way of life.
WHAT ROLE DOES FAITH
play in your life?

The answer is up to you. At UP, faith is an open invitation.

We are a Catholic university where all faiths are included, welcomed, and valued. Inside and outside the classroom, we encourage you to ask questions, explore personal convictions, and consider moral and ethical implications—all in an effort to help you solidify your beliefs while opening your mind to new ideas.

And we have lots of ways to help you on your spiritual journey. You can choose to attend weekly Mass in your residence hall, enjoy quiet contemplation on a retreat, or join one of the many bible study, faith-sharing, or interfaith groups on campus.

UP is guided by the Congregation of Holy Cross, a community of priests and brothers who see education as a formation of both the heart and the mind. Faith, along with acceptance and inclusivity, is interwoven throughout our community. You’ll find members of Holy Cross and people of all backgrounds and walks of life on campus—in our classrooms, in our residence halls, and in our offices. Everyone is welcome here, no matter how you worship.

Explore more about faith at UP by visiting up.edu/explorefaith
WE BELIEVE THAT
THERE ARE MORE THAN SEVEN
WONDERS
of the WORLD.
LOOKING AHEAD
to your future.

You might not know exactly what you want to do, but the possibilities are endless.

When you graduate from UP, you’ll have covered a vast amount of intellectual terrain, both in your studies and out in the field. You’ll see things from other perspectives, grapple with complex ideas, and ask tough questions. You’ll meet challenges head on and be ready to step into your future, wherever it may lead you.

UP graduates are not defined by the major they selected, but by their desire to make a difference in the world and in the work they do. They are leaders who actively seek ways to implement positive change in hospitals and schools; in government and business; in local and global community service; in the arts, industry, and technology; in scholarship and research; and in cities and communities both near and far.

Find out where a UP education could take you at up.edu/exploreoutcomes
BE READY FOR WHAT comes your way.

Sometimes the smallest moments lead to the biggest adventures.

The language course added at the last minute. The long discussion with your professor after class. The internship in your hometown. You’ll find that your never-ending curiosity can lead you to unimagined places and unexpected accomplishments. Each of us has a story to tell.

Outcomes

Natalie Werner ’19
Music Major
MMus, University of Colorado-Boulder
Choral Scholar, St Edmundsbury Cathedral, England
Musician in Residence, County Upper School, England

Serving as a conducting associate for three semesters truly defined my experience at UP. This hands-on exposure to conducting is typically unheard of at the undergraduate level, and it allowed me to develop a level of musicality, intricacy, and confidence that molded me as a musician, a conductor, and a person. The education and support I received prepared me to successfully approach the rigor and intensity of earning a Master of Music degree from the University of Colorado-Boulder. I now live in England and work as the Choral Scholar at St Edmundsbury Cathedral and as the Musician in Residence at County Upper School. The opportunities that I was exposed to at UP are the fundamental reasons for my continued success and self-confidence.

Julia Kimoto ’20
Civil Engineering Major
Civil Engineer at Austin, Tsutsumi & Associates

“Serving as a conducting associate for three semesters truly defined my experience at UP. This hands-on exposure to conducting is typically unheard of at the undergraduate level, and it allowed me to develop a level of musicality, intricacy, and confidence that molded me as a musician, a conductor, and a person. The education and support I received prepared me to successfully approach the rigor and intensity of earning a Master of Music degree from the University of Colorado-Boulder. I now live in England and work as the Choral Scholar at St Edmundsbury Cathedral and as the Musician in Residence at County Upper School. The opportunities that I was exposed to at UP are the fundamental reasons for my continued success and self-confidence.”

Matthew Mun ’15
Marketing Major
Allocation Planner, Nike

“As a business major, my classes and the P4 program helped me feel ready to secure a job after graduation. During my senior year, the business school brought in speakers to offer advice and talk about the challenges they faced when starting their careers. They hosted networking opportunities to connect us with alumni working in the fields we were interested in. We went through multiple mock interviews and networking classes, and took workshops to prepare our LinkedIn profiles, resumes, and interview answers. All those lessons paid off and helped my professional career start on the right foot, and they remain valuable today.”

Colleen French ’15
Nursing Major
RN, Doctor of Nursing Practice Student and Lab Instructor, University of Portland

“I was surprised how effortless the nursing school and the athletic department made it for me to both play basketball and graduate in four years! I also wouldn’t be the confident and competent nurse that I am today without the critical thinking skills and fundamentals I learned. I have to think on my feet quickly and in critical situations. My capstone experience working in the emergency department at Providence Medical Center really helped make for a smooth transition from student to a professional nurse, and I gained connections that made it easy to get a job when I graduated.”
AS WE TRAVEL FURTHER IN OUR CAREERS

the destination may change.

But the goal remains the same:

to continue to learn about ourselves and the world around us.

CAREER DEVELOPMENT IS A LIFELONG JOURNEY

Our Career Education Center will be with you every step of the way, beginning with your first year on The Bluff and long after you’ve graduated. Their four-year career action plan, The Pilot MAP, guides students as they engage with opportunities and resources on and off campus. Learn more about how UP supports your career and education goals at up.edu/career

LYDIA HEYE ’19
POLITICAL SCIENCE MAJOR
JD, UCLA SCHOOL OF LAW
LEGAL FELLOW, TRUSTEES FOR ALASKA

“I’m very grateful to my first-year advisor for encouraging me to switch my major to political science. I immediately fell in love with the field and began exploring environmental justice. The incredible faculty at UP advised me to consider law school my junior year, and I’ve now had the privilege of working on a wide range of environmental issues, interning at a law firm, a nonprofit, and most recently the U.S. Department of Justice in their Environment and Natural Resources Division. Upon graduation at UCLA School of Law, I joined a nonprofit in Alaska as a legal fellow working on environmental issues.”

KAI SEELY ’17
BIOLOGY MAJOR, CHEMISTRY & NEUROSCIENCE MINORS
MEDICAL STUDENT, DUKE UNIVERSITY SCHOOL OF MEDICINE

“My time at UP really prepared me for the transition to medical school. The fantastic science professors and courses cemented my interest in a career in the STEM fields and my time working in the UP genetics lab piqued my interest in research. I have now taken this strong foundation and applied it to my research as a medical student in the ophthalmology department. I have always wanted to use my expertise to help people, and medicine offers me the opportunity to do just that. In the future, I hope to impact patients’ lives not only directly through patient care, but also through clinical research.”

NICK KRAUTSCHEID ’19
SECONDARY EDUCATION MAJOR, BUSINESS ADMINISTRATION MINOR
MIDDLE SCHOOL MATH AND LANGUAGE ARTS TEACHER, HOLY TRINITY CATHOLIC SCHOOL

“The School of Education helped prepare me to enter the classroom as a full-time teacher after graduation. The ability to work in classrooms, beginning my first year in the program, helped strengthen my skills and determination to become a teacher. The University’s commitment to community through Catholic faith and in residence life was a big draw for me. My classes challenged me to think critically and reflect not only on course content, but on my life, my community, and the world. These courses opened my mind and truly changed my life for the better. My experiences at UP furthered my drive to serve others, which I hope to do through teaching.”

A SNAPSHOT OF WHERE OTHER ALUMNI HAVE GONE AND WHAT THEY’VE DONE:

CAREER ACCOMPLISHMENTS

- Author of best-selling novels
- Neurologist conducting research
- Actor in a popular sitcom
- Inventor of a prosthetic heart valve
- Coach of an NBA team
- Diplomat to the Far East
- Chief nursing officer
- News anchor and award-winning journalist

GRADUATE SCHOOLS ATTENDED

- Columbia University
- Duke University School of Medicine
- Georgetown University
- Harvard Medical School
- Loyola University, Chicago
- Oregon Health & Science University
- UCLA School of Law
- University of Michigan
- York University
HOW IT ALL comes together.

What you need to know to make this journey happen.

We know that choosing where you’ll spend the next four years is a major decision for you and your family, and that the costs and the aid available will be important factors for you to consider. So we’re happy to help answer any questions you may have. Our admissions counselors and financial aid counselors are both available for telephone or in-person appointments.

2021-22 UNDERGRADUATE PROFILE
3,565 full-time undergraduate students from 47 states and territories and 37 countries; 72% of students from outside Oregon; 24% identify as first generation; 46.9% self-report as historically underrepresented. American Indian or Alaskan Native < 1%, Asian 19.5%, Black or African American 2%, Hispanic or Latino 14.8%, two or more races 9%, Native Hawaiian or Other Pacific Islander 1.5%, Non-Resident Alien 2.7%, Unknown 1.9%. The middle 50% SAT score was from 1170 to 1340; the middle 50% ACT composite score was from 26 to 31; the average unweighted high school GPA was 3.66.

ADMISSIONS REQUIREMENTS
First-year students are admitted on the basis of merit from academic records, at least one recommendation from a high school counselor or teacher, and a writing sample. ACT and SAT scores are optional. Non-native English speakers who complete less than 3 years of high school in the US must submit an English proficiency exam score.

SCHOLARSHIPS AND FINANCIAL AID
At UP, more than 99% of full-time, first-year students receive some type of financial aid—whether that’s grants, scholarships, work-study, loans, or a combination of these options. All accepted students are automatically considered for institutional merit scholarships, and there are also scholarships available for unique talents too. In order to be considered for need-based aid, you must complete the Free Application for Federal Student Aid (FAFSA).

Uncover all of your financial aid options at up.edu/finaid

99.23% of full-time, first-year students received some type of financial aid for 2021-22

$34,359 was the average financial aid package for full-time, first-year students, excluding loans in 2021-22

GENERAL TIMELINE
September 1: Admission applications accepted
October 1: Free Application for Federal Student Aid (FAFSA) becomes available
November 15: Recommended admissions application deadline
January 15: Final application deadline and priority FAFSA receipt deadline
May 1: Submission or postmark deadline for enrollment confirmation and housing deposit

2022–23 COSTS
Tuition $51,352*
Average Fees $1,132
Housing (Standard Room) $10,830**
Meals (Meal Plan 2) $4,158**
Average Personal Costs $1,116
Average Transportation $1,264
Average Books/Supplies $780
Total $70,632

*Tuition and housing rates for 2023–24 are not determined until spring 2023.
**Most common package.
EXPLORING THE UNKNOWN, THE UNCHARTED, AND THE UNFAMILIAR.

EMBRACING THE POTENTIAL OF POSSIBILITY, LEARNING THE POWER OF AN EXCELLENT QUESTION.

FINDING A HOME AMONG PEOPLE WHO BELIEVE IN A PURPOSEFUL FUTURE, AND ARE WORKING EVERY DAY TO MAKE IT HAPPEN.

IT ALL STARTS WHEN YOU WONDER.

Start now. Apply today at up.edu/becomeapilot
We acknowledge the land on which we sit and which we occupy at University of Portland. “The Portland Metro area rests on traditional village sites of the Multnomah, Wasco, Cowlitz, Kathlamet, Clackamas, Bands of Chinook, Tualatin, Kalapuya, Molalla, and many other tribes who made their homes along the Columbia River creating communities and summer encampments to harvest and use the plentiful natural resources of the area” (Portland Indian Leaders Roundtable, 2018). We take this opportunity to thank the original caretakers of this land.