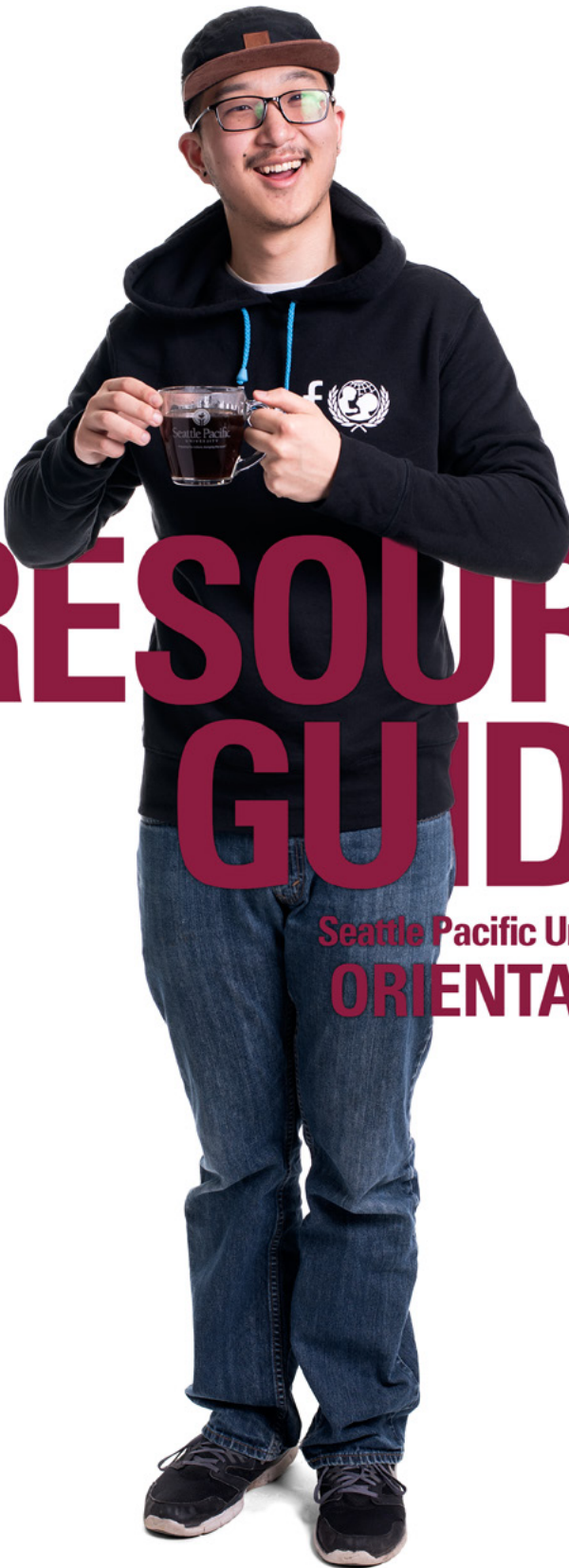




SPU
125



RESOURCE GUIDE

Seattle Pacific University
ORIENTATION2016

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Welcome to Students, Parents, and Guests

On behalf of the faculty, staff, and students of Seattle Pacific University, we welcome you — new students, parents, and guests — into our community. We have set lofty goals for our students and a lofty goal for ourselves as well: to educate every student to go out into the world and make a difference. SPU is on a mission to engage the culture and change the world, and we are thrilled that you are joining us in this great adventure.

The Seattle Pacific faculty and staff understand that students experience varied feelings as they prepare to start the academic year. The SPU tradition is strongly founded on 125 years of excellent education focused on competence, character, and a gracious environment. This learning in and out of the classroom will prepare students for personal growth that leads to lasting change in their lives, their communities, and the world.

Students:

You may have questions about what life is like at SPU. This resource was created to help you start your SPU journey. In it, you will find brief descriptions and contact information for the student services available to you. These services are here to support you, so don't hesitate to email or call if you have any questions.

Throughout the year, refer to this information often. Additionally, check out the **Student Life website**, **Student Handbook**, and **University Catalog**. Doing these things will help you to be prepared for one of the most exciting adventures of your life at Seattle Pacific University.

Parents and Guests:

Because we value your interest in maintaining channels of communication while your student is at Seattle Pacific, we have created this resource guide to provide an overview of services and resources we offer, as well as our educational philosophy and department contact information. The Office of the Provost and the Office of Student Life are places to provide service not only to your student, but also to you as family members.

We are honored to play a role in your student's learning, linking academic and student life experiences. We would be pleased to answer any inquiries you may have or to help you reach the faculty or staff member who can answer them.

Please use this resource, and call upon us when needs arise. Remember that as you undertake this journey, you have partners at SPU who will teach, guide, challenge, and support your student.

Jeff Jordan, Ed.D.

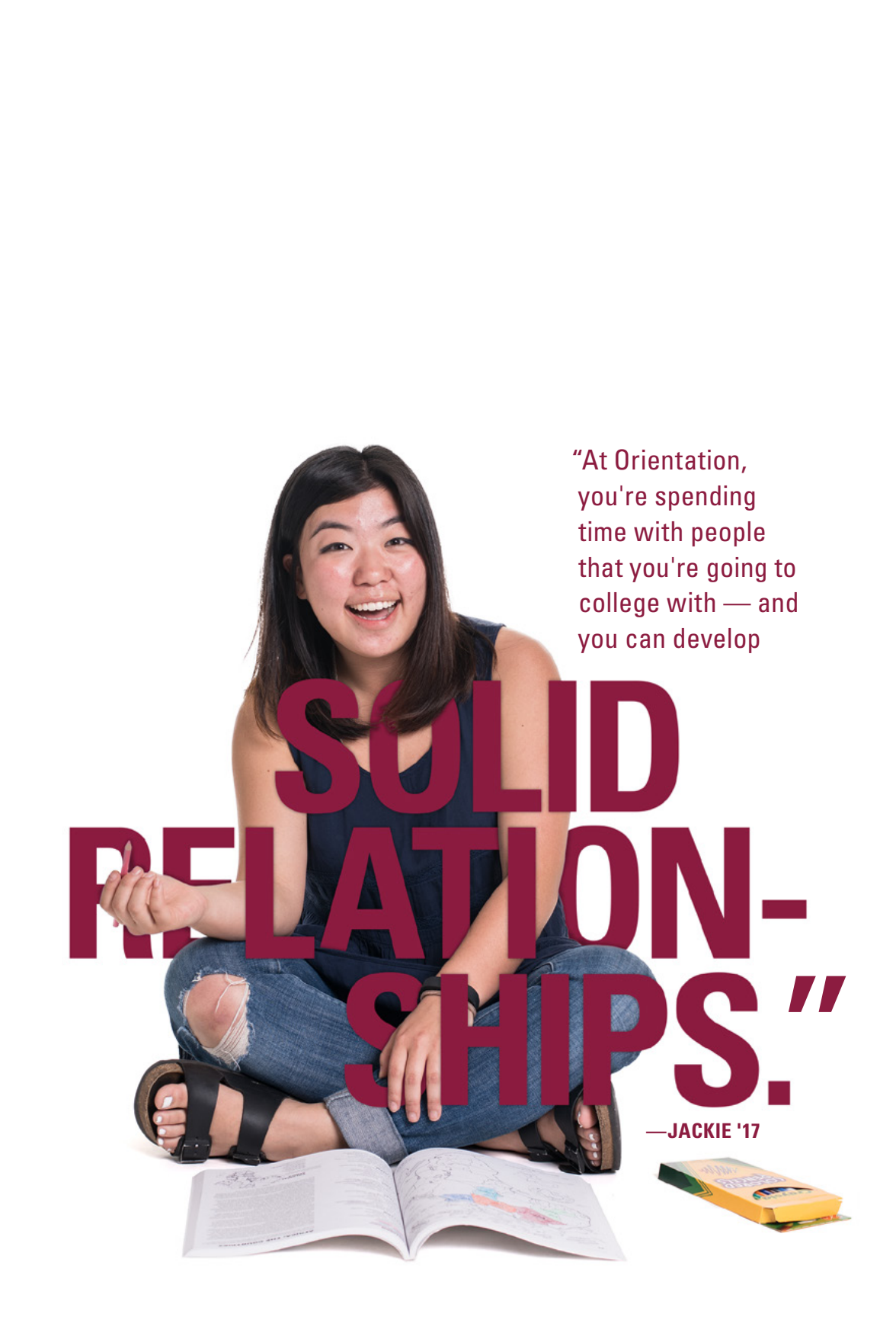
Vice President for Student Life

Cindy Price, Ph.D.

Vice Provost for Academic Affairs

Advice for Students

1. **Be accountable** to the highest standards of scholarship, integrity, and excellence.
2. **Make strong connections** with faculty, staff, and other students.
3. **Learn how you learn best.** Join or organize study groups. Develop strategies that help you retain what you learn.
4. **Immerse yourself** in campus life at SPU during the first month of school — you'll meet more people and make lasting friendships. This goes for those who live off-campus too!
5. **Be healthy:** Eat well, exercise, and get enough sleep.
6. **Embrace diversity.** Attend programs that are different from what you would usually choose, and keep an open mind.
7. **Join a club or an organization** — or start your own.
8. **Use your SPU email account.**
9. **Use discretion online.** Faculty, employers, and others may be viewing your social networking activities. Make sure you represent yourself in a positive manner.



“At Orientation,
you're spending
time with people
that you're going to
college with — and
you can develop

**SOLID
RELATION-
SHIPS.”**

—JACKIE '17

The First Year of College

Although each student will handle the transition to college life differently, most students face certain common challenges. The following timeline will provide you with a general summary of freshman-year experiences:

September

- Saying goodbye to family, friends, and pets.
- Feeling excitement and/or fear of new experiences.
- Learning to live with someone new.

October

- Feeling homesickness; managing long-distance relationships.
- Figuring out class and time management.
- Settling into a schedule.
- Experiencing doubts about keeping up the pace.

November

- Coping with academic realities — mid-terms, papers.
- Developing friendships on campus.
- Selecting classes for next quarter.
- Going home for Thanksgiving — with different expectations of home.

December

- Enduring finals week, when all academic work is due, and there is no slack time.
- Dealing with questions about Christmas — making time for friends, family, gifts, and traditions.
- Reuniting at home with family and friends; having time away from SPU friends.
- Enjoying time to sleep, and time to reflect on Autumn Quarter.

January

- Reuniting with SPU friends.
- Readjusting to SPU after Christmas Break.
- Longing for sunshine. (“Will spring ever come?”)

February

- Celebrating Valentine’s Day.
- Registering for Spring Quarter.
- Coping with midwinter blues.
- Finding new ways to balance academics and social life.
- Participating in Homecoming Weekend (where families are welcome).

March

- Pushing to get it all done.
- Taking finals and turning in papers on time.
- Planning for Spring Break.

April

- Starting a new quarter.
- Planning for next year. (“What major will I choose? Where will I live?”)
- “What will I do this summer?”

May

- Choosing classes for next year.
- Experiencing the beauty and wonder of springtime in Seattle.

June

- Preparing for the end-of-the-year transitions.
- Taking finals and turning in papers on time.
- Saying good-bye and returning home.

SPU Parent and Guest Resources

In the Loop: E-Newsletter for Parents and Families

Seattle Pacific's website and monthly e-newsletter are designed to keep parents and families up to date and "In the Loop" on what's happening on campus. You will find messages from the president, faculty, and staff; tips and advice for parents; event information; stories about SPU's spiritual, academic, and campus life; and parent resources.

Sign up at parents@spu.edu to receive the e-newsletter. You can ask questions and pose story ideas as well.

Statement on Parental Involvement

Our goal at SPU is to help students realize their full potential as independent people, who are well equipped to make wise choices. Because our primary relationship is with the student, SPU has a University policy to encourage students to tackle problem-solving as much as possible and to take responsibility for their choices. SPU policies do not include direct parental presence in proceedings dealing with academic, residential, or lifestyle matters.

Whatever their distance from campus, families are still a major influence on students' lives and success. Parents can help their students by making sure they understand SPU policies and processes, and by providing family emotional support.

SPU follows all federal and state regulations on information-sharing about students. Family members may view the full text of the FERPA (Family Educational Rights and Privacy Act) policy on our Student Academic Services website at spu.edu/ferpa. Additional information about this federal law may be found at the U.S. Department of Education website at www2.ed.gov/ferpa. SPU also follows HIPAA (Health Insurance Portability and Accountability Act) policies; information may be found at spu.edu/hipaa.

Student Services

Center for Career and Calling (CCC)

How do I find my calling in life? How can I live my gifts in the world? How can I make decisions about my major and career direction? How will I find a sense of passion, meaning, and purpose in what I do? CCC is here to help you wrestle with these questions, find an internship in your area of interest, and find work or a path that suits your gifts and sense of calling after graduation. See spu.edu/ccc or visit the center for information.

Center for Career and Calling

Second Floor, Student Union Building | 206-281-2485 | spu.edu/ccc

Center for Learning (CFL)

All students can benefit from visiting the CFL for academic strategies, tutoring, and disability support and accommodations. Specific offerings at the CFL include:

Peer tutoring

Trained peer-tutors are available for undergraduate classes such as biology, chemistry, math, and psychology. These drop-in study tables are free and are available throughout the week.

The Writing Center

Staffed by trained peer tutors, the Writing Center assists students in organizing their papers, communicating their ideas more clearly, and gaining a better understanding of grammar, punctuation, and format. Half-hour appointments are available free of charge.

Workshops and courses

Time management, test taking strategies, stress management, and other topics are taught in class and workshop formats throughout the academic year.

Learning consultations

Professional staff members are available by appointment to undergraduate students for learning consultations. During these one-on-one appointments, strategies are developed and targeted to students' specific academic challenges.

Disability Support Services (DSS)

The DSS staff works with undergraduate and graduate students with documented disabilities to approve reasonable accommodations after an intake meeting and review of documentation.

The CFL staff is committed to helping students pursue their academic goals. Visit the CFL website for more information on how to access resources.

Center for Learning

Lower Moyer Hall | 206-281-2475 | spu.edu/cfl

Computer Services and Support

You are encouraged to bring a computer for your personal use to SPU. The computer support department is Computer and Information Systems (CIS), which operates the CIS HelpDesk, providing students with internet connectivity assistance as well as basic technical assistance with email, telephones, and more.

Before coming to campus, check out the CIS Help pages for the most up-to-date information. Go to spu.edu/getconnected to learn more about:

- Setting up your SPU credentials
- Accessing SPU resources, such as the Banner Information System and Webmail (email)
- Purchasing a computer
- Preparing your computer for use at SPU
- Wireless networking
- Accessing your Banner Information System account (for registration, financial aid, etc)

Computer and Information Systems

Lower Marston Hall | 206-281-2982 | help@spu.edu | spu.edu/cishelpdesk

Health Services

Any SPU student may use the health care facility. Health Services provides medical care with a focus on health education in order to return students to their academic life. Call to make an appointment.

Nurse practitioners with prescriptive authority evaluate illnesses, injuries, and general health problems. When further treatment is required students may be referred to an area clinic or hospital.

You do not need an insurance plan to visit Health Services. Any charges resulting from a visit may be applied to your student account or be paid at the time of the visit. The Health Services fee is included in the housing charges for on-campus students. Off-campus undergraduate students will be billed \$40/quarter when Health Services are used.

All records are confidential, and no information will be released to anyone without your written consent, unless required by law or public health.

Medical insurance

Carry adequate health and accident insurance. This will avoid unexpected interruptions in your education due to high medical expenses. Keep a copy of your insurance information with you at all times.

For more information regarding insurance, please contact Health Services.

Health Services

First Floor, Watson Hall | 206-281-2231 | spu.edu/healthservices

"Sign up for
intramurals.
I did. Now

**I'M SUPER
INVOLVED
WITH THE
CLIMBING
TEAM."**

—MATT '17



Mailing Services

Mailing Services is located at 323 West Nickerson St. next to the Bookstore. Daily hours of operation are Monday – Friday from 8 a.m. to 5 p.m. Mailing Services is closed on holidays and during school closures. Our staff is available to help with the mailing needs of all students, staff, and faculty. Students who live in the residence halls and selected campus housing and apartments will receive campus mailstop boxes. They are assigned mailstop boxes at the beginning of their first quarter and they are notified through SPU email.

You will be notified through your SPU email account when packages have arrived for you. You may pick up your letter mail from your mailstop anytime. Packages and oversized letters can be picked up from the Mailing Services Center during regular business hours.

Student Mailstops are located outside of the Student Union Building facing Tiffany Loop. Mailing Services also provides an inter-campus delivery service. You may drop letters in the mail slot located on the outside of the mailstop bay (south side of Student Union Building) or bring them to the Mailing Services counter.

Mailstop information and lock combinations are accessible through the Banner Information System by logging onto Banner (SPU Username and Password). Click on “Personal Menu,” select “Personal Information Menu,” and choose the link “View Mailstop.”

Please notify all correspondents of your complete address. All mail and packages sent to you should be addressed as follows:

Your Name
Seattle Pacific University
3307 Third Ave West Mailstop #xxxx
Seattle, WA 98119-7911

Contact Mailing Services staff for more information about addressing or mailing.

Mailing Services

323 West Nickerson | 206-281-2077 | spu.edu/mcs

Multi-Ethnic Programs (MEP)

Education

MEP promotes and supports the exploration and development of racial and ethnic identity for all students. In collaboration with other departments and student groups, MEP contributes to programs, events, and educational activities to help students develop skills, attitudes, relationships and knowledge to become more culturally engaged people.

Student support

MEP supports the academic, social, and cultural adjustment and success of students from diverse backgrounds (domestically and abroad) through programs and activities such as Early Connections, one-on-one mentoring, connecting students from similar backgrounds, and referrals to resources on campus and in the community.

Early Connections

Early Connections is a program to help students from ethnically and culturally diverse backgrounds to thrive and succeed at SPU. It begins with Early Connections Orientation, which takes place immediately preceding Orientation, and is designed to equip students from diverse back-

grounds to make a smooth and successful transition into SPU. Other Early Connections activities and events throughout the year include study breaks, quarterly kick-offs, academic success workshops, and an end-of-the-year celebration.

Leadership development

MEP actively engages in developing student leaders, including the ASSP Vice President for Intercultural Affairs, Catalyst, Early Connections leaders, and leaders of the growing number of intercultural clubs: Ante Up (hip hop dance), Black Student Union, FASA (Filipino American Student Association), KSA (Korean Student Association), MAPS (Minority Association of Pre-med Students), MOSAIC, Ohana 'O Hawaii, SALSA (Spanish and Latino Student Awareness), and Vietnamese Student Association.

MEP promotes student-planned events and activities including the Intercultural Retreat, [In Context] discussion series about race, Multicultural Night of Worship, Black History Month celebration, Lunar New Year's celebration, Pathway to Medicine, Filipino Culture Night, Dance Battle, Luau, International Dinner, and Cinco de Mayo.

Multi-Ethnic Programs

Second Floor, Student Union Building | 206-281-2598 | spu.edu/mep

Residential Living

Living on campus extends a student's education beyond the classroom and offers important opportunities for growth. Those who live on campus tend to be more satisfied with their overall college experience and are more likely to complete their degrees. The residential living experience is considered an integral part of a student's education.

Residence Life Coordinators (RLCs) and Area Coordinators (ACs) are professional staff members who live on-campus and provide support to residential students. Student resident advisors (RAs) live on each residence hall floor and throughout the campus apartments. Together, they will help you transition to SPU living and get connected to the community.

As you prepare to share a room, you should consider what your expectations may be. Regardless of whether you choose a roommate or are matched with one, characteristics such as cooperation, compromise, consideration, and communication make roommate relationships work. Living on campus and with a roommate will be an exciting adventure that you will always remember.

Residence Life

Second Floor, Student Union Building | 206-281-2043 | spu.edu/living

Housing and Meal Plan Services

3220 6th Avenue West | 206-281-2188 | spu.edu/living

Office of Safety and Security (OSS)

OSS helps to maintain a safe and healthy environment for the SPU community. Because no security system can completely eliminate loss of property through theft or vandalism, all members of the campus community are expected to contribute their alertness to safety and security. Help by valuing campus facilities, respecting the personal property of others, and reporting any strange or suspicious circumstances.

OSS patrols the SPU campus 24 hours a day, seven days a week. Although this makes property loss less likely, the University is not responsible for loss or damage to personal possessions brought to campus by students. In case of any emergency on campus, call extension 2911 from any campus phone. SPU strongly advises students to add 206-281-2911 to their cell phones as the emergency number for Safety and Security.

Students can find more information on improving their own personal safety at spu.edu/security.

Security escort service

Security escort service is available for faculty members, staff members, and students who need to walk to different areas of the campus. For your safety, this service is offered 24 hours a day, although it is restricted to the University campus. For a security escort, call extension 2922.

Safety and Security

601 West Emerson | 206-281-2922 | spu.edu/security

Office of Student Involvement and Leadership (OSIL)

OSIL is committed to helping you get connected to campus through a variety of activities and services. Check out the options below:

- Clubs and organizations (more than 60)
- Commuter programs and the Collegium (a gathering place and home away from home in the Student Union Building for commuters)
- The Leadership Studies minor practicum
- STUB (Student Union Board)
- ASSP (Associated Students of Seattle Pacific)
- ORP (Outdoor Recreation Program)
- Orientation
- OrgSync

We look forward to helping you find your voice on campus!

Student Involvement and Leadership

Second Floor, Student Union Building | 206-281-2247 | spu.edu/osil

Student Academic Services (SAS)

SAS consists of three departmental areas – Undergraduate Academic Counseling, Registration and Records, and International Student Records – all under the leadership of the University Registrar.

Undergraduate Academic Counseling

Staff members in the Undergraduate Academic Counseling office are the “policy experts” regarding your undergraduate degree requirements. Along with a faculty advisor, an academic counselor is a primary resource to help a student navigate the path from admission to graduation. Academic counselors pre-approve and transfer credits from other institutions, advise students who are on academic probation, process applications for graduation, and award honors and degrees.

Undergraduate academic counselors help coordinate New Student Advising and see students on a drop-in basis for schedule changes throughout the first week of each quarter, including Autumn Quarter, and during winter and spring advance registration periods. Outside these periods, students may schedule appointments through the Registration and Records office.

Registration and Records

Registration and Records does much more than help students register for and withdraw from courses. This office also prepares the annual Time Schedule, records SPU credits and grades, verifies academic standing, certifies veterans and/or dependents for benefits, and maintains files on all current and former students.

FERPA

Seattle Pacific University has the responsibility to supervise any access to and/or release of official information about its students. SPU is committed to protecting the right of privacy of all individuals about whom it holds information, records, and files.

SPU’s policies comply with the Family Educational Rights and Privacy Act of 1974 (FERPA). To learn more about student rights under FERPA, including students’ rights to inspect their education records and request amendments, and to keep personal information from being published, see spu.edu/ferpa.

The answers to many questions related to Student Academic Resources may be found at the “Get Answers” web page at spu.edu/sas.

Student Academic Services

Demaray Hall suites 120 and 151 | 206-281-2031 | spu.edu/sas

Student Counseling Center (SCC)

The Student Counseling Center (SCC) is staffed with professional counselors, graduate interns, and master's-level residents, who are committed to the emotional, social, and spiritual well-being of SPU students. In addition, the SCC has a registered dietitian on staff dedicated to supporting students in the areas of a healthy body image and nutritional well-being. The SCC offers a full range of services for currently enrolled SPU undergraduate students. For SPU graduate students, the SCC offers professional referrals to community-based mental health and social service organizations and providers.

Services for undergraduate students include:

- Assessment and referral services.
- Crisis intervention for students experiencing acute emotional distress and issues of safety.
- Brief counseling and therapy for students for a full range of mental health issues (depression, anxiety and stress, self-esteem, relationship challenges, family issues, grief and loss, trauma and abuse), as well as couple, pre-marital, and family therapy. (A six-session limit per academic year is applied to counseling services in most cases.)
- In collaboration with Student Health Services, an eating disorder treatment program is provided for students struggling with food and body image issues and eating disorders.
- Nutritional counseling provided by our professional dietitian.
- A variety of counseling groups covering a range of topics and issues that affect the emotional, social, physical, and spiritual well-being of college students including groups on: managing your emotions, body image, mindfulness, date night (for dating couples), navigating graduation, and grief and loss.
- Collaboration with professional nurse practitioners at Student Health Services (located next door to the SCC) who provide evaluations and clinical management of psychiatric medication. They also address health-related issues affecting the students we work with.
- Consultation services to SPU faculty, staff, and concerned parents regarding issues of student mental health.
- On-campus educational and preventative programming on various mental health topics, e.g. eating disorder awareness, sexual assault awareness, depression and suicide prevention, intimacy and sexuality, healthy relationships, and stress reduction.

Student Counseling Center

First Floor, Watson Hall | 206-281-2657 | spu.edu/scc

Student Financial Services and Financial Aid (SFS)

General requirements and financial aid disbursement

- Make sure your file is complete. Promptly return all requested documents and/or information. An incomplete file will delay the disbursement of aid.
- Enroll in 12 or more credits (full time). If your enrollment is different, contact your SFS counselor as your eligibility for aid may change.
- Maintain satisfactory academic progress: Students must complete at least 80 percent of their attempted courses and keep a minimum GPA to remain eligible for financial aid and scholarships.

Scholarships and grants

SPU scholarships and grants are automatically credited to a student's account in equal disbursements at the beginning of each quarter.

SPU scholarships are divided equally over three quarters based on full time enrollment. They are renewable provided students are continuously enrolled at SPU and achieve the GPA criterion.

Outside scholarships

Awards made to SPU students by agencies and organizations not affiliated with SPU are divided equally over three quarters of enrollment, unless the donor instructs otherwise.

If a scholarship doesn't appear on your first bill, check with the donor about when the funds will be sent.

You must have submitted a copy of the notification from the organization awarding the outside scholarship to SFS by August 1, 2016

You should pay close attention to your SPU email account throughout the year for scholarship notices and announcements.

Student loans

Be sure to complete all requirements promptly. You will be notified via email regarding requirements, so check your SPU email frequently. Requirements can also be reviewed in the Banner Information System

Loan funding will be automatically credited to student accounts.

Granting access — FERPA authorizations

Information regarding your account will not be released to anyone other than yourself, unless you grant permission. If you want your financial information released to another individual, such as a parent, you can create and update your Information Access Authorizations in the Banner Information System (Student Menu → Information Access Authorization (FERPA) → Add New).

Billing

After students have registered for classes, they will receive notification at their SPU email address when their account statements are available. This will happen by the third week of each month. Electronic statements will reflect tuition and fee charges, payments, and the current amount due.

Payment methods

Payments may be submitted in three ways: by mail, in person, or online.

Payment plan options

SFS provides you with three options to pay a bill:

Option A: Pay in full on quarterly due dates.

Option B: Nine monthly payments for the academic year (three payments per quarter).

Option C: Three monthly payments for one term.

Students complete payment plan applications through their Banner account. If students have any questions, need advice, or have unique financial circumstances, contact SFS.

Student Financial Services

10 Demaray Hall, Garden Level | 206-281-2061; 800-737-8826 | sfs-info@spu.edu | spu.edu/sfs

Student Employment Information

When looking for jobs, students are encouraged to use the SPULink site. Student employment is paid just like a regular job — to the student, not to the SPU student account. Students must be sure to budget accordingly. Students can go to SPULink to search for jobs throughout the year, both on and off campus. For questions about the types of jobs or work study, students can go to the Student Employment site. Start looking before school starts!

Student Employment

10 Demaray Hall | 206-281-2047 | jose@spu.edu | spu.edu/studentjobs

University Ministries

The Office of University Ministries (OUM) equips students as they prepare for a lifetime of "Engaging the culture, changing the world." OUM is led by the University Chaplain Bo Lim, and divided into two departments, Campus Ministries and the John Perkins Center. Together they help students grow in the areas of worship, discipleship, and reconciliation.

John Perkins Center (JPC)

The John Perkins Center helps students engage in discipleship and become leaders in the areas of justice, community development, and reconciliation. The Center is also a University-based, interdisciplinary research institute working to better understand structural disparities and develop more effective systemic strategies for alleviating those disparities.

- CityQuest connects students to community-serving organizations across Seattle in the week-end before Autumn Quarter classes. spu.edu/CityQuest
- Latreia provides quarterly service days around the city. spu.edu/Latreia
- Urban Involvement organizes weekly volunteer teams to serve with and learn from organizations in Seattle. spu.edu/UI
- SPRINT sends teams of students on international immersion experiences during summer break. spu.edu/SPRINT

Whether on campus, in the city, or internationally, the JPC also serves as a resource by working with and equipping leaders to integrate learning, hands-on experience, and community engagement by supporting School of Theology minor programs, Reconciliation Studies and Global Urban Ministries, leadership development and small group opportunities, and the Annual Perkins Lecture Series.

John Perkins Center

Second Floor, Student Union Building | 206-378-5403 | spu.edu/PerkinsCenter

Campus Ministries

Staff members in the Campus Ministries serve as SPU's campus pastors, helping students learn what it means to build lasting relationships and discover how their lives fit into God's plan for the world. Campus Ministries partners with other departments and with SPU's student government to offer a wide variety of voluntary ministry programs that all students are invited to participate in. Campus Ministries programs focus on gathering in worship and learning a lifestyle of discipleship.

When we come together to worship God, we also learn more about who we are and how we are called to join in the Holy Spirit's work of redeeming and healing the whole world. We learn that we are a part of a story that is bigger than ourselves — it's the story of redemption that God is

writing in all of creation. As campus pastors, Campus Ministries staff work with teams of student leaders to offer at least three worship services on campus each week.

Worship services include: Chapel: Tuesdays, 11:10 a.m.
Group: Wednesdays, 7:30 p.m.
Prayer and Communion: Fridays, 12:30 p.m.

To develop a whole lifestyle of discipleship to Christ, we also believe it is necessary to learn how to live in community with other people. This means stepping outside of our own comfort zones and allowing ourselves to know others and be known by them. Campus Ministries staff help students build life-changing relationships through small groups, Bible studies, quarterly retreats, intentional living communities, and mentoring. Discipleship-focused ministries currently operating on campus include: Student Ministry Coordinators (SMCs) on each residence hall floor and the Sharpen ministry for off-campus students. Campus pastors are also available to meet with students one-on-one or in groups. Contact us at any time!

Campus Ministries

Second Floor, Student Union Building | 206-281-2966 | spu.edu/um

Other Information

ASSP: Students Serving Students

The Associated Students of Seattle Pacific (ASSP) is the organized undergraduate student voice on campus. ASSP consists of students who want to make a difference in the SPU community, who want to voice their opinion, and who desire to learn what it takes to be a leader. ASSP members believe that SPU should be more than a school. It should be a place where students can belong and a place that is as dynamic as those who are involved.

Put simply, ASSP is the SPU student body. Whether it is one of ASSP's four student media organizations, one of eight student-led ministry programs, student government, or one of more than 50 clubs, students can get involved, make a difference, and find their place in a broad variety of programs. Check out spu.edu/assp for more information.

Involve-O-Rama is a showcase of the various opportunities on campus. On Sunday, September 25, returning student leaders will be available to share the missions and purposes of their clubs, organizations, or groups, informing new students looking for ways to be involved on campus. Don't miss this great — maybe even life-changing — opportunity!

Intercollegiate Athletics

Athletics at Seattle Pacific University is an exhilarating experience, whether students are exuberant fans, intramural competitors, or distinguished varsity student-athletes. Falcon Fever runs deep and strong at SPU — and for good reason. The program as a whole, with its 14 varsity teams, finished in the top 20 percent of all NCAA Division II members in 2012-13!

Intercollegiate athletics and Falcon fans

Ask anyone who squeezed into the NCAA regional basketball championships hosted in Royal Brougham Pavilion seven of the past 12 years, or joined overflow crowds at Interbay Stadium as our men's or women's soccer teams advanced to the Final Four, and students will get a hint of what awaits them as Falcon fans. The atmosphere is electric, the rewards great, and the memories – for both athletes and fans – lifelong. Year-in and year-out, season after season, the Falcons flex their collective muscles with amazing results, and it is easy to see why SPU fans are so enthusiastic about their teams. Plus, tickets for all home events are free for students!

Keep up with the scores

When SPU teams are on the road, visit spufalcons.com for the latest results.

Intramurals

The Intramurals Program at SPU offers you fun, exciting, and challenging team activities – regardless of your skill level and experience. From floor hockey to ping pong, participating in intramurals at SPU just might be one of the highlights of the quarter for you.

League Sports

Badminton

Basketball

Bootcamp (classes)

Circuit Training (classes)

Flag Football

Floor Hockey

Kickball

Soccer

Softball

Ultimate Frisbee

Volleyball

Yoga (classes)

Zumba (classes)

Tournaments

Dodgeball

Ping Pong

Settlers of Catan

5 vs. 5 Soccer

Spikeball

Texas Hold'em

Video Games

2 vs. 2 Volleyball

Find out more information at spu.edu/intramurals.

Fine and Performing Arts

Autumn Auditions: September 25 and 26

Choirs and ensembles

Students interested in these groups should plan to audition on September 25 or September 26. Sign-up sheets will be posted in the lobby of the Crawford Music Building. Each audition should take no more than 15 minutes. Opportunities are available in: Concert Choir, Chamber Choir, Women's Choir, Men's Choir, Symphony Orchestra, Symphonic Wind Ensemble, Flute Choir, Jazz Ensemble, Percussion Ensemble, and Brass Ensemble

Theatre auditions

One of only three audition opportunities this year will be held during the first three days of

school. On September 27 and 28, we will be auditioning for our autumn and winter productions. There are a number of male and female roles. Interested students should have a willingness to work hard, as well as a commitment to seven to ten performances. Academic credit is available. Sign-up sheets for audition appointments will be located in the lower lobby of the Crawford Music Building.

For more information, check out the Fine and Performing Arts website at spu.edu/fpa.

Office of Alumni and Parent Relations

The Office of Alumni and Parent Relations supports families throughout a student's SPU experience and beyond — from community-building events on campus to networking resources for young alumni. Learn more about the resources below by contacting parents@spu.edu.

Opportunities for Parents:

- Stay connected with SPU through *In the Loop*, a monthly e-newsletter just for SPU parents.
- Attend our parent events: Mom's Day (Autumn Quarter), Parent's Weekend (Winter Quarter), or Dad's Day (Spring Quarter).
- Volunteer as a career mentor through SPULink.
- Sign up for the parent prayer newsletter and/or attend monthly parent prayer meetings on campus. Email parents@spu.edu to sign up.

Opportunities for Students:

- Apply to serve on Advancement Core — SPU's student engagement and philanthropy group responsible for "I Love SPU" Week.
- Seniors participate in the "Becoming an Alum" series of events and info sessions throughout their senior year and attend their last party together "Falcons Forever BBQ" during Commencement events.

Mom's Day, November 5, 2016

Enjoy time with your son or daughter — and gain insights into your student's campus life — by attending Mom's Day. Hosted by the Office of Alumni and Parent Relations, this is the perfect reason to come to campus and enjoy lunch and an optional theatre event with your student. Register at spu.edu/momsday.

Homecoming and Parents Weekend, February 10-11, 2017

For more than 80 years, parents, students, alumni, and friends have gathered at Seattle Pacific to celebrate SPU Homecoming. Hosted during Winter Quarter, the weekend offers something for everyone — a luncheon honoring alumni award winners, theatre and concert events, class reunions, basketball games, and the Student Union Board's heralded Talent Show. It's a don't-miss occasion for everyone. Parents always enjoy this colorful snapshot of their students' SPU experience. Office of Alumni and Parent Relations: 206-281-ALUM (2586).

Dad's Day, April 2017

Dad's Day is a fantastic opportunity for fathers to connect with their SPU daughters or sons, meet their friends, visit the campus, and have some fun. Dads enjoy a delicious breakfast or lunch on campus, an entertaining program, and cheering on the Seattle Sounders or Seattle Mariners. Dad's Day is held each Spring Quarter — look for more details in an upcoming issue of *In the Loop*. Office of Alumni and Parent Relations: 206-281-ALUM (2586).

Falcons Forever BBQ

Each year during Commencement week, all Seattle Pacific graduates and their families are invited

to one last casual class celebration all together before their formal graduation ceremony. Members of the SPU Alumni Association and the previous year's graduates host the event in celebration of another class of alumni to join the association. Hosted by the Office of Alumni and Parent Relations: 206-281-ALUM (2586).

Orientation Safety Tips

SPU has planned numerous Orientation activities that are intended to be fun ways to introduce you to SPU, your fellow students, and the surrounding area. To help promote safety throughout these activities, we encourage you to review the information below.

Office of Safety and Security

Contact SPU's Office of Safety and Security (OSS) if there is a medical emergency, if you feel unsafe, or if you see something suspicious on campus. The phone number for OSS is 206-281-2911—we encourage students to program this number into their mobile phones. SPU has also installed several emergency phones around campus that dial OSS at the push of a button. Security Officers are trained medical responders, and the dispatch center will contact 911 if necessary. OSS dispatchers will know the address of every building on campus and can direct medical responders to your exact location.

Emergency preparedness

Students are encouraged to enroll their mobile phone numbers in SPU-Alert, SPU's emergency notification system, so that they can receive any emergency text messages that SPU may need to send to the campus. To enroll, log into Banner, click the "Personal Menu" tab, and then click the "Emergency Alert System" tab. For further information about SPU's emergency procedures and additional suggestions about preparing for and responding to emergency situations, see the quick-reference booklet titled "Stop. Think. Act." that is available online at: spu.edu/info/emergency/stopthinkactbook.pdf.

Off-campus activities

Seattle is a wonderful city to explore, and SPU is excited to expose students to the surrounding community. SPU coordinates transportation for some off-campus events, but not for all of them. Many streets around Seattle are narrow and/or one-way, and construction or detours downtown are not uncommon, so it's good to become familiar with transportation routes and options ahead of time. If you're using public transportation, traveling in groups is recommended. And if you're travelling or exploring after dark, take extra care to be aware of your surroundings. Also, use caution when crossing busy roads as a pedestrian, both off-campus and around campus.

Personal health conditions

From on-campus social events to off-campus service projects, SPU staff and student leaders have prepared a number of fun Orientation activities. However, students should determine what types of activities and level of physical activity is appropriate for them based on their own health conditions. Participation in Orientation events is voluntary. While SPU seeks to promote the safety of its students, remember that you're in the best position to look out for your own well-being.

Undergraduate Degree Program Learning Outcomes

Purpose

The entire SPU community of educators and professionals across the curricular and co-curricular programs joins in commitment to seek the achievement of these outcomes and to sow the seeds for their continuing development in the lives of our students after graduation.

COMPETENCE

SPU graduates will articulate discipline-specific knowledge and apply essential skills enlivened by the liberal arts.

Graduates should:

- Demonstrate knowledge of Christian narrative and beliefs.
- Demonstrate knowledge in disciplinary field as articulated by the departments.
- Integrate liberal arts and disciplinary knowledge.
- Apply knowledge, inquiry, and critical thinking skills in problem-solving.
- Demonstrate a global perspective.
- Communicate effectively.

MODEL GRACE-FILLED COMMUNITY

SPU graduates will cultivate a life of friendship, civility, and community through responsible discourse and respect for each other.

Graduates should:

- Demonstrate inter-personal skills necessary for effective personal and professional relationships.
- Engage with diverse others.

CHARACTER FORMATION

SPU graduates will embody personal and professional integrity by serving the public good in doing what is right and doing so with an awareness of consequences.

Graduates should:

- Reflect upon ideas and actions through the lens of Christian faith and ethics.
- Balance interests of self, others, and the community in pursuit of the common good.

Mission of Seattle Pacific University

Seattle Pacific University is a Christian university fully committed to engaging the culture and changing the world by graduating people of competence and character, becoming people of wisdom, and modeling grace-filled community.

Becoming People of Wisdom

SPU graduates will make decisions that reflect what is true and good even within complex or ambiguous situations.

"At
Orientation,

**EVERY-
THING IS
EXCITING
AND
NEW"**

—TJ '17





Seattle Pacific
UNIVERSITY

Engaging the culture, changing the world®

Seattle Pacific University
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Seattle, Washington 98119-1957

Office of Student Involvement and Leadership: 206-281-2247
Orientation: 206-281-2689