

# FAMILY

UNIVERSITY OF FLORIDA | PREVIEW | 2015

START THE UF TRADITION

NAME

# Preview Staff 2015



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Becca  
Swango



Shenika  
Vilton



Kassidy  
Wallace



James  
Worthy

# Letter from the Vice President of Student Affairs

Welcome to the University of Florida family,

We are delighted to welcome you into our community as your student begins his or her collegiate experience. The University of Florida is the premier institution of higher education in the state of Florida, and one of the finest public universities in the United States. We pride ourselves in creating educational environments where students develop as leaders, embrace diversity and become life-long contributors in a global society. The Division of Student Affairs plays a vital role in creating and maintaining a healthy campus environment and providing innovative learning experiences beyond the classroom for your student.

During your time with us at Family Preview, you can be assured that we will make every effort to assist you in this transition to your student's college life. Throughout today, you will learn about the support resources and programs available at the university and how you can help your student be successful in our community.

This Family Preview Workbook will help you focus your plans for the coming year. It will be a valuable resource to you during this time and will help connect you to campus services and opportunities in Gainesville. I encourage you to get involved with the university and your student's education by attending events and programs and by joining the Gator Parent and Family Association. It is my hope that your time with us will be rewarding as you help encourage your student to explore new ideas, discover new areas of interest, and create new opportunities for learning.

Welcome & Go Gators!



Dave Kratzer  
Vice President for Student Affairs



# Welcome from the GPFA



Congratulations on being a part of the Gator Nation!

Whether you are a new Gator or you have been a lifelong Gator, we are happy to have you join our community. While your student is transitioning to college, we recognize that you, as a family member, are also experiencing a transition.

Maybe this is your first student to come to college or maybe it is your last student to leave the nest, but no matter where you are in the transition process, there will be challenges and successes. The role of the Gator Parent and Family Association is to assist with the challenges and celebrate the successes with you.

Our goal is to create a community where families can support one another and help their students succeed. There are so many resources at the University of Florida and we hope that you and your student both take advantage of all that we have to offer.

One of the great resources for family members is the Gator Parent and Family Association. All Gator Families are members, but you do have to activate your membership in order to take advantage of all that the GPFA has to offer. To activate your FREE membership visit [bit.ly/JoinGPFA](http://bit.ly/JoinGPFA).

Activated members will receive *The Family Connection*, a monthly newsletter, and a complimentary copy of the Seasons of Adjustment Calendar during their student's first year.

If you need assistance, please don't hesitate to reach out to us at [IHaveAGator@ufl.edu](mailto:IHaveAGator@ufl.edu) or 352-392-8396.



The palm tree icon is used throughout this publication to designate helpful hints and resources provided by the Gator Parent and Family Association.

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# Family Preview Checklist

## Some things your student needs to do before leaving Preview:

- Activate GatorLink Services at [www.GatorLink.ufl.edu](http://www.GatorLink.ufl.edu) or (352) 392-4357. Activate services like an official UF e-mail account.
- Obtain a Gator1 Card at Gator1 Central. You and your student will have an opportunity to do this on Day 2. Call (352) 392-8343 if you have questions. Your student will receive their Gator 1 Card at checkout on Day 2.
- Review parking options. Speak with a Transportation and Parking Services representative at Gator1 Central on Day 2. You can also contact them at (352) 392-PARK (7275), or online [www.parking.ufl.edu](http://www.parking.ufl.edu).
- Pick up course schedule from his/her preview staffer at checkout following the University of Florida *We Care* Presentation on Day 2.

## Some things you and your student should do between Preview and the beginning of the semester:

- Check student's record on ISIS (under "My Record") to confirm whether or not UF received AP, IB, and/or dual enrollment credits. Official reports must be sent to PO Box 114000, Gainesville, FL 32611-4000. High schools or community colleges will not send these reports automatically. For AP score reports, call (888) 225-5427. For IB score reports, call (212) 696-4464. Contact the dual enrollment institution to request that official transcripts be sent.
- Pay tuition and fees, and discuss personal finances and budgeting with your student. Your student can access this through [my.ufl.edu](http://my.ufl.edu).
- Check your homeowners' policy to see if it covers belongings in a residence hall room if your student will be living on-campus. If your student is living off-campus, look into renter's insurance plans.
- Review your health insurance policy, double-check student coverage and talk about what is/is not covered. For more information about insurance, including the optional UF - sponsored plan, [visit www.shcc.ufl.edu/fee-and-insurance/health-insurance-options/](http://www.shcc.ufl.edu/fee-and-insurance/health-insurance-options/).
- Talk about your communication plan (frequency of calls, emails, etc.), and establish an emergency contact.
- Talk about privacy and confidentiality issues related to your student's records at UF.
- Talk about social issues that your student may face. *The Preview! True Life: I'm a UF Student* Session your student attended on Day 1 of Preview may help spark conversation.
- Make hotel reservations if you will be staying overnight when you bring your student to campus for move-in.
- Establish a local bank account if needed. More information about local banks is included in this publication (p.21).
- Think about what you are going to do after you leave your student. Pay attention to the emotions you are experiencing as a family member. Consider sharing your feelings with your student.
- Register for Family Weekend at [bit.ly/UFW2015](http://bit.ly/UFW2015)

## Ways to stay connected with UF:

- Activate your UF Gator Parent and Family Association Membership; [bit.ly/JoinGPFA](http://bit.ly/JoinGPFA).
- Division of Student Affairs - Familiarize yourself with all of our departments at [www.ufsa.ufl.edu](http://www.ufsa.ufl.edu).
- UF Family Programming, including the Family Reception following Convocation, Fall Family Weekend, and Online Family Chats, [www.dso.ufl.edu/nsfp](http://www.dso.ufl.edu/nsfp).
- The Family Connection Newsletter, developed by New Student and Family Programs for members of the Gator Parent and Family Association.
- UF News & Events Daily Listserv - Go to [www.news.ufl.edu](http://www.news.ufl.edu) and click on "Subscribe" in the lower right corner of the page. Receive updates on daily events, ongoing events, and administrative announcements.
- Gator Athletics - Keep up with your favorite UF athletic teams at [www.gatorzone.com](http://www.gatorzone.com).
- UF Alumni Association - Stay connected with the Alumni Association at [www.ufalumni.ufl.edu](http://www.ufalumni.ufl.edu).
- Alachua County Visitors and Convention Bureau - Find information about local restaurants, area lodging, and more at [www.visitgainesville.net](http://www.visitgainesville.net).
- The Independent Florida Alligator - Check out the website of UF's unofficial daily newspaper at [www.alligator.org](http://www.alligator.org).

# Preview Frequently Asked Questions

## **As a reminder, all UF Orientation Programs are mandatory programs for new students.**

Students who do not stay for the duration of the program risk cancellation of their course registration completed at orientation. If there is a family emergency during Preview, please see a New Student and Family Programs professional staff member at the Help Desk on the 2nd floor of the Reitz Union.

## **How long does Preview last?**

All new freshmen will attend a two-day Preview Program (orientation). This program will begin at 8:00 a.m. on Day 1 and will run until 5:00 p.m. on Day 2 and will include a one-on-one advising appointment, course registration, Gator 1 Central, campus resource presentations, and Preview course registration confirmation.

*Do not make plans on Day 2 which will prevent you from staying until 5:00 p.m. There is NO possibility to leave before 5:00 p.m. on Day 2.*

## **Where will my student stay tonight?**

Students attending the two-day session are required to stay in the designated UF Residence Hall for the first day of the program. However, family members will need to make their own accommodations for the evening. Students will need to provide their own linens, towels and pillows for the overnight stay. Sessions I-H (June 25-26) and II-N (August 18-19) will not include an overnight component.

## **When should my student bring their luggage?**

Students' luggage for the overnight stay should be brought with them to the J. Wayne Reitz Union during the morning of Day 1. Luggage can be picked up on Day 2 before 8:00 a.m. or after 5:00 p.m. at Jennings Hall.

## **What is Gator 1 Central?**

Gator 1 Central is an opportunity for students and family members to meet with representatives from around campus to help complete your to-do list all in one place. Students and family members will meet at Gator 1 Central on Day 2 of the Preview program. Please check your student's Day 2 personal schedule for their Gator 1 Central time. Representatives from the following departments will be in attendance:

- Gator 1 Card
- Gator Dining
- Parking and Transportation Services
- Recreational Sports
- Wells Fargo
- Student Financial Affairs
- Office of the Bursar

## **Day 2 Breakfast**

On Day 2 of Preview, breakfast is not a part of the program unless you purchased a Day 2 Meal Plan. However, there are dining locations available on campus such as Starbucks at the Reitz Union and Fresh Food Company at Broward Dining Center. Students should eat breakfast before 8:00 a.m. on Day 2. Student programming will begin at 8:00 a.m. in Jennings Hall. Family programming will begin at 8:30 a.m. in the Reitz Union, Grand Ballroom.

## **How do I attend my student's advising appointment?**

Parents, family members, and guests are not allowed to attend their student's advising appointment. Your student will discuss majors, tracking, and classes with their Preview Staffer and Advisor on Day 1 of Preview. Dinner on night 1 is a great opportunity to discuss these topics with your student.

If your student needs to adjust their schedule following Preview, they can email [previewadjust@advising.ufl.edu](mailto:previewadjust@advising.ufl.edu) or change their schedule on their own during the drop/add period at the beginning of each semester.

# Student Adjustment to College

## **The following questions cause concern for many students entering college:**

- Why am I in college?
- What will I major in?
- Will I make friends?

## **Separation difficulty:**

- Can I survive on my own?
- How will the relationship with my family change?

## **Establishing identity on campus:**

- Who am I?
- How can I do my own thing and maintain the respect of friends, family and myself?

## **Social Acceptance:**

- How will I fit in?
- What behavior is expected in a university setting?

## **Relating with new and different people:**

- How will I react to people who differ from me in religious or political beliefs, value judgments, socioeconomic status, race, etc.?
- How many differences should I, and can I, accept?

## **Concern over academic success...What about:**

- Finding my way around campus?
- Being in large classes?
- Relating to university professors?
- Keeping up in class and achieving good grades?
- Improving study skills?
- Dealing with test anxiety?
- Waking up in time for class?

## **Understanding the system...What about:**

- Grades?
- Degree plans?
- Majors?
- Financial aid?
- Counseling services?
- Academic Advisors?

As your first-year student attempts to discover answers to these questions, your willingness to adopt a supportive attitude is the most powerful tool for encouraging your student to become more actively engaged and successful.



If you have questions or concerns about your student's transition or how UF can help, email [IHaveAGator@ufl.edu](mailto:IHaveAGator@ufl.edu)!



# Student Adjustment to College

## Show Support

- Encourage your student to get to know his or her instructors
- Don't be surprised by new hairstyles, modes of dress, accents, or food choices
- Encourage your student to take initiative and be responsible
- Be supportive of your student as he or she pursue interests and possible career paths
- Encourage your student to utilize campus resources. Information on campus resources can be found on pages 21-38 of this workbook
- Take care of yourself – both you and your student are experiencing a transition
- Be a mentor to your student; even though students may not admit it, they need you
- Visit during Fall Family Weekend October 23-25, 2015
- Be flexible
- Discuss with your student the importance of striking a balance between finding a comfort zone and pushing himself or herself to meet others

## Communication Efforts

- Keep the lines of communication open
- Be an active listener and show empathy
- Make connections with other family members
- Show interest in their course selections
- Write or e-mail your student regularly (even if they don't write back)
- Help your student set realistic expectations
- Don't ask if your student is homesick; instead show interest in your student's life at UF
- When your student calls with problems, remember the problem causing you to lose sleep may already have been resolved and is now history for your student
- Don't be afraid to ask for help! Contact the Dean of Students Office (352-392-1261) if you or your student needs help.

## Make it Homey

- Send care packages or notes of encouragement
- Create a small medicine kit and tool kit for your student
- Help your student learn how to do laundry
- Don't decorate the residence hall room for your student – let your student have a say in it
- Discuss with your student how to care for the symptoms of a common cold or flu
- Don't convert your student's room at home into your new office (at least not in the first year)

## What Successful Students Do:

- Attend Class
- Stay Organized
- Get involved in co-curricular activities
- Ask Academic Advisers for help
- Take care of his/her health
- Attend office hours
- Check e-mail daily
- Study and be prepared for class



UF's online family chats are a great way to connect with other family members.

# Gator First Year Experience

Read slides left to right, top to bottom.



## TRANSITION...

- Can have varying emotions!
- Navigating new locations, new settings, new people
- Process of self-discovery
- Success is critical!



## TRANSITION....



## GATOR FIRST YEAR EXPERIENCE



## WHAT IS GFYE?

• Goal: To provide new students opportunities for self-discovery and life exploration which will empower them to make the most of their college experience inside and outside of the classroom

- Engagement
  - With UF faculty/staff, peer mentors and fellow students
- Awareness and respect of diversity
- Involvement
  - On campus and community involvement
- Knowledge of resources
- Active engagement in one's own learning
- Healthy lifestyle
- Understanding of UF expectations



## GATOR FIRST YEAR EXPERIENCE PRESENTS...



- Common Reading Program
- New Student Connection
- Weeks of Welcome (WOW)
- SLS1102 First Year Florida
- Workshop Success Series



## COMMON READING PROGRAM

- Unifying academic and intellectual experiences for all first-year students.
- Selected by a committee of faculty, staff and students.
- Relevant to all students across different majors and interests.
- Students received a copy during lunch from their Preview Staffer.
- Utilized in:
  - SLS1102: First Year Florida
  - HLMQ305: What is the Good Life?
- Out of the classroom experiences available.



## COMMON READING PROGRAM

- Double Take by Kevin Cooney
- Various Themes
  - Spectrum of Disability
  - Power of Perception
  - Perseverance
  - Self-Discovery



# Gator First Year Experience (cont.)

Read slides left to right, top to bottom.

## NEW STUDENT CONVOCATION

Mandatory for all new first-year students

- Friday, August 21, 2015
- The official welcome into the Gator Nation
- Family members are welcome!
- Author of the 2015 Common Reading Program book
- Meet with your college



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## WEEKS OF WELCOME

- WOW! is a campus-wide series of events designed to welcome both new, first-year and transfer students to UF, as well as to welcome back returning students.
- Several UF colleges, departments and student organizations help welcome students to UF, contributing over 150 events to the WOW! calendar!
- Events range in style and type.

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## FIRST YEAR FLORIDA (FYF)

- The University of Florida's signature first-year success course.
- Students who enroll in First Year Florida have a higher overall GPA than their non-First Year Florida peers.
- One Credit Hour Course, meets once a week (Fall) and once twice a week (Summer II).
- Taught by UF Faculty/Staff and a FYF Peer Leader.



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## FIRST YEAR FLORIDA (FYF)

- A semester of First Year Florida includes:
  - Connection to the University of Florida
    - Campus Resources
    - UF History and Traditions
    - Networking with staff, faculty and students
  - Self-Discovery
    - Major and Career Exploration
    - Assessment and Learning Opportunities
    - Diversity and Inclusion
    - Wellness
  - Academic Success
    - Academic strategies
    - Communication skills
    - Time Management
- Various sections offered during Summer I, Fall and Spring



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## WORKSHOP SUCCESS SERIES

- 30-minute workshops, small group setting
- Offered throughout the year
- On-line sign up ([www.ufl.edu/undergraduate/first-year-experiences/](http://www.ufl.edu/undergraduate/first-year-experiences/))
- Sample Topics: financial literacy, time management, selecting a major, writing skills, campus safety, etc.

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## JACKIE BONILLA

ASSISTANT DIRECTOR, NEW STUDENT AND FIRST YEAR PROGRAMS

[WWW.UFL.EDU/FYF](http://WWW.UFL.EDU/FYF)

[jbbonilla@ufl.edu](mailto:jbbonilla@ufl.edu)

(352) 392-8198

(352) 392-8198

FOR THE  
CLASSROOM

# Notes

START THE  
**UF**  
TRADITION

**ACADEMICS  
AND  
MONEY MATTERS**

# Academic Information

## Your Student's Transition to UF Classes

The next few months will be an exciting time for you and your new student. Life at the University of Florida will be full of academic opportunities, new classroom learning environments, meaningful relationships with faculty and staff members and classmates, and a time of personal intellectual enrichment. It will also be a time of transition for your student. With any new experience, there is always a feeling of unfamiliarity, vulnerability and uncertainty. Fortunately, faculty and staff members at UF are eager to help make your student's transition from high school to college as seamless as possible.

Your student will find many differences between the high school and college experiences. Because each three credit class represents about nine hours of work a week, a schedule of 4-6 classes during fall and spring terms is a full-time job. Students selected for admission to the University of Florida have demonstrated superior performance in high school. Some may have done quite well with a minimal amount of studying, however, here they will discover that increased study time is required for each hour in the classroom. In other words, your student will probably have to work much harder to achieve the same level of success as in high school. In addition to the course load, there are also differences in the kind of learning students are expected to do. Many high school and testing programs emphasize didactic, rote memorization. At UF, your student will be challenged to conceptualize and interpret information and be expected to apply knowledge to new situations. Your student will find that nearly all UF students were also very successful in high school, and that for the first time, your student may not be the best in the class. Finally, many students will find that they are challenged by the need to budget their time among academics, scheduled activities, group projects, and co-curricular experiences; in addition to adjusting emotionally and psychologically to being away from home for the first time.

The University of Florida and its students are partners in their education. We are committed to offering the courses and resources students need to earn a UF degree. However, students must actively participate in seeking advisement when questions arise, attend classes, complete assigned work and meet with instructors for help, select and confirm their major, evaluate their progress toward a degree and meet published deadlines. The University of Florida offers a large number of services to help students cope with these changes including tutoring, study skills and learning strategies, assistance in the Teaching Center, counseling services and faculty members who welcome students' questions. It is important to emphasize to your student that it is okay to ask for help, and we encourage all students to utilize UF's many supportive resources. If you are not sure where to start email [umatter@ufl.edu](mailto:umatter@ufl.edu).

## Major Considerations (and re-considerations)

Your student may have chosen a major – or your student may have changed his or her major three times during Preview alone! Keep in mind that 20% of first-year students change majors by the end of their first fall term, and 60% of them change by the end of their second year.

Choosing a major can be difficult. After all, there are over 150 majors to choose from at the University of Florida. It is quite likely that your student has never taken classes in many of the majors we offer. This is a perfect time to explore options and to experiment with subjects of interest. The University of Florida offers many resources to help your student choose an appropriate major including the counselors in the Career Resource Center, Departmental Advisors and Academic Advisors. Students who have not narrowed down their choice of major may declare one of three exploratory categories during Preview. Students classified as exploratory must declare a specific major before registering for their fourth term. Students enrolled in the Innovation Academy will have the opportunity to explore majors within IA, but must have a declared major at all times.

# Academic Information (cont.)

If changing majors is so common, why do we ask students to try to declare a major during Preview? It is important for students to test out an academic direction early, even if they do not feel very confident about their direction. Students who are not sure about a major should declare the major they will most likely pursue. In addition, students should take courses in and explore the career opportunities associated with the chosen major to make sure they are satisfied with their choice. Because most of the courses taken during the first year are general education courses that apply to any degree, it is easiest to change majors in the first year. If a student decides to change majors, they should meet with an academic advisor in the college that offers the new major.

Realize that your student will question, and possibly change, majors while at UF. Be supportive of this growth process during this time of uncertainty. Students may be afraid to admit that their first choice, proudly announced to the world before, is not working out. Encourage your student to test out the selected major by taking the required courses and by evaluating career opportunities connected with the major. Advise your student to research new potential major(s) thoroughly and make an informed decision before selecting a new major.

## More Than Just a Major

UF recognizes that a student's education is more than just a major. While we emphasize the importance of discovering an academic direction early, we also want students to know that much of their education will occur outside of their major, and even outside of the classroom.

Most UF majors comprise only about 1/3 of the total hours required for the degree. In addition, most majors have a significant number of elective credits built into their programs. This allows students to explore areas of interest, either related to their major or other academic interest.

## Advising on Campus

After Preview, students needing advising will go to their college's advising office (see [www.ufadvising.ufl.edu](http://www.ufadvising.ufl.edu) for links to advising information for each college). Students who are unsure where to seek guidance can go to the College of Liberal Arts and Sciences (CLAS) Academic Advising Center. CLAS Advisors work not only with CLAS majors, but also with exploratory students and students who need information on how to change majors. In addition, students interested in pursuing pre-health or pre-law can get advising on these areas by going to the CLAS Academic Advising Center.

If CLAS advisors cannot help a student, they will refer him or her to the appropriate office. The University Honors Program offers advising to those students invited to participate in the Honors Program.

## How You Can Provide Academic Support

Our best advice on supporting your student is to help your student be actively engaged in the academic experience. Your student's experience at the University of Florida will be unique. Therefore, encourage your student to explore and use all of UF's many resources, especially academic advisors. Encouraging your student to get to know faculty, take advantage of resources and get involved are all great ways for your student to become actively engaged and lay a foundation for success at UF! Family members are great at helping students identify areas of strength and passion. Talking with your student about these topics may help solidify a choice in major or explore something new.

The first-year experience can be overwhelming, but also exciting, and the university will help support both you and your student during this experience. Now is the time to help your student continue to develop problem solving skills so that he or she can begin working through potential challenges that may occur. Assisting your

# Academic Information (cont.)

student in clearly identifying concerns and questions, and by encouraging your student to ask for assistance, is not only helping support your student but, also helps him or her develop problem solving skills.

## Frequently Asked Academic Questions

*How many hours should my student take in the first term?*

Students must determine their own appropriate course load. Students should use the semester-by-semester plan (in the Guide to Majors) as a guide for their major, as well as the advice of their college. Ultimately, students will need to decide what feels comfortable and what is manageable. Students generally need to average 15 hours first semester in order to complete the minimum hours to graduate on time (unless they bring in college credits and/or attend summer terms). Most summer schedules are approximately 6 hours and most fall semester schedules are 12-15 hours.

*What happens if my student changes his or her mind about the courses he or she wants to take?*

After they have registered during Preview, students may adjust their fall schedules via The Integrated Student Information System after August 4. Summer B students may adjust their Summer B schedules right before Summer B starts. Drop/add (the final period students may adjust their schedules) is the first two days in Summer term and the first five days of Fall term. Schedule adjusting can be a risk. Seats that are available to a student during Preview may no longer be available afterwards. Students should always add the course they desire before dropping a course they have. Students who must adjust their schedules because they receive AP, IB, AICE or placement scores after Preview can get assistance by emailing [previewadjust@advising.ufl.edu](mailto:previewadjust@advising.ufl.edu).

*What should my student do if a course he or she wants is closed?*

Although the University offers hundreds of courses and reserves seats in many of them for new first-year students, your student may not get every course he or she wants. Your student should get any critical tracking courses that must be taken in the first term. Usually your student will have worked with an advisor to determine appropriate alternate courses to take if a desired course is closed. For many requirements (such as General Education) there are a large number of courses from which your student may choose. Students who particularly desire a specific course that is unavailable should register for an alternate and then attempt to add the course during the schedule adjustment period (another student may drop the course to open a space for your student). There is often a great deal of movement in courses during the drop/add period. Finally, if your student is unable to enroll in a particular course during the first semester, he or she can register for it in a later semester.

*What if my student changes his or her major?*

About 20% of UF first-year students change majors during their first fall semester. Even students who enter UF with a very clear idea of where they are headed may find that they want or need to consider alternative majors. Most students have little difficulty changing their majors, particularly if they do so early in their academic careers. That's why it is important that students confirm their major choice early.

*Why would an advisor suggest that my student drop a course during the term?*

During the course of the semester, students may realize that they are not performing adequately in one of their courses. In these situations, it may be better for the student to drop the course even after the drop/add period. The course will appear on the student's record with a "W" instead of the poor grade, and will not adversely impact the student's GPA (which can affect scholarships, admission to the major, etc.). There is a limit to the number of courses a student can drop. Students are allowed 2 drops per 60 credit hours. After the drop/add period, students must get their college's approval in order to process a drop.

More information regarding academic policies and procedures can be found at the Academic Advising Center's homepage at [www.ufadvising.ufl.edu](http://www.ufadvising.ufl.edu).



# Opportunities Beyond the Classroom

The University of Florida seeks to prepare students for life: intellectually, academically, and in their personal development. The university offers many exceptional, perhaps unparalleled, opportunities for its students to expand the scope of their horizons beyond the learning that is achieved in the classroom. Students can gain leadership skills, maturity, and a commitment to service through participation in the university's numerous resources that provide opportunities for in-depth learning, research, and mentoring.

**The University of Florida encourages each of its undergraduates to pursue at least two of the following five opportunities during their four years of study:**

## **Internships with Government Agencies, Non-Profit Organizations, and Businesses**

The University of Florida offers academic credit for internships that enable students to explore opportunities in government, non-profit organizations, and business. Whether the internship is with the state legislature, an interest group, business, the Governor's office, the federal government, a lobbying organization, law firms, media companies, or another career-related position, an internship can provide basic work experience and an understanding of the public and private sectors.

*Contact: Career Resource Center, [www.crc.ufl.edu](http://www.crc.ufl.edu)*

## **Research with Faculty**

The University of Florida offers numerous opportunities to pursue research in all disciplines, under the direction of a faculty member. These intensive research opportunities are one of our ways to personalize the academic experience but also to challenge students academically in ways that will allow them to strengthen their writing and analytical skills. Undergraduates also have the opportunity pursue a senior thesis or a project under the direction of a faculty member in each of our departments. In addition, the University Scholar Program offers students, on a competitive basis, a chance to obtain one of 200 research awards of \$1750 each to study with a faculty member as a University Scholar and to present their research at the Undergraduate Research Symposium.

*Contact: Honors Program, [www.honors.ufl.edu/research.aspx](http://www.honors.ufl.edu/research.aspx)*

## **Volunteer Service to the Community, State, and Nation**

In an effort to promote community involvement and a volunteer spirit, the University of Florida provides a variety of volunteer opportunities to students. These opportunities are available through government and charitable organizations in Gainesville and other communities at the state and national level. Students may also participate in the Florida Alternative Breaks program, in which students travel to another community to perform service during one of the breaks during the academic year.

*Contact: Center for Leadership and Service, [www.leadershipandservice.ufl.edu](http://www.leadershipandservice.ufl.edu)*

## **Study Abroad**

Regardless of what students may do after graduation, they will be making their way in a society that is increasingly global in its perspective. To help students develop an awareness and understanding of the world, the University of Florida offers over 70 faculty led programs in which a student can study over spring break, during the summer, or for an entire semester or academic year. Students are highly encouraged to take part in at least one of these programs during their undergraduate career.

*Contact: UF International Center, [www.ufic.ufl.edu/sas](http://www.ufic.ufl.edu/sas)*

## **Leadership**

There are a wide variety of leadership opportunities at the University of Florida in any of the more than 975 student organization. These communities connect students to academic majors and programs, recreational activities, professional and career minded opportunities, social events, and other special interests. Students can also participate in workshops about leadership, as well as attend student conferences and programs about leadership such as Involve, Lead, Succeed, co-sponsored by the Center for Leadership and Service. Overall, leadership includes endeavors by students to work with others to make the university community a better place.

*Contact: Student Activates and Involvement, [www.studentinvolvement.ufl.edu](http://www.studentinvolvement.ufl.edu)*

# Critical Dates

Critical Dates	Summer A/C 2015	Summer B 2015	Fall 2015	Spring 2016
Advanced Registration	March 23 - May 5, May 7	March 23 - May 5, May 7 - June 25	March 23 - August 11 August 13 - August 20	November 2 - December 22 December 24 - January 3
Regular Registration	May 8	June 26	August 21	January 4
New Student Convocation	August 21	August 21	August 21	
Classes Begin	May 11	June 29	August 24	January 5
Drop/Add (11:59 p.m. of last day)	May 11-12	June 29-30	August 24-28	January 5-8, 11
Late Registration (11:59 p.m. of last day)	May 11-12	June 29-30	August 24-28	January 5-8, 11
Fee Payments (3:30 p.m., Financial Services)	May 22	July 10	September 4	January 15
Housing Rent Due (Deferred Rent Due*) *must have applied and be approved for housing deferment		May 27 (July 15)	October 1	December 2 (February 3, 2016)
S-U Grade Option	May 20 / May 29	July 8	September 11	January 22
Drop or withdraw (without failing grades)	June 12 / July 31	July 31	November 23	April 8
Classes End	June 19 / August 7	August 7	December 9	April 20
Reading Days - no classes	None	None	December 10-11	April 21-22
Final Exams	In Class	In Class	December 12, 14-18	April 23 and 25-29
Commencement	None / August 8	August 8	December 18-19	April 29-30, May 1
Final Grades available (Transcript view, on ISIS)	June 24 / August 12	August 12	December 23	May 4
Holidays (Observed, No Classes)	May 25: Memorial Day June 22 -26: Summer Break	July 3: Independence Day (observed)	September 7: Labor Day November 6-7: Homecoming Nov 11: Veterans Day Nov 25-28: Thanksgiving	January 18: Martin Luther King Jr. Day  February 27 - March 5: Spring Break

**Note:** All deadlines are effective at 5:00 p.m. on the last date unless indicated otherwise. All paperwork should be submitted to the appropriate office, generally the Office of the University Registrar in 222 Criser Hall.

For additional academic deadlines and calendars, visit the Office of the University Registrar's website at [www.registrar.ufl.edu](http://www.registrar.ufl.edu).



Visit the Gator Parent and Family Association website to add these and other University dates to your iCloud, Google, or Outlook Calendar.

# Family Educational Rights and Privacy Act

## What is FERPA?

The Family Educational Rights and Privacy Act of 1974, also known as the Buckley Amendment, helps protect the privacy of students' educational records. The intent of the legislation is to protect the rights of students and to ensure the privacy and accuracy of educational records. FERPA provides students with the right to inspect and review educational records, the right to seek to amend those records and the right to limit disclosure of information from the records.

The University of Florida complies fully with the Federal Family Educational Rights and Privacy Act, which governs access to, and confidentiality of, student records. Institutions may disclose such student information without violating FERPA if that information has been designated "directory information." At the University of Florida, directory information includes:

- Name
- Address (local, permanent, and e-mail)
- Telephone number
- Class and college
- Major field of study
- Enrollment status (e.g. undergraduate or graduate level; full or part time)
- Dates of attendance at UF
- Degrees and awards received at UF
- Most recent educational institution attended
- Publication titles (dissertations)
- Nature and place of employment at UF
- Weight and height of university athletes

## FAQ

### I'm interested in seeing my student's grade report. How do I obtain a copy?

There are several options that may allow a parent or legal guardian to access a student's grades:

- 1) Students may order a transcript to be sent to you or through [my.ufl.edu](http://my.ufl.edu) by selecting My Record > Transcripts. The fee is \$6 for currently enrolled students. Students also may print a copy of their unofficial transcript for you.
- 2) Students may provide a signed letter authorizing the release of grades to the parent or legal guardian. This letter only authorizes the Office of the University Registrar to provide the parent or legal guardian with access to grades for a specified term.
- 3) Parents or legal guardian may contact the Office of the University Registrar (222 Criser Hall; 352-392-1374) to obtain a Parent's Consent for Non-directory Information Release form. You must provide the completed form and a copy of the first and last page of the most recent year's federal income tax return. The first page must list the student as a dependent and the last page must be signed and dated; financial data may be omitted. The consent form and tax return will be imaged as part of the student's permanent academic record. A new request form must be submitted for each term that information is requested, and IRS documentation must be provided annually.

### I need proof that my student is enrolled full-time for insurance purposes. What is the easiest way to obtain this certification/verification?

- 1) The student may come by 222 Criser Hall with a valid picture ID to receive an enrollment certification and provide it to you. They can also order an enrollment verification online by selecting My Record > Enrollment/Degree Verifications, and have it sent to you.
- 2) A signed release from the student is necessary for request of a certification containing non-directory information. Non-directory information includes such things as GPA and estimated graduation date. The student can mail or fax a written enrollment certification request (including name, University of Florida identification number (UFID), dates of attendance, date of birth, where to mail the certification, student's signature, and the date).  
Our fax number is (352) 846-1126.  
Our mailing address is:

The Office of the University Registrar  
University of Florida  
P.O. Box 114000  
Gainesville, FL 32611-4000

# Family Educational Rights and Privacy Act

- 3) If third parties wish to obtain enrollment verification, the National Student Clearinghouse is an authorized agent for providing enrollment verifications. Insurance companies, or other third-party inquiries, can contact the Clearinghouse by phone at (703) 742-4200 (from 9:00 a.m. to 7:00 p.m. Monday-Thursday; 9:00 a.m. to 5:00 p.m. Friday) by fax at (703) 742-4239, by e-mail to [enrollmentverify@studentclearinghouse.org](mailto:enrollmentverify@studentclearinghouse.org) or by accessing their Web site at [www.studentclearinghouse.org](http://www.studentclearinghouse.org). If a parent or student needs enrollment certification immediately, they can utilize the Clearinghouse services and print an enrollment verification from their Web site for a \$2.50 fee.

For comprehensive information on FERPA, please visit our website at: [www.registrar.ufl.edu/ferpahub.html](http://www.registrar.ufl.edu/ferpahub.html).

## How can a student restrict the release of directory information?

For a complete privacy hold, the student must submit a Restriction of Directory Information form, available at 222 Criser Hall. For a web-only privacy hold, the student should go through the [my.ufl.edu](http://my.ufl.edu) portal to Gatordex and follow the instructions to restrict any information they do not want published. To access the portal, the student can sign on (using Gatorlink username and password) at [my.ufl.edu](http://my.ufl.edu). A web-only privacy hold only restricts the release of directory information on the UF Web site. A complete privacy hold restricts the release of directory information (in any format) to anyone. If a student elects a complete restriction, the student must conduct any business pertaining to student status in writing with a signature or in person with a valid picture ID. The privacy hold remains in place until the student removes the restriction in writing by submitting a new Restriction of Directory Information form, even if a student graduates or withdraws from the university.

## If a complete directory information privacy hold is in place, is there any information that still can be released?

FERPA permits the release of some information without student permission. Even with a complete directory information privacy hold, information may still be released to:

- University of Florida faculty and staff with legitimate educational interests who have a need to know
- Parents who can provide appropriate IRS documentation indicating the dependency of the student
- Board of Education
- Banks and lending institutions in conjunction with receipt of financial aid
- Comply with a judicial order or a lawfully issued subpoena
- Appropriate parties in a health or safety emergency, such as parents, University Police Department, and the Student Health Care Center
- Faculty and staff at another school, in which the student seeks or intends to enroll

Except for these parties, no information will be released. We will not even acknowledge that the individual has any affiliation with UF.

## Is my student attending class?

UF does not require the monitoring of class attendance, although some instructors do take attendance. This matter is best discussed between you and your student. Please remind your student regular attendance is an important part of being a successful student.

## How can I change my student's address(es)?

Only your student can change addresses by going to [my.ufl.edu](http://my.ufl.edu) and choosing Access myUFL, then signing on with his/her Gatorlink username and password. In the myUFL menu select My Account > Update My Directory Profile and follow the instructions in each section to update information. We strongly encourage your student to keep emergency contact information on file. They can provide, review or update this information by clicking on the link at the bottom of the "Update My Directory Profile" page - "Emergency Contact Information." Also, your student can access Emergency Contact Information from "My Account" > "Update Emergency Contact". Detailed instructions may be found in the student workbook.

## My student is trying to enroll and the class(es) are not available. What can I do?

Your student should contact the department that offers the course. There are many reasons a specific course may not be available. Your student may not have the required prerequisite or may need departmental approval.

## When do semesters begin and end?

For the academic calendar for this year, go to <https://catalog.ufl.edu/ugrad/current/Pages/dates-and-deadlines.aspx> (Academic Dates and Deadlines).

# Money Matters

University Bursar  
113 Criser Hall  
Phone: (352) 392-0181  
Fax: (352) 392-3448  
<http://www.fa.ufl.edu/bursar/>  
myUFL: [my.ufl.edu](http://my.ufl.edu)

Functions include: Assessment and collection of students' tuition and fee charges; Collection of UF department charges (such as Gator 1 ID cards, parking decals); Prepaid and Third Party Sponsor billing; Disbursement of financial awards (loans, grants, and scholarships); provide IRS Tax Form 1098-T.

## Tuition Payment Deadlines

Tuition Payment is due at 3:30 p.m., on Friday at the end of the second week of classes. A \$100 Late Payment Fee will be assessed if payment is not received by the deadline. On-time payments are receipt date and not postmark date. Payments received are first applied to the oldest debt. Exception: financial aid disbursements will always pay tuition first.

## Determining Tuition Charges Owed

Login at [my.ufl.edu](http://my.ufl.edu); select *Main Menu > My Campus Finances > Charges Due*; **tuition bills are not mailed.**

## Payment Options

Pay on myUFL: Electronic check, no service charge; Visa, American Express, MasterCard, or Discover with a 2.6% service charge; International currencies via wire transfer, or **Mobile device**...Go to [m.ufl.edu](http://m.ufl.edu) and select Make a Payment. Place your personal check, cashier's check, or money order in the 24-hour Criser drop box at 113 Criser Hall. Cash and debit card are not available payment options.

## Florida Prepaid Tuition Program

You do not need to show University Bursar the Florida Prepaid ID card; Florida Prepaid can be used during the summer and will automatically begin your first semester in attendance at UF. You may opt-out of Florida Prepaid online prior to the fee payment deadline at [my.ufl.edu](http://my.ufl.edu) for Fall and Spring, select *Main Menu > My Campus Finances > Opt out of Florida Prepaid*. To opt-out for summer sessions, please stop by University Bursar at 113 Criser Hall.

## Student Billing

University Bursar is the central billing agent for UF departments that enter charges into the student financial system; myUFL. Payment for non-tuition charges are due on the first of the month. Payments received are first applied to the oldest debt due. A financial hold (negative service indicator) will be placed if payment is not received on time – this prevents registration, access to grades, and admission to UAA activities (i.e., football, basketball, etc.).

## Disbursement of Student Financial Awards

Financial aid disbursements on loans begin the day before classes begin; scholarships and grants are disbursed after the established drop/add date, which is available on the University Registrar website. Be sure to grant permission to have your Federal Financial Aid pay current term non-tuition debts on your myUFL student record. Sign up for direct deposit on [my.ufl.edu](http://my.ufl.edu) for any remaining balance of your financial aid to be directly deposited to your checking account.

## Student Direct Deposit Sign-up

Direct deposit is now required for the delivery of overpayments and refunds for scholarship (such as Bright Futures), loan or grant proceeds that will be sent directly to a student's checking account. To authorize direct deposit login to [my.ufl.edu](http://my.ufl.edu), select *Main Menu > My Campus Finances > Direct Deposit-Student or PLUS*. Follow the screen instructions to enter in your routing and checking account numbers.

## IRS Tax Form 1098-T

This tax form is available on [my.ufl.edu](http://my.ufl.edu), select *Main Menu>My Campus Finances>View 1098-T*. The information on this tax form is to assist you in claiming your educational tax credit.

# Money Matters (cont.)

Student Financial Affairs  
S-107 Criser Hall  
Phone: (352) 392-1275  
Fax: (352) 392-2861  
[www.sfa.ufl.edu](http://www.sfa.ufl.edu)

## What type of aid is available?

**Grants:** Grants are awarded to students who show the greatest financial need. They are considered gift aid.

**Scholarships:** Scholarships are awards based on academic achievement, but financial need may also be considered. Scholarships are considered gift aid. They are awarded by various organizations such as the university, the state, individual colleges and departments, and private entities.

**Employment:** Employment is considered self-help aid, as it is offered in exchange for a service. Students can either work through a need-based program such as Federal Work Study, or obtain employment through on-campus employers that do not require federal funding in order to employ students. Visit [jobs.ufl.edu](http://jobs.ufl.edu) for listings.

**Loans:** Loans are considered self-help aid, as loan funds must be repaid. Sources of loans are generally either federal, state, institutional, or private.

## How do I apply?

Applying correctly for financial aid is critical in order to maximize all potential avenues for funding. At the University of Florida, the Free Application for Federal Student Aid (FAFSA) is the starting point in the financial aid process. Apply online at [www.fafsa.gov](http://www.fafsa.gov).

If you are a Bright Futures recipient, it is required that you notify the Florida Department of Education that you are now attending the University of Florida, school code 011. You can update your status at [www.floridastudentfinancialaid.org/ssfad/bf](http://www.floridastudentfinancialaid.org/ssfad/bf).

## When should I apply?

Although you must be accepted for enrollment at UF before you are considered for financial aid, you should *apply* for aid before being admitted. You can file a FAFSA as early as January 1 each year. UF's "On-Time" deadline to receive the results of your FAFSA from the federal processor is March 15. Apply well before March 15 to ensure that the federal processor has time to analyze and send the results of your FAFSA to our office. Financial aid is awarded on a first-come, first-served basis so apply as early as possible to be considered for the most, and best aid.

## How is aid awarded?

Awards are based upon the accuracy of data given on the FAFSA and the school's projection of available funding. Award notifications and other communications about your financial aid will be sent to your Gatorlink email address. It is extremely important to notify the Office for Student Financial Affairs if you are expecting to receive monies that are not currently listed on the award letter, via the 'Additional Aid Reporting' link on your 'Awards and Disbursements' page at [www.isis.ufl.edu](http://www.isis.ufl.edu).

## When is aid disbursed?

You must complete all federal financial aid requirements before any federal funds can be disbursed to you. Check your financial aid status at [www.isis.ufl.edu](http://www.isis.ufl.edu) to make sure you have submitted and/or completed all requirements necessary for you to receive your financial aid.

Disbursement of loan funds, SEOG, and Turner Grant for students who have completed all federal requirements and who are enrolled full-time will begin the first week of classes. Disbursement of Florida Bright Futures Scholarships, Pell Grants, scholarships, and other financial aid, as well as aid for recipients of Florida Prepaid and Machen Florida Opportunity Scholarships will begin after the drop/add period is over.

# Banking Information

## What banks are on campus?

Wells Fargo is the official banking partner of the Gator 1 Card and the only bank with a full-service Financial Center on campus. You can find the Wells Fargo Financial Center on the ground floor of the Reitz Union and the ATMs at the Reitz Union, Broward Dinning Hall, HUB, and many other places.

## What services are offered?

Wells Fargo offers an exciting collection of special services to UF students. As a Wells Fargo member you can receive free Student Checking and Savings Accounts, a free Check Card, free Online Banking with BillPay, a Student Credit Card with competitive rates and unlimited access to tellers and ATMs. Wells Fargo can also set up electronic funds transfer of financial aid funds into your account. Wells Fargo is the only bank that can set up your Gator 1 Card with ATM functionality. Visit [www.gator1.ufl.edu](http://www.gator1.ufl.edu) for more information.

## Are there ATMs on campus?

Yes! ATMs for various banks are located in the Reitz Union, the Bookstore, Ben Hill Griffin Stadium, Library West, and inside Shands.

## Is there a listing of banks in Gainesville?

The following is a brief listing of major Gainesville area banks:

### 1st Credit Union

412 E University Ave.  
(352) 372-8225

### Bank of America

7606 W Newberry Rd.  
(352) 331-1107

1116 W University Ave.  
(352) 335-0411

### BBVA Compass Bank

5901 W Newberry Rd.  
(352) 327-9897

2814 SW 34th St.  
(352) 367-5064

### Campus USA Credit Union

2511 NW 41st St.  
9200 NW 39th Ave. #160  
(352) 335-9090

### Florida Citizens Bank

3518 SW Archer Rd.  
3919 W. Newberry Rd.  
(352) 332-4727

### TD Bank

600 NW 43rd St.  
(352) 367-9800

7515 W University Ave.  
(352) 333-9797

### M&S Bank

3631 N Main St.  
(352) 264-7250

7000 SW Archer Rd.  
(352) 264-2950

### RBC Bank

4340 W Newberry Rd.  
(352) 335-0999

1807 NW 13th St.  
(352) 335-6161

### SunState Federal Credit Union

405 SE 2nd Pl.  
(352) 381-5200

### SunTrust Bank

411 N Main St.  
(352) 374-5500

5080 W. Newberry Rd.  
(352) 264-2000

### Wells Fargo

J. Wayne Reitz Union  
(352) 335-1378

3505 SW Archer Rd.  
(352) 335-3460

104 N Main St.  
(352) 335-3300

# Notes





# CAMPUS RESOURCES

# Campus Multi-Faith Cooperative (CMC)

For many students, part of finding a home at UF, involves finding a community with whom to explore and develop values, spirituality and/or faith. For some, this means getting involved with one of the registered religious student organizations on campus (see [www.studentinvolvement.ufl.edu/](http://www.studentinvolvement.ufl.edu/)). In addition to these student organizations, students can also find guidance and support from members of The Campus Multi-Faith Cooperative (CMC). The CMC is a network of religious organizations staffed by religious professionals trained to serve the university community. Each adheres to the principles of its own tradition, but all accept and support the work of other members of the cooperative. For more information please visit [www.ufcmc.com](http://www.ufcmc.com).

## **Baptist Collegiate Ministries**

Eddie L. Gilley, D.Min.  
1604 W. University Avenue  
Gainesville, FL 32603  
(352) 376-4405  
<http://www.ufbcm.org>

## **Emmanuel Mennonite Church and Mennonite Student Group**

Eve MacMaster, Pastor and Chaplain  
1236 NW 18th Avenue  
Gainesville, FL 32605  
(352) 377-6577  
<http://www.gainesvillemennonites.org>

## **The Episcopal Student Center with Chapel of the Incarnation (Episcopal/Anglican)**

Rich Clark, Chaplain  
1522 W. University Avenue  
Gainesville, FL 32603  
(352) 372-8506  
<http://ufchapelhouse.com>

## **Gainesville LDS Institute of Religion**

Mr. Darrell Janson  
1220 SW 5th Avenue  
Gainesville, FL 32601  
(352) 372-7060  
<http://lds.org/institutes/>

## **Gator Wesley Foundation (United Methodist Campus Ministry)**

Rev. Narcie Jeter, Executive Director/Campus Pastor  
Bradley Kenn, Assistant Director  
1380 W. University Avenue  
Gainesville, FL 32603  
(352) 372-8183  
[info@gatorwesley.com](mailto:info@gatorwesley.com)  
<http://gatorwesley.com>

## **Gators for Christ**

Donny Dillon  
University City Church of Christ  
4626 NW 8th Avenue  
Gainesville, FL 32605  
(352) 372-4911  
<http://gatorsforchrist.org>

## **Hillel at the University of Florida**

Keith Dvorchik, Executive Director  
2020 University Avenue  
Gainesville, FL 32608  
(352) 372-2900  
<http://ufhillel.org>

## **Krishna House/ISKCON of Gainesville**

Carl Woodham, BhS, Chaplain  
214 NW 14th Street  
Gainesville, FL 32603  
(352) 336-4183  
<http://krishnalunch.com>

## **Lubavitch/Chabad Jewish Center**

Rabbi Berl Goldman  
2021 NW 5th Avenue  
Gainesville, FL 32603  
(352) 336-5877  
<http://jewishgator.com>

## **Religious Society of Friends (Quakers)**

Jean Larson  
702 NW 38th Street  
Gainesville, FL 32605  
(352) 372-1070  
<http://www.gainesvillequakers.org>

## **Seventh-Day Adventist**

Angelo Grasso, Chaplain  
Adventist Campus Ministry @ UF  
(352) 363-8590  
<http://acmuf.org/>

## **St. Augustine Church - The Catholic Student Center**

Father David Ruchinski, Pastor  
Sister Margaret Harig, SND, Campus Minister  
Ms. Debby Cherwak, Director of Student Programs  
1738 W. University Avenue  
Gainesville, FL 32604  
(352) 372-3533  
<http://catholicgators.com>

## **Trinity Metropolitan Community Church of Gainesville**

Rev. Dr. Jim Merritt, Senior Pastor  
11604 SW Archer Road  
Gainesville, FL 32608  
(352) 495-3378  
<http://www.mccgainesville.org>

## **The United Church of Gainesville (United Church of Christ)**

Rev. Shelly Wilson, Senior Minister  
1624 NW 5th Avenue  
Gainesville, FL 32603  
(352) 378-3500  
<http://ucgainesville.org>

## **First Lutheran Church**

Rev. Daniel Prugh, Associate Pastor  
1801 NW 5th Avenue  
Gainesville, FL 32603  
(352) 376-2062  
[www.lsf Gainesville.com](http://www.lsf Gainesville.com)

## **University Lutheran Church and Campus Ministry**

Dr. Michael L. Collins, Pastor  
1826 West University Avenue  
Gainesville, FL 32603  
(352) 373-6945  
<http://ulcgainesville.com>

# Career Resource Center

1st Floor J. Wayne Reitz Union  
(352) 392-1601  
[www.crc.ufl.edu](http://www.crc.ufl.edu)

The award winning University of Florida Career Resource Center (CRC), located on the first floor of the J. Wayne Reitz Union, provides an array of programs, events, and services to help students to explore majors and careers, prepare for his/her future, start the job or internship search and learn to adapt.

## Explore Majors and Careers

- Career Help for Major Planning or CHOMP, is an online interactive program that will help your student explore UF majors, research career paths, and understand how classes and experiences prepare your student for his/her career goals.
- One-on-one Career Planning can help your student with major selection, career decision-making, or job search strategies. Whether your student needs help discovering meaningful career options or developing his or her resume, our career planning staff is here to help. Schedule an appointment online using Gator CareerLink or stop in the Career Resource Center Library from 9:00 a.m. to 4:00 p.m. Monday through Friday during Express Drop-In Hours.
- Our Career Roadmaps can help students explore majors and careers. Each roadmap guides students with a description of the field, general skills, sample UF majors to explore, UF organizations to get involved with, sample local opportunities, job boards to start searching for internships, and jobs as well as employers who recruit UF students.

## To prepare for the future, students can:

- Participate in Gator Launch, a mentoring and education program for science, technology, engineering, and math (S.T.E.M.) majors.
- Schedule a mock interview with CRC staff or conduct a virtual mock interview through Gator CareerLink.
- Become a Certified Gator Professional by participating in a series of in-person or online workshops that discuss professionalism and tips and techniques for finding a job or internship.

## To start an internship or job search, students can:

- Set up an account in Gator CareerLink, an online career portal that connects you to job postings, on-campus interview opportunities, and upcoming CRC events.
- Interact with employers at an Information Session. Network and gain valuable information about working at the organization, career paths, and available positions.
- Attend Career Showcase, the Summer Job Fair, or the Part-Time Job Fair to explore potential career paths, network with employers, and identify career opportunities.

## To adapt for a changing world, students can:

- Develop flexible plans that will allow you to have goals while remaining open to change
- Learn to reflect on past experience and continue to explore through career planning appointments.

Don't wait, visit the Career Resource Center today!  
Call: (352)392-1601    Visit: 1st Floor Reitz Union    Click: [www.crc.ufl.edu](http://www.crc.ufl.edu)

Check us out on Facebook, [www.facebook.com/ufcrc](http://www.facebook.com/ufcrc) or Twitter @UF\_CRC

# Center for Leadership and Service

301 Peabody Hall  
(352) 392-1215

[cls@leadershipandservice.ufl.edu](mailto:cls@leadershipandservice.ufl.edu)

[www.leadershipandservice.ufl.edu](http://www.leadershipandservice.ufl.edu)

The Center for Leadership and Service educates students through meaningful experiences designed to prepare socially responsible individuals to create positive sustainable change in an increasingly complex society. We provide educational programs, workshops and conferences, and coordinate community service, leadership, social justice and service learning opportunities for students.

The Center promotes ethical, thoughtful, and globally-minded leadership, service, and civic engagement by encouraging students to grow and learn from a variety of leadership models and competencies. These models and the programs of the Center seek to unify competent student leadership with meaningful service. The Florida Alternative Breaks program is one of the largest in the U.S., our mentoring program, MentorUF, sends more than 400 students into the local Gainesville schools each semester, and through events like the Volunteer Organization Fairs and days of service, and connections to local service sites, over 40% of students at the University of Florida engage in service coordinated through the Center for Leadership and Service.

In the Spring of 2016, the Center for Leadership and Service will move into the J. Wayne Reitz Union, to provide a more central hub, and home, for students interested in developing as leaders and engaging with their community.

## **Learn about social issues and gain skills needed to advocate for the causes you are passionate about**

Our office engages students in learning about social issues and in developing skills to be positive, energetic advocates for the causes that inspire them through programs such as the Gator Global Initiative conference, Projects for Peace, the Greater Gator Conference and Servant Leader Initiatives. In addition, students can also build their leadership knowledge, skills, and abilities by participating as executive officers in our sponsored organizations, leadership workshops, and the Center for Leadership and Service Ambassadors.

## **Engage in direct service and mentoring in the local community and beyond**

Students have the opportunity to engage in direct service through our SummerPlunge, GatorPlunge and MLK days of service, or by spending an academic break on a Florida Alternative Breaks (FAB) trip in Florida, the United States, and around the world. Additionally, students can make a direct impact on the local Gainesville community and the future of K-12 students by mentoring through MentorUF. This mentoring experience allows participants to work with students individually or in groups to serve as a role model and inspiration to traditionally underserved students.

## **Represent the Center for Leadership and Service and demonstrate your passion and abilities**

The Center for Leadership and Service Ambassadors are a select group of students who are highly committed to the mission of the Center. This group of students serves to promote the Center and its mission on campus and to raise the profile of the Center. The Ambassadors help to plan Center for Leadership and Service events, including the Volunteer Organization Fairs and the Center's Annual Open House, as well as serve as a presence for the office throughout the UF community.

## **One-on-one Service Consultations**

If you are interested in joining this community of highly passionate students who value leadership development and using their leadership to benefit the community, please contact our office for a 1-on-1 Service Consultation from our trained Service Advisors. Our Advisors will get to know you and connect your passion to local community organizations and campus resources.

# Cultural Opportunities

## Cultural Opportunities at UF

Get involved and be inspired at the University of Florida Cultural Plaza, located at the corner of Southwest 34th Street and Hull Road. The UF Cultural Plaza consists of the **Harn Museum of Art**, the **Florida Museum of Natural History** and the **Phillips Center for the Performing Arts**.

### Visit the UF Cultural Plaza

The **Harn Museum of Art** features more than 900 works of art on view in eleven galleries, displaying both permanent collections and traveling exhibitions. The museum's collections of photography and African, Asian, contemporary and modern art are comprised of nearly 10,000 works. Admission is free. Visit the Harn for Museum Nights held the second Thursday of every month from 6 to 9 p.m. Current exhibitions are celebrated on these evenings with art activities, performances and free food.

[www.harn.ufl.edu](http://www.harn.ufl.edu) | (352) 392-9826

The **Florida Museum of Natural History** is one of the nation's top five natural history museums with more than 40 million specimens in its collections. Visitors can enjoy hundreds of exotic, live butterflies in the award-winning Butterfly Rainforest exhibit, witness a South Florida Calusa Indian welcoming ceremony, experience a life-size limestone cave and see a mammoth and mastodon from the last ice age. UF students receive FREE admission with a valid Gator 1 card to all fee-based exhibits. Funded by UF Student Government.

[www.flmnh.ufl.edu](http://www.flmnh.ufl.edu) | (352) 846-2000

The **Phillips Center for the Performing Arts** attracts many world-renowned performers and productions throughout the year. University of Florida Performing Arts is in the top 10 among the country's public university arts programs, boasting some of the very best established and emerging national and international artists. Housing a 1,700-seat performance hall and the 200-seat Squitieri Studio Theatre, the Phillips Center presents theater, dance, comedy, contemporary, classical, chamber, jazz, Broadway and world performances. Student tickets range from \$10-20.

[www.performingarts.ufl.edu](http://www.performingarts.ufl.edu) | (352) 392-ARTS

### Become an Intern or Volunteer

A variety of internships are available at all Cultural Plaza institutions. Students may earn course credit and gain valuable experience while receiving guidance in a number of professional fields. See each entity for additional information.

### Join and Belong

Students may support world-class programming by becoming a member at any of the three institutions. Student members have the opportunity to meet a multitude of individuals with similar interests, attend member-exclusive events and receive discounts on purchases at the museum stores, and ticket discounts at the Florida Museum of Natural History and the Phillips Center.

### Visit the Café

Indulge in soups, salads, tapas and desserts at the Camellia Court Cafe, located on the lower level of the Harn Museum of Art. The Café accepts University of Florida meal plans for UF faculty, staff and students. The cafe is open Tuesday through Saturday 11:00 a.m. – 2:00 p.m.

[www.harn.ufl.edu/visit/cafe](http://www.harn.ufl.edu/visit/cafe) | (352) 392-2735



For a list of campus and community events, visit [bit.ly/JoinGPFA](https://bit.ly/JoinGPFA).

# Dean of Students Office

The Dean of Students Office (DSO) creates a culture of care for students, their families, faculty and staff by providing exemplary programs and services to enhance students' academic and personal success. Emergencies and services for students in distress are also coordinated through the Dean of Students Office. These include the Behavioral Consultation Team, Crisis Response Team, Emergency Deans, and the Protest Team. We pride ourselves on being welcoming and supportive, especially to students and families in distress. The Dean of Students Office is comprised of the following areas which are here to assist you:

## **CARE AREA**

Professionals in the Dean of Students Office work with students, their families and campus resources to derive success plans and provide ongoing support for students in distress dealing with a variety of issues. Medical Withdrawals are also the responsibility of the Care Area. The staff helps students complete the necessary medical petition paperwork for all courses or medical drops before or after the drop deadline.

## **COLLEGIATE VETERANS SUCCESS CENTER**

The Collegiate Veterans Success Center, located on the 4th floor of Yon Hall, serves the 1200+ student veterans at UF by providing a designated location on campus for student veterans to study, meet with on and off campus resources, and to spend time with and support each other in a fun and relaxing space.

## **DISABILITY RESOURCE CENTER**

The Disability Resource Center strives to provide quality services to students with physical, learning, sensory or psychological disabilities, to educate them about their rights and responsibilities so that they can make informed decisions, and to foster a sense of empowerment so that they can engage in critical thinking and self-advocacy. The Disability Resource Center serves more than 1500 students with disabilities registered with the office through classroom accommodations, support groups, a testing center that proctors 6000 tests annually and one-to-one skills coaching. The Disability Resource Center staff is available for consultation with faculty, families and students.

## **NEW STUDENT and FAMILY PROGRAMS**

New Student and Family Programs (NSFP) provides ongoing programs that support new students and families in their transition to the University of Florida. NSFP focuses on providing a welcoming and inclusive atmosphere, connecting students to university resources and people, acquainting students with institutional expectations and values, promoting learning and discovery both inside and outside the classroom and fostering pride in the Gator community. New Student and Family Programs also coordinates a variety of nationally recognized programs that serve to orient and help successfully transition new students to the University. These include Preview, which orients 20,000 students and family members annually; Convocation; the Common Reading Program; Family Weekend; Weeks of Welcome; and the First Year Florida course, a one credit hour success course taken by more than 1,800 students each year.

## **STUDENT CONDUCT and CONFLICT RESOLUTION**

In 2011 - 2012, Student Conduct and Conflict Resolution at the University of Florida was nationally ranked as the #1 office by their peers. Student Conduct and Conflict Resolution facilitates the Student Code of Conduct and Honor Code processes which guides and holds accountable students for their behavior in and outside of the classroom. In addition to traditional adjudication, the office provides conflict resolution services, including mediation and restorative justice. If you find yourself in a dispute with another person these conflict resolution services can provide you with valuable skills to resolve current and future conflicts. Student Conduct and Conflict Resolution is available to consult with faculty, families and students around a variety of behavior and conflict related issues.

## **U MATTER, WE CARE**

[www.umatter.ufl.edu](http://www.umatter.ufl.edu)

U Matter, We Care is coordinated through the Dean of Students Office. Based on the philosophy that all UF community members must take responsibility for each other and themselves, U Matter, We Care provides a means to assist students in distress during their time at the University of Florida. Care about your fellow Gators, offer help, and get help if you or someone you know may need assistance. Contact [umatter@ufl.edu](mailto:umatter@ufl.edu) if you ever know a student in distress.

### **Stay connected with the DSO**

202 Peabody Hall  
Phone: (352) 392-1261  
Fax: (352) 392-5566  
[www.dso.ufl.edu](http://www.dso.ufl.edu)

Like us on Facebook at UFNSFP  
Follow Us on Twitter  
@UF\_NSFP  
@UMATTERWECARE

# Dean of Students Office

## **Disability Resource Center**

001 Reid Hall (Building 0020)

Phone: (352) 392-8565

Florida Relay Service: (800) 955-8771

[www.dso.ufl.edu/drc](http://www.dso.ufl.edu/drc)

### **What is a disability?**

A disability is a learning, medical, physical, psychological, or sensory condition that substantially limits one or more major life activities (e.g. learning, hearing, seeing). The disability must be documented by a qualified physician or other licensed professional in a field related to the disability. Since each disability is unique, guidelines for what constitutes appropriate documentation for a particular disability are available. Students who would like to inquire about available services are encouraged to contact the Disability Resource Center at (352) 392-8565 or via e-mail at [accessuf@dso.ufl.edu](mailto:accessuf@dso.ufl.edu) to schedule an in-person, phone, or virtual appointment.

### **How does a student get started?**

Students who would like to access services must register with the Disability Resource Center (DRC) in order to receive academic accommodations. Students should call our office at (352) 392-8565 to schedule an appointment. Students should bring documentation of disability to the appointment. During this initial appointment a DRC staff member will review the documentation. Students should be prepared to discuss the impact of their disability and their history of accommodation. This information will help the DRC staff member, in collaboration with the student, establish reasonable accommodations.

### **When should a student register with the DRC?**

Although registration with our office can occur at any point in time, students are encouraged to register with the DRC as early as possible at the beginning of their first semester. Registering early will help ensure that academic accommodations are in place from the start of the semester. Students (and family members) who would like to meet with a DRC staff member in conjunction with a campus visit before their first semester are encouraged to contact our office at (352) 392-8565 to schedule an appointment.

### **What are some examples of accommodations offered by the DRC?**

Some typical accommodations offered by the DRC include note-taking services, extended exam time, low distraction exam setting, alternative format textbooks, priority registration, and reduced course load.

### **How will a student communicate accommodation needs to instructors?**

Students will communicate their accommodation needs to their instructors through accommodation letters prepared by the DRC. It is suggested that students provide their accommodation letters to their instructors within the first two weeks of class each semester.

### **What if a student needs modifications to assigned accommodations?**

Students who feel that their accommodations are not effective or need to be modified in order to meet the unique demands of specific courses should contact the DRC and schedule an appointment to discuss modifying current accommodations. It is essential that students and the DRC work together in making a decision to modify any accommodations.

### **Are course substitutions available?**

Yes, students with diagnosed disabilities that directly impact their ability to be successful in foreign language and/or math courses can petition for foreign language and/or math course substitutions. Students remain responsible for all courses required by their academic major.

### **What additional services are available to support students with disabilities?**

Learning Strategy / Coaching sessions are available to registered DRC students to provide educational and solution-focused support in a 1:1 setting. Additionally, Facilitated Support Groups are available to provide similar support in a group setting.

# First Generation Student Support

## Office of First Generation Student Support

University of Florida Office of the Vice President for Student Affairs  
155 Tigert Hall | P.O. Box 113250 | Gainesville, FL 32611-3250  
(352) 392-1265 | [firstgeneration.ufsa.ufl.edu](http://firstgeneration.ufsa.ufl.edu)

First Generation students are the first in their family to go to college. As a result of being first, they enter college with unique experiences and perspectives that the office aims to support. First generation college students are the trailblazers for future generations and your support has led them to this point. As they transition to campus, the office wants to continue building on their personal and academic success.

The Office of First Generation Student Support is dedicated to supporting UF's first generation student population. The various programs offered by the office aim to increase the enrollment of high achieving first generation students at UF while providing a variety of resources for current first generation students, to aid in the journey to academic success.

We help students:

- Develop college success strategies
- Build academic and professional confidence
- Understand their first-generation identity
- Connect to peer and professional mentors
- Access campus resources



## Programs

**Advising:** Students can come into the office to schedule a meeting with one of the First Generation Student Support staff. Staff is available to assist students with navigating the college experience.

**First Generation Student Organization (FGSO):** The First Generation Student Organization exists to foster a diverse community amongst students who are first in their families to attend college by providing opportunities to strengthen self-awareness, strive for academic excellence, and develop leadership skills while giving back to the UF and global communities.

**First Generation Advocates:** The First Generation Advocate Program connects students with knowledgeable professionals who can give insight into their future goals. This is a great way for students to begin making connections to the faculty and staff members here on campus.

**First Generation Summit:** The First Generation Summit is an all-day retreat focused on the power of claiming your story and better understanding the significance identity has on the college experience for first generation students. The Summit is targeted at second year first generation students.

**FOS Academy of Leadership:** The Florida Opportunity Scholars Academy of Leadership (FOSAL) is a year-long leadership program that teaches self-awareness, career preparation, and global awareness. FOSAL is open to third and fourth year first generation students.

**Featured Alumni Talks:** We host a career talk for students to learn about the journey of a first generation Gator alum who is in a particular industry. The talks are either in person or via Skype so alums can share their experiences and answer questions about their time at UF and as a professional. Many of the students find these talks informative and empowering, especially when thinking about what it means to be first generation.

**Life Coach Program:** The Life Coach Program is offered to all third and fourth year first generation students. Students are paired with a trained UF faculty, staff, or graduate student to receive one-on-one guidance in post-graduation planning.

For more information contact Leslie Pendleton at [LeslieP@ufsa.ufl.edu](mailto:LeslieP@ufsa.ufl.edu) or Will Atkins at [WilliamA@ufsa.ufl.edu](mailto:WilliamA@ufsa.ufl.edu).



# Gator 1 Central

Gator 1 Central  
Phone: (352) 392-8343  
Fax: (352) 846-0907  
[www.Gator1.ufl.edu](http://www.Gator1.ufl.edu)

## Campus Vending Transportation and Parking Services

## Gator 1 Card UF Bookstores

## Gator Dining Services Wells Fargo Banking Services

**Gator 1 Central** is the home of the official Gator 1 ID Card and much, much more. All Gator 1 Central Card services can be found on our website: [www.Gator1.ufl.edu](http://www.Gator1.ufl.edu). G1C is located in the Welcome Center next to the UF Bookstore.

The **Gator 1 Card** is required for various activities on campus including Regional Transit System (RTS) bus service, Gator Dining Meal Plans and Declining Balance Accounts, Campus Vending Accounts, UF Bookstore Textbook Deferments, libraries, recreational centers, and more.

Tomorrow your student will have an opportunity to get his or her Gator 1 Card and sign up for services. Your student will need to present a photo ID, and a \$15 charge will be sent to his or her student accounts receivable.

There are two different options that **Gator Dining Services** provides for students to eat on campus; Meal Plans and a Declining Balance account.

A **Meal Plan** is recommended for students living on campus. Each Meal Plan comes with Flex Bucks that may be used at all 45 Gator Dining locations. The **Declining Balance** account can be used at all Gator Dining locations and is a convenient alternative to carrying cash.

The **UF Bookstore** is located in the Welcome Center adjacent to the J. Wayne Reitz Union. New, used, rental, and digital texts are available as well as school supplies and lots of Gator Gear.

UF offers the Textbook Deferred Payment option through the UF Bookstore which allows the purchase of textbooks and school supplies using a Gator 1 Card. Students are automatically eligible based on financial awards. No application is necessary. Advance Orders for books can also be made online.

For your convenience, there is a full-service Wells Fargo banking location in the Reitz Union on the ground floor, as well as 5 Wells Fargo ATMs on campus and 18 throughout Gainesville.

**Wells Fargo** offers a wide array of benefits and services when you link your Gator 1 Card to a Wells Fargo College Checking® account\* for added banking convenience. With a linked Gator 1 Card, the monthly service fee is waived and you can use it to make purchases using your Personal Identification Number (PIN), for free access to cash at Wells Fargo ATMs nationwide, for banking on the go with Wells Fargo Mobile® Banking, for direct deposit of your financial aid funds, and more. Enjoy the convenience of a single card that serves as your official student ID and supports your banking needs.

Visit [www.gator1.ufl.edu](http://www.gator1.ufl.edu) for more information.

\* Eligibility subject to approval. Students must provide proof of enrollment at an accredited institution when the account is opened. The Wells Fargo College Checking account is part of the College Combo® checking package. © 2013 Wells Fargo Bank, N.A. All rights reserved. Member FDIC.

Students with Gator 1 ID Cards may ride any **RTS bus fare-free** on campus and anywhere else RTS goes in Gainesville.

**Vehicles** parked on campus during restricted hours (Monday – Friday, 7:30 AM – 4:30 PM in most areas) must display a valid UF parking decal. Specific hours of restriction for each parking area on campus will be posted on the signage located at the area. Other parking restrictions (such as, but not limited to) reserved spaces, service drives, no parking zones, and disabled parking spaces are enforced at all times.

**Decal eligibility** is based on whether the student lives on or off campus and the number of credit hours earned at the beginning of each academic year. Student parking decals must be purchased online at [www.parking.ufl.edu](http://www.parking.ufl.edu). Decals may be purchased annually (for the entire academic year) or for the current semester. Motorcycle/Scooter decals and regular vehicle monthly and weekly decals are also available for purchase at the Transportation and Parking Services Customer Service Office, located at 1273 Gale Lemerand Drive. Please check [www.parking.ufl.edu](http://www.parking.ufl.edu) for complete details.

# Off Campus Life

Off Campus Life  
311 Peabody Hall  
(352) 392-1207  
[www.offcampus.ufl.edu](http://www.offcampus.ufl.edu)

UF's Office of Off Campus Life (OCL) wants your student to have a rewarding and successful off-campus experience. Read on for resources and tips to assist your student in finding the ideal place to live off campus.

**Appointments:** Off Campus Life provides individual appointments with students, and family members of students, who are looking for off campus housing. To schedule an appointment call Off Campus Life at (352) 392-1207 or visit the OCL website at [www.offcampus.ufl.edu/appointments/](http://www.offcampus.ufl.edu/appointments/) and fill out the appointment request form. Off campus housing meetings include information about average costs, lease information, transportation information, safety tips, roommate information, and an opportunity to have your questions answered by an Off Campus Life staff member.

**Off Campus Housing Locator Service:** Tailor your property search by various criteria including price, number of rooms and bathrooms, location, etc. by using Off Campus Life's FREE off-campus housing search engine. Go to <http://housing.offcampus.ufl.edu> to use this free service. The housing locator service also provides a listing of subleases for rent and a roommate finder where you can search for other UF students that are looking for roommates.

**Shop Around:** Tour several properties and take your time searching for off-campus housing. Do not sign a lease until you tour the property in-person. Before you sign a lease, bring a copy to Student Legal Services (SLS) to have lawyers review it for free. Visit the SLS website [www.studentlegalservices.ufl.edu](http://www.studentlegalservices.ufl.edu) to schedule an appointment. More information on Student Legal Services can be found on page 50 of this workbook.

**Safety and Crime Reports:** Check out crime reports for certain areas by going to the Gainesville Police Department's website at [www.gainesvillepd.org](http://www.gainesvillepd.org). Click on "Crime Reports" on the right hand side of the page. Enter the address to see the crime reports and reported incidents appear on a city map.

**Roommates:** If you're looking for roommates, some complexes will place you with other tenants via roommate matching or roommate placement. Roommate matching groups people based on similar lifestyle habits and interests while roommate placement matches people based on vacancy.

Even if you've known your roommates your entire life, set up guidelines for the home environment. Do you care if it gets messy or do you always want it clean? What are your expectations for guests? Who's going to take out the garbage? Things like this may seem trivial, but it's these little annoyances that sometimes turn into major conflicts. Need mediation? Student Conduct and Conflict Resolution [www.dso.ufl.edu/sccr](http://www.dso.ufl.edu/sccr) provides this service. We find that roommates who openly communicate and compromise typically have a happy living environment.

**Leases:** There are two types of leases: individual and joint leases. OCL recommends individual leases because you are only responsible for your share of the expenses. Joint leases require expenses to be paid, even if a roommate is not contributing their share. Bring the academic dates with you [www.registrar.ufl.edu](http://www.registrar.ufl.edu) when you go to sign the lease and make sure your move in date is before classes begin and your move out date is after finals are over. A lease is a legal binding contract so make sure you understand it before you sign it. Sign only for the length you need the apartment and check for any fees you may have to pay. **Bring a copy of the lease to Student Legal Service before you sign it.**

**Neighbors and City Codes:** Get to know the people you live next to. Also, be aware of three local city codes: the noise ordinance, occupancy limit and landlord permit. If your residence is the source of a noise loud enough to be heard 200 feet away, you're in violation of the noise ordinance and may be subject to a \$250 fine. The occupancy limit states that no more than three unrelated people can live in a single-family dwelling (house). Violators may be evicted. Note: This does not apply to apartments. Lastly, if you are renting a house or purchasing one to rent, the owner must have a landlord permit from the city of Gainesville. For more information, visit the city of Gainesville website [www.cityofgainesville.org](http://www.cityofgainesville.org).

**Connect to UF:** Get involved with UF. Join a student organization, do research, get an on-campus job, etc. Don't just go to class then go home. Take advantage of the many resources and opportunities UF provides. There are daily free events and activities for you, so go out and take part in this great Gator Nation. Go Gators!!

For more information about Off Campus Life, please visit our website [www.offcampus.ufl.edu](http://www.offcampus.ufl.edu), like us on Facebook at UF's Off Campus Life, follow us on Twitter @UFOffCampusLife and visit our YouTube channel [ufoffcampuslife](https://www.youtube.com/channel/ufoffcampuslife).

# On-Campus Housing

## UF Department of Housing and Residence Education

SW 13th Street & Museum Road | P.O. Box 112100 | Gainesville, FL 32611-2100 | Phone: (352) 392-2161  
[www.housing.ufl.edu](http://www.housing.ufl.edu) | [www.facebook.com/UFHousing](https://www.facebook.com/UFHousing) | <http://www.housing.ufl.edu/communication/contactus/>

Studies show that students who live on campus are more satisfied with their UF grade point average, overall academic experience, and overall social experience than those who live off campus. The Department of Housing and Residence Education is glad you're here!

### Assignments Process

UPDATES AT: [www.facebook.com/UFHousing](https://www.facebook.com/UFHousing) & [www.housing.ufl.edu/movein](http://www.housing.ufl.edu/movein)

1. **Apply to UF.**
2. **Receive UF Housing Welcome Brochure**
3. **Apply for On-Campus Housing**
4. **Receive e-mail confirmation after completing application**
5. **Get admitted to UF**
6. **Receive email to complete Residence Hall Contract(s) and submit \$175 pre-rent payment** if you had already applied for campus housing. *If you have not applied – you should apply at this point.*
7. **Complete Residence Hall Contract(s) and submit \$175 pre-rent payment(s)** by your due date in the housing contract email.  
**Summer B Student Reminder:** Submit a contract and pre-rent payment for BOTH Summer B and Fall/Spring.  
If under 18, parents MUST sign Residence Hall Contract(s).  
Please submit medical documentation for ADA accommodations if you have not done so at this time.  
<http://www.housing.ufl.edu/undergrad/contracts/accommodation-requests/>
8. **Receive email confirmation after completing contract(s) and submitting \$175 pre-rent payment.** This guarantees space in campus housing for the contract period(s).
9. **Receive email with building selection date and detailed instructions on how to choose room.**  
Select your building from the date specified in the email. You can choose a roommate based on building availability.  
A room will be assigned to you if availability becomes limited or you choose not to select a room.
10. **Move in.**

### Contracts

The Residence Hall Contract that you sign is a **legally binding contract**. You are committed to live on-campus for the length of the Residence Hall Contract that you sign. **DO NOT SIGN ANOTHER LEASE** unless you have received formal written release from your Residence Hall Contract. We will **NOT** release you from your Residence Hall Contract because you signed an off-campus lease. The Housing Contract Terms and Conditions can be found at: <http://www.housing.ufl.edu/undergrad/contracts/>

### Billing

Rent is due in full prior to the beginning of each semester unless you have secured a housing financial aid deferment. You are responsible for full rent on the date provided on your bill regardless of the status of your financial aid.

**Housing Deferments:** ARE NOT GIVEN AUTOMATICALLY AND MUST BE APPLIED FOR VIA THE HMS. The Housing Deferment is different from the tuition deferment. A housing deferment means you delay the due date of your rent until after the semester begins and your financial aid should have paid out. If your Financial Aid has not paid out by the deferment expiration date, you are responsible to pay your rent in full. More at <http://www.housing.ufl.edu/undergrad/payments/rent-deferments/>

**How to Pay Pre-Rent Payment:** <http://www.housing.ufl.edu/undergrad/payments/>

Online at <https://hms.housing.ufl.edu> by credit card or EFT.

In person in the Main Housing Office by cash, check, or money order Monday – Friday 8:00 a.m. – 3:30 p.m.

#### How to Pay Rent Payment:

Online at <https://my.ufl.edu> by credit card or EFT.

Online payments will be applied to the charge(s) with the earliest due date.

In person in the Main Housing Office by cash, check, or money order Monday – Friday 8:00 a.m. – 3:30 p.m.

### Building Sign Up

**Updates & more information:** [www.housing.ufl.edu/movein](http://www.housing.ufl.edu/movein)

**Questions:** [assignments@housing.ufl.edu](mailto:assignments@housing.ufl.edu)

By now you either (A) Have a contract and building selected, (B) Have a contract and Building selection date and time, OR (C) You are waiting to be offered a contract for campus housing.

**How to Sign up for a Building:** Many incoming students will be able to select their building, and if space is available, pull in a preferred roommate. Students with later application dates may be assigned by our housing staff according to space availability and each student's preferences. The latest housing applicants may not receive a housing application until 1-2 weeks before the start of the semester.

**Private/Single Rooms:** Single rooms are very limited and are first-come first-serve and are offered to students in Housing Application Date order (including upper-division students).

**You are guaranteed a room if you have a completed housing contract. You will be manually assigned if you do not (or are unable to) select a building before classes start.**

# On-Campus Housing

## Roommates

### Find a Roommate with RoomSync

Click on the RoomSync link on [www.facebook.com/UFHousing](http://www.facebook.com/UFHousing) and sign in with the code that UF Housing provided you. Follow the instructions and select a building together during building selection. RoomSync matches are UNOFFICIAL.

### If You Have a Roommate

The roommate with the earliest selection date will select a building with 2+ vacancies on during his or her selection day and invite you to hold a spot for roommate(s) with their gatorlink user name.

An e-mail will be sent to the preferred roommate(s) after a hold is placed on a space.

Preferred roommate(s) must then log on to HMS "Room Selection" tab and ACCEPT the held space being held by the end of the next day at 11:59 p.m. or the offer will expire. If roommate DECLINES space or fails to accept space by the deadline, the hold will expire.

### If You Don't Have a Roommate

Select a building when you are permitted to. You should still select a building and update your preferences. If you don't select a building, Undergraduate Assignments will assign you. You will receive an email once you are assigned.

### Roommate Relationships

<http://www.housing.ufl.edu/undergrad/resources/roommates/>

What if I don't get along with my roommate? It is normal to experience difficulties adjusting to living with someone. Make all efforts to communicate with your roommate, seek assistance from your Resident Assistant (RA), and work out any conflicts through compromise and communication. After these attempts have been made, you can attempt a room transfer via the HMS.

Do NOT make room changes without contacting the Assignments Office. No mutual swaps or transfers can occur until after the academic ADD/Drop period. Swaps or Transfers must be with the Main Housing Office and Assignments staff.

### MOVE-IN

Summer B: June 24

Fall: August 18

Appointment times are required for move in!

### Check-In

No one will be permitted to move in prior to August 18, 2015.

There is staff to assist you 24/7 at your Area Office. Check-in is located at your residence hall area office. Appointments are required during certain times and dates.

### Updated Check-In Information

[www.facebook.com/UFHousing](http://www.facebook.com/UFHousing)

[www.housing.ufl.edu/movein](http://www.housing.ufl.edu/movein)

## On-Campus Resources

**Residence Hall Staff:** Your residence halls have student employees (Resident Assistants, Residential College Advisors, Peer Mentors, Graduate Hall Directors), Area Desks (24 hours a day, 7 days a week), and full time staff (Residence Directors or Residence Life Coordinators) that can help with campus resources, your residence hall, academic/personal matters, housing resources, judicial matters, and more.

**Administrative Staff:** The Main Housing Office Staff can help you with assignments, billing, and more! Call or come to our office on the corner of Museum Road and SW 13th if you need any additional assistance. (352) 392-2171

**iService Desk:** Is an online form that you can fill out for help with: Pest Control Request, Building Services (cleaning or environmental issues), Maintenance Request, DHNet Help (internet), and Furniture Request <https://iservicedesk.housing.ufl.edu>. Sign in with your Gatorlink info.

**HMS:** Helps you view your contract, select/view your building, submit your Housing Application, sign up for Rent Deferment, complete a Room Transfer. <https://hms.housing.ufl.edu/> Sign in with your Gatorlink information.

*Go out and have fun on campus! Check with your RA, IRHA Reps, and [www.facebook.com/UFHousing](http://www.facebook.com/UFHousing) for ideas!*

## Leadership Opportunities

*IRHA, Area Government, Resident Assistant, Peer Mentor*

**The Inter-Residence Hall Association** is the campus housing student government. UF IRHA website: <http://irha.housing.ufl.edu/>

**IRHA ACTIVITY CARDS:** For a nominal fee, students can purchase activity cards for admission to all IRHA social programming events.

# On-Campus Housing

Official UF Housing				
Area	Hall	Common Room Type	Living Learning Community (LLC)	Amenities Close By
Beaty Area	Beaty Towers	Shared Bedroom Apartments	None	Broward Dining Facility Beaty Market Broward Outdoor Recreation Complex
Broward Area	Broward Hall Rawlings Hall	Traditional Double	<u>Broward Hall</u> : Faculty-in-Residence	Broward Dining Facility Broward Outdoor Recreation Complex Reitz Union and Food Court Broward Beach & Norman Field
Graham Area	Graham Hall Simpson Hall Trusler Hall	Traditional Double	<u>Trusler Hall</u> : Leader Scholar Program	Graham Oasis Reitz Union and Food Court Fraternity Row Flavet Field & Tennis Courts
Hume Area	Hume Hall	Double Suite	<u>Hume Hall</u> : Honors Residential College	Fraternity Row Reitz Union and Food Court Flavet Field & Tennis Courts
Jennings Area	Jennings Hall	Traditional Double	<u>Jennings Hall</u> : GatorWell A wellness class is offered.	Broward Dining Facilities Broward Outdoor Recreation Complex Broward Beach
Keys Area	Upperclassmen Only			
Lakeside Area	Lakeside	Single Bedroom Four Person Apartment	<u>Lakeside</u> : Faculty-in-Residence	Southwest Recreation Center Harn Museum of Art SW 34th Street
Murphree Area	Buckman Hall Fletcher Hall Murphree Hall Sledd Hall Thomas Hall	Varies - See website for more accurate breakdown	<u>Murphree Hall</u> : Returning Gators Sophomore Program Honors II: Returning honors students who want to live in Murphree.	Ben Hill Griffin Stadium The Hub and Food Court Library West Student Recreation and Fitness Center Racquet Club Dining
Springs Area	Springs	Double Suite	<u>Springs</u> : GatorWell A wellness class is offered.	Fraternity Row Stephen C. O'Connell Center Ben Hill Griffin Stadium
Tolbert Area	East Hall North Hall Riker Hall Tolbert Hall Weaver Hall	Traditional Double	<u>East Hall</u> : Engineering LLC <u>North Hall</u> : Pre-Health LLC <u>Weaver Hall</u> : International House <u>Tolbert Hall</u> : ROTC Community	Gator Corner Dining Center Student Recreation and Fitness Center Stephen C. O'Connell Center Ben Hill Griffin Stadium Reitz Union and Food Court
Yulee Area	Mallory Hall Reid Hall Yulee Hall Cypress Hall *	Traditional Double *Various sized Suites	<u>Yulee Hall</u> : Global LLC <u>Reid Hall</u> : Fine Arts LLC	Broward Dining Facilities Broward Outdoor Recreation Complex Sorority Row
Infinity Hall	Infinity Hall	Various sized Suites	Entrepreneurship LLC	Warrington School of Business College of the Arts Norman Hall

# Reitz Union

Reitz Union  
101 J. Wayne Reitz Union  
(352) 392-1649  
[www.union.ufl.edu](http://www.union.ufl.edu)

The J. Wayne Reitz Union is the University of Florida's student union. The union boasts many diverse programs and services that benefit both the university and surrounding community.

## Programs and Services

### GatorNights

GatorNights, the University of Florida's Friday late night program, takes place every Friday night during the semester from 8 p.m. until 1:00 a.m. Students enjoy free first run movies, bands, cultural events, dances, DJ's, arts and crafts as well as a free midnight meal. GatorNights. Always Friday. Always Free. [www.union.ufl.edu/gatornights](http://www.union.ufl.edu/gatornights)

### Reitz Union Board (Rub) Entertainment

The Reitz Union Board (RUB) Entertainment is the Reitz Union's student-run programming board offering free events, almost daily. Programs include movies, concerts, comedians, speaker series, art events and much more. Student members of RUB Entertainment gain experience in leadership, event planning, budgeting and marketing. To learn more about the events offered or membership [visit www.union.ufl.edu/rub](http://www.union.ufl.edu/rub).

### Leisure Courses

Leisure Courses are available to University of Florida students and the surrounding communities as an opportunity to enrich personal growth and develop new talents. Courses are non-credit and teach fundamental skills in a small group setting. Available courses range from ceramics, golf, tennis, ballet and horsemanship to hula. Browse the catalogue or register for these courses online at [www.union.ufl.edu/leisure](http://www.union.ufl.edu/leisure).

### Arts & Crafts Center

The Arts & Crafts Center is the perfect place to for students to explore their creative side. With activities ranging from ceramics, stained glass, screen-printing, jewelry making to painting pre-made bisque pottery pieces, there is something for everyone. [www.union.ufl.edu/acc](http://www.union.ufl.edu/acc)

### Game Room

Located on the ground floor of the Reitz Union, the Game Room is a place to unwind, meet friends and have a good time. The Game Room offers 14 bowling lanes (including black light bowling), board games, 10 pocket billiard tables, 1 Snooker table, 2 Foosball tables and 2 table tennis tables.

### Student Employment

The Reitz Union employs over 150 student staff members every semester, complementing the academic experience with hands-on experience. Our students receive guided experience in sales, graphic design, event management, audio/visual technology, and information technology, allowing for personal and professional growth. For more information visit our website at [www.union.ufl.edu/jobs](http://www.union.ufl.edu/jobs).

### Event Services

The Event Services office assists student organizations, departments and non-university groups who are looking to hold meetings and events within the union. Spaces available for reservation within the Reitz Union include meeting rooms, conference facilities, ballrooms and an auditorium. Event Services staff can also provide planning assistance, including reserving the space and organizing the catering. [www.union.ufl.edu/eventservices](http://www.union.ufl.edu/eventservices)

### The Gallery

Located on the second floor of the Reitz Union, the gallery is a place for UF students to showcase their collective artistic talents. Due to the construction and renovation of the Reitz Union, the gallery is currently closed but will return upon its completion.

### Reitz Union Hotel

The thirty-six-room Reitz Union Hotel is conveniently situated at the heart of UF's campus atop the Reitz Union. The hotel is the perfect place for families, friends or other university guests to stay while enjoying all the attractions and activities that the University and Gainesville areas have to offer. On campus parking is also provided for hotel guests. [www.union.ufl.edu/hotel](http://www.union.ufl.edu/hotel)

### Where To Eat

The Reitz Union provides an array of food choices including Croutons, Panda Express, Papa Johns, Pollo Tropical, Starbucks, Subway, Wendy's and the P.O.D. Market.

### Everything Else

The Reitz Union is also home to the Career Resource Center, Student Activities and Involvement, Student Government, UF Bookstore, Reitz Union Hair Company, Wells Fargo, Kaplan Education Center, Bike Repair and more.

# Social Fraternities and Sororities

Social sororities and fraternities have a rich tradition at the University of Florida, with fraternities extending back to 1884. Today, the Florida Greek community is 61 chapters strong, with each chapter falling under one of four governing councils: the Interfraternity Council, Multicultural Greek Council, National Pan-Hellenic Council, or the Panhellenic Council. Consisting of values-based organizations, the Florida Greek community is committed to the values of Scholarship, Service, Leadership and Community. Sorority and Fraternity Affairs is the office of professional staff members who advise the four governing councils and serve as advocates for the Greek community. For more information, please contact Sorority and Fraternity Affairs at (352) 392-1671 or visit [www.greeks.ufl.edu](http://www.greeks.ufl.edu).

## Interfraternity Council (IFC)

The Interfraternity Council consists of 24 men's fraternities, the majority of which have privately-owned chapter houses. IFC chapters host recruitment at the beginning of the fall and spring semesters.

Alpha Epsilon Pi (ΑΕΠ)	Alpha Gamma Rho (ΑΓΡ)	Alpha Tau Omega (ΑΤΩ)
Beta Theta Pi (ΒΘΠ)	Chi Phi (ΧΦ)	Delta Chi (ΔΧ)
Delta Tau Delta (ΔΤΔ)	Delta Upsilon (ΔΥ)	Kappa Alpha Order (ΚΑ)
Kappa Sigma (ΚΣ)	Lambda Chi Alpha (ΛΧΑ)	Phi Delta Theta (ΦΔΘ)
Phi Gamma Delta (ΦΓΔ)	Phi Kappa Tau (ΦΚΤ)	Phi Sigma Kappa (ΦΣΚ)
Pi Kappa Alpha (ΠΚΑ)	Pi Kappa Phi (ΠΚΦ)	Pi Lambda Phi (ΠΛΦ)
Sigma Alpha Epsilon (ΣΑΕ)	Sigma Chi (ΣΧ)	Sigma Nu (ΣΝ)
Tau Epsilon Phi (ΤΕΦ)	Tau Kappa Epsilon (ΤΚΕ)	Theta Chi (ΘΧ)

## Multicultural Greek Council (MGC)

The Multicultural Greek Council consists of 14 organizations that are culturally based. Attend the MGC Showcase at the beginning of the fall semester for more information.

Alpha Kappa Delta Phi (αΚΔΦ)	Beta Chi Theta (ΒΧΘ)	Delta Epsilon Psi (ΔΕΨ)
Delta Phi Omega (ΔΦΩ)	Gamma Eta (ΓΗ)	Kappa Phi Lambda (ΚΦΛ)
Lambda Theta Alpha (ΛΘΑ)	Lambda Theta Phi (ΛΘΦ)	Omega Delta Phi (ΩΔΦ)
Pi Delta Psi (ΠΔΨ)	Sigma Beta Rho (ΣΒΡ)	Sigma Lambda Beta (ΣΛΒ)
Theta Nu Xi (ΘΝΞ)	Sigma Sigma Rho (ΣΣΡ)	

## National Pan-Hellenic Council (NPHC)

The National Pan-Hellenic Council is composed of 7 historically-black organizations (3 fraternities and 4 sororities) that each typically hold membership intake once a year. Attend the Meet the Greeks event for more information.

Alpha Kappa Alpha (ΑΚΑ)	Delta Sigma Theta (ΔΣΘ)	Iota Phi Theta (ΙΦΘ)
Omega Psi Phi (ΩΨΦ)	Phi Beta Sigma (ΦΒΣ)	Sigma Gamma Rho (ΣΓΡ)
Zeta Phi Beta (ΖΦΒ)		

## Panhellenic Council (PC)

The Panhellenic Council consists of 16 sororities, which all have privately-owned houses and participate in recruitment at the beginning of the fall semester.

Alpha Chi Omega (ΑΧΩ)	Alpha Delta Pi (ΑΔΠ)	Alpha Epsilon Phi (ΑΕΦ)
Alpha Omicron Pi (ΑΟΠ)	Chi Omega (ΧΩ)	Delta Delta Delta (ΔΔΔ)
Delta Gamma (ΔΓ)	Delta Phi Epsilon (ΔΦΕ)	Delta Zeta (ΔΖ)
Kappa Alpha Theta (ΚΑΘ)	Kappa Delta (ΚΔ)	Kappa Kappa Gamma (ΚΚΓ)
Phi Mu (ΦΜ)	Pi Beta Phi (ΠΒΦ)	Sigma Kappa (ΣΚ)
Zeta Tau Alpha (ΖΤΑ)		

# Student Activities & Involvement

Student Activities & Involvement

300 J. Wayne Reitz Union

(352) 392-1671

[www.studentinvolvement.ufl.edu](http://www.studentinvolvement.ufl.edu)

## ***engage - develop - create***

Making the connections between life as a student and life beyond the classroom can be difficult. Located on the third floor of the Reitz Union, **Student Activities and Involvement (SAI)** is here to help. Students can meet new people, develop leadership skills and try new things. Students can take advantage of the Involvement Team, an organization of peer mentors who serve as involvement ambassadors, offering one-on-one sessions to help find the ideal fit in the diverse environment that includes multiple areas of involvement and numerous opportunities to get connected on and off campus. Check out their website at [www.studentinvolvement.ufl.edu/](http://www.studentinvolvement.ufl.edu/), or visit Involvement Team office in SAI. Visit the student organization fair at the beginning of each semester.

## ***connect - join - share***

Student Activities and Involvement hosts over 1,000 registered student organizations through an interactive database: Gator Connect! You can visit [www.studentinvolvement.ufl.edu/gatorconnect](http://www.studentinvolvement.ufl.edu/gatorconnect) to create a unique profile, search organizations, and check out upcoming events! They should not forget to select personal interests to receive recommendations for organizations and events that match their passions! You should log in frequently to see organizations post flyers for events, update documents, send emails, and even post on the wall! Visit [www.studentinvolvement.ufl.edu/gatorconnect](http://www.studentinvolvement.ufl.edu/gatorconnect) today!

## ***succeed - serve - lead - connect***

The Florida Greek community is comprised of 61 chapters that fall under one of four governing councils. Consisting of values-based organizations, the Florida Greek community is committed to the values of scholarship, service, leadership, and community. **Sorority and Fraternity Affairs** advises the four governing councils and serves as an advocate for the Greek community. The Interfraternity Council (IFC) consists of 24 men's fraternities. IFC chapters host recruitment at the beginning of the fall and spring semesters. The Multicultural Greek Council (MGC) consists of 14 culturally-based organizations. Students can attend the MGC Showcase at the beginning of the fall semester to find out more about the Multicultural Greek Council. National Pan-Hellenic Council consists of 7 organizations (3 fraternities and 4 sororities) that each typically hold membership intake once a year. Attend the Meet the Divine Nine event to learn more. The Panhellenic Council (PC) consists of 16 sororities, all of which participate in recruitment at the beginning of the fall semester. For more information about Sorority and Fraternity Affairs and the Florida Greek. Please visit [www.greeks.ufl.edu](http://www.greeks.ufl.edu).

**To learn more ways your student can fuel his/her 360 degree student experience in Student Activities and Involvement, visit our webpage [www.studentinvolvement.ufl.edu](http://www.studentinvolvement.ufl.edu) or search for Student Activities and Involvement on Facebook.**



# Study Abroad

University of Florida International Center  
170 HUB  
Phone: (352) 392-5323  
Fax: (352) 392-5575  
[www.abroad.ufl.edu](http://www.abroad.ufl.edu)

## About Study Abroad

The University of Florida recognizes study abroad as one of the five activities that lead to an enhanced university experience. With study abroad, students can become a Global Gator and study in the places they've only read about—all while earning credit towards their degree. The University of Florida International Center, located in The Hub, is the main hub for all international activities at UF. Visit the Study Abroad Services office in the International Center or browse our web page at [www.abroad.ufl.edu](http://www.abroad.ufl.edu) to find out more about programs and funding options.

## Frequently Asked Questions about Study Abroad

*What steps should students take to find the right study abroad program and to ensure that it meets their academic needs?*

- Become familiar with the International Center and Study Abroad Services at [www.abroad.ufl.edu](http://www.abroad.ufl.edu).
- Visit Study Abroad Services in The Hub to peruse our extensive library of programs.
- Sign up for a Study Abroad Info Session at the International Center or online to learn the basics.
- Once you have narrowed your search for a program, you can schedule an appointment with a Study Abroad Advisor who will help you refine your choices and find a program that matches your interests.
- Discuss your plans to go abroad with a faculty member in your department and/or an academic advisor who will ensure that your choice of program will keep you on track toward graduation.
- Attend the Study Abroad Fair on Wednesday, September 16, 2015 from 10:00 a.m. to 3:00 p.m. in the Plaza of the Americas. The fair provides the perfect opportunity to do some "one-stop shopping" about study abroad. Students can talk to UF professors who lead UF programs, students who have recently been abroad, Study Abroad Advisors and representatives from other programs at institutions around the world!

*What are the academic prerequisites to apply for a study abroad program? Students must have completed one full semester at UF and must be a student in good standing to apply. Depending on a college's requirements, there may be major courses, general education requirements, or specific GPA requirements that students must meet before applying. Some programs conducted in a foreign language may require a certain level of language proficiency from the student. However, there are many programs that offer foreign language instruction at the beginner level or offer all classes taught in English.*

*If a student receives financial aid, can the aid be applied to study abroad?* Yes! The University of Florida allows students to use financial aid packages toward any UF approved study abroad program, whether sponsored by UF itself or by another institution. Students can use Florida Bright Futures scholarships, grants, loans, Pre-Paid and other scholarships as available. Students must register as full-time in order to use most aid abroad.

*What scholarships are available for study abroad?* UF and non-UF sponsored scholarships are available on a competitive basis for semester, year and summer programs. Some scholarships require that students maintain a high grade point average and others require that they choose a summer program sponsored by the University of Florida. Students are eligible to apply for summer program scholarships whether or not they are receiving financial aid. For a list of study abroad scholarships and an application, please refer to our website at [www.abroad.ufl.edu](http://www.abroad.ufl.edu).

*Can students fulfill their summer residency requirement abroad?* Absolutely! UF offers a number of faculty-led UF summer programs to Austria, Belgium, Brazil, Costa Rica, Czech Republic, England, France, Germany, Greece, Italy, Mexico, Morocco, the Netherlands, Russia, Spain and South Africa, and faculty are working on more every year! If students find another SUS study abroad program and their academic advisor approves their courses, studies on that program will count toward the summer residency requirement as well.

*Can students take their last 30 hours abroad?* Yes. The UF requirement that all students complete their last 30 hours on-campus is waived for all UF-approved study abroad programs. As part of the study abroad application, you must receive approval for your study abroad plans from your department academic advisor.

*What are the application deadlines for study abroad programs?*

Summer 2016 programs

Fall 2016 or Academic Year 2016-2017 programs

Spring 2016 programs

March, 2016

Early April, 2016 (Exchange deadlines vary)

Early October, 2015

Please note that some programs have an earlier application deadline or fill up quickly. Applying before the deadline is recommended. Start early to make plans to be a Global Gator!

# Transportation

Transportation information below (excluding RTS) is not UF Sponsored; and UF has no formal connection with these companies.

## By Plane

Gainesville Regional Airport  
(352) 373-0249  
[www.gra-gnv.com](http://www.gra-gnv.com)  
3880 NE 39th Ave

### Airlines:

American Airlines/American Eagle  
(800) 433-7300  
Delta Connection/Atlantic Southeast Airlines  
(800) 221-1212 or (800) 282-3424  
US Airways/PSA Airlines (800) 428-4322

### Other nearby airports include:

Jacksonville International Airport  
(904) 741-4902  
[www.jia.aero/](http://www.jia.aero/)

### Directions from Gainesville:

Take US 301 North to I-10 East to  
I-295 North to I-95 North  
Exit 127-B. Follow Airport Road to JIA.

Orlando International Airport  
(407) 825-2001

[www.OrlandoAirports.net](http://www.OrlandoAirports.net)

### Directions from Gainesville:

Take I-75 South to Florida Turnpike South to  
SR 528 (Beeline Expressway) Exit  
Follow signs to airport

Tampa International Airport  
(813) 870-8700

[www.tampaairport.com](http://www.tampaairport.com)

### Directions from Gainesville:

Take I-75 South to I-275 South  
Exit 20 and follow signs to airport

## Car Rental

### Zipcar

1-866-4ZIPCAR (1-866-494-7227)

[www.zipcar.com/join](http://www.zipcar.com/join)

Car Rental by the Hour or Day  
Students 18 or older at UF

## By Train

Amtrak Station in Waldo (approx. 15 miles from  
Gainesville)

1-800-872-7245

[www.Amtrak.com](http://www.Amtrak.com)

220 North 11th Street  
Palatka, FL 32177

## By Bus

### City Bus Service:

Regional Transit System (RTS)  
(352) 334-2600

[www.go-rts.com](http://www.go-rts.com)

100 SE 10th Avenue  
Gainesville, FL 32601

Fare: Free for students

### Interstate Bus Service:

#### Greyhound

(352) 376-5252

[www.greyhound.com](http://www.greyhound.com)

101 NE 23rd Avenue

Gainesville, FL 32601

### Signature Shuttle

(352) 219-8778

[www.signatureshuttle.net/Index.aspx](http://www.signatureshuttle.net/Index.aspx)

Running in Gainesville, Orlando, Tampa, and  
Jacksonville

### Bus service to South Florida:

#### GMG Transport

(352) 215-8196 / (352) 336-7026

[www.gmgtrans.com](http://www.gmgtrans.com)

### Miami Bus Service

3230 SW Archer Rd

Gainesville, FL 32608-1700

(352) 335-8116 / (786) 515-8691

[www.miamibusservice.com](http://www.miamibusservice.com)

[miamibusservice@bellsouth.net](mailto:miamibusservice@bellsouth.net)

Weekly service to/ from Gainesville and Miami, Ft.  
Lauderdale, Pompano, West Palm Beach, Ft. Pierce,  
and Orlando. (Services subject to change.)

### RedCoach

(877) 733-0724

[www.redcoachusa.com](http://www.redcoachusa.com)

# UF Alumni Association

Emerson Alumni Hall  
1938 West University Ave.  
(352) 392-1905 or (888) 352-5866  
[www.ufalumni.ufl.edu](http://www.ufalumni.ufl.edu)



The UF Alumni Association...For The Gator in You!

## **The University of Florida Alumni Association: Student Membership**

Whether you are a UF student, alumni, or Gator by choice, the University of Florida Alumni Association (UFAA) is every Gator's home away from home. Located in Emerson Alumni Hall across from Florida Field, we are the headquarters of The Gator Nation®. The UFAA is responsible for a network of nearly 100 Gator Clubs® across the world, numerous Affiliate Groups, and various reunions and events.

Through student membership, the UFAA provides meaningful benefits that connect you with career and social opportunities. As a student member, you'll gain access to our signature programs, including BEAT T-Shirt Giveaways, the Tradition Keepers program, and the Gator Run. Additionally, membership includes a comprehensive discount program for local services, restaurants and stores including Domino's Pizza, the Swamp Restaurant, and the UF Bookstores. Dues are \$20 annually, which will quickly be covered through the discounts and benefits members receive, including our popular student member items which change each year. Discounted life memberships are also available and can be purchased during Preview. Through the UFAA, students are immediately a part of the worldwide network that makes up The Gator Nation®. Join now at <https://www.ufalumni.ufl.edu/join/students/>.

## **The Florida Cicerones**

The UF Alumni Association oversees the Florida Cicerones, a group of over 200 students who serve as the official ambassadors to the University of Florida. Students interested in becoming a Florida Cicerone must complete an application and participate in an interview process held in the spring of each year. Considered the link between past, present, and future Gators, the Cicerones serve as the governing body of the Student Members of the Alumni Association. Their responsibilities include serving as Presidential Hosts, giving official campus tours, and hosting prospective student athletes. Visit <http://www.ufalumni.ufl.edu/cicerones/> to learn more.

## **Parents in the Alumni Association**

The UF Alumni Association offers a vital link for parents of students at the University of Florida, even if they are not UF graduates. As a member of the UFAA, parents automatically become a member of their hometown Gator Club®, where they can network and socialize with other Gator parents! Additionally, members have access to Gator Nation Tailgates held before every home football game at Emerson Alumni Hall, where they can gather with other Gators before cheering on the team in The Swamp. Members also receive our quarterly magazine which will keep them updated on campus life. Members can take advantage of other benefits and discounts at shops and restaurants, as well as rental cars, hotel rooms, and auto insurance. In addition to the valuable benefits membership offers, it is also an incredible opportunity for parents to stay involved with their student's university experience. Join now and become a member of The Gator Nation® at <https://www.ufalumni.ufl.edu/join/>.

## **F Book and Tradition Keepers**

The F Book is a living piece of history for the University of Florida, chronicling the rich traditions of The Gator Nation® throughout the decades. Use this book to become an official UF Tradition Keeper (UF TK) and earn a series of lapel pins and a special gold medallion to wear on your graduation day! To learn more about the Tradition Keepers program, visit <http://www.ufalumni.ufl.edu/saa/uftk/>.



START THE  
**UF**  
TRADITION

# CAMPUS SAFETY

# U Matter, We Care



## WHAT WE DO

Being a Gator means caring about the Gator Nation! If you or a fellow Gator is in distress, contact U Matter, We Care. In case of an emergency, contact the University of Florida Police Department at 352-392-1111.

@UmatterWeCare  
umatter@ufl.edu  
352-294-CARE(2273)  
www.umatter.ufl.edu  
UFPD (352) 392-1111



# U Matter, We Care

## Signs of an Unhappy Student

Early recognition of a student who is experiencing difficulty with the transition to college is not difficult, once you know what to look for. An informed parent or family member can spot behavioral cues that might indicate a student is feeling unsuccessful or uninvolved in college.

### The cues include:

- Rarely leaving their apartment or residence hall room
- Coming home every weekend
- Calling home often and sounding uninterested about the college experience
- Failing to completely move into the residence hall room (i.e. clothes not unpacked, pictures not hung)
- Skipping classes frequently
- Random course-taking, no connection to a plan or major
- Selection of a major with no understanding of what the field involves
- Difficulty keeping up with course work
- Overconfidence, especially combined with poor previous academic record
- Failure to reapply for financial aid or housing
- No connections on campus, including no mention of friends, classes, or campus activities

These warning signs and others call for an immediate caring response on the part of family members. Contact [umatter@ufl.edu](mailto:umatter@ufl.edu) for help.

## 8 Questions Every Parent or Family Member Should Ask His/Her First-Year College Student

Some of the cues listed above may be difficult for you to observe, and your student may not always be open about communicating them to you. However, you can have a reasonable assurance that your student is making a successful adjustment to college life if he/she can respond positively to the following questions after 6-8 weeks on campus:

- Do you know the name of the Dean of Students and where her office is located?
- Can you name four friends that you have made at the University of Florida?
- Do you have at least one activity (outside of classes) that you are participating in at UF?
- Have you set a goal for your grade point average at the end of the first semester?
- Do you know a faculty, staff or administrative person who has attempted to understand you as a whole person, not just as a student?
- Do you know the location of the campus libraries and computer labs?
- Do you know how your grade will be determined in each of your classes?
- Do you like the University of Florida and feel that you will be successful?

If at any time you have concerns about your student or general questions please contact the Dean of Students Office at (352) 392-1261.



For general UF questions,  
family members can email  
[IHaveAGator@ufl.edu](mailto:IHaveAGator@ufl.edu).

# Campus Safety

## University Police Department

Building 51, Museum Rd.  
Phone: (352) 392-1111  
Fax: (352) 392-0539  
[www.police.ufl.edu](http://www.police.ufl.edu)

All officers are professionally trained and State of Florida certified, with the same authority and right to bear arms as any officer within the State of Florida. By law, university police officers are declared to be law enforcement officers of the state and conservators of the peace with the right to arrest in accordance with the laws of this state, any person for violation of state law or applicable county or city ordinances when such violations occur on any property or facilities which are under the guidance, supervision, regulations of control of the State University System, except that arrests may be made off-campus when pursuit originates on campus.

The department provides a full range of police services, including, but not limited to: investigating all crimes committed in its jurisdiction, making arrests, providing risk reduction/community services programs, enforcing traffic laws and maintaining crowd control for campus special events. The department maintains a close liaison with local, state and federal law enforcement agencies in implementing and coordinating campus law enforcement operations.

## Community Services Division:

This division is a specifically designed unit that is responsible for organizing, establishing, maintaining and promoting coordinated risk reduction and community related programs. Examples of the most popular programs are:

- **Alcohol and the Law** - Overview of alcohol laws, responsible alcohol consumption and consequences of alcohol violations.
- **Rape Aggression Defense (RAD)** - A self-defense course for women only. The class is taught in four, three-hour sessions over four days. Students will systematically learn stances, yelling, movement, blocking, and escape methods along with many other defense techniques. You can register for classes by calling the University of Florida's Police Department at (352) 392-1409.
- **Student Nighttime Auxiliary Patrol (SNAP)** - SNAP provides nighttime campus escorts whenever classes are in session. SNAP is staffed by University of Florida students who undergo background checks and receive extensive training prior to employment. To request a ride, download the new SNAP UF app in the Apple App Store, the Android Market, or call (352)392-7627. SNAP provides safe, reliable transportation on campus.
- **Personal Safety Seminar** - Smart decision-making, being aware of one's surroundings and the buddy system are among the topics discussed to arm the community against personal violence.

For more information on these or other services provided by the Community Services Division, you may contact us directly during weekdays (Monday-Friday) between 8:00 a.m. and 5:00 p.m. by calling (352) 392-1409.

## Office of Victim Services

A victim advocate is available 24-hours a day, seven days a week to provide support for victims of actual or threatened violence. All services are free and confidential. The victim advocate will accompany and support victims through all stages of the criminal justice process such as law enforcement interviews, line-ups, testimony, deposition, trial, sentencing, injunction hearings, etc. The victim advocate also provides emotional support dealing with the initial issues and feelings the victim may have when first facing their victimization. The victim advocate can also assist with referrals for counseling and other services that may be required. Most importantly, victims may use the services of the advocate even if they decide to not officially report the crime to a law enforcement agency.

As mentioned above, the advocate is available 24-hours daily through the University of Florida Police Department's Dispatch Center at (352) 392-1111. Victims may also contact the advocate directly during weekdays (Monday-Friday) between 8:00 a.m. and 5:00 p.m. by calling (352) 392-5648.



Join the Gator Parent  
and Family Association to  
received notifications  
about campus safety  
[bit.ly/JoinGPFA](http://bit.ly/JoinGPFA).



# Title IX

## **Sexual Harassment, Sexual Assault, Dating Violence, Domestic Violence, Stalking and other Gender Based Violence**

Title IX of the Education Amendments of 1972 prohibits discrimination based on sex in any educational program or activity that receives financial support from the Federal government. Under Title IX, discrimination based on sex includes sexual harassment, sexual violence and sexual assault. Title IX also prohibits retaliation against individuals who complain about or participate in an investigation regarding an alleged Title IX violation.

The University of Florida has zero tolerance for violations of Title IX such as sexual harassment, which is any unwelcome conduct of a sexual nature, sexual assault/battery, dating violence, domestic violence and stalking.

Additional information on resources on these forms of discrimination can be found on the website <https://www.dso.ufl.edu/sccr/resources/sexual-harassment-and-intimate-partner-violence-cases>.

### **There are two types of reports you can make.**

1. If you wish for the University to take action, you can speak with one of the two individuals listed below
2. If you wish your report to be confidential, you can report to the Victim Advocates at UPD (<http://www.police.ufl.edu/victim-services/>) or the Counseling and Wellness Center (<http://www.counseling.ufl.edu/cwc/>).

### **If the offender is a UF student, you can report any unwelcome conduct of a sexual nature to Chris Loschiavo, Deputy Title IX Coordinator for Students**

Chris Loschiavo  
Student Conduct & Conflict Resolution  
202 Peabody Hall  
(352) 392-1261  
[chrisl@dso.ufl.edu](mailto:chrisl@dso.ufl.edu)

### **If the offender is someone other than a student, you can report to University Title IX Coordinator, Elnora Mitchell**

Elnora Mitchell  
903 West University Ave.  
(352) 392-2477  
[emitch@ufl.edu](mailto:emitch@ufl.edu)

For those who make a Title IX complaint, UF will address very seriously any retaliation a student experiences for filing that complaint, including interim suspension and campus bans where necessary and appropriate.

# Student Health Care Center

**Main Phone: (352) 392-1161 | Main Campus Facility: Infirmary Building, 280 Fletcher Drive**

Patient Financial Services (Billing/Insurance/Pricing) – Phone: (352) 273-4546 • Fax: (352) 392-7620

[www.shcc.ufl.edu](http://www.shcc.ufl.edu) • [www.facebook.com/ufshcc](https://www.facebook.com/ufshcc) • [www.twitter.com/ufshcc](https://www.twitter.com/ufshcc) • [www.youtube.com/ufshcc](https://www.youtube.com/ufshcc)

**GET IT ALL ONLINE: View videos, review FAQs and more at [www.shcc.ufl.edu/new-students](http://www.shcc.ufl.edu/new-students).**

## ABOUT THE UF STUDENT HEALTH CARE CENTER

Building a healthy foundation for The Gator Nation since 1906, the UF Student Health Care Center (SHCC) is an accredited outpatient facility staffed by licensed, board-certified health care professionals committed to helping all patients achieve maximum physical and emotional health.

Services available to currently registered students include:

- General Medical Care
  - Acute (Urgent) Care
  - Laboratory and X-ray/EKG
  - Nutrition Services
  - Physical Therapy
  - Sexual Health Services
  - Sports Medicine Clinic
  - Women's Health Services
- Special Clinics: (352) 294-7472
- Allergy Injections: [www.shcc.ufl.edu/allergy](http://www.shcc.ufl.edu/allergy)
  - Flu Shots: [www.shcc.ufl.edu/flu](http://www.shcc.ufl.edu/flu)
  - Immunizations: [www.shcc.ufl.edu/immunizations](http://www.shcc.ufl.edu/immunizations)
  - Travel Counseling: [www.shcc.ufl.edu/travel](http://www.shcc.ufl.edu/travel)

Pharmacy: (352) 392-1760 or [www.shcc.ufl.edu/pharmacy](http://www.shcc.ufl.edu/pharmacy)

## ACCESSING SERVICES

**Students with immediate medical concerns should call first for same-day appointments: (352) 392-1161.**

Students seeking an appointment for routine care more than 24 hours out may call or schedule online via the SHCC Web Portal: <https://my.shcc.ufl.edu>. NOTE: Those experiencing severe illness or injury during regular hours may come in directly for care in the Acute (Urgent) Care Clinic.

Patients may be asked to reschedule and/or charged a no-show fee if they fail to arrive within 10-15 minutes of their scheduled appointment time or fail to cancel within 24 hours. Cancellations may be called in or made online at <https://my.shcc.ufl.edu>.

**REGULAR HOURS** (closed all UF holidays; break week hours vary):

**Fall/Spring: Monday–Friday 8:00 a.m.–5:00 p.m.;** Sunday 12:00 p.m.–4:00 p.m (walk-ins and pharmacy services only)

**Summer: Monday–Friday 8:00 a.m.–4:30 p.m.**

In an effort to protect and determine patient identification, a photo ID will be requested for every encounter of care and prescription unless the person is well known to the organization. In acute situations in which no photo ID is with the patient at the time of treatment, patients may provide UF ID number, date of birth and/or address.

Students with chronic health conditions are encouraged to schedule an initial evaluation appointment and bring all pertinent medical records. If the condition requires specialty care, SHCC staff can assist the patient in finding a local provider to manage the condition.

**AFTER-HOURS ADVICE LINE:** Students experiencing urgent, non-emergency medical concerns after-hours may call the SHCC at (352) 392-1161 for over-the-phone advice. The on-call medical provider can help students determine if they should seek medical treatment from a local facility right away, or if they can wait until regular business hours to be seen at the SHCC. IN ALL EMERGENCY SITUATIONS, CALL 911.

# Student Health Care Center (cont.)

## BILLING & INSURANCE

When a student is sick or injured, paying for services is not always the first thing that is discussed. The University of Florida health fee covers patient financial responsibility associated with most office visits. **NOTE: The health fee, paid as part of tuition, goes to many campus-wide health initiatives and does not cover all possible medical charges at the SHCC. Patients are charged for things like lab tests, crutches, X-rays, medications, physicals and procedures.**

As a service to our patients, the SHCC will forward a claim to a commercial insurance carrier if all appropriate information — including the policy number, group number and company mailing address — is provided. **NOTE: While SHCC staff is available to help, it is the patient's responsibility to know what their insurance policy covers, and the patient is ultimately liable for any charges not covered by insurance.** Contact the insurance company before obtaining care to review policy benefits and learn how the coverage will work here by providing the SHCC's tax identification number and name (591680273, Florida Clinical Practice Association).

**UF requires all newly admitted/readmitted students enrolled at least half-time in a degree-seeking program to have health insurance that meets certain requirements. To complete this two-step process: 1) Visit [my.ufl.edu](http://my.ufl.edu) to view holds click the box under "Holds" to acknowledge you understand this requirement. 2) EITHER submit current health insurance information via the online waiver system at <https://my.shcc.ufl.edu/waiver> OR do nothing and you will be auto-enrolled in and billed for the UF-sponsored plan. For waiver instructions, FAQs, UF-sponsored plan benefits and more, visit <https://studentinsurance.shcc.ufl.edu>.**

Visit the "Fees & Insurance" area of the SHCC website for more detailed information about health insurance options, including private policies: [www.shcc.ufl.edu/fees-and-insurance](http://www.shcc.ufl.edu/fees-and-insurance).

## ADDITIONAL INFORMATION

**Mental health conditions requiring medication (ADHD, anxiety, depression, etc.):** Contact the UF Counseling and Wellness Center for an appointment with one of the staff psychiatrists: (352) 392-1575.

**Care for students taking a semester off, spouses/domestic partners and postdoctoral researchers:** These groups may receive care at the SHCC if they pay the per-semester optional health fee; however, services are not available for children under the age of 16. Visit the "Eligibility for Care" area of the SHCC website for more information: [www.shcc.ufl.edu/fees-and-insurance/university-shcc-fees/eligibility](http://www.shcc.ufl.edu/fees-and-insurance/university-shcc-fees/eligibility).

**Patient privacy and medical records:** Adult students (18 and over) must provide written permission in order for SHCC staff to communicate with any third party, including family, about current medical conditions. In most instances, patients may provide verbal permission at their appointment regarding third-party communication about current medical conditions.

**Hospitalization and transport:** If the SHCC feels a student needs to be transferred to the hospital, the student will be encouraged to notify family, as well as check with their insurance company to make sure their policy will cover hospitalization. The SHCC will work closely with the student to arrange appropriate transportation based on the situation (non-urgent or emergency).

**Emergency events and contacts:** In emergency situations, family members are typically contacted by the facility treating the student, which may seek emergency contact information from the Division of Student Affairs or Office of the University Registrar: [www.registrar.ufl.edu/emergencycontact.html](http://www.registrar.ufl.edu/emergencycontact.html). NOTE: Adults students (18 and over) being seen at the SHCC for non-emergency medical issues must provide verbal permission in order for SHCC staff to communicate with any third party, including family.

**Advance directives (living will, health care surrogate designation or anatomical donation):**

Visit the "Advance Directives" area of the UF Health website for detailed information on how to complete and file advance directives: <https://ufhealth.org/advance-directives>.

# Counseling and Wellness Center

3190 Radio Road  
(352) 392-1575  
[www.counseling.ufl.edu](http://www.counseling.ufl.edu)



Counseling and Wellness Center (CWC) offers brief counseling to help UF students develop the personal awareness and skills necessary to overcome problems and to grow in ways that will allow them to take advantage of the educational opportunities at the university. CWC services are confidential and in accordance with state and federal privacy laws. For registered students, charges for our services are covered by their tuition. Off-semester students may be eligible for services. More detailed information about eligibility and cost for non-registered students is available on our website under FAQs.

## CWC Services

- Counseling: *Individual* • *Group* • *Couples*
- Instructional and support groups
- Psychiatric consultation and medication management
- Outreach and prevention
- Crisis Intervention
- Assessment: *ADHD* • *Intelligence* • *Learning disorders*
- Wellness services: *Biofeedback* • *Massage chair* • *Mindfulness training* • *Skill-based workshops*
- Online services: *TAO – Therapist-assisted online anxiety treatment* • *thedesk – Web-based self-help*

## Why do people come to the CWC?

While some students seek services to improve their state of wellness and improve their life skills, others seek help for wide range of concerns including:

- Stress and anxiety
- Relationship problems
- Disordered eating
- Trauma recovery including recovery from sexual assault / abuse / harassment
- Ethnic, racial and other cultural issues including sexual orientation, gender identity, and disability
- Depression and grief
- Adjustment difficulties
- Body image concerns
- Academic concerns
- Concentration issues
- Substance abuse

## Access to Services

**CWC office hours** are Monday through Friday between 8:00 a.m. and 5:00 p.m. To make an appointment, call us at (352) 392-1575 or come to the CWC located at 3190 Radio Road, down the street from Lakeside Residential Complex and SW Rec Center. **After-hours assistance** is available for students in distress. Students and/or concerned family members are encouraged to contact (352) 392-1575 for assistance.

## Crisis & Emergency Resource Center (CERC)

The CERC provides immediate or same day services for students in crisis near the center of campus. CERC is located on the 4th floor of Peabody Hall, available for emergency/crisis walk-in services, consultation for faculty and staff, training and outreach programs. For more information, please call (352) 392-1576.

**To learn more about CWC**, visit [www.counseling.ufl.edu](http://www.counseling.ufl.edu) for more information and access to online resources.

**To stay connected with CWC**, find **UFCWC** on Facebook, Twitter and YouTube.

# GatorWell Health Promotion Services

College can be an exciting and fun time for students. Your experiences in college can present a unique opportunity for learning and changing. With competing schedules and juggling several responsibilities, your health can fall to the side. While there will be multiple issues that you will have to manage while adjusting to a new institution, the idea of wellness and balance is the key.

Wellness is a process of becoming aware of and making positive choices in creating and promoting a healthy lifestyle so as to develop an appreciation and understanding of what it means to have a healthy mind, body and spirit. There are seven dimensions of wellness that encompass all aspects of daily life, and it is important to establish a balance among these different areas. To remember these seven dimensions of wellness, remember the word BELIEFS:

- **Body** - Making a commitment to maintain a healthy body by eating well balanced meals and exercising regularly in addition to developing responsible decisions concerning sex, alcohol, drugs, and tobacco.
- **Emotions** - Awareness and acceptance of one's feelings and emotions and the ability to cope with problems that arise in everyday life.
- **Livelihood** - Gaining personal satisfaction and fulfillment through your occupation.
- **Intellect** - Involves being open to new concepts and ideas and having a curiosity to seek out new experiences.
- **Environment** - Involves establishing a positive relationship with and an appreciation of the animate and inanimate world.
- **Friends/Family** - Having the ability to foster interpersonal relationships that are comfortable and do not harm others.
- **Spirit** - A process of looking within and exploring one's values and beliefs in order to discover a source of inner strength and serenity.

## Be Well Rested!

Sleep is essential for optimal physical, academic, emotional and social health. It keeps your immune system strong and helps speed recovery from illness and injury. It improves one's ability to concentrate, accomplish required tasks and handle stressful situations. The human body needs 7 to 8 hours of sleep on average, every night. To increase your amount of sleep, here are some things you can do:

- Be more consistent with your bed time and waking time.
- Go to bed earlier.
- Respect your roommates' need for sleep.
- Exercise regularly (but not within 2 hours of bedtime).
- Avoid tobacco usage.
- Don't drink alcohol within 2 hours of bedtime.
- Avoid caffeine 6 hours prior to bedtime.
- Set aside at least 15 minutes to unwind before bedtime.
- Avoid reading or studying in bed.
- Turn on a fan for "white" noise.
- Wear ear plugs to block out noise.
- Buy a comfortable pillow.

Additional information is in the 'Sleeping in the Swamp' handout:

[http://gatorwell.ufsa.ufl.edu/uploads/docs/sleep\\_handout.pdf](http://gatorwell.ufsa.ufl.edu/uploads/docs/sleep_handout.pdf)

*According to the Healthy Gators Student Survey administered in Spring 2010, stress, cold/flu/sore throat, and sleep difficulties were reported by UF students to adversely affect academics.*

## Use Your Time Well

Learn to manage your time effectively. Time is one of our most valuable personal resources. We all have the same amount of time allotted every day no matter how you look at it. Planning well and being organized are very powerful tools for reducing stress. When you anticipate what the future might bring, you can be better prepared for it.

- Use a calendar. This can be paper or electronic, whichever works for you.
- Create some short and long term goals/objectives for each week.
- Think about the individual workload you have for each class to get the grade that you want from that class.
- Look at your syllabus for each class. Note the due dates and exams you have during the semester. Formulate long-range plans for tackling those tasks.
- Monitor your progress. Check in on a regular basis to see how well you are doing and what changes need to be made.
- GatorWell Health Promotion Services offers UF students free wellness coaching appointments to help in the following areas of stress management and relaxation strategies, time management and organization, sleep habits, eating habits and exercise, and study skills: <http://gatorwell.ufsa.ufl.edu/Wellness-Coaching.aspx>

# GatorWell Health Promotion Services (cont.)

## Alcohol and You

While many students are able to balance their social life with their academic life, some are unable to keep this balance and begin to socialize more than they study and attend class. Students are in a new environment at college and must make decisions about their health on a daily basis. This new environment can include attending parties where alcohol is present.

One of the most common consequences of alcohol use is the difficulty of students meeting their academic responsibilities. *According to the National Institute on Alcohol Abuse and Alcoholism (NIAAA) Task Force on College Drinking, 25% of college students report academic problems caused by alcohol use, such as doing poorly on exams or papers, earning lower grades, missing class and falling behind. (A Call to Action: Changing the Culture of Drinking at U.S. Colleges, 2002.)*

Anyone under the age of 21 who is consuming alcohol or possessing an alcoholic beverage is breaking the law. For students who choose to drink, there are some risk reduction strategies:

- Use the buddy system at all times.
- Avoid drinking games and shots.
- Drink slowly. Don't gulp your drink.
- Eat food before you drink.
- Drink water before, during, and after – to help with hydration.
- Know your limit and stop before reaching that limit.
- Have a sober designated driver. Plan ahead of how you will get home safely.
- Know the signs and symptoms of alcohol poisoning

Additional information about alcohol poisoning and the UF Medical Amnesty Policy is available through GatorWell Health Promotion Services: <http://gatorwell.ufsa.ufl.edu/Alcohol-and-Other-Drugs.aspx>

## Smoking

*According to the Healthy Gators Student Survey administered in Spring 2010, only 2% of UF students smoke cigarettes on a daily basis.* UF students interested in quitting tobacco are able to participate in the Quit Program through GatorWell Health Promotion Services: <http://gatorwell.ufsa.ufl.edu/Smoking-Cessation-Services.aspx>

## Eating Well

Healthy eating is on the mind of a lot of students. As a new UF student, you might be making decisions about food that you have not had to make before. Now, it is your responsibility to figure when, what, and how you are going to eat, especially if you are not on a meal plan. You may also have roommates or friends who have very different eating habits than you. The main thing is to listen to your own body. Eat when you are hungry and stop when you are satisfied but not stuffed.

Here are a number of things students can do to improve their eating habits:

- Eat a variety of foods, incorporating fruits and vegetables.
- Eat more fiber, which is found in fruits, vegetables, whole grains, and beans.
- Do not skip meals.
- Eat breakfast.
- Eat more small meals rather than eating a few large meals.
- Take healthy snacks in your bag to have during breaks.
- Drink 6-8 glasses of water every day.

UF students can make an appointment with a registered dietitian for nutrition counseling and education at the Student Health Care Center: <http://shcc.ufl.edu/services/specialty-care/nutrition-services/>

## Exercise

Being physically active is an important component of wellness. You can get your exercise through group fitness classes, intramurals, individual workouts, or playing sports. What are some of the benefits of fitness?

- Gives you a sense of commitment and control.
- Helps counteract stress.
- Helps to control weight.
- Relaxes tense muscles, thereby relieving your body's stress response.
- Increases the body's production of endorphins (a mood-booster).
- Increases self-esteem, confidence, and positive body image.
- Strengthens the heart and lungs, helps raise your HDL ("good" cholesterol).
- Promotes bone density, and it may help prevent osteoporosis.

UF students can participate in various types of exercise provided through Rec Sports: <http://www.recsports.ufl.edu>

# Ombuds, Office of the University

31 Tigert Hall

Phone: (352) 392-1308

Fax: (352) 392-1350

[www.ombuds.ufl.edu](http://www.ombuds.ufl.edu)

Ronald Anderson, Ombuds - [randerson@aa.ufl.edu](mailto:randerson@aa.ufl.edu)

Office hours: 8:00 a.m. - 5:00 p.m., Monday - Friday

## WHAT IS AN OMBUDS?

The role of the Ombuds is to serve as a resource and designated neutral party for students who may have a University-related concern or problem. Such problems may be related to grades, differences of opinion with instructors, interpretation of university policies or other administrative issues that may be of concern. The Ombuds will work with students to interpret university policy, help identify options and strategies for resolving issues and serve as a mediator when appropriate.

Students are advised to first contact the instructor, the department chairperson, and/or the college dean before seeking assistance from the Ombuds, although instances do exist where contact with the University Ombuds first is beneficial.

When academic regulation appears to result in undue hardship, students may petition for a waiver of the regulation. If a student wishes to appeal a decision of the University Senate Committee on Student Petitions, he/she may do so to the Office of the Ombuds.

The Office of the University Ombuds has been configured to handle University matters for all levels of students including undergraduates, graduates and professional students.

## WHY SEE THE OMBUDS?

- You have a problem, concern, or complaint
- You need to speak with someone in confidentiality
- You need help communicating with an instructor or staff person
- You need clarification on a policy and procedure
- You need direction on how to file a complaint or an appeal
- You would like to know what options are available to you
- You believe a policy or procedure is not being followed fairly

## THE OMBUDS

- Listens to complaints, concerns and problems
- Gathers facts
- Facilitates communication
- Identifies relevant policies and procedures
- Recommends changes to university policies and procedures
- Helps work through bureaucracy
- Generates potential solutions
- Provides referrals
- Works to ensure fairness

*An ombuds does not provide legal advice, nor does he/she represent either side of an issue. An ombuds advocates only for a fair and just process.*

*The Office of the University Ombuds was established by the state legislature and reports directly to the Provost and through the Provost to the President.*

# Student Legal Services

## **Student Legal Services**

215 Walker Hall

(352) 392-LAWS (5297)

[sls@studentlegalservices.ufl.edu](mailto:sls@studentlegalservices.ufl.edu)

[www.studentlegalservices.ufl.edu](http://www.studentlegalservices.ufl.edu)

### **Student Legal Services (SLS) is a confidential and free service to full-time UF Students. Its purpose is two-fold:**

- To help students deal with their legal problems by giving advice and providing representation in certain cases.
- To educate students about their rights and responsibilities in an increasingly complex world.

Student Legal Services is staffed by four experienced attorneys who are particularly sensitive to the needs of student clients. All consultations are strictly confidential. In addition to the legal counsel provided to individual students, Student Legal Services offers internships and volunteer experience for students interested in careers in the legal profession. Student Legal Services also educates students on their legal rights and responsibilities through lectures, workshops, presentations, and the distribution of information and materials on a variety of legal issues.

### **Student Legal Services provides in court representation in:**

- Adoption (uncontested, step-parent adoptions)
- Dissolution of Marriage (uncontested cases, without children or real property)
- Landlord-Tenant Cases
- Name Change
- Sealing or Expunction of Criminal Records

### **Student Legal Services provides advice and assistance in:**

- Consumer matters such as: defective products and services, warranties, contracts, credit, identify theft, consumer debt.
- Property Damage
- Insurance
- Traffic Citations
- Criminal Charges
- Preparation of Affidavits
- Powers of Attorney, and Living Wills
- Notary Services
- Obtaining Gator 1 Spouse/Domestic Partner Cards

Go to [www.studentlegalservices.ufl.edu](http://www.studentlegalservices.ufl.edu) and fill out the online Client Intake Form in order to schedule an appointment or call (352) 392-5297 for more information.

SLS also offers walk-in traffic and criminal clinic every Tuesday and Wednesday from 2:30 p.m. – 4:15 p.m.



# Useful Telephone Numbers - area code (352)

Academic Advising Center	392-1521	Off Campus Life	392-1207
Admissions	392-1365	Ombuds	392-1308
Air Force ROTC	392-1355	Phillips Center for the Performing Arts	392-2787
Army ROTC	392-1395	Police Department, University of Florida	392-1111
Athletic Association	375-4683	Reading and Writing Center	392-6420
Bookstores, UF	392-0194	Recreational Sports	392-1081
Bursar (fees, billing)	392-0181	Registrar	392-1374
Business Services Division	392-0306	Reitz Union Information Desk	392-1649
Career Resource Center	392-1601	Shands Hospital at UF	265- 0943
Center for Leadership and Service	392-1215	Sorority & Fraternity Affairs	392-1671
Computing Help Desk	392-4357	Southwest Recreational Center	846-1081
Constans Theater	392-1653	Student Activities & Involvement	392-1671
Counseling and Wellness Center	392-1575	Student Affairs	392-1265
Dean of Students Office	392-1261	Student Alumni Association (SAA)	392- 1905
Disability Resource Center	392-8565	Student Conduct & Conflict Resolution	392-1261
Gator Dining Services	392-2491	Student Financial Affairs	392-1275
Gator Marching Band	392-0227	Student Government	392-1665
GatorWell Health Promotion Svcs.	273-4450	Student Health Care Center	392-1161
Golf Course	375-4683	Student Legal Services	392-5297
Honors Program	392-1519	Student Nighttime Auxiliary Patrol (SNAP)	392-7627
Housing	392-2171	Study Abroad	273-1539
ID Card Services (Gator 1 Central)	392-8343	Teaching Center	392-2010
Information (UF Main Switchboard)	392-3261	Transportation & Parking Services	392-7275
Institute of Black Culture	392-1217	UF Alumni Association	392-1905
Institute of Hispanic-Latino Cultures	392-1217	University Box Office	392-1653
International Center	392-5323		
Lake Wauburg	466-4112		
Libraries	273-2525		
Navy/Marine ROTC	392-0973		
O'Connell Center	392-5500		



Not sure who to call? Start  
with us! (352) 392-8396  
IHaveAGator@ufl.edu



Forgot to write down an answer? Forgot to ask a question? We are just a call or click away  
(352) 392-8396 | [IHaveAGator@ufl.edu](mailto:IHaveAGator@ufl.edu)

# Resource Fair

## Check out today's Campus Resource Fair!

Get valuable information from the following resources (subject to change)

### Air Force/Army ROTC

Scholarship & paid summer internships opportunities • Leadership training and opportunities • Team building environment

*Van Fleet Hall*

### Campus Multi-Faith Cooperative

Provides educational programming, events and opportunities around various social identities • Several population-specific areas • Assists with religious diversity on campus through CMC and provides mentoring through the University Minority Mentor Program

*301 Peabody Hall*

### Center for Leadership and Service

Information about UF Leadership Model • Provides opportunities to get connected to the Gainesville community • Variety of leadership development opportunities

*301 Peabody Hall*

### Counseling & Wellness Center

Mental health counseling and wellness services • Transition support in adjusting to life at UF • Consultation services available to family members of UF students to assist them in resolving their concerns regarding their students' emotional wellness

*3190 Radio Road*

### Disability Resource Center

Information on the intake process • Documentation guidelines • Information about campus and community resources

*Reid Hall*

### Gator 1 Central/Business Services

Gator 1 UFID & Gator Dining options • UF Bookstore & Campus Vending • Transportation and Parking Services & Wells Fargo Banking • UF Bookstore and Welcome Center

*UF Book Store and Welcome Center*

### GatorWell Health Promotion Services

Provides relevant and credible health information and programming on alcohol, tobacco and other drugs • Inform students about interpersonal violence prevention, sexual health; stress, sleep and time management • Free services include: Quit Tobacco, confidential HIV testing; Wellness coaching for academic success; educational outreach and presentations; health message campaigns; and health promotional information

*Counseling and Wellness Center*

### Multicultural and Diversity Affairs

Provides a wide range of educational opportunities, support, outreach, and activities • A collective collaboration between the Institute of Black Culture; Institute of Hispanic-Latino Cultures; Lesbian, Gay, Bisexual, and Transgender Affairs; Asian Pacific Islander American Affairs; and Intercultural Engagement.

*301 Peabody Hall*

### Off Campus Life

Assist with locating off campus housing, including individual meetings • Gator Guide to Off Campus Life • Learn how to be a great Gator neighbor and stay connected to UF while living in the community

*311 Peabody Hall*

### Student Activities and Involvement

Individual Involvement Consultations with Involvement Team- Ambassadors for SAI • Log in to Gator Connect and see what UF has to offer • Information on six involvement themes and involvement opportunities on campus

*3<sup>rd</sup> Floor J. Wayne Reitz Union*

### Student Health Care Center

Provides comprehensive student-centered health and wellness services • Private health insurance plans accepted and health insurance options available to students • Basic information on how to stay healthy at college

*Infirmery Building 1 Fletcher Drive*

### Student Legal Services

Educates students on their legal rights and responsibilities through lectures, workshops, and presentations • Provides free walk-in notary services • Internships, student volunteer positions and an attorney shadowing program for students interested in the law profession

*215 Walker Hall*

### Study Abroad Services

Over 2000 students study abroad every year in over 70 countries on summer, semester, academic year, and short-term programs • Financial aid can assist with studying abroad • Credits you take abroad can count towards major, minor, general education and language requirements

*170 HUB*

### UF Office of Sustainability

Resources for alternative transportation options on campus • Information on sustainability courses, minors, and majors • Details on how to incorporate sustainability into academic and non-academic development while at UF

*323 Tigert Hall*

### UFPD Community Service Division

Safety information • UF PD Programs available: RAD, Bike Registration, and Operation Identification

*51 Museum Road*

### UFPD Office of Victim Services

Services available for victims of crime • Free and confidential services • On call 24 hours a day, 7 days a week

*51 Museum Road*

### University of Florida Bands

Provides uniforms, instruments and covers the costs for meals and travel • Typically rehearse 4 hours a week • All the bands are one-credit academic classes that fulfill either Humanities or Elective credits

*Steinbrenner Band Hall*



**PARENT & FAMILY  
ASSOCIATION**

## Join the Gator Parent & Family Association

The Gator Parent and Family Association was developed to help families stay connected with their student and the University community. We believe that family member involvement is imperative to student success.

Membership is free and includes a mailed copy of the **Seasons of Adjustment** Family Calendar and **The Family Connection** monthly newsletter. As a member of the GPFA, families will also receive alerts about campus safety.

To join, visit [bit.ly/JoinGPFA](http://bit.ly/JoinGPFA)

### THE GATOR PARENT & FAMILY ASSOCIATION SUPPORTS

**STUDENT CRISIS  
& DISTRESS  
RECOVERY**

**UNIVERSITY OF  
FLORIDA FOOD  
PANTRY**

**STUDENT  
SAFETY  
INITIATIVES**

**STUDENT  
ENGAGEMENT  
GRANTS**

### HELP YOUR STUDENT MAKE THE MOST OF THEIR GATOR FIRST YEAR EXPERIENCE

#### **FIRST YEAR FLORIDA**

First Year Florida (FYF) is the University of Florida's signature first-year success course. This one credit course isn't your typical academic experience. With outside engagement and campus involvement, your student will participate in, and maybe even make their own, Gator traditions.

#### **COMMON READING PROGRAM**

With over 6,000 new students at the University of Florida, the Common Reading Program creates a shared experience for all students, faculty, and staff. Make sure your student gets a copy of this year's selection, *Double Take*, at Preview!

#### **WEEKS OF WELCOME**

Weeks of Welcome is the University of Florida's way of welcoming new students to campus. There are involvement fairs, games, free food, and more! No matter what your student's likes, interests, or hobbies are, there is something for everyone!

#### **WORKSHOP SUCCESS SERIES**

These fifty minute workshops are designed to help your student explore interests and discover opportunities. Maybe your student wants to study abroad? Find an internship? Or want to learn more about the city of Gainesville? Workshop Success Series is here.