Dawg Daze is the University of Washington's annual tradition of welcoming first-year and returning students to campus. Become a part of the UW community, meet new students and start building your Husky experience. Check it out at uwdawgdaze.com
The Husky Guide is divided into a few sections based on topic area. These sections match the online modules in University 101 to make navigation easier for you. Review the Husky Guide before your A&O, throughout your session you will be asked to refer to areas for more information and to complete activities.

**The Academic Calendar** includes University holidays, final exam schedules and other academic deadlines. Visit the following website to add these important dates to your personal calendar.

[Link to the academic calendar](https://washington.edu/students/reg/2021cal.html)

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**DURING ADVISING & ORIENTATION**

- 4  Letter from Vice Provost
- 5  About FYP
- 6  First-Year Checklist
- 8  Freshman Advising
- 20 Transfer Advising

**STUDENT GUIDE FOR THE YEAR**

- 30  Academics
- 40  Finances
- 46  Wellness
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**Diversity & Inclusion**

[fyp.washington.edu/dandi](https://fyp.washington.edu/dandi)

**LAND ACKNOWLEDGMENT:** Acknowledging native land is a simple, powerful way of showing respect and a step toward correcting the stories and practices that erase Indigenous peoples’ history and culture.

"The University of Washington acknowledges the Coast Salish peoples of this land, the land which touches the shared waters of all tribes and bands within the Suquamish, Tulalip and Muckleshoot nations."

**PRONOUNS:** In an effort to be more affirming and welcoming to people of all gender identities, many staff choose to introduce themselves using their pronouns because they want to create an environment where everyone establishes their appropriate pronouns - even if it seems obvious - rather than assuming each other’s identity.

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**ON THE COVER**

Design by Lauren Abbott, Visual Designer, 2022

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Text First Year Programs at 206-207-5564 If you have questions or need help during A&O.

If you have questions or need help during A&O, please contact First Year Programs at 206-207-5564.
The hallmark of a UW education lies in taking advantage of the boundless possibilities at this great institution. Here, students are connected to leading-edge academic experiences that help them discover how they want to impact the world, reflect on their growth and challenges and embrace their responsibility to themselves and others.

In UW classrooms, students investigate, explore and debate contemporary and enduring issues facing our world. The faculty guiding them are inspiring teachers, world-renowned scholars and innovative researchers who are deeply invested in creating rich and dynamic intellectual experiences for undergraduates. Beyond UW classrooms, students apply their newfound knowledge in research labs, through community-based service, leadership opportunities or study abroad.

The combination of experiences within and beyond the classroom prepares students to undertake their journey into a complex, interconnected and fascinating world with enduring and to-be-discovered challenges and opportunities.

By engaging deeply in this Husky Experience, students will strengthen and grow the drive, courage and compassion needed to make meaningful contributions to their careers and communities, whether those communities are around the corner or around the world. Indeed, our job is to develop students so they graduate with the knowledge, experience and mindset to lead a future with optimism, innovation and purpose.

I hope that you will be driven to discover all of the tremendous opportunities at the UW.
THE HUSKY EXPERIENCE

In this guide we have included information that will help you and your parents navigate the University of Washington community and begin creating your own Husky Experience.

FIRST YEAR COMMON QUESTION

WHO ARE WE, WHAT ARE WE FOR?

The diagram below outlines the different opportunities you have to learn more about the University of Washington as you navigate through your first year. Think of how you would answer the question above as you find smaller communities and discover resources that will help you meet your goals.

- **Pre A&O Modules: University 101**
  Revisit the Online Pre A&O modules or registration resources at any time throughout the year for links and other helpful information.

- **Advising & Orientation**
  Utilize your time at A&O to meet people, ask questions and begin to see yourself as a member of this community.

- **Husky Guide**
  The Husky Guide is the perfect place to take notes and discover more information about campus resources.

- **Dawg Daze**
  Dawg Daze is your opportunity to connect with other people, explore new ideas and get involved on campus.

- **First-year Interest Groups & Seminars**
  Consider enrolling in a FIG or collegeium seminar to be part of a community dedicated to academic success, support and exploration.

- **Commuter & Transfer Commons**
  Visit the CTC in the Husky Union Building for the day-use lockers, the kitchenette or to take a break between classes.

First Year Programs Team
206.543.4905 • fyp@uw.edu • uw.edu/fyp
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
[Link](fyp.washington.edu/u101)
- Review U101 Modules
  - Revisit the U101 modules & registration resources at any time throughout the year for links and other helpful information.

### A&O: Advising & Orientation
[Link](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
[Link](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
[Link](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
[Link](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
[Link](academicsupport.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

### Library Resources
[Link](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**
    - [Link](fyp.washington.edu/hgoffice365)
  - **Google G Suite**
    - [Link](fyp.washington.edu/hggsuite)

### SafeCampus
[Link](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
To-do List

Hall Health Center
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

Disability Resources for Students
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.

University of Washington
Police Department
police.uw.edu
- Rape Aggression Defense (RAD) Training
  police.uw.edu/rad
- Safety Escort Services
  police.uw.edu/services/safetyescortservices
- Sudden Violence Training & Procedures
  police.uw.edu/crimeprevention/activeshooter
- UWPD Victim Advocacy
  police.uw.edu/aboutus/divisions/operations/criminalinvestigations/victimadvocacy

- Register your valuables
  police.uw.edu/loveyourstuff

Never leave your valuables unattended & follow proper bicycle locking practices.

- Subscribe to UW Alert
  uwalert.org

UW Alerts are official messages to keep the campus community informed during emergencies and situations that might disrupt normal operations.

- Download the SafeZone app
  police.uw.edu/services/safe-zone-app

The SafeZone app gives you direct access to the fastest possible safety assistance regardless of where you are.

Student Fiscal Services
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.

Foundation for International Understanding through Students
fiuts.org

- Register for & participate in one Embark session
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

- Update Contact info in MyUW
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

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 in Schmitz Hall
iss.washington.edu/aboutus/divisions/operations/criminalinvestigations/victimadvocacy

Discuss your visa status, enrollment, travel and more.

- Meet with a Student Health Insurance Counselor at Hall Health Center

Ask about medical benefits or how to see a doctor at the UW.
ADVISING & ORIENTATION
UAA Advising Academic Introduction

GENERAL ADVISING
UAA Advising
Office of Minority Affairs & Diversity
(OMA&D) Academic Counseling Services
Student-Athlete Academic Services (SAAS)
University Honors Program

COLLEGE & DEPARTMENTAL ADVISING

UW Mission Statement (Regent Policy No. 1)
To promote their capacity to make humane and informed decisions, the University fosters an environment in which its students can develop mature and independent judgment and an appreciation of the range and diversity of human achievement. The University cultivates in its students both critical thinking and the effective articulation of that thinking.

ONLINE PRE-A&O REFLECTION:

GOALS

INTERESTS

EXPERIENCES
VLPA: Visual, Literary and Performing Arts
This area of knowledge asks questions about the meaning of and value in human life, as well as the creation of effective expression of the human experience. The term "arts" is used here in a very broad sense and suggests practices, engagements and crafts of all kinds in addition to familiar studio traditions. Scholarship in this area includes (but is not limited to): Art, Art History, Classics, Cinema Studies, Communications, Drama, Design Studies, Literature and Languages.

I&S: Individuals & Societies
The I&S area of knowledge poses questions around the meaning and study of human behavior both individually and socially. This includes the history, development and dynamics of human behavior, as well as social and cultural institutions. Scholarship in this area includes (but is not limited to): Anthropology, American Ethnic Studies, Environmental Studies, Gender, Women & Sexuality Studies, History, Philosophy and Psychology.

NW: Natural World
Within the NW area of knowledge, questions are developed to explore and understand things existing in nature and typically not made or caused by human interaction. This involves the experimental study of the physical world around us. Scholarship in this area includes (but is not limited to): the mathematical, physical, environmental and biological sciences.
Courses at UW are taught on a 10-week quarter schedule. The courses you will be taking require a significant amount of study and preparation time outside of class. While every student is different and can handle a different course load, the following are general rules to ensure you can manage your course load successfully.

**CREATE YOUR COURSE SCHEDULE**

**COURSES YOU’D LIKE TO TAKE IN YOUR FIRST-YEAR (CREDITS):**

**REASONS FOR CHOOSING THIS COURSE:**
- General interest
- Prerequisite
- General education requirement
- Exploring a major
- Balance, etc.

**ADVISING NOTES**

*Undergraduate course numbers range from 100 to 400. Freshman students typically take 100- and 200-level courses.*

**MAINTAIN BALANCE:**

- Include a variety of Areas of Knowledge
- VLPA: Visual, Literary and Performing Arts
- i&S: Individuals & Societies
- NW: Natural World

- Take one course that is familiar and one that is unfamiliar
- Familiar course
- Unfamiliar course

- Maintain a 12-18 credit load each quarter
- Most classes are 3 to 5 credits. If you take an average of 15 credits per quarter (autumn, winter and spring), you will complete 180 credits in 4 years.

**INTENTIONAL STRUCTURE:**

- What courses are scarce and/or most important to you? Remember the class(es) you identified with advisers that you want to prioritize taking in your first year or quarter.

- Research & understand how courses are sequenced
- Course sequences are groups of courses that are intended to be taken in a specific order to fulfill a degree or program requirement.

- Consider enrolling in a First-year Interest Group (FIG)
- FIGs are a good way to meet new students and learn to create a successful college experience.

- Build your schedule in MyPlan
- [myplan.uw.edu](http://myplan.uw.edu)
- MyPlan is the online planning tool that helps students chart both long term and short term academic paths.
If you filled out the Freshman Application and are coming into the University of Washington with 45 credits or more here are a few things you should think about as you plan your courses.

**UW Admissions**
Find how your classes will transfer

<table>
<thead>
<tr>
<th>Exams for Credit</th>
<th>WA Community College</th>
<th>Four Year College</th>
</tr>
</thead>
<tbody>
<tr>
<td>AP, IB, or A-Level</td>
<td>UW Transfer Equivalency Guide</td>
<td>Four Year Colleges or Universities</td>
</tr>
<tr>
<td><a href="admit.washington.edu/apply/transfer/exams-for-credit/">admit.washington.edu/apply/transfer/exams-for-credit/</a></td>
<td>[admit.washington.edu/apply/transfer/ equivalency-guide/](admit.washington.edu/apply/transfer/ equivalency-guide/)</td>
<td>Wait for UW Admissions to evaluate the credit. Find out online.</td>
</tr>
</tbody>
</table>

**Are you Major Ready?**
For some students, their credits will mostly fulfill a variety of general education requirements. Other students will have credits that serve as prerequisites for their intended major.

- **Do my transfer credits fulfill major prerequisites?**
- **YES**
  - If your credits do fulfill major prerequisites you should consult the departmental website and your DARS to gain a better understanding of your timing to apply to or declare your major.
- **NO**
  - If your credits do not fulfill major prerequisites, you will likely be on a similar timeline to your major and graduation as you would if you did not have incoming credits.

- **Send your official documents to UW Admissions ASAP!**
- **MISSING CREDITS**
  - Did you have your OFFICIAL DOCUMENTS Sent to UW Admissions?
  - **YES**
    - University of Washington Office of Admissions
      - Box 355852
      - Seattle, WA 98195-5852
  - **NO**
    - **OVERRIDE**
      - You may need an OVERRIDE to register for the next class in the series.
      - Speak to your academic adviser and complete this form:
        - [fyp.washington.edu/aooverride](fyp.washington.edu/aooverride)
  - **WAIT**
    - for UW Admissions to evaluate your credits.
ACADEMIC SUCCESS
Undergraduate Majors

Key:
Major Types

- Open Major
  Can be declared at any time by a student in good standing, which is a 2.0 cumulative GPA.

- Minimum Requirement Major
  Requires students to satisfactorily complete a set of prerequisite courses with a minimum GPA. All students who meet the minimum requirements are admitted.

- Capacity-Constrained Major
  These majors often have application forms and application deadlines; some of them require personal statements or standardized tests.

- Direct Admission
  The primary admission path is direct to major/college upon entry to the University of Washington.

Advising Notes

Academic Interest Area:
Arts, Humanities & Social Sciences

COLLEGE OF ARTS & SCIENCES
ARTS DIVISION
- Art
  Interdisciplinary Visual Arts; Painting & Drawing; Photomedia; Three-Dimensional Forum
- Art History
- Dance
  Creative Studies; Dance Studies
- Design
  Industrial Design; Interaction Design; Visual Communication Design
- Drama
  Design; Performance
- Music, B.A.
  American Music Studies; Early Music; Instrumental; Music History; Music Theory; Voice
- Ethnomusicology, B.A.
- Guitar, B.M.
- Jazz Studies, B.M.
- Music Composition, B.M.
- Music Education, B.A.
  Instrument; Vocal
- Orchestral Instruments, B.M.
- Organ, B.M.
- Percussion Performance, B.M.
- Piano, B.M.
- Strings, B.M.
- Voice, B.M.

COLLEGE OF BUILT ENVIRONMENTS
- Architectural Design
- Architecture
- Community, Environment & Planning
- Construction Management
- Landscape Architecture

COLLEGE OF ARTS & SCIENCES
HUMANITIES DIVISION
- Asian Languages & Cultures
- Classical Studies
- Classics
- Chinese
- Cinema & Media Studies
- Comparative History of Ideas
- Comparative Literature
- Danish
- English
  Creative Writing; Language & Literature
- Finnish
- French
- Germanics
- Greek
- Italian
- Japanese
- Korean
- Latin
- Linguistics
  Romance Linguistics
- Near Eastern Studies
  Languages & Cultures; Comparative Civilizations; Hebrew Bible & Ancient Near Eastern Studies
- Norwegian
- Scandinavian Area Studies
- Slavic Languages & Literatures
  Russian Language & Literature; East European Languages, Literature & Culture
- South Asian Languages & Literature (Hindi, Sanskrit)
- Spanish
- Swedish
COLLEGE OF ARTS & SCIENCES

SOCIAL SCIENCES DIVISION
- American Ethnic Studies
- American Indian Studies
- Anthropology, B.A., B.S.
  Anthropology of Globalization; Archaeological Sciences; Human Evolutionary Biology; Medical Anthropology & Global Health
- Asian Studies
- Canadian Studies
- Communication
- Journalism
- Comparative Religion
- Economics, B.A., B.S.
- European Studies
- Gender, Women & Sexuality Studies
- Geography
  Cities, Citizenship & Migration; Environment, Economy & Sustainability; Globalization, Health & Development; GIS, Mapping & Society
- History
  History of Empire & Colonialism; History of Race, Gender & Power; History of Religion & Society; History of War & Society
- History & Philosophy of Science
- International Studies
- Jewish Studies
- Latin American & Caribbean Studies
- Law, Societies & Justice
- Philosophy
- Political Science
  International Security; Political Economy
- Sociology

COLLEGE OF EDUCATION
- Early Childhood & Family Studies
  Teaching & Learning
- Education, Communities & Organizations

FOSTER SCHOOL OF BUSINESS
- Business Administration
  Accounting; Entrepreneurship; Finance; Human Resource Management; Information Systems; Marketing; Operations & Supply Chain Management

INFORMATION SCHOOL
- Informatics
  Data Science; Human-Computer Interaction; Information Architecture; Information Assurance & Cybersecurity

SCHOOL OF SOCIAL WORK
- Social Welfare

Academic Interest Area:
Mathematics & Science

COLLEGE OF ARTS & SCIENCES

NATURAL SCIENCES DIVISION
- Applied & Computational Mathematical Sciences (ACMS)
  Biological & Life Sciences; Data Science; Discrete Mathematics & Algorithms; Engineering & Physical Sciences; Mathematical Economics; Scientific Computing & Numerical Algorithms; Social & Behavioral Sciences
- Astronomy
- Biochemistry, B.A., B.S.
- Biology, B.A.
- Biology, B.S.
  Ecology, Evolution & Conservation; General Biology; Molecular, Cellular & Developmental; Physiology, Plant
- Chemistry, B.A., B.S.
- Mathematics, B.A.
  Standard, Philosophy, Teacher Preparation
- Mathematics, B.S.
- Microbiology
- Neuroscience
- Physics
  Applied Physics; Biological Physics; Comprehensive Physics; Teacher Preparation
- Psychology, B.A., B.S.
- Speech & Hearing Sciences
- Statistics

COLLEGE OF THE ENVIRONMENT
- Aquatic & Fishery Sciences
- Atmospheric Sciences
- Biosource Science & Engineering
- Earth & Space Sciences, B.A., B.S.
  Biology; Environmental Earth Sciences; Geology; Physics
- Environmental Science & Terrestrial Resource Management
  Landscape Ecology & Conservation; Restoration Ecology & Environmental Horticulture; Sustainable Forest Management; Wildlife Conservation
- Environmental Studies
- Marine Biology
- Oceanography, B.A., B.S.

SCHOOL OF MEDICINE
- Medical Laboratory Science

SCHOOL OF NURSING
- Nursing

SCHOOL OF PUBLIC HEALTH
- Environmental Health
- Food Systems, Nutrition & Health
- Health Informatics and Health Information Management
- Public Health-Global Health Major, B.A., B.S.

Direct Admission:
Computer Science

ALLEN SCHOOL OF COMPUTER SCIENCE & ENGINEERING

The primary admission path to the Allen School of Computer Science & Engineering is direct to major upon entry to the University of Washington.
- Computer Science
- Computer Engineering

Direct Admission:
Engineering Undeclared

COLLEGE OF ENGINEERING

The primary admission path to the College of Engineering is direct to college upon entry to the University of Washington.
- Aeronautics & Astronautics
- Bioengineering
  Nanoscience & Molecular Engineering
- Chemical Engineering
  Nanoscience & Molecular Engineering
- Civil Engineering
- Computer Engineering
- Electrical Engineering
  Nanoscience & Molecular Engineering
- Environmental Engineering
- Human Centered Design & Engineering
- Data Science
- Industrial Engineering
- Materials Science & Engineering
  Nanoscience & Molecular Engineering
- Mechanical Engineering
  Biomechanics; Mechatronics; Nanoscience & Molecular Engineering
For freshman students who were directly admitted to the College of Engineering, also known as Engineering Undeclared.

As an Engineering Undeclared student at the UW, you’re joining a community of innovators. Your status means that you’re guaranteed placement into an engineering major if you meet satisfactory academic progress requirements and complete placement requirements.

ENGINEERING ADVISING TEAM

The mission of the engineering advising team is to create opportunities for engineering exploration, to foster intentional community and to empower students to make thoughtful decisions to maximize their experience at the University of Washington.

You will have an assigned engineering adviser who will partner with you to explore your interests in engineering and develop a holistic educational plan.

### E-FIG REGISTRATION

All Engineering Undeclared students must register for an Engineering FIG which consists of:

- General Studies 199: University Community led by your Engineering Peer Educator (EPE) AND
- Engineering 101: Engineering Exploration

<table>
<thead>
<tr>
<th>COURSE TYPE:</th>
<th>SLN:</th>
<th>COURSE NAME (CREDITS):</th>
<th>DAYS:</th>
<th>TIME:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Engineering-FIG:</td>
<td></td>
<td>ENGR 101 (1)</td>
<td></td>
<td></td>
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<tr>
<td>Engineering-FIG:</td>
<td></td>
<td>GEN ST 199 (1)</td>
<td></td>
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<tr>
<td>Math Lecture Section:</td>
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<tr>
<td>Math Quiz Section:</td>
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<tr>
<td>Science:</td>
<td></td>
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<tr>
<td>Science: Lab/Quiz Section:</td>
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<tr>
<td>VLPA, I&amp;S, DIV or English Composition:</td>
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<td></td>
</tr>
</tbody>
</table>
After Day 1 A&O Action Items

- Complete MyUW pre-registration screens
- If you’re coming into the UW with any calculus college credit, review the math final exam archive for the highest level you have credit for
- If you’ve completed AP/IB/A-level courses/exams, review AP/IB/A-level tables on the admissions website
- If you’ve completed an running start college credit, review UW Equivalency Guide
- Prepare to be able to share score reports or unofficial transcripts for any AP/IB/Running Start credit with an adviser
- If you have no college credit for chemistry, complete the online chemistry placement exam

During Day 2 A&O Action Items

- Identify who your assigned engineering adviser is
- Register for your E-FIG
- Identify who your EPE is (Hint: They’re your GEN ST 199 instructor)
- Ensure your MyENGRUD profile is complete

Next Steps After A&O

- Attend Dawg Daze! Engineering-related events of note:
  - Husky Kick-off: Sunday, September 27th
  - Engineering Launch: Tuesday, September 29th, 2020 5-7pm
  - How To Succeed in Math and Chemistry workshops

Check out one of the many maker spaces on campus called The Mill, located under McCarty Hall.
Foster Freshman Direct students are required to complete ECON 200, Math 112 or Math 124, and an English Composition course within their first 45 credits taken at the University of Washington. It is also recommended that you take ECON 201 during this time as well. Please place a checkmark next to the quarter you are intending to take these courses, or place a check mark if already completed:

<table>
<thead>
<tr>
<th>COURSE</th>
<th>AUTUMN</th>
<th>WINTER</th>
<th>SPRING</th>
<th>AP/IB/COLLEGE CREDIT</th>
</tr>
</thead>
<tbody>
<tr>
<td>English Composition</td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Math 111 or 120</td>
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<tr>
<td>Math 112 or 124</td>
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<tr>
<td>MATH 124 ONLY</td>
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<tr>
<td>ECON 200</td>
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<tr>
<td>ECON 201</td>
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<tr>
<td>BA 490 Freshman Direct Seminar (2 Credits)</td>
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</tbody>
</table>

Additional ideas of courses you want to take during your first year:

________________________
________________________
________________________

Interested in CISB? Consider taking a language

During your first Quarter:
- Attend Student Org fair September 29th
- Attend Speed Networking Event October 1st *
- Attend Freshman Direct Orientation 2.0 in early November*

*Invitations to RSVP will be forthcoming

Meet your Foster Adviser

- Foster Advisers partner with students to develop effective strategies to explore business interests, course scheduling, co-curricular opportunities and on-campus resources. Your Foster Adviser will be with you throughout your time at the Foster School of Business.
- Adviser name:
- Contact info:
The Career & Internship Center has dedicated pre-health career coaches for students interested in pursuing careers in healthcare. Utilize these coaches to:

- **EXPLORE**
  Explore careers in healthcare and identify the best fit for your skills and interests.

- **PREPARE**
  Prepare for healthcare graduate school programs by taking courses and getting involved in co-curricular activities as an undergraduate student.

- **APPLY**
  Apply to healthcare graduate school programs.

### There is no pre-health or pre-med major at the UW

Most healthcare graduate school programs have no preference to a student's undergraduate major. With more than 180 majors to choose from, UW students interested in pre-health should select a major based on the following things:

- Informing your study and practice.
- Transferable skills, strengths and areas of growth.
- What other careers you might pursue with that major if your plans change along the way.

Talk to an academic adviser for more information about how to identify majors that would be a good fit with your skills and interests.

Visit and explore [prehealth.uw.edu](http://prehealth.uw.edu) to learn about pre-health at the UW, how to best explore options, prepare for next-steps and apply to health graduate programs.

### PRE-HEALTH TO-DO LIST:

- **Review the website.** Visit and explore prehealth.uw.edu to learn about pre-health at the UW, how to best explore options, prepare for next-steps and apply to health graduate programs.

- **Register for courses.** Consider enrolling in Pre-health 101 or search for First-year Interest Groups (FIGs) paired with common Pre-Health courses. Pre-health 101 and Pre-Health courses paired FIGs are only available during the fall quarter.

- **Meet with a Pre-Health Career Coach** to identify ways to complement your coursework with co-curricular activities that will help you confirm that your chosen health profession is the best fit with your skills and interests. Students can schedule an appointment in Handshake, or bring their questions to a Pre-Health Drop In Session in Mary Gates Hall 134. You can also email your questions to prehlth@uw.edu.
Welcome to Odegaard Library! We have 16 libraries on campus ranging from small subject-specific libraries to the grand Suzzallo Library. As a UW student, you are encouraged to use ALL of the libraries on campus. We'll use the UW Libraries’ web site to find the resources for each of the activities below.

Librarians are here to help you. We know that with so many different libraries, millions of books, hundreds of databases and online journals, it can be hard to know where to start. Librarians are here to help with all your research questions, including finding articles and books, formatting your citations, and more.

**How have you used your **LIBRARY**?**

How have you used your high school or local library in the past? Why is it important to seek out help at the library when attending a large research university?

**Looking for HELP?**

List 3 ways you can get help from the UW Libraries:

1. 
2. 
3. 

The Libraries are here to support you in doing college-level research for your classes. The activities below will help familiarize you with some of the resources you’ll need during your first year.


Need help? Read the UW Libraries Search FAQ and Searching for E-Books FAQ.

2. Click the link, “Course Reserves” and do a search for English (ENGL) textbooks. To look up a specific course, use the department code and course number (e.g. BIOL 180). Select a print book or E-book and copy and paste the permalink.

Need help? Read the Finding Textbooks FAQ.

3. Click the link, “Research Guides”. Find the research guide for your intended major, or any subject that you’re interested in. List one article database suggested for that subject.

Need help? See the list of all Research Guides.

Bonus! Get ready for conducting online research. Review the Off-campus access FAQ and the how to connect UW Libraries to Google Scholar FAQ.

Write down any questions about the library resources or using the UW Libraries to discuss with your Orientation Leader.
Welcome to the EXPD! When you arrive in the EXPD suite walk around the lobby to observe the bulletin boards with information about each of the three focus areas: Community Engagement & Leadership Education; Undergraduate Research; and Scholarships & Fellowships.

Visit the EXPD website for more information about getting involved with EXPD programs. [expd.uw.edu](http://expd.uw.edu)

Draw a star next to one program in each focus area and answer the following questions based on that programs' bulletin board.

- What are some of the opportunities this program provides that I’m interested in taking advantage of?
- How do I get started in connecting with this opportunity?
- What additional questions do I have and who can I contact for more information?

---

**Community Engagement & Leadership Education:**

- Community Engaged Learning
  - [washington.edu/carlson](http://washington.edu/carlson)
- Dream Project
  - [washington.edu/dreamproject](http://washington.edu/dreamproject)
- Husky Leadership Initiative
  - [huskyleadership.uw.edu](http://huskyleadership.uw.edu)
- Jumpstart
  - [washington.edu/jumpstart](http://washington.edu/jumpstart)
- Pipeline Project
  - [expd.uw.edu/pipeline](http://expd.uw.edu/pipeline)

**Undergraduate Research:**

- Early Identification Program
  - [depts.washington.edu/eip](http://depts.washington.edu/eip)
- Ronald E. McNair Program
  - [depts.washington.edu/uwmcnair](http://depts.washington.edu/uwmcnair)
- Undergraduate Research Program
  - [washington.edu/undergradresearch](http://washington.edu/undergradresearch)

**Scholarships & Fellowships:**

- Global Opportunities
  - [expd.uw.edu/globalopportunities](http://expd.uw.edu/globalopportunities)
- Mary Gates Endowment for Students
  - [expd.uw.edu/mge](http://expd.uw.edu/mge)
- Office of Merit Scholarships, Fellowships & Awards
  - [expd.uw.edu/scholarships](http://expd.uw.edu/scholarships)

---

HUGO PONTES

"Undergraduate research not only gave me the experience of doing science and helped me find my passion, but it also provided me with the most wonderful community I could have ever asked for.”
Transfer students are an important part of the UW community. Throughout your A&O session, you will be referring back to this section. Lost in the book? Just look for the gold banner at the top of these pages to know you’re in the right place.

Check out the Commuter & Transfer Commons (CTC) the next time you’re in the HUB! Look for HUB 141.

**NAVIGATING CAMPUS RESOURCES**

**Involvement:**
In U101 you identified three activities/hobbies that you enjoy doing. What interests did you identify?

Based on these interests, what are the next steps you can take to get involved on campus?

**CONVERSATION WITH FACULTY**

What are two strategies you have used to be academically successful at your previous institution?

1.

2.

What will you need to do differently at UW?

**Housing/Commuting:**
Where do you plan to live during the winter quarter?

What is your commuting plan (e.g. public transportation routes, carpool, etc.)?

Outside of attending class, how do you plan to spend intentional time on campus?
TRANSFER CHECKLIST

☐ Connect with an Academic Adviser
  • Adviser Name: __________________________
  • Contact Info: __________________________
  • Learn how to connect with departmental advisers.

☐ Run and read a degree audit for potential majors
  myplan.uw.edu
  • Take note of what prerequisites you still need to complete and if you are eligible to begin taking any major course work this quarter.
  • 1st Choice Major: __________________________
    2nd Choice Major: __________________________

☐ Review how your general education credits transferred to UW
  • Are my general education courses counting correctly?
  • What general ed. requirements do I still need to fulfill?

☐ Review the Satisfactory Progress Policy
  fyp.washington.edu/hgsatprog
  • Talk to your adviser about how this policy might impact your time at UW.

☐ Discuss your plans for success at UW with your adviser
  • I have a plan for financing my UW education.
  • I have considered how to balance my academic life at UW with my outside commitments (e.g. work, family)
  • If needed, I have talked to Disability Resources for Students (DRS).

Specific Equivalency
Many transfer courses are listed with a specific UW course equivalency and are found at the top of your unofficial UW transcript.

Not a Specific Equivalency
A 1XX or 2XX instead of a course number indicates that the course credit transfers but is not equivalent to a specific course at the UW. 1XX indicates transfer courses offered at the 100 level; 2XX indicates courses offered at the 200 level.

DEPARTMENTAL 1XX OR 2XX: Indicates content is not equivalent to a specific UW course but corresponds to a specific UW program (for example: BIOL 2XX).

UW 1XX OR 2XX: Means that the course does not correspond directly to a department at the UW but may be used toward general graduation requirements.

Courses Taken as Part of a Sequence
In some cases, you must complete an entire sequence of courses at your transfer institution to be awarded specific UW course equivalencies. If only one or two courses are completed, then the credit is usually awarded as departmental 1XX or 2XX.
Use this table to determine what credits you have completed toward your degree and what you still need to complete.

Each college and school interprets the general education requirements somewhat differently, so if you are still exploring majors, use the table below for an overview of the general education requirements for the College of Arts & Sciences.

<table>
<thead>
<tr>
<th>COLLEGE OF ARTS &amp; SCIENCES</th>
<th>Credits Needed to Graduate*</th>
<th>Already Completed Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BASIC SKILLS</strong></td>
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<tr>
<td>English Composition</td>
<td></td>
<td>5</td>
</tr>
<tr>
<td>2.0 minimum grade required</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Foreign Language</td>
<td></td>
<td>Varies</td>
</tr>
<tr>
<td>2.0 minimum grade in 3rd quarter or equivalent</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Quantitative &amp; Symbolic Reasoning (Q/SR)</td>
<td></td>
<td>4-5</td>
</tr>
<tr>
<td>Writing Across The Curriculum (W courses) and/or additional composition</td>
<td></td>
<td>10</td>
</tr>
<tr>
<td>Diversity</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td><strong>AREAS OF KNOWLEDGE</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>VLPA: Visual, Literary &amp; Performing Arts</td>
<td></td>
<td>10-20</td>
</tr>
<tr>
<td>I&amp;S: Individuals &amp; Societies</td>
<td></td>
<td>10-20</td>
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<tr>
<td>NW: The Natural World</td>
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<td>10-20</td>
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<tr>
<td>Additional Areas of Knowledge</td>
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<tr>
<td><strong>DEPARTMENTAL REQUIREMENTS</strong></td>
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<td>Major Admission Requirements</td>
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<td>Varies</td>
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<tr>
<td>Major Requirements</td>
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<td><strong>GENERAL ELECTIVES</strong></td>
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<td><strong>OTHER COURSES</strong></td>
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<tr>
<td><strong>TOTAL CREDITS</strong></td>
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<td>180</td>
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</table>

If you have questions about how your credits transferred, review the following items:

- UW Equivalency Guide
  [admit.washington.edu/apply/transfer/equivalency-guide](admit.washington.edu/apply/transfer/equivalency-guide)
  Find out how courses taken at a Washington State community or technical colleges will transfer to UW.

- Credits for exams (AP, IB, A-Level)
  [admit.washington.edu/apply/transfer/exams-for-credit](admit.washington.edu/apply/transfer/exams-for-credit)
  Find out how your exam scores will translate to UW classes.
STUDENT FISCAL SERVICES
What are two things you still need to do/know to pay tuition this quarter?

1. 

2. 

PERSONAL & PROPERTY SAFETY
What does community look like to you?

TOOLS FOR ACADEMIC SUCCESS
Identify at least two resources that will help you build your web of support here at UW.

1. 

2. 

TRANSFER STUDENT PANEL
List some questions you would like to ask the panel of current transfer students. Or use this space to take notes based on the information shared during the panel.
For freshman students who were directly admitted to Foster School of Business.

Using this worksheet as a guide, plan your courses for your first quarter or two.

A few things to keep in mind:

- Have you finished all of your nonbusiness requirements?
- Do you have a particular option in mind?
- Upper division business courses are typically 4 credits, but about 5 credits worth of work. (12-16 credits is a typical workload.)

<table>
<thead>
<tr>
<th>AOK/WRITING/DIV/NB</th>
<th>CORE CLASSES NEEDED</th>
<th>ELECTIVE/OPTION</th>
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</thead>
<tbody>
<tr>
<td>COURSES NEEDED</td>
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<td>COURSES NEEDED</td>
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<tr>
<td>VLPA:______________</td>
<td>IS 300 (5)</td>
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<td>I+S:______________</td>
<td>OPMGT 301 (4)</td>
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<td>NW:_______________</td>
<td>MKTG 301 (4)</td>
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<td>BCMU 301__________</td>
<td>FIN 350 (4)</td>
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<td>Part B Writing:____</td>
<td>MGMT 300 (4)</td>
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<td>Diversity:_________</td>
<td>IBUS 300 (4)</td>
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<tr>
<td>90 Non Business:____</td>
<td>MGMT 320 (4)</td>
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<td>BECON 300 (4)</td>
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<tr>
<td></td>
<td>MGMT 430 (4)</td>
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</tbody>
</table>
ACCOUNTING
• You need ACCTG 301 and BCMU 301 (if you haven’t already taken it) in your first quarter
• IS 300 and FIN 350 are good core to have early, because they are pre reqs for ACCTG courses
• Many accounting students take 225 credits for CPA eligibility, meaning a 5th year is common

ENTREPRENEURSHIP
• ENTRE 370 is a good class to take early to see if you like this field, it is also a pre req for ENTRE 472 and ENTRE 473.
• MKTG 301, FIN 350 and BECON 300 are good core classes to take early as they are pre reqs for ENTRE 455 and ENTRE 457

FINANCE
• FIN 350 and BECON 300 should be taken early (first and second quarter) as they are pre reqs for all of your upper division FIN and BECON courses

HUMAN RESOURCES MANAGEMENT
• MGMT 300 should be taken as early as possible, as it is recommended for other coursework
• MGMT 311, 411 and 412 are each offered once a year in sequence, Autumn, Winter and Spring

INFORMATION SYSTEMS:
• IS 300 and OPMGT 301 should be taken early as possible to unlock IS courses.
• Certain IS courses are sequential. It is important to check the pre-reqs and forecast often

MARKETING
• MKTG 301 should be taken as early as possible, which unlocks all other MKTG courses
• MKTG 450 and 460 are required, and should be taken earlier rather than later

OPERATION AND SUPPLY CHAIN MANAGEMENT
• IS 300 and OPMGT 301 should be taken early to unlock OPMGT, IS and QMETH courses.
• QMETH 450 is a recommended first class.
• OPMGT electives are not offered every quarter, so check the forecast and pre-reqs regularly
CAREER READINESS
Below are skills employers seek in new graduates:

MANAGE SELF
• Initiative
• Accountability
• Adaptability

PRODUCE RESULTS
• Critical Thinking
• Problem Solving
• Evaluate & Improve

ENGAGE OTHERS
• Honoring Diverse Perspectives
• Communication
• Collaboration

Place a + next to skills that are strengths of yours.
Place a — next to skills you view as areas in need of improvement.

Identify two things you can do to enhance your skills in order to be career ready by the time you graduate.
1.

2.

NAVIGATING CAMPUS RESOURCES

Academic Integrity:
How would you define academic integrity to another person?
Prioritizing your health is the first step you can take to succeed at the University of Washington.

How much sleep do you need to feel rested?

How do you like to stay active? Walking, running, gym, weights, hiking, etc.

How do you relax after a stressful day?

Who would you reach out to if you were having problems with a friend, roommate, or significant other? Why did you pick that person?

How have you navigated conflict in relationships/promoted healthy relationships in college?

How would you explain consent to another person?

What are some strategies to reduce the risks of alcohol consumption and stay safe while drinking?

What would you do if you were concerned about the mental health of a friend?

What does it look like for you to receive or give support when you or a friend are struggling?

Health is holistic. It’s emotional, social, and physical. Be sure to take time for your wellbeing & remember that you are not alone. There are lots of people and resources here to help you be a Healthy Husky.

Refer to p. 35 in the Husky Guide for more information about Health & Wellness resources.
## Time Management

<table>
<thead>
<tr>
<th>Time</th>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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## Responsibilities

<table>
<thead>
<tr>
<th>Responsibilities</th>
<th>Weekly Time Commitment</th>
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</thead>
<tbody>
<tr>
<td>Class 1</td>
<td>( \text{Credit hours in class} \times 2 \text{ hours study} = )</td>
</tr>
<tr>
<td>Class 2</td>
<td>( \text{Credit hours in class} \times 2 \text{ hours study} = )</td>
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<tr>
<td>Class 3</td>
<td>( \text{Credit hours in class} \times 2 \text{ hours study} = )</td>
</tr>
<tr>
<td>Class 4</td>
<td>( \text{Credit hours in class} \times 2 \text{ hours study} = )</td>
</tr>
<tr>
<td>Sleep</td>
<td></td>
</tr>
<tr>
<td>Personal Hygiene</td>
<td></td>
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<tr>
<td>Meals</td>
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<tr>
<td>Commute</td>
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<tr>
<td>Employment</td>
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<tr>
<td>Campus/Community Involvement</td>
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<tr>
<td>Friends/Family</td>
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<tr>
<td>Physical Fitness</td>
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<tr>
<td>Spiritual Practice</td>
<td></td>
</tr>
</tbody>
</table>
Build Your UW Web of Support
Use this space below to identify at least 2 resources you plan to engage with during your first-year and why they are important to your success.

ACADEMIC SUPPORT PROGRAMS

Academic Support Programs
academicsupport.washington.edu

TIP TO STAY ON TOP OF DUE DATES

HANNA DINH
Husky 100 Recipient

"Plan ahead by working backwards from your due dates in setting milestones for yourself. Examples include setting multiple reminders or assigning tasks to specific dates leading up to the final due date."
Every person on campus has their own way of studying. Sometimes what worked in high school maybe doesn’t work in college. If that feels like you, UW has resources for that. Check out Academic Support Programs in Mary Gates Hall. Go in for tutoring, workshops and even writing help.

webster.uaa.washington.edu/asp/website/
ACADEMIC ADVISING

As an undergraduate student, you’re expected to meet with your academic advisers and career coaches regularly, to ask questions and explore your resources. Your advisers are here to work with you to help you understand your degree requirements and discover ways to enhance your academic experience.

ACS: ACADEMIC COUNSELING SERVICES

As part of the Office of Minority Affairs & Diversity (OMA&D), ACS is dedicated to supporting academic excellence and undergraduate student achievement. Each ACS program offers one-on-one advising and assistance to students from economically disadvantaged families, students who will be the first in their family to graduate from a four-year college and underrepresented minority students.

dep.ts.washington.edu/omadcs

EOP: Educational Opportunity Program

The EOP advising team is trained to guide students through the process of selecting and registering for classes, exploring possible majors and setting career goals. EOP advisers also assist with financial aid, housing, personal matters and a variety of other topic areas. Both pre-major and major enrolled students utilize EOP advising.

CAMP: College Assistance Migrant Program

CAMP is a federally funded program designed to assist first year students from migrant and seasonal farm working families. The CAMP team provides academic and personal support, financial assistance, peer mentoring and leadership opportunities.

Champions Program

The Champions program focuses on academic success of youth and alumni of foster care. By providing one-on-one support, community-building activities and educational advocacy to students, the Champions program seeks to prepare students for lifelong achievement after graduation.

TRIO SSS: TRIO Student Support Services

TRIO SSS provides holistic and comprehensive advising and instruction, in order to support economically eligible and first generation to college students at the University of Washington. Eligible students participate in classes, workshops and activities designed to promote the successful pursuit of their academic, professional and personal goals.
COLLEGE OF ENGINEERING ADVISING
The mission of the engineering advising team is to create opportunities for engineering exploration, to foster intentional community and to empower students to make thoughtful decisions to maximize their experience at the University of Washington. Engineering Undeclared students will have an assigned engineering adviser who will partner with them to explore their interests in engineering and develop a holistic educational plan.

FOSTER SCHOOL OF BUSINESS ADVISING
Academic advisers in the Foster School of Business are here to help students understand and access campus resources, create short-term and long-term goals, discuss studying abroad and serve as the first point of contact for registration issues or academic concerns.

HONORS PROGRAM
The advising team in Honors aims to serve students from before the point of admission until graduation and beyond. From connecting with families early and explaining the range of opportunities at UW and in Honors, to helping individual students with problem solving and planning, we ultimately serve as educators who create opportunities that foster student growth, positive development and opportunities for leadership and teach students to find meaning in their individual pathway at UW. Visit honors.uw.edu.

Interdisciplinary and Departmental Honors Programs
Students may enter the Interdisciplinary Honors Program through first year, second year, or transfer admission. Departmental Honors is another pathway in Honors once students are in their major and can be explored by visiting the website of your major(s) of interest. A student that completes both Interdisciplinary Honors and Departmental Honors will receive College Honors at graduation. For more information about accessing Honors Program Advising, visit honors.uw.edu/advising.

SAAS: STUDENT ATHLETE ACADEMIC SERVICES
The primary goal of SAAS is to help student athletes reach their academic goals. SAAS staff work closely with faculty, coaches, student services professionals and administrators to help student athletes balance the demands of academics and athletics. SAAS offers advising and tutoring to student athletes and encourages utilizing campus resources.

UAA ADVISING: UNDERGRADUATE ACADEMIC AFFAIRS ADVISING
Drawing from programs and opportunities across the entire University, UAA advisers help students plan and shape their undergraduate career. In addition to helping students choose their majors and plan their course schedules, advisers will work with students to help clarify their academic and personal goals. UAA advisers will help students critically think about their education and explore a diverse range of perspectives.
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 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
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](http://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](http://Notify.uw))

**REGISTRATION**

You can access the Registration page directly by viewing the registration card or accessing the quick links from MyUW ([my.uw.edu](http://my.uw.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)
ACADEMIC RESOURCES

Academic Support Programs creates transformative educational experiences to help undergraduates thrive academically at the University of Washington. Committed to a diverse and inclusive university, we develop varied models of support to help all our students succeed.

ASP: ACADEMIC SUPPORT PROGRAMS

depts.washington.edu/aspuw

ASP provides support for all UW undergraduates. ASP supports students with their transition into college life through:

STUDY CENTERS
Informal study spaces for certain subject areas. Can include computers and support from peer or Teaching Assistants.

TUTORING
Drop-in support for specific courses or subject by paid peer tutors.

ADVISING
University staff who provide individual support for academic classes, major selection, career exploration and more.

WRITING CENTERS
Locations where students can receive individual support at any stage of the writing process including technical and career writing.

STUDY ABROAD

More than 2,500 students study abroad each year on a wide range of UW programs, international exchanges, UW partner programs and internship opportunities. Programs range from 10 days to one year. Scholarships and financial aid available! Drop-in advising every weekday.

washington.edu/studyabroad

CAREER & INTERNSHIP CENTER

The Career & Internship Center works with students to connect their academics and extracurricular activities with future plans. The center hosts workshops on internship and job search strategies, provides short videos on resume and cover letter writing, and facilitates opportunities for students to connect with employers.

careers.uw.edu

ACTION STEPS

1. Visit careers.uw.edu/level-up-build-skills-employers-want to learn what skills employers seek and how you can develop them at UW.
2. Assess your interests, values, and workplace preferences and learn how they connect to careers and majors at uw.pathwayu.com
3. Join an Interest Community at careers.uw.edu/find-your-community to view articles, alumni stories, videos, and internship postings related to 7 interest areas. We also have an I’m Not Sure community!
4. Create your profile on Handshake at uw.joinhandshake.com. You can look for jobs and internships, learn about career events, and schedule career coaching appointments.
RESEARCH IN EXPD

The Center for Experiential Learning & Diversity (EXPD) assists students to extend their undergraduate experience beyond the classroom through community engagement, undergraduate research and scholarship opportunities. Connect with us to learn how undergraduates in all disciplines can get involved in faculty-mentored undergraduate research experiences.

expd.uw.edu

LIBRARIES

The UW has 16 libraries, each offering specialized materials, expert librarians, and unique study spaces.

Odegaard Library is designed specifically for undergraduate students. Odegaard, with its open floor plan, flexible furniture, abundance of white boards and computers, and undergrad-friendly hours (open 24 hours a day, 5 days a week!), is a safe place to study in groups or alone. Students can reserve study rooms and booths, use technology (PC and Mac computers, printers, scanners, software) in the Learning Commons, get tech help at the Help Desk, or meet with a librarian or writing tutor in the Odegaard Writing & Research Center for free, personalized writing and research help.

Resources available on lib.washington.edu:

- Research databases, online books and peer-reviewed journals
- Research Guides and librarians for every subject taught at the UW
- Study room reservations
- Library job postings for students

Textbooks for many courses can be checked out from several libraries. Visit lib.washington.edu/types/course

SCOUT

Scout helps you find campus study spaces, campus food and tech items. Find:

- Study spaces filtered by criteria such as lighting, ambient noise, proximity to food and coffee and availability of amenities such as printers, white-boards, outlets, etc.
- Campus food locations, including cafe, market and restaurants and filter by cuisine, location or type of food.
- Tech items, such as tablets, digital cameras, digital video cameras, laptops, data projectors.

scout.uw.edu

Ronald E. McNair Program, a TRIO Program, prepares students for doctoral (Ph.D.) study who are from low-income and first-generation or underrepresented backgrounds and whose goals are to teach and conduct research.

EIP: Early Identification Program encourages and assists undergraduate students from educationally and economically disadvantaged backgrounds to pursue graduate or professional school.

URP: Undergraduate Research Program assists students in all disciplines with planning for an undergraduate research experience, identifying faculty mentors and projects, defining research goals, presenting and publishing research findings and seeking funding to support student researchers.

Search the Undergraduate Research Database: washington.edu/undergradresearch

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scout.uw.edu
FIRST-YEAR INTEREST GROUPS
SUCCESS BEGINS IN THE FIRST QUARTER!

FIGs are a great opportunity to get connected to campus while exploring some of the University’s most popular courses and fulfilling General Education requirements.

fyp.washington.edu/figs

FIG CLASS COMBINATIONS
All FIGs include General Studies 199: University Community. FIGs are flexible: GEN ST 199 can be taken on its own or clustered with 1 or 2 courses.

TOP 3 REASONS TO TAKE A FIG
1. Make Friends
2. Build Academic Community
3. Find a Mentor

KEILYN KAWAKAMI
2017-2019 FIG LEADER

Students should join a FIG in order to build a community with their peers, gain a strong mentorship from an upperclassman, and learn tips on how to be a successful college student. I enjoyed taking a FIG and teaching a FIG because I learned so many skills that were applicable to my college experience.
KNOW THE LINGO
Common UW Acronyms

A&O  Advising & Orientation
A&S  College of Arts & Sciences
ASP  Academic Support Programs
ASUW Associated Students of the University of Washington
CAMP College Assistance Migrant Program
CIRCLE Center for International Relations and Cultural Leadership Exchange
CLUE Center for Learning and Undergraduate Enrichment
CTC  Commuter and Transfer Commons
DRS  Disability Resources for Students
ECC  Ethnic Cultural Center
E-FIG Engineering First-year Interest Group
EFS  Early Fall Start
EOP  Educational Opportunity Program
EPE  Engineering Peer Educator
EXPD  Center for Experiential Learning and Diversity
FAFSA Free Application for Federal Student Aid
FIG  First-year Interest Group
FIUTS Foundation for International Understanding Through Students
FYP  First Year Programs
HFS  Housing & Food Services
HLI  Husky Leadership Initiative
HUB  Husky Union Building
I&S  Individuals & Societies
ISS  International Student Services
IC  Instructional Center
IFC  Interfraternity Council
IMA  Intramural Activities Building
MGC  Multicultural Greek Council
NPHC National Pan-Hellenic Council
NSEOF New Student Enrollment and Orientation Fee
NW  Natural World

OGR  Office of Government Relations
OL  Orientation Leader
OMA&D  Office of Minority Affairs & Diversity
OFSL  Office of Fraternity and Sorority Life
OSFA  Office of Student Financial Aid
OSVL  Office of Student Veteran Life
PFP  Parent and Family Programs
PHA  Panhellenic Association
QSR  Quantitative and Symbolic Reasoning
RA  Residential Adviser
ROTC  Reserve Officers Training Corps
RSO  Registered Student Organization
SAF  Services & Activities Fee
SAO  Student Activities Office
SEVIS  Student and Exchange Visitor Information System
PHE  Peer Health Educator
SFC  Student Food Cooperative
SFS  Student Fiscal Services
SLN  Schedule Line Number
SORC  Student Organization Resource Center
SPD  Seattle Police Department
STF  Student Technology Fee
TA  Teaching Assistant
T-FIG  Transfer First-year Interest Group
TRIO  Federal programs designed to identify and provide services for individuals from disadvantaged backgrounds.
UAA  Undergraduate Academic Affairs
UW  University of Washington or "U Dub"
UWL  UW Leaders
UWPD  UW Police Department
VLPA  Visual, Literary and Performing Arts
WAC  Waterfront Activities Center
We believe students from all economic backgrounds should have the opportunity to attend the UW. Finances should not be a barrier to getting a world-class education. Look over these pages to explore the many scholarship, grant, loan and work-study options available that help make paying for college as affordable as possible.
“The advisers in the Office of Merit Scholarships located in MGH 131 truly want to help you out. I spent many hours working with them on applications and also was able to apply to merit scholarships that I did not know about.”

MITALI PALEKAR
COMPUTER SCIENCE | ’19
WHEN IS TUITION DUE?
Payments must be received by Student Fiscal Services no later than the tuition due date. Go to fyp.washington.edu/hgdates for other important add/drop dates.

On the 3rd Friday of the Quarter:

**OCT** 16, 2020

**JAN** 22, 2021

**APR** 16, 2021

FINANCIAL AID

Funding a college education takes careful planning and often requires using a variety of financial resources. We’re here to help you determine whether you qualify for aid, assist you in applying for aid and, finally, make sure you receive it.

DO YOU NEED A JOB?
Explore the websites below and start your search early.
Handshake: uw.joinhandshake.com/login
Work Study Positions: fyp.washington.edu/hqworkstudy

DID YOU KNOW?
UW students can apply for funds to cover the cost of licensed childcare for their children (ages birth – 12 years old) while enrolled in an eligible program of study.
Learn more fyp.washington.edu/hgchildcare

IDANIS CRUZ
PUBLIC HEALTH-GLOBAL HEALTH | '19
"Working on campus was great, my supervisors were very encouraging of my school work and gave me the support and flexibility I needed to succeed in my academics".

OCT 16, 2020

JAN 22, 2021

APR 16, 2021
RESOURCES

SFS: STUDENT FISCAL SERVICES
SFS handles student billing, disbursement of financial aid, scholarships, GET/Dream Ahead funds and all other types of tuition payments. Visit their website at finance.uw.edu/sfs/home to sign up for direct deposit, set up Info Release for parents/third party, change your address, find out the safest/fastest way to pay the tuition bill via webcheck/online bank payment, or contact the office with any questions.

OSFA: OFFICE OF STUDENT FINANCIAL AID
OSFA administers student grants, scholarships, loans and work study opportunities. Each year about 55% of undergraduates receive approximately $425 million in financial aid — of which $290 million is scholarship and grant funds. We have a wide array of federal, state and institutional financial aid programs to help students at all economic levels pay for their education. finaid.uw.edu

VEBO: VETERAN EDUCATION BENEFITS OFFICE
VEBO provides students with information about Veteran Affairs educational benefits, certifies GI Bill benefits and answers questions about financial aid. We can help current service members, veterans and their families navigate through the different benefit options to help pay for their education. veteran.uw.edu

ROTC: RESERVE OFFICERS’ TRAINING CORPS
The Reserve Officers’ Training Corps (ROTC) offers merit-based scholarships that cover full tuition, a book allowance and monthly stipend. armyrotc.uw.edu / afrotc.uw.edu / nrotc@washington.edu

SCHOLARSHIPS WITH EXPD

UW students are competitive for scholarships supporting a wide range of pursuits: academic, creative, community service, leadership, research and more. Take advantage of scholarship advising, workshops, events and scholarship search resources.

Mary Gates Endowment for Students provides scholarships to help students become independent learners and community leaders, encouraging students’ development of creative, courageous activities. Apply for Leadership and Research Scholarships in fall and winter; apply for CoMotion Mary Gates Innovation Summer Program in spring. expd.uw.edu/mge/

OMSFA: Office of Merit Scholarships, Fellowships and Awards
Connect with OMSFA to learn about scholarships that can support your goals, get advice in building your candidacy, and get support in crafting competitive applications for UW, local, national and international scholarships. expd.uw.edu/scholarships
AID PROGRAMS FOR FIRST-YEAR STUDENTS

While the thought of paying for school at UW may be stressful, there is financial aid available to help with your educational and living expenses.

HUSKY PROMISE
The Husky Promise guarantees full tuition and standard fees will be covered by grant or scholarship support for eligible Washington state students. Your tuition will be covered first by your federal and state grants — like the Pell Grant or Washington College Grant. If your eligibility for these programs does not equal the full cost of your tuition, the UW will make up the difference with institutional grants or scholarships up to your need. Most Husky Promise students also receive grant support to help with living expenses. washington.edu/huskypromise

TYPES OF AID
• Grants and scholarships are two types of aid you do not have to pay back, and are generally awarded to students based on financial need and/or merit.
• Work-study is an opportunity for students to work part-time and earn a paycheck to help cover expenses, while earning experience in a professional environment. Work-study must be awarded to you as part of your financial aid package, but non-work-study job opportunities are available too, both on and off-campus.
• Loans must be paid back after you graduate or are enrolled less than half-time.

EMERGENCY AID
Emergency aid is available for the unpredictable, unexpected costs that cause significant stress and impact academic success and personal well being. washington.edu/emergencyaid

ANY HUNGRY HUSKY
RESOURCES FOR WHEN YOU NEED A LITTLE EXTRA HELP FILLING YOUR PLATE.
• UW Food Pantry: Provides students who experience food insecurity access to shelf-stable food, fresh produce, and read-to-eat items at no cost - just bring your Husky ID.
• Financial Aid Food Security Grant: Through the Office of Student Financial Aid, students can apply for a $100 grant that goes directly on their Husky card and can be used to purchase food at any on-campus vendor.
• Get Involved: There are plenty of ways to get involved, whether through volunteering, donating, or helping promote the services of Any Hungry Husky.

Food Insecurity
When a person is in a position where they are sacrificing food in order to address other life needs.

15–25% of students experience food insecurity at some point during college.
COMMON STUDENT LOAN QUESTIONS

1 I'M UNSURE IF I'LL GET A GOOD JOB AFTER I GRADUATE. WHAT IF I DON'T MAKE ENOUGH MONEY FOR LOAN REPAYMENT?
UW students are some of the most employable graduates in the state of Washington. Federal loans have a number of repayment options, including an income-based repayment plan. Income-based repayment ensures that your required monthly payment will not be more than 10% of your discretionary income.

2 HOW MUCH WILL I NEED TO BORROW?
That depends on how long it takes to complete your degree, your eligibility for other aid besides loans, and your personal spending habits. For those students who borrowed at the UW campuses, last year’s graduating class left with about $21,980 in cumulative average loan debt. This is below the national average borrowed at public schools of $26,900.

3 I'M AFRAID MY LOANS WILL GO INTO DEFAULT IF I CAN'T PAY THEM OFF.
Loan default rates for students at the UW are actually quite low. Compared to a national rate of 10.1%, UW students have a default rate of only 2.2%.

4 WHY DO I NEED LOANS? CAN'T I JUST USE OTHER FORMS OF AID?
Of course, loans should be your last resort for paying for school. We do not have enough funds to award you all grants so we end up awarding some loans to help you meet your financial need. We encourage students to fully utilize grants, scholarships and employment wages before considering loans. However, if you do need to fill a financial gap, you can decide how much or how little you want to borrow in loans. You can always repay your loans early, too, without penalty.

TO BE CONSIDERED FOR FINANCIAL AID

• Complete the Free Application for Federal Student Aid (FAFSA). For the best aid, meet our priority filing date of January 15 each year. You can apply after January 15 and some types of aid are still available.

• If you are ineligible to complete the FAFSA, you may be able to complete the Washington Application for State Financial Aid (WASFA) instead.

• Once awarded aid, you will be sent an email to your UW email to view your award online at MyUW.

• More information can be found on the UW Financial Aid website.
finaid.uw.edu

25,500+
UNDERGRADUATE STUDENTS RECEIVED SOME FORM OF AID

TOTAL AID RECEIVED
$425,000,000+
SCHOLARSHIPS: 14%
GRANTS: 55%
LOANS 30%
WORK STUDY: 1%
UW Recreation is home to unparalleled facilities, including the Intramural Activities Building (IMA), Waterfront Activities Center, the Golf Range, and the historic ASUW Shell House. Students enjoy renting boats, swimming, taking exercise and mindfulness classes, working out, participating in intramural sports and clubs, rock climbing, and going on UWild adventures with us. Our expert, knowledgeable staff offer guidance in outdoor trip planning, personal training, nutrition, setting fitness goals, and much more.

Find us at: washington.edu/ima/
HEALTH INSURANCE CHECKLIST

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.

STUDENT ACTION ITEMS | BEFORE YOUR FIRST QUARTER: | PARENT / FAMILY 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 hhpcweb@uw.edu
If you do not have adequate health insurance coverage or if you have questions about health insurance.

☐ 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.
# 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.

<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Health Insurance Company:</strong></td>
<td></td>
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<tr>
<td><strong>Telephone Number:</strong></td>
<td></td>
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<tr>
<td><strong>Date of Call:</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Name of Health Insurance Company Representative:</strong></td>
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<tr>
<td><strong>Does my health insurance plan provide coverage in the Seattle, WA area?</strong></td>
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<tr>
<td><strong>Are Hall Health Center &amp; UW Medical Clinics contracted with my insurance?</strong></td>
<td></td>
</tr>
<tr>
<td>Tax ID number: 91-1220843 or Dr. Bill Neighbor, NPI: 1265518989</td>
<td></td>
</tr>
<tr>
<td><strong>Are the Hall Health Center Pharmacy &amp; Lab contracted with my insurance?</strong></td>
<td></td>
</tr>
<tr>
<td>Tax ID number: 91-6001537</td>
<td></td>
</tr>
<tr>
<td><strong>Do I have a deductible?</strong></td>
<td></td>
</tr>
<tr>
<td>If so, how much and for which services?</td>
<td></td>
</tr>
<tr>
<td><strong>Do I have to pay co-insurance (% of cost of care)?</strong></td>
<td></td>
</tr>
<tr>
<td>If so, how much?</td>
<td></td>
</tr>
<tr>
<td><strong>What is the maximum out-of-pocket cost I would pay each year?</strong></td>
<td></td>
</tr>
<tr>
<td><strong>What are my copays (flat fee costs) for prescription medicine?</strong></td>
<td></td>
</tr>
<tr>
<td><strong>What are my copays (flat fee costs) for appointments?</strong></td>
<td></td>
</tr>
<tr>
<td><strong>What are my outpatient mental health benefits?</strong></td>
<td></td>
</tr>
<tr>
<td>What portion of the cost must I pay?</td>
<td></td>
</tr>
<tr>
<td><strong>Is intensive or outpatient mental health treatment covered?</strong></td>
<td></td>
</tr>
<tr>
<td>What portion of the cost must I pay?</td>
<td></td>
</tr>
<tr>
<td><strong>Do I need prior authorization or a referral for any services?</strong></td>
<td></td>
</tr>
<tr>
<td><strong>What is my dental coverage?</strong></td>
<td></td>
</tr>
<tr>
<td><strong>What is my vision coverage?</strong></td>
<td></td>
</tr>
</tbody>
</table>
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
CARING FOR YOUR WELL-BEING

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.washington.edu

COUNSELING CENTER

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

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.

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.

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
HOW TO BE A HEALTHY HUSKY

This is your Wellness Wheel. It is 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 a 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 lives 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 around 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](http://livewell.uw.edu)

**STUDENT COACHING + CARE** supports students who may be struggling and in need of multiple resources. [lwcare@uw.edu](mailto: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](mailto: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](mailto: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 facilitate educational workshops for the campus community on topics such as: stress management, mental & emotional health, alcohol & cannabis, sleep quality, relationships, and gratitude.
The University of Washington Police Department (UWPD) serves and protects over 68,000 students, staff, faculty and visitors 24 hours per day, 365 days per year.

We actively collaborate with our community to create a safe and secure campus through education, problem solving and enforcement. Through innovative practices, continuing training and partnerships we provide professional public safety services and maintain an environment that supports the well-being of our students, staff, faculty and visitors.

We are here if you need us, but safety starts with YOU!

SAFETY RESOURCES

- Register your bike and electronics police.uw.edu/loveyourstuff
- Rape Aggression Defense (RAD) Training police.uw.edu/services/rad
- Husky NightWalk and NightRide Shuttle Services police.uw.edu/aboutus/divisions/security/safety_escort
- The Jeanne Clery Act police.uw.edu/crimedata/securityreport

For more information, visit police.uw.edu or contact the Community Engagement Unit at engagepd@uw.edu
**UW ALERT**

Information on emergency situations, critical incidents and alerts are available at the following places:

- UW Alert Blog [emergency.uw.edu](http://emergency.uw.edu)
- UW Information line [206.UWS.INFO](http://206.UWS.INFO)
- Facebook & Twitter [@UWalert](http://Twitter/@UWalert)

**DOWNLOAD THE UW SAFETY APP**

SafeZone® uses the latest technology to put safety in the hands of the UW community by giving you direct access to the fastest safety assistance wherever you are. The app is available for all UW students, faculty and staff.

**MARIJUANA ON CAMPUS**

In 2012, Washington State voters passed a law making it legal for adults over 21 years of age to possess and use small amounts of marijuana.

Marijuana – including medical marijuana – use by UW students, employees or the general public is not allowed anywhere on the UW campus, including in residence halls. Even though legal in Washington State, marijuana is still illegal under federal law.

Because marijuana is still illegal under federal law, there can be **harsh legal consequences for international students who use marijuana**, including deportation and being permanently banned from entry to the USA.

[fyp.washington.edu/hqmarijuana](http://fyp.washington.edu/hqmarijuana)

**REGISTER YOUR VALUABLES**

Property theft is a serious crime on college campuses. Avoid stress and get peace of mind by registering your bicycle and electronic devices for free. 5 minutes is all it takes to help combat property theft.

[police.uw.edu/loveyourstuff](http://police.uw.edu/loveyourstuff)
“Dawg Daze was my time to explore campus, meet new people, and find involvement opportunities. Since it takes place before the start of the school year, I could have fun and just relax! I can’t think of a better time to be a college student than during Dawg Daze!”
DAWG DAZE

Each autumn, the UW campus begins the quarter with Dawg Daze, a week of welcome designed to help new and returning students connect with the campus, explore opportunities, and get involved with programs and services that relate to their interests.
Our goal is to support you and provide you with the tools to succeed at the UW. Keep the following information handy as it will help you navigate the on campus living experience!

### Important Dates

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aug. 31, 2020</td>
<td>Fall quarter dining account level change deadline</td>
</tr>
<tr>
<td>Sept. 23, 2020</td>
<td>Fall quarter dining funds available</td>
</tr>
<tr>
<td>Oct. 31, 2020</td>
<td>Agreement termination notice deadline for winter quarter</td>
</tr>
<tr>
<td>Nov. 30, 2020</td>
<td>Winter quarter dining account level change deadline</td>
</tr>
<tr>
<td>Jan. 2, 2021</td>
<td>Winter quarter dining funds available</td>
</tr>
<tr>
<td>Jan. 31, 2021</td>
<td>Agreement termination notice deadline for spring quarter</td>
</tr>
<tr>
<td>Feb. 28, 2021</td>
<td>Spring quarter dining account level change deadline</td>
</tr>
<tr>
<td>Mar. 28, 2021</td>
<td>Spring quarter dining funds available</td>
</tr>
<tr>
<td>Apr. 2021</td>
<td>2020–21 returning resident application period</td>
</tr>
<tr>
<td>Jun. 12, 2021</td>
<td>Any money remaining in your dining account is forfeited</td>
</tr>
</tbody>
</table>

More at [hfs.uw.edu/housing](http://hfs.uw.edu/housing)

### Move-In/Move-Out Dates

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 13, 2020</td>
<td>12-month apartment move-in</td>
</tr>
<tr>
<td>Sept. 24–25, 2020</td>
<td>Residence hall move-in</td>
</tr>
<tr>
<td>Dec. 19, 2020 at 12 noon</td>
<td>Residence halls close for winter break</td>
</tr>
<tr>
<td>Jan. 2, 2021 at 12 noon</td>
<td>Residence halls reopen for winter quarter</td>
</tr>
<tr>
<td>Jun. 12, 2021 at 12 noon</td>
<td>Residence halls close for the summer</td>
</tr>
<tr>
<td>Aug. 21, 2021 at 12 noon</td>
<td>12-month apartment move-out</td>
</tr>
</tbody>
</table>

### Payment Due Dates

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct. 16, 2020</td>
<td>Residence hall fall quarter charges due</td>
</tr>
<tr>
<td>Jan. 22, 2021</td>
<td>Residence hall winter quarter charges due</td>
</tr>
<tr>
<td>Apr. 16, 2021</td>
<td>Residence hall spring quarter charges due</td>
</tr>
</tbody>
</table>

LEXI

“I liked living on campus because HFS offers so many programs to get you involved, like movie nights or crafting. You don’t have the same struggles as a commuter and it is way less stressful living on campus. There are so many benefits”

JAH’LIL

“Living on campus gives you a better sense of community. I have friends that don’t live on campus and they don’t feel as connected. I live in McMahon and if you vibe with your cluster, it’s like 7-8 instant friends!”

ESTEY

“I live in the Honor’s LLC in Terry Hall. It is great living with like-minded people, some of us even have classes together. Also, living on campus and close to Local Point really makes things easier for me.”
FRATERNITY AND SORORITY LIFE

The fraternity and sorority community is comprised of 65+ chapters with over 5,000 lifetime members. Fraternities and sororities, or Greek-letter organizations, appeal to students with a variety of interests and values, including culturally based organizations, organizations that offer residential experiences, and organizations affiliated with large networks of alumni and members around the world. While each organization is unique, all fraternities and sororities are grounded in four core values:

1. **Friendship** – Joining a fraternity or sorority gives you a smaller network within a large institution where you can foster friendships based on common interests and values.

2. **Scholarship** – Members value academic performance and, on average, outperform their non-affiliated peers. Having members of all class standings and majors helps support the academic success of young members.

3. **Leadership** – All organizations are self-governing, meaning that students instantly have the opportunity to be involved in meaningful leadership roles and build skills that are transferable to their academic, campus, and professional pursuits.

4. **Philanthropy & Service** – All organizations partner with local and/or national charitable organizations where they volunteer their time and organize activities to raise money.

Fraternities and sororities are organized into one of four councils. Visit each council’s website to learn more about joining an organization. HUB 236 or 206.543.1800 or washington.edu/ofsl

**IFC: INTERFRATERNITY COUNCIL**

IFC fraternities recruit year round, but most predominantly in the summer. Men can join through informal recruitment all summer long, or through one of our Recruitment Weeks, July 9-13 or August 20-24, which requires registration to participate. Through this process, men will have an opportunity to meet and learn about each of our IFC fraternities, to determine where they feel the greatest fit! Visit uwifc.com or email ifcjoin@uw.edu

**PHA: PANHELLENIC ASSOCIATION**

Panhellenic sororities host a week-long formal recruitment process September 6-14. Formal recruitment is intended to give participants the chance to meet different sororities and get an understanding of the membership, values, and traditions. Visit the PHA website to register by August 15. There are opportunities to join a limited number of organizations outside of formal recruitment.

**NPHC: NATIONAL PAN-HELLENIC COUNCIL**

Panhellenic sororities host a week long primary recruitment process, September 11-18. Primary recruitment is intended to give participants the chance to meet different sororities and get an understanding of the membership, values, and traditions. Visit the PHA website to register by August 15. There are opportunities to join a limited number or organizations outside of primary recruitment.

**MGC: MULTICULTURAL GREEK COUNCIL**

The MGC is made up of a number of different unhoused culturally-based fraternities and sororities. Membership in MGC organizations is open to students of all cultures and backgrounds. MGC chapters have varying recruitment periods. Students are encouraged to contact MGC organizations directly to learn more about individual recruitment processes and events hosted by organizations throughout the year.

Visit uwugc.org or mgc@uw.edu
HUSKY CARD

The Husky Card is the official identification card, for members of the UW community. The card is automatically linked to a reloadable debit account. Parents and friends can add money to the account online at any time.

Laundry Services
Students living in on-campus housing can use the Husky Card to pay for laundry in their residence hall laundry rooms. These machines only accept the Husky Card Account for payment.

Dining
Make purchases at any Housing & Food Services (HFS) restaurant, café, food truck, express market and espresso bar. Residence hall students have an additional account on their cards called the Dining Account, which can be used for purchasing food on campus.

Shopping
Purchase books, supplies and Husky gear at the University Book Store.

Dawg Prints
Print and copy at Dawg Prints stations across campus.

Parking Services
Get a discounted rate for carpool parking at eligible lots (if all passengers have a valid U-PASS).

U-PASS

All Seattle campus students automatically have a U-PASS activated on their Husky Card a week before the quarter starts. To finalize activation of your U-PASS, tap it on any bus or train card reader within 60 days. U-PASS membership benefits include:

- Unlimited rides on King County Metro, Community Transit, Pierce Transit, Kitsap Transit, Everett Transit and Sound Transit, including Link light rail and Sounder trains
- Full fare coverage on King County Water Taxis, Kitsap Fast Ferry
- Full fare coverage on Seattle Streetcar and Seattle Monorail
- Unlimited rides on NightRide, UW’s evening shuttle service
- Emergency Ride Home
- Carpool incentives
- Subsidized vanpool fare
- Discounted membership on carshare and bikeshare
- Deals and discounts at transportation-related businesses

COMMUTE OPTIONS

Need assistance with planning your commute? Transportation Services’ free Commute Options program is here to help you learn all about your commute options. Staff provide personalized support to help you create a plan that best fits your needs.

We suggest you contact Commute Options before the start of each quarter to make your first day of class as smooth as possible. transportation.uw.edu/commute-options | ucommute@uw.edu | shuttles@uw.edu

VALERIA CID GARZA
FYP STUDENT COORDINATOR FOR PROGRAMS

Having a Husky Card has provided me with so many benefits as a student at UW. There are many retail stores in University Village that give students discounts off of any purchase with a valid student ID. It’s important to carry with you at all times to claim the perks that come with being a college student.
SUPPORTING THE UW COMMUNITY FOR 120 YEARS.

Founded by students, for students, University Book Store is a for-profit trust serving University of Washington students, faculty, and staff. Our mission is to provide all students with easy and affordable access to the course materials they need.

Our Board of Directors always includes current UW students in order to make sure that evolving student needs direct our business.

When you shop at University Book Store, a portion of every purchase goes back to the UW community as donations, scholarships, discounts offered through The Pack Rewards™, and more.

WE OFFER THE FOLLOWING COURSE MATERIALS SERVICES:

- New & Used Versions
- Digital Editions
- Print & Digital Rentals
- Online Price Comparison
- Year-Round Sellback

@ubookstoreseattle  ubookstoresea • Show your Husky spirit with howihukey
JOIN THE PACK REWARDS™ AND START SAVING TODAY!

The Pack Rewards™ is University Book Store's instant rewards membership program, serving University of Washington students, faculty, and staff, plus UWAA and UWRA members.

Pack Members get several perks, including:

• 10% discount on all Husky merchandise and Books* every day, even on gameday!

• Exclusive promotions and savings, only for Pack Rewards members.

• Early access to limited edition and special products, author events, and more!

*Pack Rewards discount excludes textbooks and course materials, unless otherwise specified.
FIND YOUR PLACE

**HUB: HUSKY UNION BUILDING**
As UW’s student union, the HUB is your home for community, entertainment, and discovery. A space for you to connect, play, and grow. The HUB is a major performance and event venue, hosting student organization and department events throughout the year. The HUB is also home to a variety of student services, including the Student Activities Office, RSO Resource Center, HUB Games (bowling/pool/gaming), student government (ASUW/GPSS), and many others. Welcome home! [hub.washington.edu](http://hub.washington.edu)

**Q CENTER**
The Q is a fierce, primarily student run justice center dedicated to serving anyone with or without a gender and/or sexuality. For more information stop by the Husky Union Building (HUB), room 315. [gcenter.washington.edu](http://gcenter.washington.edu)

**OSVL: OFFICE OF STUDENT VETERAN LIFE**
OSVL is home to a staff of skilled military veterans who can help you navigate through the UW. From navigating campus locations to identifying student resources. [vetlife.washington.edu](http://vetlife.washington.edu)

**ECC: SAMUEL E. KELLY ETHNIC CULTURAL CENTER**
The Kelly ECC is a student cultural center dedicated to inclusive space and student leadership development. Home to over 100 multicultural registered student organizations, the ECC offers resources for student advising, co-curricular opportunities, and cultural enrichment. [depts.washington.edu/ecc](http://depts.washington.edu/ecc)

**ωʔəʔaltxʷ INTELLECTUAL HOUSE**
The Intellectual House provides a learning and gathering space where American Indian and Alaska Native students can come together in a supporting and welcoming environment. [washington.edu/diversity/tribal-relations/intellectual-house](http://washington.edu/diversity/tribal-relations/intellectual-house)
ASUW engages the campus community through programming, services and advocacy. Through advocating for policy change on our campus, programming educational and entertaining events, and funding student organizations on campus, ASUW strives to enrich student life and develop future leaders.

If you are interested in getting involved throughout the year, seek out an ASUW internship, run for an elected position, or apply to one of our 60 paid job opportunities.

asuw.org | HUB 121

ASSOCIATED STUDENTS OF THE UNIVERSITY OF WASHINGTON

REPORT INCIDENTS OF BIAS
A bias incident is any discrimination or harassment against a member of the University community based on perception of race, color, creed, religion, national origin, citizenship, sex, pregnancy, age, marital status, sexual orientation, gender identity or expression, genetic information, disability or veteran status.

If you encounter or suspect incidents of bias, you are encouraged to file a report, which will be reviewed by the UW's Bias Incident Advisory Committee. washington.edu/bias

WHY GET INVOLVED?

COMMUNITY
Strengthen your community involvement and networks in and out of your academic fields.

EXPERIENCE
Leadership, programming and management are just a few of the skills you'll be able to add to your resume.

OUTLET
A fun and productive outlet to take a break.

You're a student now, but you'll be a Husky for life and when you graduate, you'll join an impressive network of more than 500,000 UW alumni. They'll be there to help then and they are here to help now.

Every year, UWAA sponsors campus activities, mentoring connections and scholarship programs designed to bring students and alumni together. Thinking about jobs after graduation? Our signature Huskies@Work and Career Trek programs make career exploration easy.

The UW Alumni Association can help strengthen your Husky experience – from day one to graduation and beyond.

Be curious. Be connected. Be involved.
UWalum.com/future-alumni
UW Recycling provides innovative recycling, composting and waste reduction solutions with unmatched passion for the health of our campus and our planet. We support a sustainable campus by promoting personal environmental responsibility and actions that minimize waste and maximize recycling. The UW Sustainability Action Plan has a goal to reduce the amount of material sent to the landfill by 10% by 2025. About 62% of what UW sends to the landfill is compostable or recyclable so it’s within our reach! Our team is happy to assist with your recycling needs and questions. Contact our team at recycle@uw.edu or visit facilities.uw.edu/catalog/disposal-guide to see our recycling disposal guide.

WASTE DIVERSION AT UW

-55%

The amount of material the UW sent to the landfill in 2019 decreased by 55% compared to 2004.

What’s compost?
Composting turns food waste, food-soiled paper products and compostable serviceware into nutrients for new plants to grow.

Empty Clean & Dry
We work with UW Surplus, a campus store to recycle, reuse and repurpose items purchased by the UW. Students can purchase items here as well!

Volunteer with us!
We have opportunities throughout the year.

The UW generates 12,000 tons of waste & recycling annually.

Sorting your waste
Look for our posters that show which items go in which bins!
FIRST GEN AT UW

Are you the first one in your family to go to college? Did you know that nearly 32 percent of undergraduate students enrolled across our three UW campuses are first-generation students? We are here to support you and help you find community at UW. Here are a couple of tips to start you off!

1. Opt-in for the First-Gen updates list. This list will allow you to stay informed about first-gen specific events and resources. Didn’t opt-in when making your reservation for A&O? Visit fyp.washington.edu/hgfirstgenlist subscribe to the list.
2. Going to college as a first-generation student is a big accomplishment! Mark your calendar for National First-Gen Celebration Day on November 8, 2020!

Tips from current UW first-gen students:

- Talk to your adviser, especially during your first quarter. Share with them that you are first-gen and don’t be afraid to ask questions.
- Don’t be afraid to ask questions of your professors and teaching assistants. Being proactive can help you feel less intimidated and overwhelmed.
- Research and know your resources. UW has resources for so many things -- and a lot of them are here in this Husky Guide -- but they can pass you by if you don’t look for them.

SLS STUDENT LEGAL SERVICES

Students can receive free legal consultations and low-cost representation on campus.

SLS can answer questions about:

- Rental Agreements/Leases
- Protection Orders
- Immigration
- Name and Gender Marker Changes
- Criminal Cases
- Insurance Issues
- Traffic Tickets
- Other Legal Issues

206-543-6486 | HUB Room 306 | Hours: 9am - 5pm

depts.washington.edu/slsuw
slsuw@uw.edu
ARTS & PERFORMANCE SPACES

- Burke Museum / 3-H
- Ethnic Cultural Center Theater / 10-F
- Gould Pavilion / 10-G
- Henry Art Gallery / 8-H
- Hughes Playhouse Theater / 3-J
- Jacob Lawrence Gallery / 6-K
- Jones Playhouse Theater / 8-G
- Kane Hall / 8-I
- Meany Theater / 9-H

UW HOUSING

- Alder / 9-F
- Blakely Village / off map
- Cedar / 8-E
- Commodore-Duchess / 9-G
- Elm / 8-F
- Haggett / 5-M
- Hansee / 3-K
- Lander / 9-F
- Laurel Village / 3-U
- Maple / 9-E
- McMahon / 6-M
- Mercer Court / 10-D
- Nordheim Court / off map
- Radford Court / off map
- Poplar / 8-F
- Stevens Court / 11-E
- Terry / 9-D

SPORTS VENUES

- Alaska Airlines Arena at Hec Edmundson Pavilion / 13-N
- Alaska Airlines Field at Husky Stadium / 15-N
- Chaffey Field / 10-P
- Conibear Shellhouse / 12-O
- Dempsey Indoor Center / 13-P
- Husky Outdoor Track / 8-P
- Intramural Activities Building / 11-N
- Nordstrom Tennis Center / 13-O
- Soccer Field / 9-P
- Women’s Softball Field / 15-O

VISITOR INFORMATION

- Visitor Information Center / 9-I

TRANSPORTATION

- Gatehouses / 4-I / 6-M / 15-H / 10-H / 8-H / 10-F
- Transportation Services 206-221-3701
- UW Light Rail Station / 16-M
- UW Shuttles 206-685-3146

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