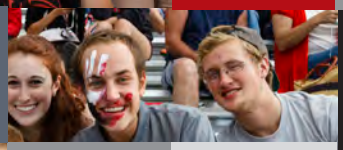
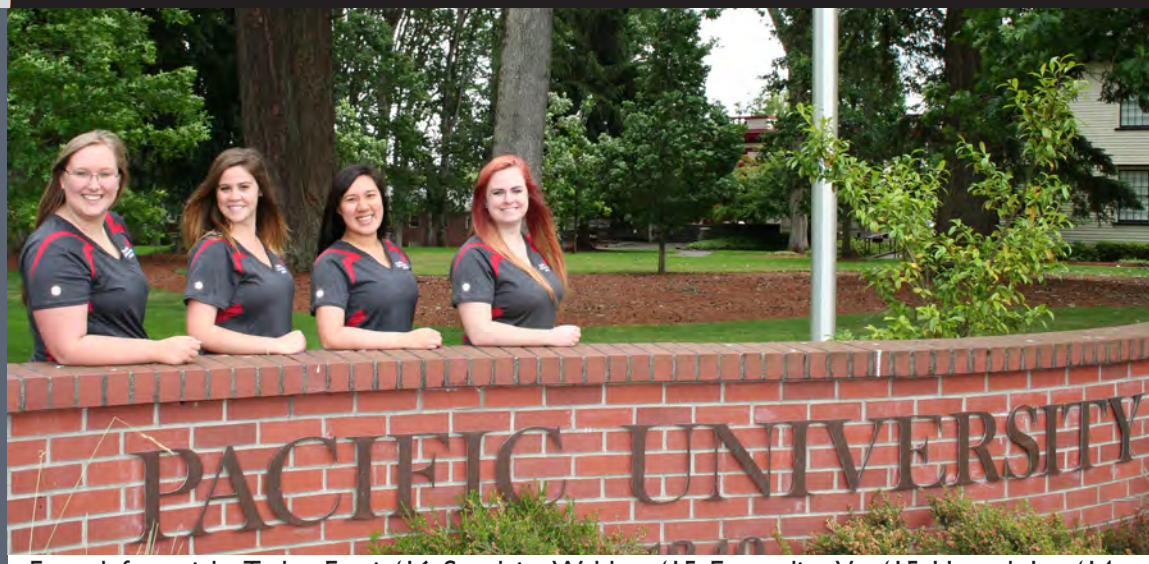


EXPLORE • DREAM • DISCOVER
Orientation 2014

New Student Newsletter

Transfer Edition



From left to right: Taylor Farris '16, Synclaire Waldron '15, Evangeline Van '15, Hannah Lee '14

Things to remember:

Voyages Begins:
- Wave 1: August 8th.
- Wave 2: August 9th.
- Wave 3: August 15th.

Are You Living On-Campus?
- Move-in starts at 9 am on the 21st.

Move In Day:
- All students need to arrive by 12 pm to check-in on the 21st.

Fresham Orientation:
- August 21st - 24th.

Parent / Sibling Orientation:
- August 21st 1 pm to 9 pm.
- August 22nd 9 am to 8 pm.

Transfer Orientation:
- August 21st - 23rd.

Pacific University Oregon

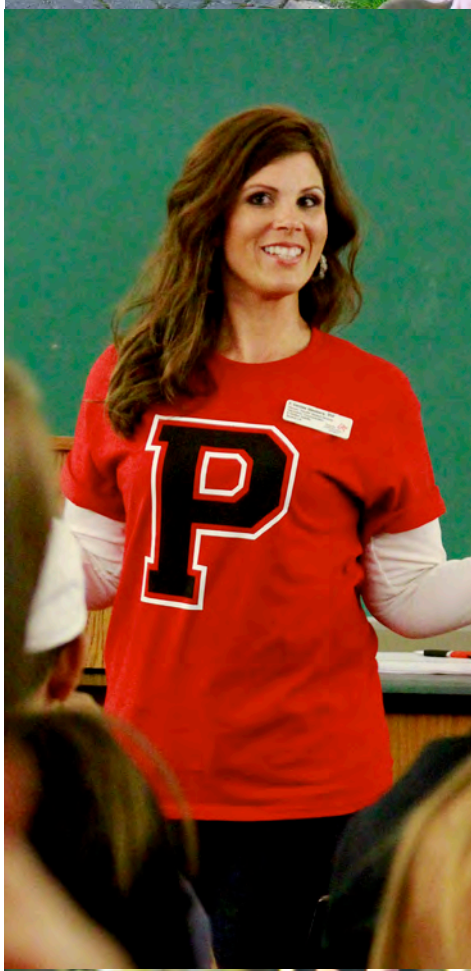
Welcome Transfer Students!

With the fall fast approaching, Orientation preparation is in full swing. We are preparing a Transfer Orientation to focus on the diverse students from all different backgrounds. Throughout the summer, we will be checking in to make sure your questions are answered and that you are ready for Orientation. If you have not heard from us yet don't worry, you will! Transfer Orientation is a separate program from New Student Orientation. This year we will have a two day orientation with an optional third day, to better meet the specific needs of transfer students. We will provide a variety of events to introduce you to the Pacific University Community, so you will be ready for your first day at Pacific. This newsletter contains information about resources you will need before and after you arrive on campus. If you have any questions, email orientation@pacificu.edu or call 503-352-3040.

Letter from Orientation Director

On behalf of the Orientation Staff and Student Affairs division, it is my pleasure to welcome you to our community and introduce you to the next phase of your journey. Throughout the next couple of weeks, you will be receiving information from us to assist in our efforts to prepare for your arrival. It is important to read your emails and messages from us and respond to needed information as quickly as possible. Many of these communications will contain information you will need regarding your arrival to the University and what to expect during Orientation. We understand that you have been at another institution and know the ropes but it is important to attend the mandatory orientation to learn the ropes at this institution. I have heard countless stories from former students who tell me how important the Orientation experience was to their success during their first few months at Pacific. In this newsletter you will find information you will need to prepare yourself as you enter the Pacific and surrounding community. We look forward to seeing you in a few weeks. Until then, if you have any questions or concerns, please feel free to contact us!

Denise Giesbers '00
Director; Orientation, Office of Transfer Student Services, and Pacific Information Center



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Explore

The OTSS

Office of Transfer Student Services,
located in Clark Hall.
503-352-3175

Director of OTSS

Denise Giesbers Angela Surratt

The Office of Transfer Student Services (OTSS) is designed to aid all transfer students in successfully transitioning and succeeding in their Pacific experience, and to assist them every step of the way towards graduation. OTSS serves as an advocate and representative for transfer students. OTSS will assist with everything from resource referral, to one on one resource management, and the "transfer"mation lunch series, to name a few.

Every incoming transfer student is assigned a peer mentor. A peer mentor is a fellow transfer student who understands the difficulties of transferring but also knows the variety of resources on campus to assist in the transition. Your mentor will also be your Ambassador during Orientation, allowing you to get to know them before the semester begins. Additionally mentors can give advice from previous experience and offer support throughout your first semester at Pacific. Mentors are a great source of experience and information that understand what it means to be a transfer student at Pacific.

Orientation is mandatory even though we understand that many of you have already been to an Orientation somewhere else. Orientation for Transfers is designed to orient you to our community, policies, and procedures which are often different from your former institution. It is important to forge bonds with your peers, faculty and staff. During Orientation you will have this opportunity. Additionally it gives you the chance to hear from current students about their "tips and tricks" for navigating Pacific.

Letter from the Director

As the founder and Director of the Office of Transfer Student Services (OTSS) it gives me great pleasure to welcome you to our community. I am so excited that you have decided to join us as you continue your journey of obtaining a bachelor's degree. As the Director, of the OTSS, it is my pleasure to work with you from the time you deposit until graduation and often beyond. The OTSS office advocates for all transfer students to successfully transition and succeed in their Pacific University experience and play an active role in communicating and working with both internal and external constituencies about transfer student issues and needs.

The objectives of the OTSS office are:

- Facilitate student success and transition through coordination of services between departments and colleges.
- Provide academic information and support throughout a student's time at Pacific.
- Assist students with acclimating to the University community.
- Share valuable community and University resources.
- Provide a student-centered system of counseling, communication, and advising to promote academic success.
- Provide information for faculty and staff about transfer students and what is needed for successful transition, advice, and support.
- Provide a lifelong connection to the BOXER traditions as an alumnus.

As you can see, we truly value you as a student and your needs. I too came to Pacific University as a transfer student and know first-hand the emotions surrounding the choice to change paths in the middle of your academic career. I work diligently to better your experience as a group and individually and believe that our success is based on your success. We are partners in the education experience and you are a major part of this partnership. I personally invite you to contact me if you ever have a concern or question or would like to share with me something exciting that you've done. You may also have questions regarding Pacific, in general, that I would be more than willing to answer too.

I look forward to our partnership in your education here at Pacific!

Best Regards,

Denise Giesbers '00
Director, Office of Transfer Student Services

Voyages

Voyages at Pacific University are pre-Orientation urban and outdoor adventures. These trips range from three to five days in length and provide students with the opportunity to meet their classmates, transition into Pacific, and have fun. Each trip will be led by Pacific students and will have one staff or faculty member present who is also a participant on these adventures.

There are eight different activities available, including but not limited to, Rock Climbing, Surfing, Back Packing and Village Building Exploration. Check out the Voyages website to download the forms, read the trip descriptions, and learn about our outstanding leaders. The deadline to register for Voyages is Friday, July 19th.

If you have any questions please contact the Pacific Voyages Leadership Team.
503-352-3080

Pacific Outback

Pacific University's Outback program strives to serve the campus community by creating off-campus activities suitable for the enjoyment of everyone. Whether it be outdoor wilderness activities, urban programs, or service-oriented programs, the Outback hopes to fulfill the needs of all students. These programs, initiated and often led by students, encourage personal challenges, community responsibility, cultural diversity and appreciation for the natural world. These activities are provided at a discounted rate to assist students in learning new skills or enchancing those they already have. The hope is that these valuable skills will be applied to everyday student life and beyond

503-352-2264

Rent a bike!
Choose between our line of long term Recycles Rental Bikes or join the 'Free Bike Association' and get access to eight bikes across campus for free anytime you want.

For more infromation please visit us in the Outback offic or online at www.pacificu.edu/outback

Pacific Essentials

Boxer Basics: Planner

College can be a very busy time full of assignments, club meetings, and your workstudy job. Pacific University understands this and will supply you with a daily planner to record your assignments and other plans. Boxer Basics will be distributed at Orientation. This planner also includes information about campus resources, events and personnel. Pick one up at the PIC anytime throughout the year after classes have started.

Your New Address:

Each student will receive their own mailbox and key during orientation. You will be issued a number for your mailbox which the Pacific Community calls your UC Box number. Your new address will look like this:

Name
Pacific University
UC Box # ****
2043 College Way
Forest Grove, OR 97116

Pre-order your Textbooks Today!

If you would like your books to be waiting for you at the bookstore when you arrive on campus, go to www.pacificu.edu and click on the University Bookstore link on the left-hand side of the page. Be sure you have your class schedule handy so you can select the proper classes. Select the "textbooks" bar and follow the steps under the heading "Your Customized Textbook List." The bookstore will email you when your order has been received, and again when your order is ready to be picked up. There are options for pick-up and delivery.

Don't forget Your Parking Permit!

If you plan to bring your car to campus, don't forget to stop by the Pacific Information Center (PIC) when you get here, located in the UC, to purchase your parking permit for $40, which covers three semesters. Your student account is charged, bring your Boxer ID and car information.

Laundry

Don't save your laundry for the next trip home! There are laundry facilities on the bottom floor of each residence. Starting in the 2014-2015 school year, all laundry machines are FREE to on-campus students. Laundry machines are located on the lowest level of each residence hall and Vandervelden Court.

Places In Forest Grove

Downtown Eateries

Stecchino's Bistro
Cornerstone
Pizza Schmizza
Little Monkey Deli
Pac Thai
FG Sushi
La Sierra
Primetime
New Chinese Cuisine
22nd Street Cafe
Maggie's Buns
1910- Main
McMenamins Grand Lodge
Phil's 1500 Subs
Cafe Montecassino
Domino's Pizza
Izgara
Papa Murphy's Pizza
Godfather's Pizza
Scottie's Drive-In
Tyson's Pub & Grill
BJ's Coffee
King's Head English Pub & Grill
Subway
Taco Bell
Mcdonald's

Last Minute Shopping Opportunity!

On August 23th at 11:00pm, hop on the bus! Orientation will be giving all Boxer Card carrying students and their parents the opportunity to go shopping with us at Fred Meyer Night to complete last minute shopping needs. There is a discount for all Pacific students. Sponsored by Pacific University Orientation and the Cornelius Fred Meyer:

2200 Baseline St
Cornelius, OR

Banks:

BANK OF THE WEST
www.bankofthewest.com
(503) 357-6165
On-campus ATM located in the UC

WELLS FARGO BANK
www.wellsfargo.com
(503) 359-1670

US BANK
www.usbank.com
(800) 872-2657
The BoxerCard can be used as an ATM/Debit Card. Open a free Student Checking account with U.S. Bank, and turn your student's Boxer Card into their Campus ID and ATM card all in one.

COLUMBIA COMMUNITY BANK
www.columbiacommunitybank.com
(503) 992-8600

WEST COAST BANK
www.wcb.com
(503) 359-4495

OREGON FIRST COMMUNITYCREDIT UNION
www.oregonfirstccu.org
(503) 992-1768

Hotels:

BEST WESTERN UNIVERSITY INN
3933 Pacific Avenue,
Forest Grove, OR 97116
http://www.bestwesternoregon.com/
(503)-992-8888

AMERICA'S BEST VALUE INN & SUITES
3306 Pacific Avenue,
Forest Grove, OR 97116
http://www.americasbestvalueinn.com/
(503)-357-9000 or Toll Free: (888)-640-2960

FOREST GROVE INN
4433 Pacific Avenue,
Forest Grove, OR 97116
http://www.forestgroveinn.com/
(503)-357-9700

MCMENAMINS GRAND LODGE
3505 Pacific Avenue,
Forest Grove, OR 97116
http://www.mcmenamins.com/
(503)-992-9533

HOLIDAY MOTEL
3224 Pacific Avenue,
Forest Grove, OR 97116
(503)-357-7411

Dream

Save The Date

Club and Organization Fair: Clubs and organizations have a chance to represent themselves and inform you about their activities and purpose. Come see all the options available and get involved!

Founders Day Corn Roast: The Forest Grove Community joins Pacific University on campus to celebrate the founding of the University. There are a variety of fun activities on campus, including a large corn roast and the Annual Chalk Art Festival.

Boxer Bash: Come celebrate our mascot! This program is sponsored by the Residence Housing Association (RHA) and offers many fun activities, games, and food. Boxer Bash provides an opportunity for clubs to host events for students, have fun, and represent themselves.

24-Hour Service Fair: This event is exactly what it sounds like! RHA schedules student groups who volunteer to serve the community in some way for a full 24 hours.

Homecoming and Reunion Weekend It is a time for school pride and spirit, as well as visiting with families. This weekend typically includes: home athletic events, a bonfire, Noise Parade, and the Athletic Hall of Fame Induction Ceremony.

Hall-O-Safe: This annual program, sponsored by the RHA and Connections, is a result of efforts to provide children from the community with a fun and safe environment in which to trick–or–treat through the UC and Residence Halls. Each hall decorates and compete for prizes (and pride), but in the end, the winners are the kids!

Wassail: Join the Pacific University Greek Senate (PUGS) as they celebrate Wassail! All students, faculty and staff are welcome to join for a special dinner provided by food services along with a special program to honor new and established members of the Pacific community.

Lu'au: The annual Lu'au hosted by Na Haumana O Hawai'i attracts over 2,000 people to campus in April. This entertaining evening is complete with authentic Hawaiian food, dancing, music, flowers, and gifts. Lu'au is traditionally held the second Saturday of April, and students work hard all year to prepare for it, so mark your calendars!

Pacific's Got Talent: Sign up and audition for Pacific's Got Talent, brought to you by RHA. In this competition, students sing their hearts out and vote for their very own Pacific star!

Open Mic Nights: Throughout the school year, ACE Board sponsors Open Mic Nights which are open to all students to perform and attend. Sing, play your instrument, or read a poem--it's open to everyone!

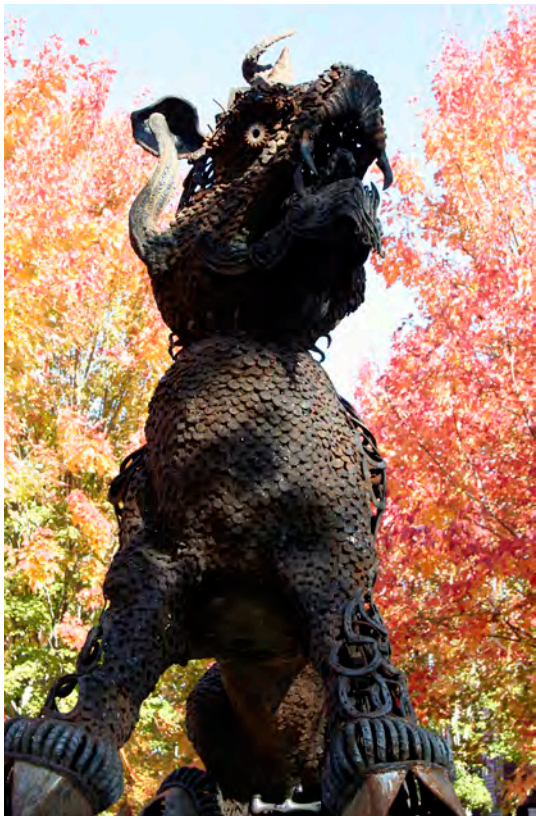
Lip Sync: A recent fixture to Pacific's event scene, sponsored by ACE Board; student groups, clubs and individuals perform to mash-ups of popular songs! Come support your fellow Boxers on this entertaining night of music and dance for prizes.

Senior Projects Day: A day in which classes are cancelled and the seniors present the thesis projects on which they have been working. This day is dedicated to the seniors who have been working hard all year. Make sure to support them by attending presentations of their theses and projects. It truly is amazing just how talented Pacific students are.

Legend Of The Boxer

Boxer has been the official mascot of Pacific University since 1969. Prior to the Boxer, the University's mascot was the Badger, but far more people associate the University with Boxer due to the famous Boxer Tosses that took place throughout the 1900's.

In the late 1800's, Pacific University received a special gift from one of its alumni, Rev. J. Elkanah Walker. In 1881 he received the 16th century bronze incense burner as a gift and donated it to the University. It was presented and stored in front of the Chapel. The statue is of a mythical beast with scales, hooves, and horns, known as a Quilin, and is believed to frighten away evil spirits.



This incense burner acquired the name "Boxer" after the Boxer Rebellion in China during the 1890s. Boxer was first stolen in 1900; after this initial theft, various classes fought for possession of Boxer which became known as the "Boxer Toss." Throughout the early 1900s, Boxer lost his tail and one front leg and is rumored to have ventured to France during World War One, and was even buried in a graveyard.

The original Boxer was last seen during a routine Boxer Toss in 1969, and remains missing to this day. In order to prevent the tradition of Boxer from dying out, three students arranged for another statue to be cast in bronze creating a new tradition on campus.

The Boxer Competition is an opportunity for various on-campus clubs to compete for possession of Boxer. The Gamma Sigma Fraternity were the last known holders of Boxer, and we believe the holders have since changed. Although the Boxer Competition replaced the Boxer Toss, our mascot was quite elusive and created quite a scene when it made appearances on campus.

Since then, the Boxer Toss and the Boxer Competition are not seen on campus because both Boxer Statues have been lost for some time now. Bits and pieces, such as the foot have been returned to the university in the recent years where it is displayed for the campus and community to see. Alumnae of the University are still involved in finding the original Boxer and hope that one day; they will be able to return its home, Pacific University.

Career Development Center

Work Study Program

http://www.pacificu.edu/career/facultystaff/workstudy.cfm

The Work-Study Program is designed to assist with the cost of a college education by making part-time jobs available for students while focusing on their academics. Work-Study is awarded to students by the Office of Financial Aid and is redeemed as wages for work one performs in qualifying jobs. Work-Study jobs can be located on campus, in local non-profit organizations, and in governmental or community service agencies. Work Study jobs can be found at the bi-annual Work & Service Fair. All Work-Study jobs are coordinated by the Career Development Center. Students are encouraged to choose jobs that will complement their educational and career goals; jobs are required by federal law to coincide with student's educational goals to the extent feasible. All students are required to fill out a W-4 and Form I-9. Both forms must be completed and turned into the Career Development Center before you begin work. You will also need an original form of indetification. A list of acceptable indefications, as well as the W-4 and I-9 forms, can be found at www.pacificu.edu/career/students/workstudy/index.cfm.

Internship Programs

http://www.pacificu.edu/career/students/internships/

An internship is a supervised, purposely educational and sustained work experience that supports a student's career development goals by providing the opportunity for the following:

Applied Learning - Apply the academic knowledge one has gained in the classroom to a professional setting;

Career Exploration - Learn about the qualifications and duties associated with a position or profession while exploring, identifying and confirming or disconfirming career interests;

Skill Development - Gain skills and knowledge required in particular work environments and cultures;

Personal Development - Engage in decision-making and gain critical thinking skills, increased confidence and self-esteem about career goals and the path you will take to achieve them.

Though facilitated by a Faculty Internship Advisor, a professional in the employment community, and the Internship Coordinator, you are the the primary director of this learning experience, aimed at exploring the intersection of your academic and professional interests.

Get Involved

Being involved is the best way to get the most out of your college experience. At Pacific, we place a high value on volunteer and community service both on and off campus. We hope that you find a group that best represents who you are and what you love to do! But if you don't, it's not difficult to create your own!

Clubs and Organizations:

Accounting Club
Active Minds
Activities and Cultural Events Board (ACE)
Ambassadors (SOAR)
Anthro-Soc Club
Art Club
B-Street Farm Club
Biology Club
Business Club
Center for Civic Engagement
Center for Gender Equity
Chemistry Club
Circle K
Colleges Against Cancer
College Democrats
Computer Science Club
Connections Club (Transfer Students)
Dance Team
Drama Club
Exercise Science Club
Fashion Club
French Club
Forensics (Speech & Debate)
German Club
Gifts for Good
Grappling Club
Hilliel (Jewish Club)
Hip-Hop Club
International Club
Japan Club
Math Club
Men's Lacrosse
Music Club
Na Haumana O Hawaii (NHOH)
Newman Club
PDFA (Pacific for Dignity of Animals)
Phi Eta Sigma
Otaku Zone
Pacific Christian Fellowship
Philosophy
Pacific Slam (Poetry)
Pacific University Greek Senate (PUGS)
Pacific University Unified Sports
Physics Club
Politics and Law Forum
Pre-Dental
Pre-Med
Pre-Occupational Therapy
Pre-Optometry Club
Pre-Pharmacy
Pre-Physical Therapy
Psychology/ Psi Chi
PUMA (Film Club)
Qilin Club (Chinese Club)
Racquetball Club
Rainbow Coalition
RHA (Residence Housing Association)
ROOTS
Rugby
SAAC (Student Athletic Advisory Committee)
SEA (Students for Environmental Awareness)
Slackline Club
Social Work Club
Spanish Club
STAT (Students Today Alumni Tomorrow)
Ultimate Frisbee Club
Up Till Dawn

Greek Life

Sororities:
Alpha Kappa Delta
Theta Nu Alpha
Delta Chi Delta
Phi Lamda Omicron

Fraternities:
Alpha Zeta
Gamma Sigma
Pi Kappa Rho

Publications and Media:

INDEX (Newspaper)
Boxerradio.com (Radio Station)
PLUM (Pacific Literary Undergraduate Magazine)
PUMA (Pacific University Media Arts)

Boxer Lingo

AC - Area Coodinator, a University Staff member who oversees Resident Assistants from several buildings. You can visit your AC if they have questions about housing, or just want support.

ACE - Activities and Cultural Events Board, a student organization that sponsors events such as Open Mic and Lip Sync. They are frequently at other organization's events as the University DJ's and tech support.

CPS - Campus Public Safety is responsible for overseeing the safety and security of the campus community. They are available 24/7, just dial x2230 from any campus phone, or 503-352-2230 from any other phone.

CGE - Center for Gender Equity, an active student organization best known for their 'Brown Bags' and guest speakers.

CLIC - The Center for Languages and International Collaboration. A multi-media, interactive, and collaborative learning center located in Scott Hall, the CLIC reflects the best practices of language and international pedagogy.

LEED - Leadership in Energy and Environmental Design certificate from the US Green Building Council that marks sustainable and green buildings. We currently have five LEED Certified Buildings with more on the way!

LSS - Learning Support Services, coordinates educational accommodations for students with any disabilities.

MAC - The affectionate term for McCormick Hall, one of the on-campus residence halls.

SAC - The Stoller Center, formerly Pacific Athletic Center, houses a gymnasium, field house, classrooms, aerobics room, weight room, wrestling room, sports medicine facility, and much, much more!

PIC - The Pacific Information Center provides general info on Pacific and the external community activities. They are a great referral resource and also performs multiple functions such as parking permits, sale of movie tickets and bus tickets.

PRB - The student-chaired Peer Review Board is responsible for adjudicating violations of the student Code of Conduct. Hopefully you don't hear about it to much!

PUGS - The Pacific University Greek Senate is the governing body for Pacific's Greek System.

RA - Resident Assistants are full-time students who are responsible for planning activities in your wing of the residence hall. They have also gone through extensive training; thus they are prepared to help you with anything you need.

RHA - Residence Housing Association is a governing body that creates guidelines for the students residing in University residences as well as organizing activities.

TIC - The Technology Information Center serves as the University's headquarters for computer and technology support. Located in the basement of Marsh Hall

UC - The University Center is our living room. You will eat your meals here, pick up your mail, study, and socialize in this building. It is also called Washburne Hall.

UC Box - This is how we refer to your mailbox, which is located in the lower level of the UC. Be sure to check it often!

Vanders - Vandervelden Court is the apartment-style housing on campus.

Stoller Center

Stoller Center Hours:
Monday-Thursday: 7am-Midnight
Friday: 7am-8pm
Saturday: 10am-8pm
Sunday: 1pm-10pm

Amenitites:

Weight Room
Our 5,000 sq. ft. weight and fitness center includes free weights and Hammer Strength machines. There are also a number of aerobic machines such as treadmills, elliptical trainers, exercise bikes, rowing machines, and stair climbers.

Intramurals
Teams form throughout the year for basketball, volleyball, soccer, softball and more! There will be weekend tournaments for dodgeball, mixed tennis doubles and organized bikes rides as well as weekly Zumba and yoga. Contact the Intramural Desk in the Stoller Center at 503-352-2260.

Equipment Check Out
A variety of sports equipment is available to check out. Visit the Intramural desk in the Stoller Center and have your BoxerCard ready.

Open Gym
During open gym times, the Stoller Center has five basketball courts and volleyball courts available for use.

Raquetball and Handball Courts
The Stoller Center has three courts available for competitive or recreational use. Sign-ups at the main athletic office.

Classes
Throughout the year, the Stoller Center hosts a number of classes including: Dance Aerobics, Weight Training, Yoga, Womens Self-Defense, Golf, Sea Kyaking etc.
Look on BoxerOnline for classes listed as "HPER" classes.

Lockers for Checkout
If you have a lock, you can fill out a locker form and use any free locker. Available in the basement of the Stoller Center.

Forest Grove Aquatic Center:

Pacific University students receive free use of the Forest Grove Aquatic Center during the public swim and fitness swim hours with their BoxerCard. These hours change seasonally and are posted at the aquatic center or online at: http://www.forestgrove-or.gov/city-hall/aquatic-center-hours.html

Academic Resources

Pacific University has 14 computer labs, utilizing both Mac and PC computers, which are available for students to use throughout their college career. Some of these labs are accessible 24 hours a day while others are available for special projects and departmental use. Information about each lab is available on the Technology Information Center website. All computers include essential software that is required for classes, as well as programs for personal use. Pacific recommends that students bring a personal computer—either laptop or desktop—to accommodate all student needs outside of what is provided on campus, but it is not required.

Tutoring and Learning Center

The Tutoring and Learning Center provides free tutoring to students who would like assitance with both Writing, Math, and Natural Sciences. Tutoral assistance is given in math and science while feedback is given to students on written assignments. The tutoring center is staffed by highly trained and experienced tutors willing to help. Tutoring is also available for individual courses.

Learning Support Services

The Learning Support Services office is designed to arrange for specialized academic support services or modifications to the learning environment for students with disabilities. In general, the University will work with students to provide a variety of services that will accommodate their specific needs. The University requires appropriate documentation of a learning difference or physical disability in order to better enable students to meet the established academic standards, so please send your documentation as soon as possible. All student records and information are confidential and only distributed at the student's request.

The Library

- Research help -- drop in or by appointment with librarians.
- 24-hour study room and library classroom with 24 MAC computers, a photocopier/ printer available 24 hours a day with Boxer Card
- Learning Commons with 24 computers and staff to offer assistance
- Collaborative study rooms equipped with TVs and DVD players
- Web-based research databases
- Access to print and electronic journals and books, DVDs, and an extensive music collection
- Summit Borrowing: students can borrow materials from other libraries in the system.

Undergraduates may borrow:

- Books: 3-week checkout period
- DVDs & Videos: 6-day. checkout period.
- Reserves: 2 hours/4 hours or 2 or 6 days (depending on item).

PUNet ID and BoxerCard are used for:

- Checking out items
- Accessing the 24-hour study room
- Interlibrary loan borrowing
- Logging onto campus computers and printers
- Accessing your own library record
- Getting into Residence Halls
- Paying for your meals

Health, Safety, And Support

Student Health Center

Services include:

Health Maintenance: Sports, general and study abroad physicals, annual exams for women, and family planning services.

Treatment of Acute Illness and Injuries: Respiratory illness, ear infections, urinary tract infections, rashes, headaches, allergies, sprains, etc.

Safer Sex Options and Contraception: oral contraceptives, Depo Provera, emergency contraception, etc.

Treatment of Stable Chronic Illness: Asthma, hypertension, depression, anxiety, migraines,etc., on a case by case basis.

Lab Testing: Some labwork testing is done at the clinic (quick strep, urinalysis, mono test, pregnancy testing). Other lab work can be ordered by the Health Center provider to be done at a local lab. and performed locally.

Health Advice: Nutrition counseling, sleep issues, stress management, tobacco cessation, etc.

Immunizations: MMR, Hep A, Hep B, T dap, HPV, Flu vaccine, TB screening.

Fees: There is no charge for an office visit. Fees are charged for physicals ($20), on site lab, prescriptions dispensed, and immunizations. See website for complete list of services and fees www.pacificu.edu/healthcenter

Counseling Center

The Student Counseling Center at Pacific provides a range of confidential services to support the mental health of our students. Our professional staff includes four licensed psychologists, a licensed professional counselor, and a postdoctoral psychologist resident. We also have four staff counselors who are training to become psychologists (advanced doctoral students). We provide treatment to reduce interference related to mental and emotional disruption, and assist students in reaching their personal and academic potential through intellectual, emotional, social and cultural development. Students may receive up to 10 sessions per academic year at no additional cost due to subsidies provided by basic Health and Counseling Fees. When clinically appropriate, additional sessions are available at $15.00 per session.

Student Health Center
Hours:
Monday-Friday: 9 a.m.- 4 p.m.
All services provided
by appointment
(503)-352-2269

Location: Forest Grove
Clinic: 2142 College Way
(next to the Admissions Office),
Forest Grove, OR 97116

Student Counseling Center
Hours:
Monday - Thursday:
9:00a.m. – 5:00p.m.
Friday: 9:00a.m. – 4:00p.m.

*No appointment required to address urgent concern – walk-in held daily 12:00-1:00pm

Appointments made by calling (503)-352-2191
Additional resources available at http://www.pacificu.edu/studentlife/counselingcenter/

Location: 2142 College Way
(next to the Admissions Office),
Forest Grove, OR 97116

Academic Calendar

2014 Fall Semester

AUGUST

August 25 First day of courses
August 29 Last day for New Student Registration

SEPTEMBER

September 1 Labor Day (no courses held)
September 8 Last day to add full semester courses
September 8 Last day to drop full semester courses with no record
September 24 Last day to withdraw from 1st half semester courses

OCTOBER

October 3 Fall Break (no courses held)
October 10 Last day of 1st half semester courses
October 13-17 Final Examinations for 1st half semester courses
October 13 First day of 2nd half semester courses
October 17 Last day to add 2nd half semester courses
October 17 Last day to drop 2nd half semester courses with no record

NOVEMBER

November 3 Last day to withdraw from full semester courses
November 12 Last day to withdraw from 2nd half semester courses
November 26-28 Thanksgiving Holiday (no courses held)

DECEMBER

December 2 Last day of courses
December 3 Reading Day
December 4,5 Final Examinations
December 8-10 Final Examinations

2014-2015 WINTER TERM

JANUARY

January 6 First day of courses
January 7 Last day to add courses
January 7 Last day to drop courses with no record
January 14 Last day to withdraw from courses
January 19 Martin Luther King Day (no courses held)
January 20 Last day of courses
January 21 Final Examinations

January 20 Martin Luther King Day (no courses held)
January 21 Last day of courses
January 22 Final Examinations

***Dates can be subject to change. Please double check the website http://www.pacificu.edu/as/calendar**

Directions

Driving to Campus

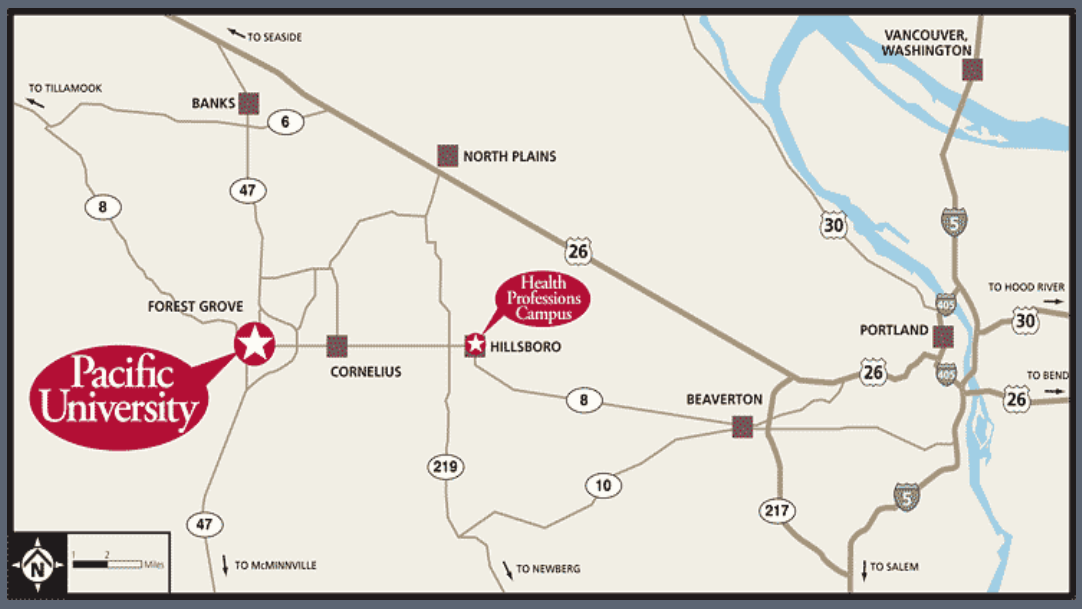
Pacific University is located in Forest Grove, Oregon, 22 miles west of downtown Portland.
From Portland, the preferred route to campus is via Highway 26 (Sunset Highway), turning south at Banks (via Highways 6 and 47). The area map below displays these routes.

1.
FROM THE NORTH…
Traveling southbound on Interstate 5, take the 405 West exit, follow signs and exit to Highway 26 West (Ocean Beaches/Zoo).

FROM THE SOUTH…
Traveling northbound on Interstate 5, take Highway 217 North exit, follow signs and exit to Highway 26 West.

FROM THE EAST…
Traveling westbound on Interstate 84, follow signs and exit to Interstate 5 Southbound, follow signs to 405, and to Highway 26 West.

2.
THEN... FROM HIGHWAY 26
Exit left onto Highway 6 (Tillamook/Banks), after driving 2 miles exit and turn right to Highway 47 South. Travel about six miles. Upon entering Forest Grove, turn right onto Sunset Drive at stoplight. Sunset Drive ends when it runs into campus. Turn right at the stop sign to (University Avenue). The next left is College Way, the main entrance to campus.



Important Numbers

Orientation Office
email: orientation@pacificu.edu
website: http://www.pacificu.edu/orientation
phone: (503)-352-3040

Business Office
email: cashiering@pacificu.edu
website: http://www.pacificuedu/offices/bo/index.cfm
phone: (503)-352-2128

Financial Aid Office
email: financialaid@pacificu.edu
website: http://www.pacificu.edu/financialaid/
phone: (503)-352-2222

Technology Information Center
email: help@pacificu.edu
website: http://www.pacificu.edu/uis/tic/
phone: (503)-352-1500

Housing and Residence Life
email: housing@pacificu.edu
website: http://www.pacificu.edu/studentlife/housing/index.cfm
phone: (503)-352-2200

We hope you have found this newsletter to be helpful and informative. We look forward to meeting you this fall and hope that you are as excited as we are! If you have any questions, please feel free to contact us at the Orientation Office.
orientation@pacificu.edu
(503)-352-3040

ORIENTATION STAFF

Taylor Farris, '16 Transfer Coordinator
Evangeline Van, '15 Parent Coordintor
Synclaire Waldron, '15 Freshman Coordinator
Hannah Lee, '14 Freshman Coordinator

ORIENTATION PROFESSIONAL STAFF

Denise Giesbers, Angela Surratt, & Will Perkins