YOU ARE INVITED TO THE UNIVERSITY OF WASHINGTON’S OFFICIAL WELCOMING CEREMONY FOR ENTERING STUDENTS, THEIR FAMILIES AND FRIENDS.

NEW STUDENT Convocation
10:30 - 11:30 AM
ALASKA AIRLINES ARENA
HEC EDMUNDSON PAVILION

SUNDAY, SEPTEMBER 22, 2019

PRESIDENT’S Picnic
12:00 - 2:00 PM
RAINIER VISTA

GET MORE INFORMATION AND ORDER TICKETS AT: CONVOCATION.WASHINGTON.EDU
The Husky Guide is divided into six 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 students will receive the Husky Guide Workbook (fyp.washington.edu/hgworkbook) to complete activities.

Page numbers for each section are listed below:

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- **Sections:**
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- **Topics:**
  - Transition:
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    - Parent Orientation Agenda
    - Parent & Family Programs
    - Freshman Student Success
    - International Student Success
    - Transfer Student Success
  - Academics:
    - Registration
    - Academic Resources
    - Disability Resources
    - University Libraries
    - Research, Study Abroad
    - Majors
  - Finances:
    - Tuition, Financial Aid, Jobs
    - Scholarships
    - Loans
  - Campus Life:
    - Community Standards & Student Conduct
    - Fraternity & Sorority Life
    - Housing & Food Services
    - Commute Options
    - Find Your Place
    - Husky Card
  - Wellness:
    - Hall Health Center
    - Health Insurance Checklist
    - Title IX
    - UW Recreation
    - UW Police Department
  - Campus Map:
    - Dawg Daze Sporting Event Tickets
    - University Book Store Coupon
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.

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 their 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 University of Washington.

ED TAYLOR
Vice Provost and Dean, Undergraduate Academic Affairs
Professor, Educational Leadership and Policy Studies
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.

University 101
Revisit the U101 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 & Husky Guide Workbook
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
Consider enrolling in a FIG 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.
# KNOW THE LINGO

## Common UW Acronyms

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<thead>
<tr>
<th>Acronym</th>
<th>Description</th>
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<tbody>
<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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<tr>
<td>ASP</td>
<td>Academic Support Programs</td>
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<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 Leadership 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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<td>ECC</td>
<td>Ethnic Cultural Center</td>
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<tr>
<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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<tr>
<td>EOP</td>
<td>Educational Opportunity Program</td>
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<td>EPE</td>
<td>Engineering Peer Educator</td>
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<tr>
<td>EXPD</td>
<td>Center for Experiential Learning and Diversity</td>
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<tr>
<td>FAFSA</td>
<td>Free Application for Federal Student Aid</td>
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<tr>
<td>FIG</td>
<td>First-year Interest Group</td>
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<tr>
<td>FIUTS</td>
<td>Foundation for International Understanding Through Students</td>
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<td>FYP</td>
<td>First Year Programs</td>
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<tr>
<td>HFS</td>
<td>Housing &amp; Food Services</td>
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<tr>
<td>HLI</td>
<td>Husky Leadership Initiative</td>
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<tr>
<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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<tr>
<td>IC</td>
<td>Instructional Center</td>
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<tr>
<td>IFC</td>
<td>Interfraternity Council</td>
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<tr>
<td>IMA</td>
<td>Intramural Activities Building</td>
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<tr>
<td>NPHC</td>
<td>National Pan-Hellenic Council</td>
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<tr>
<td>NSEOF</td>
<td>New Student Enrollment and Orientation Fee</td>
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<tr>
<td>NW</td>
<td>Natural World</td>
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<tr>
<td>OGR</td>
<td>Office of Government Relations</td>
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<td>OL</td>
<td>Orientation Leader</td>
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<tr>
<td>OMA&amp;D</td>
<td>Office of Minority Affairs &amp; Diversity</td>
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<td>OFSL</td>
<td>Office of Fraternity and Sorority Life</td>
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<td>OSFA</td>
<td>Office of Student Financial Aid</td>
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<td>OSVL</td>
<td>Office of Student Veteran Life</td>
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<td>PFP</td>
<td>Parent and Family Programs</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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<tr>
<td>ROTC</td>
<td>Reserve Officers Training Corps</td>
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<td>RSO</td>
<td>Registered Student Organization</td>
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<td>SAF</td>
<td>Services &amp; Activities Fee</td>
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<td>SAO</td>
<td>Student Activities Office</td>
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<td>PHE</td>
<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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<tr>
<td>SLN</td>
<td>Schedule Line Number</td>
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<tr>
<td>SORC</td>
<td>Student Organization Resource Center</td>
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<td>SPD</td>
<td>Seattle Police Department</td>
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<tr>
<td>STF</td>
<td>Student Technology Fee</td>
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<tr>
<td>TA</td>
<td>Teaching Assistant</td>
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<tr>
<td>T-FIG</td>
<td>Transfer First-year Interest Group</td>
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<tr>
<td>TRIO</td>
<td>Federal programs designed to identify and provide services for individuals from disadvantaged backgrounds.</td>
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<tr>
<td>UAA</td>
<td>Undergraduate Academic Affairs</td>
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<tr>
<td>UGC</td>
<td>United Greek Council</td>
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<tr>
<td>UW</td>
<td>University of Washington or &quot;U Dub&quot;</td>
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<tr>
<td>UWL</td>
<td>UW Leaders</td>
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<tr>
<td>UWPD</td>
<td>UW Police Department</td>
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<tr>
<td>VLPA</td>
<td>Visual, Literary and Performing Arts</td>
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<tr>
<td>WAC</td>
<td>Waterfront Activities Center</td>
</tr>
</tbody>
</table>
Welcome to Parent Orientation!

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 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 provided with Parent Orientation. Please use the code included in your Parent Orientation confirmation email.
- **Public Transportation:** More than 60 bus routes serve the University District, including many that drive onto campus. 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.

WIFI ACCESS: 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 fyp.washington.edu/hgreastroom 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)

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 did not request 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:** Suzzallo Library (ground floor) & Husky Union Building (ground floor)
- **Markets:** Husky Union Building (ground floor) & Alder Hall (ground floor)

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

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 waste reduction solutions.

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. 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.

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 island, 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 other’s identity.
PARENT ORIENTATION

7:45 - 8:15 a.m.
Check-in & Registration
Check-in to pick up your name tag, agenda and Parent Orientation mate.
On-site registration is also available for walk-ins.

8:15 - 8:40 a.m.
Welcome
Parent Orientation begins with a welcome from administrators and an overview of the agenda.

8:40 - 11 a.m.
Academics
Your student’s academic success is our main priority. These sessions feature conversations with faculty members, academic advisers and academic support staff about academic expectations, requirements and academic support resources.

11:10 - 11:45 a.m.
The Husky Living Experience
Regardless of where your student lives, there are resources to help them make sure their living environment supports their academic experience. Select one of the following sessions based on your student’s living plans for their first quarter.
- Commuting from Off-Campus
- Fraternity or Sorority House
- On-Campus Residence Hall

11:55 - 1:20 p.m.
Lunch Options
Select the lunch option that allows you to take advantage of the information sessions of most interest to you.

Early Lunch Option
Eat at 12 p.m. then choose between Financial Aid or Hall Health Center Information Sessions.

12 - 12:45 p.m.
Early Lunch
Help yourself to lunch and feel free to mingle or explore the resources available in the Husky Union Building.

12:45 - 1:20 p.m.
Information Sessions
- Office of Student Financial Aid
- Hall Health Center

Late Lunch Option
Choose between a Campus Tour or Student-Athlete Academic Services Information Session, then eat at 12:45 p.m.

11:55 a.m. - 12:45 p.m.
Information Sessions
- Campus Tour
- Student-Athlete Academic Services Information Session

12:45 - 1:20 p.m.
Late Lunch
Help yourself to lunch and feel free to mingle or explore the resources available in the Husky Union Building.

1:30 - 3:15 p.m.
The First-Year Experience
A variety of professionals will offer tips on how to support your student as they navigate their first year, including representatives from Student Fiscal Services, the University Book Store, UW Police Department, Hall Health Center, Live Well and the Counseling Center.

3:30 - 4:25 p.m.
Signature Experiences Breakout Sessions
These workshops are designed for you to customize your orientation based on different topic areas. Session descriptions, times and locations are located on the Parent Orientation.

4:30 - 4:45 p.m.
Creating a Plan for Engagement
Learn about the different ways you can engage with the University throughout the year, including Parent & Family Weekend.

5 - 6 p.m.
University Book Store Reception 4326 University Way NE
Meet your student at the University Book Store on the Ave to enjoy refreshments and to use your 20% discount coupon at The Husky Shop.

Join the conversation on Facebook
facebook.com/groups/uwparents
This group is moderated by parents of UW students.
WELCOME TO THE UW FAMILY!

Congratulations to you and your Husky!

This accomplishment honors the hard work, love and encouragement of an entire family. We share in your excitement as you join the University of Washington community.

One of the most important determinants of a successful transition to college is parental support. While your involvement in your student’s education is important, over-involvement (also known as helicopter parenting) is associated with students having less resilience when they face the inevitable challenges of college.

Parent & Family Programs

As an integral support network for your student, your involvement in their life doesn’t end when college begins. Communication between you and your student may change slightly—or dramatically. But no matter how that communication shifts, Parent & Family Programs is here to help connect you with the right resources to support your student’s success.

The Parent & Family Programs team communicates regularly with families via email, social media and at events. Check out the Parent & Family Programs website where you can sign up for the quarterly UW Parent Insider, to stay informed on resources and find tips on a range of topics relevant to UW families.

Utilize the Parent & Family Programs Helpline, website and email to get individual questions answered throughout the year.

Helpline
206.543.4792
Website
uw.edu/parents
Email Address
uwparent@uw.edu

SAVE THE DATE!

AUG 24
Early Fall Start
Move-In

SEP 18-20
Fall Quarter Move-In Days
Housing & Food Services

SEP 22
Convocation & President’s Picnic

OCT 19
Fall Family Football
Washington v. Oregon

RESILIENCE

Below are some tips on how to help your student develop resilience:

Support Autonomy
Encourage your student to take the lead in solving academic and social challenges. Value your student’s choices and give them the space to participate in decision-making about their education.

Encourage a Growth Mindset
Suggest positive and developmental responses to challenges like seeking new strategies, putting forth greater effort or solving conflicts peacefully.

Ask questions that facilitate these strategies rather than telling your student what to do or doing the task for them. Focus your questions on processes and learning experiences rather than on grades and outcomes.

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FRESHMAN STUDENT SUCCESS

CONGRATULATIONS!

We recognize that you and your family worked hard for you to attend the University of Washington. You are now part of a campus community determined to help you thrive throughout your Husky Experience.

SUMMER

Anxiety about your transition is normal — interact with other first-year students on New Huskies Facebook, ask questions and share your story to begin making friends. Step out of your comfort zone, meet new people and attend Dawg Daze events when you arrive on campus.

AUTUMN

Writing a to-do list serves as a reminder of the important tasks that you need to prioritize. Creating a weekly schedule will help you determine how much time you will spend on your activities. Decide which important tasks need to be done first. Planners can help you organize your week.

WINTER

HOMESICKNESS is a natural part of your transition. Overcome homesickness by getting more familiar with the UW and Seattle communities. Join a student organization or get an on-campus job in order to meet other students. Attend campus events, lectures and athletic events to develop a connection to the UW.

RESILIENCE

There will be moments during your first year when things don’t go as planned. The UW Resilience Lab encourages you to see failure not as something to be avoided at all costs, rather as a necessary step toward growing and learning in your life. Consider the following activities to start exploring ways to develop resilience:

- Focus on your relationships
- Make time to relax and have fun
- Exercise and get outside
- Help those around you
- Eat well and make sure to get enough sleep
- Dedicate time to the things that mean the most to you

resilience.washington.edu

CLUE

The Center for Learning and Undergraduate Enrichment (CLUE) offers tutoring, evening study sessions and exam reviews in Mary Gates Hall.

25.4% of students surveyed in 2018 said they experienced homesickness in the past 12 months. (American College Health Association (ACHA) National College Health Assessment II (NCHA II))
Welcome! We are excited to have you as a part of the UW community. You bring diverse perspectives, knowledge and experiences that strengthen our classrooms, research and campus community. Here are a few first steps for you to consider as you complete your first quarter.

**LANGUAGE & WRITING SUPPORT**

"How do I get help with writing, listening and speaking in English?"

Take an English Composition class, visit a writing center (p. 20), or explore the Academic English Program. [aep.washington.edu](http://aep.washington.edu)

**ACADEMIC SUCCESS**

"How do I explore my major?"

Schedule a meeting with your academic adviser early; they are here to assist with the major selection process and more (p. 16).

**LEARN ABOUT ACADEMIC NORMS**

"What is different about academics here in the U.S.?"

Talk with your instructor about classroom norms and expectations.

**VISA STATUS, ENROLLMENT, TRAVEL & MORE**

"Can I travel to Canada?"

For F-1 & J-1 students go to Schmitz Hall and meet with International Student Services (ISS) [iss.washington.edu](http://iss.washington.edu)

**CULTURE & PEER CONNECTIONS**

"How do I make friends?"

Join a club or organization to begin making connections and sharing your customs and culture with your peers (p. 43). Attend at least two international Welcome Week and three quarterly programs hosted by the Foundation for International Understanding through Students (FIUTS) [fiuts.org](http://fiuts.org)

A comprehensive list of resources for international students can be found online, [international.uw.edu](http://international.uw.edu)

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.

Participate in Unite UW, an on-campus cultural exchange program that connects you with U.S. students and builds a family-like community. Apply any quarter to make close friends. [unite.uw.edu](http://unite.uw.edu)
We have over 46,000 students here! Class sizes will be much larger than at your previous institution.

Professors and teaching assistants (TAs) are available for help with course content. You will need to seek them out and have questions prepared ahead of time. Even with larger lecture-based classes, professors and TAs are available to assist students.

The UW admits roughly 2,000 new transfer students each academic year.

Learn about campus. Bring your family and friends to campus for an event, most are open to the public. Visit MyUW to find your class buildings and download the Scout UW app to find spaces to study on campus.

How to manage transfer shock*

Advice from your fellow transfer students:

- You belong here. Identify your support system on campus and seek help when you have questions. Academic advisers are always willing to answer questions and provide clarity.

- Writing assignments will vary. Clarify expectations with your professor. We also have fantastic writing and tutoring centers across campus. Ask where these centers are located within your major or go exploring across campus and discover them on your own!

Interested in academic support and tutoring? Visit the Center for Learning & Undergraduate Enrichment (CLUE!)

For more information visit depts.washington.edu/aspuw/clue

Attend Transfer DAWG Daze Events!
UWDawgDaze.com

Your Story Matters

As a transfer student, your previous college experience gives you valuable knowledge about higher education, but you'll need to reintroduce yourself to the resources specific to the UW and take time to connect with the student and academic cultures. Making the UW feel small will help you navigate your transition into the UW community — especially in those early quarters on campus. Use these first few quarters to fully integrate yourself into the UW community with activities that support deeper exploration of your passions and values.

Commuter & Transfer Commons (CTC)

The Commuter & Transfer Commons (CTC) helps students from outside the U-District and those transferring to the UW create a sense of identity and community within the larger university.

The space is truly a “home away from home” for commuting and transfer students, with day-use lockers, kitchenette, charging room/lactation station, laptop and phone chargers for check-out and much more.

*Transfer Shock refers to a cause and effect relationship between transferring and a drop in one’s GPA
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 includes contributing to the pursuit of academic goals and practicing high standards of academic integrity.

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.

* 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) is an online planning tool that helps students chart both long- and short-term academic paths. You can use MyPlan to:

- Search and discover undergraduate programs offered at the UW
- Learn about degree requirements for specific majors and programs
- Search the Course Catalog to find all courses offered at UW
- Add first choice and backup courses to your long-term plan
- Search for available course sections by quarter
- Add course sections to your plan for an upcoming quarter
- View seat availability for sections
- Sign up for seat availability notifications (Notify.UW)
- Compare potential schedules before you register
- Run audits to compare your plan to the requirements for specific majors
- Preview your plan items before registering
- Review registered and completed coursework
- Check your degree progress with DARS—compare your completed courses to major requirements
- Send the SLNs of plan items to the Registration page all in one click

REGISTRATION

You can access the Registration page directly by viewing the registration card or accessing the quick links from MyUW (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)

Access both tools from the Registration card in MyUW.
WHO IS MY ACADEMIC ADVISER?
The University offers both pre-major advisers and advisers for each academic department on campus. Advisers for pre-major students work in Undergraduate Academic Affairs and OMA&D Academic Counseling Services located in Mary Gates Hall, room 141.

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. depts.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.

DEPARTMENTAL ADVISING
Once you are accepted into a major you will work with a departmental adviser to continue your academic planning.
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
Students have a few different ways to pursue Honors on campus: Interdisciplinary Honors, Departmental Honors or College Honors. A student that completes both Interdisciplinary Honors and Departmental Honors will receive College Honors at graduation. For more information about the UW Honors Program, visit [honors.uw.edu](http://honors.uw.edu).

**Interdisciplinary Honors Program**
The Interdisciplinary Honors Program helps students take academic risks, actively engage in their learning, explore the world and their place in it and ultimately develop a deeper understanding of themselves and their goals. Students are given access to smaller classes, academic advising, community events, scholarships, study abroad and field studies programs. Students can apply to the Interdisciplinary Honors Program via the UW freshman application or at the end of their first year via Second Year Admission.

**Departmental Honors**
Once students are in their major, they can pursue Departmental Honors. Admission criteria and requirements vary from major to major and may include the completion of a thesis or additional coursework. Visit the website for your major(s) of interest to learn more about their requirements for Departmental Honors.

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.

TRANSFER STUDENTS:
Connect with your assigned UAA/OMA&D ACS adviser over lunch during Dawg Daze on Tuesday, Sept. 24th. RSVP and learn more at [uwdawgdaze.com](http://uwdawgdaze.com).

*Winter Dawg Daze: Make an individual appointment with your adviser.*
GENERAL EDUCATION

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

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.

MAJOR ADMISSION CATEGORIES

OPEN MAJORS
Can be declared at any time by a student in good standing (2.00 cumulative GPA).

MINIMUM REQUIREMENT MAJORS
Requires students to satisfactorily complete a set of prerequisite courses with a minimum GPA. All students who meet the minimum requirements are admitted.

DIRECT TO COLLEGE/MAJOR
Directly admitted upon entry to the University of Washington.

CAPACITY-CONSTRAINED MAJORS
These majors often have application forms and application deadlines; some of them require personal statements or standardized tests.
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](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.

- **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 your adviser.** Meet with your general adviser in your first quarter to discuss potential majors and how to declare or apply to those majors.

- **Send an email.** Questions can also be asked by emailing prehlth@uw.edu.
ASP: ACADEMIC SUPPORT PROGRAMS
ASP provides comprehensive, personalized, high-level academic and social support for all UW undergraduates. ASP supports students with their transition into college life through drop-in and multidisciplinary tutoring, exam reviews and discussion sessions at the Center for Learning and Undergraduate Enrichment (CLUE), academic success coaching, study skills workshops, academic achievement courses and one-on-one tutor-mentor relationships.

dep.ts.washington.edu/aspuw

OTHER TYPES OF ACADEMIC RESOURCES
For a complete list of study, tutoring and writing resources visit the ASP website.
fyp.washington.edu/hgstudyresources

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 (pg. 16-17).

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

DO YOU HAVE CONCERNS IN THE CLASSROOM?
The Office of the Ombud serves the entire university community by providing a collaborative and confidential environment to discuss your situation and consider options for a plan. Last year the Office of the Ombud helped students navigate issues with grading and academic progress, classmate relationships, unclear class expectations and more. If you would like to make an appointment, please call: 206-543-6028 or visit washington.edu/ombud
DRS
DISABILITY RESOURCES
FOR STUDENTS
Disability Resources for Students is a vibrant part of our community. DRS works with students to remove systemic academic, social, and physical barriers impacting equitable access to all that UW has to offer.

NATIONALLY 11-15% OF STUDENTS ON COLLEGE CAMPUSES HAVE A DISABILITY.

1. Get in touch with DRS if you have questions about accommodations usuwdrs@uw.edu or 206.543.8924
2. Fill out an application for services at our website: disability.uw.edu
3. Work with a coordinator to discuss and implement an access plan.

NOTES
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.
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](http://fyp.washington.edu/figs)

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

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.

NOTES
UNIVERSITY LIBRARIES

are interactive, interdisciplinary spaces for scholarship where technology and information come together. UW librarians work with students and faculty to equip students with the skills and resources needed to be successful researchers, scholars and informed citizens in an information-rich world.

ODEGAARD UNDERGRADUATE LIBRARY

As the main library for undergraduate students, Odegaard is a great place to meet with friends or study alone. It features multiple group study rooms and booths, mobile white-boards and screens, active learning classrooms, a Sound Studio, a Digital Presentation Studio and a quiet study space on the third floor.

Odegaard is also the home of the Odegaard Writing and Research Center and the Learning Commons. The Learning Commons is the largest computing lab on campus and contains hundreds of computers (PCs and Macs), printers and scanners as well as software for writing papers, creating presentations, audio and video editing and the Help Desk, which offers free technology help. You’ll also find English as a Second Language (ESL) books, graphic novels, travel guides and “Good Reads”— a collection of fun books for when you need a break from studying!

Odegaard is open 24 hours a day, Sunday through Thursday. Use your Husky Card to check out books and movies, pay for printing and enter the building after 7 p.m. Use your UW NetID to access online resources from off campus at any time.

Resources available on lib.washington.edu:

• Links to information about each UW library, including operating hours
• Specialized research databases, electronic books and journals you can access from anywhere using your UW NetID
• Thousands of DVDs and CDs you can check out for free, as well as streaming videos
• Online Research Guides for every subject taught at the UW
• Library job postings for students. Hundreds of students work for University Libraries throughout campus.

DID YOU KNOW?

The UW has 16 different libraries, each offering specialized materials and unique study spaces for all students. Check out the Art Library, Engineering Library, Foster Business Library, Health Sciences Library and more.

ASK A LIBRARIAN!

Librarians are friendly, knowledgeable and can help you at any stage of the research process. You can easily make an appointment with a librarian at the Odegaard Writing and Research Center.

lib.washington.edu/ougl/owrc

Textbooks for many courses can be checked out from Odegaard.
UW INFORMATION TECHNOLOGY

UW Information Technology is a central resource for your technology needs, including software, mobile apps and tools to enhance your learning experience. itconnect.uw.edu

CLASS PLANNING

COURSE PREREQUISITE MAP: Discover which courses you need to take before others, and which courses are available once a prerequisite course has been completed. prereqmap.uw.edu

MYPLAN: Online academic planner where you can create a course plan, search for classes that interest you and audit your progress. myplan.uw.edu

MYUW: View your class schedule, notices of registration and other important dates, the academic calendar, review tuition and other balances, find relevant events and more. my.uw.edu

NOTIFY.UW: Provides alerts when open seats become available in closed courses. Don’t sweat registration! Get notified about course openings through email or on your phone. notify.uw.edu

TOOLS TO HELP IN THE CLASSROOM

ALLY: Available in Canvas, Ally provides alternative formats of course files uploaded by instructors—such as text that is readable by a screen reader, electronic braille, or audio—that you can download on demand.

CANVAS: Instructors can post course materials and info online, and allow students to submit assignments, post discussion responses, check assignment due dates and send messages to instructors. canvas.uw.edu

PANOPTO: Lecture capture software that lets you review recorded lectures in Canvas. Great for test prep and for catching up on work you missed.

POLL EVERYWHERE: Respond to in-class polls from your phone, laptop or other mobile device. mobile.uw.edu

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
SIGNATURE EXPERIENCES

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. We support students to actively engage in their own learning, explore the world and their place in it and develop a deeper understanding of themselves and their goals.

expd.uw.edu

RESEARCH

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.

Search the Undergraduate Research Database: washington.edu/undergradresearch

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 for their research.

THE HUSKY EXPERIENCE IS GLOBAL!
Explore world problems and help develop solutions through coursework, service learning, research, internships and study abroad.

washington.edu/global/learning

STUDY ABROAD

UW students are driven to discover on campus and around the world. 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. The Study Abroad fair is November 14th, 2019, HUB Ballroom.

washington.edu/studyabroad

STUDY ABROAD FAIR
THURSDAY, NOVEMBER 14, 2019
FIRST-YEAR STUDENTS AND THE CAREER & INTERNSHIP CENTER

Discuss activities on campus with a career coach that may be a good fit with your major and/or career interests.

Ask questions and learn about connections between majors and careers.

We’ll help you reflect on your interests, skills and strengths. What excites you? Pursue opportunities reflecting this.

Attend or view our workshops online to gather information and make connections across campus.

Learn how to start building a strong resume foundation by tracking your experiences.

Investigate summer options and leverage your first-year experience to secure an internship, job shadow or part-time job.

Among first year college students nationally,

- 32% change career plans during their first year of college
- 34% change majors during their first year of college
- 25% have a clear idea of how best to achieve their career goals

The Career & Internship Center works with students to connect their academics and extracurricular activities with future plans. Whether you’re beginning to explore majors or already have a career path in mind, Career Coaches can help you map out options and refine your strengths to take advantage of whatever opportunities come your way.

The center hosts workshops on internship or job search strategy, leads small-group coaching about networking, and provides short videos on resume and cover letter writing. In addition, we provide lots of online resources and in-person services including 1-on-1 appointments, mock interviews and drop-in sessions, so you can get all your questions answered.

Additional career related resources include our free, online database of internship and job postings for UW students and alumni. And we offer plenty of events throughout the year that bring employers to campus in search of hiring Huskies.

QUESTIONS TO ASK A CAREER COACH

- What if I don’t know what I want to study or do for work?
- Is it ok to include jobs and activities from previous schools on my current resume?
- How can I show experience if I don’t have any?
- What is an internship and how do I find one?
- What kinds of jobs do alumni from my intended major do?

ACTION STEPS

1. Visit careers.uw.edu for a digital copy of the Career Guide, which is a comprehensive workbook to assist you as you prepare for your internship or career path.

2. Meet with a Career Coach to discuss part-time campus jobs or get advice on updating your high school resume.

3. Attend the Job & Internship Fairs that are held in February and April to explore what you want to do the summer after your first year.
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.

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
UNDERGRADUATE MAJORS

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
- 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
- Bioresource 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
- 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

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FINANCES

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

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.

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

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
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.

OSFA: OFFICE OF STUDENT FINANCIAL AID
OSFA administers student grants, scholarships, loans and work study opportunities. Each year about 53% of undergraduates receive approximately $420 million in financial aid — of which $280 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 helps students and alumni develop skills and personal insights necessary to pursue UW, local, national and international scholarships appropriate to their goals. 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.

HUSKYPROMISE

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 State Need 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 EXTRAE HELPFILLING YOUR PLATE.

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.

• 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.

Washington.edu/anyhungryhusky
@UWFoodPantry
COMMON STUDENT LOAN QUESTIONS

Taking out loans to pay for educational and living expenses while in school may seem daunting at first, but loans can actually be a good option to help you get your degree and set you up for success later on in life.

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 years’ graduating class left with about $22,164 in cumulative average loan debt. This is below the national average borrowed at public schools of $25,550.

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 10.8%, UW students have a default rate of only 2.8%.

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

25,000+
UNDERGRADUATE STUDENTS RECEIVED SOME FORM OF AID

TOTAL AID RECEIVED
$420,000,000+
SCHOLARSHIPS: 14%
GRANTS: 53%
LOANS 32%
WORK STUDY: 1%
CAMPUS LIFE

Being at a place like the University of Washington gives you the chance to engage with different cultures and people. **Embrace the opportunity to meet someone new and gain new perspectives.** Being involved is more than just joining a club. Quite simply, involvement refers to the amount of physical and psychological energy that you devote to your Husky experience.

ASSOCIATED STUDENTS OF THE UNIVERSITY OF WASHINGTON

ASUW engages the campus community through programming, services and advocacy. Through advocating for policy change on our campus and beyond, programming educational and entertaining events, and funding student organizations on campus, ASUW strives to enrich student life and develop future leaders.

Apply to be appointed to one of the many university committees and councils as an ASUW representative or join the ASUW Student Senate and discuss meaningful legislation. 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](http://asuw.org) | [facebook.com/asuwseattle](http://facebook.com/asuwseattle) | HUB 121

CSSC: COMMUNITY STANDARDS & STUDENT CONDUCT

Through the Student Conduct Code, Huskies hold themselves to the highest standards of ethics, integrity and accountability. The UW expects you to be informed of the Student Conduct Code and to conduct yourself as a responsible member of our community.

CSSC investigates allegations of misconduct and makes determinations of responsibility. Huskies who are suspected of violating the Student Conduct Code will be referred to CSSC to discuss the alleged incident. CSSC aims to provide education and development throughout the student conduct process.
COMMUNITY ENGAGEMENT & LEADERSHIP EDUCATION

TWO WAYS TO KICK-START YOUR LEADERSHIP JOURNEY:

1. Register for a **Collegium Seminar** and develop your leadership in a small, discussion-based environment on a subject that intrigues you! collegium.uw.edu

2. Get involved! Find the right leadership opportunity for you through the Leadership Commons at fyp.washington.edu/hgleadership.

Get involved in these programs to develop your leadership skills and get engaged in your communities. Find us in Mary Gates Hall (MGH).

**Carlson Leadership & Public Service Center** facilitates opportunities for students to engage with and learn from their communities through service learning and community leadership. washington.edu/carlson

**Dream Project** connects students interested in learning about educational equity and college access all while mentoring high school students from South King County. washington.edu/dreamproject

**Husky Leadership Initiative** facilitates opportunities for students to learn about leadership and cultivate their leadership capacity. huskyleadership.uw.edu.

**Jumpstart** connects college students with preschool-aged children from under-served communities in Seattle for early education opportunities. washington.edu/jumpstart

**Pipeline Project** connects students with educational, service and research opportunities in local and regional K-12 schools. expd.uw.edu/pipeline
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, out perform 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. Recruitment Week is held in July, and requires men register to participate. Men can join through informal recruitment all summer long, or through Recruitment Week in June or August, 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 15th. There are opportunities to join a limited number of organizations outside of formal recruitment. uwpanhellenic.com

**NPHC: NATIONAL PAN-HELENNIC COUNCIL**

NPHC is made up of both fraternities and sororities with African American heritage. While membership is open to all students, you should have interest in the culture and heritage of the organization. NPHC organizations recruit through a process called membership intake, which occurs at varying times during the academic school year. Visit uwnphc.wordpress.com or nphc@uw.edu

**UGC: UNITED GREEK COUNCIL**

The UGC is made up of a number of different culturally-based fraternities and sororities. Membership in UGC organizations is open to students of all cultures and backgrounds. UGC chapters have varying recruitment periods. Students are encouraged to contact UGC organizations directly to learn more about individual recruitment processes and events hosted by organizations throughout the year. uwugc.org or ugc@uw.edu
**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 and Kitsap Fast Ferry
- Full fare coverage on Seattle Streetcar
- Unlimited rides on NightRide Shuttle
- Carpool incentives
- Subsidized vanpool fare
- Discounted membership on carshare and bikeshare
- Deals and discounts at transportation-related businesses

**OVER 93% OF STUDENT TRIPS TO CAMPUS USE OPTIONS OTHER THAN DRIVING ALONE**

Based on total weekday trips to campus among students (UW 2016 Transportation Survey).
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**

| Date          | Event                                              |
|---------------|----------|---------------------------------------------------|
| Aug. 31, 2019 | Fall quarter dining account level change deadline |
| Sept. 18, 2019| Fall quarter dining funds available               |
| Oct. 31, 2019 | Agreement termination notice deadline for winter quarter |
| Nov. 30, 2019 | Winter quarter dining account level change deadline |
| Jan. 4, 2020  | Winter quarter dining funds available             |
| Jan. 31, 2020 | Agreement termination notice deadline for spring quarter |
| Feb. 29, 2020 | Spring quarter dining account level change deadline |
| Mar. 29, 2020 | Spring quarter dining funds available             |
| Apr. 2020     | 2020–21 returning resident application period    |
| Jun. 13, 2020 | Any money remaining in your dining account is forfeited |

**MOVE-IN/MOVE-OUT DATES**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Sept. 15, 2019 at 8 a.m.</td>
<td>12-month apartment move-in</td>
</tr>
<tr>
<td>Sept. 18–20, 2019</td>
<td>Residence hall move-in</td>
</tr>
<tr>
<td>Dec. 14, 2019 at 12 noon</td>
<td>Residence halls close for winter break</td>
</tr>
<tr>
<td>Jan. 4, 2020 at 12 noon</td>
<td>Residence halls reopen for winter quarter</td>
</tr>
<tr>
<td>Jun. 14, 2020 at 12 noon</td>
<td>Residence halls close for the summer</td>
</tr>
<tr>
<td>Aug. 22, 2020 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</th>
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<tbody>
<tr>
<td>Oct. 11, 2019</td>
<td>Residence hall fall quarter charges due</td>
</tr>
<tr>
<td>Jan. 24, 2020</td>
<td>Residence hall winter quarter charges due</td>
</tr>
<tr>
<td>Apr. 17, 2020</td>
<td>Residence hall spring quarter charges due</td>
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</tbody>
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More at [hfs.uw.edu/housing](http://hfs.uw.edu/housing)

**STUDENTS: PREPARING FOR YOUR TRANSITION**

Use these questions for reflection:

- What are three concerns I have about living on campus?
- How will living on campus be different from how I live now? What practical things should I learn how to do well before I get to campus?
- What leadership opportunities exist within Residential Life that I would like to be a part of?
- What kinds of activities do I want to get involved with on campus?
- I am having a dispute with someone I live with. What housing resources are available to help with my living situation?
- How can I make sure that I am aware of residential community policies and housing responsibilities?
- What do I want my relationship to look like with my roommate(s)?
- Who can I go to if I need additional support? What type of support might I need?
5 Questions Incoming Students Have Before Living on Campus with HFS

1. Who and what is a Resident Adviser (RA) and Resident Director (RD)?
The RA is a student and Residential Life staff member who lives in the community and can be one of the most helpful and resourceful people you will interact with. The RA helps you adjust to campus life and ensures the safety of the residence halls. The Resident Director is a full-time professional staff member who manages a residence hall by supervising RAs, collaborating with campus partners, and creating a welcoming & inclusive community.

2. How does my family expect me to communicate with them while I am at school?
Moving away from home and living on campus is an adjustment for both students and their families. Students may get caught up balancing academics, leadership positions, and jobs that cause them to forget to call home every once in a while. Family may also wonder about their student’s safety and well-being. Setting clear expectations about what communication is going to look like between students and their families is a great way to help everyone during this time of transition. Here are some questions to get your discussion started: How often should a student call home? When and how often are they expected to visit?

3. I have never shared a room before! What should I know about living with a roommate?
Living with a roommate can be a fun and fulfilling experience, but open communication is an important part of creating a living situation that works for everyone. Completing the “Roommate Agreement” will help roommates discuss things such as what cleanliness looks like, how much noise is acceptable, and how often guests are allowed to come over. Many roommate conflicts stem from a lack of communication and being intentional with the Roommate Agreement early on can save you from a lot of frustration down the road. RAs can help facilitate mediated conversations if you need assistance.

4. How can I get involved once I am living on campus?
RAs and other programming groups will host exciting opportunities and events for you to relax, have fun, and expand your community. Each residence hall also has its own Hall Council with open membership and a number of different leadership positions you can apply for. This and other leadership roles are great for HFS residents looking for opportunities to connect with fellow students, plan fun social events and build their resumes!

5. Questions incoming students have before living on campus with HFS.
All of this information and more can be found in the HFS Move-In Guide.
hfs.uw.edu/Live/Undergraduates

Together We Will

Living on campus offers you a unique and exciting opportunity to learn about people, their cultures and their lifestyles. Share your experiences with others; there are few times in our lives when we have the chance to live closely with so many different people.
GETTING TO CAMPUS

Wherever you live and whatever your situation, Transportation Services is here to help you get to campus and around Seattle.

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
FIND YOUR PLACE

HUB: HUSKY UNION BUILDING
As the UW’s student union, the HUB serves as a center of campus community and events. It is where students have an opportunity to connect, play and study. For many, the HUB is a second home.

The HUB is a major performance and concert venue, hosting cultural and student organization events throughout the year. The HUB is also a place to find several student services including the Student Activities Office, RSO Resource Center, HUB Games Area (bowling, pool, table tennis, video gaming), Commuter & Transfer Commons, Q Center, Student Veteran Life, Fraternity & Sorority Life, Student Legal Services and many others. Student government offices for ASUW and GPSS make the HUB their home as well. ASUW offers services such as the Bike Shop and Rainy Dawg Radio.

hub.washington.edu

ECC: SAMUEL E. KELLY ETHNIC CULTURAL CENTER
The Kelly ECC is a cultural center dedicated to inclusive space and student leadership development. The ECC offers educational workshops and exploration around cultural identity, hosts cultural events year round, and is home to 100+ registered student multicultural organizations. Amenities in the ECC include study spaces, meeting rooms, a dance studio, leadership lab, wellness room, computer lab and our Ethnic Cultural Theatre.

depts.washington.edu/ecc

dlwb: LEADERSHIP WITHOUT BORDERS
The Leadership Without Borders Center works to serve and empower undocumented students at the UW. LWB offers leadership development resources, college success navigators, the Husky Dream Lending Library, a space for community building and connections to other campus and community resources.

depts.washington.edu/ecc/lwb

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
BUILD YOUR COMMUNITY

ENHANCE YOUR CAMPUS INVOLVEMENT

WHY GET INVOLVED?

COMMUNITY
strengthen your community involvement and networks in and out of your academic fields!

EXPERIENCE
Leadership, organizational, 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 from the rigors of classwork and projects.

sao.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 – UW students, staff, faculty, alum and community members. We host and support student groups, put on regular programming events, offer a lending library and amplify student voices through advocacy and leadership development. For more information stop by the Husky Union Building (HUB), room 315.

qcenter.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. We are able to serve student veterans at any point in their college experience. From navigating campus locations to identifying student resources.

OSVL is also a great place for veterans to study, grab a free cup of coffee, use the printer or just hang out and meet other veterans. Look for Veterans Night Out events during Dawg Daze, Memorial Day events, Veterans Day events and more!

vetlife.washington.edu

INTELLECTUAL HOUSE
The Intellectual House provides a learning and gathering space where American Indian and Alaska Native students, faculty and staff — and others of various cultures and communities — can come together in a supporting and welcoming educational environment to share their knowledge and their cultures with one another.

A primary purpose of the Intellectual House is also to increase American Indian and Alaska Native students success at the UW, preparing them for leadership roles in their tribal communities and the region.

wǝɫǝbʔaltxʷ INTELLECTUAL HOUSE

washington.edu/diversity/tribal-relations/intellectual-house
RACE & EQUITY INITIATIVE

The University of Washington has a longstanding and growing commitment to equity, inclusion and diversity.

As part of this commitment, President Ana Mari Cauce established a Race & Equity Initiative to support and sustain diversity at the UW. In our role as a public university, we must understand, support and foster many perspectives and individuals’ narratives and create an academic environment that benefits everyone on UW campuses. The Race and Equity Initiative builds upon ongoing efforts of the University to center diversity and inclusion by:

- **Enriching the personal UW experience.** The Race & Equity Initiative enhances individual development and provides greater resources and opportunities for teaching and learning around race and equity.

- **Addressing institutional bias.** Improving inclusion and fairness at all levels of the UW is a key goal of the initiative. We are identifying and revising policies that are barriers to equity and justice and that prevent student, faculty and staff success.

- **Engaging our communities.** The UW is engaging with local citizens, community-based organizations, businesses and alumni to understand and address the problems that impede the health, well-being and safety of everyone in the Husky family – at home and around the world.

The Race & Equity Initiative is a high priority for the University as we continue our work to foster a welcoming and inclusive campus so that all students have the opportunity to grow, learn and lead at the UW and beyond.

There are several ways for you to get involved in the Race & Equity Initiative. Opportunities include joining a committee, becoming a facilitator, participating in conversations, taking courses and getting involved in activities provided under the Initiative. To learn more about the Race & Equity Initiative please visit the website: [washington.edu/raceequity](http://washington.edu/raceequity)
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

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 330,000 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.

HUSKY CARD

The Husky Card is the official identification card, automatically linked to a reloadable debit account, for members of the UW community. Parents and friends can add money to the account online at any time. Funds added to your 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 Bookstore.
- **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.
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.
CARING FOR YOUR EMOTIONAL WELL-BEING

Learning to appreciate and cope with a wide range of emotions is an important part of college life. At times, you will feel like you can handle your emotions on your own, and at times you will need to reach out to friends, family and other people in your life. Sometimes, we think that ignoring our emotions or suppressing them will help us focus better. While this may work in the short term, we often end up feeling worse. Instead, consider that your emotions are another form of learning. In fact, emotions enhance social and academic learning, so it is best to pay attention to the following:

**SIX STEPS FOR MANAGING THE MORE DIFFICULT FEELINGS IN LIFE:**

1. **Attunement:** Be aware of your internal world. Notice where the emotion is present in your body, mind and soul.
2. **Identify:** Acknowledge and label the emotion(s) you are experiencing.
3. **Accept:** Try not to avoid or deny the emotion and be accepting of its presence.
4. **Remind:** Remind yourself that emotions are temporary, regardless of the intensity.
5. **Understand:** Determine how and why the emotion(s) occurred. What were possible triggers?
6. **Release:** Let go of the idea that emotions can be controlled.

Your emotions will tell you important information about your needs. Be flexible with yourself and the different ways you can respond to your needs and you may find that are able to manage your emotions easier every time.

As you learn to cope with difficult feelings, keep your body healthy (e.g., get enough sleep, eat well and be active), stay connected with loved ones and pay attention if there is too much on your schedule. *Don’t be afraid to ask for help.*

Counseling Center  
[washington.edu/counseling](http://washington.edu/counseling)

Hall Health Mental Health Center  
depts.washington.edu/hhpccweb/project/mental-health-clinic

Let’s Talk: Drop-in Consultation with a Counselor  
washington.edu/counseling/services/lets-talk

King Country Crisis Line  
866-427-4747

**TRANSFER YOUR IEP**

If you had an Individualized Education Plan (IEP), or if you have a chronic physical or mental health issue, please contact Disability Resources for Students (p. 21).

**STUDENT ORGANIZATIONS**

**Huskies for Suicide Prevention and Awareness (HSPA)** is a mental health registered student organization (RSO) dedicated to mental health advocacy and suicide prevention. HSPA hosts quarterly Stress Less Weeks during the week before finals (no “Dead” Week!) and an annual Husky Help and Hope (H3) Walk fundraiser. [hspauw.com](http://hspauw.com)

The **Peer Health Educators (PHE)** are a group of student volunteers, based out of the Health and Wellness office in Elm Hall, who are committed to promoting student health and safety on campus. The PHEs are available to answer questions and recommend resources to students about health resources on and off campus. [depts.washington.edu/livewell/phe](http://depts.washington.edu/livewell/phe)
Hall Health Center is an on-campus clinic that provides high quality health care to the UW community. Students are our focus. We serve people of all ages, and are linked to UW Medicine.

OUR SERVICES:
Help with Illness & Injury, Tailored to Huskies
• Same-day appointments for urgent medical or mental health symptoms
• 24/7 medical advice from a nurse
Prevent Disease
• Immunizations
• Study abroad assessments and physical exams
Mental Health Support
• Same and next-day visits for students who need support
• Individual and group counseling
• Medication management
• Acupuncture
On-site pharmacy, Lab & Imaging

Specialized Medical Care
• Travel medicine
• Dermatology
• Sports medicine
• Physical therapy
Sexual & Reproductive Health
• Prenatal care/obstetrics
• Birth control, including IUDs & Nexplanon

Contact Us
Hall Health Center is located across from the HUB on NE Stevens Way
(206) 685-1011
hallhealth.washington.edu
hhpccweb@uw.edu

HEALTH INSURANCE

What is health insurance?
Health insurance is a contract between you and an insurance company that protects you from having to pay the full cost of health care.

Learn about your health insurance plan
Be prepared for out-of-pocket costs by learning about your health insurance before the school year begins.

• Card - Make sure you have an insurance card. Take photos of the front and back of the card and store them on your phone in case you lose your card.
• Coverage - Learn about deductibles, copays and coinsurance. Look into coverage of common health needs, like mental health counseling, urgent care and medication.
• Network - Identify a primary care, urgent care and an emergency provider that are contracted (“in-network”) with your health insurance, so you will get the highest level of coverage. If you are from out-of-state, ensure that you have insurance coverage in Seattle.

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 (page 56).

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.

GET HELP
If you need help obtaining or using health insurance, or if you need help finding an affordable health care provider, contact: International students - J1 or F1 visas: stdins@uw.edu OR Domestic students: atwaterp@uw.edu
LIVEWELL

Free support, advocacy, education and training for all UW students.

STUDENT COACHING & CARE: We are a starting point for students in distress and in need of multiple levels of support. We provide wellness coaching to help untangle complex situations (e.g., unable to rely on family, not in a good living situation, not connected to health services, experiencing housing instability, or food insecurity). We are here to help you explore strategies and next steps. 
ajmyhre@uw.edu • 206.543.2684

ALCOHOL & OTHER DRUG EDUCATION: We provide students with information on alcohol and other drugs to help address any possible impacts their individual use may be having socially and/or academically. We can work with students both one-on-one or in groups. | jkilmer@uw.edu • 206.543.7259

SURVIVOR SUPPORT & ADVOCACY: Our LiveWell Student Advocate provides a safe and confidential space for students who have experienced an incident of sexual assault, relationship violence, stalking, or sexual harassment. We are a starting point for students to explore their options, resources, and receive support. | hwadvoc@uw.edu • 206.685.4357

SUICIDE INTERVENTION PROGRAM: We work to reduce the risk of self-harming behaviors by reaching out to students who are referred to SIP. Our goal is to help students establish a connection to a supportive resource such as Hall Health, the Counseling Center, Disability Resources for Students, or an off-campus provider. This program is not designed to intervene in an emergency (always call 911 if there is imminent risk or danger). hwsip@uw.edu • 206.543.7454

PHES: PEER HEALTH EDUCATORS: PHEs provide peer to peer education promoting mental health, sexual assault and relationship violence prevention and alcohol education. These student leaders are trained in connecting students to campus resources. | phehwdr@uw.edu

livewell.uw.edu
# HEALTH INSURANCE CHECKLIST

<table>
<thead>
<tr>
<th>STUDENT ACTION ITEMS</th>
<th>BEFORE YOUR FIRST QUARTER:</th>
<th>PARENT / FAMILY ACTION ITEMS</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Contact your health insurance company</td>
<td>CONTACT YOUR INSURANCE COMPANY</td>
<td>Help your student understand their health insurance</td>
</tr>
<tr>
<td>Complete the Know Your Benefits questionnaire on page 51.</td>
<td>IDENTIFY A NEW PROVIDER</td>
<td>Help your student understand the questions on the Know Your Benefits questionnaire on page 51.</td>
</tr>
<tr>
<td>□ Identify an in-network provider close to UW</td>
<td>DISCUSS COSTS</td>
<td>Identify an in-network provider close to UW</td>
</tr>
<tr>
<td>Find a primary care, urgent care, emergency care, and/or mental health provider and save them in your phone.</td>
<td>SAFEGUARD YOUR INSURANCE CARD</td>
<td>Help your student find a primary care, urgent care, emergency care, and/or mental health provider.</td>
</tr>
<tr>
<td>□ Discuss if out-of-pocket costs are associated with your insurance</td>
<td>TRANSFER MEDICAL RECORDS</td>
<td>Discuss if out-of-pocket costs are associated with your insurance</td>
</tr>
<tr>
<td>If applicable, determine how these costs will be paid and by whom.</td>
<td>CONTACT HALL HEALTH CENTER</td>
<td>Ensure that your student has an insurance card</td>
</tr>
<tr>
<td>□ Determine where you will store your insurance card (wallet, etc.)</td>
<td></td>
<td>If needed, you can request one from your insurance company.</td>
</tr>
<tr>
<td>Take a photo of the front and back of your insurance card and store it in your phone.</td>
<td></td>
<td>Help your student understand their medical history</td>
</tr>
<tr>
<td>□ Arrange for your medical records to be transferred</td>
<td></td>
<td>Make sure everything gets finalized before the beginning of their first quarter.</td>
</tr>
<tr>
<td>If you have ongoing medical or mental health needs, schedule an appointment before your first quarter.</td>
<td></td>
<td>Mental health therapy options at UW provide short-term services</td>
</tr>
<tr>
<td>□ Contact Hall Health Center’s Health Promotion Office</td>
<td></td>
<td>If your student requires ongoing care, help them find a provider through your insurance company’s online directory.</td>
</tr>
<tr>
<td>206.616.8476 or <a href="mailto:hhpc@uw.edu">hhpc@uw.edu</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td><a href="mailto:hhpccweb@uw.edu">hhpccweb@uw.edu</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td>If you don’t have adequate health insurance coverage or if you have questions about health insurance.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
# 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>Health Insurance Company:</th>
<th>Date of Call:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Telephone Number:</td>
<td>Name of Health Insurance Company Representative:</td>
</tr>
<tr>
<td>Does my health insurance plan provide coverage in the Seattle, WA area?</td>
<td>What is the maximum out-of-pocket cost I would pay each year?</td>
</tr>
<tr>
<td>Are Hall Health Center &amp; UW Medical Clinics contracted with my insurance? Tax ID number: 91-1220843 or Dr. Bill Neighbor, NPI: 1265518989</td>
<td>What are my copays (flat fee costs) for prescription medicine?</td>
</tr>
<tr>
<td>Are the Hall Health Center Pharmacy &amp; Lab contracted with my insurance? Tax ID number: 91-6001537</td>
<td>What are my copays (flat fee costs) for appointments?</td>
</tr>
<tr>
<td>Do I have a deductible? If so, how much and for which services?</td>
<td>What are my outpatient mental health benefits? What portion of the cost must I pay?</td>
</tr>
<tr>
<td>Do I have to pay co-insurance (% of cost of care)? If so, how much?</td>
<td>Is intensive or outpatient mental health treatment covered? What portion of the cost must I pay?</td>
</tr>
<tr>
<td>Do I need prior authorization or a referral for any services?</td>
<td>What is my dental coverage?</td>
</tr>
<tr>
<td></td>
<td>What is my vision coverage?</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 31 (Non-discrimination).

**RESOURCES AND SUPPORT**

Are available to anyone who has experienced sexual violence, sexual harassment, or other forms of sexual misconduct.

**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 or hwadvoc@uw.edu
- UWPD Advocate: 206-543-9337 or uwpdadvocate@uw.edu

**Mental Health Counselors** are confidential and can help with trauma recovery. No cost options are available. See page 43 for UW mental health resources.

**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. A contact to SafeCampus is not a formal report and SafeCampus does not investigate. 206-685-SAFE (7233) or safecampus@uw.edu

**MEDICAL CARE OR SANE EXAM**

There is no charge for a SANE (Sexual Assault Nurse Examiner) exam. For a SANE exam, go to the emergency room. No appointment is needed.

**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; 4060 E. Stevens Way NE Seattle, 98195

Additional resources can be found at the UW Sexual Assault Resources website. uw.edu/sexualassault
MAKING A REPORT

You have the right to report to the University, to police, to both or not at all. Consider speaking with a confidential advocate to better understand your different reporting options.

**Title IX Investigation Office** investigates complaints about UW students. 206-616-5334 or tixinv@uw.edu

**University Complaint Investigation Resolution Office** (UCIRO) investigates complaints about UW employees—staff, faculty or other academic personnel. 206-616-2028 or uciro@uw.edu

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

**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.

Visit the Title IX website for more information about making a report, including your state and federal reporting options.

EDUCATION & PREVENTION

Online and in-person training and education is available for students and student groups. For more information, and for ways to get involved in prevention and outreach work, visit the Title IX website.

To learn more, or for questions regarding Title IX compliance and initiatives, contact the Title IX Coordinator, at titleix@uw.edu or 206-616-9713.

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.

fyp.washington.edu/hgmarijuana
UW RECREATION

University of Washington Recreation provides safe, accessible and dynamic recreation experiences to engage students in growth and wellbeing. All full-time students have membership to the Intramural Activities Building (IMA), a state-of-the-art fitness facility, as part of their student fees. Students also have access to discounts at our Waterfront Activities Center and Golf Range. Join the thousands of students who visit us daily to exercise, play intramural and/or Rec Clubs, take fitness and yoga classes, and more! Learn more at recreation.uw.edu

- Fitness center with top-of-the-line cardio and weight machines.
- Five gyms (basketball, volleyball, badminton).
- Indoor jogging and walking track (1/9 mile).
- IMA pool (25 yards), Pavilion Pool (25 yards).
- Racquetball, handball and International and North American squash courts.
- Outdoor sports fields, 13 tennis courts.
- Crags Climbing Center, Climbery and Husky Rock.
- Outdoor trips and classes with UWild Adventures.
- More than 20 different intramural sports and 40+ Rec Clubs.

- More than 100 weekly fitness classes – mindfulness, dance, martial arts, TRX, cycling, sports instruction and aquatics.
- Waterfront Activities Center, home of UWild Adventures’ Gear Garage and canoe, rowboat and kayak rentals.
- Golf Range – Night-lighted, 43 tees, chipping and putting greens.
- Friday Night Activities – Roller Skating, Archery and Log Rolling.
SAFECAMPUS SUPPORTS YOU

The University of Washington is a community that cares for one another. When we're concerned for someone else, we reach out.

Many students turn to friends they trust when they need support. They may share that they are struggling or worried for their own safety. Additionally, you might become concerned for a friend due to their changing behaviors, something that they posted online or an incident that you witnessed.

We're here to offer support and guidance when you have concerns for yourself or others. We'll listen and provide individualized plans tailored to each unique situation. No situation is too big or too small to call about.

All calls are private. You can choose to share as much or as little as you want. You can even call us anonymously.

REASONS TO CALL SAFECAMPUS

- Dramatic changes in an individual's personality, 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.
- Receiving verbal or online threats.
- Experiencing inappropriate behavior from a staff or faculty member.

TIPS FOR SUPPORTING A FRIEND

- **Validate**: Believe them and thank them for sharing with you.
- **Listen**: Ask how you can help
- **Connect**: Share with them that there are resources on campus
- **Consult**: Call SafeCampus to determine options or share any safety concerns.
- **Self-Care**: Take care of yourself and be aware of your own feelings

CONNECT TO SUPPORT

Trust your instincts. Pay attention to cues, comments and your experiences.

Reach out. If you notice behaviors that make you or others uncomfortable, you do not have to deal with it alone. Ask for help by calling SafeCampus at **206-685-SAFE (7233)**.
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!

- 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

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
UW ALERT

The University has developed UW Alert to disseminate official information via email, text messages, telephones, loudspeakers, website banners and other means to keep the campus community informed during emergencies and situations that might disrupt normal operations.

All UW students are automatically opted in for email notifications and all students living in the residence halls are automatically opted in for both emails and texts. If you do not live on campus, UW faculty, staff and off campus students can subscribe via the UW Alert website. Parents, families and other loved ones without a university email account can find information about messaging tools via the UW Alert website. washington.edu/safety/alert

EMERGENCY SITUATIONS

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

- UW Alert Blog emergency.uw.edu
- UW Information line 206.UWS.INFO
- Facebook & Twitter @UWalert

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

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
depts.washington.edu/slsuw
ARTS & PERFORMANCE SPACES
- Burke Museum / 1-H
- Hec Edmonson Center Theater / 1-D
- Condon Hall / 11-100
- Penny Art Gallery / 11-H
- Hughes Playhouse / Theater / 3-J
- Jacob Lawrence Gallery / 14-13
- James Playhouse / Theater / 3-J
- Kane Hall / 1-H
- Money Theater / 16-H

UW HOUSING
- Alder H-P
- Hillyard Village / off map
- Cedar H-P
- Commodore Dachau / 9-G
- Hitt 10-F
- Franklin 7-F
- Lander P-H
- Lower Village / 1-H

SPORTS VENUES
- Alaska Airlines Arena at Hec Edmundson Pavilion / 19-5
- Alaska Airlines Field at Husky Stadium / 19-11
- Chaffey Field / 19-119
- Coxe Cage Allen / 19-103
- Coxe Cage Cooper / 19-105
- Company Indoor Center / 19-119
- Husky Indoor Track / 19-189
- Intramural Activities Building / 19-130
- Husky Tennis Center / 19-103
- Soccer Field / 19-105
- Women’s Softball Field / 19-103

VISITOR INFORMATION
- Visitor Information Center / 11-H

TRANSPORTATION
- Gattabrusius U-Hall / 12-H, 12-104 / 12-H
- Transportation Services 233-231 (5860)
- UW Light Rail Station / 12-91
- UW Shuttle 233-651-2044

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
Course Materials
We partner with UW professors to stock the right books for every class.

Art & Supplies
Professional-quality art and office supplies.

The Gift Shop
An eclectic, cool selection of PNW gifts, souvenirs, and tasty treats.

The Tech Center
Low academic pricing on laptops, tablets, software, repairs, Apple®, and more.

the book store café
Coffee, pastries, sandwiches, and more. Vegan and gluten-free options.

The Husky Shop
The authentic Husky retailer since 1900.

The Book Shop
Indie-style book shop with all the new releases.

Events
Hundreds of book signings and author events.

Scan to sign up for sales, upcoming events, and more!
Shop online at ubookstore.com

PARENTS
PRESENT THIS COUPON AND SHOW YOUR BADGE TO
SAVE 20%
on a single item from The Husky Shop.
Use code UWPARENT19 at ubookstore.com

Some restrictions apply. Visit ubookstore.com/blackliner for full details. May not be combined with other discounts and special offers. Valid for one-time use through September 30, 2019 at all stores and ubookstore.com.