



# EMBARK ON YOUR ADVENTURE SET SAIL AT PACIFIC

ORIENTATION 2017

# New Student Newsletter

Freshman Edition

## Things to remember:

### Orientation:

- All students need to arrive between 9 am - 12:30 pm to check in
- Residential students need to check in at orientation first and will be directed to check into their Res. Halls

### Freshman Orientation:

- August 25 - 27
- Mandatory 3 day program

### Transfer Orientation

- August 25 Mandatory for all transfers
- August 26-27 Mandatory for residential transfers.
- Non-residential students: Optional, but highly encouraged

### Parent/Family Orientation:

- August 25th begins with check in at 9 am and concludes at 10 pm
- August 26th 9 am to 1 pm



2017 Orientation Coordinators from left to right: Corey Hedger, Shania Hall, Michelle Brown, and Kawita Kaur

Hello and Welcome to Pacific University, we are so excited to meet you! Included in this newsletter you will find important information about Orientation, your First Year Seminar class, Pacific's history, things to do before you arrive, and more. We hope you find this newsletter useful, and answers all of your questions! Our goal as the Orientation Staff is to provide you with the information you will need to be successful at Pacific!

Pacific University's Orientation is a unique experience designed to help ease your transition to college life. It also introduces you to the expectations of academic commitment and genuine social engagement that are part of being a member of the Pacific Community. The activities during Orientation are designed to help you meet new people, get familiarized with our campus and its services, gain a better understanding of yourself as an individual, and provide you with the tools needed to be successful during your first couple of weeks and beyond. We look forward to seeing you soon.

- Orientation Staff



# Letter from Orientation Director

Welcome! On behalf of the Orientation Staff and the Student Affairs division, it is my pleasure to welcome you to our community and introduce you to the next phase of your journey. Throughout the next couple of weeks, you will continue to receive information from us to assist in our efforts to prepare for your arrival. It is important to read your emails and messages and respond to needed information as quickly as possible. These communications will contain information regarding your arrival to the University and what to expect during Orientation. In this newsletter you will find information to prepare yourself as you enter Pacific and the surrounding community. We look forward to seeing you in a few weeks. Until then, if you have any questions or concerns, please feel free to contact us!

Denise Price-Giesbers '00

Director; Orientation, Office of Transfer Student Services, and Information Center





# EMBARK ON YOUR ADVENTURE SET SAIL AT PACIFIC

## ORIENTATION 2017

## What is Orientation?

### What do you do during Orientation?

- Attend your first college class, First Year Seminar.
- Get to know your classmates at "Faces of Pacific."
- Save money at Fred Meyer Night with huge savings for all Pacific students!
- Meet students and faculty.

### Who are the Ambassadors?

Orientation Boxer Ambassadors are current students of Pacific who will provide you with support throughout the week. They are your leaders during Orientation and they are proud Boxers themselves. They arrive a week early for Orientation Training, and volunteer their time and energy to ensure that Orientation is an amazing experience for you! They will also continue to check in with you throughout the semester.

Towards the end of July, you will receive an email from the Orientation office introducing you to your Ambassadors. The Ambassadors will then be contacting you at the beginning of August to follow up with more information and to answer any questions you have.

### What is a Crew?

A "Crew" is a group of incoming students that is led by three Orientation Ambassadors. Crew's are created to make it easier to navigate the process during Orientation while becoming connected with other students. You will be with your Crew throughout Orientation to help you meet new people and make your college transition more enjoyable.

### What is the theme?

During Orientation 2017, students will embark on their adventure toward embracing their strengths, becoming a captain of their own ship, and conquering the multitude of opportunities that Pacific has to offer. Students will be challenged to achieve more than they thought they could, and will be given the support to meet these challenges.



# First Year Seminar

First Year Seminar (FYS) is a semester-long course designed to help you with your writing skills as well as teach you about yourself, your classmates, and the world around you. Generally, FYS classmates are also your neighbors in the residence halls, so you can work on assignments together as well as get help from one another.

All FYS classes are guided by common goals and principles, but each class is taught by different professors who incorporate their own area of expertise. A student mentor, selected by your professor or FYS staff, can assist you in your writing and class activities. You will be receiving a letter from your professor and student mentor over the summer.

In addition, each class will have different summer assignments; don't be worried if your neighbor is writing a paper and you're not. Be sure to read the letter from your professor closely and follow the instructions. Contact your professor or mentor immediately if you do not understand the assignment.

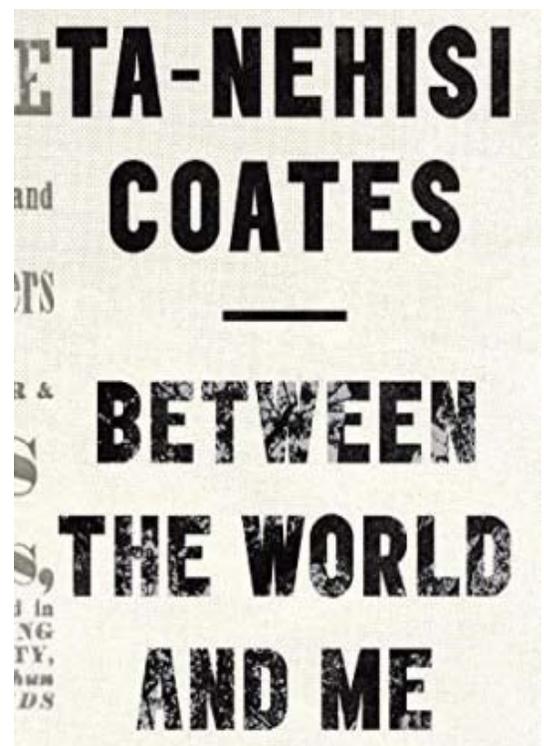
## Tips for Your First College Assignment

- Read the assignment carefully, making sure that you understand what you are being asked to do.
- Brainstorm ideas.
- Talk to your professor, classmates, student mentor, and fellow Crew members.
- Go to a place with minimal distractions.
- Find a place where you can concentrate, such as the library, study rooms or an empty classroom.
- Understand that different people work best under different conditions.
- Write your paper and print it before arriving for Orientation.
- Start early--procrastinating is not a habit you want to start now.

## The Book and FYEs

All FYS classes read a "Summer Text" that is shared by all sections. This year's text is *Between the World and Me* by Ta-Nehisi Coates. In addition to a group reading, all FYS classes will attend First Year Experiences (FYE) together. You will learn more about FYEs during your first couple weeks of class.

If you are interested in reading the summary, feel free to use this website: <http://www.randomhousebooks.com/campaign/between-the-world-and-me-2/>.



# Pacific Essentials

## Your New Address:

Each student will receive their own mailbox and key during orientation. You will be issued a number for your mailbox which the Pacific Community calls your UC Box number. Your new address will look like this:

Name  
Pacific University  
UC Box # \*\*\*\*  
2043 College Way  
Forest Grove, OR 97116

All departments at Pacific use your UC Box to send you important information, so it is important that you check your mail at least once a week. You will keep the same UC Box for all years of Undergraduate Study.

## Pre-order your Textbooks Today!

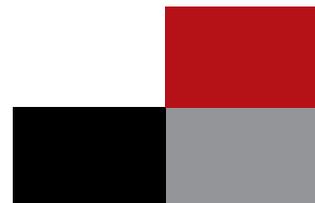
If you would like your books to be waiting for you at the bookstore when you arrive on campus, go to [www.pacificu.edu/current-undergraduate](http://www.pacificu.edu/current-undergraduate) and click on the University Bookstore link on the right-hand side of the page. Be sure you have your class schedule handy so you can select the proper classes. Select the "textbooks" bar and follow the steps under the heading "Your Customized Textbook List." The bookstore will email you when your order has been received, and again when your order is ready to be picked up. There are options for pick-up and delivery.

## Don't forget Your Parking Permit!

If you plan to bring your car to campus, don't forget to stop by the Pacific Information Center (PIC) when you get here, located in Clark Hall, to purchase your parking permit for \$50. Your student account will be charged, bring your Boxer ID and car information. Information can be found at: <http://www.pacificu.edu/about-us/offices/campus-public-safety/parking>

## Laundry

Don't save your laundry for the next trip home! There are laundry facilities on the bottom floor of each residence hall. All laundry machines are FREE to on-campus students.



# Places In Forest Grove

## Downtown Eateries

|                                 |                           |             |
|---------------------------------|---------------------------|-------------|
| Bites                           | Phil's 1500 Subs          | Migets      |
| Cornerstone                     | Coffee House in the Grove | Pizza Hut   |
| Pizza Schmizza                  | Domino's Pizza            | McDonald's  |
| Little Monkey Deli              | Papa Murphy's Pizza       | Taco Bell   |
| Pac Thai                        | Godfather's Pizza         | Kama'aina   |
| FG Sushi                        | Scottie's Drive-In        | Subway      |
| La Sierra                       | Maggie's Buns             | BJ's Coffee |
| New Chinese Cuisine             | Yellow Llama              | Primetime   |
| McMenamins Grand Lodge          |                           |             |
| King's Head English Pub & Grill |                           |             |
| Diversity Cafe and Catering     |                           |             |

## Last Minute Shopping Opportunity!

On August 26th at 11:00pm, hop on the bus! Orientation will be giving all Boxer Card carrying students the opportunity to go shopping with us at Fred Meyer Night to complete last minute shopping needs. There is a discount for all Pacific students. Sponsored by Pacific University Orientation and the Cornelius Fred Meyer: 2200 Baseline St, Cornelius, OR.

## Banks:

### **BANK OF THE WEST**

www.bankofthewest.com  
(503) 357-6165  
On-campus ATM located in the UC

### **WELLS FARGO BANK**

www.wellsfargo.com  
(503) 359-1670

### **US BANK**

www.usbank.com  
(503) 359-4402  
The BoxerCard can be used as an ATM/Debit Card. Open a free Student Checking account with U.S. Bank, and turn your student's Boxer Card into their Campus ID and ATM card all in one.

### **COLUMBIA BANK**

www.columbiabank.com  
(503) 359-4495

### **FIRST COMMUNITY CREDIT UNION**

www.myfirstccu.org  
(503) 992-1768

## Hotels:

### **BEST WESTERN UNIVERSITY INN (1.5 miles)**

3933 Pacific Avenue,  
Forest Grove, OR 97116  
<http://www.bestwesternoregon.com/>  
(503)-992-8888

### **AMERICA'S BEST VALUE INN & SUITES (.9 miles)**

3306 Pacific Avenue,  
Forest Grove, OR 97116  
<http://www.americasbestvalueinn.com/>  
(503)-357-9000 or Toll Free: (888)-640-2960

### **FOREST GROVE INN (1.8 miles)**

4433 Pacific Avenue,  
Forest Grove, OR 97116  
<http://www.forestgroveinn.com/>  
(503)-357-9700

### **MCMENAMINS GRAND LODGE (1.1 miles)**

3505 Pacific Avenue,  
Forest Grove, OR 97116  
<http://www.mcmenamins.com/>  
(503)-992-9533

### **HOLIDAY MOTEL (.9 miles)**

3224 Pacific Avenue,  
Forest Grove, OR 97116  
(503)-357-7411

# Putting It All Together

## Moving In

- Whether you are moving into the residence halls or into an apartment, the first thing to do is set up and make your bed. This way, when you are exhausted from a full day of Orientation events, all you have to do is fall into it.
- Not everything is required to be moved in during the initial move in day on August 25th.
- Next, set up essential elements such as your computer.
- Take some time to decorate. Give your new room a personal touch with things like pillows, posters, pictures of friends, lamps, and even plants.

## Transportation

- If you have a car, pick up your parking permit and learn where the student parking lots are in relation to your residence hall. Always lock your car! If you do not drive often, plan to check on it at least once per week.
- If you are a residential student you can store your bike in the bike storage rooms located in each residence hall. It is important that you have a sturdy bike lock even though it's in bike storage.
- If you are an off-campus student, there are many bike racks around campus. Feel free to store your bike there when you are on campus.
- Figure out where each of your classes are located and how long it takes to get from one class to another--you don't want to be late on the first day!
- Allow extra "travel time" because Pacific is a very personable campus - don't be surprised if you stop to talk on the way to class!

## Acclimation

- Print a copy of your class schedule and room assignments BEFORE the morning of the first day of class.
- Get to know your meal plan. Your Pacific ID card is also your meal card, so don't lose it! Know the times of each meal and how your card works.
- Time management is important, plan on setting aside specific times during the day to study. We know it's important to socialize with your new found friends, but you will find that professors don't waste any time assigning homework and readings.
- Chat with your new roommate about expectations (cleaning, visitors, etc) and how you BOTH want to live.
- There are lockers available in stoller and the bottom floor of the UC for students who wish to store their items during the day. Bring your own lock!

## Academics

Read everything carefully. Each of your professors will provide you with a written syllabus on the first day of class or ask that you print it from Moodle, an online tool where professors share homework assignments and other class materials with their students. This syllabus has important details and dates for the semester--Try not to lose it, it is a useful guide to refer to throughout the semester.

- Engage in open dialogue with your professors early. Each professor is required to have weekly office hours, but if they do not fit with your schedule, most professors will work with you to find another time to meet. Just ask!
- Do not wait until you are in academic trouble to talk to your professors! You will find that Pacific Professors are the most important resources and advocates for your academic career.
- Start your projects and papers early and be sure to turn them in on time. This seems simple, but you will be surprised how easy it can be to procrastinate with your busy schedules and newfound freedom. If you start early you will save yourself many stressful and late nights.
- Don't be afraid to ask for help! Everyone wants you to succeed: faculty, staff, and your peers!

# Save The Date

**Club and Organization Fair (09/06/17):** Clubs and organizations have a chance to represent themselves and inform you about their activities and purpose. Come see all the options available and get involved!

**Founders Day Corn Roast (TBD):** The Forest Grove Community joins Pacific University on campus to celebrate the founding of the University. There are a variety of fun activities on campus, including a large corn roast and the Annual Chalk Art Festival.

**Homecoming and Reunion Weekend (10/6-8/17):** Celebrate what it means to be a Boxer at this weekend celebration in the fall. Join in the fun on Friday evening at the Noise Parade, one of Pacific's oldest traditions. On Saturday, join alumni and friends at the Boxer Nation Celebration and then cheer on the football team. Don't miss the opportunity to connect with alumni who will be on campus during the weekend!

**Family Weekend (10/27-29/17):** Parents and family members join their students for all events on campus. Show your spirit at an athletic event, take in a student play, explore Forest Grove, and attend our annual Casino Night.

**Lu'au (4/14/18):** The annual Lu'au hosted by Na Haumana O Hawai'i attracts over 2,000 people to campus in April. This entertaining evening is complete with authentic Hawaiian food, dancing, music, flowers, and gifts. Lu'au is traditionally held the second Saturday of April, and students work hard all year to prepare for it, so mark your calendars!



**Open Mic Nights (First Friday of every month):** Throughout the school year, ACE Board sponsors Open Mic Nights which are open to all students to perform and attend. Sing, play your instrument, or read a poem--it's open to everyone!

**Senior Projects Day (4/25/18):** A day in which classes are cancelled and the seniors present the thesis projects on which they have been working. This day is dedicated to the seniors who have been working hard all year. Make sure to support them by attending presentations of their theses and projects. It truly is amazing just how talented Pacific students are.



# Legend Of The Boxer

Boxer has been the official mascot of Pacific University since 1969. Prior to the Boxer, the University's mascot was the Badger, but far more people associate the University with Boxer due to the famous Boxer Tosses that took place throughout the 1900's.

In the late 1800's, Pacific University received a special gift from one of its alumni, Rev. J. Elkanah Walker. In 1881 he received the 16th century bronze incense burner as a gift and donated it to the University. It was presented and stored in front of the Chapel. The statue is of a mythical beast with scales, hooves, and horns, known as a Qilin, and is believed to frighten away evil spirits.

This incense burner acquired the name "Boxer" after the Boxer Rebellion in China during the 1890s. Boxer was first stolen in 1900; after this initial theft, various classes fought for possession of Boxer which became known as the "Boxer Toss." Throughout the early 1900s, Boxer lost his tail and one front leg and is rumored to have ventured to France during World War One, and was even buried in a graveyard.

The original Boxer was last seen during a routine Boxer Toss in 1969, and remains missing to this day. In order to prevent the tradition of Boxer from dying out, three students arranged for another statue to be cast in bronze creating a new tradition on campus.

The Boxer Competition is an opportunity for various on-campus clubs to compete for possession of Boxer. The Gamma Sigma Fraternity were the last known holders of Boxer, and we believe the holders have since changed. Although the Boxer Competition replaced the Boxer Toss, our mascot was quite elusive and created quite a scene when it made appearances on campus.

Since then, the Boxer Toss and the Boxer Competition are not seen on campus because both Boxer Statues have been lost for some time now. Bits and pieces, such as the foot have been returned to the university in the recent years where it is displayed for the campus and community to see. Alumnae of the University are still involved in finding the original Boxer and hope that one day; they will be able to return its home, Pacific University.



# Career Development Center

## Who We Are:

Our mission is to collaborate with fellow educators and community members to provide a transformative blend of liberal arts, experiential, and career education that is so well integrated, empowering, and responsive to student needs that it emboldens them to pursue pathways to personal, professional, and community engagement that might otherwise have remained hidden or unattainable. Our promise to students who join us in this effort is that they will launch meaningful careers before they graduate.

## What We Help You Do:

- Assess interests, values, and skills relating to academic and career interests
- Choose majors and minors, and making career-related decisions
- Research and exploring occupations, professions, industries, and employers
- Research and applying to graduate programs
- Assist in obtaining Work-Study jobs, internships, part-time work, summer jobs, and full-time career positions
- Prepare for interviews
- Complete résumés, cover letters, and job applications

More information can be found on our website:

<http://www.pacificu.edu/about-us/centers-institutes/career-development-center/students-alumni>

## Work Study Program

[http://www.pacificu.edu/career/students/work\\_study/index.cfm](http://www.pacificu.edu/career/students/work_study/index.cfm)

The Work-Study Program is designed to assist with the cost of a college education by making part-time jobs available for students while focusing on their academics. Work-Study is awarded to students by the Office of Financial Aid and is redeemed as wages for work performed in qualifying jobs.

- Located on campus, in local non-profit organizations, and governmental or community service agencies.
- Found at the bi-annual Work & Service Fair, the first week of fall and spring semesters or by going to <http://www.careercenterjobs.org/>.
- Choose jobs that will compliment your educational and career goals.
- All students are required to fill out a W-4 and Form I-9, which can be found on the Human Resource's website under New Hire forms:  
<http://www.pacificu.edu/hr/forms/index.cfm#newhire>.
- Both forms must be completed and turned into the Career Development Center before you begin work. The Career Development Center will provide a Work-Study packet containing required forms.

**\*Special Note:** Official forms of identification are required (Social Security Card and birth certificate).

Copies are not allowed, must show original

# Get Involved

Being involved is the best way to get the most out of your college experience. At Pacific, we place a high value on volunteer and community service both on and off campus. We hope that you find a group that best represents who you are and what you love to do! But if you don't, it's not difficult to start a new one!

## Clubs and Organizations:

Activities and Cultural Events Board (ACE)  
Animal Ethics  
Anthro-Soc Club  
Art Club  
B-Street Farm Club  
Biology Club  
Board Game Club  
Boxerradio.com (Radio Station)  
BSU (Black Student Union)  
Center for Civic Engagement  
Center for Gender Equity  
Chemistry Club  
Circle K  
Colleges Against Cancer  
College Democrats  
Connections Club (Transfer Students)  
Cooking Club  
Dance Team  
Drama Club

Pacific Christian Fellowship  
Pacific University Unified Sports  
Phi Eta Sigma  
Philosophy  
Physics Club  
PLUM (Pacific Literary Undergraduate Magazine)  
Pre-Communications Sciences Disorders  
Pre-Law  
Pre-Med  
Pre-Occupational Therapy  
Pre-Optometry Club  
Pre-Pharmacy  
Pre-Physical Therapy  
Psychology/ Psi Chi  
Public Health Club  
PUMA (Pacific University Media Arts)  
Qilin Club (Chinese Club)  
Rainbow Coalition  
RHA (Residence Hall Association)  
Rock Climbing



Economics and Finance Club  
English Club  
Exercise Science Club  
FCA Fellowship of Christian Athletes  
French Club  
Forensics (Speech & Debate)  
German Club  
Grappling Club  
HHSA (Hispanic Heritage Student Assc.)  
Hilliel (Jewish Club)  
Hip-Hop Club  
History Club  
IMPACT  
INDEX (Newspaper)  
International Club  
Japan Club  
Math Club  
Music Club  
Music Therapy  
Muslim Student Association  
Na Haumana O Hawaii (NHOH)  
Newman Club  
Outdoor Pursuits (OP)  
Phi Eta Sigma  
Pacific Christian Fellowship

Rotract  
Rugby (Men's and Women's)  
SAAC (Student Athletic Advisory Committee)  
SAV (Students Against Violence)  
SEA (Students for Environmental Awareness)  
Social Work Club  
Spanish Club  
STAT (Students Today Alumni Tomorrow)  
Ultimate Frisbee Club  
Women in Computer Science

## Greek Life

Pacific University Greek Senate (PUGS)

### Sororities:

Alpha Kappa Delta  
Theta Nu Alpha  
Delta Chi Delta  
Phi Lamda Omicron

### Fraternities:

Alpha Zeta  
Pi Kappa Rho

# Pacific Outdoor Pursuits

The Pacific University Outdoor Pursuits program (OP) is a student-driven outdoor recreation program that offers equipment rentals and an endless supply of adventure opportunities for students at all skill levels. Trips range from surfing, sea kayaking, and whitewater rafting to backpacking, mountaineering, rock climbing, and more as the seasons change. Trips take place across the Pacific Northwest and beyond. The program oversees pre-orientation Voyage Trips and the Outdoor Leadership Minor, which prepares students for a life of adventure. OP services are available to all campus community members and their families but are offered at a discount for Pacific students. You can ask questions, jump on a trip, or grab rentals at our office in the Milky Way.



## Rent a bike!

Choose between our line of long term ReCycles Rental Bikes or join the 'AFree Bike Association' and get access to eight bikes across campus for free anytime you want.

For more information please visit us in the Outback office or online at [outdoors@pacificu.edu](mailto:outdoors@pacificu.edu)



## Stoller Center

### Stoller Center Hours:

Monday - Thursday: 7 am - 12 am  
Friday: 7 am - 8 pm  
Saturday: 10 am - 8 pm  
Sunday: 1 - 10 pm

## Amenities:

### Equipment Check Out

A variety of sports equipment is available to check out. Visit the Intramural desk in the Stoller Center and have your BoxerCard ready.

### Lockers for Checkout

If you have a lock, you can fill out a locker form and use any free locker. Available in the basement of the Stoller Center.

### Open Gym

During open gym times, the Stoller Center has three basketball courts and volleyball courts available for use.

### Raquetball and Handball Courts

The Stoller Center has three courts available for competitive or recreational use. Sign-ups at the main athletic office.

### Weight Room

Our 5,000 sq. ft. weight and fitness center includes free weights and Hammer Strength machines. There are also a number of aerobic machines such as treadmills, elliptical trainers, exercise bikes, rowing machines, and stair climbers.

### Forest Grove Aquatic Center

Students receive free use of the Aquatic Center during the public swim and fitness swim hours with their BoxerCard. These hours change seasonally and are posted on the Aquatic Center's website.

# Boxer Lingo

**AC** - Area Coordinator, a University Staff member who oversees Resident Assistants from several buildings. You can visit your AC if they have questions about housing, or just want support.

**ACE BOARD** - Activities and Cultural Events Board, a student organization that sponsors events such as Open Mic and Lip Sync. They are frequently at other organization's events as the University DJ's and tech support.

**BOXER PAUSE** - Multi-media conference room located on the top floor of the University center.

**CDC** - Career Development Center, offers a full range of career-related services and opportunities for Pacific University students, alumni and partners.

**CPS** - Campus Public Safety is responsible for overseeing the safety and security of the campus community. They are available 24/7, just dial x2230 from any campus phone, or 503-352-2230 from any other phone.

**CGE** - Center for Gender Equity, an active student organization best known for their 'Brown Bags' and guest speakers.

**CLIC** - The Center for Languages and International Collaboration. A multi-media, interactive, and collaborative learning center located in Scott Hall, the CLIC reflects the best practices of language and international pedagogy.

**LSS** - Learning Support Services, coordinates educational accommodations for students with any disabilities. Located in Clark Hall.

**MAC** - The affectionate term for McCormick Hall, one of the on-campus residence halls.

**PIC** - The Pacific Information Center provides general info on Pacific and the external community activities. They are a great referral resource and also performs multiple functions such as parking permits, sale of movie tickets and bus tickets located in Clark Hall

**P.O.D.** - Products on Demand is the on-campus student market located in the top floor of the University Center

**PUGS** - The Pacific University Greek Senate is the governing body for Pacific's Greek System.

**RA** - Resident Assistants are full-time students who are responsible for planning activities in your wing of the residence hall. They have also gone through extensive training; thus they are prepared to help you with anything you need.

**RHA** - Residence Housing Association is a governing body that creates guidelines for the students residing in University residences as well as organizing activities.

**THE GROVE** - All you care to eat dining facility located in Washburn Hall.

**UC** - The University Center is our living room. You will eat your meals here, pick up your mail, study, and socialize in this building. It is also called Washburne Hall.

**UC Box** - This is how we refer to your mailbox, which is located in the lower level of the UC. Be sure to check it often!

**Vanders** - Vandervelden Court is the apartment-style housing on campus.



# Academic Resources

Pacific University has 14 computer labs, utilizing both Mac and PC computers, which are available for students to use. Some of these labs are accessible 24 hours a day while others are available for special projects and departmental use. Information about each lab is available on the Technology Helpdesk website. All computers include essential software that is required for classes, as well as programs for personal use. Pacific recommends that students bring a personal computer—either laptop or desktop—to accommodate all student needs outside of what is provided on campus, but it is not required.

## Tutoring and Learning Center

The Tutoring and Learning Center (TLC) provides free tutoring to students who would like assistance with Writing, Math, and Natural Sciences. Tutorial assistance is given in math and science while feedback is given to students on written assignments. The tutoring center is staffed by highly trained and experienced tutors willing to help. Tutoring is also available for individual courses through the TLC.

## Learning Support Services

Learning Support Services for Students with Disabilities Office is designed to arrange for specialized academic support services or modifications to the learning environment for students with disabilities, which include short-term disabilities as a result of surgery or hospitalization. The University requires appropriate documentation of a disability to better enable students to meet established academic standards. In general, the University will work with students to provide note-takers, e-text, extended exam time, segregated testing, readers, reduced academic load and physical accommodations. The University complies with the Americans with Disabilities Act Amendments Act of 2008 (ADAAA).

## Pharos Printing

Pharos Printing is the printing service all students use across campus. Each student is supplied with \$60 in printing funds per semester, and can use any printer across campus with their PUNet ID and password.



## The Library

- Research help -- drop in or by appointment with librarians.
- 24-hour study room and library classroom with MAC and PC computers, a photocopier/printer available 24 hours a day with Boxer Card
- Learning Commons with 24 computers and staff to offer assistance
- Collaborative study rooms equipped with TVs and DVD players
- Web-based research databases
- Access to print and electronic journals and books, DVDs, and an extensive music collection
- Summit Borrowing: students can borrow materials from other libraries in the system

## Undergraduates may borrow:

- Books: 3-week checkout period
- DVDs & Videos: 6-day checkout period
- Reserves: 2 hours/4 hours or 2 or 6 days (depending on item)

## PUNet ID and BoxerCard are used for:

- Checking out items
- Accessing the 24-hour study room
- Accessing the library after 8pm
- Interlibrary loan borrowing
- Logging onto campus computers and printers
- Accessing your own library record



# Health, Safety, And Support

## Student Health Center

All enrolled students are eligible to receive services from the Student Health Center. There is no charge for office visits, and lower cost charges for other services including: in-office lab work, medications, physicals, and immunizations. Providers can prescribe medications when appropriate and medications not carried in the clinic can be filled at any Oregon pharmacy.

Treatments provided include:

- **Health Maintenance:** Sports, general and study abroad physicals, annual exams for women, and family planning services.
- **Treatment of Acute Illness and Injuries:** Respiratory illness, ear infections, urinary tract infections, rashes, headaches, allergies, sprains, etc.
- **Safer Sex Options and Contraception:** oral contraceptives, Depo Provera, emergency contraception, etc.
- **Treatment of Stable Chronic Illness:** Asthma, hypertension, depression, anxiety, migraines, etc., on a case by case basis.
- **Lab Testing:** Some labwork testing is done at the clinic (quick strep, urinalysis, mono test, pregnancy testing). Other lab work can be ordered by the Health Center provider to be done at a local lab. and performed locally.
- **Health Advice:** Nutrition counseling, sleep issues, stress management, tobacco cessation, etc.
- **Immunizations:** MMR, Hep A, Hep B, Tdap, HPV, Flu vaccine, TB screening.
- **Fees:** There is no charge for an office visit. Fees are charged for physicals (\$20), on site lab, prescriptions dispensed, and immunizations.

Hours:

Monday-Friday: 9 a.m.- 4 p.m.  
All services provided  
by appointment  
(503)-352-2269

Forest Grove Clinic:

2142 College Way  
(next to the Admissions Office),  
Forest Grove, OR 97116

For more information on hours,  
services and costs, please visit  
[www.pacificu.edu/healthcenter](http://www.pacificu.edu/healthcenter).

## Counseling Center

The Counseling Center offers confidential individual and couples psychotherapy, emotional and mental health consultation, and crisis services to enrolled Pacific University Students. \*

- No fee for the first 10 sessions in an academic year (July 1-July 30). The cost is \$15 per session above 10 in one academic year.

Students often seek counseling support or consultation to discuss concerns they have about:

- adjustment to college
- relationships
- personal identity
- depression
- past or recent trauma
- substance use
- body image
- academic difficulties
- anxiety

Hours:

Monday - Thursday:  
9:00a.m. - 5:00p.m.  
Friday: 9:00a.m. - 4:00p.m.

\*No appointment required to  
address urgent concern -  
walk-in held daily 12:00-1:00pm

Appointments made by  
calling (503)-352-2191  
Additional resources available  
at [http://www.pacificu.edu/  
studentlife/counselingcenter/](http://www.pacificu.edu/studentlife/counselingcenter/)

Location: 2142 College Way  
(next to the Admissions Office),  
Forest Grove, OR 97116

# Questions

## LIVING ON CAMPUS

### **When will I get my housing and roommate assignment?**

Housing assignments will be mailed to you in early July. Please be patient, let us know if you have any questions!

### **What happens if my roommate and I keep focusing on our differences and not our similarities?**

Start by speaking with your RA. They might have some good advice about how to deal with your specific issue. If that doesn't work, the Housing and Residence Life staff have years of experience in assisting students when difficulties arise between roommates and will help students in a variety of ways, including facilitated mediation. Their offices are located in Student Life in Clark Hall.

### **What happens if I get locked out of my room?**

You can call your RA who will unlock your door for you. Be aware that they will start charging you after you have been locked out three times.

### **What happens if I forget my BoxerCard in my room and can't get back into the building?**

You can call CPS who will send an officer to let you into the building between 7 a.m. and 7 p.m. During nighttime hours, call the RA on duty.

CPS: (503) 352-2230

Northside RA: (971) 275-2028

Southside RA: (971) 275-2027

### **What is the alcohol policy?**

Students under the age of 21 may neither possess nor consume alcohol. Additionally, underage students are prohibited from being in a space where alcohol is present. For a more detailed description of this policy and others, please refer to the residence hall handbook, "Living on Campus," which is online at [http://www.pacificu.edu/sites/default/files/documents/15-16ResidenceHallHandbook\\_3.pdf](http://www.pacificu.edu/sites/default/files/documents/15-16ResidenceHallHandbook_3.pdf)

### **What is the Smoking Policy?**

Pacific University prohibits smoking anywhere on Pacific University campuses. This includes all Pacific owned or controlled properties and events on the Hillsboro, Forest Grove, Woodburn and Eugene campuses and pertains to e-cigarettes, vaping, recreational or medicinal marijuana, hookah, cigarettes, and cigars.

## GENERAL INFORMATION

### **When do I have to declare my major?**

Pacific students are not required to officially declare their major until the end of their sophomore year. If you're not sure yet, you still have time! You can still change your major even after you declare. All it takes to declare is a simple form to fill out, found in the Advising Center and online.

### **Who do I talk to about my student loans/scholarships or paying my student account?**

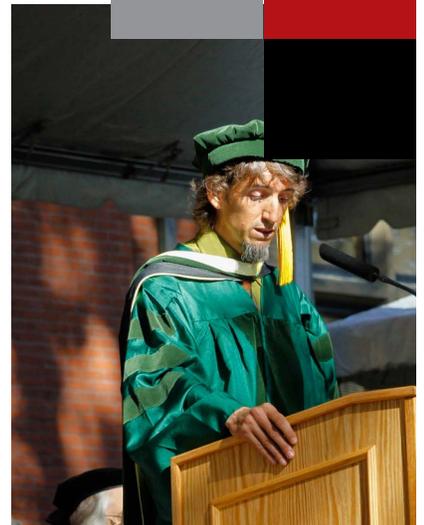
The Business Office and Financial Aid is located in the center of campus in Marsh Hall. If you have any questions regarding your financial aid package or your student account, feel free to visit their offices Monday through Friday from 9 a.m. to 5 p.m.

### **How safe is campus?**

Most students report that they feel very safe on campus. CPS is a strong presence and they will respond to any situation to help you, whether you need an escort or see suspicious behavior. This is your community; report suspicious behaviour.

### **What do I do if I get sick? What if I don't have the health insurance offered by the university?**

The Student Health Center provides primary health care services to all enrolled students, regardless of what insurance you are covered by. All services are by appointment, and students can be seen at either the Forest Grove campus clinic or at the clinic located near our Hillsboro campus.



# Campus Tips

## A few tips for NON-RESIDENTIAL STUDENTS...

- Your BoxerCard does not have access to any residence hall on campus. If you want to visit someone in a residence hall, they will need to let you in.
- If you have a lock, you can fill out a locker form and use any free locker. Available in the basement of the Stoller Center.
- The Transfer Lounge, in the basement of Washburn Hall, is open for all commuting students: feel free to study, eat lunch, or even take a quiet nap there!

### Necessities:

Insurance Cards  
Bank Information/Checks/ATM Card  
Backpack  
Water bottle/Hydroflask  
Computer/Computer Charger  
Pens/Pencils  
Notebooks  
Binder/Folders  
Calculator  
Planner



## A few tips for RESIDENTIAL STUDENTS...

- You can enter YOUR residence hall 24/7, but your BoxerCard will only get you into other halls from 7 a.m. to 10 p.m. Sunday through Thursday, and 7 a.m. to 12 a.m. Friday and Saturday. You will have access to the library's 24-hour study room and classroom.

### Necessities:

Insurance Cards  
Backpack  
Bank Information/Checks/ATM Card  
Bedding (Extra Long Twin!)  
Pillow  
Towels/Washcloths  
Alarm Clock  
Desk Lamp /Light Bulbs  
Extension Cord

### Power Strip

Trash Can  
Laundry Baskets  
Laundry Soap/Dryer Sheets  
Hangers  
First Aid Kit  
Flashlight  
Computer  
Highlighters  
Pens/Pencils  
Stapler/Staples  
Notebooks  
Tape  
Binder/Folders  
Calculator  
Personal Hygiene Products  
Wall Decorations

### Consider:

Fan  
Television/DVD Player  
Ethernet Cord  
Sewing Kit  
Batteries  
Cups/Plates/Bowls  
Refrigerator (< 4 cubic feet)

### Prohibited:

Candles with Burnt Wick  
Halogen Lamps AC/Heating units  
Dartboard  
Illegal Substances  
Pets (Especially the furry kind)  
Microwaves or Open Coil Burners  
Personal Furniture (Wood or Cloth)

# Academic Calendar

## Fall Semester 2017

### SEPTEMBER

- 1 Last day for New Student Registration  
Last day to add / drop 1st half semester courses
- 4 Labor Day
- 11 Last day to add full semester courses  
Last day to drop full semester courses with no record
- 27 Last day to withdraw from 1st half semester courses

### OCTOBER

- 6 Fall Break - No Courses
- 16 Last day of 1st half semester courses  
Advising Begins for Winter & Spring Terms
- 17-20 Final Exams for 1st half semester courses
- 17 First day of 2nd half semester courses
- 23 Last day to drop 2nd half semester courses with no record  
Last day to add 2nd half semester courses

### NOVEMBER

- 3 Last day to withdraw from full semester courses
- 10 Advising Ends for Winter & Spring Terms
- 15 Last day to withdraw from 2nd half semester courses
- 22-24 Thanksgiving Holiday - No Courses

### DECEMBER

- 5 Last day of courses
- 6 Reading Day
- 7-8 Final Exams
- 11-13 Final Exams



**\*Dates can be subject to change. Please double check the website <http://www.pacificu.edu/as/calendar>**

# Directions

## Driving to Campus

Pacific University is located in Forest Grove, Oregon, 22 miles west of downtown Portland.

From Portland, the preferred route to campus is via Highway 26 (Sunset Highway), turning south at Banks (via Highways 6 and 47). The area map below displays these routes.

### 1.

#### FROM THE NORTH...

Traveling southbound on Interstate 5, take the 405 West exit, follow signs and exit to Highway 26 West (Ocean Beaches/Zoo).

#### FROM THE SOUTH...

Traveling northbound on Interstate 5, take Highway 217 North exit, follow signs and exit to Highway 26 West.

#### FROM THE EAST...

Traveling westbound on Interstate 84, follow signs and exit to Interstate 5 Southbound, follow signs to 405, and to Highway 26 West.

### 2.

#### THEN... FROM HIGHWAY 26

Exit left onto Highway 6 (Tillamook/Banks), after driving 2 miles exit and turn right to Highway 47 South. Travel until the first roundabout then take the second exit for Forest Grove. At the second roundabout take the second exit for Forest Grove. Upon entering Forest Grove, turn right onto Sunset Drive at stoplight. Sunset Drive ends when it runs into campus. Turn right at the stop sign to (University Avenue). The next left is College Way, the main entrance to campus.



# Important Numbers

## Orientation Office

email: [orientation@pacificu.edu](mailto:orientation@pacificu.edu)

website: <http://www.pacificu.edu/orientation>

phone: (503)-352-3040

## Business Office

email: [cashiering@pacificu.edu](mailto:cashiering@pacificu.edu)

website: <http://www.pacificu.edu/offices/bo/index.cfm>

phone: (503)-352-2128

## Financial Aid Office

email: [financialaid@pacificu.edu](mailto:financialaid@pacificu.edu)

website: <http://www.pacificu.edu/financialaid/>

phone: (503)-352-2222

## Technology Help Desk

email: [help@pacificu.edu](mailto:help@pacificu.edu)

website: <http://www.pacificu.edu/uis/tic/>

phone: (503)-352-1500

## Housing and Residence Life

email: [housing@pacificu.edu](mailto:housing@pacificu.edu)

website: <http://www.pacificu.edu/studentlife/housing/index.cfm>

phone: (503)-352-2200

## Student Life

email: [studentlife@pacificu.edu](mailto:studentlife@pacificu.edu)

website: <https://www.pacificu.edu/about/offices/student-life>

phone: (503)-352-2200

We hope you have found this newsletter to be helpful and informative. We look forward to meeting you this fall and hope that you are as excited as we are! If you have any questions, please feel free to contact us at the Orientation Office.

## Orientation Staff

Kawita Kaur, '17 Transfer Coordinator  
Michelle Brown, '18 Parent/Family Coordinator  
Corey Hedger, '18 Freshman Coordinator  
Shania Hall, '19 Freshman Coordinator

## Orientation Professional Staff

Denise Price-Giesbers, Director  
Angela Surratt, Assistant Director  
Will Perkins, Dean of Students

