

Letter from the President of the University of Florida

Welcome to the University of Florida family!

We are delighted to welcome you to our community as your student begins their college experience. The University of Florida, the premier institution of higher education in Florida, is rising as one of the finest universities in the world. We pride ourselves on offering an education that enables students to develop as leaders, gain a broad education and become contributors in a global society.

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

This Family Preview Workbook provides a great tool for you to shape your plans for the coming year. 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. We hope that your time with us will be rewarding as you encourage your student to explore new ideas, discover new areas of interest and create new opportunities for learning.

Welcome & Go Gators!

W. Kent Fuchs

President

University of Florida



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.

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.

Our family success team is here to help! If you need assistance, please do not hesitate to reach out to us at 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 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.
- Pick up course schedule from your student's Preview Staffer at checkout following the University of Florida *We Care* Presentation on Day 2.
- If you would like to have access to your student's financial information, have them visit the University Bursar or Student Financial Affairs table at Gator 1 Central on Day 2 of Preview to sign the **Information Release Form**. This will also allow you to talk with a university staff member about your student's financial record.

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

- Check student's record on [one.ufl](http://one.ufl.edu) (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. Access this through my.ufl.edu.
- If your student will be living on campus. Check your homeowners' policy to see if it covers belongings in a residence hall room. 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.studentinsurance.shcc.ufl.edu or see p. 51.
- 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. UF is not allowed to release grades to anyone other than the student. An open communication plan is the best way to obtain this information.
- 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).
- Register for Fall Family Weekend at bit.ly/UFW2016. Family Weekend will be held September 30 to October 2.

Ways to stay connected with UF:

- Activate your UF Gator Parent and Family Association Membership; bit.ly/JoinGPFA.
- Familiarize yourself with all of our departments within the Division of Student Affairs at 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.
- 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 and click on "Subscribe" at the bottom 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.floridagators.com.
- UF Alumni Association - Stay connected with the Alumni Association at www.ufalumni.ufl.edu.
- Alachua County Visitors and Convention Bureau - Find information about local restaurants, area lodging and more at www.visitgainesville.net.
- The Independent Florida Alligator - Check out the website of UF's unofficial daily newspaper at www.alligator.org.
- Purchase your GPFA and UFAA dual membership for additional benefits. For more information about the Dual Membership program, visit the GPFA lounge on Day 2 of Preview on the 2nd floor of the Reitz Union or email IHaveAGator@ufl.edu.

Preview Frequently Asked Questions

Are UF Orientation Programs mandatory 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 it 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, Broward 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 1-H (June 23-24) and II-M (August 16-17) 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 between 6:30 a.m. and 7:30 a.m. behind Broward Hall (enter from Museum Road between Parking Garage IV and the Broward Tennis Courts) or between 5:00 p.m. and 6:00 p.m. either in front of or behind Broward 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 Services
- Recreational Sports
- Student Financial Affairs
- Transportation and Parking Services
- University Bursar
- Wells Fargo

Is breakfast on Day 2 provided?

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 7:45 a.m. on Day 2. Student programming will begin at 8:00 a.m. in Broward Hall. Family programming will begin at 8:00 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 at Broward Fresh Food Company on night 1 is a great opportunity to discuss these topics with your student.

If your student needs to adjust their schedule after Preview, they can email 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?



First Year Florida, UF's signature first year experience course can help your student explore these questions and have a successful transition. For more information, see page 8 of your workbook.

As your 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.

Student Adjustment to College

Show Support

- Encourage your student to get to know his or her instructors
- Do not 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 pursues 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 September 30-October 2, 2016
- Be flexible. As your student adjusts to a new schedule, his or her communications patterns may change.
- 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. Join the UF Families of 2020 Facebook group.
- Show interest in their course selections
- Write or e-mail your student regularly (even if they do not write back)
- Help your student set realistic expectations
- Do not 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
- Do not 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
- Do not 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
- Do not 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 Advisors for help
- Take care of his/her health
- Attend professors' office hours
- Check e-mail daily
- Study and be prepared for class



Stop by the GPFA lounge on Day 2 to write a letter to your student. Letters are provided courtesy of the Gator Parent and Family Association and will be delivered to your student during the first week of classes.

Gator First Year Experience

First Year Florida

First Year Florida (FYF) is the University of Florida's signature course for first-year students. First Year Florida is your guide to academic success. This one credit course features:

- small class sizes of approximately 25 students or less
- an upperclass, a Peer Leader to help you adjust to your new home
- a University of Florida Faculty or Staff member to assist you in discovering all the resources available

This isn't your typical academic course. With outside engagement, campus involvement, your student will participate in, and maybe even make his or her own, Gator traditions. In addition to taking a great class, students who take First Year Florida have an overall higher GPA than their non-First Year Florida peers. Throughout your first semester, you'll learn all about what makes it great at UF.

FYF will connect you with different resources on campus, faculty and staff members, undergraduate Peer Leaders and other first year students!

An Instructor and Peer Leader will teach your FYF class. An Instructor is a faculty, staff or administrator committed to first-year student success. A Peer Leader is a student leader on campus that is committed in helping students make a successful transition and building a success for the rest of their time at the University of Florida. More than a teaching assistant, peer leaders are co-instructors and take responsibility for facilitating the course, leading group discussions, planning outside events, and getting to know students individually.

FYF Fast Facts

- 85% of students would recommend future UF students to take FYF.
- 86% of students stated that taking FYF helped them transition to UF.
- 91% of students stated that their Peer Leader was helpful outside of the classroom.
- 96% of students stated their Peer Leader was a valuable resource.
- 96% of students stated that their Instructor prepared material in an interesting or interactive manner.
- 88% of students stated taking First Year Florida was a valuable experience.

FYF is offered during Summer B, Fall and Spring. It is an awesome 1 credit course to round out a schedule tailored to easing into classes at UF and having a successful transition. We offer many different sections of FYF. There are sections that are college specific, residence hall specific, sections for first generation students and many more! Every section is tailored to the students in the class to meet their needs and answer their questions. This year FYF expanded the sections that were offered with the addition of FYF Housing Sections in Beaty, Broward, Graham, Infinity, Tolbert and Hume (Honors). We also added an Out-of-State section of FYF.

Student Testimonials

"The most valuable aspects about First Year Florida were not the assignments we were graded on, rather it was the relationships that were formed throughout the course. To have known that I was not the only one going through the distress of transitioning to UF was very helpful. Now thanks to this class I am more aware of not only the opportunities available at UF, but more importantly I have relationships that are going to help me grow as a person, and contribute to the greater good of UF."

"My Instructor and Peer Leader were the perfect duo. They taught us valuable information in an interesting way. They never made us do a boring and long assignment that was useless, everything we did had a purpose. They always showed up to class on time and were more than happy to talk out of class if we needed extra help. If we were ever stressed out, they helped us. They did more than their job and I would forever be grateful for them and the lessons they taught us."

"The most valuable aspects of First Year Florida was being able to connect with my instructor and Peer Leader. They allowed me to engage in many of the discussion questions as relating them to real life situations as we were transitioning to the University of Florida. My overall experience was amazing!"

"I think the most valuable aspects of First Year Florida were the assignments themselves because they made students who may not have even known about events, meetings, or opportunities in the community find them and experience each of them. It was very helpful in finding what I wanted to continue with during the rest of my time here, and helped me find what I didn't want to take part in."

Gator First Year Experience (cont.)

New Student Convocation

New Student Convocation, a bookend to Commencement (aka. graduation), is the University of Florida's official welcome for all new first-year students. As the one and only time all members of the class will convene, this event celebrates the class of 2020's entry into higher education and inducts them to a community of learners here at the University of Florida. New Student Convocation articulates to our newest Gators the institution's mission and the expectations to which they will be held during their collegiate career here at the University of Florida. Our first-year students will not only realize their identity as a class but be reminded of the privilege they have to change the world for the better as a member of the Gator Nation.

New Student Convocation is a mandatory program for all incoming first-year students including those who have just graduated high school with their AA degree. Students in the Innovation Academy, Pathways to Campus Enrollment (PaCE), and UF Online are welcome, but not required to attend.

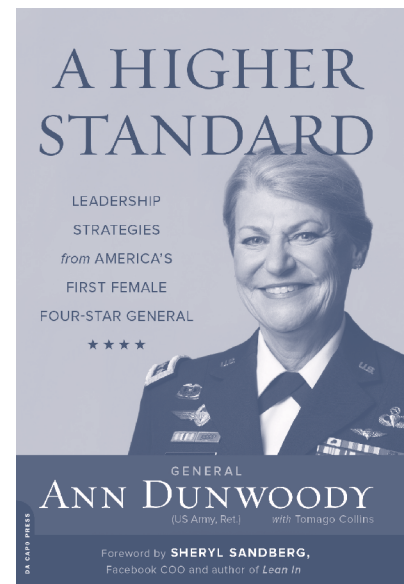
Family members and guests not able to attend will be able to view the event live. Family members and guests are also invited to attend the Family Reception, prior to New Student Convocation.

New Student Convocation is on Friday, August 19, 2016 at 7:30 p.m. in Ben Hill Griffin Stadium.

Common Reading Program

The Common Reading Program is designed to provide all new first-year students with a common intellectual experience to stimulate discussion, critical thinking, and encourage a sense of community among students, faculty and staff. With over 7,000 new students at the University of Florida from different backgrounds, the Common Reading Program unites all Gators through this shared experience.

The 2016-2017 Common Reading Program Selection is *A Higher Standard* by General Ann Dunwoody. On June 23, 2008, President George W. Bush nominated Ann Dunwoody as a four-star general in the US Army—the first time a woman had ever achieved that rank. The news generated excitement around the world. Now retired after nearly four decades in the Army, Dunwoody shares what she learned along the way, from her first command leading 100 soldiers to her final assignment, in which she led a \$60 billion enterprise of over 69,000 employees, including the Army's global supply chain in support of Iraq and Afghanistan.



Weeks of Welcome

WOW!, or Weeks of Welcome, is a campus-wide series of events designed to welcome both new first-year, transfer and graduate students to the University of Florida, as well as to welcome back returning students. Offices, departments, and organizations across campus submit events to the WOW! calendar. The calendar of events spans the first few weeks of the Summer B, Fall, & Spring semesters. It provides a variety of options for new students from which they may choose. Programs of personal interest; skills and involvement; social events; and activities planned by academic units, student service departments and student organizations are represented during WOW!

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 to 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, your student is also 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 their classes, complete assigned work, 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.

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 (IA) 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 one-third 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 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 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.

Academic Information (cont.)

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 each 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 and spring 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 ONE.UF 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.

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. This is 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 their major, etc.). There is a limit to the number of courses a student can drop. Students are allowed two drops per 60 credit hours. After the drop/add period, students must get their college's approval in order to process a drop.

What is the Summer Term Enrollment Requirement?

Students who enter a state university in Florida with fewer than 60 credits must earn at least nine credits before graduation during summer terms at State University System institutions. Credit earned through any of the study-abroad programs approved by UF during a summer term counts toward satisfaction of the summer term enrollment requirement.

More information regarding academic policies and procedures can be found at the Academic Advising Center's homepage at 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 undergraduate students 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

1

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, a business, the Governor's office, the federal government, a lobbying organization, a law firm, a media company, 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**

Research with Faculty

2

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 the 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 project under the direction of a faculty member in each of our departments. In addition, the University Scholars Program offers students, on a competitive basis, a chance to obtain one of 200 research awards of \$1,750 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**

Volunteer Service to the Community, State and Nation

3

The University of Florida promotes community involvement and a volunteer spirit by providing 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 of the academic year. **Contact: Center for Leadership and Service, www.leadershipandservice.ufl.edu**

Study Abroad

4

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**

Leadership

5

There are a wide variety of leadership opportunities at the University of Florida in any of the more than +1,000 student organizations. 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. Overall, leadership includes endeavors by students to work with others to make the university community a better place. **Contact: Student Activities and Involvement, www.studentinvolvement.ufl.edu**

Critical Dates

| Critical Dates | Summer B 2016 | Fall 2016 | Spring 2017 |
|---|--|---|---|
| Advanced Registration | March 21 - May 3, May 5 - June 23 | March 21 - August 9 August 11 - August 18 | October 31 - December 20 December 22 - January 2 |
| Regular Registration | June 24 | August 19 | January 3 |
| New Student Convocation | August 19 | August 19 | |
| Classes Begin | June 27 | August 22 | January 4 |
| Drop/Add (11:59 p.m. of last day) | June 27-28 | August 22-26 | January 4-6, 9-10 |
| Late Registration (11:59 p.m. of last day) | June 27-28 | August 22-26 | January 4-6, 9-10 |
| Fee Payments (3:30 p.m., Financial Services) | July 8 | September 2 | January 13 |
| Housing Rent Due (Deferred Rent Due*) *must have applied and be approved for housing deferment | May 25 (July 13) | July 27 (October 5) | November 30 (February 8, 2017) |
| S-U Grade Option | July 6 | September 9 | January 20 |
| Drop or withdraw (without failing grades) | July 29 | November 21 | April 7 |
| Classes End | August 5 | December 7 | April 19 |
| Reading Days - no classes | None | December 8-9 | April 20-21 |
| Final Exams | In Class | December 10, 12-14 | April 22 and 24-28 |
| Commencement | August 6 | December 16-17 | April 28-30 |
| Final Grades available (Transcript view, on one.uf) | August 9 | December 21 | May 3 |
| Holidays (Observed, No Classes) | July 4: Independence Day (observed) | September 5: Labor Day October 14-15: Homecoming Nov 11: Veterans Day Nov 23-26: Thanksgiving | January 16: Martin Luther King Jr. Day March 4-11: 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 University Registrar's website at 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 (FERPA) 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 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 by selecting *My Record > Transcripts*. The fee is \$6 for currently enrolled students. Students may also 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 guardians 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 visit 222 Criser Hall with a valid photo ID to receive an enrollment certification and provide it to you. They can also order an enrollment verification online by visiting my.ufl.edu and select *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 through Thursday; 9:00 a.m. to 5:00 p.m. Friday) by fax at (703) 742-4239, by e-mail to enrollmentverify@studentclearinghouse.org or by accessing their website at www.studentclearinghouse.org. If a parent, family member or student needs enrollment certification immediately, they can utilize the Clearinghouse services and print an enrollment verification from their website for a \$2.50 fee.

For comprehensive information on FERPA, please visit our website at: 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 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 his or her Gatorlink username and password) at my.ufl.edu. A web-only privacy hold only restricts the release of directory information on the UF website. 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 institution, 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 and choosing Access myUFL, then signing on with his or 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. 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) or view information on page 16 of this workbook.

Bursar, University

University Bursar

113 Criser Hall

Phone: (352) 392-0181

Fax: (352) 392-3448

<http://www.fa.ufl.edu/bursar/>

myUFL: 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 and 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. One 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 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 my.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 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 schedule adjustment, 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 or pg. 16. Be sure to grant permission to have your Federal Financial Aid pay current term non-tuition debts on your student's myUFL student record. Sign up for direct deposit on my.ufl.edu for any remaining balance of your financial aid to be directly deposited to his or her 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, 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. 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.

Financial Affairs, Student

Student Financial Affairs

S-107 Criser Hall
Phone: (352) 392-1275
Fax: (352) 392-2861
www.sfa.ufl.edu

What types of aid are 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.

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. If you are interested in financial aid and have not applied, please contact one of your advisors at www.sfa.ufl.edu/contact-sfa/. Advisors are assigned based on the last two digits of your student's UFID number,

If your student is 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 O11. You can update your status at www.floridastudentfinancialaid.org/ssfad/bf.

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, at one.ufl.edu. At "Student Self Service" > "Access" > "My Online Services" > "Financial Aid" > "Additional Aid Reporting" for the correct year.

When is aid disbursed?

You must complete all federal financial aid requirements before any federal funds can be disbursed to you. Check the status of your financial aid file at one.ufl.edu. Access "Student Self Service" > "Financial Aid" > "Aid Status" for 2016-17.

Disbursement of loan funds, Federal Supplemental Educational Opportunity Grant Programs, 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.

Reapply Every Year

You can file a FAFSA as early as October 1 each year. Use the IRS data retrieval tool to access IRS tax return information needed to complete the FAFSA and transfer the data directly from the IRS Web site. UF's "On-Time" deadline to receive the results of your FAFSA from the federal processor is December 15. Apply well before December 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.

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 Dining Hall, HUB, and many other places.

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

START THE
UF
TRADITION

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/). 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.

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
<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 Ruchinkski, 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

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

Career Resource Center

Level 1- J. Wayne Reitz Union
(352) 392-1601
www.crc.ufl.edu

The University of Florida's Career Resource Center (CRC) is a centralized, comprehensive unit serving over 50,000 students and alumni. Recognized as the nation's #1 career center in 2010 and 2012 by the Princeton Review, the CRC provides a diverse range of educational programs and connections to enrich students' collegiate experience and prepare them for life after graduation.

Encourage your student to visit the CRC early, and chat with us often. The CRC will help make sense of interests and experiences and show students how they fit into their path to success.

To get started with the CRC, activate a Gator CareerLink account, www.crc.ufl.edu/gatorcareerlink, to see upcoming events, internship and job opportunities, or to schedule an appointment.

The CRC has many tools and services including:

- **Career Help Or Major Planning (CHOMP)** is an online interactive program that assists with exploring UF majors, researching career paths, and understanding how classes and experiences prepare you for your career. CHOMP also provides assessments and information on industry information including job outlook, skills, and salary data.
- **Career Planning Appointments** can help with major selection, career decision-making, or job and internship 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 them figure it out. Schedule an in-person, phone or Skype appointment using Gator CareerLink.
- **Express Drop-In** is a walk-in service for resume/CV, cover letter and personal statement reviews, as well as mock interviews. This service is available Monday-Friday from 9:00 a.m. - 4:00 p.m. in the CRC Library.
- **Career Roadmaps** can help with exploring majors, careers and industries. Each roadmap provides 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 a list of employers who recruit UF students.
- **Gator Professional Series (GPS)** is a sequence of personal and professional development workshops that review skills and topics needed to become career ready. GPS is divided into two different tracks: Navigating the Search and Discovering Professional You. Upon completion of each track, students will receive a certificate of successful navigation.
- **Career events** including Career Showcase, Start-Up Job and Internship Fair, Summer Job and Internship Fair, Majors and Minors Fair, and the Part-Time Job Fair connect your student to potential internships and jobs, as well as provide networking opportunities with employers.

Follow us on social media for more updates and information about upcoming events!

Twitter: @UF_CRC

Instagram: @UFCRC

Facebook: /UFCRC

Center for Leadership and Service

Center for Leadership and Service

2015 J. Wayne Reitz Union

(352) 392-1215

cls@leadershipandservice.ufl.edu

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, 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 each year.

In the spring of 2016, the Center for Leadership and Service moved 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 6:00 p.m. to 9:00 p.m. Current exhibitions are celebrated on these evenings with art activities, performances and free food.

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.flnh.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 | (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 | (352) 392-2735

Dean of Students Office

Dean of Students Office

202 Peabody Hall
Phone: (352) 392-1261
www.dso.ufl.edu

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 Safety 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

www.dso.ufl.edu/care ~ Peabody 3rd floor
Facebook: U-MATTER-WE-CARE, Twitter: @UMATTERWECARE

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 including medical withdrawals. Students and families are encouraged to contact umatter@ufl.edu for a student or fellow Gator who is in distress. The Care Area also coordinates the Field and Fork Food Pantry and the Gator Career Closet.

FIELD AND FORK FOOD PANTRY

<http://fieldandfork.ufl.edu/the-pantry> ~ North Lawn beside Nutrition and CALS
Facebook: FIELDANDFORKUF

The Field and Fork Food Pantry was created by a university-wide planning team. It is operationally run by the Dean of Students Office. Opened in August of 2015, the Field and Fork Food Pantry serves members of our campus community who experience food insecurity. Guests of the Field and Fork Food Pantry do not need to verify income or need. Staff in the Field and Fork Food Pantry recognize that some people who use this resource will have a chronic need for food while others may only have a temporary need that may not be reflected in a financial statement of need. The Field and Fork Food Pantry is committed to protecting the privacy of its guests and providing food to those in need within our campus community.

GATOR CAREER CLOSET

Peabody Hall 3rd Floor
Facebook: GATORCAREERCLOSET, Twitter: @UF_GCC

The Gator Career Closet lends professional attire to UF students. The Gator Career Closet seeks to empower students to reach their career goals by providing free business professional attire lending services to students. The closet serves as a resource for Gators to utilize in order to reach their fullest potential, regardless of financial circumstances.

COLLEGIATE VETERANS SUCCESS CENTER

www.dso.ufl.edu/veteran ~ Yon Hall 4th floor
Facebook: UFCVSC, Twitter: @UF_CVSC

The Collegiate Veterans Success Center 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. A Vet Success On-Campus Counselor assists veterans with benefits and support. UF is designated a national Vet Friendly Campus.

Dean of Students Office

DISABILITY RESOURCE CENTER

www.dso.ufl.edu/drc ~ Locations in Cypress Hall and Reid Hall

Facebook: UF-DISABILITY-RESOURCE-CENTER, Twitter: @UFDRC

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 1800 students registered with the office through classroom accommodations, support groups, a testing center that proctors 7,000 tests annually and one-to-one skills coaching. The DRC staff is available for consultation with faculty, families and students.

NEW STUDENT and FAMILY PROGRAMS

www.dso.ufl.edu/nsfp ~ Peabody 202

Facebook: UFNSFP, Twitter: @UF_NSFP

New Student and Family Programs provides ongoing programs that support new students and families in their transition to the University of Florida. New Student and Family Programs 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 serves as the home to the Gator Parent and Family Association.

GATOR PARENT and FAMILY ASSOCIATION

<https://www.dso.ufl.edu/nsfp/families-nsfp/gator-parent-family-association/> ~ Peabody 202

Facebook: GATORPARENTFAMILY, Email: IHaveAGator@ufl.edu

As a Gator family member, you are automatically a member of the Gator Parent and Family Association, which provides resources to help you help your student be successful. As a member of the GPFA, you will receive a complimentary mailed **Seasons of Adjustment** Calendar, **The Family Connection** monthly newsletter, and invitations to join our biweekly Online Family Chats. The Gator Parent and Family Association is also your hub for any questions you have for the University.

STUDENT CONDUCT and CONFLICT RESOLUTION

www.dso.ufl.edu/sccr ~ Peabody 202

Facebook: UFSCCR

Student Conduct and Conflict Resolution facilitates the Student Code of Conduct and Honor Code processes which guides and holds students accountable 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 your student finds himself or herself in a dispute with another person, these conflict resolution services can provide him or her 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

Facebook: U-MATTER-WE-CARE, Twitter: @UMATTERWECARE

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 if you know a student in distress. U Matter We Care is available seven days a week. For emergencies, please call 9-1-1.

Disability Resource Center

Disability Resource Center Dean of Students Office

001 Reid Hall
Phone: (352) 392-8565
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, mobility). A disability may be present from birth, or occur at any point during a person's life. 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 is available on our website.

Who can access our office?

Any student with a documented or undocumented disability. Students (and family members) who would like to know more information about our office and the services we provide are welcome to contact our office at (352) 392-8565 or at accessuf@dso.ufl.edu. If a student feels there is an educational barrier, the Disability Resource Center (DRC) can provide screeners and make recommendations on how to obtain additional support or testing.

How does a student get started?

Students who would like to access services must register with the DRC in order to receive academic accommodations. Students should call our office at (352) 392-8565 to schedule an intake appointment. Intake appointments can be completed in-person, by phone, or through Skype. In order to prepare for the initial intake, students should obtain supporting medical documentation. During this initial appointment, a DRC staff member will review the documentation, discuss the academic impact of a student's disability, and understand their accommodation history, if applicable. This information will help the DRC staff member, in collaboration with the student, establish reasonable accommodations for academic success.

When should a student register with the DRC?

Registration with our office can occur at any point during a student's time at the University of Florida. However, students are encouraged to register with the DRC as early as possible. Registering early will help ensure that academic accommodations are in place from the start of the semester.

What are some examples of accommodations offered by the DRC?

Some typical accommodations offered by the DRC include access to academic lecture materials, extending exam time, low distraction exam setting, alternative format textbooks, priority registration, and reduced course load. All accommodations are based on student's individual needs.

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. Letters will reflect the accommodations established during the student's intake appointment. It is the student's responsibility to ensure each of their professors receive the letter and it is recommended that the letters are distributed during the first two weeks of classes.

What additional services are available to support students with disabilities?

Some additional services available include, support for disability management, strategy and academic coaching sessions, disability specific strategy groups, computer labs/assistive technology, advocacy for academic accommodations, modified environment and attitudinal barriers.

Contact Us

Students and family members who would like to meet individually with a DRC staff member are encouraged to contact our office at (352) 392-8565 to schedule an appointment. Students and family members are also welcome to stop by the DRC while you are visiting campus or attending Preview. The DRC is located on the ground level of Reid Hall and will host an open house on Day 2 of Preview from 9:30 a.m. - 11:30 a.m.

First Generation Student Success

Office of First-Generation Student Success

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

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. First-generation college students are the trailblazers for future generations and your support has led them to this point. As they transition to campus, we want to continue building on their personal and academic success.

The various programs offered by the Office of First-Generation Student Success aim to increase the success of all first-generation students at UF.

Specifically, 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

1:1 Guidance: Students can come into our 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. Developing a relationship with a staff member at UF is something we greatly encourage all first-generation students do during their time in college. Start with the connections in our office!

First-Generation Organization (FGO): This student-led 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 Advocate Program: 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 student's story and better understanding how a first-generation student impacts the student's college experience as well as future career goals.

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 several career talks each semester for students to learn about the journey of a first generation Gator alum who is in a particular industry. Many students find these talks informative and empowering, especially when thinking about what it means to be first-generation career professional.

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.

First-Generation Family Resource Guide: Parents and families are valued partners in the educational experience of their students. This guide provides information about campus resources, talking points for conversations, and advice from current students who are the first in their families to attend college.

First Year Florida (First-Generation Option): We offer a section of the university's first-year success course that is specifically for first-generation college students. The class will bring students together around a shared experience to help prepare them for the rest of their college experience.

For more information about first-generation resources or student success, contact Leslie Pendleton at LeslieP@ufsa.ufl.edu or Will Atkins at WilliamA@ufsa.ufl.edu

Gator 1 Central

Gator 1 Central

Phone: (352) 392-8343

Fax: (352) 846-0907

www.Gator1.ufl.edu

GATOR 1 CENTRAL

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. G1C is located in the Reitz Union 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.

During Day 2 of Preview, 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.

GATOR DINING SERVICES

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.

UF BOOKSTORE

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.

WELLS FARGO

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 Everyday 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 for more information.

* Eligibility subject to approval. Students must provide proof of enrollment at an accredited institution when the account is opened. All rights reserved. Member FDIC.

TRANSPORTATION AND PARKING SERVICES

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. 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 for complete details.

Off Campus Life

Off Campus Life

Corner of SW 13th Street & Museum Road
(352) 392-1207
www.offcampus.ufl.edu

UF's Off Campus Life (OCL) wants your student to have a rewarding and successful off-campus experience. Read on for resources and tips to assist you and 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 visit the OCL website at www.offcampus.ufl.edu/appointments/ and complete the appointment request form or call (352) 392-1207. Off campus housing meetings include information about the Gainesville rental market, average costs, lease information, transportation information, safety tips, 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 who 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 to schedule an appointment.

Safety and Crime Reports: Check Gainesville crime statistics by visiting the Crime Reports website www.crimereports.com. Enter the address to see the crime reports and reported incidents appear on a city map.

Roommates: If your student is 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. 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 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 Services before you sign it.

Neighbors: Remind your student to go next door and say hi to their new neighbors. Getting to know your neighbors increases your safety and helps to build a positive community.

City Codes: There are three local city codes your student will need to be aware of if they are renting a house: 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.

Connect to Off Campus Life: For more information about Off Campus Life, please visit the OCL website www.offcampus.ufl.edu. Follow Off Campus Life on social media including Facebook, Twitter, Instagram, Pinterest, and YouTube @UFOffCampusLife.

Housing: On Campus

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 | www.facebook.com/UFHousing | <http://www.housing.ufl.edu/communication/contactus/>

On Campus Housing

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 & www.housing.ufl.edu/movein

- 1. Apply to UF**
- 2. Receive UF Housing Welcome Email: 2 weeks after application to UF**
- 3. Apply for On-Campus Housing.** Your Housing Application Date is the date you submit your housing application and the non-refundable housing application fee. This date establishes your "place in line" to select your room and residence hall.
- 4. Receive e-mail confirmation** after completing application. An application is not a guarantee that you will be offered housing if admitted to UF.
- 5. Get admitted to UF** (determined by UF Admissions)
- 6. Receive email to complete Residence Hall Contract(s) and submit pre-rent payment** if you had already applied for on campus housing. If you have not applied – you should apply at this point.
- 7. Complete Residence Hall Contract(s) and submit pre-rent payment** by your student's due date in the housing contract email. The pre-rent payment will be either \$175 or \$225 based on your student's housing contract length.
 - If your student is under 18, a parent **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 pre-rent payment.** This guarantees space in a residence hall for the contract period(s).
- 9. Receive email with login code for RoomSync.** See the following page for more information about RoomSync.
- 10. Receive email with your room selection date** and detailed instructions on how to choose your room, or how you'll be assigned.
- 11. Select your building** from the date specified in the email.
 - You can choose a roommate based on building availability.
 - A room will be manually assigned to you if availability becomes limited or you choose not to select a room.

Contracts

The Residence Hall Contract that your student signs is a **legally binding contract**. Your student is committed to live on campus for the length of the Residence Hall Contract that he or she signs. **DO NOT SIGN ANOTHER LEASE** unless your student has received formal written release from his or her Residence Hall Contract. We will **NOT** release your student from his or her Residence Hall Contract because he or she 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. <http://www.housing.ufl.edu/undergrad/payments/rent-deferments/>

Payments

How to Pay Pre-Rent Payment:

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.

Housing: On Campus

Building Sign Up

Updates & more information: www.housing.ufl.edu/movein

Questions: 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, (C) have a contract but will be assigned by housing staff, or (D) 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.

Roommates

Find a Roommate with RoomSync

Click on the RoomSync link on 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

1. The roommate with the earliest selection date will select a building with 2+ vacancies during his or her selection day and invite you to hold a spot for roommate(s) with their gatorlink user name.
2. An e-mail will be sent to the preferred roommate(s) after a hold is placed on a space.
3. 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.

Check-In

CHECK IN
SUMMER B: JUNE 22
FALL: AUGUST 16
APPOINTMENT TIMES ARE
REQUIRED FOR MOVE IN

No one will be permitted to move in prior to August 16, 2016.

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
www.housing.ufl.edu/movein

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 Beach & Norman Field |
| 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 |
| 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 & Norman |
| 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 Broward Beach & Norman Field |
| Infinity Hall | Infinity Hall | Various sized Suites | Entrepreneurship LLC | Warrington School of Business College of the Arts Norman Hall |

Recreational Sports

www.recsports.ufl.edu

ABOUT

The Department of Recreational Sports (UF RecSports) offers experiences that enrich the lives of University of Florida students through excellence in facilities, fitness, sport, adventure and play. We are committed to fostering leaders, encouraging healthy lifestyles and developing meaningful relationships. A majority of the programs and activities offered through RecSports are free for students with a valid Gator1 Card. UF RecSports employs over 700 students annually, including roles as lifeguards, sports officials, scorekeepers, fitness and facility staff and much more.

FACILITIES

The Southwest Recreation Center (SWRC) is a 140,000 sq. ft. state-of-the-art facility that was renovated in 2010, located on Hull Road in the southwest corner of campus across from the UF Cultural Plaza. The facility features a 15,000 sq. ft. split-level cardio room with personal viewing screens on each machine. The first floor includes cutting-edge cardio equipment and a functional fitness area with kettlebells, lightweight dumbbells, a throwing wall and benches. The second floor includes cutting-edge cardio equipment and a 1/9 mile indoor track. SWRC also offers six indoor basketball courts, six racquetball courts and a multi-purpose gymnasium. Inside of SWRC is the Training Center, which comprises the Fitness Assessment Center, a Personal Training studio and two Massage Therapy studios.

The Student Recreation and Fitness Center (SRFC) is located in the heart of campus on Fletcher Drive and was renovated in the summer of 2013 to expand the Strength and Conditioning room. SRFC also features a multipurpose gymnasium for basketball, volleyball and martial arts, two Group Fitness rooms, a cycling studio, eight racquetball courts and two squash courts. SRFC has access to the Florida Pool, an 8 lane, 50-yard outdoor pool facility.

BROWARD OUTDOOR RECREATION CENTER (BORC) is located between Jennings and Broward Halls. This outdoor facility features a roller hockey rink, skateboard park, sand volleyball courts, basketball courts and tennis courts. Equipment checkout is available.

LAKE WAUBURG is a lakeside recreational facility located just eight miles south of campus on Highway 441. Lake Wauburg features two parks: North Park and South Shore, both are available to students for free with your Gator 1 Card. North Park is a great place to relax, swim, play beach volleyball, canoe, kayak or sail. South Shore features the UF Outdoor Team Challenge Courses, which facilitate a unique community building experience. The courses include the Alpine Tower, the new High Ropes and Elements Challenge Course and Low Elements Challenge Course. South Shore also has an 18 hole disc golf course, mountain bike trails, wakeboarding and water skiing and picnic pavilions.

PROGRAMS

INTRAMURAL SPORTS offers students, faculty and staff the opportunity to participate in many sports and activities on a competitive and recreational level. All skill levels are welcome and there is no fee to participate. All you need is your Gator 1 Card. With eight different league sports and over 30 special events and tournaments offered each year, there is something for everyone!

SPORT CLUBS provide an opportunity for every UF student, faculty and staff member to participate in a competitive club governed by student leadership. There are 45 registered Sport Clubs to choose from. Clubs compete at an intercollegiate level both regionally and nationally.

The AQUATICS program provides recreational swimming at four campus locations. The Florida Pool is an outdoor facility located behind the Student Recreation & Fitness Center. The O'Connell Center Pool is an indoor facility located between Gates 2 and 3 on the lower level of the Stephen C. O'Connell Center. There are also two recreational pools adjacent to student housing complexes, Broward Pool, located near Broward Hall and Graham Pool located near Graham and Simpson Halls. The Aquatics program also encompasses a series of Safety Training Courses: First Aid/CPR/AED, lifeguarding certification, Basic Life Support for Healthcare Providers and Water Safety are all available at affordable prices.

FITNESS

The Fitness program at UF RecSports comprises six different elements: Fitness Assessment, Personal Training, Small Group Training, Group Fitness, Massage Therapy and Strength and Conditioning.

THE FITNESS ASSESSMENT CENTER (FAC) is located inside the Training Center at the Southwest Recreation Center. The FAC offers a variety of free fitness assessments including: Resting Heart Rate, Blood Pressure Screening, Body Composition, Core Assessment, Dynamic Muscle Balance Assessment, Sub-maximal VO2 Test and more.

PERSONAL TRAINING RecSports Personal Trainers will help you maximize your potential through individual goal setting and achievement. Our personal trainers are certified through an extensive training program and will train you according to your goals using state-of-the-art equipment like the Kinesis, PowerPlate, MoveStrong, TRX and more.

SMALL GROUP TRAINING classes offer a unique opportunity to explore a new dimension of fitness by merging Group Fitness with Personal Training. The classes focus on personalized workouts with individual progression, making Small Group Training perfect for any fitness level and affordable for Gators on any budget.

GROUP FITNESS classes are free to all UF students and RecSports members at both SRFC and SWRC. Over 150 unique classes are offered each week. Formats include, cycling, dance, outdoor training, mind/body, and cardio and strength. Registration for Group Fitness classes opens online at RSConnect 25 hours before the class's start time.

MASSAGE THERAPY is a great way to relieve stress, advance personal, sport or fitness goals and restore the systems within the body. Specialized services include Swedish, Deep Tissue, Orthopedic and Sports massages. Massages are available in 30-minute and 60-minute sessions.

STRENGTH AND CONDITIONING maintains the weight and cardio areas in the two recreation centers on campus. Strength and Conditioning has friendly staff who offer free orientations for anyone interested in learning more about the weight and cardio areas. The program also runs monthly Fitness Challenges, several special events like the Strong Gator competition and popular offerings like Olympic Weightlifting.

Reitz Union

Reitz Union
101 J. Wayne Reitz Union
(352) 392-1649
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 8:00 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

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.

Arts & Crafts Center

The Arts & Crafts Center is the perfect place 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

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 blacklight 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.

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

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

Where To Eat

The Reitz Union provides an array of food choices including WingZone, 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, Center for Leadership and Service, Multicultural and Diversity Affairs, 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.

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) |
| Sigma Phi Epsilon (ΣΦΕ) | 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) |
| Sigma Sigma Rho (ΣΣΡ) | Theta Nu Xi (ΘΝΞ) | |

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 in August for more information.

| | | |
|-------------------------|-----------------------|-------------------------|
| Alpha Kappa Alpha (ΑΚΑ) | Alpha Phi Alpha (ΑΦΑ) | 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) |
| Gamma Phi Beta (ΓΦΒ) | 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

Student Activities & Involvement

Navigating the student experience can be challenging, but Student Activities and Involvement (SAI) is here to help. Located on Level 3 of the Reitz Union, SAI is comprised of 3 main areas: Student Organizations and Campus Events, Sorority and Fraternity Affairs, and Student Government Advising and Operations. Each of these areas advise, mentor, and educate students to maximize their University of Florida experience.

#involvedUF

University of Florida students define involvement as out of class active participation that enhances academics through the relationships they build, the communities they serve, the networks they create, and the personal skills and knowledge they acquire. Students who are involved in at least one cocurricular activity earn better grades, create a network of peers, improve communication skills, learn how to effectively work in teams, increase career readiness, and cultivate a sense of purpose. Become #involvedUF by attending the student organization fair at the beginning of each semester, creating a Gator Connect profile, or visiting our website at www.studentinvolvement.ufl.edu.

Involvement Team

Members of the Involvement Team serve as the official ambassadors for Student Activities and Involvement and provide several opportunities for students to engage in the involvement landscape. Individual Involvement Consultations, a one-on-one session with an Involvement Team member designed to help navigate the numerous opportunities for involvement on and off campus, allow students to create an action plan for their involvement at UF. Check out the Involvement Team website at www.studentinvolvement.ufl.edu/ITeam, or visit their office in the SAI Suite on Level 3 of the Reitz Union.

Student Organizations & Campus Events

The nearly 1,000 student organizations at the University of Florida have a significant impact on the student experience and vibrancy of campus life by promoting personal growth beyond the classroom. These organizations provide opportunities for leadership development, social interaction, entertainment, and education. They promote cultural awareness, bring thought provoking speakers, and are committed to enhancing the community through various philanthropic and service initiatives. Additionally, members often showcase their talents through dance, music, fashion, and other creative arts. To discover all of the opportunities available, visit Gator Connect, an interactive student organization database, at www.studentinvolvement.ufl.edu/gatorconnect. Be sure to encourage your student to create a unique profile, search organizations and check out upcoming events. Do not forget to have your student select personal interests to receive recommendations for organizations and events that match your passions.

To learn more ways to help your student navigate his or her student experience with Student Activities and Involvement, visit our webpage www.studentinvolvement.ufl.edu or search for Student Activities and Involvement on Facebook, Twitter, and Snapchat.

Study Abroad

University of Florida International Center

170 HUB

Phone: (352) 392-5323

Fax: (352) 392-5575

www.ufic.ufl.edu/sas

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.ufic.ufl.edu/sas 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.ufic.ufl.edu/sas
- 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 your student has narrowed his or her search for a program, he or she can schedule an appointment with a Study Abroad Advisor who will help you refine your choices and find a program that matches his or her interests.
- Discuss your student's plans to go abroad with his or her academic advisor who will ensure that the choice of program will keep him or her on track toward graduation
- Have your student attend the Study Abroad Fair held in the fall and spring semesters. 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 most 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 can use Florida Bright Futures scholarships, Pre-Paid and most other forms of financial aid. Scholarships are available as well. 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.ufic.ufl.edu/sas

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 2017 programs..... March, 2017

Fall 2017 or Academic Year 2017-2018 programs..... Early April, 2017 (Exchange deadlines vary)

Spring 2017 programs..... Early October, 2016

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
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 (JAX)
(904) 741-4902
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 (MCO)

(407) 825-2001
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 (TPA)

(813) 870-8700
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
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
220 North 11th Street
Palatka, FL 32177

By Bus

City Bus Service:
Regional Transit System (RTS)
(352) 334-2600
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
101 NE 23rd Avenue
Gainesville, FL 32601

Signature Shuttle

(352) 219-8778
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

Miami Bus Service

3230 SW Archer Rd
Gainesville, FL 32608-1700
(352) 335-8116 / (786) 515-8691
www.miamibusservice.com
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

Megabus

www.megabus.com

UF Alumni Association

Emerson Alumni Hall

1938 West University Ave.
(352) 392-1905 or (888) 352-5866
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 your student with career and social opportunities. As a student member, he or she will 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.

Gator Parent and Family Association and UF Alumni Association Dual Membership

The Gator Parent and Family Association (New Student and Family Programs) and the University of Florida Alumni Association provide a Dual Membership program to better serve family members of current UF students. Together we are dedicated to developing elite students into successful alumni. Family members play a vital role in their student's transition to college and we are excited to embark on this partnership with you. As a Dual Member, you have access to exclusive member benefits and support UF by showing your Gator Spirit. Members receive the benefits of two memberships for the price of one and their very own Gator 1 ID. Join now and strengthen your connection to The Gator Nation® at bit.ly/UFDualMembership

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/ufstk/>.

START THE
UF
TRADITION



Health and 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 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 or 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.

Campus Safety

University Police Department

Building 51, Museum Rd.
Phone: (352) 392-1111
Fax: (352) 392-0539
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
receive notifications
about campus safety
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

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

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



Building a Healthy Foundation for The Gator Nation
(352) 392-1161 | www.shcc.ufl.edu

ONLINE RESOURCES: View videos, review frequently asked questions and learn more about us at www.shcc.ufl.edu/new-students.

ABOUT THE UF STUDENT HEALTH CARE CENTER

The mission of the University of Florida Student Health Care Center (SHCC) is to help every UF student achieve optimal health in the pursuit of personal and academic success. Established in 1906, the SHCC is an accredited outpatient facility staffed by licensed, board-certified health care professionals committed to providing compassionate care.

We offer a wide variety of services to help keep students at their best, and we strive to help our patients understand common ailments while providing treatment. Students are assigned to one of our primary care medical teams after starting classes, which allows them to return to the same group of providers for continuity of care.

APPOINTMENTS, LOCATIONS AND HOURS

ALL VISITS: Students should call (352) 392-1161, or schedule appointments online at www.shcc.ufl.edu.

- NOTE: Available online appointments are limited.
- NOTE: 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, the SHCC can assist them in finding a local provider to manage the condition.

CANCELLATIONS: Students should call their team or clinic directly, or cancel online at www.shcc.ufl.edu.

AFTER-HOURS CARE:

- Emergencies: 911
- Urgent medical care advice line: (352) 392-1161
- More info, including local urgent care centers: www.shcc.ufl.edu/emergencies

SHCC @ MAIN CAMPUS: Infirmary Building, 280 Fletcher Drive

- Fall/Spring: Monday – Friday, 8:00 a.m. – 5:00 p.m.; closed Saturday; Sunday, 12:00 p.m.- 4:00 p.m. (limited services)
- Summer: Monday – Friday, 8:00 a.m. – 4:30 p.m.; closed Saturday and Sunday

SHCC @ SHANDS SATELLITE CLINIC: Health Science Center, Dental Tower, 2nd Floor, Room D2-49

- Fall/Spring: Monday – Friday, 8:00 a.m. – 5:00 p.m. (closed 12:00 p.m.-1:00 p.m.); closed Saturday and Sunday
- Summer: Monday – Friday, 8:00 a.m. – 4:30 p.m. (closed 12:00 p.m. -1:00 p.m.); closed Saturday and Sunday

SERVICE CHARGES AND INSURANCE: Full details at www.shcc.ufl.edu/fees-and-insurance.

The UF health fee, a per-credit-hour service fee included with tuition, helps cover most office visits at the SHCC.

Please note that the health fee does not cover all possible service charges at our facility, including but not limited to physicals, procedures, lab tests, X-rays, medications and medical equipment.

Students should provide all insurance policy information at their first visit so we may bill for the services they receive. **Patients are financially responsible for service charges that are not covered by their policy.**

We recommend reviewing all insurance benefits and exclusions before the first visit. Contact your insurance company and provide them our tax identification name and number (Florida Clinical Practice Association, 591680273) to learn how your policy will work at our facility.

Questions or concerns? Please contact SHCC Patient Financial Services:
Email: insurance@shcc.ufl.edu | Phone: (352) 273-4546 | Fax: (352) 392-7620

Student Health Care Center (cont.)

ADDITIONAL INFORMATION

UF insurance requirement: Domestic students who are enrolled at least half-time in a degree-seeking program — as well as all international students — are required to provide proof of health insurance that meets or exceeds UF's guidelines or they will be automatically enrolled in the default student insurance plan. For more information, visit www.studentinsurance.shcc.ufl.edu.

Care for students taking a semester off, spouses/domestic partners and postdoctoral researchers: The above-named groups may receive care at the SHCC if they pay the per-semester optional health fee. Please note that services are not available for anyone under the age of 16. For more information, visit www.shcc.ufl.edu/fees-and-insurance/university-shcc-fees/eligibility.

Patient privacy and medical records: In accordance with HIPAA, adult students (age 18 and over) must provide permission in order for SHCC staff to communicate with any third party, including family, about current medical conditions. For more information, visit www.shcc.ufl.edu/forms-records.

Emergency events and contacts: In emergency situations, family members are typically contacted by the facility treating the student. UF encourages students to keep emergency contact information current through the Office of the University Registrar website: www.registrar.ufl.edu/emergencycontact.html.

Advance directives (living will, health care surrogate designation or anatomical donation): For more information, visit www.ufhealth.org/advance-directives/overview.

SERVICES OFFERED

PRIMARY CARE

General Medical Care
Immunizations, including Flu Shots

ANCILLARY SERVICES

Laboratory:
www.shcc.ufl.edu/lab
(352) 294-7473

Pharmacy:
www.shcc.ufl.edu/pharmacy
(352) 392-1760

Radiology and EKG:
www.shcc.ufl.edu/radiology
(352) 294-7470

SPECIALTY CARE

Allergy Shots:
www.shcc.ufl.edu/allergy

Nutrition Counseling:
www.shcc.ufl.edu/nutrition

Occupational Medicine at SHCC @ Shands:
www.shcc.ufl.edu/occupational-medicine

Physical Therapy:
www.shcc.ufl.edu/physical

Sexual Health:
www.shcc.ufl.edu/sex

Sports Concussion Center at UF:
www.shcc.ufl.edu/sports-concussion

Sports Medicine Clinic:
www.shcc.ufl.edu/sports

Travel Vaccinations:
www.shcc.ufl.edu/travel

Women's Health:
www.shcc.ufl.edu/women

The Student Health Care Center has a webpage just for families!
<http://shcc.ufl.edu/parents-family-members/>

Student Insurance

UF Health Compliance Office: Frequently Asked Questions at Preview

Why does UF require proof of health insurance?

The age range of college students accounts for the largest group of uninsured and under-insured individuals in the nation. Here at the University of Florida, preserving our student's health and wellness are paramount. There are times when students' health or well-being, access to health services, or payment for healthcare can hinder them from achieving their academic goals. This change was founded on removing as many obstacles as possible for our students to reach graduation.

How do I complete a waiver?

Everything can be done online! You will need your current health insurance card and your GatorLink username and password to log in to the waiver system.

1. Go to the following website: <https://my.shcc.ufl.edu/waiver/>
2. Log in using your Gatorlink username and password
3. Click green button at the bottom of the screen "Add New Waiver"
4. Answer the questions and click "Submit"
5. Enter insurance information and click orange button "Submit"
6. Log back in to the waiver site to check the verification status in approximately 3 to 5 business days
PLEASE NOTE: As the deadline approaches this time may be delayed.

How can we know if our insurance meets the UF requirement?

We highly recommend that you contact your insurance company to determine if your insurance meets all of the requirements given on our website. You can provide them with our facility information so they can quote exact benefits.

- Facility Name: Florida Clinical Practices Association
- Tax ID: 59-1680273
- National Provider Identifier (NPI): 1063463768

How can we find out if our insurance waiver has been accepted?

You can check the status of your waiver at any time by logging into www.my.shcc.ufl.edu/waiver.

Our insurance is Tricare or Medicaid. How do we fill out the waiver?

If you have a government sponsored insurance plan, or your insurance card does not have the specific fields requested, please enter "99999" into the text field.

What do we do if our insurance information changes?

- If you change insurance plans and still wish to waive participation in the school sponsored plan, please log into www.my.shcc.ufl.edu/waiver and fill out a new insurance waiver with your new plan information.
- If your private insurance ends and you want to enroll in the school sponsored plan, please call UF

Health Compliance at 352-294-2925 and we can make the necessary adjustments to your insurance waiver.

Can I or my student use the school insurance while they are home?

- Within 35 miles of campus, and when the Student Health Care Center is open, the plan acts as an HMO and has a referral requirement. The Student Health Care Center is set up as the Primary Care Provider on the plan.
- Outside of 35 miles, and when the Student Health Care Center is closed, the plan acts as a PPO and the referral requirement is waived. Participating providers can be located online at <https://www.uhcsr.com/uf>.

Will we be reminded to resubmit the waiver after one year?

Email reminders will be sent to the student's UF email address. Additionally, the insurance UF charge posts 45 days prior to fee payment deadline. The student merely needs to renew the waiver and the charge will be reversed.

My student is interested in studying abroad. Does the school sponsored plan cover benefits outside of the US?

The plan offers emergency coverage through UnitedHealthcare Global Services. All students on UF Sponsored, Exchange, and Independent Studies/Internship programs, as well as UF students on Non-UF programs will be enrolled in the International Center's health insurance policy with Cultural Insurance Services International (CISI).

I have questions about the school sponsored insurance benefits. How can I obtain this information?

Please contact United Healthcare directly for information about benefits and policy exclusions and limitations.

Website: <https://www.uhcsr.com/uf>
Full-length plan brochures are available here.
Customer Service: 1-800-767-0700

Counseling and Wellness Center

3190 Radio Road
(352) 392-1575
www.counseling.ufl.edu

UF|CWC
Counseling and Wellness Center

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

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 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:

- **B**ody - 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.
- **E**motions - Awareness and acceptance of one's feelings and emotions and the ability to cope with problems that arise in everyday life.
- **L**ivelihood - Gaining personal satisfaction and fulfillment through your occupation.
- **I**ntellect - Involves being open to new concepts and ideas and having a curiosity to seek out new experiences.
- **E**nvironment - Involves establishing a positive relationship with and an appreciation of the animate and inanimate world.
- **F**riends/Family - Having the ability to foster interpersonal relationships that are comfortable and do not harm others.
- **S**pirit - 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

Use Your Time Well

It's important for your student to manage his or her 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 he or she looks at it. Planning well and being organized are very powerful tools for reducing stress. When he or she anticipates what the future might bring, he or she can be better prepared for it.

- Use a calendar. This can be paper or electronic, whichever works for your student.
- Create some short and long term goals/objectives for each week.
- Think about the individual workload he or she has for each class to get the grade that wanted.
- Look at your syllabus for each class. Note the due dates and exams he or she has during the semester. Formulate long-range plans for tackling those tasks.
- Monitor his or her progress. Check in on a regular basis to see how well he or she is 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.
- Eat food before drinking
- Drink water before, during, and after – to help with hydration
- Know limits and stop before reaching that limit
- Have a sober designated driver. Plan ahead of how to 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

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, your student might be making decisions about food that he or she has not had to make before. Now, it is your student's responsibility to figure when, what, and how he or she will eat, especially if he or she is not on a meal plan. He or she may also have roommates or friends who have very different eating habits. The main thing is to listen to your student's body. Eat when he or she is hungry and stop when he or she is 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. He or she can get your exercise through group fitness classes, intramurals, individual workouts, or playing sports. What are some of the benefits of fitness?

- Gives 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>

Office of the University Ombuds

Office of the University Ombuds
31 Tigert Hall

Phone: (352) 392-1308

Fax: (352) 392-1350

www.ombuds.ufl.edu

Ronald Anderson, Ombuds - **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

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 or 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 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 | Victim Services | 392-5648 |
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Academic Terminology

Academic Learning Compact - UF's definition for each major of communication skills, critical thinking skills, and context knowledge appropriate for that major.

Audit a Class - Permission to attend and to participate in a course without benefit of a grade or credit.

Catalog Year - The year during which the regulations published in a specific edition of the Undergraduate Catalog apply. A student's academic year, which begins when the catalog takes effect in the Summer B term, is governed by the regulations for academic requirements published in the catalog in effect at the time the student begins undergraduate studies.

Certificate Program - An organized concentration of study in an approved subject area. These programs are not recognized on a student transcript.

Classification/College - A code indicating a student's academic level (year) and college affiliation.

Combined Degrees - An accelerated program that allows students to count 12 graduate credits toward their undergraduate degree.

Common Course Numbering System - A statewide system of course prefixes and numbers developed to facilitate the transfer of credit by identifying equivalent courses.

Corequisite - Two courses that must be taken concurrently.

Course Sequence - The specified order of enrollment for a series of courses; e.g., CHM2045, CHM2046, CHM2210.

Credit Hour - Every course taught is designated a total number of credit hours. The number of credit hours reflects an approximation of the total number of hours a student spends in class per week.

Critical Tracking Criteria - The courses and GPA's required for continuation in a major; these courses are in bold (or are noted) in the Undergraduate Catalog and Guide to Majors.

Degree Audit - Information on a student's progress toward a degree, updated each semester. You can find your degree audit on one.uf.edu.

Degree Shopping - Exploring possible majors to determine your interests and to estimate whether the course work you have completed meets any of the degree requirements for a specific major. You can degree shop at one.uf.edu.

Drop - To drop a single course from a given term after the drop/add period. Students are liable for fees for a dropped course.

Drop/Add - A period of time beginning the first day of classes when students can adjust schedules by dropping or adding courses or changing sections of a course. Courses dropped during the official drop/add period are not subject to fees.

Excess Hours Surcharge - A tuition surcharge added for credit hours exceeding a defined percentage of your degree requirements. See student.ufl.edu/excesshours.html for more information.

Flipped class - A class that has lecture content online and utilizes designated class periods for in-person discussion and engagement.

GatorLink - A student's computer identity at UF, usually in the format of a username@ufl.edu. All students are required to sign up for a GatorLink account, since official university communications are sent to this e-mail address.

Gator 1 Card - UF's official university photo identification. All enrolled students must have a university ID card.

General Education Requirement - University wide requirement of the basic studies that form the foundation of all undergraduate degree programs.

Grade Point Average (GPA) - The ratio of grade points earned to semester hours carried. The UF GPA is computed on University of Florida course work only.

Grade Points - The number of points attributed to a grade (A=4, B=3, etc.) times the number of credit hours in the course.

Hybrid class - Typically, a hybrid class is taught half in the classroom and half online, though the ratio of traditional to online components varies for each class.

Medical Drop - Student drops an individual course in a given term based on medical documentation. Fees are refunded.

Medical Withdrawal - Student drops all courses in a given term based on medical documentation. Fees for the semester are refunded.

Academic Terminology (cont.)

Minor - An officially recognized secondary concentration of study in an approved subject area, consisting of at least 15 credits of appropriate course work. Minors are optional.

ONE.UF - Web-based dashboard that allows you access to your student records and UF resources.

On-Track or Off-Track - Refers to students who are (or are not) meeting critical tracking criteria each term, according to their major's universal tracking plans.

Ombuds - The University Ombuds assists all members of the university community with solving problems and conflicts. He/she will listen, discuss issues, answer questions, interpret policies, provide information and referrals, and help develop options for problem resolution. The ombuds serves as an advocate for fairness for all members of the university community.

Overall GPA - The cumulative grade point average of all courses taken at UF or transfer course work.

Petition - A written request seeking a waiver or an exception to a university regulation, policy or deadline. Petitions may be considered if the circumstances are beyond the student's control.

Preprofessional GPA - The grade point average achieved in the specific courses required for admission to a major; these courses are generally are completed in the first two years of study, and the required GPA is often higher than 2.0.

Prerequisite - A condition that must be met to establish eligibility to enroll in a program or course.

Probation, Academic - Any undergraduate with less than a 2.0 cumulative UF GPA shall be placed on academic probation while a grade point deficit exists.

Schedule Adjustment - A period of time following advance registration before the beginning of classes when students can adjust their course schedules.

Schedule of Courses - Registration information provided each term with academic regulations and a listing of all courses offered.

State Core - Every student must take specific courses from a designated list as part of the general education requirements to fulfill the state core requirement.

Student Learning Outcomes - What students are expected to learn by completing a specific major.

S-U Option - A provision by which a student may elect, with college approval, to enroll in a course, the grade for which is not computed in the grade point average. Grades awarded are S (satisfactory) or U (unsatisfactory). The S grade is equivalent to a grade of C or better.

Traditional class - A traditional class is taught in the classroom though there may be online components. Class sizes vary by section, as does the format of how the class is taught (e.g., lecture, discussion, both, etc.).

Transient Student - A student of another accredited institution who receives permission to register (for one term) as a non degreeseeking student to earn credit to transfer back to his or her parent institution.

Universal Tracking System - A computerized academic advising and tracking program that provides an assessment of progress toward degree requirements.

Withdraw - To drop all courses for a given term.

Writing Requirement - A state law requiring that all students complete 24,000 words of designated writing courses.

Notes



Forgot to write down an answer? Forgot to ask a question? We are just a call or click away
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