

# Hawk Parent

A publication of the Saint Joseph's University Office of Student Life

## **Important Dates:**

- Tentative start of Fall 2013 registration – 4/10
- Last day to Withdraw from a class – 4/15
- Finals begin – 5/3

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## **Residence Hall Move Out**

It is hard to believe that the academic year is nearly over! As the year winds down, we're anxious to help students successfully move out of their residence halls for the summer and we welcome families who return to campus to help their students. Here are a few tips to help prepare for the end of the semester move-out process.

- All students are expected to move out within 24-hours of their last final exam. The residence halls will close at 6:00pm on May 9th. Be sure to ask your student about his or her exam schedule so that appropriate travel arrangements can be made in advance. Extensions may be granted for academic and University-related activities.
- Encourage your student to start packing items that they won't need and taking them home on weekends in April. It will mean less to pack and carry when they do check-out.
- Parents are welcome (and appreciated) during the move-out process; however, all non-students must be escorted through the buildings by a resident student. Make sure that your student is available to help move his or her belongings when you arrive.
- Students should schedule a check-out time with a Resident Assistant. This will provide an opportunity for our staff to do a brief walk-through of the space with the student to make sure that nothing has been left behind and to go over the Room Condition Report that may have been filed at the beginning of the year.
- We will have a limited number of laundry carts available to check out from the area offices of most buildings to assist with the move-out process. Please expect that they will be in high demand during the move out period, so we suggest you also bring a dolly or hand truck to assist you. (Campus Houses, Pennbrook and Ashwood will not have access to laundry carts due to the difficulty of getting them in and out of the buildings without causing damage to the cart or to the building.)
- University parking lots will remain open for University business and students during the move-out period. We ask that you park in a designated space to ensure that traffic may still flow normally through the parking lot. Public Safety will be present to assist with traffic, but your patience during this busy time is appreciated.

## SJU Summer Course Registration

May 2, 2013

**STUDY PAWS  
with**

**Therapy Dogs  
International**



**Count Down to Final  
Exams**

**Join us in the Post  
Learning  
Commons Atrium**

**De-stress with the TDI  
Dogs**

**Presented by the  
Drexel Library and  
The Learning Resource  
Center**

The SJU summer course schedule will be available beginning about April 1<sup>st</sup> through the College of Professional and Liberal Studies.

Summer classes offer students an opportunity to take

course work at a reduced rate with the flexibility to take classes online or on-campus, in the day and evening.

Students are able to get caught up on courses and complete prerequisites needed for the fall semester.

To learn more call [610-660-1467](tel:610-660-1467)

or visit [www.sju.edu/summer2013](http://www.sju.edu/summer2013).

## Memories to be published online for second year

Last year, *The Greatonian*, SJU's Senior Yearbook, transitioned to an online format. With the new format, the yearbook will be available for seniors and their parents to access for years to come, and is also available to order as a book.

The new online format also allows for student customization of printed copies, and online access from anywhere in the world.

As a special bonus, all yearbooks ordered between now and April 15 will include 10 free pages to personalize.

Sessions for senior portraits are offered throughout the year, with this year's final portrait sessions occurring March 25-28.

The content of the yearbook will focus on activities around campus, and will include a special section on Graduation.

Printed books will be

shipped mid-summer.

Please visit <http://kci.customyearbooks.com/SJ/#> to view last year's book, or if your student is a senior and you are interested in ordering this year's book.

Any questions? Call the Greatonian Advisor, Jen Tomasetti at [itomaset@sju.edu](mailto:itomaset@sju.edu).

## A Message from the Office of Disability Services

Thank you very much for your support and cooperation during the Semester, Spring 2013!

We were able to address the accommodation needs of most students and your input was always welcomed.

To all parents, if your son or daughter has or you believe that they may have a learning, physical or psychological difference, I encourage you to contact me at your earliest convenience.

We are here to help in any way that we can.

Jim Scott, Director,  
Services for Student with  
Disabilities

610-660-1774  
[jscott@sju.edu](mailto:jscott@sju.edu)

## An Important Message from the Student Health Center

In an effort to ensure students' physical and financial health, Saint Joseph's University requires all full-time undergraduate day students and all international students to show proof of health insurance coverage annually. Students unable to provide proof of comparable health insurance will be billed for and enrolled in the university sponsored plan.

The University has selected a student injury and sickness insurance plan underwritten by United Healthcare Insurance Company (serviced by First Risk Advisors). While students do not need health insurance to be seen in the Student Health Center, health insurance is required for diagnostic testing, specialty care, and emergency room visits or hospitalization. Many of the hospitals and physicians in the Philadelphia area are participating providers. Visit [www.firststudent.com](http://www.firststudent.com) to find out if your current provider participates or to find a doctor or hospital.

Information about the university sponsored insurance plan is available at [www.firststudent.com](http://www.firststudent.com). We encourage you to review this information, which provides a description of coverage including costs, benefits, exclusions, any reductions and limitations, and the terms under which the coverage may remain in force. Please be sure that you have a good understanding of how the plan covers your student while he or she is at Saint Joseph's University.

In order to complete the waiver/enrollment process, students must go to [www.firststudent.com](http://www.firststudent.com), select Saint Joseph's University from the drop down menu then select the Enroll/Waive Insurance link and follow the directions. Students will be able to access the enrollment/waiver site in early May 2013. Please contact the Student Health Center with any questions or concerns:

**Laura Hurst, MSN, CRNP**  
**Director, Student Health Center**  
**610-660-1175**

## Professional Development Opportunities

Through collaboration with nationally recognized partner, Ed2Go, the College of Professional and Liberal Studies at Saint Joseph's University offers a variety of non-credit courses online for individuals looking for affordable and creative ways to boost their personal or professional development.

These highly interactive online courses provide you with topic areas in business, computer

applications, personal development, and test preparation.

Sample courses include; *Business Writing, Publish & Sell Your E-books, Start Your Own Business, Guiding Kids on the Internet, 12 Steps to a Successful Job Search, Resume Writing, Designing Effective Websites, Assisting Aging Parents, and Stocks, Bonds and Investing: Oh My!*

Coursework is led by expert instructors, many of whom are nationally known authors. These courses provide you with affordable, fast and convenient educational opportunities.

For a complete list of non-credit course offerings through Ed2Go, please visit <http://www.ed2go.com/sjuprofessional>.

## Exploring Majors/Minors—Knowledge is Power!

*By Marilyn Wade, M.A., Assistant Director, Career Development Center*

College students sometimes feel unprepared to choose a major, often because they may not have gathered enough information to make a good decision. As a parent, you can encourage your student to take the following steps to make his/her decision much easier!

- 1) Know yourself.
  - Consider what interests and motivates you! Consider favorite subjects from high school, as well as in college-level classes and extracurricular activities.
  - Take vocational assessments that may be helpful in determining your personality, interests and values. Contact the Career Development Center (CDC) at (610) 660-3100 for more information.
- 2) Discover the possibilities.
  - Learn as much as you can about the various majors/minors that are available (visit <http://www.sju.edu/majors-programs> ).
  - Carefully review each academic department's website.
  - Meet with an academic advisor and/or professor during office hours.
  - Talk to a current student or recent graduate for an insider point-of-view.
  - Visit the SJU bookstore and read a few pages from an intermediate textbook for a major!
  - Visit the CDC website (<http://www.sju.edu/int/studentlife/studentresources/careers/resources/careeroptions.html> ) for career-related information.
- 3) Reality-test the options.

Getting practical “experience” may be one of the best ways to make an informed decision.

  - Take a class in the major(s) you are considering.
  - Join an academic student organization to meet other students in that major.
  - Consider learning opportunities, such as volunteering, service-learning, research and internships!
- 4) Get support and assistance.

Career counselors can help students to sort out their options and determine which major(s)/minor(s) might fit best. Students can schedule an appointment by calling the CDC at (610) 660-3100 or email at [careerhelp@sju.edu](mailto:careerhelp@sju.edu)

## Fall 2013 Registration Time Approaches

Registration for next fall semester will begin around April 10 for seniors followed by juniors, sophomores, and freshmen in the following week(s). In the College of Arts & Sciences (CAS) all students are required to meet with their advisor prior to their registration time to review their academic plan and choose courses for the following semester. In the Haub School of Business (HSB) all students are encouraged to meet with their advisor for academic planning; however, only first year students and sophomores as well as all students who are Management Department Majors are required to meet with their advisors.

CAS Advising Support Center – [www.sju.edu/cas/advising](http://www.sju.edu/cas/advising)

William F. Leahy (HSB) Advising Center – [www.sju.edu/hsbadvising](http://www.sju.edu/hsbadvising)

General Education Program Website – [www.sju.edu/gep](http://www.sju.edu/gep)

## 8 Excellent Points to Share with Your Student about Being a Hawk

Presented by the Wellness, Alcohol & Drug Education (WADE) Program  
Campion 212 \* [wade@sju.edu](mailto:wade@sju.edu) \* 610-660-3462

### 1. Violence of any kind is not tolerated.

- Educate yourself about what constitutes consent. Visit [www.sju.edu/support](http://www.sju.edu/support)
- If you have been sexually assaulted, call Rape Education Prevention Program (REPP) at 610-733-9650 (24/7 Help Line)

### 2. Know the signs of alcohol overdose and be a hawk; watch out for your friends.

- Know the four signs of alcohol overdose; call 610-660-1111 for a friend who needs help.
- SJU wants you to call for a friend in need and has policies and procedures in place to ensure that those “help seekers” will likely not be charged through the Community Standards process for their own possession or consumption of alcohol when being a [Good Samaritan](#). There is also a Good Samaritan law in PA so regardless of where you are, help someone who needs it.

### 3. iCARE: Take the Pledge, Join the Movement.

- Understand that we are a community that cares and it is important that you stand up for others and be an active bystander. *Have you signed the [iCARE Pledge](#) yet?*

### 4. If you choose not to drink, you will be accepted.

- It may feel like everyone has given up their values and started drinking at school. It is simply not true! Keep looking to find the friends who you share core values with and don't settle.
- Join [WADE's Weekender listserv](#) to receive an email each Thursday listing fun and free events weekend events in the city.

### 5. If you are in recovery, there are supports on campus and off campus for you.

- Students in recovery are encouraged to reach out to WADE to be connected with others in the recovery community.
- [Resources for Students in Recovery](#) including times of NA or AA meetings can be found online.

### 6. If you choose to drink, be responsible and healthy.

- To drink responsibly means to know your own personal limit and stay within those limits. Stop by WADE for your own personalized BAC Resource Card.

### 7. Be compliant and cooperative.

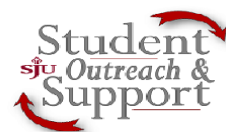
- Don't add insult to injury; if you get caught doing something illegal or in violation of University policy, be compliant and don't add more charges to your case. Never run from security and always follow directions. Always do what police or public safety asks of you.

### 8. Fake IDs have consequences within the University and in Pennsylvania

- Pretending you are someone you are not through the possession or use of a fake ID is not a smart idea, especially post 9/11. Your possession or use of a fake ID will lead to disciplinary action by the University. Being found in possession within PA could result in \$300 fine and loss of license for 90 days for the 1st offense.

If you are a parent of an addict, reach out to WADE for support and resources for yourself.

There is a free webinar on Wednesday, March 27<sup>th</sup> from 9-10pm hosted by Hazelden:  
*Recovering My Kid: Parenting Young Adults in Treatment and Beyond*. If you would like information on how to join this free webinar, please email Katie Bean at [kbean@sju.edu](mailto:kbean@sju.edu).



## Making an Informed Decision about Housing

By this time of year rising juniors and seniors are trying to decide whether to live on campus or off campus. While some students enjoy the camaraderie and convenience of living in the residence halls, others long for the independence and freedom of living off campus. For many students, cost is a defining factor.

The average cost to live on campus at Saint Joseph's University is about \$4,200 per semester. This includes staffing, 24 hour security, furniture, wireless high-speed Internet, cable, heating and air as well as all utilities including electricity, plumbing, and free laundry facilities. Factor in about \$2,000 per semester for dining services as prices vary and are not included in the room rates.

Students living off campus may have to put down a deposit, which usually includes the first and last months' rent. They also may have to pay for services such as utilities, furniture, food, security, internet and cable individually, and these costs can fluctuate. Depending on where students live, off campus transportation and parking costs can also add to the price.

Off Campus students are not only living in area apartments but they are living in private homes. A number of the private homes in our area are large and can accommodate five to six students. While living with multiple roommates can cut costs, many students who do so are breaking the law by violating "The Educational Housing District Law" (EHDL), which states that "no student may live in an Educational Housing District in any dwelling, which is in violation of the Zoning Code, including any dwelling in which more than three unrelated persons are living as a single household unit without a valid use registration permit." Students who live off campus are also required to provide the university with their off campus addresses. Information on EHDL can be found at

<http://www.sju.edu/int/studentlife/studentresources/housing/offcampus/offcampus.html>

We ask all parents to encourage your sons/daughters to:

- Work closely with our office to obtain off campus information.
- Take an active, responsible stance in selecting housing.
- Visit the Off Campus & Commuter Student Life website for city rules, regulations, and important zoning information (<http://www.sju.edu/int/studentlife/studentresources/housing/offcampus/index.html>).
- Login to MySJU and submit their off campus addresses (if living off campus or commuting).

## Comments, Questions, Suggestions for Future Hawk Parent Newsletters?

Feel free to email us at [parentresources@sju.edu](mailto:parentresources@sju.edu)

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