Welcome to the Panther Family!

As one of the newest members of the Panther Family, I want to let you know that all of us - faculty, staff and students - are dedicated to helping you achieve your goals and have an amazing college experience. We are here to support and learn from one another.

As you enter this exciting new chapter of your life, we are here to help you have a smooth transition and start your journey on a strong foundation. If you have a question and are not sure who to ask or where to go, my team and I are here to help you, both now and in the future.

This booklet is your go-to guide to all things UNI. You will find information and resources that will help you navigate your next steps to be a successful Panther. Reference this booklet as you prepare for your transition and throughout your time on campus.

I challenge you to introduce yourself to another student on your first day of class, to attend an on campus event, and to check out the Cedar Valley community beyond campus. Your journey as a Panther has officially begun!

Ever Loyal,

Joellen Hatchett
Orientation Coordinator, Student Success & Retention
Gilchrist 102 / 319-273-2460
orientation@uni.edu
Panther Welcome

Kick off your first year at UNI with Panther Welcome! This is a program for all new students to meet your classmates, get to know campus, learn about ways to get involved and to just have fun together as a Panther Family! A current student leader, also known as Cat Crew, will help you navigate this first taste of UNI.

Aug. 17-19

WHAT DID THE INCOMING CLASS OF 2021 THINK?
• It’s a fun way to get new students involved! The Organization Fair was especially nice to find clubs you’re interested in.
• I enjoyed finding my classes because I got to explore campus and find where all my classes would be.
• I liked the Panthers Under the Lights event because I liked playing sports with others.
• Maucker Union Live was my favorite because I met so many of my new friends there and had a great time.
• I liked the farmers market at Panthers Downtown because we got to explore the new town we were living in.

The fun continues once classes start, too!

+ success.uni.edu/panther-welcome

WELCOME WEEK
Activities for new and returning students will take place around campus and the community to help show you all the great opportunities available to you.

Aug. 20-28

+ success.uni.edu/welcome-week
Succeeding in College

You’ve probably heard about how exciting college is and perhaps even how it may be challenging at times. At the University of Northern Iowa, we work with you to navigate the tough moments and celebrate the successes. This booklet gives you resources to help you navigate your transition and tools to be a successful Panther.

STUDENT SUCCESS & RETENTION

One important resource during your time at UNI is the Office of Student Success and Retention. If you ever have a question or issue and don’t know who to ask or where to start, you can always reach out to our office. We will either help or connect you to the expert who can. Our goal is to help you achieve your goals and cross the stage at graduation.

Our office in Gilchrist Hall 102 has comfy seating, study tables and free snacks if you’re ever looking for a new hang-out or study spot. You’re always welcome to walk into our office, or you can email success@uni.edu for quick questions or to set up a meeting.

STUDENT SUCCESS & RETENTION

Gilchrist 102
(319) 273-4260

success@uni.edu
success.uni.edu
The Basics

UNI ID CARD
Your UNI ID Card is your official UNI identification. Once you upload your ID photo in your orientation portal, your UNI ID will be ready for you when you come to campus this August. Students living on campus will get their ID at move-in. If you are living off campus, you can pick up your ID at the Housing & Dining Office in Redeker Center in August.

USING YOUR UNI ID CARD ALLOWS ACCESS TO THE FOLLOWING BENEFITS:
• Free entrance to home UNI athletic events
• Charge items to your U-Bill from on-campus dining and the Bookstore
• Use your dining dollars and meal plan
• Check out items from Rod Library
• Access to the Wellness & Recreation Center
• Discounts at some local businesses
• Get into your dorm building if you are living on campus
• Check-in at Panther Welcome events

Carry your UNI ID at all times, and keep it safe. Replacement UNI IDs cost $30.

PARKING ON CAMPUS
Parking on campus requires either the appropriate parking permit or the use of metered spaces by paying the appropriate fee. Permit eligibility is based on if you are living on or off campus.

It is best to order your permit as soon as possible after your orientation session. More information including how to order your parking permit, is in the “After Orientation Tasks” section of your orientation portal. If you are living on campus, you will get your permit at move-in. If you are living off campus, you can pick up your permit in August.

VISITORS PARKING ON CAMPUS
Do you have a friend, family member or guest who is planning to visit you while you live on campus?

Students living on campus are welcome to come to the Public Safety Office to pick up a visitor permit for “C” or “R” parking for their guests. As long as it is for no more than one overnight during the week (M-F) there is currently no charge. Anything more than that would carry a fee.

PUBLIC SAFETY
Gilchrist 30
(319) 273-3179

uni.edu/resources/uni-id-card

publicsafety.uni.edu/parking-division
Diversity, Inclusion & Social Justice

The Office of Diversity, Inclusion & Social Justice strives to promote equity and the inclusion of all members of historically marginalized populations on campus. Keep reading to learn more about each of our offices, or visit us on the plaza level of Maucker Union!

CENTER FOR MULTICULTURAL EDUCATION (CME)
The CME advances inclusion and social justice through advocacy and support of underrepresented and marginalized students, provides diversity education for the community, promotes a safe and welcoming environment, and fosters a sense of belonging and respect for all people and cultures.

MILITARY & VETERAN STUDENT SERVICES (MVSS)
MVSS supports military members, veterans and their families at UNI as they transition between military duty, college and new careers. MVSS is committed to faculty and staff education, on- and off-campus resource networking, advocacy, and listening to ensure that each military-affiliated student’s voice is heard and they are empowered to achieve success in class and beyond.

GENDER & SEXUALITY SERVICES (GSS)
GSS promotes healthy, engaged and successful LGBTQ+ students and allies by providing a safe space, resources and educational opportunities to advocate for an inclusive community.

THRIVE: PEER MENTORING
Thrive Peer Mentoring offers personalized support for first-year and transfer students of underrepresented and marginalized communities. Get connected with a peer mentor by emailing thrive@uni.edu.

CENTER FOR MULTICULTURAL EDUCATION
Maucker Union 109
(319) 273-2250

@cme@uni.edu
@uni_cme
@CenterforMulticulturalEducation
+cme.uni.edu

MILITARY & VETERAN STUDENT SERVICES
Maucker Union 111

@military@uni.edu
+military.uni.edu

GENDER & SEXUALITY SERVICES
Maucker Union 111N
319-273-LGBT (5428)

@lgbt@uni.edu
@UNILGBTQ
@UNIGSS
+lgbt.uni.edu
UNI believes that disability is a naturally occurring aspect of humanity’s diversity and is an integral part of society and at UNI. UNI believes in working collaboratively with students, faculty and staff to provide accessible and equitable opportunities for all students.

Students with disabilities are encouraged to connect with the UNI Student Accessibility Services Office (SAS) to begin the individualized process of determining reasonable accommodations based on the nature of the disability and the academic environment. The student engages in the interactive process by having a conversation with SAS staff which is taken into consideration when making accommodation determinations along with the student’s past accommodations history and supporting documentation related to their disability.

Reasonable accommodations provide equal access to educational programs and activities; they do not lower course standards, provide an unfair advantage, or fundamentally alter program requirements.

WHO IS ELIGIBLE FOR ACCOMMODATIONS?
Any individual with a physical or mental impairment that substantially limits one or more major life activity. Examples include, but are not limited to, learning disabilities (including ADHD), chronic health conditions, mental health conditions (anxiety, depression, PTSD), and physical disabilities.

WHAT ARE ACCOMMODATIONS?
An accommodation is an alteration to the academic environment to ensure students with disabilities have equitable access to course materials, information, activities, programs and campus facilities. Accommodations can include digital textbooks, extended testing time, access to slide presentations and recorded lectures, among many others.

HOW CAN I ACCESS SERVICES?
1. Request accommodations by completing the application at sas.uni.edu/submit-accessibility-request
2. Provide documentation supporting your request with the completed application. Documentation can include a previous IEP or 504 plan; psychoeducational or neuropsychological assessment; relevant medical records; a letter from a current counselor, physician, psychiatrist or psychologist; etc.
3. Schedule an initial meeting to discuss the barriers limiting the student’s academic access and to identify reasonable accommodations.
YOUR ACADEMIC DEGREE
To graduate with a bachelor's degree, you must earn 120-126 credits. Think of these credits like a pie made of three pieces. The first piece is the UNIFI General Education requirements (37 credits). The second piece is your major requirements (33-78 credits). The final piece of the pie is university electives. University electives are credits that do not count towards your major or general education requirements, but are used to help you earn 120 credits. Each student needs a different number of university electives and can choose to use those electives toward a double major, minor, certificate, or courses they are interested in. Your academic advisor can help calculate how many university electives you need and how best to use them.
Office of Academic Advising

The Office of Academic Advising works primarily with first-year students who are exploring majors or are declared in certain majors from the College of Social & Behavioral Sciences and the College of Humanities, Arts & Sciences. About 40% of incoming new students from high school are assigned to an advisor from this office each year.

All UNI students are welcome to talk with an advisor about:

- Meeting degree requirements
- Adjusting your class schedule
- Changing your major or confirming that you already have the best major for you
- Understanding and connecting to campus resources

OFFICE OF ACADEMIC ADVISING
Innovative Teaching & Technology Center 007
(319) 273-3406

Advisors are available to meet with students Monday - Friday, between 8AM-4:30PM

academic-advising@uni.edu
@uniacademicadvis
@UNIAcadAdvis
@UNIAcademicAdvising

WHO IS MY ACADEMIC ADVISOR
You can find who your assigned academic advisor is in your Student Center on MyUNIverse within one week after your orientation session.

CAN I CHANGE MY MAJOR?
It is common for students to change their major; nationally, about 80% of college students change their major at least once. UNI has several resources designed to assist students with this process. Contact the Office of Academic Advising to meet with an advisor.

CAN I CHANGE MY SCHEDULE?
Students can make changes to their class schedule after Orientation and during the first two weeks of each semester. Check the Registrar calendar for deadlines and talk with your advisor before making changes to your schedule to make sure changes will not affect your degree plan.

GPA & ACADEMIC STANDING
To graduate from UNI, you must earn a 2.00 cumulative GPA. As long as you maintain a 2.00 GPA, you will be in Good Academic Standing. If you fall below a 2.00 GPA, your academic standing will change and can have academic and financial aid consequences. The Undergraduate Academic Standing Policy is outlined in the Academic Catalog.

- To earn a 2.00 GPA you must earn Cs or higher in each of your classes. Grades of C- and below will not help you earn a 2.00 GPA.
- Your declared major may have a GPA requirement that is higher than a 2.00.

registrar.uni.edu/calendar
catalog.uni.edu/generalinformation/academicregulations/
Rod Library

Rod Library is located in the heart of campus and is a one-stop place to ask questions. You can find resources, get assistance on assignments, schedule research consultations, and check out items. Ask the library questions at all hours we are open via chat, text, phone or email. Online resources are available 24/7 with e-books, journal articles and databases.

Beyond books, Rod Library provides spaces for studying and creating, more than 100 public computers, and print stations on every floor. Rod Library is a great resource and a space to study. The faculty and staff cannot wait to see you and help you succeed!

- Discover rows and rows of books and areas such as Youth, Special Collections & University Archives, Fine & Performing Arts, and the UNI Museum.
- Imagine and create with items you might not think of, including laptops, phone chargers, umbrellas, art supplies and much more.
- Innovate with the Digital Media Hub (audio-visual equipment, Adobe suite software expertise, virtual reality equipment, and library printing and computer help).
- Connect with The Learning Center (peer mentoring, tutoring, time management tools and study skills) within the library building.
- Explore HNI Corporation Instructional Resources & Technology Services (IRTS) in the education building (teacher education services and resources).

+ uni.libwizard.com/f/discover_rod_library

TUTORING SERVICES

Visit The Learning Center @ Rod Library for help with courses in business, math and science as well as writing and general study skills. Conveniently located on the main floor of Rod Library, tutoring hours are Monday through Thursday 10 am - 10 pm. Tutoring is free for students.

Students are encouraged to go to The Learning Center early in the semester and often in order to stay on top of their academics.

+ tlc.uni.edu

ROD LIBRARY

(319) 273-2838

library@uni.edu
@rodlibrary
@RodLibrary
@rodlibrary
RodLibrary_UNI

+ library.uni.edu

UNI MUSEUM

Rod Library, 1st Floor
(319) 273-2188

uni.museums@uni.edu
@museumuni

+ museum.library.uni.edu
UNI Bookstore

The UNI Bookstore is your on-campus resource for textbooks, course materials, UNI merchandise and more. Our textbook department works with instructors to stock the right new, used, rental and digital books – guaranteed. When you purchase your books through the Bookstore, you’re also investing in your community.

WHEN SHOULD I ORDER MY BOOKS?
When deciding how early to order your books there are a few things to keep in mind.
- Textbook orders are processed in the order in which they are received.
- Used books are first-come, first-serve, so if getting used books is important to you, place your order as early as possible.
- Remember to place your order early enough to ensure delivery by the start of classes.

The UNI Bookstore allows you to charge your textbooks to your U-Bill enabling your scholarships and financial aid to help cover the cost.

WHAT TYPES OF COURSE MATERIALS DOES THE BOOKSTORE OFFER?
- Loose-leaf: A collection of loose pages that are typically three-hole punched and best organized in a binder.
- Access Code: A printed one-time code that gives you access to all online course content and, in some cases, a digital version of the textbook.
- eBook: A digitally rented book that gives you instant access and is good for one semester.
- Course Packets: A custom printed packet for your course that can only be found at the UNI Bookstore (under your instructor as the author).
- Used: A pre-read book that is available for purchase at a reduced price.
- Inclusive Access: Digital course materials available in Blackboard at the lowest available price.

The UNI Bookstore has the largest selection of Panther gear. Show your Panther pride every day and especially on game day or Panther Fridays.
FINANCIAL AID CHECKLIST

It's really never too early or late to discuss, as a family, how you plan to pay for college, which includes tuition, fees, and room and board. Allow the Office of Financial Aid & Scholarships to assist you in navigating the path to paying for college. Here’s a recommended checklist for you to follow.

☐ Complete your FAFSA
The Free Application for Federal Student Aid (FAFSA) is the form used to apply for federal and state financial aid. The FAFSA becomes available at fafsa.gov on Oct. 1 for the following academic year. The FAFSA for the upcoming academic year can still be completed at this time! You will want to complete the FAFSA every year.

☐ Review Your Aid Offer
Financial Aid Offers are available electronically. View it by logging into your MyUNIverse account, clicking ‘Go to my Student Center’ scrolling down to the Finance section, then using the links under Financial Aid. Here, you can also accept or decline any Federal Direct Loans. Any aid initially declined can be reoffered by contacting the Office of Financial Aid & Scholarships.

☐ Report Your Scholarships
All scholarships from outside the institution (Hometown Scholarships) are federally required to be reported on your Financial Aid Offer. To do this, go to your Student Center and select Report Other Financial Aid in the finances section then fill in the provided area or email additional.aid@uni.edu.

☐ Check your To Do List in the Student Center
A To Do List is featured on the right hand side of your Student Center. This section may include tasks or documents the university needs you to complete and/or turn in. Clicking on the individual links will provide more information about what is being requested and who to contact if you have questions. Some To Do List items may influence your ability to receive aid, so please complete them at your earliest convenience.

☐ Financial Literacy
All incoming first year students are required to complete financial literacy training. Students can complete this requirement through an in-person class, Live Like a Student, or online through Panther CashCourse. Sign up this summer for Live Like a Student at admissions.uni.edu/live-like-a-student! Panther CashCourse will become available via eLearning the week that classes start.
Paying for College

Use this worksheet to determine your costs and prepare your budget.

### COST OF ATTENDANCE (COA)

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<thead>
<tr>
<th>Iowa Resident</th>
<th>Non-Resident</th>
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<tbody>
<tr>
<td>Tuition &amp; Fees*</td>
<td>$</td>
</tr>
<tr>
<td>Room &amp; Board**</td>
<td>$</td>
</tr>
<tr>
<td>Books &amp; Supplies</td>
<td>$800</td>
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<tr>
<td>Transportation</td>
<td>$660</td>
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<tr>
<td>Personal Expenses</td>
<td>$1,774</td>
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<tr>
<td><strong>TOTAL COA:</strong></td>
<td>$</td>
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*Current tuition is pending state funding and Board of Regents’ approval.

**Cost for double room and All-Access Meal Plan option. If a student contracts for a different room and board option, they will be billed accordingly. Current amount is pending approval and may change. Visit [uhd.uni.edu](http://uhd.uni.edu) for up-to-date rates.

NOTE: There is a one-time $220 Records and Documents fee the first semester.

### BUDGET WORKSHEET

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<thead>
<tr>
<th>Expenses:</th>
<th>Year</th>
<th>Semester</th>
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<tbody>
<tr>
<td>Tuition &amp; Fees</td>
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<td>Room &amp; Board</td>
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<td>Transportation</td>
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<tr>
<td>Personal Expenses</td>
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<tr>
<td><strong>TOTAL EXPENSES:</strong></td>
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</table>

### Financial Aid:

<table>
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<th>Semester</th>
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<tbody>
<tr>
<td>Scholarships</td>
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<tr>
<td>Grants</td>
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<tr>
<td>Direct Loans</td>
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<tr>
<td>Other</td>
<td></td>
</tr>
<tr>
<td><strong>TOTAL AID:</strong></td>
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### Balance Remaining:

<table>
<thead>
<tr>
<th>Year</th>
<th>Semester</th>
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Office of Financial Aid & Scholarships

/105 Gilchrist Hall

/319-273-2700

/fin-aid@uni.edu

/admissions.uni.edu/financial-aid
Office of Business Operations (OBO)

The Office of Business Operations is the place you’ll work with for a variety of financial services, including paying your bills and receiving payments from any refunds.

IMPORTANT U-BILL INFORMATION & KEY BILLING DATES
- All University bills (U-Bill) are available in your Student Center through MyUNIverse
- Students will receive a notification via their UNI email account when their bill is ready
- The first U-Bill of the semester will be available on the second business day of the month and will include the semester costs for tuition, mandatory fees and campus room and meal plans
- **U-Bill due date is the 20th of each month starting:**
  - Aug. 20 for Fall
  - Jan. 20 for Spring

TERMS & CONDITIONS
All students must sign the terms and conditions agreement.

Students can sign the terms and conditions agreement in their Student Center. This is one of your “After Orientation Tasks” in your orientation portal.

DIRECT DEPOSIT SIGN-UP
- If you have more financial aid than charges, a refund will be issued
- Free service that automatically deposits refunds from UNI into any checking or savings account you choose
- Signing up for direct deposit is one of your “After Orientation Tasks”

THIRD-PARTY ACCOUNTS/PARENT PORTALS
Due to privacy regulations (FERPA), detailed student billing information cannot be automatically provided to third parties, including parents and guardians.
- Students can create third party accounts through MyUNIverse

DEFERRED PAYMENT PLANS
UNI offers a payment plan option for tuition, fees and campus room and meal plans. ($20 fee to sign-up.)
- Five, monthly installments (due on the 20th of each month)
- **Students must sign up in the Student Center by the deadlines for each semester:**
  - Aug. 20
  - Jan. 20

MAKING PAYMENTS
Students can pay their U-Bill in a variety of ways:
- Cash
- Check
- Debit and credit card
- 529 College Savings Plan
- International by Flywire

OFFICE OF BUSINESS OPERATIONS
Gilchrist 103
(319) 273-2164

student.accounts@uni.edu

obo.uni.edu/student-accounts/creating-third-party-account

obo.uni.edu/student-accounts/payment-plan

obo.uni.edu/student-accounts/paying

obo.uni.edu/student-accounts/direct-deposit
Career Services

UNI Career Services’ main goal is to help students transition from campus to career. Career Services offers:
• Career assessments
• UNI job board
• Resume and interviewing assistance
• Leadership training
• Recruiting events
• Graduate school prep
• Personalized career coaching

CAREER SERVICES
Gilchrist 102
(319) 273-6857

facebook
University of Northern Iowa Career Services
unicareerservices1

CAMPUS JOBS
Nearly half of all UNI students will work on campus during their UNI college career. Students can work between 4-20 hours per week averaging about $10 per hour. While nearly every department hires students, the majority work in dining, library, athletics, and wellness services. If you plan to work during your time at UNI, bring official IDs to campus which may include a Social Security card, birth certificate, passport, or other IDs.

HOW TO FIND AN ON-CAMPUS JOB?
UNI’s job board uses the platform Handshake to help students find jobs at UNI. You will need to log in using your CatID and passphrase to make an account. More jobs will be posted closer to the beginning of the school year. There will also be an on-campus job fair during Panther Welcome.

careerservices.uni.edu/campus-jobs

careerservices.uni.edu/job-board
Housing & Dining

PREPARING FOR MOVE-IN
Refer to our move-in guide for dates, packing lists, forms and other important information about moving into your new home at UNI.
- Move-in Day is Wednesday, Aug. 17, 2022
- Students can participate in drop and go move in. More information can be found on the housing website.

GET APP
- Download the “GET” app prior to arriving on campus.
- This app provides access to your meal plan and allows you to order ahead from campus retail locations.

$500 STUDENT SUCCESS SCHOLARSHIP
- Students living on campus who sign up for the “Live 2 Succeed” program (2-year contract) are eligible for a $500 scholarship.
- Students can sign up within their housing contract and have until the 10th day of classes to opt in.
- Students on the Live 2 Succeed program will have priority during room selection of the contract renewal process each year they continue to live on campus.

WORK FOR DINING!
- Lots of job opportunities are available at all dining locations across campus, including Catering and Fresh Beginnings (bakery/commissary).
- Competitive wages, flexible scheduling and advancement opportunities.

UNI HOUSING & DINING
Redeker Center 052
(319) 273-2333

dining@uni.edu or housing@uni.edu
@UNI_Dining or @Housing_UNI
UNIDining or UNIHousing

+ uhd.uni.edu/move-in-guide
+ uhd.uni.edu/live-2-succeed
+ uhd.uni.edu/dining-jobs
+ uhd.uni.edu
Safety & Conduct

STUDENT CONDUCT
As a part of the UNI community, it is important for students to understand expectations for all student behavior and the process for which allegations of misbehavior will be addressed.

The Student Conduct Code, grounded in a commitment to Respect, Responsibility and Honesty, outlines the conduct prohibited by our students. A few examples of conduct prohibited within our community include, but are not limited to:

- Causing harm to others.
- Using, purchasing or being in possession of alcohol while under the age of 21.
- Using, possessing, selling or distributing marijuana and/or other illegal substances.
- Failing to comply with reasonable directives from university officials.
- Violating the law.

A few quick things all students should know about the conduct process:

- All students have rights in the conduct process.
- We communicate with students through their UNI email.
- The Student Conduct Code also applies to student organizations.
- The Good Samaritan Provision encourages students or student organizations to seek medical or professional assistance for individuals in need rather than focusing on potential allegations of misconduct.

UNI POLICE & PUBLIC SAFETY
UNI has a fully staffed police department that works 27/4, 365 days a year.

Personal safety starts with you! Protect yourself by becoming informed and using good judgment. Know your surroundings at all times. Always lock your dorm room, secure your valuables, and record serial numbers for electronics. Make sure you save the UNI Police phone number in your phone - (319) 273-2712. You can also call 911 if there is an emergency.

CAMPUS EMERGENCY ALERTS
The UNI Alert System notifies the campus community of emergencies and threats to physical safety in emergency situations: tornado, violence, hazardous material incident, canceled classes, university closure, etc. Notification is by cell phone, landline phone, email and text message. Students can sign their family members up for alerts as well.

Signing up for campus emergency alerts is one of your “After Orientation Tasks” in your orientation portal.

CAMPUS SAFETY ESCORTS
The Department of Public Safety offers safety escorts to the UNI community 24 hours per day. Anyone needing an escort, who has safety concerns, may request an escort from any university building or dorms on campus. Escorts may come in the form of walking, bicycle or by vehicle from members of the Police Department or Student Patrol.

To request a safety escort, call (319) 273-2712.

STUDENT CONDUCT
Dean of Students
Gilchrist 118
(319) 273-2332
deanofstudents@uni.edu

PUBLIC SAFETY
Gilchrist 030
(319) 273-2712
Get Involved

STUDENT INVOLVEMENT
With more than 250 student clubs and organizations, one or more of them is likely to ignite your spark and create life-long friendships along the way. The Office of Student Involvement provides resources to assist you in finding student organizations that match your interests and help to develop leadership goals.

We encourage you to get involved in at least one student organization during your first semester on campus. Getting involved helps you make connections and start building important leadership and communication skills needed for your future.

FRATERNITY & SORORITY LIFE (FSL)
Are you interested in joining a student organization that provides leadership opportunities, lifelong friendships, professional and career development, academic accountability and campus-wide connections? In a time where authentic relationships are more important than ever, Fraternity & Sorority Life offers students the chance to find a network of belonging and support at UNI.

Joining a fraternity or sorority provides a space to explore your individual interests and grow alongside others who possess similar values. The culturally-based Greek organizations, including Latinx and Black/African American organizations, offer opportunities for students to explore their specific cultural identities and find a community on campus.

At UNI, Fraternity & Sorority Life challenges the negative media stereotypes and enhances the collegiate experience of hundreds of UNI students.

CAMPUS ACTIVITIES BOARD
The Campus Activities Board (CAB) is a student-run event programming organization at UNI. CAB strives, through its programs, to entertain, educate and enrich while building a cohesive campus community.
Arts, Sports & Recreation

ARTS
You can still continue your passions even if you are not majoring in music or theatre. Sign up to play a music ensemble, attend a theatre performance, join an improv group, audition to be in a production or even volunteer to help in back of house.

Students get **two free** student tickets per academic year to performances at the Gallagher Bluedorn Performing Arts Center. Students can reserve their tickets for Artist Series shows starting on the first day of classes in the semester that the shows take place. In order to reserve tickets, students must bring their valid UNI ID to any UNItix location. Additionally, many of the Artist Series shows have $5 student rush tickets available on the day of the show. Students just need to contact the box office for availability.

SCHOOL OF MUSIC
Russell 115
(319) 273-2024

THEATRE UNI
Strayer-Wood Theatre

ATHLETICS
Athletics events are a great place to celebrate Panther pride and have fun with your friends. Not only do you get in to ALL UNI athletic events for free with your UNI ID, but students often receive freebies just for attending. These have included t-shirts, koozies, socks, posters, pizza and more! Student attendance no doubt makes the energy at UNI Athletic events more fun. It also allows you to support your peers while surrounded by friends and classmates. Your support means more than you know, and you are a part of our team!

UNITIX
Visiting friends and family can buy tickets at UNItix, the one stop shop for all UNI tickets both arts and athletics. Visit **unitix.uni.edu** to purchase online. Tickets can also be bought at any of the UNItix locations.

RECREATION SERVICES
Recreation Services is the recreation and fitness hub of the campus community, in an award-winning facility. Programs include aquatics, certification classes, group exercise, intramurals, outdoor gear rental, personal training and sport clubs.

You also have opportunities for drop-in recreation in our basketball courts, racquetball courts, free weight room, fitness center, Panther Performance Center, climbing wall, leisure and lap pools, outdoor intramurals and sport club complex all for free!
Student Well-Being

Student Wellness Services is committed to keeping students healthy by providing opportunities to develop skills, access information and engage in a wellness culture that empowers healthy living and active lifestyles. We strive to create a culture of wellness by providing collaborative, inclusive, student-centered programs that support and promote college student health in their eight dimensions of wellness: physical, social, emotional, financial, intellectual, occupational, spiritual and environmental.

WELLNESS COACHING
Student Wellness Services provides Wellness Coaching, which is a way for you to reach your goals and create the life you want. It gives you the opportunity to explore your strengths while focusing on your health and well-being. Whether you are looking for support with stress management, better sleep habits, time management, social connection, or just need someone to listen, Wellness Coaches are here for YOU! Sessions are held in-person or via Zoom.

STUDENT CARE
The University of Northern Iowa is a caring community where students have various options for support and assistance. Student Care, supported by staff in the Dean of Students office, seeks to serve students experiencing multiple issues, emergencies, or extenuating circumstances.

Frequently, faculty, staff and other members of the UNI community will refer a student to Student Care when they believe that student could use one-on-one support and referral to on-campus and off-campus resources.

PANTHER PANTRY
The Panther Pantry provides students in need with basic food and necessities. We recognize that in order to succeed in the classroom, and here at UNI, many students experiencing food insecurity need a place like the Panther Pantry to help provide access to food. The Pantry provides students with food and personal hygiene products to fill in the gaps.

The Panther Pantry is conveniently located in the Maucker Union for students to get what they need when they need it. The Pantry is staffed by students for students.
Student Mental Health & Counseling Services

Taking care of your mental health is very important to your success as a college student. UNI has a Counseling Center on the second floor of the Student Health Center that is open each day classes are in session from 8 am - 4:30 pm. Call (319) 273-2676 to make an appointment or walk in without an appointment for crisis or consultation services from 10 am - 2:30 pm each day. After hours (nights and weekends), students can call (319) 273-2676 and select option 2 to speak with a mental health professional.

**TYPES OF COUNSELING AVAILABLE:**
- Group therapy
- Couples counseling
- Individual counseling

The Counseling Center also offers a number of mental health training and self-help resources for students.

**STUDENT HEALTH CLINIC**
UNI's Student Health Clinic is on campus to meet your medical and/or psychiatric needs. The clinic is conveniently located on West 23rd Street by Lawther Hall and the Schindler Education Center. Licensed physicians, nurse practitioners, a physician assistant and registered nurses are available to serve you during regular business hours of 8 am - 4:30 pm Monday through Friday while classes are in session.

You can schedule an appointment by calling (319) 273-2009. Office visits are covered under the UNI mandatory health fee. Your health insurance or U-bill will be charged for lab services, immunizations, exams, physicals, psychiatric care, and other treatment and procedures.

* [counseling.uni.edu](http://counseling.uni.edu)
* [health.uni.edu](http://health.uni.edu)
Traditions Challenge

The Traditions Challenge helps you understand, participate in and celebrate the traditions of the UNI community that connect past, present, and future Panthers. It’s a “must-do” list of campus activities that can guide you to a fulfilling UNI experience. Complete the Traditions Challenge by graduation to receive a medallion and be honored as an Official Traditions Keeper.

Will you accept the challenge?

alumni.uni.edu/traditions

We are so glad to have you join the Panther Family. Before you return in the fall, here are some important next steps.

WHAT'S NEXT

☐ Follow @uni_incoming_2022 on Instagram
☐ Complete “After Orientation Tasks” in the orientation portal at orientation.uni.edu
☐ Download the “UNI App”
☐ Order textbooks
☐ Explore Panther FYI
☐ Look at the Move-In Guide at uhd.uni.edu/move-guide
☐ Order parking pass
☐ Look for on campus job at careerservices.uni.edu/job-board
☐ Get to know your roommate
☐ Set up third party account(s)
☐ Participate in Panther Welcome
☐ Go to first day of classes at UNI
☐ Make lifelong memories and earn degree at UNI
Important Dates:

**Move-In**  
August 17

**Panther Welcome**  
August 17 - 19  
[success.uni.edu/panther-welcome](http://success.uni.edu/panther-welcome)

**Welcome Week**  
August 20 - 28  
[success.uni.edu/welcome-week](http://success.uni.edu/welcome-week)

**Homecoming**  
October 3 - 8  
[homecoming.uni.edu](http://homecoming.uni.edu)

**Family Weekend**  
October 21 - 23  
[familyweekend.uni.edu](http://familyweekend.uni.edu)
<table>
<thead>
<tr>
<th>Number</th>
<th>Building Name</th>
<th>Location</th>
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<tbody>
<tr>
<td>1</td>
<td>Admissions Welcome Center (AWC)</td>
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<tr>
<td>2</td>
<td>Bartlett Hall (BAR)</td>
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<td>3</td>
<td>Begeman Hall (PHY)</td>
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<td>4</td>
<td>Biology Research Complex (BRC)</td>
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<td>5</td>
<td>Business &amp; Community Services (BCS)</td>
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<td>6</td>
<td>Center for Energy &amp; Environmental Education (CEE)</td>
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<td>2304 College Street (SBR)</td>
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<td>UNI Bookstore (UBS)</td>
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<td>Communication Arts Center (CAC)</td>
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<td>10</td>
<td>Curris Business Building (CBB)</td>
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<td>11</td>
<td>East Bartlett (EBR/EBAR)</td>
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<td>Gilchrist Hall (GIL)</td>
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<td>Honors Cottage (EMC)</td>
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<td>Industrial Technology Center (ITT/ITTC)</td>
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<td>Kamerick Art Building (KAB)</td>
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<td>Redeker Center (RDC)</td>
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<td>Richard O. Jacobson Human Performance Complex (HPC)</td>
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<td>Mark Messersmith Outdoor Track &amp; Field Complex</td>
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<td>UNI-Dome (DOM)</td>
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<td>Commons (COM)</td>
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<td>President’s House (PRH)</td>
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<td>Tallgrass Prairie Center (TALLG)</td>
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