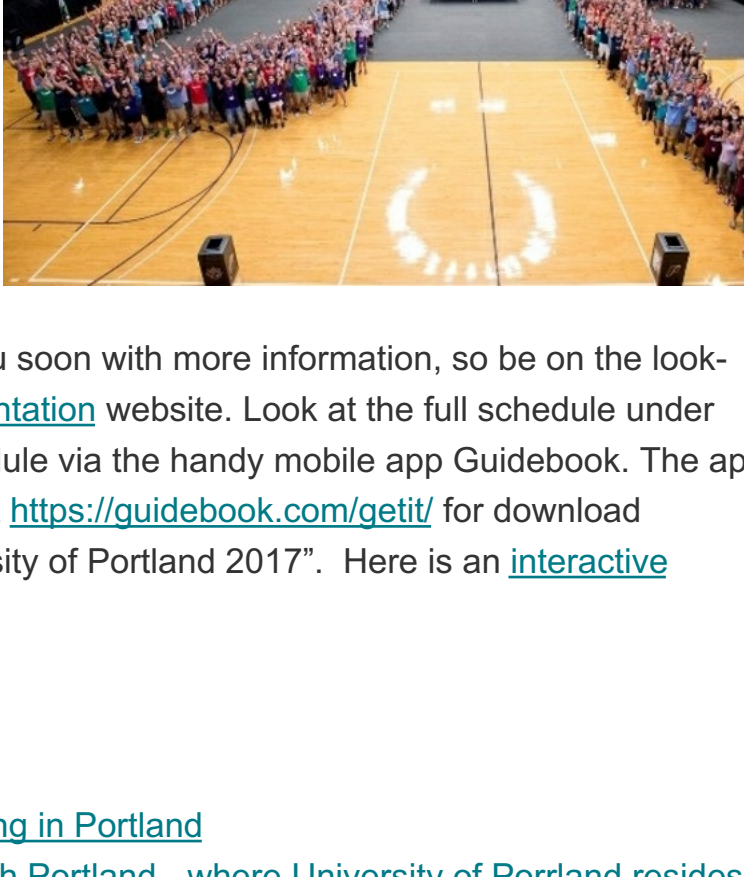




## New Student Orientation

The weekend before classes start, incoming freshmen move in early and learn about the campus. Orientation is a special time on campus because it is an opportunity for us to welcome you into the community and assist you in making the smoothest transition possible. Through an exciting and informative program of activities and events, Orientation will help you build relationships with fellow freshmen, returning students, faculty, and staff.



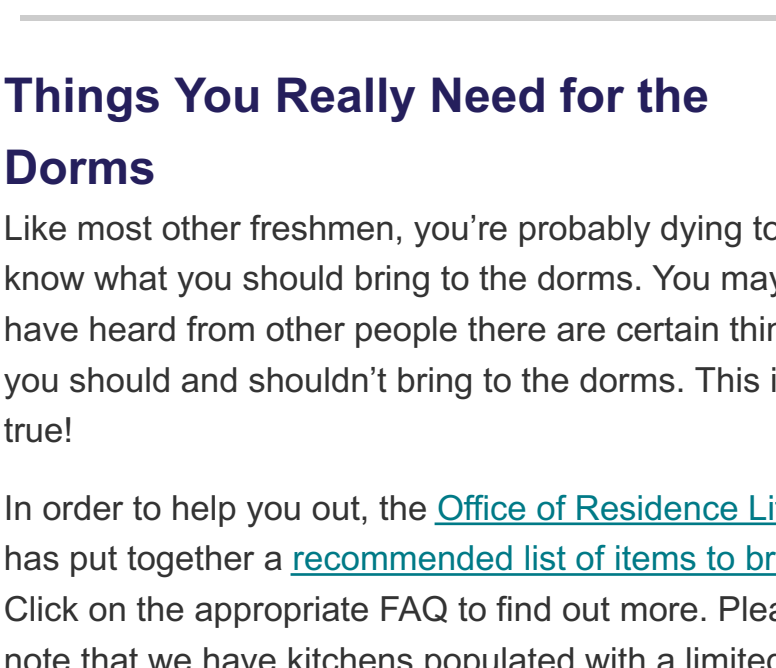
A Workshop Leader or Orientation Assistant will call you soon with more information, so be on the lookout! A full Orientation schedule is published on the [Orientation](#) website. Look at the full schedule under "Orientation Booklet." You can also download the schedule via the handy mobile app Guidebook. The app can be downloaded from your app store or you can visit <https://guidebook.com/getit/> for download instructions. Once you have the app search for "University of Portland 2017". Here is an [interactive campus map](#) to get familiar with the campus layout.

Things to check out:

- [Pilot Speak - Learn the Lingo from the Bluff](#)
- [Portland Speak - Lingo you need to know for living in Portland](#)
- [Fun Things to do in No Po - "No Po" means North Portland - where University of Portland resides](#)
- [Things Every New Pilot Should Know - Resources Available to UP Students](#)

## First Year Workshops and Home Base Groups

Every incoming freshman is enrolled in a [First Year Workshop](#), which is attached to another class in their schedule. These classes, which are led by upperclassmen, are designed to help new first-year students orient themselves to the college environment. Some things covered are: developing study habits, navigating through Portland, establishing time management skills, and learning about the university's history. These classes are an hour long, held once a week, and end in late October.



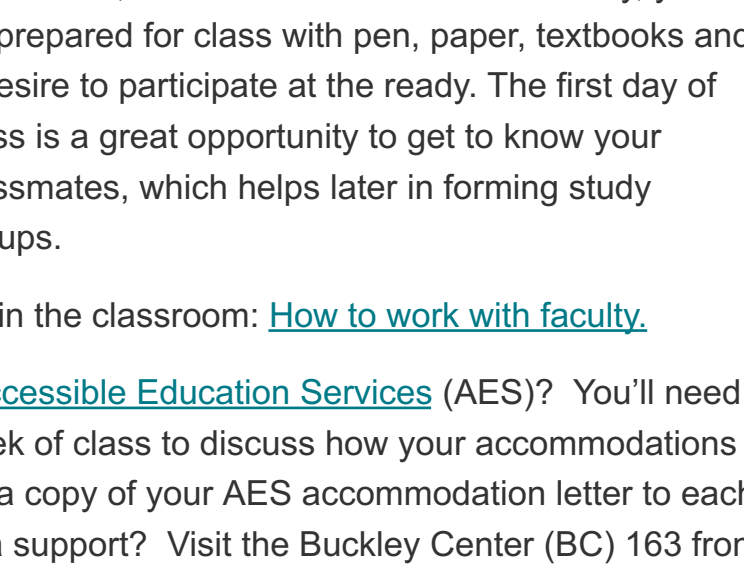
**There are no assigned textbooks for this class.** All materials will be provided. For more information about the workshop, feel free to call the Shepard Academic Resource Center at (503) 943-7895.

During Orientation, your Freshman Workshop Leader will be meeting you for your first Home Base Groups meeting on the academic quad outside the Franz Hall, Friday at 10:15 a.m. Leaders will be holding signs to indicate to students where they should go. Your Home Base Group is the same as the First-Year Workshop listed on your fall schedule.

## Things You Really Need for the Dorms

Like most other freshmen, you're probably dying to know what you should bring to the dorms. You may have heard from other people there are certain things you should and shouldn't bring to the dorms. This is true!

In order to help you out, the [Office of Residence Life](#) has put together a [recommended list of items to bring](#). Click on the appropriate FAQ to find out more. Please note that we have kitchens populated with a limited amount of cooking utensils and supplies, so those are not necessary. In addition, dorm furniture is provided by the school.



## Ordering Books

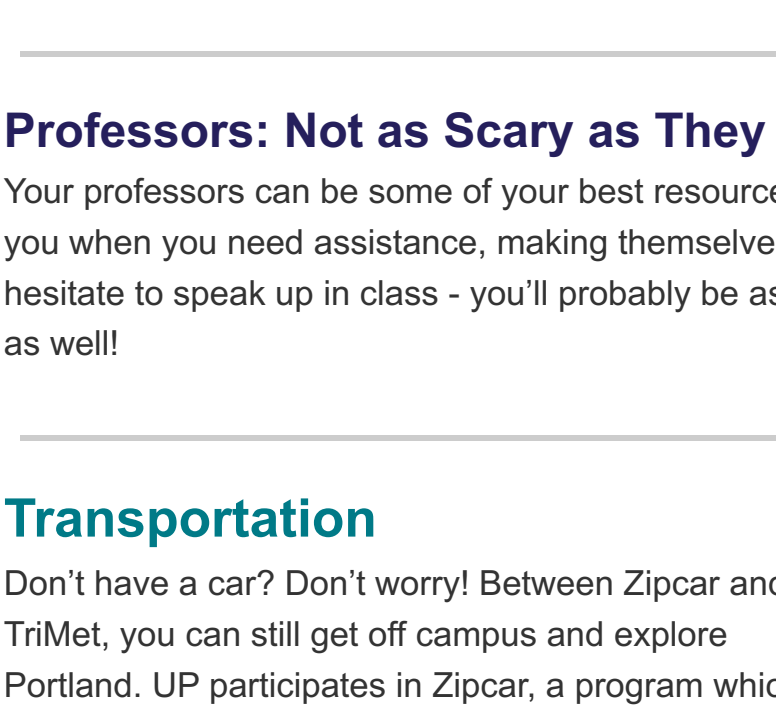
You can see what books you need by going to your Self-Serve account through [PilotsUP](#), clicking Ssb, then on student, then registration, then clicking on the last link for Check Text Book Prices and then Go to [University Bookstore website](#). This will then automatically choose the classes and sections you have been registered for.

Another thing you can do to find the best deals is to check Amazon for your text books. You can do this easily by copying the ISBN number into the search bar.

As a reminder, your First Year Workshop class does not have an assigned textbook.

## What to Expect on Your First Day of Class

Some professors may use the first day of class to get to know the class, go over the syllabus, and to answer any questions you may have. Others may launch right into lecture, with little introduction. Either way, you can be prepared for class with pen, paper, textbooks and a desire to participate at the ready. The first day of class is a great opportunity to get to know your classmates, which helps later in forming study groups.



Here are some helpful tips for working with your faculty in the classroom: [How to work with faculty](#).

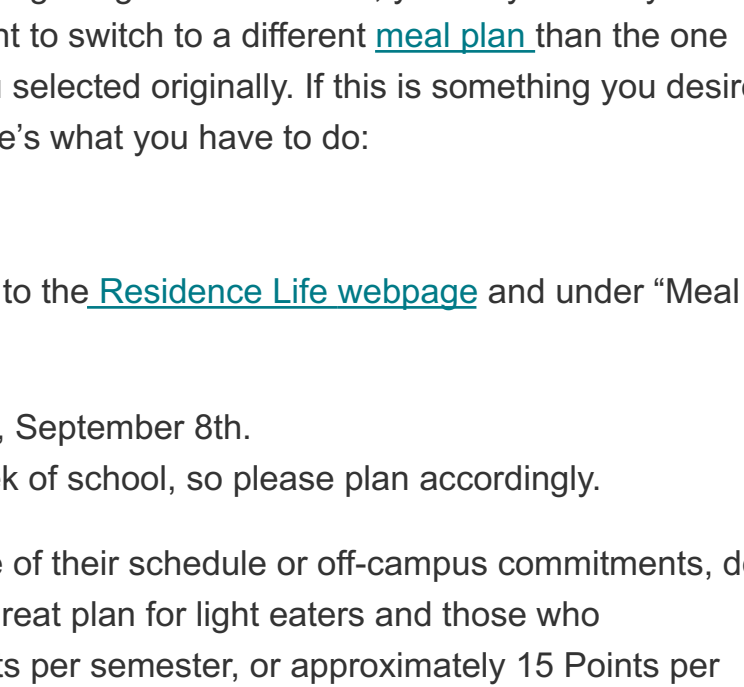
Do you have an approved accommodation plan from [Accessible Education Services \(AES\)](#)? You'll need to meet with each of your professors during the first week of class to discuss how your accommodations will be implemented in each class. Remember to bring a copy of your AES accommodation letter to each meeting. Don't know where to start, or want some extra support? Visit the Buckley Center (BC) 163 front desk to make an appointment with Melanie Gangle, AES Program Manager, or email Melanie directly at [gangle@up.edu](mailto:gangle@up.edu).

## Professors: Not as Scary as They Seem

Your professors can be some of your best resources when you need help. Most are very willing to help you when you need assistance, making themselves available with office hours and through email. Don't hesitate to speak up in class - you'll probably be asking a question other students are considering asking as well!

## Transportation

Don't have a car? Don't worry! Between Zipcar and TriMet, you can still get off campus and explore Portland. UP participates in Zipcar, a program which allows students to rent cars for as little as 30 minutes or as long as several days. Gas, insurance, and repairs are included in the hourly rates. Their website is [zipcar.com/uportland](http://zipcar.com/uportland). For more information, contact Public Safety at x7161.



TriMet is our safe and timely local bus service. Their website, [www.trimet.org](http://www.trimet.org), has schedules and will even let you plan your trip. You can also use the [UP Shuttle](#) to get to and from the Yellow Line MAX and alternative bus lines on Saturdays and Sundays.

The Bike Shop, part of the [Outdoor Pursuits Program](#), at the Beauchamp Center checks out bikes on a day-use basis at no charge to students, faculty, and staff. They can also repair your bike at a low cost. Call the bike shop at x8748.

The [Pilot Express](#) is a student run service that drives students to and from the train station and airport for breaks! This service provides limited transportation to and from the airport as well as the train and bus stations for Fall break (October), Thanksgiving Break (November), semester break in the winter (December), Spring Break (March), and Easter Break (March/April).

Portland's Bureau of Transportation wants to make sure you know about ALL your options for getting around town. Check out [www.GettingAroundPortland.org](http://www.GettingAroundPortland.org) to get the information you need to start biking, walking, and riding the bus/MAX.

Do you have a disability that impacts your ability to ride public transportation? Ride Connection is a great resource that offers individualized, one-on-one support in accessing and learning how to ride public transportation. For more information, check out their website at <https://rideconnection.org/>.

## Eating on Campus/Meal Plans

If you are living on campus, your food services will be provided by Bon Appetit. Check out this link to learn about meal options on campus - [On Campus Dining](#).

After getting settled in at UP, you may realize you want to switch to a different [meal plan](#) than the one you selected originally. If this is something you desire, here's what you have to do:



Go to the [Residence Life webpage](#) and under "Meal Plan" click on the Meal Plan Change Form.

- Complete the form online and submit it by Friday, September 8th.
- The change will not take effect until the third week of school, so please plan accordingly.

Meal Plan 1: Designed for those students who, because of their schedule or off-campus commitments, do not plan on eating all their meals on campus. This is a great plan for light eaters and those who occasionally eat on campus. Includes 1638 Dining Points per semester, or approximately 15 Points per day.

Meal Plan 2: Designed for those students who are lighter eaters, may periodically skip meals, and rarely take advantage of late night dining hours. Includes 1837 Dining Points per semester, or approximately 17 Points per day.

Meal Plan 3: Designed for those students who rarely miss meals and will occasionally take advantage of late night dining hours. Includes 2010 Dining Points per semester, or approximately 18 Points per day.

Meal Plan 4: Designed for those students with hearty appetites who access their plans for every meal and often take advantage of late night dining hours. If you eat larger meals and eat almost every meal on campus, this is the plan for you. Includes 3015 Dining Points per semester, or approximately 28 Points per day.

Keep in mind that meal points roll over from fall semester to spring semester, but not from spring semester to fall semester.

## Activities Fair 2017

On Friday, September 1st at 4:00pm, you won't be able to miss the [Activities Fair!](#) This is a great opportunity to see all that UP clubs and organizations have to offer! This is a FREE event hosted by Student Activities! This event will be located in the Academic Quad.

## Technology to Help with Writing in College

As you get ready for your first semester at UP you know that college will require a lot of writing. Before you get here, you should also know that there are tons of great resources to help with the college writing process! One of the tools that is available to help any writer is Read and Write Gold (RWG). RWG is an easy to use software available to all students, faculty and staff through the [University Download Center](#). Once downloaded to your computer, the RWG tool bar includes study skills support, reading and research support, text to speech; data collection; highlighting tools; MP3 creation; voice recognition and more.

### How can RWG help with the writing process?

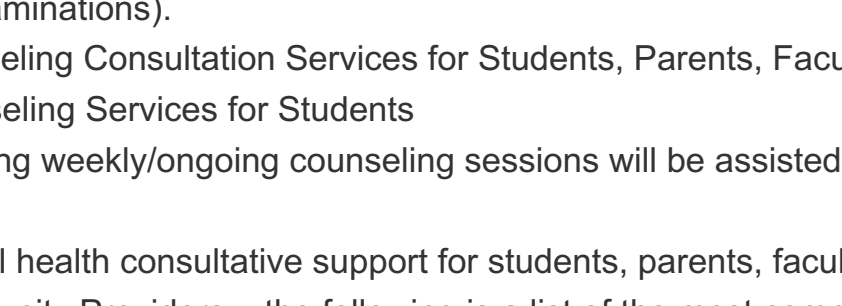


Figure 1 - Textelp Colored Highlighters

Using RWG to get started, the RWG toolbar has a set of colored highlighters that you can use to highlight words or sections of text, such as main ideas, supporting details, and other facts from your source materials. When your research is finished, RWG can extract highlighted text from multiple sources to a single document to help you begin to organize information for your writing assignment.

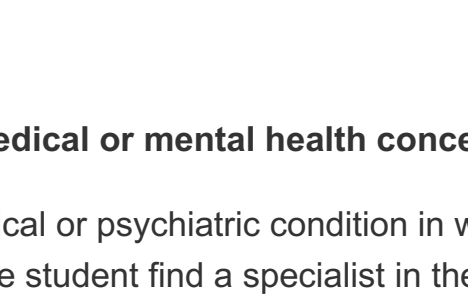


Figure 2 - Highlighted Words

When your research is finished, RWG can extract highlighted text from multiple sources to a single document to help you begin to organize information for your writing assignment. From there you can use the fact mapping feature in RWG to brainstorm, map out ideas and create an outline.

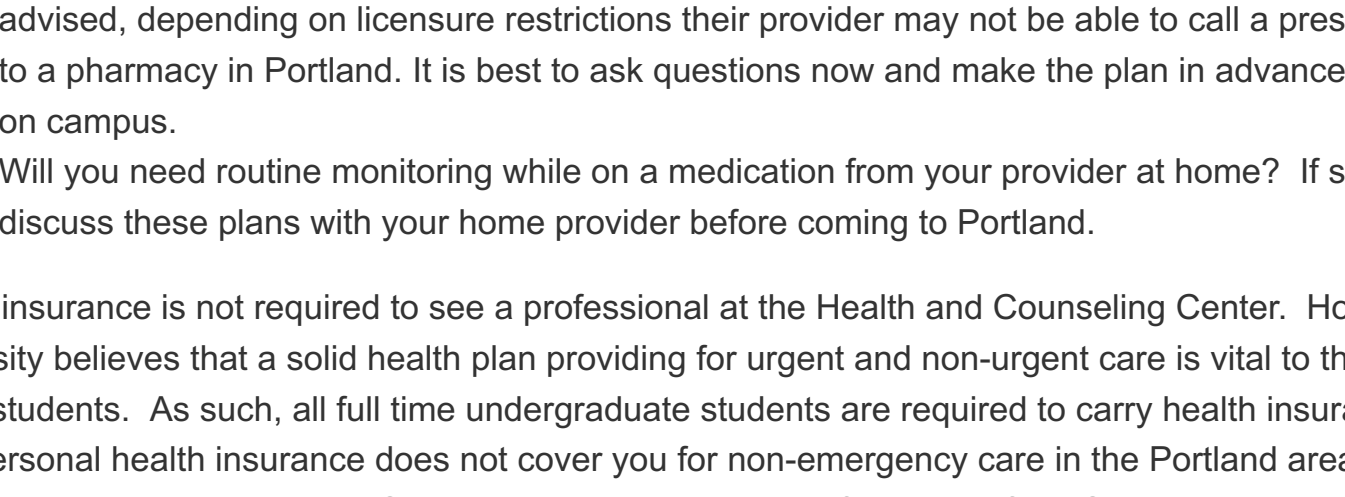


Figure 3 - Fact Mapper and Outline

Once your assignment is finished, spell checked, grammar checked, and you have read it aloud to yourself, use RWG's text to speech feature for your final proof. Even when reading your work aloud it is easy to miss mistakes especially if you just wrote it. Text to speech reads exactly with is on the page, not what you think you see.

To get more information about RWG check out the [Texthelp](#) website. Two other resources to help you with writing here at UP are the [Writing Center](#) and the online resources from [Clark Library](#).

To learn more about technology resources for students, please visit the [Information Services New Student](#) webpage.

## Did You Know?

- Laundry - It is important to know how to use a washer and dryer, including separating colors.
- Labor Day - For those enrolled in Monday/Wednesday/Friday courses, you *will* have class on Labor Day this year. Please keep this in mind before making plans as professors will expect standard attendance that day.
- Fall Break - Every year, the University of Portland has a dedicated Fall Break. This is an entire week off halfway through the semester. For Fall 2017, this break will take place Oct. 16-20. Residence Halls will remain open in this time for those wishing to stay on campus.
- For more scheduling information, be sure to check out the [Important Dates from Residence Life](#) and the [University Calendar](#)

## A note from the Health and Counseling Center

The dedicated staff at the [University Health and Counseling Center](#) is here to help students stay well and address their physical and mental health needs while here on campus. We provide confidential medical and mental health services to all full time students. We are open Monday through Friday from 8:30 am to 4:30 pm. You can reach us at 503-943-7134. This information is to help assist you to your transition to University of Portland.

### What we provide:

- General Medical Care, including evaluation and treatment of illness, injury and preventative care (e.g., physical examinations).
- Health and Counseling Consultation Services for Students, Parents, Faculty and Staff
- Short Term Counseling Services for Students
- Students requesting weekly/ongoing sessions will be assisted with referrals to an off campus provider.
- After hours mental health consultative support for students, parents, faculty and staff.
- Referral to Community Providers – the following is a list of the most common:
  - Psychiatry and Mental Health
  - Dermatology
  - Orthopedics
  - Optometry
  - ENT/Allergy
  - Endocrinology
  - Neurology
  - Gynecology
  - Physical therapy
  - Dentistry

### Planning for chronic or ongoing medical or mental health concerns:

- If a student has a chronic medical or psychiatric condition in which they are seeing a specialist at home, it is highly suggested the student find a specialist in the Portland area to consult with upon arrival to Portland. Scheduling an appointment with a specialist can take 4-6 weeks. We advise scheduling this appointment in advance of arrival to campus. Please contact the Health and Counseling Center for referrals.
- If a student is on a controlled medicine for a diagnosis (e.g., ADHD, chronic pain), they will need to find a provider in the Portland area to prescribe these medications. The Health and Counseling Center does not prescribe for chronic use controlled medications.
- If a student is currently on medications that will continue while they are away from home, we recommend discussing continuation of these medications with their home provider.
- Is your provider willing to call this medication into a pharmacy in the Portland area? Please be advised, depending on licensure restrictions their provider may not be able to call a prescription in to a pharmacy in Portland. It is best to ask questions now and make the plan in advance of arriving on campus.
- Will you need routine monitoring while on a medication from your provider at home? If so, please discuss these plans with your home provider before coming to Portland.

Health insurance is not required to see a professional at the Health and Counseling Center. However, the University believes that a solid health plan providing for urgent and non-urgent care is vital to the wellbeing of our students. As such, all full time undergraduate students are required to carry health insurance. If your personal health insurance does not cover you for non-emergency care in the Portland area, you will automatically be enrolled in the Student Insurance Plan. Benefit details of the Student Insurance Plan can be found on the [Health and Counseling Center](#) and [Student Accounts](#) websites.

Regardless of insurance status, all students are in the Health and Counseling Center. Visits with all providers are free, with nominal charges for tangible items such as medications.

## Student Employment - Jobs on Campus

The Student Job Board can be found at the [Student Employment home page](#) and at <http://up.hiretouch.com/search-jobs/student-jobs>. Jobs available to all students, including incoming freshman and transfer students will be listed beginning August 1, 2017. Federal Work Study is not required to work on-campus; all students enrolled at least half-time in a degree program are eligible to work on campus. Students, including students with Federal Work Study, are not guaranteed a student employment position and students are not placed in positions.

All students are responsible for seeking out and applying for student employment themselves. Students are encouraged to apply early and apply often for student employment positions once they are posted.

As with any job, students will need to complete a W-4 tax form and a Federal Form I-9 prior to working. In order to complete the Federal Form I-9 you will have to present original, unexpired documents establishing identity and eligibility to work in the United States. Any student interested in Student Employment should bring their original and unexpired passport, Social Security Card, birth certificate, or other appropriate documentation listed on the back of the Form I-9. These forms must be completed before a student is allowed to begin working but may be completed prior to the student finding a position on-campus.

For questions or further information, please review the [Student Employment Webpage](#) or contact the student employment coordinator at Office of Financial Aid at 503.943.7311 or email [studentemployment@up.edu](mailto:studentemployment@up.edu).



## Your UP ID Card

Your [student ID card](#) is used for many things on campus: access to sporting events, using your meal plan, access to your residence hall, etc. If you are going to be in the Portland area before Orientation weekend, be sure to stop by [Public Safety](#) to get your ID card. Public Safety is in Suite 100 in Haggerty Hall, just across from the Chiles Center on N. Warren Ave. Can't get to the campus before Orientation? No problem. Public Safety is open 24 hours a day, 7 days a week, so you can get your ID card at any time during Orientation.

## Contact Us

If you have any questions, comments, or concerns feel free to email us at [sarc@up.edu](mailto:sarc@up.edu) or give us a call at (503) 943-7895. We're here to help!

In case you missed it... view previous newsletters on the Shepard Center website – [SARC Newsletters](#).

