We encourage you to view the entire husky guide online. Additionally, we wanted to provide you with a checklist and essential academic and wellness information for your transition to the UW. Visit fyp.washington.edu/huskyguide to view the entire booklet.
Starting at UW doesn’t come with a concise instruction manual. However, here at First-Year Programs we feel like this to-do list comes pretty close. Follow this checklist before your first week of classes to ensure an easy transition into your first year at the University of Washington!

Key: **All First-Year Students**  **International Students**

### Pre A&O: University 101 Modules
fyp.washington.edu/u101
- **Review U101 Modules**
  - Revisit the [U101 modules & registration resources](fyp.washington.edu/u101) at any time throughout the year for links and other helpful information.

### A&O: Advising & Orientation
fyp.washington.edu/afterao
- **Review A&O Material**
  - After completing your A&O, visit the [After A&O website](fyp.washington.edu/afterao) to get access to all of the information we covered during A&O.

### FIG: First-year Interest Groups
fyp.washington.edu/figs
- **Enroll in a FIG**
  - Enroll in a FIG to be part of a community dedicated to academic success and support.

### Dawg Daze
uwdawgdaze.com
- **Attend Dawg Daze**
  - Dawg Daze is the University of Washington’s annual welcome week. Attend Dawg Daze events to meet other new students, explore campus and get involved! Make your personalized schedule.

  Make plans to attend **Husky Kick-Off**
  - Sunday, September 27
  - 2-4:30 p.m.

### CTC: Commuter & Transfer Commons
fyp.washington.edu/ctc
- **Visit the CTC**
  - Visit the CTC in the HUB during your first quarter for the day-use lockers, to use the kitchenette or to take a break between classes.
  - Husky Union Building, room 141

### Academic Support Programs
academic.support.washington.edu/get-help/helpful-tips
- **Buy a Planner & Improve Your Study Skills**
  - Read through the study skills resources on the ASP website to learn more about time management, studying, effective reading and more.

- **Check Out ASP Dawg Daze events**
  - How to Succeed in Chemistry
  - College Writing Tips from the CLUE Writing Center
  - Tips to Help You Succeed in Math
  - CLUE Trivia Night

### DURING YOUR FIRST YEAR:
- **Visit CLUE Tutoring in MGH, CTC & Othello-UW Commons**
  - CLUE is an inclusive space for all students to receive academic support & tutoring.
  - CLUE is open Sunday-Thursday from 6:30-11 p.m. in Mary Gates Hall (MGH) and various hours at the Commuter & Transfer Commons (CTC) and the Othello-UW Commons.

### Library Resources
lib.washington.edu/types/course
- **Check Course Reserves for textbooks**
  - Save money by checking to see if your textbooks are on Course Reserves at the UW Libraries.

- **Access free computer software**
  - **Microsoft Office 365**
    - fyp.washington.edu/hgoffice365
  - **Google G Suite**
    - fyp.washington.edu/hggsuite

### SafeCampus
washington.edu/safecampus
- **Save the SafeCampus helpline number in your phone.**
  - 206-685-7233

Call SafeCampus to share concerning behaviors. Below are a few reasons to call SafeCampus:
- Noticing dramatic changes in an individual’s mood or behavior
- Witnessing unusual irritability, outbursts of anger or violence
- Someone making comments or online posts about harming one’s self or others
- Becoming aware of a controlling and/or violent relationship
- Experiencing inappropriate behavior from a staff or faculty member or a colleague
**ADVISING & ORIENTATION**

**To-do List**

### University of Washington

#### Police Department

[police.uw.edu](http://police.uw.edu)

- **Rape Aggression Defense (RAD) Training**
  [police.uw.edu/rad](http://police.uw.edu/rad)

- **Safety Escort Services**
  [police.uw.edu/services/safetyescortservices](http://police.uw.edu/services/safetyescortservices)

- **Sudden Violence Training & Procedures**
  [police.uw.edu/crimeprevention/activeshoooter](http://police.uw.edu/crimeprevention/activeshoooter)

- **UWPD Victim Advocacy**
  [police.uw.edu/aboutus/divisions/operations/criminalinvestigations/victimadvocacy](http://police.uw.edu/aboutus/divisions/operations/criminalinvestigations/victimadvocacy)

- **Register your valuables**
  [police.uw.edu/loveyourstuff](http://police.uw.edu/loveyourstuff)

- **Subscribe to UW Alert**
  [uwalert.org](http://uwalert.org)

- **Download the SafeZone app**
  [police.uw.edu/services/safe-zone-app](http://police.uw.edu/services/safe-zone-app)

### Foundation for International Understanding through Students

[fiuts.org](http://fiuts.org)

- Register for & participate in one Embark session
  [fiuts.org/embark](http://fiuts.org/embark)

Review immigration regulations and prepare for your cultural transition during your required Embark session, organized by FIUTS.

### International Student Services

[iss washington.edu](http://iss.washington.edu)

- **Update Contact info in MyUW**
  [iss.washington.edu/new-students/post-arrival-checklist](http://iss.washington.edu/new-students/post-arrival-checklist)

U.S. law requires F-1 and J-1 students to report their U.S. address and phone number. Contact info updates in MyUW are automatically sent to the U.S. government.

- **Complete Online New Student Check-In**
  [iss.washington.edu/new-students/post-arrival-checklist](http://iss.washington.edu/new-students/post-arrival-checklist)

U.S. law requires both F-1 and J-1 new students to officially check in after arriving in the U.S. Check-in is 100% online.

- **Meet with International Student Services**
  [iss.washington.edu/aboutus/divisions/operations/criminalinvestigations/victimadvocacy](http://iss.washington.edu/aboutus/divisions/operations/criminalinvestigations/victimadvocacy)

Discuss your visa status, enrollment, travel and more.

- **Meet with a Student Health Insurance Counselor**
  [hallhealth.washington.edu/subsidies](http://hallhealth.washington.edu/subsidies)

### Hall Health Center

[hallhealth.washington.edu](http://hallhealth.washington.edu)

- **Subsidized Services**
  - **Basic Medical Care**
    - Unlimited medical advice from Consulting Nurses during business hours or after hours via phone
    - One office visit per quarter for medical concerns or one visit with the Travel Clinic
  - **Mental Health & Substance Use Care**
    - No-cost drop-in appointments for mental health referrals and short-term support
    - Help quitting smoking or addressing substance use
  - **Other Resources**
    - Free safer sex supplies through the Health Promotions Office
    - Help enrolling in and using health insurance

- **Complete the Health Insurance Checklist**
- **Fulfill the UW General Immunization Requirement**

### Disability Resources for Students

[depts.washington.edu/uwdrs](http://depts.washington.edu/uwdrs)

- **Temporary & permanent disabilities**
- **Academic & outside of the classroom accommodations**
- **All services are individualized**

- **Transfer your individual education plan (IEP)**

Work with DRS to help transfer your IEP from a previous school.

### LiveWell

[depts.washington.edu/livewell](http://depts.washington.edu/livewell)

- **Subscribe to LiveWell**
  [fyp.washington.edu/hqlivewell](http://fyp.washington.edu/hqlivewell)

Subscribe to LiveWell Healthy Huskies online health magazine.

- **Follow Peer Health Educators on LiveWell’s Instagram/Facebook**

### Student Fiscal Services

[finance.uw.edu/sfs/home](http://finance.uw.edu/sfs/home)

- **Set up direct deposit with Student Fiscal Services**

Don't forget, tuition is due the third Friday of every quarter.

Determine how you will pay tuition and schedule all tuition due dates in your calendar.
ACADEMIC INTEGRITY
CSSC: COMMUNITY STANDARDS & STUDENT CONDUCT

If an instructor suspects you of academic misconduct, they will submit a report to the School or College you are enrolled in at the time of the alleged misconduct. If you are found responsible for violating the Student Conduct Code, you will be assigned appropriate sanctions based on the violation.

To access the student code of conduct please visit fyp.washington.edu/hgcodeofconduct

There are 8 types of academic misconduct*:

- Cheating
- Falsification
- Plagiarism
- Unauthorized collaboration
- Engaging in behavior specifically prohibited by an instructor or course syllabus
- Submitting the same work for separate courses without the permission of the instructor(s)
- Taking deliberate action to destroy or damage another person’s academic work
- Recording and/or disseminating instructional content without the permission of the instructor or approval as a disability accommodation.

* The Title IX Investigation Office investigates allegations of misconduct for Discriminatory and Sexual Harassment, Intimate Partner Violence, Sexual Misconduct, Stalking and Retaliation. See page 52 for more information.

2.0 GPA
Cumulative grade point average needed to be in Good Academic Standing.

Check with your specific college or school for additional requirements.

ACCESSING YOUR STUDENT RECORDS
FERPA: FAMILY EDUCATIONAL RIGHTS & PRIVACY ACT

FERPA is a federal law that governs the use of, and limits access to, student educational records. Students have full access to their academic records by logging into their MyUW account, but access is limited or restricted to others, including parents and family members.

The following offices have individual processes to authorize users to view student information:

- Student Fiscal Services (tuition, fees)
- Financial Aid
- Housing & Food Services
- Hall Health & Counseling Center

Students: washington.edu/students/reg/ferpa
Parents & families: washington.edu/parents/student-life/ferpa
HOW TO
PLAN & REGISTER FOR CLASSES

Registering for classes takes time and planning. Consider the following things when registering for classes:

- Search for subjects you enjoyed previously or topics you’re curious about.
- Check to see if the majors you are interested in have prerequisite courses you can take now.
- Review your incoming credits to see if any already apply to your intended degree.
- First-year Interest Groups (FIGs) and/or Collegium Seminars can allow you to complete General Education requirements while also providing a mentor and built-in community.

PREPARE FOR REGISTRATION

MyPlan (myplan.uw.edu) is an online planning tool that helps students chart both long- and short-term academic paths.

1. Search the Course Catalog to find all courses offered at UW
2. Add first choice and backup courses to your long-term plan
3. Search the Time Schedule for courses that have sections scheduled in the upcoming term
4. Add course sections to your plan for an upcoming quarter
5. View seat availability and sign up for seat availability notifications (Notify.uw)

REGISTRATION

You can access the Registration page directly by viewing the registration card or accessing the quick links from MyUW (myuw.edu). You can use Registration to:

- Take care of all pre-registration steps one week prior to registration opening
- View any notices and messages related to or blocking registration
- Register by entering SLNs for desired course sections
- Drop courses
- Change grading options (standard or satisfactory/non-satisfactory)
HEALTH INSURANCE CHECKLIST

STUDENT ACTION ITEMS

☐ Contact your health insurance company
  Complete the Know Your Benefits questionnaire

☐ Identify an in-network provider close to UW
  Find a primary care, urgent care, emergency care and/or mental health provider and save them in your phone.

☐ Discuss if out-of-pocket costs are associated with your insurance
  If applicable, determine how these costs will be paid and by whom.

☐ Determine where you will store your insurance card (wallet, etc.)
  Take a photo of the front and back of your insurance card and store it in your phone.

☐ Arrange for your medical records to be transferred
  If you have ongoing medical or mental health needs, schedule an appointment before your first quarter.

☐ Contact Hall Health Center’s Health Promotion Office
  206.616.8476 or hhpccweb@uw.edu
  If you do not have adequate health insurance coverage or if you have questions about health insurance.

BEFORE YOUR FIRST QUARTER:

PARENT / FAMILY ACTION ITEMS

☐ Help your student understand their health insurance
  Help your student understand the questions on the Know Your Benefits questionnaire

☐ Identify an in-network provider close to UW
  Help your student find a primary care, urgent care, emergency care and/or mental health provider.

☐ Discuss if out-of-pocket costs are associated with your insurance
  If applicable, determine how these costs will be paid and by whom.

☐ Ensure that your student has an insurance card
  If needed, you can request one from your insurance company.

☐ Help your student understand their medical history
  Make sure everything gets finalized before the beginning of their first quarter.

☐ Mental health therapy options at UW provide short-term services
  If your student requires ongoing care, help them find a provider through your insurance company’s online directory.

Is my health insurance contracted with Hall Health/UW Medicine?

• Hall Health and UW Medicine are contracted with hundreds of insurance plans. The only way to know for sure if your plan is contracted is to complete the Know Your Health Insurance Benefits worksheet.

I don’t have health insurance that covers me in Washington State.

• UW does not offer health insurance to domestic students (US citizens or legal permanent residents). Only international students and graduate employees are eligible for UW health insurance.

• Health insurance is available through Washington Health Plan Finder, an online health insurance marketplace. Depending on your income and immigration status, you may be eligible for either Apple Health (Medicaid) or a private insurance plan.
KNOW YOUR BENEFITS
Health Insurance Company Questionnaire

Contact your health insurance company. The phone number is typically listed on the back of your health insurance card. Use this form to guide your conversation and take notes. Save this document for your reference.

Health Insurance Company:__________________________

Date of Call:__________________________

Telephone Number:__________________________

Name of Health Insurance Company Representative:__________________________

Does my health insurance plan provide coverage in the Seattle, WA area?

What is the maximum out-of-pocket cost I would pay each year?

Are Hall Health Center & UW Medical Clinics contracted with my insurance?

What are my copays (flat fee costs) for prescription medicine?

Tax ID number: 91-1220843 or Dr. Bill Neighbor, NPI: 1265518989

What are my copays (flat fee costs) for appointments?

Are the Hall Health Center Pharmacy & Lab contracted with my insurance?

What are my outpatient mental health benefits?

Tax ID number: 91-6001537

What portion of the cost must I pay?

Do I have a deductible?

Is intensive or outpatient mental health treatment covered?

If so, how much and for which services?

What portion of the cost must I pay?

Do I have to pay co-insurance (% of cost of care)?

Do I need prior authorization or a referral for any services?

If so, how much?

What is my dental coverage?

What is my vision coverage?
is a federal law that prohibits gender- and sex-based discrimination in education programs and activities. Sexual assault, sexual harassment, intimate partner violence, stalking, and other forms of sexual misconduct are forms of discrimination and are prohibited by UW policy. You have the right to report these behaviors to the University, to the police, to both, or not at all. A confidential advocate is a good place to start. You always have access to support and resources, whether or not you make a report.

- **Title IX Investigation Office** – for complaints about students 206-616-5334
- **University Complaint Investigation & Resolution Office (UCIRO)** – for complaints about faculty or staff 206-616-2028
- **Human Resources** – for complaints about staff (not faculty) employeerelations@uw.edu
- **UW Police** - UWPD 206-543-9331 or Seattle PD 206-685-8973

Confidential advocates are free and available to anyone at UW. They can help you consider your options and what feels right for your situation.

- LiveWell advocate: 206-685-4357
- UWPD Advocate: 206-543-9337

**TITLE IX PROTOCOL: HELPING A FRIEND OR COLLEAGUE**

- Are you aware that someone in our community has been impacted by sexual assault, harassment or other misconduct?
- You can contact SafeCampus to access resources and support. You may remain anonymous if you wish.
Everyone is responsible for being a Healthy Husky. What can you do to ensure your wellbeing and maximize your Husky experience? Explore the vast health and wellness resources available on the UW Seattle campus by visiting wellbeing.uw.edu.

**HALL HEALTH CENTER**

Basic medical care
- Unlimited medical advice from our Consulting Nurses during business hours or after hours via phone
- One office visit per quarter for medical concerns OR one visit with our Travel Clinic

Mental health & substance use care
- No-cost drop-in appointments for mental health referrals and short-term support
- Help quitting smoking or addressing substance use
- Access to light therapy room for Seasonal Affective Disorder

Other resources
- Free safer sex supplies through Health Promotion office
- Help enrolling in and using health insurance

hallhealth.washington.edu

**DISABILITY RESOURCES FOR STUDENTS**

in Mary Gates Hall

- Serves students with temporary and permanent disabilities (including injuries and mental health issues)
- Provides academic and other accommodations.
- All services are individualized

**COUNSELING CENTER**

- Free and confidential individual, relationship, and group counseling.
- Crisis services
- Pre-scheduled and same-day intake appointments
- Career Counseling

washington.edu/counseling

**SAFECAMPUS**

SafeCampus is available 24 hours a day, 7 days a week. They will assess immediate safety, provide a rights and resources guide, and connect you with an advocate for ongoing support. You can contact SafeCampus anonymously. SafeCampus does not investigate but will help connect you with the right office if you chose to make a report.

It’s On All Of Us to Prevent Sexual Violence and Harassment

Go to www.uw.edu/titleix to learn more about the UW campus climate survey, education and prevention opportunities, and the work that is underway by the University related to prevention, response, policy, and campus climate.
For Alcohol-related accidents involving college students:

22,219 WERE HOSPITALIZED

1519 DIED in 2014 alone.

HERE ARE SOME TIPS TO MAKE YOUR NEXT NIGHT SAFER

COUNT & PACE YOUR DRINKS
Know your limits and keep track.

LEARN TO RECOGNIZE ALCOHOL POISONING
Unresponsive people with slowed breathing need help.

MEASURE YOUR OWN DRINK.
Know what and how much you are drinking.

CALL 911 IN AN EMERGENCY
WA Good Samaritan laws protect you and who you call for.

QuICK TAKE:
ALCOHOL FACTS AND SAFETY

30.6% of College Students never tried alcohol. Ever.

Another 24.4% either:
- Never drank
- Drank once or twice in the past three months.

The next 16.3% drank moderately, leaving 28.7% who binge drank.

Students using the alcohol management strategies below were

1.5 TO 1.7 TIMES LESS LIKELY FOR MALES
3.1 TO 6.5 TIMES LESS LIKELY FOR FEMALES
to have a harmful drinking experience.

Sources:
American College Health Association Report: https://tinyurl.com/acha-report
Harm Reduction Efficacy Study: https://tinyurl.com/harm-reduction
NIH Study on Alcohol Hospitalizations: https://tinyurl.com/alcohol-harms
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A Health Awareness Infographic from LiveWell Peer Health Educators

HOW TO BE A HEALTHY HUSKY

This is your Wellness Wheel. It id a tool that we recommend that you use when you are evaluating your own wellness. The degree of overlap between these areas of wellness is completely individualized to your values, goal and lifestyle choices. It can be helpful to use a visual aid, such as the Wellness Wheel, in assessing your wellness balance throughout and beyond your time in college.

Relational

The ongoing development and practice of intimacy, communication and community with the people in our lives to foster belonging and connection

Developmental

Commitment to learn new concepts, improve skills and strengths, and seek growth in pursuit of life-long self understanding and growth.

Resources

Learning to save, manage and utilize our money, resources and time in way that support our larger goals, relational commitments and personal values and health.

Physical

Engaging in behaviors and choices that help nurture our body and strengthen healthy relationships with food, movement, medicine and rest.

Emotional

Building the ability to reflect, identify and effectively manage and communicate our thoughts and feelings in a manner that strengthens our ability to cope with the challenges life brings.

Work

Engaging in behaviors that support balanced effort and personal fulfillment from our work commitments and contributions, whether paid or unpaid, while still maintaining balance in our live and well-being.

Spiritual

The development and practice of beliefs and behaviors that nurture our sense of meaning, morality, ethics and personal values.

Environmental

Recognizing and being responsible for the ways in which we have influence and impact on the environment and communities surround us.

LiveWell Services

Elm Hall 109 | (206) 221-7187

LiveWell empowers and supports the personal and social development of students by providing evidence-based advocacy, case management, and peer health education.

livewell.uw.edu

STUDENT COACHING + CARE

supports students who may be struggling and in need of multiple resources.

lwcare@uw.edu

SUICIDE INTERVENTION PROGRAM

connects students who may be having thoughts of suicide to resources they need for support, such as mental health services.

lwsip@uw.edu

SURVIVOR SUPPORT + ADVOCACY

is a safe and confidential place for UW students to receive support and advocacy after an incident of sexual assault, relationship violence, stalking or sexual harassment.

lwadvoc@uw.edu

PEER HEALTH EDUCATION

LiveWell Peer Health Educators (PHEs) are highly-trained UW students dedicated to educating their peers on various health and wellness topics. LiveWell PHEs facetiate educational workshops for the campus community on topics such as: stress management, mental & emotional health, alcohol & cannabis, sleep quality, relationships, and gratitude.