

Personal To-Do List for New Students Fall

| To-Do | More Info |
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| Laundry | |
| Make sure that you know how to do laundry before you arrive on campus! Have a friend or family member show you how. Shared laundry machines are available in the residence halls and operate using a laundry card you will receive upon move-in. | Residence Life Housing Services |
| Weather-Appropriate Clothing | |
| While Portland's weather is not extreme – it does get wet and cold here! It may be sunny when you arrive on campus, but in the winter months, you'll want a raincoat and some waterproof shoes or boots to walk across campus in. Temperatures in the winter can get down into the 30s during the day, so make sure to bring clothing that will keep you warm as well. | |
| Communication with Family | |
| Talk to your family about how you are going to communicate while you are away. How often will you expect to have a phone call or skype session? You can also give your family a printout of your class schedule, so they know when you will not be available because you are in class! | Parent Proxy Access |
| Identification and Employment | |
| Make sure that you bring, and have a safe spot for any documents you may need: driver's license or other ID card, insurance card, passport, etc. | |
| If you are interested in getting a job on or off campus, make sure to bring proper identification with you for hiring paperwork. | |
| UP requires student workers to have original, unexpired documents in order to fill out hiring paperwork. Documents most commonly used as valid ID include: <ul style="list-style-type: none"> • Original, unexpired passport • Original, Social Security card and photo ID (state or University ID acceptable) • Original, birth certificate (certified copies acceptable) and photo ID (state or University ID acceptable) | Student Employment |

| Healthcare | |
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| Insurance: Whether you use UP's student insurance or your own, make sure to bring your insurance ID card so that you have it should you need medical care. | <u>Health Insurance</u> |
| Health Planning: If you have an ongoing medical condition, make a plan for how you will get care away from home. The Health and Counseling Center on UP's campus can provide some medical care, but many chronic conditions will need to be referred out to a medical professional in the Portland community. If you have questions about what can be managed at the Health & Counseling Center, contact them using the link on the right. | <u>Health & Counseling Center</u> |
| Prescriptions: If you have any prescriptions, make sure that to discuss with your provider at home how these can be managed and picked up in the Portland area. | |
| Know how to make appointments for yourself. Whether or not you are using the Health & Counseling Center or another provider, you'll be the one who needs to call and set up appointments. | |
| Banking | |
| Make sure that you have access to any bank accounts you have through a debit card. There are several banks and credit unions in the North Portland area where students can get banking services and withdraw cash. | <u>https://goo.gl/maps/wRgyRoWey312</u> |
| Food Restrictions | |
| If you have any dietary restrictions (allergies, religious practices, etc.), plan ahead. You can contact Bon Appetit, UP's food service, to discuss dietary needs before you arrive on campus. | <u>Residence Life - Meal Plans</u> |