Welcome to the Hawkeye Family!

We are excited that you and your student have selected the University of Iowa. The journey—day one through graduation—will be filled with challenges, opportunities, and accomplishments. We look forward to traveling with your student, encouraging and supporting them through their years on campus and beyond.

Iowa’s high-quality education provides a small-college experience in a large university setting. We create a sense of community through small First-Year Seminars with our most talented professors, specialized living-learning communities in our residence halls, and a multitude of programs that speak to individual interests and talents.

As a research university, we offer students unique opportunities to be involved in cutting-edge studies with highly focused, world-renowned faculty. We boast some of the most advanced educational technology available in our active-learning TILE (Transform, Interact, Learn, Engage) classrooms and in the very popular Main Library Learning Commons.

A wealth of extra- and co-curricular activities on campus await you. Full lists of opportunities can be found online at csil.uiowa.edu. Highlights include Big Ten intercollegiate athletics, leadership through student organizations and living-learning communities (including participation in the President’s Leadership Class or the Career Leadership Academy), a wide variety of community service projects, and the creative arts. Students at the UI are fortunate to benefit from recently opened, award-winning, world-class visual and performing arts facilities. While you’re on campus, take time to visit our spectacular new Visual Arts Building and Hancher Auditorium on the west campus and the Voxman Music Building downtown. These buildings have been designed to foster learning, encourage creativity, and trigger inspiration.

While at Iowa, your student will find the academic and social support necessary for success. During your visit, we encourage you and your student to ask questions, explore campus, and make connections. Take time this summer to discuss expectations for academic performance, community engagement, and personal conduct. We are committed to providing a world-class experience, but the commitment to engage rests with your student. They’ll be glad they did!

The University of Iowa family is proud of its storied history and excited about its promising future. Your student is a critical part of our future success. When students succeed, we become a brighter institution. Our talented, dedicated, and caring faculty and staff look forward to engaging with your student in and out of the classroom. I am proud to be part of the University of Iowa. I am proud to have your student join our ranks.

Go Hawks!

J. Bruce Harreld
President
The UI Parent & Family Network helps keep you informed and connected to campus throughout your student’s time at Iowa. We serve as the hub for university-family communication and our website functions as a gateway to resources across campus. Here you can find information specifically designed to support parents and families on a wide array of topics including academics, health and safety, housing, student life, financial aid, and more. The Parent & Family Network also co-hosts a variety of events and programming throughout the year including Homecoming and Family Weekend. You can learn more by visiting our website at parents.uiowa.edu.

Stay Connected

Check out our Facebook page to get the latest UI news and events: facebook.com/uiparents

Sign up for the Parent Times. The Parent Times is a newsletter with information geared toward parents and families. To subscribe to this newsletter, send us a note at parent-times@uiowa.edu or sign up on our website at parents.uiowa.edu/news.

Parent Webinars

The parent & family webinars are a series of videos designed to provide you with accurate and timely information in relation to your student’s transition process at the University of Iowa. It gives families the opportunity to ask questions, engage with university staff and faculty members, and learn more about the student experience at the University of Iowa. You can access parent webinars at parents.uiowa.edu.

Please stop at the IMU Welcome Center to pick up your Hawkeye Family sticker and a special newsletter for new Iowa families if you didn’t receive them at Orientation check in.

Sponsored by the UI Parent & Family Network
Day One

BEFORE THE WELCOME:

- **Honors Program meeting:** 10:45-11:30AM, Main Lounge, 1st floor, IMU
  Honors Program staff and Ambassadors will present an overview of the program. This session is required for students who have accepted their invitation to join the Honors Program. Families are encouraged to attend.

- **Recruited Student Athlete meeting:** 11:30AM-12:00PM, Room 346, IMU
  Student Athlete Academic Services staff will review NCAA, Big Ten, and institutional policies regarding enrollment. Required for Recruited Student Athletes. Families are encouraged to attend.

- **Take a campus tour:** Meet Orientation staff in Hubbard Commons, 1st floor, IMU Last tour leaves at 12:00pm

- **Check out the Iowa Hawk Shop, the official University of Iowa bookstore:** Ground floor, IMU

- **Visit Hills Bank to learn about banking options for students:** Ground floor, IMU

- **Eat lunch:**
  - Street Hawk Food Truck: Located on the west side of the IMU near the river (weather permitting); the food truck is one of the most popular lunch options for students.
  - Union Station: Variety of food choices on the ground floor of the IMU
  - Downtown Iowa City offers many options just a few blocks away

**PLEASE NOTE:** Participation in the entire program, both days, is **required** for students to register for classes.

**12:45-1:45PM**

**WELCOME TO THE UNIVERSITY: PARENTS & FAMILIES**

Main Lounge, 1st floor, IMU

This opening session will help you get the most out of your orientation experience by highlighting University of Iowa resources and opportunities offered to you in the parent and family program. This session will also include a student panel.

**2:00-2:40PM**

**INTRODUCTION TO ACADEMICS AND ADVISING**

Various Locations

Professional academic advisors will present information about the General Education Program, degree requirements, course placement, and how to work with academic advisors and campus resource units. Please note where your session is located based on your student’s group number listed below:

<table>
<thead>
<tr>
<th>GROUPS 1-3</th>
<th>Room 346, IMU</th>
</tr>
</thead>
<tbody>
<tr>
<td>GROUP 4</td>
<td>Room 337, IMU</td>
</tr>
<tr>
<td>GROUP 5</td>
<td>Room 348, IMU</td>
</tr>
<tr>
<td>GROUPS 6-26</td>
<td>Main Lounge, 1st Floor, IMU</td>
</tr>
</tbody>
</table>

**2:50-3:20PM**

**UNIVERSITY HOUSING & DINING: Expand Your Expectations**

Main Lounge, 1st floor, IMU

Welcome from the staff at University Housing & Dining! College housing is an exciting time full of adventures and learning for all. We recognize that you, just like your student, are going through a transition during this first year. We’re here to help you expand your expectations around your student’s experience with living in the residence halls or in the community. We’ll discuss meal plans, communication expectations, and how to navigate change along with your student.

**3:30-4:00PM**

**MONEY MATTERS:**

Understanding the University Billing Process

Main Lounge, 1st floor, IMU

Staff from the University Billing Office will provide information about the university billing process, payment options, application of financial aid to the bill, and refunding excess aid funds. In addition, staff from the Office of Student Financial Aid will provide information on types of financial aid, the aid application process, and how to utilize the MyUI Financial Aid To-Do List.

To access additional information regarding financial aid and billing, please visit the following sites:

FINANCIAL AID WEBSITE: financialaid.uiowa.edu  
BILLING WEBSITE: ubill.fo.uiowa.edu

Share your orientation experience using #UIorientation

**4 PARENT & FAMILY ORIENTATION AGENDA**
4:15-5:00PM  DIFFICULT CONVERSATIONS:
Partnering for Student Success
Main Lounge, 1st floor, IMU

College is a time of transition for students and families. One of the most challenging aspects of this transition can be having conversations regarding difficult situations students may encounter. This session will focus on providing strategies to engage students in difficult conversations about alcohol, sexual assault, and other aspects of college life that impact a student’s ability to be successful. Whether or not they choose to drink, most college students are directly or indirectly affected by the use and abuse of alcohol. Because the University of Iowa strongly values the safety of all students, it is also important to discuss interpersonal violence and sexual assault. Effective strategies for addressing alcohol, sexual assault, and other concerns will be presented by University of Iowa campus partners and resources that are available to support students in making healthy choices and being successful at Iowa. The IOWA Challenge provides a path to student success, including an expectation that students choose wisely in all areas of their lives. The University of Iowa is committed to partnering with students and their families to support a healthy, safe, and vibrant campus experience.

4:15-6:15PM  PLACEMENT TESTS FOR STUDENTS
Room 260, IMU

Students who took Japanese, Greek, Latin or Russian in high school who plan to continue in the language, need to take a proctored placement test. Students must start these tests by 6:30pm.

Students may also use this space to take online tests for math, chemistry, Spanish, German, French, or Chinese, or to complete the Getting Started and Plan stage of Success at Iowa. Descriptions of tests and majors requiring placement tests can be found on newstudents.uiowa.edu.

Students who have taken American Sign Language (ASL) in high school and would like to continue in the ASL program need to complete a placement test. The interview/placement test takes on hour and is offered by appointment only. Contact Bob Vizzini at ASL-Program@uiowa.edu to request a placement exam.

5:15-7:30PM  TECHNOLOGY AT IOWA
Iowa Theater, 1st floor, IMU

Technology on campus is an integral part of the Iowa experience. During this information session, experts from Information Technology Services will answer your questions and explain how students can get the most out of technology resources on campus. Topics include: Available software (like FREE Microsoft Office!), internet options across campus, securing your accounts and data, how to get help with your devices, and much more.

* This session will be repeated for families tomorrow during Interest Sessions #1 and #2

5:15-6:00PM  CENTER FOR DIVERSITY & ENRICHMENT
Welcome & Information Session
Main Lounge, 1st floor, IMU

CDE provides a welcoming and inclusive environment for all students. Our services focus on students with marginalized identities and we offer opportunities for engagement through individualized academic and personal support, programming, mentoring, and scholarship administration. CDE services and programming enrich the campus experience of racially and ethnically diverse students, veterans and their dependents, first generation college students, students who identify as members of the LGBTQ community, students with disabilities, and low-income students. This session also will provide information about resources and opportunities available through Multicultural and International Student Support and Engagement. **Advantage Iowa Scholars are required to attend this session.**

5:15-6:15PM  VETERANS AND MILITARY-AFFILIATED INFORMATION SESSION
Iowa Theater, 1st floor, IMU

Learn about educational benefits and support services offered by UI Military and Veteran Student Services. We will discuss how to become involved in the student Veterans Association, as well as campus and community resources for veterans, dependents, and their family members. Students receiving GI Bill education benefits will be able to meet with GI Bill Certifying Officials. **This session is required for students receiving military/Veteran Education benefits.**

5:15-6:15PM  DINNER AT CATLETT MARKET PLACE
Catlett Residence Hall

Join us for dinner in Catlett Market Place! Orientation Services will provide free dinner for students. Parents and families are welcome to purchase dinner ($10.50) and join their student. Children under 4 years of age are free of charge. Food service ends at 6:15PM, the Market Place will close at 6:45PM. **Please note:** Catlett Market Place only accepts credit/debit cards as payment.

5:15-7:30PM  DEFINING OPPORTUNITY:
FRATERNITY & SORORITY LIFE AT IOWA
Main Lounge, 1st floor, IMU

The fraternity and sorority experience can be one of the most exciting and beneficial opportunities for students at the University of Iowa. Fraternity & Sorority Life provides many ways to become involved in activities that will help students build friendships, find a home away from home, and enhance their personal development. Come find out how students can join this exciting community!

* This session will be repeated for families tomorrow during Interest Session #3
## Day Two

You will have many opportunities today to learn more about the college experience and what Iowa has to offer. Your student will be busy in the morning and early afternoon with academic advising and registration.

### 7:00-7:45AM  RESIDENCE HALL CHECK-OUT  Front Desk, Currier/Stanley Residence Hall

Check-out for students runs from 7:00-7:45AM this morning. Please make arrangements to pick up your student’s belongings during this time.

### 7:45-8:10AM  CONTINENTAL BREAKFAST  Iowa Hawk Shop, Ground floor, IMU

Join us inside the Iowa Hawk Shop for a light breakfast before the day starts. Sponsored by the Iowa Hawk Shop and Hills Bank.

### 8:15-8:45AM  UNIVERSITY HOUSING & DINING: Hawkeyes in the Halls – Year One  Various locations, IMU

This session will introduce you to University Housing & Dining and what to expect during your student’s first year living on campus in the Residence Halls. We’ll share information about upcoming deadlines, room selection, move-in, residence hall policies, meal plans, and other things you can do now to make your student’s first year in the halls successful. Please note which location you should attend based on your student’s small group number listed below:

| GROUPS 1-7: 2nd Floor Ballroom, IMU | GROUPS 8-26: Main Lounge, 1st floor, IMU |

### 9:00-9:35AM  THE COMPETITIVE EDGE:  Main Lounge, 1st floor, IMU

**How you can help your student utilize the Pomerantz Career Center to maximize potential and prepare for professional success**

What does the Career Center do to help students navigate their career paths in today’s global workforce and economy? Learn how you can help your student plan the best career path possible. Understand your role during the first year on campus and in future years as your student works to gain a competitive edge. The sooner students visit the Career Center, the more resources they can take advantage of while at Iowa—waiting until senior year is simply not an option anymore. At this session, find out why your student should visit us early and often!

### 9:00-9:35AM  ENGINEER YOUR CAREER:  Iowa Theater, 1st floor, IMU

**How you can help your Engineering student prepare for professional success**

Engineering is a challenging and rewarding career that allows students to use their creativity, work with people, solve problems, and make a difference in the world. Though there is great demand for engineers, students need to seek out experiences early on to build their skills and differentiate themselves to remain competitive in a global economy. Learn about careers in engineering and the resources available through Engineering Professional Development to help students make connections and develop life-long professional skills. Discover how you can support your student as they engage in experiences that make them better engineers, problem solvers, and leaders ready to transition into the professional world. *Parents and families of students in Groups 1-3 should plan to attend this session.*

### 9:45-10:25AM  INTEREST SESSION #1

**UNIVERSITY HOUSING & DINING: Family FAQs for Hawkeyes in the Halls**  Iowa Theater, 1st floor, IMU

Your Hawkeye may call home seeking advice for navigating challenges, and we’ll provide you with practical tips to help from afar. We will share insight about the support University Housing & Dining offers and provide information about how you can navigate change with your students. The last half of the session will be open to answer any lingering questions you may have about living and dining on campus.

### 9:45-10:25AM  A DAY IN THE LIFE

Join Orientation Leaders for an informal conversation about life at Iowa.

### 10:30-11:00AM

**TECHNOLOGY AT IOWA**  Room 335, IMU

Technology on campus is an integral part of the Iowa experience. During this information session, experts from Information Technology Services will answer your questions and explain how students can get the most out of technology resources on campus. Topics include: Available software (like FREE Microsoft Office!), internet options across campus, securing your accounts and data, how to get help with your devices, and much more. *This session will be repeated during Interest Session #2*

### 11:05-11:35AM  DOLLARS AND SENSE: Financial Literacy Services & Student Employment  Room 348, IMU

Empower your college student with this informative session about student employment and financial literacy skills. Staff from the UI Office of Student Financial Aid will discuss the many benefits of campus employment, as well as UI financial education resources available to all students. Topics include: Available software (like FREE Microsoft Office!), internet options across campus, securing your accounts and data, how to get help with your devices, and much more. *This session will be repeated during Interest Session #2*

### 11:40-12:10PM  A DAY IN THE LIFE

Join Orientation Leaders for an informal conversation about life at Iowa.

### 12:15-12:45PM  RECREATION PREVIEW & TOUR  Meeting Room 1A/1B, Campus Recreation & Wellness Center

You already know that staying active is important to maintain a healthy lifestyle, but did you know that studies show students who make use of recreation centers and programs earn better grades? And at Iowa, we take recreation (and education) very seriously! Learn about recreation facilities, including the award-winning Campus Recreation and Wellness Center (CRWC), and opportunities like intramurals, sport clubs, group fitness classes, outdoor recreation, and much more. A short presentation will be given followed by time for Q&A and a tour of the CRWC. *Meet Orientation staff at the Welcome Center on the first floor of the IMU to walk to the CRWC for this session. Orientation staff will depart at 9:40AM.*
LETTING GO: Adjusting to Your Student Being at College

Attending orientation signals that many changes are right around the corner for your student, your family, and you. Please join staff from the University Counseling Service in a discussion about this important life transition. This will be a time to address your concerns, and to get support and advice on how to prepare yourself for the changes ahead. Experienced parents and caregivers are welcome—come share your words of wisdom!

TECHNOLOGY AT IOWA

Technology on campus is an integral part of the Iowa experience. During this information session, experts from Information Technology Services will answer your questions and explain how students can get the most out of technology resources on campus. Topics include: Available software (like FREE Microsoft Office!), internet options across campus, securing your accounts and data, how to get help with your devices, and much more.

WHY STUDY ABROAD?

It’s never too early to start thinking about study abroad—even at orientation! Studying abroad can help students gain maturity, independence, a broad worldview, and many practical skills to apply in a global workplace. Financial aid and scholarships are available, especially for students who are planning early. In this session, Study Abroad staff will talk about how your student can make this valuable college experience a reality and the ways that families can support students through the planning process, while abroad and after they return to the US.

* This session will be repeated during Interest Session #3

RECREATION PREVIEW & TOUR

You already know that staying active is important to maintain a healthy lifestyle, but did you know that studies show students who make use of recreation centers and programs earn better grades? And at Iowa, we take recreation (and education) very seriously! Learn about recreation facilities, including the award-winning Campus Recreation and Wellness Center (CRWC), and opportunities like intramurals, sport clubs, group fitness classes, outdoor recreation, and much more. A short presentation will be given followed by time for Q&A and a tour of the CRWC. Meet Orientation staff at the Welcome Center on the first floor of the IMU to walk to the CRWC for this session. Orientation staff will depart at 10:35AM.

WE ALL HAVE MENTAL HEALTH: Lessons & Tips to Help Your Student Have Theirs

Mental health! Mental health!! It is so much in the news these days with worrisome data about anxiety, depression, suicidality, substance abuse, and other student concerns on campus. What really is the truth about mental health at Iowa? What roles can parents and families take once your student comes to campus, whether your student has a history of mental health concerns or not? This informative, interactive, and fun program introduces you to issues of campus mental health and shares information with you about your role as “first line responders” in helping your student stay mentally healthy through their time at Iowa. This program provides you with useful and practical ideas for recognizing when your student is in true distress, how to connect with your student to access the abundance of campus resources, and ideas about keeping open communication when discussing confidential mental health information. Presented by your friends at The University Counseling Service: counseling.uiowa.edu

DEFINING OPPORTUNITY: Fraternity and Sorority Life at Iowa

The fraternity and sorority experience can be one of the most exciting and beneficial opportunities for students at The University of Iowa. Fraternity & Sorority Life provides many ways to become involved in activities that will help students build friendships, find a home away from home, and enhance their personal development. Come find out how students can join this exciting community!

SAFETY ON CAMPUS

New students on campus experience so much change while transitioning into their new stage of life. Mixed in with all the excitement of college life, safety on campus is a common concern shared by both students and families. We hear stories on TV and in the news about incidents that occur on college campuses throughout the United States, but how safe is our college campus in reality? The University of Iowa Department of Public Safety will address issues of safety and crime.

A NEW FAMILY TRADITION: How to Support Your First Generation College Student

What is a first generation college student? At the University of Iowa, a student is considered first generation when neither parent/legal guardian has completed a bachelor’s degree. Come to this session to learn about being a first-generation Hawkeye! You will hear from first-generation student leaders, connect with services and programs for first-generation students, and learn about ways to support your student’s success in college.

WHY STUDY ABROAD?

It’s never too early to start thinking about study abroad—even at orientation! Studying abroad can help students gain maturity, independence, a broad worldview, and practical skills to apply in a global workplace. Financial aid and scholarships are available for study abroad. In this session, Study Abroad staff will talk about the benefits of studying abroad and how your student can make this valuable college experience a reality. They will also discuss the ways that families can support students through the planning process, while abroad and after they return to the US.
12:15-1:30PM IOWA INFORMATION FAIR

The information fair provides an opportunity for you to explore many of the resources and student services that Iowa has to offer. More than 50 University departments and organizations will be represented. You will meet up with your student at the fair.

IOWA INFORMATION FAIR PARTICIPANTS

1. Academic Support & Retention
2. Air Force ROTC
3. Army ROTC
4. Association of Campus Ministries
5. Athletics ticket sales (located on 1st floor)
6. CAMBUS
7. Campus Activities Board (CAB)
8. Center for Diversity & Enrichment
9. Center for Student Involvement & Leadership (CSIL)
10. CIMBA Italy Study Abroad Program
11. College of Liberal Arts & Sciences
12. Dance Marathon
13. Department of Public Safety - UI Police
14. Department of Theatre Arts
15. Domestic Violence Intervention Program
16. Family Weekend
17. Financial Literacy Services
18. Fraternity and Sorority Life
19. Hancher
20. Hawk Shop
21. Hawkeye Caucus
22. Hawkeye Marching Band/University Bands
23. Hawks Nest
24. Hills Bank
25. Homecoming
26. IC Coralville Area Convention and Visitors Bureau
27. Information Technology Services (ITS) Help Desk
28. International Programs/Study Abroad
29. Intramural Sports
30. Iowa Spirit Squads
31. Military & Veteran Student Services
32. Office of Sustainability
33. Parking and Transportation
34. Pick One
35. Pomerantz Career Center
36. Rape Victim Advocacy Program
37. Recreational Services
38. School of Music: Choir
39. Student Employment
40. Student Government
41. Student Health
42. Student Wellness
43. Student Insurance
44. Student Legal Services
45. Tech Connection
46. The Daily Iowan
47. UI Cultural Centers
48. UI DeGowin Blood Center
49. UI Libraries
50. UI Quickcare
51. UI Volunteer Services
52. University Billing/Iowa One Card
53. University Counseling Service
54. University Housing & Dining
55. Women’s Resource & Action Center (WRAC)
56. Women’s Rowing

12:45-2:30PM RESIDENCE HALL AND CULTURAL CENTER TOURS

Catch a ride on the Orientation CAMBUS and stop by the locations listed below for a tour of the residence halls and/cultural centers! Please note, the CAMBUS does not go to Mayflower. Tours will leave each lobby on a rolling basis from 12:45-2:30PM, so feel free to stop by at any time during this period. Please note that the last tour will depart at 2:15PM. Due to construction and summer camps and conferences, we are unable to show specific rooms. Photos and videos of every room type are available online at housing.uiowa.edu.

EAST SIDE RESIDENCE HALLS: Catlett, Currier/Stanley, and Daum.
*Burge Residence Hall is closed for construction. The tour guide will discuss Burge facilities.

WEST SIDE RESIDENCE HALLS: Hillcrest, Petersen, Rienow, and Slater.

MAYFLOWER RESIDENCE HALL TOUR: Stop by Mayflower Hall on your way out of town! There will be parking available in the small metered lot next to Mayflower Hall. Go through the front entrance and meet the tour group in the lobby.

CULTURAL & RESOURCE CENTER TOURS: The four UI Cultural & LGBTQ Resource Centers provide a “Home Away From Home” atmosphere for many students and can be utilized by any UI student or reserved for student organization events. Tours will be available in the African-American Cultural Center, Asian Pacific American Cultural Center, Latino Native American Cultural Center, and the Pride Alliance Center. Drop in anytime between 12:45-2:30PM!

1:00-1:30PM LINK PROGRAM MEETING

This meeting is required for all Iowa LINK program students to review structure and requirements of the program. Families are encouraged to attend.

1:00-3:00PM RECRUITED STUDENT ATHLETE CHECK-OUT MEETING

Student athletes should stop by anytime to review their schedule with their Athletic Academic Coordinator from Student Athlete Academic Services.

1:15-1:45PM STUDENT DISABILITY SERVICES MEETING

Student Disability Services is the office on campus that assists undergraduate students in obtaining academic accommodations in the classroom. Students who had a 504 plan or an IEP in high school or are just interested in how academic accommodations work in college should plan on attending this session. Arranging academic accommodations in college is much different than it was in high school. This session will explore those differences and provide an outline for the process.

1:45-3:30PM HAWKEYE MARCHING BAND AUDITIONS

Students who wish to audition for Hawkeye Marching Band should head to 4306 Voxman Music Building once they have completed orientation. If they haven’t already done so, students should contact Kathy Ford in the Band Office at 319-335-1635 or kathleen-ford@uiowa.edu to schedule an audition. You may also visit uiowa.edu/hmb/ for complete audition information. In addition, a representative from University Bands will be available at the Information Fair.
**Orientation Shuttle**

The Shuttle will be available at the following times:

**DAY 1**
- 5:00-8:00PM (Stops at IMU, Voxman Music Building, & Currier Hall)
- 8:00-11:30PM (Stops at IMU, CRWC, and Currier Hall)

**DAY 2**
- 12:30-3:00PM (Stops at IMU, west side residence halls, Cultural Centers, Voxman Music Building, and Currier Hall)

**Accessing Orientation Materials**

Presentations from the Parent & Family sessions can be found at: [newstudents.uiowa.edu/orientation](http://newstudents.uiowa.edu/orientation)

**Parking**

During orientation, you may park in the IMU Parking Garage, North Campus Parking Garage, Library Lot, or Court Street Parking Garage. If you park in a metered space, you may receive a ticket. Orientation Services is not responsible for paying any tickets. Students received a parking pass a check-in.

*You will need to give a parking pass to the cashier each time you leave the parking garage.*

Additional parking passes for day 2 are available from Orientation Staff at the Welcome Center on the first floor of the IMU.

**Meals**

Lunch and dinner are on your own for the first day of the program. Orientation Services will provide dinner for students in Catlett Market Place between 5:15-6:15pm. Families are welcome to purchase dinner and join their student for $10.50 per person. Children under 4 years of age are free of charge. *Please note: Catlett Market Place only accepts credit/debit cards.* Additional meal options during orientation:

- Street Hawk Food Truck: Located outside the west side of the IMU near the river (weather permitting), the Street Hawk Food Truck is a favorite lunch option for UI students!
- Union Station: Variety of food choices on the ground floor of the IMU. Open 7AM-6PM.
- Downtown Iowa City offers many options just a few blocks away

We will provide a light continental breakfast to families and students in the Iowa Hawk Shop bookstore (located on the ground floor of the IMU) starting at 7:45AM on the morning of day 2.

**Accessing WiFi**

You can access free wifi on campus by connecting to the ATT wifi signal on your smartphone, computer, or tablet.

**Lost and Found**

Lose something? Stop by the Welcome Center or the Iowa House Hotel front desk on the first floor of the IMU.

**Sibling Program**

Younger siblings participating in the Sibling Program can check-in from 7:50-8:15am on day 2 in Room 260, IMU. At least one parent or guardian needs to be present at the Sibling Program check-in to sign a participation waiver.

**Check-in:** 7:50-8:15AM     **Pick-up:** 12:30-12:45PM

The Sibling Program is for younger siblings ages 9-16. Siblings must be pre-registered to participate and the program is limited to 30 participants per program. To check availability in the Sibling Program, visit the Welcome Center on the first floor of the IMU and talk to Orientation staff.

**Residence Halls**

Housing for orientation is in Stanley Hall. Student staff members live on these floors to provide assistance. Students staying in Stanley must return to the building by midnight.

Students should plan to checkout of Stanley with all of their belongings by 7:45AM on day 2 of the program.

**PLEASE NOTE:** Desk staff in Currier/Stanley is unable to provide families and guests with room numbers for students staying in the residence halls. Please communicate directly with your student regarding their room number in Stanley. *Overnight accommodations are for students only.*

**Please do not attempt to visit your assigned room for fall.** Many residence halls are unavailable to the public because they are being used by summer camps or are under construction during the summer months. If you would like details about your assigned residence hall room, we encourage you to take one of the residence hall tours offered on day 2 or visit [housing.uiowa.edu](http://housing.uiowa.edu) to see photos and videos of every room type.

**Parent & Family Program Evaluation**

Parents, families, and guests: Please fill out an evaluation of your orientation experience once you have completed the program! [tinyurl.com/y4a3q9tw](http://tinyurl.com/y4a3q9tw).
Disclosure Policy

University of Iowa Policy on Disclosing Student Record Information to Parents and Family 2019-20 Academic Year

A healthy student-family relationship is important to the student’s complete educational development. College students are more likely to succeed academically if they communicate regularly with family and if family members provide timely guidance as they follow the student’s progress. Communication is particularly important in those cases where the student encounters academic difficulties or receives sanctions for non-academic infractions.

Federal law and state law regulate the disclosure of college student record information and medical records of persons 18 and older. There are exceptions in the law that the University of Iowa routinely uses to ensure that parents receive the following information:

• ACADEMIC INFORMATION. Final grades, class schedule and other important academic information is made available through MyUI, the university’s online student information system, once a Guest Account is created for you. The student is completely in control of the access granted to your Guest Account. To discuss your student’s concerns with an individual academic advisor or instructor, the student must complete an Academic Record Consent Form in MyUI for the University to disclose or discuss their student record(s).

• BILLING CHARGES. Access to your student’s University Bill (U-bill) is also available via the guest account. So that you can discuss your student’s U-bill with the University Billing Office, your student can invite you to have Guest access to view the U-bill online through MyUI.

• HEALTH EMERGENCIES. If a student is taken to the hospital following an incident regarding a severe mental health concern, they will be contacted by an appropriate staff member to meet and discuss the concerns and University resources.

• ALCOHOL & DRUG SANCTIONS. Parents are notified in writing by the Office of Student Accountability of violations of the alcohol and drug policy that occur both on and off campus (specifically within Johnson County, the county in which Iowa City is located).

Medical records of persons 18 and older are strictly confidential and not accessible by central administration. After a student undergoes medical care or receives psychological counseling, the health records are maintained by the service provider in medical files separate from the student’s academic records. If your student has special medical or counseling needs (including substance abuse counseling), and if you wish to access information surrounding these visits, the University recommends that you verify their attendance by asking your student to sign a release of information waiver when the student meets with the University physician or counselor. In the event of a health emergency, hospital staff may contact a student’s parents.

In conversation with the student, family members may learn of events that took place outside of the residence halls and outside of the classroom. Family interested in obtaining information about police arrests, disciplinary actions, or other non-medical information are encouraged to have their student contact the Office of Student Accountability to fill out a non-academic release of information form. For up-to-date information about criminal charges, the best resource for current information is the State of Iowa Courts Online Search website at https://www.iowacourts.state.ia.us. When an information release form signed by the student has been received by the Office of Student Accountability following an incident, information on file in the Office of Student Accountability will be disclosed in a timely manner to all individuals named in the release.

Except for final grade records, which are centralized in the Office of the Registrar, information about a student’s status in a course is maintained by the course instructor. Consistent with federal and state law, course instructors do not release information to persons outside of the university, including parents. Even when a student is not yet 18, federal and state law requires online permission or a written information release form signed by the student to disclose collegiate academic records. A decision by your student to grant you permission to view the information presented on the MyUI guest access screens does not authorize the University to disclose information not posted on the MyUI screen. If you have questions about the University records policy as it relates to familial notification, contact the Office of Student Accountability, 203 IMU (319-335-1527); or dos-accountability@uiowa.edu.
Fine Policy

The Residence Hall Fine Policy for Alcohol Violations and Illegal Drug Violations

The following description summarizes the University Housing & Dining procedure for assessing fines for Residence Hall Alcohol and Drug Policy violations. Monetary fines are issued in addition to standard disciplinary sanctions such as a disciplinary warning or probationary status. The amount of the fine ranges from $100 to $500 depending upon the circumstances of the policy violation. The current fine policy is reflected below:

- For a resident found in possession of a small quantity of alcohol or empty alcohol containers, on the first offense the fine is typically $200 if they are not hosting a gathering of residents in their room. Residents are subject to a $500 fine based on possession or consumption of liquor or number of participants. Administrative fines may not be imposed in those cases where a resident is cited by police in the residence halls for alcohol and fined through the courts.

- Discipline is progressive in nature, so a resident who receives a fine on a first offense for alcohol runs the risk of being evicted for a second offense.

- For a resident found consuming a small amount of alcohol in the residence halls, the fine on the first offense is typically $200 for beer and $300 for liquor if they are not hosting a gathering of residents in their room.

- For a resident found hosting a gathering of residents in their room with any amount of alcohol present, the fine is typically $300 for the first offense.

- A resident found in the presence of alcohol may be subject to a $100 fine. The resident can take a bystander intervention course in order to waive the fine.

- Any second offense of alcohol possession, consumption, or hosting a gathering of residents typically results in a $500 fine if the student is permitted to remain in University Housing. Depending upon the circumstances of the violation, the resident could be evicted from the residence halls for the second violation.

- Residents may be evicted from housing if (a) found in possession of a large quantity of alcohol on the first offense, (b) found to have hosted a large gathering of residents in their room on the first or second offense; or (c) found in possession of any alcohol on the second or third offense.

- Residents cited for possession of illegal drugs in the residence halls that are allowed to remain in the halls are subject to a $500 fine for possession of drugs or a $300 fine for possession of drug paraphernalia. Residents may be evicted.

In addition to fines, the resident will be required to complete a mandatory alcohol/drug education program. A parental notification letter will be emailed to the parent’s address after the alcohol/drug sanction is imposed.

If you have questions about the fine policy for alcohol or drug violations, contact University Housing & Dining, Office of Student Accountability, at 319-335-1527, or the Office of the Dean of Students at 319-335-1162.
HOW TO Create a HawkID for Guest Account Access

1. Invited guests will receive an email after a student initiates the Guest Account invitation on MyUI. If you are a current U of Iowa student or employee, your student should invite you using your U of Iowa email address -- firstname-lastname@uiowa.edu. If you need further assistance, please contact the ITS Help Desk: its-helpdesk@uiowa.edu or 319-384-4357

2. Click on the hyperlink in the email to complete the HawkID set-up process.

3. Complete this form and click the green “Create your HawkID” button.

4. Your HawkID and University ID will be displayed when you have successfully completed the HawkID creation process.

5. You will also receive a confirmation email, providing you with your HawkID and University ID. Please save this email for future reference.

6. Navigate to myui.uiowa.edu and login, using your newly assigned HawkID, to access your student’s information.

PRO TIPS for MyUI Guest Account Access

Communicate with your student to ensure they know your preferred email address to receive Guest Account communication.

If you already have a Guest Account for another University of Iowa student, please ask your incoming student to invite you using the SAME email address that you use for your existing Guest Account.

If you work at the University of Iowa, please ask your student to invite you using your @uiowa.edu email address.

Please save the University ID # assigned to you in a safe place because you will use this number if you need to reset your password in the future.

Please understand that all access rights and privileges are assigned by your student; however, your student cannot assist in resetting your password.

Please monitor your email for the Guest Account invitation and complete the invitation process promptly because the invite does expire.
The University of Iowa

Orientation 2019

STUDENT AGENDA
Welcome, New Hawkeyes!

The University of Iowa, Division of Student Life, and the Office of the Dean of Students are thrilled to have you on campus for orientation – I know you will love being a member of the amazing UI family. This week you will take the first of many steps on the remarkable journey ahead of you. I want to assure you that you have a strong group of cheerleaders, supporters, mentors, and advisors here to help you make the most of your time.

During orientation, you will have the opportunity to learn more about strategies for adjusting to college successfully, getting involved on campus, and making good choices. These sessions provide practical and valuable information on our policies and the many programs and services we have in place to promote a healthy environment, supportive of student success. I encourage you to attend these sessions.

The IOWA Challenge, a set of expectations for UI students, provides a clear path to student success at Iowa, encouraging students to EXCEL, STRETCH, ENGAGE, CHOOSE, and SERVE. The Challenge encourages students to choose wisely and make decisions of which they, their families, and their institution can be proud. I am confident in your ability to meet the Challenge and we will do all we can to support you in doing so.

We hope you will embrace the IOWA Challenge and

- EXCEL academically
- STRETCH yourself and try something new
- ENGAGE on campus and in the community
- CHOOSE to make decisions that will elevate you and your future
- SERVE the campus and community

As you CHOOSE your path, we don't want high-risk behaviors to spoil your orientation experience or to jeopardize the considerable investment you are about to make in your education. We are committed to helping all students be successful at the University of Iowa. During orientation, you will learn about bystander intervention, which is one of the ways we are working to ensure safety on campus. We all have a role in campus safety – we are counting on you to play an active part.

I believe it is important to clearly communicate the expectations the University of Iowa has of its students. Please know that as a member of this community there is a standard of behavior to which you are held.

- Hawkeyes are expected to obey federal, state, and local laws.
- Hawkeyes are expected to obey the Code of Student Life. This means policy violators will be immediately removed from orientation, may be placed on Disciplinary Probation, and may be prohibited from living on-campus.
- The University of Iowa does not tolerate sexual misconduct in any form, including sexual assault, sexual harassment, and any nonconsensual sexual conduct. Sexual misconduct violates university policy and all complaints are taken seriously, investigated thoroughly, and adjudicated promptly.
- Most victims of sexual assault are attacked by someone they know. Consent must clearly be given at every step during sexual activity. It is never okay to take advantage of someone who is drunk, high, sleeping, or passed out. There are confidential resources available to assist students who experience unwanted sexual behavior, including the Rape Victim Advocacy Program (RVAP), the Women's Resource and Action Center (WRAC), University Counseling Service (UCS) and the Office of the Ombudsperson.

In addition, The University of Iowa participates collaboratively with the city of Iowa City in the Partnership for Alcohol Safety, a campus-community coalition. We support local police efforts to strictly enforce the minimum legal drinking age of 21. Through outreach, we are working to reduce the impact of high-risk behaviors, as students who drink too much can hurt themselves and other students.

College is an amazing time of your life – I hope that you will kick-start the experience by familiarizing yourself with Iowa’s policies and behaving responsibly. We belong to each other and have a responsibility to keep ourselves and our fellow Hawkeyes safe.

Thank you for choosing to be a part of this amazing community!

On Iowa!

Dr. Melissa Shivers
Vice President for Student Life
**Day One**

**BEFORE THE WELCOME:**

- **Honors Program meeting:** 10:45-11:30AM, Main Lounge, 1st floor, IMU
  Honors Program staff and Ambassadors will present an overview of the program. This session is required for students who have accepted their invitation to join the Honors Program. Families are encouraged to attend.

- **Recruited Student Athlete meeting:** 11:30AM-12:00PM, Room 346, IMU
  Student Athlete Academic Services staff will review NCAA, Big Ten, and institutional policies regarding enrollment. Required for Recruited Student Athletes. Families are encouraged to attend.

- **Take a campus tour:** Meet Orientation staff in Hubbard Commons, 1st floor, IMU Last tour leaves at 12:00pm

- **Check out the Iowa Hawk Shop, the official University of Iowa bookstore:** Ground floor, IMU

- **Visit Hills Bank to learn about banking options for students:** Ground floor, IMU

- **Eat lunch:**
  - Street Hawk Food Truck: Located on the west side of the IMU near the river (weather permitting); the food truck is one of the most popular lunch options for students.
  - Union Station: Variety of food choices on the ground floor of the IMU
  - Downtown Iowa City offers many options just a few blocks away

**PLEASE NOTE:** Participation in the entire program, both days, is required for students to register for classes.

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:45-2:00PM</td>
<td><strong>WELCOME TO THE UNIVERSITY &amp; GETTING STARTED</strong> MacBride Auditorium, MacBride Hall</td>
</tr>
<tr>
<td>2:00-2:40PM</td>
<td><strong>INTRODUCTION TO ACADEMICS &amp; ADVISING</strong> Various locations, IMU</td>
</tr>
<tr>
<td>2:40-5:00PM</td>
<td><strong>SMALL GROUPS: Advising and Course Selection</strong> Various locations</td>
</tr>
<tr>
<td>5:15-6:00PM</td>
<td><strong>CENTER FOR DIVERSITY &amp; ENRICHMENT</strong> Welcome &amp; Information Session Main Lounge, 1st floor, IMU</td>
</tr>
<tr>
<td>5:15-5:45PM</td>
<td><strong>VETERANS AND MILITARY-AFFILIATED INFORMATION SESSION</strong> Iowa Theater, 1st floor, IMU</td>
</tr>
<tr>
<td>5:15-7:30PM</td>
<td><strong>PLACEMENT TESTS</strong> Room 260, IMU</td>
</tr>
</tbody>
</table>

Students need to complete all placement tests prior to registration on Day 2. Students who took Japanese, Greek, Latin or Russian in high school who plan to continue in the language, need to take a proctored placement test. **You must start these tests by 6:30pm.** You may also use this space to take online tests for math, chemistry, Spanish, German, French, or Chinese, or to complete the Getting Started and Plan stage of Success at Iowa. Tests can be accessed through your Admission Profile on MyUI. Descriptions of tests and majors requiring placement tests can be found on newstudents.uiowa.edu.

Students who have taken American Sign Language (ASL) in high school and would like to continue in the ASL program need to complete a placement test. The interview/placement test takes on hour and is offered by appointment only. Contact Bob Vizzini at ASL-Program@uiowa.edu to request a placement exam.
### Day One

**5:15-6:15PM**  
**DINNER AT CATLETT MARKET PLACE**  
Catlett Residence Hall  
Students can enjoy free dinner in Catlett Market Place! Join Orientation staff at the IMU Welcome Center to walk to Catlett at 5:15, 5:45, or 6:00PM - or feel free to stop in any time before food service ends at 6:15PM. The Market Place will close at 6:45PM. Be sure to wear your Orientation nametag! Parents and families are welcome to purchase dinner and join their student. **Please note: Catlett Market Place only accepts credit/debit cards as payment.**

**5:30-8:00PM**  
**CHECK-IN AT CURRIER/STANLEY RESIDENCE HALL**  
Currier/Stanley Residence Hall  
Overnight accommodations for students are in Stanley Hall. Students will check-in at the Currier/Stanley Hall front desk any time after 5:30PM. Roommates are assigned at check-in and each will be given a key that will need to be returned at check-out. Students must return to the building by midnight because the front doors will lock at that time. Students should share their room number with families and guests as front desk staff are not permitted to give out this information.

**6:30-7:00PM**  
**TECHNOLOGY AT IOWA**  
Iowa Theater, 1st floor, IMU  
Technology on campus is an integral part of the Iowa experience. During this information session, experts from Information Technology Services will answer your questions and explain how students can get the most out of technology resources on campus. Topics include: Available software (like FREE Microsoft Office!), internet options across campus, securing your accounts and data, how to get help with your devices, and much more.

*This session will be repeated for families tomorrow during Interest Sessions #1 and #2*

**7:00-7:30PM**  
**DEFINING OPPORTUNITY: FRATERNITY & SORORITY LIFE AT IOWA**  
Main Lounge, 1st floor, IMU  
The fraternity and sorority experience can be one of the most exciting and beneficial opportunities for students at the University of Iowa. Fraternity & Sorority Life provides many ways to become involved in activities that will help students build friendships, find a home away from home, and enhance their personal development. Come find out how students can join this exciting community!

*This session will be repeated for families tomorrow during Interest Session #3*

**8:00-11:00PM**  
**LATE NIGHT IN THE RESIDENCE HALLS**  
Stanley Ecklund Lounge  
During the year, the Campus Activities Board hosts late night programs in Currier, Petersen, and Mayflower every Thursday night. Stop by the Stanley Hall Ecklund Lounge anytime from 8:00-11:00pm to meet other new students, and get a preview of what these events are like!

**8:00-11:00PM**  
**LATE NIGHT AT THE CRWC**  
Campus Recreation and Wellness Center  
Find out why the CRWC is one of the top collegiate recreation facilities in the country! Shoot some hoops, play some volleyball, or just get a workout in on top notch fitness machines and weightlifting equipment. Bring your swimsuit along to splash around in the Rec Pool which includes a current channel, hot tub, bouldering wall, and a basketball hoop. And if you’re feeling adventurous, try out the 52 1/2 foot climbing wall! **Pizza will be provided!** There will be an Orientation CAMBUS shuttle with stops at Currier/ Stanley Hall, the IMU, and CRWC from 8:00-11:30pm.

**9:30-10:15PM**  
**LATE NIGHT FACTS & FOLKLORE TOUR**  
Meet at Currier/Stanley front desk  
Join Orientation Leaders for a walking tour of the East side of campus and learn about the legends, folklore, history, and traditions of your new home! Meet at the front desk of Currier/ Stanley Halls: The tour will depart at 9:35PM.

### Day Two

**7:00-7:45AM**  
**RESIDENCE HALL CHECK-OUT**  
Front Desk, Currier/Stanley Residence Hall  
Check-out runs from 7:00-7:45AM this morning. Be sure to take your materials out of the room and return your key to the front desk.

**7:45-8:10AM**  
**CONTINENTAL BREAKFAST**  
Iowa Hawk Shop, Ground Floor, IMU  
Join us inside the Iowa Hawk Shop for a light breakfast before the day starts. Sponsored by the Iowa Hawk Shop and Hills Bank.

**8:15-8:45AM**  
**UNIVERSITY HOUSING & DINING: HAWKEYES IN THE HALLS – YEAR ONE**  
Various locations, IMU  
This session will introduce you to University Housing & Dining and what to expect during your first year living on campus in the Residence Halls. We’ll share information about upcoming deadlines, room selection, move-in, residence hall policies, meal plans, and things you can do now to make your first year in the halls successful! Please note which location you should attend based on your small group number listed below:

- **GROUPS 1-7:** 2nd Floor Ballroom, IMU
- **GROUPS 8-26:** Main Lounge, 1st floor, IMU

**8:45AM-12:30PM**  
**SMALL GROUPS:**  
Advising, Registration, and Student Life at Iowa  
Various locations  
In your small groups, you will meet with your academic advisor, finalize your schedule, and register for classes. Orientation Leaders will introduce you to student life at Iowa and the Iowa Challenge, including connecting to campus and community resources, choosing a healthy lifestyle, and getting involved on campus. You will learn about next steps for becoming a Hawkeye and return to the IMU with your group to attend the Information Fair and meet up with families and guests.
12:15-1:30PM  IOWA INFORMATION FAIR  2nd Floor Ballroom, IMU
The information fair provides an opportunity for you to explore many resources and student services that Iowa has to offer. More than 50 University departments and organizations will be represented. You will meet up with your family members at the fair.

IOWA INFORMATION FAIR PARTICIPANTS

1. Academic Support & Retention
2. Air Force ROTC
3. Army ROTC
4. Association of Campus Ministries
5. Athletics ticket sales (located on 1st floor)
6. CAMBUS
7. Campus Activities Board (CAB)
8. Center for Diversity & Enrichment
9. Center for Student Involvement & Leadership (CSIL)
10. CIMBA Italy Study Abroad Program
11. College of Liberal Arts & Sciences
12. Dance Marathon
13. Department of Public Safety - UI Police
14. Department of Theatre Arts Intervention Program
15. Domestic Violence Family Weekend
16. Financial Literacy Services Fraternity and Sorority Life
17. Hancher
18. Hawk Shop
19. Hawkeye Caucus
20. Hawkeye Marching Band/ University Bands
21. Hawks Nest
22. Hills Bank
23. Homecoming
24. IC Coralville Area Convention and Visitors Bureau
25. Information Technology Services (ITS) Help Desk
26. ICMBE/ ITI
27. Iowa Business/ Commerce
28. International Programs/ Study Abroad
29. Intramural Sports
30. Iowa Spirit Squads
31. Military & Veteran Student Services
32. Office of Sustainability
33. Parking and Transportation
34. Pick One
35. Pomerantz Career Center
36. Rape Victim Advocacy Program
37. Recreational Services
38. School of Music: Choir
39. Student Employment
40. Student Government
41. Student Health
42. Student Wellness
43. Student Insurance
44. Student Legal Services
45. Tech Connection
46. The Daily Iowan
47. UI Cultural Centers
48. UI DeGowin Blood Center
49. UI Libraries
50. UI Quickcare
51. UI Volunteer Services
52. University Billing/ Iowa One Card
53. University Counseling Service
54. University Housing & Dining
55. Women’s Resource & Action Center (WRAC)
56. Women’s Rowing

12:45-2:30PM  RESIDENCE HALL AND CULTURAL & RESOURCE CENTER TOURS
Catch a ride on the Orientation CAMBUS and stop by the locations listed below for a tour of the residence halls and/or Cultural & Resource Centers! Please note, the CAMBUS does not go to Mayflower. Tours will leave each lobby on a rolling basis from 12:45-2:30PM, so feel free to stop by at any time during this period. Please note that the last tour will depart at 2:15pm. Due to construction and summer camps and conferences, we are unable to show specific rooms. Photos and videos of every room type are available online at housing.uiowa.edu.

EAST SIDE RESIDENCE HALLS: Catlett, Currier/Stanley, and Daum.
*Burke Residence Hall is closed for construction. The tour guide will discuss Burge facilities.

WEST SIDE RESIDENCE HALLS: Hillcrest, Petersen, Rienow, and Slater.

MAYFLOWER RESIDENCE HALL TOUR: Stop by Mayflower Hall on your way out of town! There will be parking available in the small metered lot next to Mayflower Hall. Go through the front entrance and meet the tour group in the lobby.

CULTURAL & RESOURCE CENTER TOURS: The four UI Cultural & LGBTQ Resource Centers provide a “Home Away From Home” atmosphere for many students and can be utilized by any UI student or reserved for student organization events. Tours will be available in the African-American Cultural Center, Asian Pacific American Cultural Center, Latino Native American Cultural Center, and the Pride Alliance Center. Drop in anytime between 12:45-2:30pm!

1:00-1:30PM  LINK PROGRAM MEETING  Room 337, IMU
This meeting is required for all Iowa LINK program students to review structure and requirements of the program. Families are encouraged to attend.

1:00-3:00PM  RECRUITED STUDENT ATHLETE CHECK-OUT MEETING  ITC, 3rd floor, IMU
Student athletes should stop by anytime to review their schedule with their Athletic Academic Coordinator from Student Athlete Academic Services.

1:15-1:45PM  STUDENT DISABILITY SERVICES MEETING  Room 335, IMU
Student Disability Services is the office on campus that assists undergraduate students in obtaining academic accommodations in the classroom. Students who had a 504 plan or an IEP in high school or are just interested in how academic accommodations work in college should plan on attending this session. Arranging academic accommodations in college is much different than it was in high school. This session will explore those differences and provide an outline for the process.

1:45-3:30PM  HAWKEYE MARCHING BAND AUDITIONS  4306 Voxman Music Building
Once you have completed Orientation, head to 4306 Voxman Music Building to audition for the Hawkeye Marching Band. If you haven’t already done so, please contact Kathy Ford in the Band Office at 319-335-1635 or kathleen-ford@uiowa.edu to schedule an audition. You may also visit uiowa.edu/hmb/ for complete audition information. In addition, a representative from University Bands will be available at the Information Fair to answer any questions you have regarding Hawkeye Marching Band, Iowa Pep Band, or any of our large band ensembles.
Excelling academically requires focusing on behaviors and impacts all aspects of your life as a student. To set yourself up for success as early as possible, take some time to reflect on what you did in high school in each area, then set some goals for when you come to Iowa. Remember, there are lots of resources and people at Iowa to help you reach your academic goals!

**Health & Wellness**

**SLEEP:**
In high school, I averaged ____ hours of sleep per night. In college, I think I will average ____ hours of sleep per night. To reach my sleep goals, I will:

**EXERCISE:**
In high school, I averaged ____ hours of exercise per week. In college, I think I will average ____ hours of exercise per week. To reach my exercise goals, I will:

**Managing Homesickness**

**COMMUNICATION WITH FAMILY:**
In high school, I talked with my family member(s) ____ times per day. In college, I think I will talk with my family member(s) ____ times per _________ . To reach my communication goal, I will:

**BUILDING PEER CONNECTIONS:**
To help make friends and build peer connections, I will:

One community or group I want to join in college is:

**Involvement & Time Management**

**WORKING IN COLLEGE:**
In high school, I worked ____ hours per week.
In college, I think I will work ____ hours per week.
To reach my work hours goal, I will:

**GETTING INVOLVED:**
In high school, I was involved with:
In college, I think I will get involved with:
To reach my involvement goal, I will:

**Academic Success**

**ACADEMIC EXPECTATIONS:**
When I had trouble in a course in high school, I used the following strategies to get back on track:

One way I think college classes will be different from high school classes is:

**PLAN FOR SUCCESS:**
When thinking about my academics at Iowa, I define success as:

Three strategies I will use during my first semester at Iowa to work toward being a successful student are:
1. 
2. 
3.
Choices...

Choosing to not drink is the most effective way to prevent negative consequences. Thousands and thousands of Hawkeyes make this choice, and that number has continued to grow. Not drinking can help maximize success, because...

• alcohol impairs memory, focus, and attention even days after drinking. Limiting substance use can boost homework and studying efficiency and help retain information from class better.
• alcohol interferes with regular sleep cycles, so even if someone sleeps a full night after drinking, they could not actually feel refreshed in the morning. Ensure restful nights in order to make the most of your days.
• alcohol reduces the production of growth hormones to build and repair muscle. Get the most value from your time working out.

If you choose to drink, consider trying the following strategies to help lower the risk of negative consequences:

• Pace drinks to 1 or fewer per hour, and alternate with non-alcoholic drinks
• Determine in advance not to exceed a set number of drinks
• Eat before/while drinking

Concerned about substance use? We’re here for you. For more information or to make an appointment: studentwellness.uiowa.edu/appointments. We also have free appointments for students on nutrition, fitness, stress management, sleep, and e-cigarette/tobacco use.

In recovery? We have your back. Learn more about the Collegiate Recovery Program: vp.studentlife.uiowa.edu/priorities/alcohol-harm-reduction/recovery

Consent is...

<table>
<thead>
<tr>
<th>Active</th>
<th>Based on equal power</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ask and wait for an enthusiastic, sober, and clear yes.</td>
<td>Someone who is in a vulnerable position cannot give consent.</td>
</tr>
<tr>
<td>How would you ask?</td>
<td>What is an example of unequal power?</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>A choice</th>
<th>A process</th>
</tr>
</thead>
<tbody>
<tr>
<td>If someone feels pressured, they cannot give consent.</td>
<td>Consent is ongoing and progressive.</td>
</tr>
<tr>
<td>How might you ensure someone feels safe to say yes?</td>
<td>What is an example of a way you can check in?</td>
</tr>
</tbody>
</table>

Consider...

• What are you hoping to accomplish as a Hawkeye? What experiences and choices will support your goals? What situations may create barriers to your success?
• What role will your family play in your college experience? How will you communicate, how often, and what are you willing to share? What does your family expect?

Contact the Office of the Dean of Students (319-335-1162, dos.uiowa.edu) for support for your experience, now or in the future.
NEXT STEPS TO GET INVOLVED ON CAMPUS:

• Participate in On Iowa!  oniowa.uiowa.edu
• Visit FAIR DAYS!  csil.uiowa.edu/events/fairday
• Register for Fraternity & Sorority Recruitment or Meet the Greeks  fsl.uiowa.edu/join
• Join an intramural sport team or sports club  recserv.uiowa.edu/programs
• Participate in your Living Learning Community  housing.uiowa.edu/living-learning-communities
• Find a campus job using HireaHawk  careers.uiowa.edu/hireahawk

PICK ONE!  encourages all students to get involved in one meaningful out-of-class activity during their first semester. It helps you connect to campus, build friendships, develop teamwork and leadership skills, build strong resumes, and have FUN!

The nine PICK ONE! categories include:

• Academic/Honors Opportunities
• Campus Employment
• Fraternities and Sororities
• Intramurals and Sport Clubs
• Leadership
• Multicultural Activities
• Performing Arts
• Student Organizations
• Volunteering

Learn more by visiting: pickone.uiowa.edu

THINGS TO CONSIDER BEFORE GETTING INVOLVED ON CAMPUS:

• What campus involvement experiences interest me?

• How could I get involved in ways that connect to my major?

• What have I always wanted to try?

• What are my next steps toward getting involved at Iowa?
As a University of Iowa student, you become part of the Hawkeye family – students and alumni transformed by their experiences at Iowa. The University asks you to follow their example and rise to the challenge of these five expectations:

**EXCEL**

Academic excellence means setting and meeting high standards for yourself as a student. Faculty, staff, and other students will ask you to work hard and push yourself intellectually. We expect a lot of you; you should expect only the best from yourself and the University.

**STRETCH**

At Iowa, you will find a diversity of people, ideas, opportunities, and experiences. That diversity is one of the benefits of being an Iowa student. Step away from the familiar, try new ideas, experience new cultures, and learn from people different from yourself.

**ENGAGE**

You will be a more successful student and enjoy yourself more if you spend your time and energy on activities that matter. The University of Iowa offers almost limitless opportunities and the resources to help you become a leader in and out of the classroom. Take advantage of them.

**CHOOSE**

Every day you make decisions that affect your education and your future. Take your choices seriously and use your freedom wisely. Your Iowa education is what you make it. Make it something you and your university can be proud of.

**SERVE**

As an Iowa student, you are a member of many communities, on and off the campus. You have the opportunity and responsibility to be a good neighbor and citizen and to serve the community. Make your community a great place to live.
1. Navigate to MyUI.uiowa.edu
2. Login to your MyUI account using your HawkID and password
3. Click on Student Information at the top of the page
4. Scroll down to the MyUI section and click on My Guest Accounts
5. Review existing Guest Accounts, if any.
   If Guest User(s) appear, review their access rights and modify, as needed.
6. To add a new Guest User, that does NOT already appear in the list, click on the green button shown below:
7. Provide the Guest User’s email address, (please use their @uiowa email address if they have one) and assign Access Rights.
8. Click Send Invitation.
   This will send an email to the address you provided above to notify your Guest to setup their HawkID. When your Guest User(s) have completed the HawkID setup process, you can view and modify access to your account on the My Guest Accounts screen.

Submit Immunization Records
The UI requires documentation of (2) Measles, Mumps, Rubella (MMR) vaccinations in order for you to be cleared to register for your second semester courses. If you brought an immunization record with you to orientation, you can turn it in to Student Health at the Information Fair (12:15-1:30PM on day 2). If you have NOT sent immunizations to Student Health yet, please follow the submission instructions on the Student Health website: studenthealth.uiowa.edu/info/requirements-and-forms/
Stop at the Student Health table at the information fair to pick up the instructions and ask questions!

Submit final transcripts
Send final transcripts from high school and any college coursework you have completed to the Office of Admissions (319-335-1533) by July.

Financial Aid and Billing
The University Bill (U-Bill) is generated on the first business day of every month and is visible on MyUI. It is your responsibility to ensure its accuracy and payment. Your first bill will be posted on MyUI on August 1. Payment is due by August 28 (Questions? Contact the Billing Office: 319-335-0071).

Set Up Hawk Alert
The Hawk Alert system is used to notify the campus community of an event that is currently occurring on or imminently threatening the UI campus. All students should update their Hawk Alert preferences through MyUI. Text message is the fastest way to receive a Hawk Alert.

Arrange to Purchase or Rent Textbooks
The Iowa Hawk Shop website (hawkshop.com) has information about renting and purchasing textbooks, eBooks, and includes a price comparison tool.

Download the Hawk Tools app
Available on the App Store or Google Play, Hawk Tools is your link to information about the On Iowa! program, as well as many helpful campus resources.
Get your start as a Hawkeye at On Iowa!—a welcome and University community immersion event where all members of the Class of 2023 and new transfer students will:

• Make friends with new and returning students
• Discover Hawkeye traditions and what it means to be a University of Iowa student
• Prepare to excel in your classes
• Explore activities and student organizations
• Commit to The IOWA Challenge!

Please note: Your acceptance fee covers all costs of attending On Iowa! – there is no additional charge. Participation is expected of all first-year (Class of 2023) students during the core program: Friday, August 23–Sunday, August 25.

For more information, check out the On Iowa! program website: oniowa.uiowa.edu

The first day of classes is Monday, August 26.
ABBIE
BETTENDORF, IA
Social Work
ask me about:
Service Opportunities

ABBIE
BURLINGTON, IA
English and Creative Writing & Music
ask me about:
Independent Research

ALLIE
PRINCETON, IA
History & Secondary Education
ask me about:
Dance Marathon

BERIAH
AMES, IA
Nursing
ask me about:
Honors Program and Honors Primetime

BRAD
DES MOINES, IA
Business
ask me about:
Residence Hall Resources

BRIAN
LAKE VIEW, IA
Journalism, Political Science & Pre-Law
ask me about:
Fraternity & Sorority Life

CAL
CEDAR RAPIDS, IA
Communication Studies
ask me about:
Starting as an Open Major

CARTER
CEDAR RAPIDS, IA
Psychology
ask me about:
Being a Resident Assistant

CHYAN
DUBUQUE, IA
Neuroscience & Pre-Pharmacy
ask me about:
Getting Involved in the Arts

COLE
VINTON, IA
Biology & Pre-Medicine
ask me about:
Volunteering at the UIHC

CONNOR
BLOOMFIELD, IA
Human Physiology & Pre-Physician Assistant
ask me about:
Campus Clubs and Intramurals

CONNOR
CEDAR RAPIDS, IA
Political Science & Pre-Law
ask me about:
Student Government

COURTNEY
SIOUX CITY, IA
Social Work
ask me about:
Balancing Work and School

DEVIN
IOWA CITY, IA
Computer Science & Software Engineering
ask me about:
Working Off-Campus

ELIZABETH
STORY CITY, IA
Journalism and Mass Communication & Public Health
ask me about:
Alternative Spring Break

ELIZABETH
BOLINGBROOK, IL
Nursing
ask me about:
Honors Program

EMILY
CEDAR RAPIDS, IA
Communication Studies
ask me about:
Living in Mayflower

ERIKA
GURNEE, IL
Public Health
ask me about:
Fraternity & Sorority Life

GABE
NEWTOWN SQUARE, PA
Biomedical Engineering
ask me about:
Finding a Healthy Balance

GRACE
WAUCONDA, IL
Journalism and Mass Communication
ask me about:
Fraternity & Sorority Life

HALEY
IOWA CITY, IA
Speech and Hearing Science
ask me about:
Supplemental Instruction

HANNA
URBANDALE, IA
Health and Human Physiology
ask me about:
Volunteering on Campus

JAKE
MASON CITY, IA
Electrical Engineering
ask me about:
Residence Hall Associations

JENNA
ESTHERVILLE, IA
Biology & Pre-Medicine
ask me about:
Getting Involved in Research
STUDENT ORIENTATION AGENDA

JOCELYN
WATERLOO, IA
Sociology and Political Science
ask me about:
Registering to Vote

KATIE
GARNER, IA
Public Health
ask me about:
Student Organization Involvement

KAYLA
HUNTINGTON BEACH, CA
Speech and Hearing Science & Psychology
ask me about:
Being from Out of State/Outside the Midwest

KIERSTEN
EMMETSBURG, IA
Health and Human Physiology & Pre-Chiropractic
ask me about:
Adjusting to Campus

LAWRYN
CEDAR RAPIDS, IA
Journalism and Mass Communication
ask me about:
The Daily Iowan

LEXI
SOUTH ST. PAUL, MN
Interdepartmental Studies: Business Studies
ask me about:
Campus Employment

LUCAS
CEDAR FALLS, IA
Communication Studies
ask me about:
Switching Majors

MADDIE
CEDAR FALLS, IA
Psychology
ask me about:
Unified Intramurals

MADHURI
PLANO, TX
Psychology, Political Science & Pre-Law
ask me about:
Cultural Resources on Campus

MARGARET
OAK FOREST, IL
Psychology
ask me about:
Living Off-Campus

NAIA
ROCKWELL CITY, IA
Psychology
ask me about:
Transitioning to the UI from a Small Town

PARKER
DES MOINES, IA
Health and Human Physiology & Pre-Law
ask me about:
Christian Groups on Campus

REGAN
COGGON, IA
Business
ask me about:
Working During First Year on Campus

REILLY
SIoux CITY, IA
Neuroscience & Pre-Podiatry
ask me about:
Getting Around/Campus Transportation

RICHARD
AUCKLAND, NEW ZEALAND
Biochemistry
ask me about:
Being an International Student

TOM
Davenport, IA
Communication Studies
ask me about:
Being an Open Major

VERONA
WEST DES MOINES, IA
Neuroscience & Pre-Medicine
ask me about:
Volunteering at the UIHC

ZACH
WEST DES MOINES, IA
Mathematics, Computer Science, and Statistics
ask me about:
Queer/LGBTQ+ Resources and Involvement

Professional & Graduate Staff

TINA
ARTHUR
Director

CARA
WIEBEL
Associate Director

BRIANNE
SCHWARZ
Associate Director

KATE
GARRETT
Associate Director

SUZETTE
BLANCHARD
Assistant Director

TAYLOR
ULLRICH
Program Coordinator

KELIN
SILBER
Graduate Assistant

JACKSON
KENNEDY
Graduate Assistant

ALEX
THOMPSON
Graduate Assistant

Office Staff

LINDA
FOUNTAIN
Office Manager

LILLIE
OMAHA, NE
Ethics & Public Policy

OLIVIA
AMES, IA
Political Science

Student Exec Team

DEVONTE
CLIVE, IA
Global Health Studies

MOLLY
DECORA, IA
Journalism & Mass Communication, Gender, Women’s & Sexuality Studies

avery
GRINNELL, IA
Political Science & Pre-Law

EMILY
NAPERVILLE, IL
Health & Human Physiology