

FIRST-GEN GUIDEBOOK

WRITTEN BY FIRST-GEN STUDENTS
FOR FIRST-GEN STUDENTS



SEATTLEU.

CREATED BY
MARIAH FERNÁNDEZ, CLASS OF 2021
JESSICA OLARTI, CLASS OF 2021

UPDATED BY
ALLIYAH XAYBANHA, CLASS OF 2021

TABLE OF CONTENTS

WELCOME TO SEATTLE U.....Page 4

About the Creators

TOP 10 CHECKLIST FOR SUCCESS.....Page 6

LIFE AT SEATTLE UNIVERSITY (SU).....Page 7

Meal Plans

Dining Hall and Eateries

Grocery Stores

Housing

ADVISING.....Page 14

General Information

Faculty Office Hours

ACADEMICS.....Page 18

Jesuit Education

Not Knowing What to Major In

University Core (UCOR)

Declaring/Changing Your Major

Registering for Classes

Studying & Academic Help

What to Keep in Mind before Registration

ADJUSTING & GETTING INVOLVED.....Page 23

“The Seattle Freeze”

Stress & Time Management

Extracurricular Activities

Adjusting to Seattle

Taking Care of Yourself for the First Time

Taking Advantage of Resources

Homesickness



RESOURCES.....Page 27

First-Gen Resources

Community Spaces

Health

Transportation

Jobs, Internship, and Career Search

Emergency Contacts

Scholarships & Financial Assistance

Tips, Links, and Other Helpful Databases

WE'RE SO GLAD YOU ARE HERE.....Page 37



WELCOME TO SEATTLE U

Welcome to Seattle U

Welcome to Seattle University! Let us be the first to congratulate you on deciding to further your education and being the first in your family to go to college!

Both of us are first-generation students just like you, and we want your transition to Seattle University to be as smooth as possible. We have been in your shoes, and we know that it can be an overwhelming process. We know that you have a lot of questions and might feel that you don't know where to begin to find the answers. That is why we made you this book as a reference.

We want you to know that you are not alone. Many students start to feel overwhelmed and lost in the crowd when they first go to college. But you don't have to go through this transition alone. There are resources that you can utilize, places where you can meet people, and a ton of ways for you to find your place at SU. You just have to know where to look.

College is pretty different from high school and you may start to notice that you have much more freedom than before. It may take some time to get used to a new environment and community, but you'll adjust before you know it. It's also important to put yourself out there and don't be afraid to meet new people. Building relationships is a great way to find a solid group of friends to go through the struggles of life and college together.

We hope that you will use this guidebook on your journey at SU to find all the information and resources you will need to be successful.



ABOUT THE CREATORS

Mariah Fernández is a first-generation commuter student from Federal Way, Washington who is a Chemistry and Criminal Justice: Forensic Science double major. While she's not busy with school and work, she enjoys spending time with family, friends, and going on hikes. She hopes to one day be a Crime Scene Investigator and be a part of a non-profit organization that works with kids in the community. Feel free to email Mariah at fernan48@seattleu.edu.

Jessica Olarti is a first-generation student from Oahu, Hawaii and lives on campus. She is a Accounting major who enjoys spending as much time outside as possible. She hopes to one day have a career managing a nonprofit organization in Hawaii. You can reach Jessica at olartij@seattleu.edu.



TOP 10 CHECKLIST FOR SUCCESS

Top 10 Checklist for Success

If you can do these top 10 things, you'll be set up for success here at Seattle U.

- Make it a habit of checking your email everyday and respond to emails that need one
- Check CANVAS for announcements or assignments that your professors may not have mentioned during class
- Look for websites that offer the cheapest price for your textbooks and *save money*.
 - Check out The Outreach Center's Text X List on ConnectSU to see if they have any textbooks you need. You can borrow them for free for the quarter.
- Create a budget for a set period of time and stick to it
 - Need help budgeting? Meet with someone in The Outreach Center for resources and assistance.
- Get a planner and consistently write in it to keep track of important dates
- Always go to class and figure out how much study time you need for classes. Then, arrange your schedule around it.
- Visit The Outreach Center in Student Center 110. Join their ConnectSU portal. Follow them on [Facebook](#) and [Instagram](#).
- Make an appointment with Career Services to talk about your future
 - Request your appointment online at <https://www.seattleu.edu/careerservices/>
- Do not procrastinate! Things will always come up that might keep you from doing or finishing your work on time.
- Read the First-Gen Guidebook to learn what resources are available and how to utilize them.



LIFE AT SEATTLE UNIVERSITY (SU)

Life at Seattle University

MEAL PLANS

Redhawk Dining manages meal plans and our eateries on campus. They're new to Seattle U for the 2018-2019 academic year. To make sure you've got all the details as they transition to Seattle U, visit their website at www.dineoncampus.com/seattleu.

Commuter Students

Commuter students are not required to purchase a meal plan through SU but have the option of doing so if they choose.

2018-2019 Commuter Student & Upperclass Resident Meal Plans	
Redhawk 1200 \$1,200	Dine with freedom and convenience. Save that parking spot and spend more time on campus! Dine for an average of \$15.58 per day.
Redhawk 800 \$800	A plan that provides the perfect balance for students who spend their time both on and off campus. Dine for an average of \$10.39 per day.
Redhawk 400 \$400	Our lowest Dining Dollars package is perfect for our students that are constantly on-the-go! Dine for an average of \$5.19 per day.

A meal plan can be added to a commuter student's SU ID by going online to www.dineoncampus.com/seattleu. Under "Meal Plans," select "Add A Meal Plan." You'll be prompted to log-on using your SU username and password to select your meal plan.



Residential Students

For first and second year students, having a meal plan is required when living in a residence hall or affiliate housing. There are multiple meal plan options. Be familiar with each one, so you can choose the one that's most suitable.

2018-2019 Resident Student Meal Plans	
Redhawk 2400 \$2,400	Enjoy a premium experience with our largest Dining Dollars package. Dine with freedom and convenience Dine for an average of \$31.17 per day.
Redhawk 2000 \$2,000	Keep peace-of-mind. Our second tier package ensures true flexibility. Leave the cooking to us! Dine for an average of \$25.97 per day.
Redhawk 1600 \$1,600	Our lowest Dining Dollars package is your direct gateway to the all-new Redhawk Dining Experience. Dine for an average of \$20.78 per day. <small>Required minimum for all first and second year resident students.</small>

Whether you're a commuter or residential student, students who purchase a meal plan and have money remaining in their account after the end of the quarter can have a maximum of \$250 rolled over between quarters. However, money can't be rolled over from Spring to Fall quarter.

As the end of the quarter nears, some students will chose to use as much of the money on their card as possible rather than having the \$250 max rolled over for the next quarter. If you are one of those people, my advice would be to use that money as early as possible because a lot of students will have the same plan and the eateries will be run low on their stock and have limited options.

Dining Halls and Eateries

At SU, there are various locations across campus where students can purchase food, drinks, and snacks throughout the day. Each location will have its own business hours and it's important to know when opening and closing times are.



	LOCATION	TYPES OF FOOD
Cherry Street Market	2nd floor of Student Center	Daily wok, deli, grill, and a variety of hot foods. Sandwiches are also served here
Hawk's Nest Bistro	3rd floor of Student Center	Build your own pizza or salad and a variety of other hot foods and drinks
The Bottom Line	Pigott Atrium	Hot sandwiches, soups, baked goods, and an assortment of beverages
The Byte	2nd floor of Lemieux Library	Offers an array of drinks, sandwiches, salads, and soups
The Sidebar	Sullivan Hall (Law building)	Variety of salads, soups, sandwiches, and beverages

When purchasing items from any of the listed dining locations above, all you have to do is make sure you have your student ID card loaded with a meal plan for the cashier to swipe and you're good to go!

For commuter students without money on their student ID card, meals can be purchased using a personal debit card, credit card, or cash.

Grocery Stores

Throughout the year, students tend to buy non-perishable food items for their residence hall room to store if they decide to have options outside of their meal plans and dining services at the University. Some items include easy-mac, granola bars, cereal, chips, drinks, and so much more.

For our commuter students, sometimes you need to grab a quick snack off-campus, so this list may come in handy too!

	LOCATION	SERVICES
SU Campus Store	corner of Madison St. & 12th ave	Textbooks, school supplies, SU attire
QFC	Broadway & E. Pike	Groceries, personal hygiene, household supplies, dog food, etc.
Trader Joe's	corner of E. Madison & 17th ave	Organic food



Bartell Drugs	adjacent to QFC	Pharmacy
Target	<u>1401 2nd Ave</u>	Produce, clothes, household items, school supplies, etc.

If you decide to take the bus to any of these destinations, you can check out an ORCA Card for the day at the Redhawk Resource Hub Desk on the 1st floor of the Student Center. Checking out an ORCA Card is free in exchange for some form of ID until you return it. ORCA Cards must be returned to the The Hub Desk during their regular business hours no later than 10:30 AM the following the day you check your card out.

HOUSING

For incoming first-year students and returning second year students, living on campus is a requirement at SU. An email will be sent to incoming first-year students with information about housing so they can choose the best option for them. In order to sign up for housing, the student must follow the instructions on the New Student Checklist on Canvas.

The housing application will be available in the early part of May and should be submitted as soon as possible.

Third and fourth years must apply for on-campus housing and will be placed in a lottery system to decide room selection times where they can view all available rooms on campus. Usually these housing applications open in mid-April and should be filled out and submitted as soon as possible.

Residence Halls

	LOCATION	APPROXIMATE # OF STUDENTS	TYPES OF ROOMS
Campion Hall	southside of campus, same street as SU Park	12 floors - 650 students, mostly for first & second year students	Single, double, triple, triple plus



Bellarmino Hall	center of campus, across from the Lemieux Library	Seven floors - 420 students mostly for first & second year students	Single, double, triple, triple plus
Xavier Global House	north side of campus, behind the chapel	4 floors - 200 students mostly for first & second year students and international students	Single, double, triple, triple plus
Chardin Hall	southside of campus, adjacent to Campion Hall	3 floors - 148 students mostly for second & third year students	Single and double suite joined by a private bathroom
Vi Hilbert Hall	newest housing option behind Xavier Global House	10 floors mostly for second, third, and fourth year students	Studio, studio-shared, 1-bedroom, 2-bedroom, 4-bedroom

NOTE: Single rooms are approved for medical reasons only.

Apartments

	LOCATION	APPROXIMATE # OF STUDENTS	TYPES OF ROOMS
Murphy Apartments	southside of campus, adjacent to Campion & Chardin Hall	5 buildings, 2-3 floors each, 370 students Only available for upperclassmen undergraduates, graduates, & law students	1-person studio, 2-person studio, 1 bedroom apartment



The Douglas “The Dougies”	1223 E Cherry St, across Shell Gas Station and SU Park	257 students Only available for upperclassmen undergraduates, graduates, & law students	Single, double, and four bedroom apartments
Kolvenbach Community	1220 E Barclay Ct	8 students Only for upperclassmen undergraduates	Double rooms This community gives students the opportunity to live a lifestyle that instills the five values: service, spirituality, solidarity, community & simple living
Yobi Apartments	1219 E Marion St	5 floors - 45 students Mostly for upperclassmen undergraduates	“Apodment” style rooms

Room Assignments & Roommates

SU strives to build a community within the residence halls for students. With this being said, sometimes there can be challenges students face as well as benefits. Many people at SU come from different backgrounds and have different experiences that can be shared amongst other people that will create authentic relationships.

It is very common for roommates to set boundaries and rules together in order to make the living experience a smooth transition. On rare occasions, there are roommates that don't follow the set rules which can lead the other person to feel angry. When this happens, it's important to contact Housing and Residence Life staff to help you through this problem by setting up a mediation session.

If it is determined by the mediators that the issue can't get resolved, you should fill out and submit a Room Change Request Form - keeping in mind that this form will not guarantee you can change rooms.



If you happened to connect with other incoming first-year students and decide you would like to be roommates with one of them, you can go to the roommate search through the MyHousing Portal.

Note: This optional portion must be filled out as soon as possible. It opens in the middle of July.

First-year students will receive an email in regards to your Housing Assignment within the first couple days of August. Those who missed the application deadline for housing or are a returning student, your assignment will be sent later than expected.



ADVISING

ADVISING CENTERS

Each school and college within SU has its own advising center and group of advisors that tend only to students in the corresponding college. Advising centers and advisors have a sole purpose of helping students succeed during their time at SU by outlining a four year plan.

NOTE: If you are unaware of who your advisor is, log into your account on [SUOnline](#) and select “My Profile” under the Academic Profile section.

Albers School of Business and Economics: Pigott (PIGT) 318

Monday: 9am-11am

Wednesday: 10am-12pm

Thursday: 2pm-4pm

Phone: (206) 296-5700

First-year students are required to meet with an assigned New Student Mentor in fall and spring quarters which is either a junior or senior in Albers School of Business who are trained mentors through the school. During the winter quarter, you must meet with an assigned professional Albers Academic Advisor. Sophomore, junior, and senior students are assigned a Faculty Mentor in the beginning of each winter quarter. I highly recommend meeting with your mentors often to assure you're on the right track for the year and in the future to graduate. The advising center available for walk-in office hours to get an answer to your quick questions. For more in-depth questions and concerns about education planning and major requirements can be answered through a scheduled appointment which can be done on the phone, starfish, or in person.

College of Arts and Sciences: Casey (CASY) 1W

Monday: 10am - 3pm , 4:30pm - 5:30pm

Tuesday - Friday: 10am - 3pm

(206) 296-2840

ASCAdvising@seattleu.edu



All first-year students are required to meet one-on-one with their assigned advisor during each quarter of every school year. All students are assigned an academic advisor that is located in their major department or the Arts and Sciences advising office. Depending on your major, advising requirements vary between majors and departments. First-year students are required to meet with their advisor once a quarter during their first year; until this requirement is met, an advising hold will be placed on your account which prevents you from registering for classes. You are required to meet with your advisor at least once a year. The advising center is available for walk-in office hours to get an answer to quick questions. For in-depth questions about education planning and major requirements, schedule an appointment. You can do that on the phone, starfish, or in person.

College of Education: Loyola Hall

(206) 296-5760

coeinfo@seattleu.edu

Students in the College of Education are assigned a faculty advisor that they can meet with to discuss plans for your future. It is your responsibility to learn about your specific program/major and plan your four years at SU. If you have any questions, your faculty advisor's sole purpose is to answer those questions and support you as best as they can.

College of Nursing: Garrard (GARR) 4th floor

Monday - Friday: 9am - 4pm

(206) 296-5660

CONadvising@seattleu.edu

As a Nursing student, your responsibility is to be accountable for yourself in your academic success. You are responsible for meeting with your advisor once a quarter before registering for the next quarter. To find out who your academic advisor is, go to [SU Online](#) and under Student Menu select "My Profile." It is highly recommended to meet with them by scheduling an appointment through email. There is also an option to meet with a professional advisor during drop-in office hours for more general questions about nursing.

College of Science and Engineering: Engineering (ENGR) 300

Tuesday - Thursday 1:30pm - 3:30pm

(206) 296-2500

se-adv@seattleu.edu



New students coming into the College of Science and Engineering are assigned an academic advisor that you should plan to meet at least once a quarter. During the quarter, you must meet with your advisor in order to be able to register for the next quarter otherwise a hold will be placed on your SU student account. To meet with your academic advisor, you are encouraged to call the number above. For more general questions, you can drop by the advising center during the outlined drop-in hours available to current students in the College of Science and Engineering.

Matteo Ricci College: Casey (CASY) 1

(206) 296-5405

mrc@seattleu.edu

As a student in the Matteo Ricci College, you will be assigned a peer-mentor as opposed to an academic or professional advisor. The peer advising system is used to help students succeed socially and academically. As a new student, sometimes it can be hard to adjust to the college “life” so your peer advisor is there to help guide you to making good decisions when it comes to opportunities presenting itself to you.

School of Law: Sullivan Hall

(206) 398-4135

hollandp@seattleu.edu

The School of Law provides each student with a faculty advisor that’ll help you in the process of important decision making when it comes to taking the appropriate courses. Along with your academic advisor, representatives from the Center for Professional Development, Access to Justice Institute, and the Academic Resource Center will be an additional resource for seeking guidance and advice in order to succeed.

School of New and Continuing Studies: Law School Annex (LSAX) 141

(206) 296-6937

Suki Kwon, Academic Advisor: kwonsu@seattleu.edu

Under the School of New and Continuing Studies, there is only one academic advisor. The advisor’s role is to help guide and support students in finishing their undergraduate requirements. She encourages students to reach out to her without hesitation for whatever reason.

School of Theology and Ministry: Hunthausen Hall



(206) 296-5330

stm@seattleu.edu

Please contact the school of Theology and Ministry for more information about academic advising.

FACULTY OFFICE HOURS

Sometimes seeking additional help from faculty members can be a little intimidating. This can lead to you getting behind in class and possibly failing the class if you choose not to speak up. Trust us when we say that the faculty at SU are more than happy to offer office hours for you to take advantage of. Once you attend office hours for the first time and reach out to your professor, getting help in the future will be much easier.

Additionally, something doesn't always need to be wrong for you to visit your faculty member's office hours. Visiting office hours is a great way to connect with your professor outside of the classroom. You can talk to them about the kind of research they may be doing or why they enjoy teaching a certain subject.

Here are some ways for reaching out to faculty members:

- Send an email
- Talk to them before or after class
- Make an appointment for a one-on-one conversation
- Look on Canvas under the specific course to find their office hours



ACADEMICS

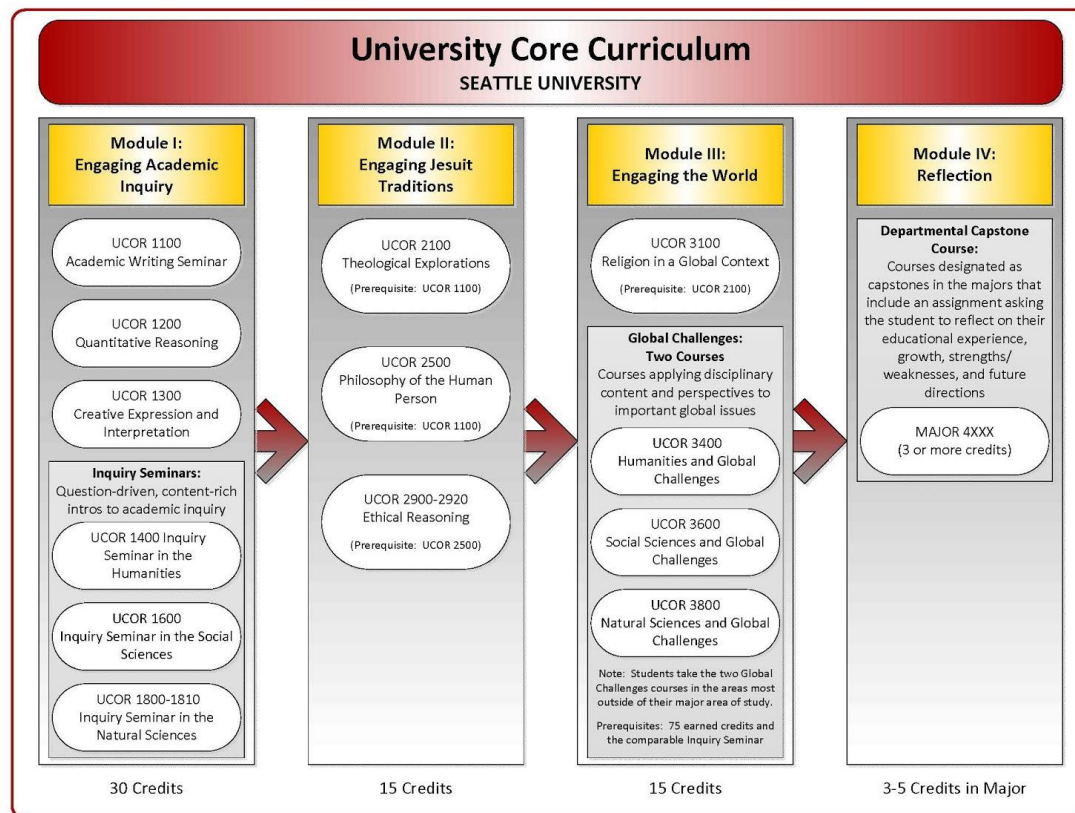
JESUIT EDUCATION

You most likely hear this term a lot when you are first starting out. The Jesuits are widely known as educators.

This basically means that SU values knowledge, as well as what a student does with this knowledge. Jesuits also believe that it is important for a person to grow in every aspect, including spiritually. This is why you will be expected to take University Core classes in addition to classes for your major. The combination of your University Core and unique major classes will help you become a more well-rounded person.

UNIVERSITY CORE (UCOR)

University Core classes are classes that every student must take. They come in 4 modules.



REGISTERING FOR COURSES

Registration for courses will be done on SUonline.

Each student is given a specific date and time to register. Registration may only be done after this time has passed. Students with priority registration will register on the first day of registration week and everyone after that will be assigned a registration time based on the number of credits they have finished.

If you would like to see classes prior to registration, you can use the Search for Classes tool on SUonline. This allows you to check availability throughout registration week as well.

What to Keep in Mind for Registration

- You are required to take at least 12 credits per quarter to maintain a full-time status. If you would like to take more than 18 credits in one quarter, you must be a standing sophomore or higher with a GPA of at least 3.5. Most students take 15 credits per quarter.
- Each major and college has a set of courses that you must take in order to earn that degree. If you wait too long to take these classes, this may impact your graduation date.
- Know the prerequisites of the courses you want to take, and make sure you have fulfilled them. These could include other courses, a minimum GPA, a minimum number of credits, a minimum grade in another course or a minimum score on a placement exam. Some courses may even have co-requisites.
- Do not want to waste your time trying to register for a class that you cannot even take.
- Classes fill quickly and students with more credits will register first. You may not be able to register for the classes you want, so it is a good idea to have a list of backup classes when you register.
- Know when your registration time is and do not procrastinate! In order to maximize your chances of getting into your first-choice class, you should register as soon as your registration appointment is scheduled.
 - If your registration time is during your class, you can ask your professor if it is okay for you to register during that class period. Many professors will say yes!
- Read about classes beforehand. Use the Search For Classes tool on SUonline, so you know what classes you want to take before registering. Do this for your backup classes as well, because you do not want to end up in a class on a subject that you know nothing about.
- Have a meaningful appointment with your advisor before registration.
 - Come prepared to your advising appointment with a list of courses you would like to take and inform them of any changes you have made to your academic plans. They are here to help you accomplish your goals, so it is helpful for them to have a clear understanding of what those goals are.

DON'T HAVE A MAJOR AND DON'T KNOW WHAT TO MAJOR IN?



Take your UCOR classes first.

Each UCOR class has a specific topic or subject that you will study so it will help you to distinguish what you like to study from what you don't. Try to take UCOR classes on topics that interest you to help to decide what you may want to declare as your major.

DECLARING/CHANGING YOUR MAJOR

If a student in the pre-major program would like to declare a major, or if a student has had a change of heart and would like to change their major altogether, they would need to submit a [Change of Major Form](#), as well as a program evaluation form.

- You can find the program evaluation form on SUonline under the Academic Profile section. Using the “What if” drop-down menu and selecting the program you are interested in. This will lead you to an academic profile to print out.
- Bring **both** documents to the advisor of the department that you want to switch into.
- Meet with your current advisor and inform them of your decision.

If you intend to change your major or school, there may be some requirements that you need to fulfill prior to submitting these forms:

- Albers School of Business and Economics
 - A minimum 2.75 GPA in business-related courses AND a minimum cumulative 2.75 GPA is required to declare a major in this school.
 - Students must complete Math 1130 or 1334 with a C- or better and have taken at least 21 additional business course: ACCT 2300, ACCT 2310, ECON 2100, ECON 2110, or ECON 2130.
 -
- College of Arts and Sciences
 - A minimum 2.0 GPA is required to declare a major in the College of Arts & Sciences. Exceptions are as follows:
 - Communication Studies - 2.75
 - Psychology - 2.75 (must take and pass Psyc 1210 with a C+ or better).
 - Sport & Exercise Science - must take and pass Chem 1500/1501
- College of Science and Engineering
 - A minimum 2.50 cumulative and major GPA is required for Computer Science or Engineering.
 - A minimum 2.0 cumulative and major GPA is required for the Sciences.
 - Students must complete required prerequisites with a C- or better. Each major within the College of Science and Engineering has its own set of prerequisites.

STUDYING AND ACADEMIC HELP

SU offers a variety of resources that students may use to aid them in their academics.



Learning Assistance Programs: Lemieux Library, 2nd Floor

- Individual Consultations with a Learning Specialist: This will help students perfect and improve their study habits by addressing areas of weakness.
- Tutoring Services: Free peer-tutoring in several subjects
- Learning Strategy Workshops: You may attend workshops that will teach you how to fine-tune your studying skills.
- Group Study Opportunities: Peer-led study groups.

Bellarmino Advising Center: Bellarmino Hall

- Bellarmino Advising Center helps with academic advising and university-related commitments.

Writing Center: Lemieux Library, 2nd Floor

- The Writing Center helps students to become more effective writers by helping them through each step of the writing process.

Math Lab: Lemieux Library, 2nd Floor

- The Math Lab where students can drop-in and seek help with lower-division math.

Alfie Scholars Program: Bellarmino Hall

- An advising office for transfer students from 2-year colleges.

Disabilities Services: Loyola 100

- Disabilities Services advises students with disabilities and works with them to determine eligibility for any services and accommodations that may benefit them.

Fellowships Office: Loyola 100

- The Fellowships Office guides students and alumni when they apply for national fellowships, scholarships, and grants.

Fostering Scholars Program: Bellarmino Hall

- The Fostering Scholars Program offers scholarships, financial assistance, mentorship, and support services for former foster youth.

The Pre-Major Studies Program: Bellarmino Hall

- The Pre Major Studies Program helps students who have yet to declare a major examine their values and goals in order for them to discover where they are meant to be placed.

Study Locations

We know study locations are key to a great study session.

Here are some places you can study on-campus. These are great places to study independently or with others.



- Lemieux Library
 - Private Study Rooms
 - Group Study Rooms
 - Computer Lab
 - Media Production Center
 - 5 Reading Rooms

- Douglas Apartments
 - Group Study Rooms in the Douglas Lobby

- Campion Hall
 - 12th Floor Campion Education Center with 3 Group Study Rooms and a reading room

- The Outreach Center (First-Generation College Students and Veterans)
 - Student Center 110

- The Commuter Link (First-Year and Sophomore Commuter Students)
 - 1103 Building, Room 105

- Reidy Collegium (Junior & Senior Commuter Students and all Transfer Students)
 - Student Center 310

- McGoldrick Collegium (Adult Learners over 25 Years Old and Graduate Students)
 - Hunthausen Hall 140



ADJUSTING & GETTING INVOLVED

ADJUSTING (“THE SEATTLE FREEZE”)

When you are in a new environment like college, it may be a difficult and challenging time. You may feel new levels of stress that you have never experienced before.

If you’re finding it difficult to make new friends, you might be experiencing “The Seattle Freeze.” Don’t let it hinder you from getting involved and putting yourself out there.

It is important to enjoy yourself, take breaks, and take the time to meet other people. Seattle University offers many different options to do so.

EXTRACURRICULAR ORGANIZATIONS

SU has over 300 organizations and communities for people to join. If you are interested in finding clubs or a community to join, you can find one on [ConnectSU](#).

With so many organizations, you are likely to find at least one that interests you, but if you don’t, there may be an opportunity to create a community of your own!

Even if you choose not to be involved in any of these organizations, there are many events hosted by organizations that are open to all. Going to events held by different organizations, such as Campus Ministry or Residence Hall Association, are good ways to socialize, find communities, and take a break from the stress of college.

TAKING CARE OF YOURSELF FOR THE FIRST TIME

Many students start to feel overwhelmed when they begin college because it is the first time they are expected to take care of themselves. This is why SU provides a variety of different resources to allow students to adjust to the new world of college.

Remember that everyone is going through this adjustment period too, so don’t be afraid to ask your peers, Resident Assistant, or a staff member for help.

Homesickness: Being Away From Home & Loved Ones



Coming to college often makes it difficult for students to maintain relationships with the people they have known for so long.

However, there are ways to cope with homesickness:

- **Keep busy and socialize.**
You will start to build a bond with other people who share the same interests as you. This will eventually help you to feel more comfortable in your new environment.
- **Make friends with people who have similar backgrounds.**
Sometimes, there are events for people who are from different parts of the country. This could be a luncheon for southwestern students or a luau for students from Hawaii.

MANAGING RELATIONSHIPS FROM FAR AWAY

Many of your relationships with friends, family, or a significant other, are put to the test when students move away for college. Students may find it difficult to maintain old relationships as they begin to establish new ones. However, juggling so many relationships can take a toll on a student, and it can add more stress to your already-heavy workload.

So, here are some tips:

- Take advantage of any of the resources available to you: social-media, the internet phone calls, text messages, video chatting, even letter-writing! There are lots of ways to keep in touch.
- Keep in mind that your relationship will not necessarily be the same as when you were living at home. Both of you will need to make an effort to communicate with one another. Also, college is often a time of growth, so this means that your relationship may have to change to keep up with you.
- Change in relationships shouldn't automatically be seen as a negative thing.
- Try not to let your old relationships prevent you from new experiences with the new people you are meeting in college. Try not to choose staying in to text over once-in-a-lifetime experiences.
- Remember that the new friends you make in college are probably experiencing the same thing as you, so they will understand if you choose to stay in for the night to video chat with a friend that you haven't spoken to in weeks.
- Sadly, sometimes the other person will not want to make the same effort as you or they may not appreciate the effort you are making. The relationship should always be two-sided and both must put in work if they want to maintain it. If you feel like the



relationship is putting a strain on you, it may be a sign that the relationship is not healthy and it may be best to end it somehow.

STRESS MANAGEMENT

College is stressful. There is no doubt about that. But, there are strategies that you can utilize to minimize your stress level.

- **Exercise.**
Sitting down and studying all day can begin to feel boring and pretty depressing. However, getting your blood pumping is a good break from that and it helps to clear your head.
- **Sleep.**
It is not very beneficial to stay up all night to study if you are not retaining any of the information. It also won't help if you're too tired to go to class the next morning!
- **Get off campus every now and then.**
If you are a residential student, the monotony of living on campus can start feeling restricting. You may start to feel like your classes have become your entire life. When it comes to the weekend or a holiday, it might be beneficial to have some time to forget about your classes - just remember to get your work done first!

TIME MANAGEMENT

Your new schedule is probably going to be different from the schedule you had in high school. It may be difficult to keep track of it all.

- **Write it down.**
You will have assignments due the next day, assignments due at the end of the quarter and assignments due a few hours after it was assigned. That is a lot of dates to remember. So don't try to. Just write it down in a calendar or planner to keep yourself organized. Seeing it written down will help you to feel less overwhelmed and you will know what to prioritize.
- **Read the syllabus.**
More often than not, professors will put important deadlines on the syllabus. If you notice that all of your assignments will be due in the same week, you should probably get a head start on that.

ADJUSTING TO SEATTLE

About two-thirds of Seattle University students are not from Washington State, and the distinct culture of the city may leave some in shock. It is an urban community that values nature and outdoor recreation. The city itself is famous for its alternative music and progressive culture,



which may be overwhelming to some when they first arrive. This is common, and it is important for students to recognize that they are not alone. There are a variety of community spaces, clubs and resources that students can join and utilize to help them to find a home away from home.

Many of us are familiar with Seattle's reputation as "Rain City". However, the rain is not as heavy as many assume. It is more of a constant trickle than a harsh downpour. You may feel compelled to stay indoors when it rains, but that can get depressing. You may miss out on some of the many experiences Seattle has to offer.

If you're still having a hard time adjusting, take advantage of Seattle University resources such as:

- Campus Ministry (STCN 1st Floor): you can meet with a campus minister just to talk.
- CAPS (PAVL 120): has support and therapy groups as well as individual appointments that may teach you ways to deal with your stress and adjustment.



RESOURCES

FIRST-GEN RESOURCES

The Outreach Center: Student Center (STCN) 110

Monday – Friday: 9:00am – 5:00pm

(206) 296-6334

outreachcenter@seattleu.edu

As a first-gen student, you may notice that your experience is slightly different from many of your peers. SU provides a safe place at The Outreach Center. It is a community and resource space catered specifically to first-gen students just like you and veterans.

The Outreach Center offers resources and services, including but not limited to:

- Free textbook lending library
- Budgeting resources
- Annual scholarship resource book
- IMPRINT: First-Gen Publication by SU students, staff, faculty, and alumni
- First To Soar: First-Gen peer mentor program
- Various programs & events, including our bi-weekly "First-Gen Fridays" series where students can talk about different topics with a community of other first-gen students, staff, and faculty.

HEALTH

Healthcare Insurance

Students at Seattle University are required to have a form of healthcare insurance, whether it be outside insurance or insurance provided by the university. If you have outside insurance, you must inform SU by filling out the insurance waiver form [here](#).

Wellness and Health Promotion: Student Center (STCN) 330

Monday – Friday: 9:00am – 4:30pm

(206) 296-2593

wellness@seattleu.edu



Wellness and Health Promotion is a resource for students in need of aid and guidance in health-related decisions. They offer resources, such as peer support. They specialize in promotion of physical health, mental health, drug and alcohol abuse prevention, and maintenance of healthy relationships.

Student Health Center: Bellarmine Hall (BELL) 107

Monday, Wednesday - Friday: 8:30am - 4:30pm

Tuesday: 9:00am - 4:30pm

(206) 296-3600

studenthealthcenter@seattleu.edu

The Student Health Center provides primary care needs:

- Physicals: For volunteer work, travel, ROTC, College of Nursing, Diagnostic ultrasound program
- Acute Care: diagnosis and treatment of illnesses, minor injuries, skin rashes and infections, bladder infections as well as numerous other medical concerns
- Chronic Diseases: monitoring stable conditions along with referral to area health specialists
- Sports Medicine: treatment of concussions, muscle strains, joint sprains and fractures with referral to specialists as needed
- Skin Care: including treatment of acne, eczema, warts
- Women's Health Services: including well woman exams, pap smears, pregnancy testing/prevention, PCOS, breast concerns
- STD evaluation: testing, treatment, counseling, and PrEP
- Mental Health: diagnosis and treatment of anxiety and depression; medication management for other stable mental health conditions; referral to psychiatry as needed
- Eating Disorder: consultation and referral
- ADHD: medication management ONLY with prior diagnosis AND SU SHC Requirements for ADHD Medication Management
- Immunizations and TB testing
- Laboratory Services: specimens obtained at the Student Health Center but sent to outside facility (LabCorp) who can bill student health and private insurance
- Imaging: testing done at outside facility (Seattle Radiology) who can bill student health and private insurance

Counseling and Psychological Services (CAPS): Pavilion (PAVL) 120



Monday – Friday: 8:00am - 12:00pm, 1:00pm – 4:30pm

Urgent Care: 10:00am & 3:00pm (Arrive no later than 15 minutes after urgent care hours begun)

(206)296-6090

CAPS@seattleu.edu

CAPS is a team of professional licensed clinicians who provide a variety of services to help students overcome the challenges and difficulties that come with their experience at a university. It is a confidential resource for students in need of any form of psychological therapy. Students often seek counseling and psychological services for reasons such as depression, anxiety, life changes or crises, identity or relationship issues, sexual concerns, drug and alcohol problems, or any other problem where a student's psychological health is a main concern.

Services CAPS provides are:

- Initial Evaluation
- Individual Counseling
- Support and Therapy Groups
- Referrals
- Consultation
- Workshops, Outreach, and Psychoeducational Programs
- Mental Health Screenings
- Resource Library
- Mental Health Screenings
- Resource Library

JOBS/INTERNSHIP/CAREER SEARCH

Career Services: Pavilion (PAVL) 110

Monday - Thursday: 8:30am - 4:30pm

Friday: 12:00 noon - 2:00 pm

(206) 296-6080

Career Services is a resource for students who seek information or advice for their future career. They offer advising as well as host opportunities for networking, such as career fairs, internship fairs, and the like.

Redhawk Network (Handshake)



The Redhawk Network is an online platform that connects job-seekers and employers. Apply to on-campus student employment, internships, volunteer work, and more. You can see which jobs you may meet the qualifications for, and potential employers can see your profile and resume to see if you are suitable for a job or interview. Each job is listed with a description written by the employer, so you can understand what to expect.

SCHOLARSHIPS & FINANCIAL ASSISTANCE

Student Financial Services: Vi Hilbert Hall (HILB), second floor

Monday and Tuesday: 9:00am - 6:00pm

Wednesday - Friday: 9:00am - 4:30pm

Walk-in Hours:

Monday and Tuesday: 10:00 am - 3:00 pm and 4:30pm - 6:00pm

Wednesday - Friday: 10:00am - 3:00pm

(206) 220-8020

Student Financial Services is the student financial aid office, the student employment office, and the student account office all in one. They offer help and advising in apply for financial aid, as well as helping them pay for it.

If you are in need of information or advising in regards to your finances and paying for college, you can make an appointment at their office.

The Outreach Center: Student Center (STCN) 110

The Outreach Center provides a scholarship book for student use, for each calendar year. The book allows students to find a scholarship that best suits them. If you want help looking for scholarships or applying for them, talk with one of our staff members.

The Outreach Center also offers budgeting resources. If you want to learn budgeting basics or talk to someone about personal money matters, visit the Center to meet with one of our staff.

COMMUNITY SPACES

The Outreach Center: Student Center (STCN) 110



The Outreach Center is an inclusive community for first-generation students and veterans. It is a safe space for students to spend their time, relax, and get to know their peers. It has couches, tables, and a kitchenette.

The Outreach Center is staffed with current SU students.

The Commuter Link: 1103 Building, Room 105

Monday - Thursday: 8:00am - 5:00pm

Friday: 8:00am - 4:00pm

(206) 296-2191

The Commuter Link is a community space for first-year and sophomore commuter students. They offer amenities such as a kitchenette and a space for students to rest, study, and get to know their commuter community.

They also hold monthly events for commuter students to build community. The Commuter Link is staffed with current SU students.

Reidy Collegium: Student Center (STCN) 310

Monday - Thursday: 9 AM - 5 PM

Friday: 9 AM - 4 PM

(206) 296-6268

The Reidy Collegium is a community space for junior and senior commuter students and all transfer students. They offer a lounge or study space, a kitchenette, and a place for students to connect and build community. The Collegium is staffed by current SU students.

McGoldrick Collegium: Hunthausen Hall (HUNT) 140

Monday - Thursday: 8:00am - 5:00pm

Friday: 8:00am - 4:00pm

(206) 296-6349

The McGoldrick Collegium is a student space for graduate students and adult learners over the age of 25. They allow students to use an outdoor patio, a kitchenette, and a space where they can study and get to know other commuter students. The Collegium is staffed with current SU students.



Office of Multicultural Affairs (OMA): Pavilion (PAVL) 180

(206) 296-6070

The Office of Multicultural Affairs is dedicated to promoting an inclusive learning environment for students of all identities, backgrounds and cultures. They have three lounge spaces which students may use to relax, socialize, study, and hold meetings.

- OMA Lounge 322 (STCN 322)

This inclusive lounge has a community kitchenette, resource library, computers, art, and a television.

- OMA Lounge 390 (STCN 390)

This space has its own fireplace and a Queer and Trans resource library. Students are invited to stay in this lounge as a safe place to relax or study.

- OMA Living Room (PAVL 180)

The OMA Living Room has a lounge area for students to rest, and there are some computers which students may use.

TRANSPORTATION

One of the benefits of going to college in the heart of a city is that it offers several different modes of transportation.

Most forms of transportation can be paid for using ORCA cards which can be rented for a day at the Redhawk Resource Hub Desk located on the first floor of the Student Center. You'll need to provide a form of photo identification as collateral and return it back to the Hub Desk by 10:30 AM the following day.

- **Seattle Streetcar:** The Seattle Streetcar has several stops from the Link Light Rail station to Pioneer Square. The closest station to SU is the Broadway and Marion stop.
 - For adults, a single ride on the streetcar costs \$2.25 and an all day pass for unlimited rides in one day costs \$4.50. Using your ORCA card, cash, or debit or credit card, you must pay for the streetcar prior to boarding.
 - Route Map: <https://seattlestreetcar.org/how-to-ride/>
- **Seattle Link Light Rail:** The Seattle Link Light Rail is an underground form of transit that has several stops from Angle Lake to the University of Washington. It is very fast and can transport people from Angle Lake to University of Washington in less than one hour.



The nearest station to the Seattle University campus is on Broadway at the Capitol Hill station. The fastest way to get to this station is to take the streetcar.

- The fare that you have to pay to ride the Light Rail depends on how far you intend to travel. The cost will be at least \$2.25 and most \$3.25 per one-way trip.
- If you are paying with an ORCA card you must scan your card at the stop you board and scan it again at the stop where you get off. However, if you are paying cash or card, you just have to buy a ticket at the machine.
- Route Map: <https://www.soundtransit.org/schedules/light-rail/link-light-rail/map>

- **Seattle Sound Transit Metro Bus**

If your intended destination is not near any stops for the Streetcar or the Light Rail, there is most likely a bus stop nearby.

There are several bus stops around SU and the University is served by a variety of different routes.

Click on each of the routes for route information.

- [Metro #2](#) (Weekdays, Saturday, Sunday)
- [Metro #3](#) (Weekdays, Saturday, Sunday)
- [Metro #4](#) (Weekdays, Saturday, Sunday)
- [Metro #9](#) (Weekdays)
- [Metro #12](#) (Weekdays, Saturday, Sunday)
- [Metro #43](#) (Weekdays, Saturday, Sunday)
- [Metro #49](#) (Weekdays, Saturday, Sunday)
- [Metro #60](#) (Weekdays, Saturday, Sunday)
- [Metro #63](#) (Weekdays peak only)
- [Metro #64](#) (Weekdays peak only)
- [Metro #193](#) (Weekdays peak only)
- [Metro #303](#) (Weekdays peak only)
- [Metro #309](#) (Weekdays peak only)
- [Metro #630](#) (Weekdays peak only)

Nighthawk Shuttle: (206) 398-4295

The Nighthawk Shuttle is a safe escort program during the academic year.

Download the TapRide app for the most up-to-date information on the Nighthawk and to request a ride. If you don't have the app, you can also call the phone number above to request a ride.



Sunday - Thursday: 6:00pm - 12:00 midnight

Friday and Saturday: 6:00pm - 2:00am

EMERGENCY CONTACTS

Public Safety: Columbia Building (CLMB) 002.

- 24-Hour EMERGENCY line: (206) 296-5911
- 24-Hour Non-Emergency line: (206) 296-5990

Office Hours:*

Monday - Friday: 8:30am - 4:30pm

*Public safety is accessible through their emergency and non-emergency hotlines 24/7.

Public Safety is committed to creating and maintaining a safe environment for everyone on campus. They offer a variety of services that students may utilize for many different situations. Their services include keeping all members of the university informed of any threats, maintaining a lost and found, providing the Nighthawk shuttle service, or walking with students who feel unsafe being alone in certain spaces.

Assistance for Survivors of Sexual Misconduct

- Counseling & Psychological Services Victim Assistance: (206) 296-6272
- Vice President for Student Development: (206) 296-6066
- Vice President for Human Resources: (206) 296-5990

King County Crisis Clinic

- 24-Hour Resource Line: (866) 4CRISIS or (866- 427-4747)
- Local: (206) 461-3222
- TTY: (206) 461-3219

King County Sexual Assault and Resource Center

- 24-Hour Resource Line: (888) 99VOICE or (888-998-6423)
- Main Office: (425) 225-5062
- TTY: (425) 271-6332



National Suicide Prevention Lifeline (24/7)

- (800) 273-8255

ULifeline (Mental Health Resource for College Students)

- Text START to 741-741

National Domestic Violence Hotline

- (800) 799-7233
- TTY: (800) 787-3224

National Sexual Assault Hotline

- (800) 656-4673

TIPS, LINKS, AND OTHER HELPFUL RESOURCES**Research Sources and Databases**

- <https://owl.english.purdue.edu/owl/>
- <https://orgsync.com/login/seattle-university>
- <http://libguides.seattleu.edu/databases/>

Creating Your Resume & Cover Letter

- <https://www.thebalance.com/free-resume-examples-and-writing-tips-2063596>
- <https://www.seattleu.edu/careerservices/students/career-resources/resume--cover-letters/resumes/>
- <https://www.seattleu.edu/careerservices/students/career-resources/resume--cover-letters/cover-letters/>

Getting Your Transcript

- <https://www.seattleu.edu/registrar/student-records/transcripts/>
- https://secure.studentclearinghouse.org/tsorder/faces/TranscriptOrder?_afLoop=3176580698361884&_afWindowMode=0&_adf.ctrl-state=n2yrv2koq_31#firstload

Cheap Textbooks for Rental & Purchase

- www.slugbooks.com
- www.amazon.com
- www.abebooks.com

- www.chegg.com
- www.valorebooks.com
- www.texbooks.com



WE'RE SO GLAD YOU ARE HERE

We know there is a lot of pressure that comes with being one of the first in your family to pursue a bachelor's degree. College is an overwhelming experience for people who aren't even first-generation! But don't worry! You have resources and people going through the same thing as you.

If you're still stuck and confused after reading this guidebook, that's totally okay. No one gets the hang of college right off the bat. Just remember to make an effort in talking to someone about any issues, questions, or concerns that you may have.

Once again, congratulations and good luck in your undergraduate career here at Seattle University.

We're so glad you are here.

All the Best,
Mariah and Jessica

