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Dear New Student,

Welcome to St Andrews University! We are excited that you are finally here. I love St Andrews and think that you will learn to love it as well. This is a small but very diverse community. Students, faculty, and staff come from across the nation and around the world. They have different gifts, passions, and goals. But we are all engaged in a common educational enterprise and part of a single community. I look forward to seeing all the ways this learning community will enrich your life. And I cannot wait to see how you, with your distinctive gifts, passions, and goals, will enrich St Andrews University.

As an educational institution, we know that you will learn a lot during your time here, but we also realize that education is not limited to the classroom. Everything you do here is part of your learning experience, whether you are in the classroom, on the sports fields, at the equestrian center, in your residence hall, or at a campus party in Farrago! Certainly, you will learn from a broad array of academic disciplines and gain deeper knowledge in your particular academic major. But, beyond that, we hope you will grow as a person! We hope that your time here will help you develop a deeper knowledge of yourself and your place in the world.

Our goal at St Andrews University is not only to provide you with the resources you need to make a good living, but to prepare you to live a good life! As a Presbyterian liberal arts college, we think everyone has a vocation, a calling, a purpose in life. During your time here at St Andrews, we hope you will begin to discover yours! Through everything you do and experience here, our aim is to help you consider, as Frederick Buechner says, “the place where your deep gladness and the world’s deep need meet.” Not only do we want our graduates to become successful, we expect them to make a positive contribution to the world.

That begins here. We want you to be successful at St Andrews University! And we want you to make a difference here. As Dean of Students, I try to do that through:

- **Empowerment**: I want to support you so you can be successful and make a contribution.
- **Accountability**: I want to make sure you are a responsible member of this community.
- **Collaboration**: I want to be your partner as you discover how you can make a difference.
- **Communication**: None of this is possible without open and honest communication!

Welcome to the adventure that is St Andrews University. I hope this guidebook is a helpful resource to you as you get settled into your new home. I can’t wait to see how you will grow during your time here and how your presence will make this community a better place!

Sincerely,

Rev. Dr. Timothy A Verhey, Ph.D.
Dean of Students
Dear Incoming Student:

On behalf of the entire Orientation team, I would like to welcome you to the St. Andrews community. In the pages that follow and in your accompanying Orientation materials, you will find an Orientation schedule as well as an information guide.

Participation in Orientation helps new students prepare for their time at St. Andrews by laying a strong foundation for their university experience. All new students (first year and transfer) are expected to attend.

During Orientation, you will begin your journey of discovery and success by:

- Learning how to navigate the academic and social transitions of university life
- Meeting new people and getting involved on campus
- Finding campus resources and support services

Before you arrive on campus for Orientation, it is important that you have completed what we call the “Clearance” process. You will receive information regarding clearance via mail, email, phone, and social media. You may also check the student portal to submit items and track your progress at the following address: https://www.cacloudservices.com/studentservices/1251/crindex.cgi.

The following offices require clearance:

<table>
<thead>
<tr>
<th>Admissions</th>
<th>910-277-5555</th>
</tr>
</thead>
<tbody>
<tr>
<td>Business Office</td>
<td>910-277-5222</td>
</tr>
<tr>
<td>Financial Aid</td>
<td>910-277-3953</td>
</tr>
<tr>
<td>Health &amp; Wellness</td>
<td>910-277-2345</td>
</tr>
<tr>
<td>Housing &amp; Residence Life</td>
<td>910-277-5151</td>
</tr>
</tbody>
</table>

As you settle in during Orientation and the weeks that follow, take time to explore different areas of interest. In both academic and co-curricular activities, get to know different types of people, try new things, and make the most of every minute you spend at St. Andrews.

The Orientation Leaders (OLs), academic advisors, faculty and staff members, Residence Life and Student Affairs staff, as well as many others will be here to assist you throughout your transition. My door is open to you at any time. If you have any questions regarding Orientation or locating resources on campus, please contact me at robertsjs@sa.edu.

I look forward to getting to know you and assisting you with your transition to St. Andrews!

Sincerely,

Jennifer S. Roberts
Director of Student Activities
NEW STUDENT INFORMATION

ORIENTATION
All new students are required to attend New Student Orientation. Clearance and Check-in take place on Wednesday, August 16, 2017.

Students who are required to be on campus early (pre-season athletes, pipe band, etc.) will be notified of their expected arrival dates by coaches, supervisors, and/or Admissions staff. Pre-season athletes must check in for Orientation itself between 9:00 a.m. and 4:00 p.m. on Wednesday, August 16 in the Belk College Center.

OVERVIEW OF FALL 2017 ORIENTATION SCHEDULE
Schedule is subject to change. Students will receive their official schedule when they arrive.

Wednesday, August 16: Clearance for ALL New Students; Orientation begins for ALL New Students
- Check-in for Clearance & Orientation 9:00 a.m.–4:00 p.m.*
  - Students are strongly encouraged to complete all business prior to arriving to avoid lines and delays with picking up room keys and registering for courses.
- Move-in (once cleared) 9:00 a.m.–5:00 p.m.
- Rider Placement (call 910-776-7771 if you do not have your ride time) 8:00 a.m.–5:00 p.m.
- VISA Documentation for International Students 9:00 a.m.–5:00 p.m.
- Student & Parent/Family Welcoming Sessions 5:30 p.m.
- Residence Life Meeting (Students) 9:00 p.m.

*Please note that the Check-in time is 9:00 a.m.–4:00 p.m. Offices will be open to continue clearance until 5:00 p.m., but students should have arrived and checked in by 4:00 p.m.

Thursday, August 17: Orientation cont’d
- First Generation Students & Parent/Family Breakfast 8:00 a.m.
- Student & Family Information Sessions 10:00 a.m.–3:15 p.m.
- Class Photo 4:15 p.m.
- Opening Convocation 5:00 p.m.
- President’s Picnic (Note: This is the first scheduled event for family members) 6:00 p.m.
- Residence Hall Meetings 7:30 p.m.
- Program 9:00 p.m.

Friday, August 18: Orientation cont’d
- All Orientation Group Rotations (meet at 8:45 a.m.) 9:00 a.m.–12:00 p.m.
- International Student Lunch & Learn 12:00 p.m.
- JEEP Information Session 1:15 p.m.
- FM Orientation Group Rotations (meet at 1:45 p.m.) 2:00 p.m.–5:00 p.m.
- Program 7:00 p.m.

Saturday, August 19: Orientation cont’d
- Academic Advising Overview Session (meet at 11:45 a.m.—First Year Students Only) 12:00 p.m.
- Academic Advising (individual times on name tags) 1:30 p.m.–5:00 p.m.
- Various Activities 3:00 p.m.–5:00 p.m.
- Program 8:00 p.m.

Sunday, August 20: Orientation cont’d / Check-in & Clearance for Returning Students**
- Campus Worship Service 10:00 a.m.
- Sunday Fun Day Activities 1:00 p.m.–5:00 p.m.
- Barn Orientation 2:00 p.m.–4:00 p.m.
- Program 8:00 p.m.

Monday, August 21: Orientation cont’d / Registration for ALL Students / Clearance for Returning Students cont’d**
- Academic Advising (cont’d as needed) various
- SAGE 125: First Year Experience Class Meeting 10:00 a.m.
- Honors Luncheon lunch
- Eclipse Viewing Event 1:00 p.m.–4:15 p.m.
- Athletics Event/ Pep Rally 7:00 p.m.
- Hall Meetings 9:00 p.m.

Tuesday, August 22: Classes Begin for All Students
- First Full Day of Classes
- Welcome Week Activities Begin

**Events specific to returning students are not included on this schedule, but they do arrive while Orientation is still in progress.
FINANCIAL AID/PAYMENTS
All financial aid paperwork for federal and state aid including student loans should be completed BEFORE arriving on campus. Incomplete aid packages may delay your registration for classes as well as affect your ability to take meals in the dining hall. Please check with the Office of Financial Planning prior to your arrival on campus about any items needed to complete our financial aid process. For more information, consult the website (https://www.sa.edu/admissions/financial-aid) or call the office directly at 910-277-3953. Office hours are 8:30 am.–5:00 p.m. Monday–Friday.

Students who will have a balance due to the University after all financial aid is applied should be prepared to make payment to the Business Office prior to arrival as well. For payment plan information, please consult the website (https://www.sa.edu/finaid-pages/tuition-fees-and-payment-plans) or call the office directly at 910-277-5222.

ADVISING AND REGISTRATION
All new first year students are required to attend the Academic Advising Overview on Saturday, August 19 at 12:00 p.m. Following this meeting, every new student has a specified time to meet with his or her advisor to begin or finalize course selection for the Fall semester. Generally, first year advising takes place on Saturday, August 18 and transfer advising takes place on Monday, August 21; however, new students will receive their specific times when they check in for Orientation. Advising locations and times will be on the back of each student’s nametag. Failure to attend advising sessions may result in a delay in course registration and/or the ability to find places in preferred courses/course sections.

Final course registration takes place on Monday, August 21, 2017.

STUDENT IDs
Every student must have a valid St. Andrews Student ID. Student ID photos will be taken at various times throughout Orientation. Students are required to have their St. Andrews Student ID with them at all times. Student IDs are also required for entrance into the dining hall at meal times and for all University events. There is a $25 charge for any replacement ID.

SAY CHEESE
Student ID photos will be taken in Burris Hall which is located in the PE Building. Please plan to have your Student ID photo taken at the earliest time that fits into your schedule without interfering with required Orientation events. Make sure you have completed the Clearance process and checked in to your residence hall before proceeding to have your photo taken.

PARKING AND CAR REGISTRATION
Students may have a car on campus. Every vehicle must display a St. Andrews University parking sticker. Students are not permitted to back into parking spaces on campus. Parking stickers are available in the Campus Safety Office. There is no charge for receiving a parking sticker. You must bring your driver’s license, car registration, and insurance information with you to get your parking sticker. The vehicle registration form can be filled out before you even arrive on campus at the following link: https://www.sa.edu/student-life/campus-safety.
EMAIL
Every student has a St. Andrews University email address. This email address is considered the official means of communication between the University and the student. Students are expected to check their student email accounts regularly to keep up with important news and events.

Access Email:  https://webmail.sa.edu

FREE MICROSOFT OFFICE 365
Through our collaboration with NCICU, students are eligible to obtain Microsoft Office 365 at no charge. That means you can set up an account through Microsoft and then download the software to your computer for your use as long as you use your St. Andrews email address.

If you would like to take advantage of this offer, please open this link:  https://goo.gl/K3FVMP

Once you open the link above, follow the registration steps and the information provided to download the software. Make sure your computer is fully charged or plugged into an electrical outlet during the download process. When you open the link, follow the prompts and make sure that you set up your account with your St. Andrews email information. You will be prompted to provide your St. Andrews email address. Then you will receive a confirmation email. After your account has been confirmed, you will be able to download the software to your computer, tablet, and/or phone.

Remember: You must register with Microsoft using your St. Andrews email address to get the download for free.

10 EASY STEPS TO SETTING UP YOUR ST. ANDREWS EMAIL ACCOUNT ON YOUR CELL PHONE
Steps:
1. Go to your phone Settings
2. For Apple products, scroll down and click on Mail, Contacts, Calendars (on Apple Products. For Android products, click on the Email app.
3. Click Add Account
4. On Add Account choose the Microsoft Exchange option
5. Enter your St. Andrews Email address, Password, and Description
   - Example: CAS@sa.edu
   - Password: **********
   - Description: SAU
6. Enter in the Server Tab the following: mail.sa.edu
   - If prompted, domain name is: sapc.edu
   - If prompted, accept all certificates
7. Enter in the Username Tab your email address: CAS@sa.edu (example)
8. Re-enter your Password
9. Click Next in the top right corner
10. Click Add in the top right corner
EMERGENCY ALERT SYSTEM
To keep abreast of campus emergency alerts, students and parents are encouraged to sign up for the Community Information Service powered by Nixle. The information published via this service can be sent directly to you via text, email, and/or web message. Please add or update your cell phone information by accessing the following link:
https://local.nixle.com/signup/widget/i/124/

MOODLE
Access Moodle: http://moodle.sa.edu

STUDENT PORTAL
Access Student Portal: https://www.cacloudservices.com/studentservices/1251/crindex.cgi
User ID: Your Student ID # (ex. 000####)
PIN: Birthdate in the form of MMDDYYYY

BOOKSTORE INFORMATION
St. Andrews will be providing students with all textbooks needed for courses at no separate cost. This innovative program is offered in partnership with Follett, the largest textbook company in the country.

In addition to providing books for student use, the campus bookstore in the Belk Center offers popular books, supplies, sportswear, and sundries.

How it works: Students go to the bookstore before the beginning of classes or when they receive an email. The bookstore will have an assembled book pack for each registered student. All of the assigned texts will be in the book pack. Students will need to show their student ID card, sign a receipt, and take their books. It really is that simple. Having books available prior to the first day of class will ensure students don’t fall behind on readings or miss assignments.

At the end of the semester, the student will return the book pack to the bookstore. Students will be billed for books damaged or not returned. If a student would like to keep a book, there is the option to purchase the text at the end of the semester.

Sportswear and other accessories may also be purchased online at www.standrewsgear.com.
FAQs

Can I get an electronic version?
Electronic versions may be available if they have been used in the past. This will be left decided by the faculty.

Can I opt-out and get books on my own?
Why would you pay extra for books when these are already included in your tuition?

Can I keep my books?
Yes, you will have the option at the end of the semester to pay a nominal fee to keep the books.

What do I do if I change or drop a class?
When you drop, a class bring those books back to the Bookstore to return. Then present the receipt of said books to the registrar to add new class. When the new books are ready to pick up you will get an email from the Bookstore.
RESIDENT STUDENT INFORMATION

MEAL PLAN / DINING SERVICES
All Resident Students are required to take part in the St. Andrews meal plan. Knights Dining Hall is located in the Belk Center and serves three meals daily on weekdays and brunch and dinner on weekends. In addition to traditional hot meals, Knights Dining Hall offers a multi-item salad bar, soup station, a sandwich bar, burgers, hot dogs, pizza, desserts, and a prepared “before your eyes” daily special. Pipers Café is located in the James L Morgan Liberal Arts Building (Morgan LA) and offers prepared to-go items for breakfast and lunch that students can get as a meal exchange as well as items for purchase. Knights Dining Hall is open throughout the regular academic year except during campus holidays and breaks. Pipers Café is open while classes are in session. University dining services are provided by Pioneer College Caterers. For questions about dining services, contact Brian Johnston at johnstonb@sa.edu.

KNIGHTS DINING HALL HOURS
Weekdays
Breakfast: Monday—Friday 7:30am to 9:00am
Lunch: Monday—Friday 11:00am to 1:30pm
Dinner: Monday—Thursday 5:00pm to 7:00pm
Friday 5:00pm to 6:15pm

Saturday & Sunday
Brunch 11:00am to 1:30pm
Dinner 5:00pm to 6:15pm

PIPERS CAFÉ HOURS
Monday—Friday 7:30am to 2:30pm
Breakfast Meal Exchange 7:30am to 10:30am
Lunch Meal Exchange 10:30am to 2:30pm

DINING HALL CLOSURES
The dining hall is closed during the following breaks: Fall Break (October 12–15), Thanksgiving (November 22–26), Winter Break (December 9—January 7), Spring Break (March 3–11), Easter Break (March 30–April 2), and Summer Break (after lunch on May 4). Meals will not be served during these periods. Dining services typically end with the close of dinner on the last day before a break begins and reopen with breakfast on the morning classes resume. Students planning to remain on campus should plan ahead to find ways to provide their own meals during these times.
A Welcome Letter for All Students – Summer 2017

On behalf of Pioneer and myself, welcome! It’s great to be here and I’m looking forward to our new year together. As your food service director, I want you to know that my door is open at all times for your comments and suggestions. Below, I have provided a listing of services, some policies that Pioneer and I could use your help with, along with the current meal hours.

Some of our services . . .

- A food committee is formed through student services. We look forward to any feedback that will help us to serve you better.
- Sick trays are available with a note of approval from a residence director, residence assistant, or nurse.
- Takeout meals are available for work or school related conflicts, 24-hour notice is requested. Be sure and sign up for any specific requests, so meals are tailored more to your liking.
- Special diets can be accommodated; however, we do ask that you provide an outline of your dietary needs.
- Pioneer is very proud of our nutritional awareness program. We designed it to help you make sound choices concerning your diet and health. A booklet is available for you that explains the program, but should you desire more information, come talk to me. We hope you will take advantage of this information.

Some policies we need your help with . . .

- All students will bring proper I.D. to enter the dining hall. Anyone without an I.D. will be required to pay.
- Our program is based on unlimited seconds (thirds, etc.). We all try to be good stewards, so please do not waste food or take more than you can eat.
- No food, drink, or dishware of any kind is to be taken from the dining hall.
- Non meal plan students and visitors must pay at the door to enter the dining hall. The line rates are posted at the door.

Your meal hours . . .

<table>
<thead>
<tr>
<th>Traditional Meals:</th>
<th>Monday-Thursday</th>
<th>Friday</th>
<th>Saturday/Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hot Breakfast</td>
<td>7:30am-9:00am</td>
<td>7:30am-9:00pm</td>
<td>---</td>
</tr>
<tr>
<td>Lunch</td>
<td>11:00am-1:30pm</td>
<td>11:00am-1:30pm</td>
<td>11:00am-1:30pm</td>
</tr>
<tr>
<td>Dinner</td>
<td>5:00pm-7:00pm</td>
<td>5:00pm-6:15pm</td>
<td>5:00pm-6:15pm</td>
</tr>
</tbody>
</table>

Once again, feel free to talk to me about any concerns that you may have. I am committed to serving you and providing you with the best dining experience possible.

Brian Johnston
Food Service Director
St. Andrews University
MAIL SERVICES
Each Resident Student is assigned a St. Andrews University Post Office Box. All packages should be picked up from ASC in the LA Building. All student mail must be sent to the address assigned to the student in the student’s name. Student mailing addresses should appear as follows:
  Student’s Name
  St. Andrews University
  1700 Dogwood Mile
  Laurinburg, NC  28352

ASC/MAIL ROOM
Some things to know about your mail while you are a student at St. Andrews University:

All US Postal Service (USPS) mail will come through the ASC/Mail Room office in the Liberal Arts (LA) Building (Room #187). ASC/Mail Room hours are Monday through Friday, 9:00 a.m. to 5:00 p.m.

Letters and magazines will be placed in your student mailbox.

ASC/Mail Room also receives student packages. When we receive your package, we log it in and then send you an email to notify you that your package is ready for pick up.

**Important procedures regarding student mailboxes:**

- To be in compliance with US Postal Service (USPS) procedures, the ASC office, which handles all US Mail on campus, needs your cooperation. ASC will be clearing out all student mail boxes once a month on or around the 1st of the month.
- We will hold that mail for 14 days, giving you one last chance to retrieve your mail in ASC. After that time, any mail not picked up from the month before will be returned to sender.
- It is important that you pick up your mail on a timely basis. This keeps the boxes clear to receive new mail.
- If there is mail you do not want, it is your responsibility to throw it away.
- Please do not clutter the USPS with unnecessary mail.
- There are trash bins located in the hallway by the student mailboxes.

CABLE SERVICES AND TELEPHONES
St. Andrews University provides Time Warner (now Spectrum) cable television and wireless as well as wired internet access in the residence halls. St. Andrews recognizes that students rely on their cell phones for their primary means of communication.
<table>
<thead>
<tr>
<th>Channel #</th>
<th>Channel Name</th>
<th>Channel #</th>
<th>Channel Name</th>
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<th>Channel #</th>
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</tr>
</thead>
<tbody>
<tr>
<td>2.1</td>
<td>WFXB (FOX)</td>
<td>10.1</td>
<td>ABC Family (Free Form)</td>
<td>18.1</td>
<td>VH1</td>
<td>26.1</td>
<td>History</td>
</tr>
<tr>
<td>2.2</td>
<td>WWMB (CW)</td>
<td>10.2</td>
<td>Weather Channel</td>
<td>18.2</td>
<td>MTV</td>
<td>26.2</td>
<td>Travel</td>
</tr>
<tr>
<td>3.1</td>
<td>WUVC (Univision)</td>
<td>11.1</td>
<td>A&amp;E</td>
<td>19.1</td>
<td>BET</td>
<td>27.1</td>
<td>CNBC</td>
</tr>
<tr>
<td>3.2</td>
<td>WRAL (CBS)</td>
<td>11.2</td>
<td>Bravo</td>
<td>19.2</td>
<td>Local Regional Sports</td>
<td>27.2</td>
<td>Oxygen</td>
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<td>4.1</td>
<td>Community Pprogram</td>
<td>12.1</td>
<td>TLC</td>
<td>20.1</td>
<td>E!</td>
<td>28.1</td>
<td>SyFy</td>
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<tr>
<td>4.2</td>
<td></td>
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<td>truTV</td>
<td>28.2</td>
<td>C-SPAN</td>
</tr>
<tr>
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<td>WFPX (ION)</td>
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<td>Lifetime</td>
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<td>29.1</td>
<td>Disney Channel</td>
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<td>WMBF (NBC)</td>
<td>13.2</td>
<td>CNN</td>
<td>21.2</td>
<td>Discovery</td>
<td>29.2</td>
<td>Fox Sports Atlantic</td>
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<td>WPDE (ABC)</td>
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<td>WDTV (CBS)</td>
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<td>Comedy Central</td>
<td>25.2</td>
<td>Investigation Discovery</td>
<td>33.2</td>
<td>Food Network</td>
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</table>
**COMPUTERS**

St. Andrews has eight computer labs available to students in different buildings around campus. Lab hours are posted in each lab. Knight Life in the Belk Center and Pipers Café in the LA Building are equipped with Wi-Fi. All Residence Hall rooms have high-speed network connections in them to allow students to connect their personal computers to the Internet. The University is pleased to announce that we now provide wireless signal to the residence halls (including residence hall rooms and building main lounges). Students may set up individual wireless routers but are encouraged to keep their personal wireless password protected.

**HOW TO SETUP A WIRELESS ROUTER IN YOUR RESIDENCE HALL ROOM**

Although there is wireless internet access in the residence halls, students still have the option of setting up their own wireless routers in their rooms. If you choose to do so, please follow these steps:

1. Plug one end of the network cable into the network box in your dorm room.

2. The other end of the network cable plugs into the router jack named "WAN" or "uplink" or "Internet." The port may be colored differently or be physically separated from the other ports.
LAUNDRY
Laundry facilities are available in every residence hall. Laundry services are **free** of charge; however, students will need to provide their own laundry detergent and fabric softener. It is recommended that students use high efficiency laundry detergency—using laundry detergent pods is a convenient way to transport detergent and ensure that machines are not overloaded with too much detergent. Instructions for use are on each machine. There are also text alert systems in place so you can keep track of when it’s time to change loads.

PERSONALIZING YOUR ROOM
You are encouraged to find creative ways to personalize your residence hall room to make it feel more at home. Please review the checklist of recommended supplies and restrictions before making any new purchases. We recommend that you consult with your roommate before moving in about who will be responsible for bringing the large or expensive items (like refrigerators and televisions) of which you may only have one per room.

SOCIAL MEDIA

St. Andrews University
St. Andrews Knights Athletics
St. Andrews Equestrian Program
Student Activities at St. Andrews
St. Andrews University Pipe Band
St. Andrews Communication and Theatre Arts
St. Andrews Science Homecoming
Gender Justice Club at St. Andrews

St. Andrews University: @SA_Knight
St. Andrews Knights Athletics: @SAUKnights
Equestrian Program: @StAndrewsEq
Student Activities Union (now KAP): @SAUatStAndrews
CHECKLIST FOR RESIDENCE HALL LIVING

Living in a residence hall is more than just having a room located near classrooms. Your room is a starting point from which you can deal with the academic, social, and recreational challenges and opportunities that will be part of your total educational experience at St. Andrews. Your room must contain the necessities that support you to get focused and on your way in the morning and into your studies at night, but it also should be a comfortable place where you can relax. The lists below include items you may want to bring to college. Realize that you do not have to have all the items. Check with your roommate to see what he or she is bringing so you do not double up on items.

**NECESSITIES**

<table>
<thead>
<tr>
<th>Study Items</th>
<th>Linens</th>
<th>Toiletries</th>
<th>Laundry</th>
</tr>
</thead>
<tbody>
<tr>
<td>Notebooks</td>
<td>Bedspread/Quilt</td>
<td>Soap/Shower Gel</td>
<td>Laundry</td>
</tr>
<tr>
<td>Pens/Pencils</td>
<td>Blanket</td>
<td>Shampoo</td>
<td>Bag/Basket</td>
</tr>
<tr>
<td>Stationery</td>
<td>Pillows</td>
<td>Conditioner</td>
<td>Laundry</td>
</tr>
<tr>
<td>Stapler</td>
<td>Mattress Cover</td>
<td>Toothpaste</td>
<td>Detergent</td>
</tr>
<tr>
<td>Scissors</td>
<td>Sheets</td>
<td>Toothbrush</td>
<td>Dryer Sheets</td>
</tr>
<tr>
<td>Glue Stick</td>
<td>Towels/Washcloths</td>
<td>Brush/Comb</td>
<td>Iron</td>
</tr>
<tr>
<td>Scotch Tape</td>
<td></td>
<td>Hair Dryer</td>
<td></td>
</tr>
<tr>
<td>Project Supplies</td>
<td></td>
<td>Shower Shoes/Flip Flops</td>
<td></td>
</tr>
<tr>
<td>Alarm Clock</td>
<td></td>
<td>Shower Bucket/Caddy</td>
<td></td>
</tr>
<tr>
<td>Desk Chair</td>
<td></td>
<td>Bathrobe</td>
<td></td>
</tr>
</tbody>
</table>

**EXTRAS OR JUST FOR FUN**

<table>
<thead>
<tr>
<th>Decorations</th>
<th>Entertainment</th>
<th>Late Night Snacking</th>
<th>Communication</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lamp (non-halogen bulbs)</td>
<td>Television (1/room)</td>
<td>Refrigerator (1/room)</td>
<td>Cell Phone</td>
</tr>
<tr>
<td>Free-standing shelves</td>
<td>DVD/VCR</td>
<td>Cups/Plates</td>
<td>Address Book</td>
</tr>
<tr>
<td>Rugs</td>
<td>Stereo</td>
<td>Snacks/Drinks</td>
<td>Computer Cable</td>
</tr>
<tr>
<td>Storage containers</td>
<td>iPod/iPad</td>
<td>Paper Products</td>
<td></td>
</tr>
<tr>
<td>Posters (hung with tape or putty)</td>
<td>Computer/Laptop</td>
<td>Dish Soap/Sponge</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Books/Magazines</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Board Games</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Skateboard</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Roller Blades</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>Frisbee</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Football, Basketball, etc.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>


APPROVED ELECTRICAL APPLIANCES FOR USE IN STUDENT ROOMS

- Refrigerator (3.1 cubic ft. or less – one per room)
- Stereo System (one per room)
- Television (one per room)
- Small fan (one per room)
- Computer System
- DVD/VCR
- Game System (Play Station, Wii, X-Box)
- Radio
- Hair Dryer (for use in suite bathroom)
- Curling Iron
- Clothes Iron
- Alarm Clock
- Can Opener
- Electric Razor
- Lamps/Lights (using non-halogen light bulbs)
- Power Strips/Surge Protectors
- Cell Phone Charger
- Electric Toothbrush Charger
- Air Filter
- Vacuum Cleaner
- Wheelchair Battery Charger

If a student requires an additional item that is not listed, a request in writing may be submitted to the Direct of Housing identifying the item with rationale for its necessity. Written approval must be received prior to placing the item in the student’s room.

PROHIBITED ITEMS FOR STUDENT ROOMS

- Any appliance not listed. Specifically, NO cooking appliances – microwave, toaster, toaster oven, grill, fry baby, coffee pot, crockpot, etc., to be used in the room. Microwaves are provided in the suite lounges. Keurig coffee machines are permitted.
- Extension cords are prohibited. Power strips allowed.
- Decorative string lights.
- Decorative materials hanging over or under lights (including ceiling lights).
- Flammable items (candles, oil lamps, incense, halogen lamps, etc.).
- Items that may be flammable or deter in fire rescue may not be hung on walls ceilings or in doorways in individual rooms, hallways, or main or suite lounges.
- Weapons including, but not limited to, firearms, BB guns, stun guns, air rifles, air pistols, Bowie knives, dirks, daggers, slingshots, switchblades, blackjacks, metallic knuckles, etc. For more detail about items designated as weapons by St. Andrews University, please contact the Office of Campus Safety and Security at 910-280-2895.
- This list may not include all items prohibited from use in student rooms. For a complete list, students should consult the student handbook, The Saltire, which can be found online at the University website (https://www.sa.edu/files/Studentlife/SALTIRE2017-18.pdf). Students are responsible for being familiar with all rules and regulations as laid out in The Saltire.

NO PETS ARE ALLOWED IN THE RESIDENCE HALLS.

The only exception to the pet policy is fish that can be maintained in a simple fish bowl. Fish are only allowed if electricity is not used to power a filter or lights for the bowl. If pets are found, the student responsible will be subjected to a fine and a Student Conduct Hearing.

Emotional Support and Service Animals must be approved by Disability Services and Housing BEFORE coming onto campus.

Visiting pets are NOT allowed in the residence halls and must be kept on a leash at all times.
WORK ORDER SYSTEM
The St. Andrews work orders system is powered by Microsoft cloud servers, therefore, you must sign up for a free Microsoft Office 365 account using your St. Andrews email account to access and utilize the work order system.

To sign up for your Microsoft Office 365 account, follow this link: https://products.office.com/en-us/student?ms.officeurl=getoffice365

Once you have created your account, someone in Computer Services will add you to the work order request website so you can enter new requests into the work order system at https://sa0.sharepoint.com/SitePages/Home.aspx

On the left-hand column of the page, are Computer Services Work Order Requests, while the column on the right has the Physical Plant Maintenance Work Order Requests. In both cases, click on New Item to add your request.
For issues pertaining to residence hall rooms, suites, lounges, etc. and logistics for event setup, select “new item” under “Physical Plant Work Order Requests”:

Make sure to select the appropriate category so that your work order gets to the correct department.
For IT/Computer related issues, select “new item” under “Computer Services Work Order Requests”:

Again, make sure to select the appropriate work order category (note that you have to scroll through the list to see all of the options).

Once you have submitted your work order, you will receive an email confirmation.
## OTHER IMPORTANT INFORMATION

### 2017–2018 ACADEMIC CALENDAR

#### FALL 2017

<table>
<thead>
<tr>
<th>Date Range</th>
<th>Date</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday–Sunday</td>
<td>August 16–20</td>
<td>New Student Orientation</td>
</tr>
<tr>
<td><strong>Monday</strong></td>
<td><strong>August 21</strong></td>
<td>First Day of Academic Term</td>
</tr>
<tr>
<td><strong>Tuesday</strong></td>
<td><strong>August 22</strong></td>
<td>Sandhills campus classes begin</td>
</tr>
<tr>
<td><strong>Sandhills campus classes begin</strong></td>
<td><strong>August 21</strong></td>
<td>First Day of Academic Term</td>
</tr>
<tr>
<td><strong>Sandhills campus classes begin</strong></td>
<td><strong>August 22</strong></td>
<td>Classes Main Campus begin</td>
</tr>
<tr>
<td><strong>Wednesday</strong></td>
<td><strong>August 24</strong></td>
<td>Last day to add a Demi 1. Last day to drop a Demi 1 course without a “W” grade. (After this date, there will be a $10 charge to add or drop)</td>
</tr>
<tr>
<td><strong>Monday</strong></td>
<td><strong>August 25</strong></td>
<td>“W” grades begin for Demi 1 course.</td>
</tr>
<tr>
<td><strong>Wednesday</strong></td>
<td><strong>August 30</strong></td>
<td>Last day to add a semester long course. Last day to drop a Semester long course without a “W” grade.</td>
</tr>
<tr>
<td><strong>Thursday</strong></td>
<td><strong>August 31</strong></td>
<td>“W” grades begin for semester long courses.</td>
</tr>
<tr>
<td><strong>September 14</strong></td>
<td><strong>September 14</strong></td>
<td>Demi 1 Mid Term grades due</td>
</tr>
<tr>
<td><strong>September 15</strong></td>
<td><strong>September 15</strong></td>
<td>Last day to withdraw from a Demi 1 course with a &quot;W&quot; grade</td>
</tr>
<tr>
<td><strong>September 18</strong></td>
<td><strong>September 18</strong></td>
<td>Check Points due</td>
</tr>
<tr>
<td><strong>September 25–27</strong></td>
<td><strong>September 25–27</strong></td>
<td>Pass Fail for Demi 1 courses</td>
</tr>
<tr>
<td><strong>September 27</strong></td>
<td><strong>September 27</strong></td>
<td>Spring and Summer semester incompletes become “F” if not removed</td>
</tr>
<tr>
<td><strong>Friday</strong></td>
<td><strong>October 6</strong></td>
<td>Last day Demi 1</td>
</tr>
<tr>
<td><strong>Monday</strong></td>
<td><strong>October 9</strong></td>
<td>First day Demi 2</td>
</tr>
<tr>
<td><strong>Wednesday</strong></td>
<td><strong>October 11</strong></td>
<td>Mid Term grades and final Demi 1 grades due</td>
</tr>
<tr>
<td><strong>October 11</strong></td>
<td><strong>October 11</strong></td>
<td>Last day to add a Demi 2 course. Last day to drop a Demi 2 course without a “W” grade. (After this date, there will be a $10 charge to add or drop)</td>
</tr>
<tr>
<td><strong>Thursday–Sunday</strong></td>
<td><strong>October 12–15</strong></td>
<td>Fall Break</td>
</tr>
<tr>
<td><strong>Monday–Friday</strong></td>
<td><strong>October 23–Nov 3</strong></td>
<td>Advisement period for Advanced Registration Spring 2017</td>
</tr>
<tr>
<td><strong>Tuesday</strong></td>
<td><strong>October 31</strong></td>
<td>Demi 2 Mid Term grades due</td>
</tr>
<tr>
<td><strong>Thursday</strong></td>
<td><strong>November 2</strong></td>
<td>Last day to withdraw from a course with a &quot;W&quot; grade for Demi 2 or semester long courses</td>
</tr>
<tr>
<td><strong>November 6</strong></td>
<td><strong>November 6</strong></td>
<td>WP/WF grades begin if a student withdraws from a semester long course</td>
</tr>
<tr>
<td><strong>November 6–10</strong></td>
<td><strong>November 6–10</strong></td>
<td>Pass/Fail for Demi 2 and semester long courses</td>
</tr>
<tr>
<td><strong>November 22–26</strong></td>
<td><strong>November 22–26</strong></td>
<td>Thanksgiving Break</td>
</tr>
<tr>
<td><strong>Wednesday–Sunday</strong></td>
<td><strong>November 22–26</strong></td>
<td>Last day Demi 2</td>
</tr>
<tr>
<td><strong>Wednesday</strong></td>
<td><strong>November 29</strong></td>
<td>Last class day main campus semester long classes.</td>
</tr>
<tr>
<td><strong>Friday</strong></td>
<td><strong>December 1</strong></td>
<td>Last day to withdraw from semester long courses—grades of WP or WF apply</td>
</tr>
<tr>
<td><strong>December 4–8</strong></td>
<td><strong>December 4–8</strong></td>
<td>Final Examinations</td>
</tr>
<tr>
<td><strong>December 8</strong></td>
<td><strong>December 8</strong></td>
<td>Last Day of Academic Term</td>
</tr>
<tr>
<td><strong>December 9</strong></td>
<td><strong>December 9</strong></td>
<td>Residence Halls close at 10:00 a.m.</td>
</tr>
<tr>
<td><strong>December 11</strong></td>
<td><strong>December 11</strong></td>
<td>Grades due (12:00 noon)</td>
</tr>
<tr>
<td>Date Range</td>
<td>January 8–9</td>
<td>January 9</td>
</tr>
<tr>
<td>---------------------</td>
<td>----------------------</td>
<td>--------------------------------</td>
</tr>
<tr>
<td>Monday–Tuesday</td>
<td>New Student Orientation</td>
<td>First Day of Academic Term</td>
</tr>
<tr>
<td>Tuesday</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wednesday</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td>Last day to add a Demi 1. Last day to drop a Demi 1 course without a &quot;W&quot; grade. (After this date, there will be a $10 charge to add or drop)</td>
<td>Main Campus classes begin</td>
</tr>
<tr>
<td>Monday</td>
<td>&quot;W&quot; grades begin for Demi 1 courses.</td>
<td></td>
</tr>
<tr>
<td>Thursday</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td></td>
<td>&quot;W&quot; grades begin for semester long courses</td>
</tr>
<tr>
<td>Thursday</td>
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<td>Friday</td>
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<tr>
<td>Thursday</td>
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<td></td>
</tr>
<tr>
<td>Saturday–Sunday</td>
<td>Spring Break</td>
<td></td>
</tr>
<tr>
<td>Tuesday</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Monday–Friday</td>
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<td>Friday–Monday</td>
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<td>Saturday</td>
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<tr>
<td>Sunday</td>
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<tr>
<td>Monday</td>
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</tbody>
</table>
**FINAL EXAM SCHEDULE**

Students are expected to plan ahead and remain on campus until the conclusion of their final exam. To help students plan properly, the final exam schedule for each semester is published in the course scheduling guide students use to select their courses. This information is reiterated by professors in each course syllabus as well. Students who are booking travel arrangements, should be mindful of the exam schedule and allow plenty of time for the completion of exams and projects before leaving campus for the semester.

The Fall 2017 exam schedule is as follows:

<table>
<thead>
<tr>
<th>Final Exam Time</th>
<th>Final Exam Day</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Monday, December 4</td>
</tr>
<tr>
<td>8:30am–11:00am</td>
<td>M/W/F 11:00am–11:50am</td>
</tr>
<tr>
<td>12:00pm–2:30pm</td>
<td>T/Th 11:00am–12:15pm</td>
</tr>
<tr>
<td>3:00pm–5:00pm</td>
<td>M/W/F 1:00pm–1:50pm</td>
</tr>
<tr>
<td>6:30pm–9:00pm</td>
<td>M–Th 5:30pm–6:45pm</td>
</tr>
</tbody>
</table>

**RESIDENCE HALL CLOSURES**

The Residence Halls remain open during the following school breaks: Fall Break, Thanksgiving, Spring Break, and Easter Break. The Residence Halls are closed during Winter Break between the fall and spring semesters and Summer Break between academic years. At the close of each semester, students are expected to leave the Residence Halls 24 hours after their last final exam with the exception of graduating Seniors (in the spring) and those required to be on campus for Commencement. During Winter Break, students are allowed to leave their possessions in their Residence Hall rooms. Residence Hall rooms must be vacated of all possessions at the close of Spring Semester even if a student is assigned to the same room for the following school year.

**INTERNATIONAL STUDENT END-OF-SEMESTER TRANSPORTATION**

A shuttle service to and from the Fayetteville Regional Airport at the beginning and end of each semester is available to international students. International students interested in taking advantage of this service must fill out the appropriate airport transportation form and submit it to Tricia Hernandez (hernandeztr@sa.edu) in the Office of Student Affairs. A sample of the end-of-semester Fall 2017 Winter Break form is included on the following page.
International Student Airport Transportation Form

Please initial next to each line to indicate your understanding of the policies and procedures associated with using the SAU airport shuttle service for DEPARTING FLIGHTS.

_____ Make all flight arrangements to/from Fayetteville Regional Airport (FAY) only. Make sure you arrange your flight to Fayetteville, NC (FAY) and NOT Fayetteville, AR (XNA).

_____ Airport travel will be accommodated beginning Monday, December 4, 2017 for the end of the Fall 2017 semester and continue until Saturday, December 9, 2017. You need permission from the Dean of Students to remain any later.

_____ Delta, US Airways, and United airlines fly into Fayetteville Regional Airport (FAY).

_____ This is a curbside drop-off service done at specifically scheduled times. Generally speaking, a total of 2 drop-offs will be done each day—typically one in the morning and one in the afternoon/evening. Anyone taking a very early flight will need to make overnight accommodations and will be dropped off the evening before their flight. Anyone taking a late-night flight will be taken with the afternoon/evening group.

_____ The charge is $25 per student for transportation to/from the FAY airport. This charge must be paid prior to departure. Cash only.

_____ ONE WEEK notice is required for airport drop-offs. Plan ahead!

_____ You will be notified at least 2 days prior to your departure date to confirm transportation arrangements. If you do not receive confirmation, your information was not received and you should call or email to check on your transportation arrangements.

_____ If you encounter delays or cancellations, please contact Tricia Hernandez at 551-427-4716 or hernandezse@sa.edu as soon as possible. Failure to adequately notify staff of changes will result in an additional charge.

Student Contact Info
Name: ___________________________________ Cell Phone #: _____________________________
Email Address: __________________________

Departure Information
Date: ____________________________ Flight Departure Time: ____________________________
Destination: ________________________ Airline: ________________________ Flight #: __________

Notes: ____________________________________________
ROOM CHANGES
Room changes must be addressed through the Resident Director for your Residence Hall as well as the Director of Housing & Residence Life. Students changing from a double occupancy room to a single occupancy room will incur an additional fee which must be approved prior to any moves. Single rooms are not typically approved for First Year students as there is limited availability and preference is given to upper-class students. Exceptions for medical necessity can be worked out through the Director of Housing & Residence Life; students are still required to pay the single room fee for medical singles. For more information, contact Clifton Dial at 910-277-5151 or dialcd@sa.edu.

HEALTH INSURANCE
All degree-seeking students are required to be covered under medical insurance and provide proof of adequate coverage to the Business Office. Information regarding insurance requirements and a link to the registration/waiver may be found on the website: https://www.sa.edu/student-life/insurance-forms

PERSONAL PROPERTY INSURANCE
The University does not assume any liability for the loss, damage, or theft of any personal property; for damage or injury resulting from explosion, fire, mechanical failure of water, steam, or gas lines; from any defective wiring; or from the negligence of any other occupants of the building. Students who want to protect themselves from the possibility of such losses should cover their belongings with an appropriate insurance. It is to the student’s advantage to contact an insurance agency and obtain “renter’s insurance” (Ask for the HO-4 type policy). These policies can be obtained for relatively small costs and may be a very wise purchase. In some cases, students may find they are covered under the terms of an existing homeowner’s policy carried by their parents or guardians. Students are encouraged to always lock their doors when leaving, sleeping, or showering, and to take valuable personal belongings with them over break times. Students are asked to help security personnel by reporting strangers or unusual occurrences promptly.

HEALTH CARE
St. Andrews University has teamed with Scotland Health Care to provide medical services to students. Tricia Hernandez (hernandeztr@sa.edu) in the Office of Student Affairs will make an appointment or do a “call ahead” with a physician located just a few blocks from campus.

Medical services are available daily from 8:00 a.m. until 6:30 p.m. at Scotland Urgent Care located on the Scotland Memorial Hospital campus. There is no need to make an appointment to be seen at Urgent Care. The phone number is 910-277-8300.

Emergency Services are provided by the Scotland Memorial Hospital Emergency Center. In case of an emergency, call 911.

All degree-seeking students are required to be covered under medical insurance. Medical providers will expect students to present their insurance card and copayment to receive services.
In the case of a **class absence**, students should bring their medical excuse to Tricia Hernandez in the Office of Student Affairs.

**COUNSELING SERVICES**
Being at a university is a time of transition and growth. In addition to the opportunities for intellectual development, St. Andrews also provides opportunities for students to learn how to deal effectively with relationships of all kinds; balance work and recreation; manage emotional, physical, and mental stress; improve time management skills; and make positive decisions about how they want to live their lives. St. Andrews University has teamed with Robeson Health Care Corporation to provide counseling services to students. Tricia Hernandez (hernandeztr@sa.edu) in the Office of Student Affairs staff will make an appointment or do a “call ahead” with a counselor located just a few blocks from campus.

**Crisis Intervention Services** are available. In a critical mental health situation, call the Campus Safety Officer on duty at 910-280-2895, the Residence Director on call at 910-280-1753, 911, or go to the Emergency Center at Scotland Memorial Hospital.

**CLASS ABSENCES**
Professors publish their course-specific attendance policies in their syllabi. Typically, students are given their course syllabus during the first class meeting. Student should make sure to thoroughly read and understand these policies so that their grades do not suffer from points lost due to absence. In the case of illness, students may receive an **excused** absence by providing a note from a medical professional requiring the student to stay out of class for a specified period of time. Students should bring their medical excuse to Tricia Hernandez in the Office of Student Affairs. Ms. Hernandez will then email the student’s professors. Students are still responsible for contacting their professors themselves to alert them to their absence and to make arrangements for any missed work. Whenever possible, it is best to email professors **before** the missed class period.

In the case of a non-medical emergency (such as a death in the family), students should contact the Dean of Students, Tim Verhey to explain the situation and request an excused absence. Students experiencing an emergency should do their best to contact the professors whose classes they will meet as well.

For student athletes, coaches contact the faculty and let them know which team members will be traveling and competing prior to an expected absence from class. Only those student athletes on the coach’s email will be excused from class. Student athletes must also alert their professors to their absences **before** missing class. Student athletes are responsible for making arrangements with their professors for any missed coursework, tests, projects, etc.

**DUPONT CENTER FOR ACADEMIC SUCCESS**
Located in Pate Hall on the residential side of campus, the DuPont Center for Academic Success offers the following support services: Academic Mentoring and Tutoring, Peer Engaged Instructors, assistive devices, and accommodations for students with disabilities. Additionally, the Center provides support in time management, study skills, reading comprehension, critical thinking, and test preparation. The goal of the Center is to support the educational programs of
the University by providing opportunities for all students to develop strategies that will help them become effective learners. The Center’s resources include qualified and caring mentors, a computer lab with campus network, internet access and printing, and a seminar room that serves as a meeting space for individual and group studying.

**Computer Lab Hours**

<table>
<thead>
<tr>
<th>Day</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday–Thursday</td>
<td>8:30 a.m. to 9:00 p.m.</td>
</tr>
<tr>
<td>Friday</td>
<td>8:30 a.m. to 5:00 p.m.</td>
</tr>
</tbody>
</table>
Welcome to DeTamble Library, the Heart of St. Andrews University!

DeTamble Library
910-277-5049
https://www.sa.edu/detamble/about-the-library

The Mission of DeTamble Library is to support the educational programs of St. Andrews University by providing access to information and training in its use. The three-story DeTamble Library provides wireless access to online resources along with print periodicals and books, study areas, computers, and printers.

The first floor includes the Information Desk, student lounge, photocopier, the Popular Reading Collection, the Archives, and the reference/research areas.

Second floor is home to the periodicals, the Children’s Literature Collection, computers, printers, study desks and tables, and the Reynolds Reading Room. The microfiche and microfilm collections and equipment are also located on this floor.

The third floor houses the majority of the book collection and the DeTamble Library classroom. The Writing Center is located in the third floor classroom and provides peer tutoring for students during posted hours.

Regular Fall Semester Hours (check email for updates or changes to schedule)

<table>
<thead>
<tr>
<th>Day</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday – Thursday</td>
<td>8:30 a.m. – 11:00 p.m.</td>
</tr>
<tr>
<td>Friday</td>
<td>8:30 a.m. – 5:00 p.m.</td>
</tr>
<tr>
<td>Saturday</td>
<td>Closed</td>
</tr>
<tr>
<td>Sunday</td>
<td>2:00 p.m. – 11:00 p.m.</td>
</tr>
</tbody>
</table>

Holiday/Break hours are posted and sent out via student email.
Reference Service
Get one-on-one assistance in locating, retrieving, and evaluating information in various formats whenever Library is open—stop by to ask for help or call/email for an appointment. NC Knows helps (chat) is available 24/7.

Interlibrary Loan (ILL)
Access materials not available in DeTamble Library from regional and national libraries. Submit a request through WorldCat or fill out a form in the Library.

Resources
- Computers
- Printers
- Photocopier
- Express Catalogs
- Wireless Internet Access
- Laptops available for use in library

Online, Print, and Other Resources
- WorldCat Local
- 200,000+ ebooks
- 80+ online databases
- 54,000+ full text online periodicals
- Streaming videos
- 105,000+ print volumes
- Newspapers & periodicals
- DVD collection
- Microfiche & microfilm resources
- Government documents

Special Collections
- Amos Abrams Collection
- Hal and Delores Sieber Collection of Ezra Pound materials
- St. Andrews Collection
- Special and Rare Book Collection
- Young Adult Collection
- Popular Reading Collection

Special Areas
- Archives of St. Andrews University, Flora Macdonald College, and Presbyterian Junior College
- R. J. Reynolds III Reading Room
- Student Lounge
- Art Alcove
- Writing Center
FITNESS FACILITIES

CARL F. ULRICH FITNESS CENTER
The St. Andrews Fitness Center, which was dedicated to former athletic director Carl F. Ulrich, was completely updated and modernized in the summer of 2004. The impressive fitness center includes over 30 cardio and weight machines by Life Fitness and Hammer Strength. The cardio area includes treadmills, elliptical machines, stationary bikes, a stair-climber, and an open area for core workouts. The weight area includes numerous free weights (dumbbells, barbells, benches, etc.) and multiple resistance machines that will work all areas of your body. The facility also includes a pair of televisions with cable and a stereo system.

Fitness Center Hours
Fitness Center hours will be emailed to students at the beginning of the school year.

O’HERRON POOL
O’Herron Pool is located inside the PE Building.

Pool Hours
Open Swim hours will be emailed to students at the beginning of the school year.
RESOURCES AND SERVICES DIRECTORY

SALTIRE/HANDBOOK

Located online at:  https://www.sa.edu/files/Studentlife/SALTIRE2017-18.pdf

VIRTUAL TOUR OF FACULTY/STAFF RESOURCES

A link to the Student Resources Virtual Tour which includes photos, contact information, and a list of services provided by the individual and/or department is coming soon to the SAU website. Check the Orientation page for a direct link.

ON CAMPUS-EMERGENCY

Campus Safety and Security  Burris Hall  910.280.2895

OFF CAMPUS-EMERGENCY

Domestic Violence and Rape Crisis Center Hotline  910.276.6268
General Local Emergency  911
Laurinburg Police Department  910.276.3211
Laurinburg Fire Department  910.276.1811
Scotland Memorial Hospital  910.291.7000
Poison Control  800.222.1222
National Suicide Prevention Lifeline (800.273.TALK)  800.273.8255
Scotland County Health Department  910.277.2440
Scotland County Mental Health Center  910.276.7360

CAMPUS ASSISTANCE

Academic Records (Registrar)  LA 133  910.277.5221
Career Services  Belk/OSA  910.277.5331
Computer Services (Help Desk)  LA 174  910.277.5014
Disability Services  Pate  910.277.5040
Financial Aid  LA 188  910.277.3953
Housing Services  Belk/OSA  910.277.5151

WORK ORDERS (ON CAMPUS)

Students should alert residence hall staff (RAs/RD) of any issues in their rooms or residence hall common areas. Students can also put in work orders using SharePoint (see Work Order System section of this guidebook for more information).
**AUTO CARE & RENTAL**

Poole’s Paint and Body Repair  
9600 McColl Rd.  
910.610.1082

Clark’s Paint and Body Shop  
301 Lees Mill Rd.  
910.276.6841

Ed’s Tire of Laurinburg  
300 Biggs St.  
910.277.0565

Enterprise  
1503 Atkinson St.  
910.361.2575

Haney’s Tire and Auto  
1663 S Main St.  
910.534.4389

Wal-Mart Tire and Lube Express  
901 US Hwy 401 By-pass  
910.277.1335

**LOCAL ATTRACTIONS**

**Arts and Recreation**

Carolina Horse Park  
2818 Montrose Rd., Raeford  
910.875.2074

Cypress Bend Vineyards & Winery  
21904 Riverton Rd., Wagram  
910.369.0411

Laurinburg Lanes Inc (Bowling)  
1509 Atkinson St.  
910.277.0449

Encore! Theater, Inc.  
Laurinburg, NC  
910.384.4516

Storytelling & Arts Center  
131 S. Main St.  
910.277.3599

Rockingham Dragway  
2153 US 1, Rockingham  
910.582.3400

**Golf Courses**

Cypress Creek Golf Links  
19400 Andrews Jackson Hwy  
910.277.0311

Scotch Meadows County Club  
8100 Tartan Rd.  
910.276.0169

Deercroft Golf Club  
30000 Deercroft Dr., Wagram  
910-369-3107

**Movie Theater**

Cinema One & Two  
1500 Atkinson St.  
910.291.3155

**LOCAL NECESSITIES, SHOPPING, & SPECIALTIES**

**Bakery**

Sweet Expressions at the Gill House  
203 W. Cronly St.  
910.521.5610

Sweet Spot Bakery  
907 S Main St.  
910.276.7097

**Banks**

BB&T  
400 S. Main St.  
910.276.0643

Community One Bank  
380 Plaza Rd.  
910.276.3200

First Bank  
601 S. Main St.  
910.276.2211

First Capital Bank  
909 S. Main St.  
910.610.4343

Wells Fargo  
203 Launchwood Dr.  
910.277.9270

**Barbershops**

Taylor-Made Cuts  
1201 West Church St.  
910.211.1111
### Beauty Salons
<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carrie &amp; Company</td>
<td>898 S. US 15-401 Hwy By-pass</td>
<td>910.266.9700</td>
</tr>
<tr>
<td>Hair Graphics</td>
<td>1785 S. Main St.</td>
<td>910.276.5555</td>
</tr>
<tr>
<td>Hair Worx &amp; Tanning Salon</td>
<td>1000 S. Main St.</td>
<td>910.276.8497</td>
</tr>
<tr>
<td>Hair-Itage Styling Salon</td>
<td>409 Peden St.</td>
<td>910.277.8847</td>
</tr>
<tr>
<td>Carolina Skin Care PA</td>
<td>103-A McApline Ln.</td>
<td>910.277.7546</td>
</tr>
</tbody>
</table>

### Bookstore
<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gospel Music/Bookstore</td>
<td>212 S. Main St.</td>
<td>910.276.0918</td>
</tr>
</tbody>
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### Day Spa
<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bella Aqua Spa</td>
<td>301 N. Main St.</td>
<td>910.277.7333</td>
</tr>
</tbody>
</table>

### Dry Cleaners
<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>One Hour Cleaners</td>
<td>1514 S. Main St.</td>
<td>910.276.3566</td>
</tr>
<tr>
<td>Village Cleaners</td>
<td>1691 S. Main St.</td>
<td>910.276.9166</td>
</tr>
</tbody>
</table>

### Exercise & Physical Fitness
<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Curves for Women</td>
<td>420 S. Main St.</td>
<td>910.277.6226</td>
</tr>
<tr>
<td>Family Fitness Center</td>
<td>321 Plaza Rd.</td>
<td>910.277.0099</td>
</tr>
</tbody>
</table>

### Florists
<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brady’s Flowers</td>
<td>216 W Church St</td>
<td>910.276.1477</td>
</tr>
<tr>
<td>Brenda’s Florist and Gifts</td>
<td>117 Main St.</td>
<td>910.276.9336</td>
</tr>
</tbody>
</table>

### Grocery
<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Food Lion</td>
<td>1301 Scotland Crossing Dr.</td>
<td>910.277.7550</td>
</tr>
<tr>
<td>Harris Teeter</td>
<td>1688 S. Main St.</td>
<td>910.276.0110</td>
</tr>
</tbody>
</table>

### Hardware
<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lowe’s Home Improvement</td>
<td>910 US 15-401 By-pass</td>
<td>910.610.2365</td>
</tr>
<tr>
<td>McNair Town &amp; Country</td>
<td>121 Fairly St.</td>
<td>910.276.2812</td>
</tr>
</tbody>
</table>

### Miscellaneous Shopping
<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bob’s Jewel Shop</td>
<td>110 W. Church St.</td>
<td>910.276.1781</td>
</tr>
<tr>
<td>Dazzling Diva Boutique</td>
<td>303 a-1 Atkinson St.</td>
<td>910.277.4270</td>
</tr>
<tr>
<td>Olde Time General Store</td>
<td>6500 Andrew Jackson Hwy, Laurel Hill</td>
<td>910.462.2997</td>
</tr>
<tr>
<td>Belk</td>
<td>1339 Scotland Crossing Dr.</td>
<td>910.276.2431</td>
</tr>
<tr>
<td>Goody’s</td>
<td>1361 Scotland Crossing Dr.</td>
<td>910.277.0067</td>
</tr>
<tr>
<td>Wal-Mart</td>
<td>901 US Hwy 401 Bypass</td>
<td>910.277.7770</td>
</tr>
<tr>
<td>Harley’s Tuxedo &amp; Gifts</td>
<td>125 S. Main St</td>
<td>910.276.8828</td>
</tr>
<tr>
<td>Shirttales</td>
<td>S. Main St</td>
<td>910.276.2924</td>
</tr>
</tbody>
</table>

### Newspaper
<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Laurinburg Exchange</td>
<td>211 W. Cronly St.</td>
<td>910.276.2311</td>
</tr>
</tbody>
</table>
Pharmacies
Community Drug 1028 Atkinson St. 910.276.6061
Medicine Shoppe 801 S Main St. 910.276.7210
Rite Aid 101 Plaza Rd. 910.276-1058
Walgreens 1110 Aberdeen Rd. 910.276.6445
Walgreens 821 Westwood Way 910.277.9097

Printing
Quick Copy 307 S. Main St. 910.277.0113
The UPS Store 1680 S. Main St. 910.610.1030
Woody’s Printing & Office Supplies 114 S. Main St. 910.277.7232

Storage Facilities
Butler Mini Storage 15861 Scotland High Rd. 910.276.3189
Scotland Mini Storage 11580 McColl Rd. 910.276.6473
Southern Mini Storage 10340 McColl Rd. 910.277.0323

LODGING
Bed & Breakfast
Thomas Walton Manor 400 W. Church St. 910.276.0551

Hotels
Clinton Inn S US 15-401 Hwy By-pass 910.276.6555
Comfort Inn 1699 S US 401 Hwy By-pass 910.277.7788
Hampton Inn 115 Hampton Circle 910.277.1516
Holiday Inn Express 400 Plaza Rd. 910.291.3300
Jameson Inn 401 Jameson Inn Ct. 910.277.0080
Scotland Inn 1500 S US 15-401 Hwy By-pass 910.276.0632

RESTAURANTS
Fast Food
Arby’s 1400 S. Main St. 910.276.5563
Bojangles 1226 S. Main St. 910.277.9090
Captain D’s 1696 S. Main St. 910.276.2600
KFC 1513 S. Main St. 910.276.1136
McDonalds 1304 S. Main St. 910.276.8300
Smithfield’s Chicken & BBQ 402 Plaza Rd. 910.266.8700
Taco Bell 1306 Scotland Crossing Dr. 910.277.0035
Wendy’s 1650 S. Main St. 910.276.7522
Cook Out 1304 Scotland Crossing Dr. 910.506.4343
Dawg Haus Express 1402 S. Main St. 910.277.9303
Pizza Take-out and Delivery
Domino’s 1676 S. Main St. 910.276.4440
Little Caesars 903 Us Hwy 401 910.266.0326
Papa John’s 1642 S. Main St. 910.277.1400
Pizza Hut 1815 S. Main St. 910.276.1770
Pizza Inn 1227 S. Main St. 910.276.6565

Restaurants
Golden Run (Chinese) 1327 Scotland Crossing Dr. 910.277.7734
Mi Casita (Mexican) 1797 S. Main St. 910.276.0032
Captain Larry’s (seafood) 1695 S. Main St 910.276.1880
Champs (Sports bar) 1500 S US 15-401 Hwy 910.276.4386
General McArthur’s 13661 Barns Bridge Rd. 910.276.1498
Golden Corral 904 S. US 15-401 Hwy 910.277.1620
Greek Village 1365 Scotland Crossing Dr. 910.277.7700
Huddle House 1714 US 401 By-pass 910.610.4100
Jerry’s (Sandwiches and Grill) 11990 Hasty Rd. 910.266.9020
Jersey Mike’s Subs 12280 McColl Rd. 910.266.0013
Jin Jin (Chinese Takeout) 150 Main St. 910.277.1616
Little Fuji’s Grill (Japanese Express) 894 US 401 By-pass 910.277.9922
McDuff’s Bar & Grill 1705 S US 15-401 Hwy 910.276.6632
Miyako (Japanese) 1225 S. Main St. 910.506-4081
Subway 1678 S. Main St. 910.277.7797
Taki Japanese Restaurant 1693 S. Main St. 910.291.9908
Waffle House 1302 Scotland Crossing Dr. 910.277.9259

VOLUNTEER OPPORTUNITIES
Church Community Services 108 S. Gill St. 910.276.8330
Domestic Violence and Rape Crisis 230 W. Church St. 910.276.5505
Habitat for Humanity 12340 McColl Rd. 910.276.3337
Helping Hand 130 Biggs St. 910.276.3090
Hospice of Scotland County 610 Launchwood Dr. 910.276.7176
Project Inasmuch 910.610.5422
Scotia Village 2200 Elm Ave. 910.277.2000
Scotland County Health Clinic 1405 West Blvd. 910.276.9912
Scotland County Humane Society 1401 West Blvd. 910.276.9271
Scotland County Literacy Council 213 McLaurin Ave. 910.276.7007
Scotland County Red Cross 501A Westwood Way 910.276.0600
Scots for Youth 140 N. Main St. 910.276.5477
Storytelling Arts Center 131 S. Main St. 910.277.3599
Washington Park Elementary 1225 S. Caledonia Rd. 910.277.4364
<table>
<thead>
<tr>
<th>Organization</th>
<th>Location</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beth Israel Jewish Temple</td>
<td>Fayetteville</td>
<td>910.484.6462</td>
</tr>
<tr>
<td>Central United Methodist Church</td>
<td>Laurinburg</td>
<td>910.276.8881</td>
</tr>
<tr>
<td>Church of God</td>
<td>Laurinburg</td>
<td>910.276.2184</td>
</tr>
<tr>
<td>Church of the Pines</td>
<td>Laurel Hill</td>
<td>910.462.2465</td>
</tr>
<tr>
<td>Crossroads Fellowship</td>
<td>Laurinburg</td>
<td>910.266.9752</td>
</tr>
<tr>
<td>Faith Presbyterian Church</td>
<td>Laurinburg</td>
<td>910.276.9151</td>
</tr>
<tr>
<td>First Baptist Church</td>
<td>Laurinburg</td>
<td>910.276.2161</td>
</tr>
<tr>
<td>Franklin Chapel AME Zion Church</td>
<td>Laurinburg</td>
<td>910.276.2923</td>
</tr>
<tr>
<td>Galilee United Methodist Church</td>
<td>Laurinburg</td>
<td>910.276.0811</td>
</tr>
<tr>
<td>Laurel Hill First Baptist Church</td>
<td>Laurel Hill</td>
<td>910.276.3753</td>
</tr>
<tr>
<td>Laurinburg Christian Church</td>
<td>Laurinburg</td>
<td>910.276.4085</td>
</tr>
<tr>
<td>Laurinburg Presbyterian Church</td>
<td>Laurinburg</td>
<td>910.276.0831</td>
</tr>
<tr>
<td>Lutheran Church of the Living Word</td>
<td>Laurinburg</td>
<td>910.276.7900</td>
</tr>
<tr>
<td>Masjid Al-Madina Islamic Mosque</td>
<td>Raeford</td>
<td>910.875.5200</td>
</tr>
<tr>
<td>Masjid Omar Ibn Sayyid Mosque</td>
<td>Fayetteville</td>
<td>910.488.7322</td>
</tr>
<tr>
<td>Old Laurel Hill Presbyterian</td>
<td>Laurinburg</td>
<td>910.276.7151</td>
</tr>
<tr>
<td>Quaker Meeting House</td>
<td>Fayetteville</td>
<td>910.323.3912</td>
</tr>
<tr>
<td>Sandhills Jewish Congregation</td>
<td>Jackson Springs</td>
<td>910.673.5224</td>
</tr>
<tr>
<td>Solid Rock Baptist Church</td>
<td>Laurinburg</td>
<td>910.276.7726</td>
</tr>
<tr>
<td>St. David’s Episcopal Church</td>
<td>Laurinburg</td>
<td>910.276.1757</td>
</tr>
<tr>
<td>St. Luke’s United Methodist Church</td>
<td>Laurinburg</td>
<td>910.276.6821</td>
</tr>
<tr>
<td>St. Mary’s Catholic Church</td>
<td>Laurinburg</td>
<td>910.276.4468</td>
</tr>
<tr>
<td>Stewartsville Baptist Church</td>
<td>Laurinburg</td>
<td>910.277.0077</td>
</tr>
<tr>
<td>Trinity Presbyterian Church</td>
<td>Laurinburg</td>
<td>910.276.7616</td>
</tr>
<tr>
<td>Westminster Presbyterian Church</td>
<td>Laurinburg</td>
<td>910.276.2846</td>
</tr>
<tr>
<td>Word of Life Assembly of God</td>
<td>Laurinburg</td>
<td>910.276.4622</td>
</tr>
</tbody>
</table>

*Note: St. Andrews University does not endorse or guarantee services of any business or organization listed. This is offered with the hope of providing basic, helpful information and is not a comprehensive list of area resources.
Visiting

By Car

From the North: Follow I-95 South, then U.S. 74 West (about 30 miles) into Laurinburg. Take the St. Andrews University exit, turning right off the ramp, left at the second light (Lauchwood Drive), and then right into the campus.

From the South: Follow I-95 North, then U.S. 501 North (North Carolina exit 1) into Laurinburg. Follow the hospital signs, then turn left onto Lauchwood Drive. Pass the hospital, and the campus will be on the left, across from Holly Square Shopping Center.

From the East: Follow U.S. 74 West to Laurinburg and take the St. Andrews University exit. Turn right off the exit ramp and left at the third light, into the campus.

From the West: Follow U.S. 74 East to Laurinburg and take the St. Andrews University exit. Turn right off the exit ramp and left at the third light, into the campus.

From Raleigh, NC. – US 1 to Aberdeen. Turn left onto US 15/501 towards Laurinburg. Take St. Andrews University exit and continue to the fifth stoplight and make a left onto campus (St. Andrews College Drive). Continue around traffic circle and straight to the parking area of the Liberal Arts Building.

From Columbia, SC. – I-20 East to I-95, North to US 74 West to Laurinburg. Take the St. Andrews University exit and turn right off the ramp (US 15/401). At the third light veer left. At the next stoplight, turn left onto campus (St. Andrews College Drive). Continue around traffic circle and straight to the parking area of the Liberal Arts Building.

By Plane

• Fayetteville Regional Airport: 1 hour east of campus - http://flyfaycl.fayetteville.nc.us/
• Florence Regional Airport: 1.25 hours south of campus - http://www.florenceclairport.com/index.asp
• Charlotte-Douglas International Airport: 2 hours west of campus - http://www.charmeck.org/Departments/airport/home.htm
• Piedmont Triad International Airport: 2 hours northwest of campus - http://www.flyfrompti.com/
• Raleigh-Durham International Airport: 2 hours northeast of campus - http://www.rdu.com/index.htm
• Wilmington International Airport: 2 hours east of campus - http://www.flyilm.com/index.asp
• Myrtle Beach International Airport: 2 hours southeast of campus - http://www.flymyrtlebeach.com/

For more information about the area, go to http://visitnc-soul.com

St. Andrews University
A Branch of Webber International University
1700 Dogwood Mile, Laurinburg, NC 28352

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DIRECTIONS TO EQUESTRIAN CENTER

Visiting St. Andrews Equestrian Center
9167 Hasty Road, Laurinburg, NC 28352 • 910-277-7228

From Campus: Exit the campus using St. Andrews College Drive. Turn left onto 401. At the first traffic light, turn left onto Hasty Road. Go approximately one mile. You will see white fencing leading to the St. Andrews Equestrian Center entrance on the left.

From the North: Follow I-95 South, then US 74 West (about 30 miles) into Laurinburg. Exit at Hwy 501 South (Hospital signs) turning left. Travel approximately 2 miles then turn right onto Barnes Bridge Road. Turn left at first stop sign onto Hasty Road. Equestrian Center is short distance on your left.

From the South: Follow I-95 North, then US 501 North (exit 1) toward Laurinburg. Travel approximately 18 miles then turn left on Barnes Bridge Road. Turn left at first stop sign on Hasty Road. Equestrian Center is short distance on your left.

From the East: Follow US 74 West to Laurinburg. Exit at Hwy 501 South (Hospital signs) turning left. Travel approximately 2 miles then turn right onto Barnes Bridge Road. Turn left at first stop sign onto Hasty Road. Equestrian Center is short distance on your left.

From the West: Follow US 74 East to Laurinburg then take Hwy 401 South (St. Andrews exit). Turn right off the exit ramp and left onto Hasty Road (4th traffic light). Drive 2.3 miles to Equestrian Center.
REGIONAL ATTRACTIONS

Live Music in the Sandhills

**Drum & Quill Public House** - 40 Chinquapin Road, Pinehurst (910) 295-3193
Live music every Friday & Saturday night and often during the week.
[www.drumandquill.com](http://www.drumandquill.com)

**Dugan's Pub** - 2 Market Square, Pinehurst (910) 295-3400
Live music every Friday & Saturday night, karaoke every Thursday night
[www.duganspub.net](http://www.duganspub.net)

**The Magnolia Inn & Dawg House Pub** - 65 Magnolia Road, Pinehurst (910) 295-6800
Live music on the pet-friendly patio
Thursday-Saturday, from 7:00pm-10:00pm
[www.themagnoliainn.com](http://www.themagnoliainn.com)

**The Tavern at the Holly Inn** - 155 Cherokee Road, Pinehurst (910) 295-6811
Live music every Friday & Saturday night from June-November
[http://www.pinehurst.com/dining/the-tavern](http://www.pinehurst.com/dining/the-tavern)

**Ryder Cup Lounge at the Carolina Hotel** - 80 Carolina Vista Drive, Pinehurst (855) 235-8507
Live Music every Friday & Saturday night from June-November

**Bell Tree Tavern** - 155 NE Broad Street, Southern Pines (910) 692-4766
Live music every Friday & Saturday starting at 9:30pm.
Bands play a wide variety of music from Jazz to Originals to Top 40 Hits.
Weather permitting, music will be played in the open air on the patio with full bar and heated when chilly.
[www.thebelltreetavern.com](http://www.thebelltreetavern.com)

**The Jefferson Inn** - 150 W. New Hampshire Avenue, Southern Pines (910) 692-9911
Live music in the Tavern or on the outdoor courtyard
Wednesday-Saturday
[www.jeffersoninn.southernpines.com](http://www.jeffersoninn.southernpines.com)

**Rhett’s** - 132 W. Pennsylvania Avenue, Southern Pines (910) 695-3663
Live music every Friday & Saturday night 6:00pm-9:00pm, Seasonal
[www.rhettson.com](http://www.rhettson.com)

**CharBar No. 7** - 1-100 Pavilion Way, Southern Pines (910) 725-2266
Live music Wednesday-Saturday night 6:30pm-8:30pm, on the patio
[www.facebook.com/587/PinehurstSouthernPines](http://www.facebook.com/587/PinehurstSouthernPines)

**Rudino’s Pizza & Grinders** - 135 Pinehurst Avenue, Southern Pines (910) 246-2446
Live music every Wednesday night, and some Saturday nights
[www.rudinos.com](http://www.rudinos.com)

**The Wine Cellar & Tasting Room** - 241A NE Broad Street, Southern Pines (910) 692-3666
Live music every Saturday night from 7:00pm-10:00pm
[www.thewinecellarandtastingroom.com](http://www.thewinecellarandtastingroom.com)

**Jazzy Fridays at Cypress Bend Vineyards** - 21904 Riverton Road, Wagram (910) 369-0411
Every Friday gates open at 6:00pm, Music from 7:00pm-1:00am
Bands include The Sand Band, Black Water Rhythm & Blues, Cool Heat, Summer Daze, Midnight Allie, and more
[www.cypressbendvineyards.com](http://www.cypressbendvineyards.com)

[www.homeofgolf.com](http://www.homeofgolf.com)
800-346-5362
Annual Concert Series & Musical Events

Blues Crawl - downtown historic Southern Pines  (910) 692-3611
Annual Blues Crawl event on Saturday, November 4, 2017 features musicians playing in shops, restaurants, and bars all within walking distance in downtown historic Southern Pines. Headliner performs at the Sunrise Theater.
www.sunrisetheater.com

Carolina Philharmonic - 3385 Airport Road, Pinehurst  (910) 687-0287
All concerts are at the home venue, Owens Auditorium at Sandhills Community College, except for Gala for Musical Education, which is at The Carolina Hotel's Grand Ballroom.
www.carolinaphil.org

First Friday - 250 NW Broad Street, Southern Pines  (910) 692-3611
5:00pm-8:00pm the first Friday evening of the month May-October. Free family-friendly community event in the green space next to the Sunrise Theater.
Food and beverage available for purchase
www.firstfridaysouthernpines.com

Live After Five - 1 Village Green Road West, Pinehurst  (910) 295-2817
5:00pm-9:00pm May 19th, Sept 9th, Oct 14th 2016
Free family-friendly concert series in Tufts Memorial Park.
Food and beverage available for purchase
www.vasnic.org

North Carolina Symphony - 250 Volt Gilmore Lane, Southern Pines  (877) 627-6724
Performs at Lee Auditorium, Pinecrest High School
www.ncsymphony.org

Sounds on the Grounds - 555 E Connecticut Avenue, Southern Pines  (910) 692-6261
7:00pm-8:00pm on the last Thursday of the month from May-November
Family-friendly community concert on the Weymouth Center for Arts & Humanities meadow at the historic estate of 1920s author James Boyd. Beverages and food available for purchase.
www.weymouthcenter.org

www.homeofgolf.com
800-346-5302
HELPFUL HANDOUTS ABOUT RESIDENCE LIFE
WAYS TO SUCCEED IN COLLEGE

As you approach your first-year at college, there are things that you can do to ensure success in and out of the classroom. Outlined below are ten basic things that you can do to succeed in college.

Get Involved. During your orientation program you will learn about the clubs and organizations that you can join on campus. You need to find one or two organizations to join. Joining a club helps you meet people and make friends. If you don’t want to join a club or organization, make sure that you attend programs that are offered on your campus. Getting involved with the life outside of the classroom will help you succeed in the classroom.

Go to Class. Many first-year students will make the mistake of cutting classes. You need to go to each class. It will make a big difference with your instructor and with your grade!

Meet Your Academic Advisor. All students will be assigned an Academic Advisor. This person is there to advise and serve as a resource for you. You need to meet him/her. If you do not have this opportunity during your Orientation program, call and make an appointment to meet with him/her.

Take Care of Yourself. It is hard to learn and enjoy college if you do not feel well. Many first-year students find that they change their eating and sleeping patterns when they go to college. These changes can result in health problems. Remember decisions that you make concerning alcohol, drugs, and sex will also impact your health. Learn how to take care of yourself.

Stay in Touch. Remember to stay in touch with your family and friends from home. These people are critical support people for you. Write, e-mail or call them on a regular basis. You will meet new friends and support people at college, but staying in contact with you parents, family members and friends will help you succeed in college.

Use the Library. The library is your friend! Learn how to use it and take advantage of the quiet environment. The library staff can be very helpful in finding information or research that you may need for class.

Limit Your Time on the Internet. Many studies show that college students are spending too much time “surfing the net”, texting, tweeting, and connecting with Facebook friends. Learning how to manage your time is very important. Make sure that you use your time on the internet well.

Know the College Policies. Make sure that you read and know the policies of the college. As a student, you have agreed to abide by these policies. You can find the policies in the Student Handbook or University Catalogue.

Use Student Services. Many colleges have several offices, departments or centers designed to help students. Most campuses have career planning, personal counseling, academic advising, minority affairs, student activities, health services, housing & residence life, campus ministry, and athletics, as well as many other resources. Use these resources!

Set Priorities. To manage your time in college, you must first set your priorities. Remember that academics come first! Managing your time begins with an honest appraisal of what you want to do.
TIME MANAGEMENT

“Perhaps the most valuable result of all education is the ability to make yourself do the thing you have to do, when it ought to be done, whether you like it or not.”

- Walter Bagehot

- Get a planner! There many different types: paper planners, google calendars, wall calendars, iPhone planners, desk calendars etc. Some people just prefer to use a blank notebook and write lists. At the beginning of every semester, write all your assignment due dates onto a calendar. You can also include campus activities and athletic events. Hint: Don’t forget to schedule times to study and sleep!

- Define specific goals. When scheduling things into your calendar, think about what you’re trying to get out of it. Are you trying to avoid procrastination? Is your goal to find more time to exercise? You can address your goals in your planner. For example, one of my goals was to do more studying in between classes, so I could have free time in the evening.

- Work in a place without distractions. One of the worse places you can study is in your dorm room. Go to the library. Use a computer in a lab. Your own room has more distractions. Put your phone on silent. The more easily distracted you are, the more time you’ll waste.

- Set a time goal for studying or writing a paper. Try to commit to focusing only on that task for an hour and a half. Working under the clock makes many people more productive.

- Do it now! Whenever you feel lazy, there should be an alarm going off in your head. Realize the ‘I don’t feel like it’ attitude will do you in. It’s a big reason why half of all people who start college never finish. Anytime, the student in the story was feeling lazy, he would shout at himself “Do it now” several times as a wake-up call.

- Just decide. How often do you sit in front of a blank computer screen, wondering what to write about? Give yourself one minute to make a decision, then go with it. If you decide it’s the wrong one, you can always go back.

- Identify where your time is being wasted. TV? Video Games? Magazines?

- Know when to reward yourself! Watch a movie as a reward for finishing a paper. Go out to cookout for a milkshake after spending four hours studying for a test. Rewarding yourself can motivate you to complete a task. Pretend it’s a competition.

- Schedule in downtime! Don’t give up the things you enjoy. Instead, incorporate them into your schedule so you time to look forward to.
UNDERSTANDING AND COPING WITH HOMESICKNESS

All people deal with separation issues differently. You may have been one of those individuals who left for camp when you were younger, waved goodbye to your folks, and were on your way to archery class without a thought. On the other hand, you may have been left with a feeling of sadness about being away from familiar surroundings, friends and family.

Did you see the movie Pleasantville? (A recommended rental) It is about 2 young people who are sucked into a 1950s television sitcom, who find that they have assumed the identities of 2 teenagers in a family that resembles that of “Father Knows Best” or “Leave It to Beaver.” That one was for you, June Cleaver!

Going away to college is much like the experience of being sucked into a television sitcom, and initially this may not be real pleasant. The transition to college for some can be hard, but it can be managed. The good news is that in most cases, homesickness passes with time, as individuals become more comfortable with their new surroundings.

Understanding Homesickness

Feelings of homesickness will vary from person to person. Sometimes, individuals experience it right away, and sometimes it happens two to three weeks into the semester after things quiet down and the regular routine of college life settles in. Some individuals never experience homesickness at all.

Homesickness in many ways is a grieving process. It can result in feelings of sadness, or perhaps anger. If you experience it you might want to socially isolate yourself and not get involved. Although unusual, sometimes homesickness can lead to serious depression, and if this happens you should speak to a Counselor at your campus counseling center, who will be able to work with you to sort these issues through. Your Resident Assistant can help you with making an appointment, and will most likely be interested in walking you down to the Counseling Center for your first visit.

So, if you’re feeling homesick, what can you do?

- Understand that it is normal to feel blue, and you are probably not the only one feeling this way.
- Talk to someone about how you are feeling...be it your roommate, your family, a friend from home. Keeping those feelings hidden inside will probably not help.
- Be sure to tell your Resident Assistant if you are feeling homesick. RAs receive a lot of training prior to starting their job, and they can probably help you or get you to someone trained to help you if needed.
- If you are feeling really depressed, you should see a campus counselor, and your R.A can help you make this contact. Think about how you went about making friends and connections in high school. You’ve made connections before and you can do it again.
- Because you are blue, you may not want to be social with other individuals. Do not socially isolate yourself. Work to make connections with other individuals on campus, other students, administrators, and professors.
• Participate in floor and campus events and activities, it will help you make connections with other people, that will help you transition to your new lifestyle.

• College is stressful, so do things to help you manage your stress. Eat right, make time to relax, and get plenty of physical exercise, which can help enhance your mood.

• If you are blue watch your alcohol consumption. Alcohol is a depressant and it may make you feel even sadder.

• Get involved in campus life. Think about your past interests and pursue those in college, or consider trying new things that you’ve been interested in before. The Student Activities office on campus has a listing of all the clubs and organizations that are functioning on your campus. After you do your research, get involved with a group.

• Think about applying for a job. If you have work-study go to the financial aid office and get a listing of open positions...and if you do not have work-study apply at other campus offices that hire students who do not have work-study. Administrators and staff who work in offices typically end up serving as a support system for students who work in their offices...this is a great connection to make.

• Tour the campus with another student, or perhaps your Resident Assistant. Familiarity with your surroundings will help you feel more in control, so take the time to get to know the campus, and how to get around on it.

• Get out into the community where your university is located. Learn about the fun things that your community has to offer and participate in them. Learn the public transportation system, so you know how to get around.

If you experience homesickness one of the most important things to remember is that with time it will probably pass as you form connections and go through the process of adjusting to your new life on campus. So if you experience it, hang in there for a while and do the things that will help you get through your homesickness. Remember that if you give it time to pass, it most likely will!
MANAGING ROOMMATE RELATIONS

Getting started...developing a healthy roommate relationship

Living with a roommate can be a challenging experience. Most students entering college have never shared a room with another person before. In addition, a residence hall room might be smaller than the room you live in at home, minus the roommate!

Do not despair! A roommate relationship in college can be managed, and many result in close relationships that are sometimes maintained long after you have left the college experience. Building a positive roommate relationship takes work however, but it is better to put work into this relationship than endure the problems that arise when things do not go well with a roommate.

The key to a successful roommate relationship is honest and open communication: This should start from the moment you move into the residence halls, and continue throughout your entire roommate relationship. Some residence life programs on college campuses require incoming freshman to establish formalized roommate agreements. If your school’s residence life program does not require this, then you should take the initiative to complete this process on your own.

When establishing an agreement on how you will live successfully together, think about the issues that are important to you, as well as the expectations that you have for a roommate. Some things to consider discussing are:

- Are you a morning person, who likes to go to bed early so you can get a quick start to your day, or someone who stays up late and eases into the day slowly?
- Do you intend to share personal belongings? If so, is everything in the room OK for common use, or are some things off limits?
- How will you manage issues of overnight visitation, if it is permitted at your university/college? Do you have different feelings about same sex versus different sex visitation? How frequently will this be permitted, and are there guidelines that you can set with a roommate to make this situation manageable? Is this something that you are simply not comfortable with?
- Will there be set times for quiet in the room to permit study and sleep? When will those “quiet” times occur, and how will this be managed?
- How frequently should guests visit in the room, and are there “no visitation” times that could be set to guarantee periods of privacy in the room?
- How are you going to manage problems with each other if they arise?

Honest open communication is critical to a successful roommate relationship. In addition to setting expectations for each other, you also need to live by the expectations that you set. As a college freshman, you will experience many different situations and through these experiences your initial expectations may change. If this is the case, then you may need to revisit your roommate agreement and set new expectations. You and your roommate may not always see things exactly the same (and that can be a good thing), but you should always work to be sensitive to each other’s needs. Being able to compromise and understand your roommate’s perspective will be important as you work to learn about each other and live together. Sensitivity, ongoing honest open communication, and the ability to listen and hear what your roommate is saying, along with compromise, will move you along the road to successful roommate relations.
Fixing a problem...managing a roommate conflict if it occurs

Things you need to do on your own: Let’s face it. Sometimes you can do all the right things and still end up challenged by your living arrangement with your roommate. Getting back to that communication thing, it is important that you discuss concerns with your roommate as soon as they arise, in a calm and rational fashion. In many instances, simply bringing a concern to your roommate’s attention may alleviate the problem. You should always communicate confidentially with your roommate, and in a respectful way. Be fair when you discuss concerns, by sitting down alone with your roommate. Be honest, state your concern, and discuss how the concern might be resolved. The initial step to sorting through a roommate conflict is with you, although upon request your Resident Assistant should help you prepare for this meeting with your roommate.

Working with residence life staff to resolve a roommate conflict: So you have spoken to your roommate and things do not seem to be getting better. As a next step you should discuss the problem with a residence life staff member who works in the building. Your Resident Assistant has most likely been trained to mediate roommate problems, and they can sit down with both you and your roommate to attempt to sort through the issues that are a problem for you. Typically, staff in the residence halls are reluctant to get involved in a roommate conflict until roommates attempt to sort through the problem on their own. If you have not yet spoken to your roommate about the problem your Resident Assistant will most likely ask you to go back and talk to your roommate. If things don’t seem to get better after you have attempted to sort things through with your roommate, the Resident Assistant will most likely meet with both you and your roommate to work to resolve the conflict. If after this meeting your roommate conflict continues, you should speak with the graduate or full-time staff member who supervises your Resident Assistant, who will also work to resolve the roommate conflict with both you and your roommate. They will assess the situation, attempt to mediate, and if it does not appear that mediation will resolve the problem, they should discuss with you other options that will solve the problem, such as a room change. Even if you feel that you are right and your roommate is wrong, remaining in an unhealthy living environment will be detrimental to you, so if you are unable to resolve the problem, leave it behind and move on to a new room and roommate.

Managing an irreconcilable roommate conflict: Although it is not the norm, sometimes roommate conflicts cannot be resolved. In these instances, your alternative to staying in a negative situation is to relocate to another room in the residence hall, if space is available. In many instances although roommates are sometimes miserable with their living situation, a sense of pride and righteousness keeps them from wanting to move to another room. If you are in a bad roommate situation that is making you miserable, don’t let your pride get in the way of relocating into a healthy living situation!

In some instances, although miserable, both roommates may refuse to relocate. To deal with this situation, many residential living offices have established an irreconcilable roommate policy, which states that in the event of an irreconcilable roommate conflict where neither roommate agrees to move, both roommates will be required to relocate to another room. Although this policy may not seem fair to you, residence life staff may choose this option, as opposed to leaving two roommates in a negative living situation.

If you have a roommate conflict, talk to the RA(s) and RD for your building. If you need additional help, contact Clifton Dial, Director of Housing & Residence Life in the Office of Student Affairs.

This is a “ready to print” article from the Reslife.Net.
http://reslife.net/managing-roommate-relations/
Y’ALL READY FOR THIS?

HEADING HOME FOR THE HOLIDAYS

Congratulations! You did it! You have completed (well, almost) your first semester as a college student. Before you know it your final exams will be over and you’ll be on your way home for a much-needed break. While your time at home should prove to be relaxing and enjoyable, don’t be surprised if it somewhat challenging as well.

It may surprise you to learn that many college freshman return home for the semester break and face challenges that they had not anticipated. Whether you realize or not, you have changed. You are not the exact same person that mom and dad left behind just a few short months ago. The college experience has more than likely changed you in a number of ways. Here are just a few examples of some of the changes college freshmen experience...

• You may be more independent and freethinking. For years and years, you received a great deal of guidance and direction from your parents. Now that you’ve been away at college you’ve had to make decisions on your own and become more independent. You’ve learned to interact with a more diverse group of people. Mom and dad may be expecting to be needed as much as they were before you went to college. It may be difficult for them to understand that you’ve become a more independent person with views and opinions that don’t necessarily coincide with theirs. This newfound independence may be present challenges for you and your parents.

• You may not look exactly the same. With your newfound independence, you’ve had the chance to make many choices on your own. The way you choose to look is just one of those many choices. You may have experimented with the style or color of your hair. The way you dress may have changed. Some of you may even be returning home with parts of your body pierced that weren’t before or a tattoo. Has your appearance changed at all? Even though you feel like the same person, you might look pretty different. Be prepared for your family’s reaction to your physical changes.

• You’re more accustomed to coming and going as you please. You’ve been on your own for a few months. Unlike at home when you accounted for your whereabouts on a regular basis, you’ve experienced a great deal of freedom. You’ve learned to manage your own time. No longer asking for permission, you decide what you want to do and when, where you want to go and for how long. While you’ve probably adjusted pretty well to this newfound freedom, your mom and dad may have a more difficult time adjusting. Since you’ll be back at home, you will once again be asked to follow your parents’ rules. This might prove to be challenging, as you are no longer used to accounting for all of your actions. You may want to have a discussion with your parents when you return home to re-negotiate expectations for living and house rules.

Can you relate to any of these changes? Chances are that the changes you’ve experienced this semester will require some adjustment on the part of your parents and family. Be patient. It took you a few months to make these changes. Don’t expect your family to adjust to them in just a day or two. Give your parents time to realize that you are becoming an adult. And, don’t forget, your parents were once your age and experienced similar changes. Give them credit for their life experiences. While you do have one semester of college under your belt, you may not know “all there is to know” about life. Have a great break! Enjoy your time at home. Don’t wish this time with your family away. Before you know it you’ll be back at school, missing your family again!

This is a “ready to print” article from Reslife.Net.
http://reslife.net/yall-ready-for-this-heading-home-for-the-holidays/