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HUSKY GUIDE WORKBOOK

2019-2020

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First Year Programs
is your central resource to kick-off
a successful undergraduate experience.

The programs listed below are designed specifically for first-year students to help you learn more about the University of Washington so that you can make the most of your Husky experience!

**first-year student**  [furst-yeer-stood-nt]
noun
1. any person enrolled in their first year at the University of Washington:
   First-year students include those who enrolled directly after completing high school in the U.S. or countries around the globe, as well as students who transferred from community colleges and other institutions of higher education.

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**U101: University 101**
fyp.washington.edu/u101
- Revisit the U101 modules & registration resources at any time throughout the year for links and other helpful information.

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

**Husky Guide Workbook**
fyp.washington.edu/hgworkbook
- Use the Husky Guide Workbook throughout A&O to complete activities and take notes during workshops.

**Husky Guide**
fyp.washington.edu/huskyguide
- Access the full version of the Husky Guide online to discover more information about campus resources.
- Share the translated Husky Guide with your parents and other family members to help them support you.
  - Chinese: fyp.washington.edu/hgchinese
  - Spanish: fyp.washington.edu/hgespanol

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Check out the leadership opportunities available through FYP
Both paid and volunteer positions are available throughout the year.
fyp.washington.edu/apply
Dawg Daze
uwdawgdaze.com

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!

- Download the UW New Huskies app on your iPhone or Android device to begin building your own personalized Dawg Daze schedule.
- Make plans to attend Husky Kick-Off to take your official class W photo.
  Sunday, September 22
  2-4:30 p.m. (line up at 1:45 p.m.)
  Husky Stadium

FIG: First-year Interest Groups
fyp.washington.edu/figs

Enroll in a FIG to be part of a community dedicated to academic success, support and exploration.

CTC: Commuter & Transfer Commons
fyp.washington.edu/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.

Contact us with questions as you navigate your first year.
OFFICE Mary Gates Hall 120 • VOICE 206.543.4905 • TEXT 802.490.5012 • EMAIL fyp@uw.edu • WEBSITE uw.edu/fyp
Welcome to A&O!

Utilize your time at A&O to meet new people, ask questions about the resources available to you and begin to see yourself as a member of the University of Washington community.

All first-year students are required to attend a full Advising & Orientation session to be eligible to register for classes. Students missing more than one hour of A&O will be required to repeat orientation in order to fulfill the requirement. Please text the number above if you have questions or need help.

ACTIVE LEARNING: A&O is designed to actively engage you with the information you learned about in University 101. Presenters will lead you in discussions, games, and activities, that will help you apply the topics to your own pathway.

ORIENTATION LEADERS: OLs are current students who are trained to facilitate activities and answer your questions using their own experience as UW students.

Meet your Orientation Leader(s)

Name: ____________________________ Name: ____________________________

Contact Info: ____________________________ Contact Info: ____________________________

Questions to ask your Orientation Leaders:

• Where is your favorite place to study?
• How do I get involved?
• Where do you eat on or off campus?

WIFI ACCESS: Students can use their NetID and password to access wifi on campus. Parents and family members attending Parent Orientation are provided with a guest NetID and password (printed on the top of the Parent Orientation insert) to access wifi during Parent Orientation.

RESTROOMS & BREAKS: Feel free to excuse yourself to utilize the restroom at any point throughout your orientation. However, please let your Orientation Leader know if you will be missing more than 5-10 minutes of the workshop.

All individuals may use facilities such as restrooms, locker rooms, and changing rooms that correspond with their gender identity; in other words, individuals may use the restroom of the gender they identify with.

• Gender-Inclusive Restrooms: Husky Union Building (3rd floor), Suzzallo Library (ground floor) & others. Visit enbypee.vgel.me to find the closest gender-inclusive restroom to you.
• Lactation Station: Commuter & Transfer Commons (CTC), Husky Union Building, room 141. Text 802-490-5012 for access to the room.
• Quiet Spaces: Odegaard Undergraduate Library (3rd floor), Suzzallo Library Reading Room (3rd floor), Allen Library (3rd & 4th floors), Husky Union Building (3rd floor)
GETTING TO CAMPUS: Whether you are a visitor to the campus or a regular commuter, it’s easy to get to the University of Washington by light rail, bus, or train. Visit the Transportation services website for more information about getting to UW. transportation.uw.edu/getting-here

- Parking: If you are planning to park on campus, please allow at least 30 minutes to purchase a parking permit, park your car and walk to your destination. Parking is not provided for students during A&O. In many cases, it may be easier for you to arrive by bus or light rail.

- Public Transportation: More than 60 bus routes serve the University District, including many that drive onto the campus itself. Catch the Link Light Rail at the University of Washington station to get to popular destinations like Downtown Seattle, Columbia City, Sea-Tac Airport and many others.

ACCESSIBILITY: Orientation Leaders are trained to use accessible routes when guiding groups from one building to the next. Please let your Orientation Leader know if you have any accessibility needs they should keep in mind.

Visit the UW Facilities Access Guide for information on accessible entrances and facilities for buildings on campus. facilities.uw.edu/catalog/ada

DIETARY RESTRICTIONS: We have worked with our caterers to prepare food that takes into account the dietary restrictions requested on your A&O reservation. Please look for the special dietary restrictions signs during lunch to learn more about the ingredients used in your food.

If you did not request a special dietary restriction, please let us know as soon as possible. We may still be able to accommodate your request.

If you do not require a special dietary restriction, please refrain from taking food that is reserved for those with specific dietary, health-related, and religious needs.

Other food options on campus:

- Restaurants: Husky Union Building (ground floor)
- Cafés & Espresso Bars: Suzallo Library (ground floor) & Husky Union Building (ground floor)
- Markets: Husky Union Building (ground floor) & Alder Hall (ground floor)

UNIVERSITY DISTRICT & THE AVE: Surrounding the University of Washington, the University District is an eclectic mix of urban shopping areas; historic homes and architecture; and great cafés, pubs, restaurants, and theaters. “The Ave,” (University Way) is a popular gathering place, with lots of independent eateries and funky shops.

COMPOST & RECYCLING: The City of Seattle prohibits compostable food and paper in the garbage. Please utilize the signs available at all garbage, recycling and composting bins to ensure you are disposing of your trash appropriately.

We have worked with our caterers to provide compostable plates, napkins, cups and eating utensils. However, chips bags, granola bar wrappers, butter packets and yogurt cups are not compostable.

Follow @uwrecycling on Instagram for innovative recycling, composting and sustainability projects.

Diversity & Inclusion
fyp.washington.edu/dandi

BUTTONS & RIBBONS: First Year Programs is committed to ensuring that you have multiple opportunities to make connections with other people so you can begin to build a community for your first year. Use the buttons and ribbons available at check-in to start a conversation with someone, ask a question or to find others with common experiences.

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: Pronouns are words that we use in place of nouns to avoid being repetitive. In standard English, third person singular pronouns are always gendered. We likely all grew up assuming we knew someone’s pronouns by simply observing that person and assuming their gender. However, this isn’t the case for everybody.

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 others’ identity.

Meet other first-year students

The secret to success at the University of Washington is to find a smaller community. Start searching for that community at A&O and stay in touch with some of the people you meet today.

Name: ________________________________ Name: ________________________________
Contact Info: __________________________ Contact Info: __________________________
Name: ________________________________ Name: ________________________________
Contact Info: __________________________ Contact Info: __________________________
## FRESHMAN A&O DAY 1

### 11 - 11:50 a.m.
Check-in, Welcome & Lunch

### 11:50 a.m. - 12:20 p.m.
Orientation Group Time
Get to know your Orientation Leader and other new Huskies.

### 12:30 - 1:50 p.m.
Life Hacks for the First Year
Learn the basics of campus life at the UW.
- Academics, Transition, Diversity
- Faculty Expectations
- Safety, Health & Wellness, Living
- UW Police Department

### General Sessions

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 - 2:25 p.m.</td>
<td>Pre-Majors</td>
</tr>
<tr>
<td>2:30 - 3 p.m.</td>
<td>Signature Experiences</td>
</tr>
<tr>
<td>3:10 - 3:40 p.m.</td>
<td>Academic Introduction p. 16-18</td>
</tr>
<tr>
<td>3:50 - 4:35 p.m.</td>
<td>Academic Interest Sessions</td>
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### College of Engineering

<table>
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<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 - 2:25 p.m.</td>
<td>Direct Admits</td>
</tr>
<tr>
<td>2:35 - 3:20 p.m.</td>
<td>Academic Introduction</td>
</tr>
<tr>
<td>3:30 - 4:25 p.m.</td>
<td>Connecting to Resources</td>
</tr>
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### Foster School of Business

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 - 3:20 p.m.</td>
<td>Direct Admits</td>
</tr>
<tr>
<td>3:30 - 4:35 p.m.</td>
<td>Academic Introduction &amp; Planning</td>
</tr>
<tr>
<td>3:30 - 4:35 p.m.</td>
<td>Connecting to Resources</td>
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</tbody>
</table>

### Allen School of Computer Science & Engineering

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<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>2 - 3:40 p.m.</td>
<td>Direct Admits</td>
</tr>
<tr>
<td>3:50 - 4:35 p.m.</td>
<td>Academic Interest Session</td>
</tr>
</tbody>
</table>

### 4:45 - 5 p.m.
Registration Information
Final reminders and details to prepare for course registration on Day 2.

### 5:05 - 5:30 p.m.
Orientation Group Time
Involvement & end-of-day announcements. Students not attending the optional sessions below may leave after 5:30 p.m. at Red Square.

### 5:45 - 6:15 p.m.
Optional: Fraternity & Sorority Information Sessions
For students interested in joining a fraternity or sorority.

### 6:30 - 7:30 p.m.
Residence Hall Programming & Dinner
For students staying in a residence hall tonight.
FRESHMAN A&O DAY 2

BEFORE DAY 2, REMEMBER:

Complete the pre-registration screens on MyUW.
Bring a government issued photo ID.
Have access to your UW NetID and password.
Wear comfortable walking shoes & clothing.
Check-out of your residence hall by 6 p.m.

8 a.m.
Check-in with your Orientation Leader
Breakfast is on your own; however, coffee is available during this first session.

8:10 - 8:30 a.m.
Academics Welcome
Get ready to register!

Times Vary
Orientation Group Time:
Your Orientation Leader will lead you through conversations on the topics below throughout the day.

- Time Management
- Academic Integrity Case Study
- Live Well
- Campus Wayfinding & UW Traditions
- Identity & Community

Times Vary
Academics, Campus Exploration & Lunch

Money Matters
Student Fiscal Services
How to pay tuition and steps to secure personal identity.

Live Well Resources
Live Well
Explore how relationships, consent, alcohol, interpersonal violence and mental health impact your UW experience. Learn about on campus resources that support students.

Tools for Academic Success
Academic Support Programs
Set tone for all the resources you will engage with throughout the year. Academic Success is not solely limited to the classroom, there are many things that contribute.

Your New Found Freedom
Fraternity & Sorority Life
Housing & Food Services
Student Conduct & Community Standards
Regardless of living situation, the transition to college can have its unique challenges.

4:25 - 4:55 p.m.
Closing & Next Steps
Wrap up your A&O by learning about UW traditions, picking up your Husky ID card and getting your final questions answered.

5 - 6 p.m.
University Book Store Reception 4326 University Way NE
Meet your family at the University Book Store on the Ave to enjoy refreshments and pick up your free University of Washington t-shirt at The Husky Shop.
Advising & Orientation
Transfer A&O Agenda

7:45 - 7:55 a.m.
Check-in & Registration

7:55 - 8:20 a.m.
Welcome

8:20 - 8:40 a.m.
Conversation with Faculty
Learn how to work with faculty and other classroom expectations.

Individual Advising Model
All other colleges, schools and majors

8:45 - 9:50 a.m. & 9:55 - 11 a.m.
Academic Introduction Workshop (p. 20)
Meet with an adviser and learn about degree structure, transfer credits, and the satisfactory progress policy. Additionally, you will have an opportunity to work on your major plan and preparation.

Navigating Campus Resources (p. 26)
Learn about key resources for transfer students.

Group Advising Model
Psychology & Foster School of Business - Direct Admits

8:50 - 10:25 a.m.
Academic Interest Session (p. 20)
Learn about your major and tips to be successful.

10:25 - 11 a.m.
Navigating Campus Resources (p. 26)
Learn about key resources for transfer students.

11:05 - 11:25 a.m.
Student Fiscal Services (p. 28)
How to pay tuition and steps to secure personal identity.

11:25 - 11:40 a.m.
Personal & Property Safety (p. 35)
Presented by the University of Washington Police Department (UWPD). UWPD will provide an overview of how to protect your self and your belongings.

11:45 a.m. - 12:15 p.m.
Lunch

12:15 - 12:45 p.m.
Tools for Academic Success (p. 25)
& Transfer Student Panel
Current transfer students will share tips on how to support your academic transition, such as CLUE tutoring.

12:45 - 1:15 p.m.
Helping Huskies Find Career Success (p. 27)
Explore options that align with your strengths, interests and goals; expand your professional networks; secure jobs and internships while in school; and prepare for careers after graduation.

1:30 - 5 p.m.
Afternoon Session Rotations
Refer to the next page for rotations and times. Your name tag will indicate your rotation and specific locations for each session.

Advising Appointment
You will meet with an adviser to discuss your academic area of interest and potential classes for your first quarter. This session will take place as individual or small group appointments.

Registration Lab
After the advising appointment you can visit a UAA adviser in the advising lab to register for courses.

Husky Card Photo (p. 31), UW Traditions & Husky Transition (p. 29)
Take your official Husky ID card photo, learn about some traditions that make UW unique and take some time to reflect on your transition as a transfer student and what you can do to make the most of this new experience.

Student Veteran Appointment (p. 34)
Meet students and employees in Student Veteran Life to learn what programs and services are available to you as a student veteran throughout your time at the University.

Check Out
Officially complete your orientation requirement by checking out transfer A&O with an FYP staff member. This is where you can ask final questions and pick up your Husky ID Card.
Your name tag will indicate your rotation and specific locations for each session.

| ROTATION A | 1:30 - 2:00 p.m. | Advising Appointment |
| 2:10 - 2:40 p.m. | Registration Lab |
| 2:40 - 3:40 p.m. | Husky Card Photo, UW Traditions, Husky Transition |
| 3:40 - 5:00 p.m. | Check Out, Additional Registration Lab or Student Veteran Appointment |

| ROTATION B | 1:20 - 1:50 p.m. | Husky Card Photo |
| 2:00 - 2:30 p.m. | Advising Appointment |
| 2:40 - 3:10 p.m. | Registration Lab |
| 3:10 - 3:40 p.m. | UW Traditions, Husky Transition |
| 3:40 - 5:00 p.m. | Check Out, Additional Registration Lab or Student Veteran Appointment |

| ROTATION C | 1:20 - 2:20 p.m. | Husky Card Photo, UW Traditions, Husky Transition |
| 2:30 - 3:00 p.m. | Advising Appointment |
| 3:10 - 3:40 p.m. | Registration Lab |
| 3:40 - 5:00 p.m. | Check Out Additional Registration Lab or Student Veteran Appointment |

| ROTATION D | 1:30 - 2:45 p.m. | Husky Card Photo, UW Traditions, Husky Transition |
| 3:00 - 3:30 p.m. | Advising Appointment |
| 3:40 - 4:00 p.m. | Registration Lab |
| 4:00 - 5:00 p.m. | Check Out, Additional Registration Lab or Student Veteran Appointment |

| ROTATION E | 1:30 - 3:00 p.m. | Group Advising & Registration |
| 3:00 - 4:00 p.m. | Husky Card Photo, UW Traditions, Husky Transition |
| 4:00 - 5:00 p.m. | Check Out, Additional Registration Lab or Student Veteran Appointment |

| ROTATION F | 1:30 - 3:15 p.m. | Husky Card Photo, UW Traditions, Husky Transition |
| 3:30 - 4:00 p.m. | Advising Appointment |
| 4:00 - 4:30 p.m. | Registration |
| 4:30 - 5:00 p.m. | Check Out, Additional Registration Lab or Student Veteran Appointment |

Campus Business Drop-Ins:
Take some time while you're on campus to visit any the following campus offices for more information. Note: Many offices close at 4 p.m.

- Office of Student Financial Aid
  Schmitz Hall, room 105

- Office of the University Registrar
  Schmitz Hall, second floor

- Disability Resources for Students
  Mary Gates Hall, room 011

- Husky Card Account & ID Center
  Odegaard Undergraduate Library, ground floor

- Office of Student Veteran Life
  Husky Union Building, room 327

- Q Center
  Husky Union Building, room 315
Being part of the University of Washington community comes with responsibilities.

You are expected to conduct yourself as a responsible member of the University of Washington community, which

Academic Integrity

CSSC: COMMUNITY STANDARDS & STUDENT CONDUCT

It is important to know and understand the expectations of the University and your specific instructors regarding academic standards. It is also important to know that certain behaviors do not align with academic integrity and negatively impact the learning environment.

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. uw.edu/cssc

There are 8 types of academic misconduct:

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

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
On a Sunday afternoon, Sam realizes they do not feel academically prepared for the week. They have a statistics exam on Monday and a project for their philosophy class due on Tuesday morning. Sam really wants to do well in both courses, and they decide it would be a good idea to spend more time working on the philosophy project.

To prepare for their statistics exams, they use their phone to take pictures of their notes to help them remember the formulas they need. During the exam, Sam holds their phone under their desk and looks at the pictures to help them remember the formulas. They do the rest of the work for the exam on their own and score a 92.

**PLAGIARISM WORKSHEET:**

**A** Did Sam’s actions violate the Student Conduct Code? Why or why not?

**B** What impact does Sam’s decision have on their overall learning?

**C** What impact does Sam’s decision have on their peers?

**D** How could Sam’s decision affect their future?

Information adapted from Write Check Plagiarism Quiz.
## KNOW THE LINGO

### Common UW Acronyms

<table>
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<tr>
<th>Acronym</th>
<th>Description</th>
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<tr>
<td>A&amp;O</td>
<td>Advising &amp; Orientation</td>
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<tr>
<td>A&amp;S</td>
<td>College of Arts &amp; Sciences</td>
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<td>ASP</td>
<td>Academic Support Programs</td>
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<tr>
<td>ASUW</td>
<td>Associated Students of the University of Washington</td>
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<tr>
<td>CAMP</td>
<td>College Assistance Migrant Program</td>
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<tr>
<td>CIRCLE</td>
<td>Center for International Relations and Cultural Exchange</td>
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<tr>
<td>CLUE</td>
<td>Center for Learning and Undergraduate Enrichment</td>
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<tr>
<td>CTC</td>
<td>Commuter and Transfer Commons</td>
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<tr>
<td>DRS</td>
<td>Disability Resources for Students</td>
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<tr>
<td>ECC</td>
<td>Ethnic Cultural Center</td>
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<td>E-FIG</td>
<td>Engineering First-year Interest Group</td>
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<tr>
<td>EFS</td>
<td>Early Fall Start</td>
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<td>EOP</td>
<td>Educational Opportunity Program</td>
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<td>EPE</td>
<td>Engineering Peer Educator</td>
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<td>EXPD</td>
<td>Center for Experiential Learning and Diversity</td>
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<td>FAFSA</td>
<td>Free Application for Federal Student Aid</td>
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<td>FIG</td>
<td>First-year Interest Group</td>
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<td>Foundation for International Understanding Through Students</td>
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<td>HFS</td>
<td>Housing &amp; Food Services</td>
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<td>HLI</td>
<td>Husky Leadership Initiative</td>
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<td>HUB</td>
<td>Husky Union Building</td>
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<tr>
<td>I&amp;S</td>
<td>Individuals &amp; Societies</td>
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<td>IFC</td>
<td>Interfraternity Council</td>
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<td>IMA</td>
<td>Intramural Activities Building</td>
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<td>NPHC</td>
<td>National Pan-Hellenic Council</td>
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<td>NSEOF</td>
<td>New Student Enrollment and Orientation Fee</td>
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<td>Natural World</td>
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<td>Office of Government Relations</td>
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<td>OMA&amp;D</td>
<td>Office of Minority Affairs &amp; Diversity</td>
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<td>Office of Fraternity and Sorority Life</td>
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<td>PHA</td>
<td>Panhellenic Association</td>
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<td>QSR</td>
<td>Quantitative and Symbolic Reasoning</td>
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<td>RA</td>
<td>Residential Adviser</td>
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<td>RDR</td>
<td>Rainy Dawg Radio</td>
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<td>ROTC</td>
<td>Reserve Officers Training Corps</td>
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<td>Registered Student Organization</td>
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<td>Services &amp; Activities Fee</td>
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<td>Student Activities Office</td>
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<td>Peer Health Educator</td>
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<td>SFC</td>
<td>Student Food Cooperative</td>
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<td>SFS</td>
<td>Student Fiscal Services</td>
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<td>SORC</td>
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<td>SPD</td>
<td>Seattle Police Department</td>
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<td>STF</td>
<td>Student Technology Fee</td>
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<td>Teaching Assistant</td>
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<td>T-FIG</td>
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<td>TRIO</td>
<td>Federal programs designed to identify and provide services for individuals from disadvantaged backgrounds.</td>
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<td>UAA</td>
<td>Undergraduate Academic Affairs</td>
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<tr>
<td>UGC</td>
<td>United Greek Council</td>
</tr>
<tr>
<td>UW</td>
<td>University of Washington or &quot;U Dub&quot;</td>
</tr>
<tr>
<td>UWL</td>
<td>UW Leaders</td>
</tr>
<tr>
<td>UWPD</td>
<td>UW Police Department</td>
</tr>
<tr>
<td>VLPA</td>
<td>Visual, Literary and Performing Arts</td>
</tr>
<tr>
<td>WAC</td>
<td>Waterfront Activities Center</td>
</tr>
</tbody>
</table>
**What it is**

**A Small, Academic Community**
A FIG fosters a welcoming environment where students are able to participate in activities and discussions to get to know each other. FIG courses facilitate small group learning and create the opportunity to form a study group outside of class.

**Peer Mentorship**
The General Studies 199 course is taught by an upper class undergraduate student that has experiences and advice to share with students in regards to academics, involvement, and much more.

**Learn skills to enhance the college experience**
General Studies 199 is structured around topics such as social issues, diversity, academic planning, time management, financial planning, campus resources, career, and major exploration.

**Explore professional pathways and the greater Seattle community**
Two of the major assignments in General Studies 199 include interviewing UW alumni and exploring a specific area of Seattle with other General Studies 199 students.

**A helping hand with the transition into the university**
A FIG helps students understand the UW expectations, what a student can expect of the UW, and to take active steps toward maximizing their educational experiences.

**What it isn’t**

**Social Time**
Students must take initiative to participate in activities during class where they meet and actively engage with other students.

**Tutor for the clustered classes**
Although the FIG Leader might have taken the clustered courses, FIG Leaders are not expected to teach material from the connected courses. They will be able to provide resources and study techniques corresponding to those courses.

**Busy Work**
Every assignment is in place to teach students in the FIG a meaningful skill or to learn new aspects of our community (UW and Seattle) and support their first-year transition.

**Study Group/Study Hall**
Students are not given time to work on non-FIG material during the General Studies 199 course. Class time will be spent on specific topics, not on homework for various classes.

**GPA Booster or Easy A**
Students do not automatically pass this course, they must actively participate in class and finish assignments to their best ability and on time.
U101 REFOCTION:

GOALS

INTERESTS

EXPERIENCES
General Education

An undergraduate (or bachelor’s) degree is made up of several types of credits which include General Education, major and elective courses.

50-90 credits

General Education

Basic Skills
- English composition and additional writing
- Quantitative and Symbolic Reasoning
- Foreign Language (where applicable)
- Diversity

At least 180 credits in total

50-100 credits

Major
- Prerequisite courses
- Core courses
- Program electives

Electives & Optional Minors

Choose an Academic Interest Session

Freshman A&O, Day 1
3:50-4:35 p.m.

Arts, Humanities & Social Sciences:
Explore the wide variety of the arts, humanities and social sciences. Learn about majors that focus on topics such as politics, history, society, art, culture, education, language and identity. Students interested in majors related to education, social work, informatics, or business should also join this session.

Mathematics & Science:
Learn about the pathways to study the physical world around you. Explore courses and majors in math, physical, natural, biological and environmental science.

See pp. 22-23 for a list of majors that fall within each area.

Areas of Knowledge (AOK)

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.
BUILDING A BALANCED SCHEDULE
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
Limit your schedule to no more than two (2) courses in the same Area 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. The number of credits you take will depend on responsibilities, such as work, family...

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 structure your schedule with classes that allow you to explore new topics while fulfilling general education requirements.

Build your schedule in MyPlan myplan.uw.edu
MyPlan is the online planning tool that helps students chart both long term and short term academic paths.
ENGINEERING UNDECLARED

This page is designed 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.

### COURSE TYPE: SLN: COURSE NAME (CREDITS): DAYS: TIME:

<table>
<thead>
<tr>
<th>Engineering-FIG:</th>
<th>ENGR 101 (1)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Engineering-FIG:</td>
<td>GEN ST 199 (1)</td>
</tr>
</tbody>
</table>

### Science:

Science: Lab or Quiz Section:

### Math Lecture Section:

### Math Quiz Section (Math 1XXX series):

### VLPA, I&S, DIV or English Composition:

### AT ADVISING & ORIENTATION

- [ ] Meet your Engineering Adviser
  - engradv@uw.edu
  - Engineering advisers partner with students to explore interests, create an intentional academic plan and connect to on-campus resources.
  - You will work with your assigned adviser until you are placed into an engineering major, when you’ll transition to working with a departmental adviser.
  - Adviser Name:
  - Contact Info:

- [ ] Create a draft of your first quarter schedule
  - Make sure your complete the table above with your class options before going into the registration lab.

- [ ] Register for an Engineering-FIG (E-FIG)
  - All Engineering Undeclared students register for an E-FIG which consists of at least ENGR 101 & GEN ST 199.
  - E-FIG Section Letter:
  - EPE Name:

### BEFORE THE QUARTER BEGINS:

- [ ] Attend Husky Kick-Off
  - Sunday, Sept. 22 • 2-4:30 p.m. • Husky Stadium
  - This is the first day of your E-FIG experience with your EPE! Start building your engineering community and take part in your first UW tradition: the class "W" photo on the Husky Stadium field.

- [ ] Attend Engineering Launch
  - Tuesday, Sept. 24 • 5-7 p.m. • HUB Ballroom
  - Meet other incoming Engineering Undeclared students and connect with engineering student groups to learn how you can get involved!
  - Visit uwdawgdaze.com for the full Dawg Daze schedule.
TYPES OF TRANSFER CREDIT

Generally, transfer courses completed at another institution will count towards your 180 credits required for graduation.

- Review the UW 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 the University of Washington.

- Review credits for exams (AP, IB, A-Level)
  [admit.washington.edu/apply/transfer/exams-for-credit]
  Find out how your exams scores can translate to UW classes.

INTERPRETING COURSE EQUIVALENCIES

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

Are you MISSING CREDITS on your UW transcript?

YES

Did you have your OFFICIAL DOCUMENTS sent to UW Admissions?

NO

Send your official documents to UW Admissions ASAP!

University of Washington Office of Admissions
Box 355852
Seattle, WA 98195-5852

YES

Wait for UW Admissions to evaluate your credits.

You may need an OVERRIDE to register for the next class in the series. Speak to your academic adviser.

Run & read a degree audit for potential majors
[myplan.uw.edu]

Make sure your general education courses count correctly and determine if you still need to fulfill any general education requirements. Take note of what prerequisites you still need to complete and if you are eligible to begin taking any major work this quarter.
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>GENERAL EDUCATION REQUIREMENTS</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BASIC SKILLS</td>
<td></td>
<td></td>
</tr>
<tr>
<td>English Composition</td>
<td>2.0 minimum grade required</td>
<td>5</td>
</tr>
<tr>
<td>Foreign Language</td>
<td>2.0 minimum grade in 3rd quarter or equivalent</td>
<td>Varies</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>20</td>
</tr>
<tr>
<td>I&amp;S: Individuals &amp; Societies</td>
<td></td>
<td>20</td>
</tr>
<tr>
<td>NW: The Natural World</td>
<td></td>
<td>20</td>
</tr>
<tr>
<td>Additional Areas of Knowledge</td>
<td></td>
<td>15</td>
</tr>
<tr>
<td><strong>DEPARTMENTAL REQUIREMENTS</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Major Admission Requirements</td>
<td></td>
<td>Varies</td>
</tr>
<tr>
<td>Major Requirements</td>
<td></td>
<td>50-120</td>
</tr>
<tr>
<td><strong>GENERAL ELECTIVES</strong></td>
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<td></td>
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<tr>
<td><strong>OTHER COURSES</strong></td>
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</tr>
</tbody>
</table>

*Specific to the College of Arts & Sciences.
### 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 are limited by student enrollment and admit based on the assessment of academic interest and application. Students may submit an interest statement or a personal essay with their application.

### 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**
UNIVERSITY OF WASHINGTON

UNDERGRADUATE MAJORS

admit.uw.edu/majorslist

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

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.
- 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

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

INFORMATION SCHOOL
- Informatics
  Data Science; Human-Computer Interaction; Information

FORWARD 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

Academic Interest Area:
Mathematics & Science

COLLEGE OF ARTS & SCIENCES

NATURAL SCIENCES DIVISION
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SCHOOL OF NURSING
- Nursing

ACADEMIC SUCCESS

Undergraduate Majors

COLLEGE OF ARTS & SCIENCES

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INFORMATION SCHOOL
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Mathematics & Science

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SCHOOL OF MEDICINE
- Medical Laboratory Science

SCHOOL OF NURSING
- Nursing
Academic Support Programs

Academic Support Programs
academicsupport.washington.edu

DURING A&O:

- Reflect on your academic success as a student.
- What has worked for you in the past?
- What will you do differently at UW?

- 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.

BEFORE THE QUARTER BEGINS:

- Buy a Planner & Improve Your Study Skills
  academicsupport.washington.edu/get-help/helpful-tips
  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
  uwdawgdaze.com
  - How to Succeed in Chemistry
  - College Writing Tips from the CLUE Writing Center
  - Tips to Help You Succeed in Math
  - CLUE Trivia Night

BEFORE THE QUARTER BEGINS:

DURING YOUR FIRST YEAR:

- Visit CLUE Tutoring in MGH, CTC & Othello-UW Commons
  CLUE is an inclusive space for all students to receive academic support & tutoring.
  CLUE is open Sunday-Thursday from 6:30-11 p.m. in Mary Gates Hall (MGH) and various hours at the Commuter & Transfer Commons (CTC) and the Othello-UW Commons.
Welcome to the University Libraries! During A&O, you will do an activity in Odegaard Library, the main library for undergraduate students on campus.

Visit the University Libraries website to learn more about campus libraries and to access research databases. lib.washington.edu

**DURING A&O:**
- Visit the Odegaard Undergraduate Library
- Explore Odegaard Library and answer the following questions:
  - **Where can I ask someone for help?**
  - **Where can I study?** Both individually and in a group.
  - **Where can I find books?** Including textbooks.
  - **What technology is available?**

**BEFORE THE QUARTER BEGINS:**
- Check Course Reserves for textbooks
lib.washington.edu/types/course
- Save money by checking to see if your textbooks are on Course Reserves at the UW Libraries.
- Access free computer software
  - Microsoft Office 365: fyp.washington.edu/hgooffice365

**THROUGHOUT YOUR FIRST YEAR:**
- Utilize the following library resources at any time throughout the year
- Don't forget: Your Husky Card is also your library card!
  - Dawg Prints: finance.uw.edu/c2/services/dawgprints
  - Scout App: scout.uw.edu
  - Odegaard Writing & Research Center: depts.washington.edu/owrc

**EXPD: The Center for Experiential Learning and Diversity**
Mary Gates Hall, suite 171

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

**DURING A&O:**
- Visit the Center for Experiential Learning and Diversity
- Draw a star next to one program in each focus area and answer the following questions based on that program's bulletin board in the lobby:
  - 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:**
- Carlson Leadership & Public Service Center: washington.edu/carlson
- Dream Project: washington.edu/dreamproject
- Husky Leadership Initiative: huskyleadership.uw.edu
- Jumpstart: washington.edu/jumpstart
- Pipeline Project: expd.uw.edu/pipeline

**Undergraduate Research:**
- Early Identification Program: depts.washington.edu/eip
- Ronald E. McNair Program: depts.washington.edu/uwmcnair
- Undergraduate Research Program: washington.edu/undergradresearch

**Scholarships & Fellowships:**
- Global Opportunities: expd.uw.edu/globalopportunities
- Mary Gates Endowment for Students: expd.uw.edu/mge
- Office of Merit Scholarships:
ACADEMIC SUCCESS RESOURCES

Career & Internship Center
careers.uw.edu

**DURING A&O:**
- Create a profile on Handshake
  uw.joinhandshake.com/login
Create a profile to get access to workshops, events and job postings through the Career & Internship Center.

**DURING YOUR FIRST YEAR:**
- Visit the Career & Internship Center
  in MGH 134
Pick up a handout, speak to a Career Coach or join a small group coaching session.

Collegium Seminars
collegium.uw.edu

**EVERY QUARTER:**
- Consider taking a one-credit seminar
  with UW faculty
Collegium Seminars feature some of the University's most interesting faculty, who share their passion for subjects that interest them most. Seminar topics change each quarter so consider a Collegium Seminar when you register for classes.

Community Engagement & Leadership Education
expd.uw.edu

**EVERY QUARTER:**
- Visit MGH 171 to learn about
  how to make a local impact
There are endless opportunities to develop your leadership capacity and enrich your learning through community-based experiences.

Disability Resources for Students
depts.washington.edu/uwdrs

**BEFORE THE QUARTER BEGINS:**
- Contact DRS with questions
  about accommodations
- Complete an application for DRS Services on the website
Work with a coordinator to discuss and implement an access plan.

FLGs: First-year Interest Groups
fyp.washington.edu/figs

**DURING A&O:**
- Search for a FIG
  that fits your schedule
You can pick from a variety of FIG sizes, so check them out before registering for classes. Learn more about FLGs on page 15.

Office of Minority Affairs & Diversity
depts.washington.edu/omadcs

- Champions Program
- College Assistance Migrant Program (CAMP)
- Educational Opportunity Program (EOP)
- TRIO Student Support Services

Instructional Center
depts.washington.edu/ic
Available to students who qualify for OMA&D services.

Office of the Ombud
washington.edu/ombud

ROTC
armyrotc.uw.edu

**DURING A&O:**
- Sign up for a Leadership elective
Develop your leadership skills including goal setting, time management, problem solving, critical thinking, public speaking and learn wellness & resilience strategies.

Study Abroad
washington.edu/studyabroad

Undergraduate Research Program
washington.edu/undergradresearch

**DURING YOUR FIRST YEAR:**
- Attend an Undergraduate Research Information Session
These sessions provide research resources, information on funding and suggestions for approaching faculty.
DURING YOUR FIRST QUARTER:

- Stop by the new CIRCLE office in Schmitz 250

CIRCLE serves as the home away from home for international students. Get to know the CIRCLE staff and get answers to your questions while making friends with other international and domestic students.

DURING YOUR FIRST YEAR:

- Find your first friend at UW

Join Unite UW any quarter of your first year at UW to learn about different cultures, broaden your world views, enjoy a retreat, make some close friends and find yourself a family at UW!

BEFORE YOUR FIRST QUARTER:

- Register for & participate in one Embark session

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

FINANCIAL RESOURCES

Career & Internship Center

- careers.uw.edu
- Job & Internship Listings

Office of Merit Scholarships, Fellowships and Awards

- expd.uw.edu/scholarships
- Scholarship Search & Application Support

Office of Student Financial Aid

- finaid.uw.edu
  - Emergency Aid: washington.edu/emergencyaid
  - Work Study Positions: fyp.washington.edu/hgworkstudy

Student Fiscal Services

- finance.uw.edu/sfs/home

BEFORE YOUR FIRST QUARTER:

- Set up direct deposit with Student Fiscal Services

- Take note of all tuition due dates

  Tuition is due the third Friday of every quarter.

Determine how you will pay tuition and schedule all tuition due dates in your calendar.

UW Food Pantry

- washington.edu/anyhungryhusky

Veterans Education Benefits Office

- veteran.uw.edu

International Student Services

- iss.washington.edu

F-1 & J-1 STUDENTS:

- Meet with International Student Services in Schmitz Hall

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.
There are four major factors that influence a person's ability to cope with starting at a new school. Some students will react differently than others based on assets they have in each of the four areas outlined below. Take some time to think about the reflection questions in each area. Outline some goals that will help you make the most out of this new experience of becoming a Husky.

## Assets & Goals

*Based on your answers to the reflection questions, what assets do you currently have that will make your transition easier?*

## Reflection Questions

### Situation
- Why did I choose to attend UW?
- Besides a degree, what do I hope to get out of this experience?
- What messages am I hearing from myself or others about my decision to come to UW?
- How do I feel about my degree pathway or timeline to graduation?
- What do I anticipate life will look like when I start classes this quarter (course load, studying, free-time, family obligations, work/volunteer responsibilities, other)?

### Self
- How do I feel about the transition to UW so far?
- How do I feel about what's still to come?
- Based on my previous experience, what do I know about myself as a student (habits, tendencies, needs, characteristics)?
- How committed am I to my major or career choices?
- Do I believe I can do this?
- How will I know if I need help?

### Support
- Who do I count on for support?
- Will this change as I transition to UW?
- Do I already know some specific offices or people at UW who can help me if I need it?
- What will I do if they don't provide the answer I am looking for?
- How will I recognize qualified experts and accurate information?
- What will it take for me to be brave enough to ask for help?

### Strategies
- What did I do at my previous institution that worked well?
- What didn't work?
- What sort of services or activities should I have taken advantage of at my previous school but didn’t?
- What are some new or different experiences I'd like to try at UW?
# 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.

## Getting Your Husky Card

**DURING A&O:**

- [ ] Take your Husky Card Picture

Husky Card Services Office
Odegaard Undergraduate Library, Lower Level

While you are at A&O, you will have time to take your Husky Card picture. All you need is a government-issued photo ID.

If you are not able to take your picture at A&O, you can stop by the Husky Card Services Office at any time to take your picture and pick up your card.

- [ ] Pick Up Your Husky Card

You may pick up your Husky Card by checking out with your Orientation Leader before you leave A&O.

If you leave A&O without your Husky Card, you can pick it up at the Husky Card Services office.

## Maintaining Your Husky Card

**BEFORE YOUR FIRST QUARTER & THROUGHOUT YOUR FIRST YEAR:**

- [ ] Protect Your Husky Card From Damage

hfs.uw.edu/Husky-Card-Services/Terms-and-Conditions

Review the Husky Card terms & conditions to understand how to manage your Husky Card.

- Do not bend or punch a hole anywhere on your Husky Card.
- Keep your Husky Card in a full protective holder to prevent scratches and cracks.
- Keep your card away from all magnets and cell phones.
- A nonrefundable fee will be charged for a replacement Husky Card.

- [ ] Activate your U-PASS on the Husky Card

Tap your Husky Card on an ORCA card reader within the first month of the quarter. ORCA card readers are found at the front of buses or mounted on a wall or pole at Link, Sounder or Swift stations.

## Using Your Husky Card

**AT ANY TIME:**

- [ ] Make a deposit to your Husky Card Account

hfs.uw.edu/olco

You can easily deposit funds using Visa or Mastercard through the Online Card Office. You may also add funds in person with cash or check at several campus locations.

**Funds added to your Husky Card can be used for:**

### 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).

### 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.
The Four Columns
Located in Sylvan Grove, these hand-fluted, cedar columns are the last remnants of the University’s first building, which was constructed in 1861.

Academic Integrity Answer Key (p. 13)
1. All of the options are plagiarism.
2. Re-write the information in your own words and cite it.
3. True
4. False

For more information about academic misconduct, visit uw.edu/cssc

For more information about citations, visit guides.lib.uw.edu/research/citations
As you begin your time at UW it is important to reflect on the things that have shaped you into the person you are today. Take some time to reflect on your personal identities, where you came from and the people who helped you along the way. This I Am Poem is a great way to reflect and to share a piece of your story with those in your group. Use either the template below or free-write your I Am Poem to reflect your individuality.

I am ____________________________________________________________________________________________________________

YOUR NAME

I am from ________________________, ___________________________________________ and ____________________________

YOUR HOME

I am ____________________________, ___________________________________________ and ____________________________

FAMILY/COMMUNITY TRADITIONS, FOODS OR MEMORIES

I am __________________________________ and __________________________________

3 PERSONAL CHARACTERISTICS

My dream ____________________________________________

SOMETHING YOU DREAM ABOUT DOING

I try ____________________________________________

SOMETHING YOU MAKE AN EFFORT TO DO

I hope ____________________________________________

YOUR HOPES, GOALS, ASPIRATIONS

I am ____________________________________________ and __________________________________

3 PERSONAL CHARACTERISTICS

I am ____________________________________________

3 PERSONAL CHARACTERISTICS (UNIQUE OR REPEATED)

I am a proud ____________________________________________

YOUR OWN PERSONAL IDENTITIES, CULTURE, BACKGROUND

I believe in ____________________________________________ and ____________________________________________

VALUES, BELIEFS, IDEALS

I stand for ____________________________________________ and ____________________________________________

IDEALS YOU SUPPORT, CHANGE YOU WANT TO SEE

3 PERSONAL CHARACTERISTICS (UNIQUE OR REPEATED)
CAMPUS LIFE
RESOURCES

Bias Incident Reporting Tool
washington.edu/bias

Fraternity & Sorority Life
washington.edu/ofsl
- Interfraternity Council
  uwifc.com
- Panhellenic Council
  uwpanhellenic.com
- National Pan-Hellenic Council
  students.washington.edu/nphc
- United Greek Council
  uwugc.org

Housing & Food Services
hfs.uw.edu
- Live the Residential Husky Experience
  hfs.uw.edu/Live
- Eat with UW Dining
  hfs.uw.edu/Eat
- Experience Residential Life
  hfs.uw.edu/Experience

Husky Union Building
hub.washington.edu
- Husky Den Food Court
  hfs.uw.edu/Eat/Dining-Locations/Husky-Den
- HUB Games introducing the E-Sports
  Arena & Gaming Lounge
  depts.washington.edu/thehub/hub-games
- Lost & Found: The HUB Main Desk is the
  official, campus-wide lost & found location.

Office of Student Veteran Life
vetlife.washington.edu
- Veteran Lounge
- Student Veteran Groups
- Connection to Campus Resources

Q Center
qcenter.washington.edu
- Marsha P. Johnson Memorial Library
- Queer Mentoring Program
- Gender Discussion Group
- Trans Day of Remembrance
- Qolors Reception

Race & Equity Initiative
washington.edu/raceequity

DURING YOUR FIRST QUARTER:
- Take the UW Climate Survey
  washington.edu/uwclimatesurvey
Share your personal experiences and offer
suggestions on how to make our campuses
more welcoming and inclusive.

Samuel E. Kelly Ethnic Cultural Center
depths.washington.edu/ecc
- Leadership Without Borders
  depts.washington.edu/ecc/lwb
- Mentor Power for Success
  depts.washington.edu/mentor

Student Activities Office
depths.washington.edu/thehub/sao
- Associated Students of the
  University of Washington (ASUW)
  asuw.org
- Registered Student Organizations
  depts.washington.edu/thehub/get-involved

Transportation Services
transportation.uw.edu
- UPASS
  uw.edu/upass
- Commute Options
  transportation.uw.edu/commute-options

UW Sustainability
green.uw.edu

DURING YOUR FIRST YEAR:
- Take the sustainability pledge!
  green.uw.edu/pledge
Sustainability is in our nature. Individual
actions can add up to big impact. Pledge to
take small everyday steps for sustainability.

UW Alumni Association
uwalum.com/future-alumni

WxXaltx™ - Intellectual House
washington.edu/diversity/tribal-relations/intellectual-house
Counseling Center
washington.edu/counseling
- Free & confidential counseling (individual, relationship & group)
- Crisis Services
- Pre-scheduled & same-day intake
- Career Counseling

Disability Resources for Students
depts.washington.edu/uwdrs
- Temporary & permanent disabilities
- Academic & outside of the classroom accommodations
- All services are individualized

BEFORE THE QUARTER BEGINS:
- Transfer your individual education plan (IEP)
- Work with DRS to help transfer your IEP from a previous school.

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
- Access to light therapy room for Season Affective Disorder

Other Resources
- Free safer sex supplies through the Health Promotions Office
- Help enrolling in and using health insurance

BEFORE THE QUARTER BEGINS:
- Complete the Health Insurance Checklist on p 36
- Fulfill the UW General Immunization Requirement

Live Well
livewell.uw.edu
- Alcohol & Other Drug Education
- Suicide Intervention Program
- Sexual Assault, Relationship Violence, Stalking and Harassment Advocacy
- Prevention Education & Outreach
- Student Care Program

Student Involvement Opportunities:
- Peer Health Educators (PHEs)
depts.washington.edu/livewell/phe
- Huskies for Suicide Prevention and Awareness (HSPA) hspauw.com

SafeCampus
washington.edu/safecampus

BEFORE THE QUARTER BEGINS:
- Save the SafeCampus helpline number in your phone.
  206-685-SAFE (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
- Someone withdrawing from friends, acquaintances and activities
- Witnessing unusual irritability, outbursts of anger or violence
- Someone making comments or online posts about harming one’s self or others
- An individual crossing boundaries (excessive phone calls, emails and/or visits)
- Becoming aware of a controlling and/or violent relationship
- Experiencing inappropriate behavior from a staff or faculty member

Student Legal Services
depts.washington.edu/slsuw
- Landlord/Tenant
- Protection Orders
- Wills and Powers of Attorney
- Name and Gender Marker Changes
- Criminal Cases
- Discrimination
- Divorce
- Immigration
- Traffic Tickets
- Auto Collisions and Insurance Issues
- Other Legal Issues

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

BEFORE THE QUARTER BEGINS:
- 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

UW Recreation
recreation.uw.edu
- IMA Fitness Center: Cardio & Weight Machines, Indoor Jogging Track
- IMA Pool & Pavilion Pool
- Crag Climbing Center
- Outdoor sports fields
- Waterfront Climbing Center
- UW-Squares Center
- UW Wild Trips & Gear Garage
- Golf Range
- Fitness Classes
- Intramurals & Club Sports
- Friday Night Activities

UW Resilience Lab
resilience.uw.edu
HEALTH INSURANCE CHECKLIST

STUDENT ACTION ITEMS

☐ Contact your health insurance company
Complete the Know Your Benefits questionnaire on page 37.

☐ 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.

BEFORE YOUR FIRST QUARTER:

☐ Contact your insurance company
Help your student understand their health insurance
Help your student understand the questions on the Know Your Benefits questionnaire on page 37.

☐ 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.

CALL 911
IN CASE OF EMERGENCY

If you call from a non-campus phone you may be connected to Seattle Police or Washington State Patrol. Simply request to be transferred to UWPD.

206.685.UWPD (8973)
Non-Emergencies

206.685.WALK (9255)
Husky NightWalk

206.543.9337
Victim Advocate

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

Title IX is a federal law that prohibits gender and sex-based discrimination in any education program or activity that receives federal funds. Sexual harassment and sexual violence are forms of discrimination and the UW prohibits these behaviors. For detailed information about the prohibited behaviors, including retaliation, see Chapter 210 of the Student Conduct Code and Executive Order 51 (Sexual Violence Elimination) and Executive Order 51.

Resources & Support
Both resources and support are available to anyone who has experienced sexual violence, sexual harassment, or other forms of sexual misconduct.

Additional resources can be found on the Sexual Assault Resources website. uw.edu/sexualassault

SAFECAMPUS
206-685-SAFE (7233)
safecampus@uw.edu

SafeCampus is available 24 hours a day, 7 days a week. They will help you create a plan, provide you with your rights and resources, and can connect you with an advocate for ongoing support.

SafeCampus prioritizes privacy and will only share information on a limited basis to evaluate and address the risk of harm to the greater community. You can contact SafeCampus anonymously or share limited information when you call.

Calling SafeCampus is not a formal report and SafeCampus does not investigate.

MENTAL HEALTH COUNSELORS
Mental Health Counselors are confidential and can help with trauma recovery. No-cost options are available.

See p. 35 for more information about mental health resources.

CONFIDENTIAL ADVOCATES
Confidential Advocates are free of charge and can help you create a plan, provide ongoing support and connect you to other resources.

LiveWell Advocate:
206-685-4357
hwadvoc@uw.edu

UW Police Department Advocate:
206-543-9337
uwpdadvocate@uw.edu

MEDICAL CARE
Sexual Assault Nurse Examiner (SANE)
Go to the emergency room for a SANE exam; no appointment is needed. There is no charge for a SANE exam.

UW Medical Center:
206-520-5000
1959 N.E. Pacific Street, Seattle, 98195

Harborview Center for Sexual Assault:
206-744-1600
325 Ninth Avenue, Seattle, 98104

Hall Health Center (no SANE exam):
206-685-1011
TITLE IX
Making a Report
You have the right to report a sexual assault or sexual harassment to the University, to the police, to both or not at all. Consider speaking with a confidential advocate to better understand your different reporting options.

Title IX Investigation Office
The Title IX Investigation Office investigates complaints about UW students.

washington.edu/compliance/tixio
206-616-5334
tixinv@uw.edu

University Complaint Investigation Resolution Office (UCIRO)
UCIRO investigates complaints about UW employees, staff, faculty or other academic personnel.

washington.edu/compliance/uciro
206-616-2028
uciro@uw.edu

Human Resources
The Human Resources office also investigates complaints about staff.

hr.uw.edu/policies/complaint-resolution

Law Enforcement
Making a report to the police is the first step toward filing criminal charges.

UW Police Department
206-543-9331 or 911 for emergencies

Seattle Police Department
206-684-5575 or 911 for emergencies.
SHOW YOUR HUSKY PRIDE

Purchase your tickets before returning to campus for the fall quarter! Students, parents and families are encouraged to attend.

Tuesday, Sept. 24:
Dawg Daze Goes to the Mariners
mariners.com/dawgdaze

Check out the Dawg Daze schedule for a variety of ways to kick off your Husky Experience!
uwddawgdaze.com

2019-20
HUSKY GUIDE

Editor: Carlos Guillen
Designer: Joe Jang, 2021
Copy Editor: Zainab Alhassani, 2019

Thanks to: Luis Bowden, Daniel Barkley, Julie Berry, Meghan Coletta, Matt Skirven, Martha Tran, LeAnne Jones Wiles and all of our campus partners.

Photography: Stuart Danford, Kirsten Wong, Dennis Wise and the UW Marketing Photographers.