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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, and 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/student services/1251/crindex.cgi>.

The following offices require clearance:

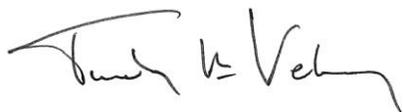
Admissions	910-277-5555
Business Office	910-277-5222
Financial Aid	910-277-3953
Health & Wellness	910-277-2345
Housing & Residence Life	910-277-5409

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 verheyti@sa.edu.

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

Sincerely,



REV. Dr. Timothy A Verhey, Ph.D.
Dean of Students

Growing Knights: Character, Community, Calling

OVERVIEW OF FALL 2019 ORIENTATION SCHEDULE

In order to prepare new students to become Knights, they are all **required** to attend orientation beginning with Check-In on Friday August 23rd. There will also be orientation activities for the parents and families of new students. Parents and families are encouraged to stay until Nurturing Knights on Friday afternoon at 5:00 in order to meet key faculty and staff. Students who need to report early for Fall sports must speak with their coaches prior to Orientation day to be notified of their expected arrival date.

Friday, August 23: New Students and Families arrive on Campus

- Check-in (James L. Morgan Liberal Arts building) 9:00 a.m.-2:00 p.m.
- Move into Residence Halls (Belk Center) 9:00 a.m.-2:00 p.m.
- Community Fair (Belk Center Lawn) 12:00 p.m.-3:30 p.m.
- Blue v. White Football Game 3:00 p.m.-5:00 p.m.
- Nurturing Knights Parent Reception (Morgan Jones Science Center) 5:00 p.m.-6:00 p.m.
- Dinner (Belk Center) 6:00 p.m.-7:30 p.m.
- Character, Community, and Calling on Campus 7:30 p.m.-8:30 p.m.
- Treats on the Lawn (Belk Lawn) 8:30 p.m.-9:30 p.m.

Saturday, August 24: Orientation Cont'd

- Orientation Kick Off (Avinger Auditorium) 10:00 a.m.-12:00 p.m.
- Lunch (Belk Center) 12:00 p.m.-1:30 p.m.
- Residence Hall Meetings
 - Winston-Salem 1:30 p.m.-2:00 p.m.
 - Wilmington 2:00 p.m.-2:30 p.m.
 - Concord 2:30 p.m.-3:00 p.m.
- Scavenger Hunt 3:00 p.m.-4:00 p.m.
- SAU Knights vs. Methodist Monarchs for the 401 Cup (Soccer Field) 5:00 p.m.-7:00 p.m.
- Dinner on the Practice Field 6:00 p.m.-7:00 p.m.
- Walmart Trip 7:00 p.m.-8:00 p.m.
- Residence Hall Activities 8:00 p.m.-10:00 p.m.

Sunday, August 25: Orientation Cont'd

- Worship (Belk Center Lawn) 11:00 a.m.
- ELSS Luncheon (Belk Center) 12:00 p.m.
- Blue v. White Volleyball Game 2:00 p.m.-3:00 p.m.
- Disc Golf Course Dedication and Tournament (Mecklenburg Residence Hall) 2:00 p.m.-5:00 p.m.
- Barn Party (Equestrian Center) 5:00 p.m.-8:00 p.m.

Monday, August 26: Orientation Cont'd

- Character, Community and Calling in the Classroom (Avinger Auditorium) 9:00 a.m.-10:30 a.m.
- Transfer Students: Title IX (PE 105) 9:00 a.m.-10:00 a.m.
- SAGE 125 10:30 a.m.-12:00 p.m.
- International Student Lunch (DeTamble Library) 12:00 p.m.-1:00 p.m.
- Academic Advising 1:00 p.m.-5:00 p.m.
- Walmart Trip 2:00 p.m.-3:00 p.m.
- SGA Welcome Back Party 5:00 p.m.-8:00 p.m.

Tuesday, August 27: Orientation Cont'd

- First Day of Class/ Convocation 11:00 a.m.

*Students are encouraged to complete all Clearance requirements before arriving on campus so they may get into their rooms more quickly. FAB days are designed for this purpose.

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 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 *Character, Community and Calling* in the classroom on Monday, August 26 at 9:00 a.m. where they will learn about, among other things, academic advising. At 10:00 a.m. students will attend their SAGE 125 class, a course taught to all first year students by their advisor. Every new student will have an opportunity to meet with his or her advisor that afternoon between 1:00 and 5:00 to begin or finalize course selection for the Fall Semester. **It is important to meet with your advisor to finalize course schedules.**

STUDENT IDs

Every student must have a valid St. Andrews Student ID. Students who have not had their ID photo taken earlier will have that photo taken on Friday the 23rd during check-in. Student ID photos will be taken in Burriss Hall which is located in the PE building. Student IDs are required for entrance into the dining hall at meal times and for all University events. **Students are required to have their St. Andrews Student ID with them at all times. There is a \$25 charge for any replacement ID.**

PARKING AND CAR REGISTRATION

Students may have a car on campus. Every vehicle must display a St. Andrews University parking sticker on its back window or bumper. Students are not permitted to back into parking spaces on campus so that campus safety can easily identify registered vehicles. 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 latest Microsoft office 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 aware 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 will 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

While attending St. Andrews University, many of your courses will use Moodle for homework assignments, submission of papers and general course information. New students will receive training for Moodle during the media and technology presentation on Saturday, August 24th at 11:00 a.m.

Access Moodle: <http://moodle.sa.edu>

STUDENT PORTAL

Access Student Portal: <https://www.cacloudservices.com/student services/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 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.

KNIGHT MEAL: A New Service

Aware that students often get hungry in the evening and need a study break, St. Andrews and Pioneer College Caterers have collaborated to include a Knight Meal from 9:30-10:30 p.m. Monday through Thursday as part of the meal plan. Pioneer College Caterers will provide a rotating Entrée selection with complementary side item, fresh fruit, desserts, and beverages.

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
KNIGHT MEAL:	Monday-Thursday	9:30pm to 10:30pm

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, Thanksgiving, Winter Break, Spring Break, Easter Break, and Summer Break. 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.***

MAIL SERVICES

While attending St Andrews, students may receive mail. All mail can be picked up from ASC in the LA Building Room 187. 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. 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 hours are Monday through Friday, 9:00 a.m. to 5:00 p.m.

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.
- We will hold mail for 14 days, giving you two weeks to retrieve your mail in ASC. After that time, any mail not picked up will be returned to sender.
- It is important that you pick up your mail on a timely basis.
- If there is mail you do not want, it is your responsibility to throw it away.

CABLE SERVICES AND TELEPHONES

St. Andrews University provides Spectrum cable television and wireless as well as wired internet access in the residence halls with no added charge. St. Andrews recognizes that students rely on their cell phones for their primary means of communication.

Time Warner (Spectrum) Cable Residential College & University ClearQam Lineup

Channel #	Channel Name
2.1	WFXB (FOX)
2.2	WWMB (CW)
3.1	WUVC (Univision)
3.2	WRAL (CBS)
4.1	Community Pprogram
4.2	
5.1	WFPX (ION)
5.2	WMBF (NBC)
6.1	WPDE (ABC)
6.2	WTVD (ABC)
7.1	WUNU (PBS)
7.2	WBTW (CBS)
8.1	News 14 Carolina
8.2	Campus Channel
9.1	Fox Business
9.2	Bloomberg

Channel #	Channel Name
10.1	ABC Family (Free Form)
10.2	Weather Channel
11.1	A&E
11.2	Bravo
12.1	TLC
12.2	TBS
13.1	Lifetime
13.2	CNN
14.1	Spike
14.2	TNT
15.1	Nickelodeon
15.2	USA
16.1	ESPN
16.2	ESPN 2
17.1	Headline News
17.2	Comedy Central

Channel #	Channel Name
18.1	VH1
18.2	MTV
19.1	BET
19.2	Local Regional Sports
20.1	E!
20.2	truTV
21.1	AMC
21.2	Discovery
22.1	MSNBC
22.2	Fox News
23.1	Sundance
23.2	IFC
24.1	MTV2
24.2	CMT
25.1	Science
25.2	Investigation Discovery

Channel #	Channel Name
26.1	History
26.2	Travel
27.1	CNBC
27.2	Oxygen
28.1	Syfy
28.2	C-SPAN
29.1	Disney Channel
29.2	Fox Sports Atlantic
30.1	Fox Sports Central
30.2	Fox Sports Pacific
31.1	Fox Sports 1
31.2	Fox Sports 2
32.1	ESPN Goal Line
32.2	Animal Planet
33.1	HGTV
33.2	Food Network

Channel #	Channel Name
34.1	FX
34.2	TBN
35.1	Cartoon Network
35.2	National Geographic
36.1	BBC America
36.2	ESPNEWS
37.1	MLB Network
37.2	
38.1	
38.2	NBA TV
39.1	NHL Network
39.2	NBC Sports Network
40.1	CBS College Sports
40.2	ESPNU

COMPUTERS

St. Andrews has various 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 in 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 detergent—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. Students are also encouraged to paint their rooms in order to make them feel more at home. Students will not be required to repaint their rooms at the end of the year.

WORK ORDER SYSTEM

If an issue within your residence hall arises contact your RA and they will submit a work order. In the case of an emergency maintenance issue, call the Resident Director on duty at 910-280-1753.

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 Athletics: @SAUKnights
Equestrian Program: @StAndrewsEq
Student Activities Union (KAP):
@SAUatStAndrews



St. Andrews University: standrews_knights
St. Andrews Student Activities: saustudentlife1
International Student Club: sau_isc
St. Andrews Knights Athletics: sauknights
St. Andrews Equestrian Program: standrewseq

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

Study Items

Notebooks
Pens/Pencils
Stationery
Stapler
Scissors
Glue Stick
Scotch Tape
Project Supplies
Alarm Clock
Desk Chair

Linens

Bedspread/Quilt
Blanket
Pillows
Mattress Cover
Sheets
Towels/Washcloths

Laundry

Laundry Bag/Basket
Laundry Detergent
Dryer Sheets
Iron

Toiletries

Soap/Shower Gel
Shampoo
Conditioner
Toothpaste
Toothbrush
Brush/Comb
Hair Dryer
Shower Shoes/Flip Flops
Shower Bucket/Caddy
Bathrobe

Inclement

Weather
Scarf
Hat
Gloves
Light/Heavy
Jacket
Rain
Coat/Poncho
Umbrella
Flashlight &
Batteries

EXTRAS OR JUST FOR FUN

Decorations

Lamp (non-halogen bulbs)
Free-standing shelves
Rugs
Storage containers
Posters (hung with tape or putty)

Entertainment

Television (1/room)
DVD Player
Stereo
iPad
Computer/Laptop
Books/Magazines
Board Games
Skateboard
Roller Blades
Frisbee
Football, Basketball, etc.

Late Night Snacking

Refrigerator (1/room)
Cups/Plates
Snacks/Drinks
Paper Products
Dish Soap/Sponge

Communication

Cell Phone
Address Book
Computer Cable

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 Player
- 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 Director 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/SALTIRE.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.

Other Important Option

Fall 2019: Full Calendar

Thursday-Sunday	August 22 – 25	New Student Orientation
Monday	August 26	First day of academic term
		Registration – Main Campus
Tuesday	August 27	Sandhills and main campus courses begin
Friday	August 30	Last day to add a Demi 1 course - 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)
Monday	September 2	“W” grades begin for Demi 1 courses
Wednesday	September 4	Last day to add a semester long course or drop a semester long course without a “W” grade
		(After this date, there will be a \$10 charge to add or drop)
Thursday	September 5	“W” grades begin for semester long courses
Wednesday	September 18	Demi 1 mid-term grades due
Monday	September 23	Check points due
Monday	September 30	Last day to withdraw from a Demi 1 course with a "W" grade
Tuesday	October 1	WP/WF grades begin if a student withdraws from a Demi 1 course
Tuesday – Thursday	October 1 – 3	Pass/Fail for Demi 1 courses
Wednesday	October 2	Spring and summer semester incompletes become “F” if not removed
Friday	October 11	Last day Demi 1
Monday	October 14	Mid-term grades and final Demi 1 grades due (12:00 noon)
Thursday – Sunday	October 17 – 20	Fall Break
Monday	October 21	First day Demi 2
Wednesday	October 23	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)
Thursday	October 24	“W” grades begin for Demi 2 courses
Monday – Friday	October 28 – Nov 8	Advisement period for Advanced Registration Spring 2020
Friday	November 8	Last day to withdraw from a semester long course with a "W" grade
Monday	November 11	WP/WF grades begin if a student withdraws from a semester long course
Monday	November 11	Demi 2 mid-term grades due
Monday – Friday	November 11 – 15	Pass/Fail for semester long courses
Thursday	November 21	Last day to withdraw from a Demi 2 course with a "W" grade
Friday	November 22	WP/WF grades begin if a student withdraws from a Demi 2 course
Friday – Tuesday	November 22 – 26	Pass/Fail for Demi 2 courses
Wednesday – Sunday	November 27 – Dec 1	Thanksgiving Break
Friday	December 6	Last class day for Demi 2 courses and main campus semester long courses
		Last day to withdraw from Demi 2 and semester long courses - grades of WP/WF apply
Monday – Friday	December 9 – 13	Final Exams
Saturday	December 14	Dorms close at 10:00 a.m.
Monday	December 16	Grades due (12:00 noon)

Spring 2020: Full Calendar

Monday - Tuesday Tuesday	January 6 – 7 January 7	New Student Orientation First day of academic term Registration – Main Campus
Wednesday Monday	January 8 January 13	Sandhills and main campus courses begin Last day to add a Demi 1 course or drop a Demi 1 course without a “W” grade (After this date, there will be a \$10 charge to add or drop)
Tuesday Friday	January 14 January 17	“W” grades begin for Demi 1 courses Last day to add a semester long course or drop a semester long course without a “W” grade (After this date, there will be a \$10 charge to add or drop)
Monday Monday	January 20 January 20	“W” grades begin for semester long courses Sandhills Campus: No Classes – Martin Luther King Jr. Day
Wednesday Tuesday Tuesday	January 29 February 4 February 11	Demi 1 mid-term grades due Check points due Last day to withdraw from a Demi 1 course with a “W” grade
Wednesday	February 12	WP/WF grades begin if a student withdraws from a Demi 1 course
Wednesday - Friday Monday Friday Monday	February 12 – 14 February 17 February 21 February 24	Pass/Fail for Demi 1 courses Fall semester incompletes become “F” if not removed Last day Demi 1 Mid-term grades and final Demi 1 grades due (12:00 noon)
Saturday – Sunday Monday Thursday	February 29 – March 8 March 9 March 12	Spring Break First day Demi 2 Last day to add a Demi 2 course or drop a Demi 2 course without a “W” grade (After this date, there will be a \$10 charge to add or drop)
Friday Monday – Friday	March 13 March 23 – April 3	“W” grades begin for Demi 2 courses Advisement period for Advanced Registration Fall 2020
Friday	March 27	Last day to withdraw from a semester long course with a "W" grade
Monday	March 30	WP/WF grades begin if a student withdraws from a semester long course
Monday Monday – Friday Thursday	March 30 March 30 – April 3 April 9	Demi 2 mid-term grades due Pass/Fail for semester long courses Last day to withdraw from a Demi 2 course with a “W” grade
Friday – Monday Tuesday	April 10 – 13 April 14	Easter Break WP/WF grades begin if a student withdraws from a Demi 2 course
Tuesday – Thursday Thursday	April 14 – 16 April 23	Pass/Fail for Demi 2 courses Last class day for Demi 2 and main campus semester long courses Last day to withdraw from Demi 2 and semester long courses - grades of WP/WF apply
Friday Saturday, Monday – Thursday Thursday Saturday Sunday Monday	April 24 April 25, 27 – 30 April 30 May 2 May 3 May 4	Study Day Final Exams Senior grades due by 10:00 a.m. Baccalaureate Commencement Grades due (12:00 noon)

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 2019 exam schedule is as follows:

Exam Schedule Fall 2019

Final Exam Date	Dec. 9th	Dec. 10th	Dec. 11th	Dec. 12th	Dec. 13th
Day	Monday	Tuesday	Wednesday	Thursday	Friday
Time					
8:30 to 11:00	Classes Meeting 11:00 - 11:50 MWF	Classes Meeting 8:00 - 9:15 T/TH	Classes Meeting 9:00 - 9:50 MWF	Classes Meeting 12:30 - 1:45 T/TH	Classes Meeting 2:00 - 2:50 MWF
Time					
12:00 to 2:30	Classes Meeting 11:00 - 12:15 T/TH	Classes Meeting 10:00 - 10:50 MWF	Classes Meeting 8:00 - 8:50 MWF	Classes Meeting 2:00 - 3:15 T/TH	Classes Meeting 12:00 - 12:50 MWF
Time					
3:00 to 5:30	Classes Meeting 1:00 - 1:50 MWF	Classes Meeting 3 Hour Time Block 3:00 - 6:00	Classes Meeting 3:30 - 5:00 M/TH	Classes Meeting 9:30 - 10:45 T/TH	
Time					
6:30 to 9:30	Classes Meeting MW from 6:00 - 7:15 or 6:30 - 9:30 M or 5:30-6:45 M/TH	Classes Meeting T from 6:30 - 9:30 or T/TH from 6:00 - 7:15	Classes Meeting W 6:30 - 9:30	Classes Meeting TH 6:30 - 9:30	

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 and the Charlotte-Douglass airport is available to international students at the beginning and end of each semester. International students interested in taking advantage of this service must fill out the appropriate airport transportation form and submit it to the Office of Student Affairs.

ROOM CHANGES

Room changes must be addressed through the Resident Director for your Residence Hall as well as the Director of Housing & Residence Life. Single rooms are not typically approved for students as there is limited availability. Exceptions for medical necessity can be worked out through the Office of Disability Services; students are still required to pay the single room fee for medical singles. For more information, contact Mary Cross at 910-277-5409 or crossmk@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 should protect themselves from the possibility of such losses should cover their belongings with an appropriate insurance. Students are encouraged 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. One option for renter’s insurance may be found at worthavegroup.com. 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. When student health is a concern, please contact our SAU Health and Wellness Department, which is located in the DuPont Center for Academic Success in Pate Hall. A staff member in the Center can assist students in scheduling an appointment or do a “call ahead” with a physician located just a few blocks from campus. To schedule an appointment, please contact a staff member in our SAU Health and Wellness Department at 910-277-5040 or go to the center between the hours of 8:30 A.M. and 5:00 P.M.

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.

Before attending any class on the Main Campus, **students are required to file a copy of their insurance card and immunization record with SAU Health and Wellness Department.**

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.

In the case of a **class absence**, students should bring their medical/dental excuse to a staff member in the SAU Health and Wellness Department, which is in the DuPont Center for Academic Success in Pate Hall. In addition, medical/dental excuses can be scanned to learr@sa.edu or faxed to the Center at 910-277-5746. The student's professors will be contacted once the medical/dental excuse is received. Students are still responsible for contacting their professors 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.

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. To schedule an appointment, please contact a staff member in our SAU Health and Wellness Department.

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.

Once again, in the case of a class absence, students should bring their medical/dental excuse to a staff member in the SAU Health and Wellness Department. In addition, medical/ dental excuses can be scanned to learr@sa.edu or faxed to the Center at 910-277-5746. The student's professors will be contacted once the medical/dental excuse is received. Students are still responsible for contacting their professors to alert them to their absence and to make arrangements for any missed work. Whenever possible, it is best to email the professors **before** the missed class period.

In the case of a non-medical emergency (such as a death in the immediate 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 miss 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

Monday–Thursday	8:30 a.m. to 9:00 p.m.
Friday	8:30 a.m. to 5:00 p.m.

LIBRARY SERVICES & RESOURCES



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.

The 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)

Monday – Thursday	8:30 a.m. – 11:00 p.m.
Friday	8:30 a.m. – 5:00 p.m.
Saturday	Closed
Sunday	2:00 p.m. – 11:00 p.m.

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)

Students may access materials not available in DeTamble Library from regional and national libraries by submitting a request through WorldCat or by filling 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/SALTIRE.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	Burriss Hall	910.280.2895
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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	910.277.5409

WORK ORDERS (ON CAMPUS)

Students should alert residence hall staff (RAs/RD) of any issues in their rooms or residence hall common areas.

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
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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
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Beauty Salons

Carrie & Company	898 S. US 15-401 Hwy By-pass	910.266.9700
Hair Graphics	1785 S. Main St.	910.276.5555
Hair Worx & Tanning Salon	1000 S. Main St.	910.276.8497
Hair-Itage Styling Salon	409 Peden St.	910.277.8847
Carolina Skin Care PA	103-A McApline Ln.	910.277.7546

Bookstore

Gospel Music/Bookstore	212 S. Main St.	910.276.0918
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Day Spa

Bella Aqua Spa	301 N. Main St.	910.277.7333
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Dry Cleaners

One Hour Cleaners	1514 S. Main St.	910.276.3566
Village Cleaners	1691 S. Main St.	910.276.9166

Exercise & Physical Fitness

Curves for Women	420 S. Main St.	910.277.6226
Family Fitness Center	321 Plaza Rd.	910.277.0099

Florists

Brady's Flowers	216 W Church St	910.276.1477
Brenda's Florist and Gifts	117 Main St.	910.276.9336

Grocery

Food Lion	1301 Scotland Crossing Dr.	910.277.7550
Harris Teeter	1688 S. Main St.	910.276.0110

Hardware

Lowe's Home Improvement	910 US 15-401 By-pass	910.610.2365
McNair Town & Country	121 Fairly St.	910.276.2812

Miscellaneous Shopping

Bob's Jewel Shop	110 W. Church St.	910.276.1781
Dazzling Diva Boutique	303 a-1 Atkinson St.	910.277.4270
Olde Time General Store	6500 Andrew Jackson Hwy, Laurel Hill	910.462.2997
Belk	1339 Scotland Crossing Dr.	910.276.2431
Goody's	1361 Scotland Crossing Dr.	910.277.0067
Wal-Mart	901 US Hwy 401 Bypass	910.277.7770
Harley's Tuxedo & Gifts	125 S. Main St	910.276.8828
Shirttales	S. Main St	910.276.2924

Newspaper

The Laurinburg Exchange	211 W. Cronly St.	910.276.2311
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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
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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 S 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

WORSHIP

Beth Israel Jewish Temple	Fayetteville	910.484.6462
Central United Methodist Church	Laurinburg	910.276.8881
Church of God	Laurinburg	910.276.2184
Church of the Pines	Laurel Hill	910.462.2465
Crossroads Fellowship	Laurinburg	910.266.9752
Faith Presbyterian Church	Laurinburg	910.276.9151
First Baptist Church	Laurinburg	910.276.2161
Franklin Chapel AME Zion Church	Laurinburg	910.276.2923
Galilee United Methodist Church	Laurinburg	910.276.0811
Laurel Hill First Baptist Church	Laurel Hill	910.276.3753
Laurinburg Christian Church	Laurinburg	910.276.4085
Laurinburg Presbyterian Church	Laurinburg	910.276.0831
Lutheran Church of the Living Word	Laurinburg	910.276.7900
Masjid Al-Madina Islamic Mosque	Raeford	910.875.5200
Masjid Omar Ibn Sayyid Mosque	Fayetteville	910.488.7322
Old Laurel Hill Presbyterian	Laurinburg	910.276.7151
Quaker Meeting House	Fayetteville	910.323.3912
Sandhills Jewish Congregation	Jackson Springs	910.673.5224
Solid Rock Baptist Church	Laurinburg	910.276.7726
St. David's Episcopal Church	Laurinburg	910.276.1757
St. Luke's United Methodist Church	Laurinburg	910.276.6821
St. Mary's Catholic Church	Laurinburg	910.276.4468
Stewartsville Baptist Church	Laurinburg	910.277.0077
Trinity Presbyterian Church	Laurinburg	910.276.7616
Westminster Presbyterian Church	Laurinburg	910.276.2846
Word of Life Assembly of God	Laurinburg	910.276.4622

***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.**

CAMPUS MAP



Campus Map Key

1. St. Andrews Equestrian Center
2. Flora MacDonald Gardens
3. The Scottish Heritage Center
4. Morgan-Jones Science Center
Anthropology Museum
John Blue Laboratory
Logistics Center
Molecular Modeling Lab
Psychology Lab
5. Avinger Auditorium
6. James L. Morgan
Liberal Arts Building
Academic Affairs
Administrative Support Center
Admissions
Alumni Office
7. DeTamble Library
College Archives
8. Vardell Building
R.J. Reynolds Reading Room
Electronic Fine Arts Center
Hogan Choral Room
Lindsey Warren Gallery
9. Katherine MacKay Belk
Bell Tower
10. Lake House
11. Wilmington Hall
12. Granville Hall
Adaptive Daily Living Suites
13. Concord Hall
14. Albemarle Hall
15. William Henry Belk Center
Bookstore
Career Services
Carol Grontes Belk Main Room
The Chapel
16. Mecklenburg Hall
Center of Academic Services
DuPont Academic Resource Center
17. Pate Hall
18. Winston-Salem Hall
19. Orange Hall
20. St. Andrews Knight Statue
21. Campus Safety and Security
22. Physical Education Center
Harris Courts Gym
Ulrich Fitness Center
23. O'Herron Swimming Pool
24. Purchasing Office
25. Farrago
26. Physical Plant
27. Softball Field
28. Track
29. Clark Baseball Field
30. Intramural Field
31. Knights Field

- Business Office*
- Communications*
- Campus Services*
- Financial Aid*
- Institutional Advancement*
- Morris Morgan Theatre*
- President's Office*
- Registrar*
- St. Andrews Press*
- College Archives*
- R.J. Reynolds Reading Room*
- Electronic Fine Arts Center*
- Hogan Choral Room*
- Lindsey Warren Gallery*

- Student Health and Wellness*
-Counseling Services
-Health Services
- Crossroads Dining Hall*
- The Knight Life*
- Sinclair Dining Room*
- Student Affairs*
- Student Mail Boxes*
- 16. Mecklenburg Hall*
- 17. Pate Hall*
- Center of Academic Services*
DuPont Academic Resource Center

Visiting St. Andrews University

a Branch of Webber International University

1700 Dogwood Mile, Laurinburg, NC 28352 • 800-763-0198
admissions@sa.edu • www.sa.edu

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 ramp, left at the second light (Lauchwood Drive), and then right into the campus.

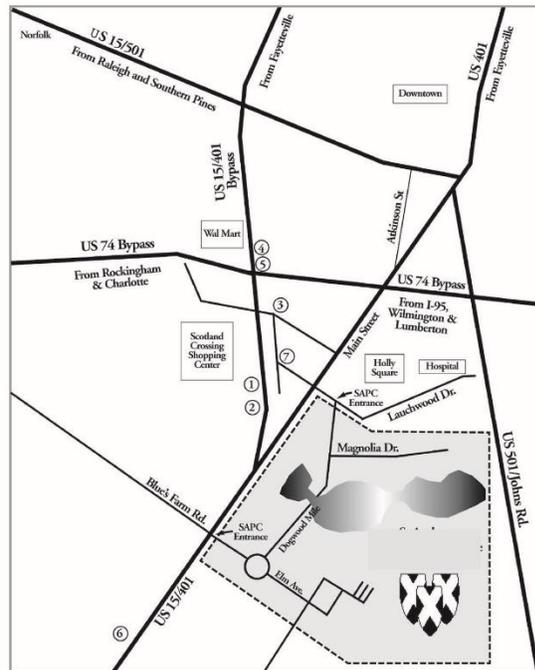
From the West: Follow U.S. 74 East to Laurinburg and take the St. Andrews University exit. Turn right off the exit ramp and left at the third light, into the campus.

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://flyfay.ci.fayetteville.nc.us/>
- Florence Regional Airport : 1.25 hours south of campus - <http://www.florenceairport.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/>



- | | |
|---|--|
| ① Clinton Inn
401 Bypass
910-276-6555 | ⑤ Jameson Inn
401 Bypass
910-277-0080 |
| ② Comfort Inn
401 Bypass S.
910-277-7788
800-526-8169 | ⑥ Pine Acres Lodge
15/401
910-276-1531 |
| ③ Hampton Inn
115 Hampton Circle
910-277-1516 | ⑦ Scotland Inn
401 Bypass
910-276-0632 |
| ④ Holiday Inn Express
401 Bypass
910-291-3300 | ⑧ Thomas Walton Manor
W. Church Street
910-276-0551 |

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

DIRECTIONS TO EQUESTRIAN CENTER

Visiting St. Andrews Equestrian Center

9167 Hasty Road, Laurinburg, NC 28352 • 910-277-7228

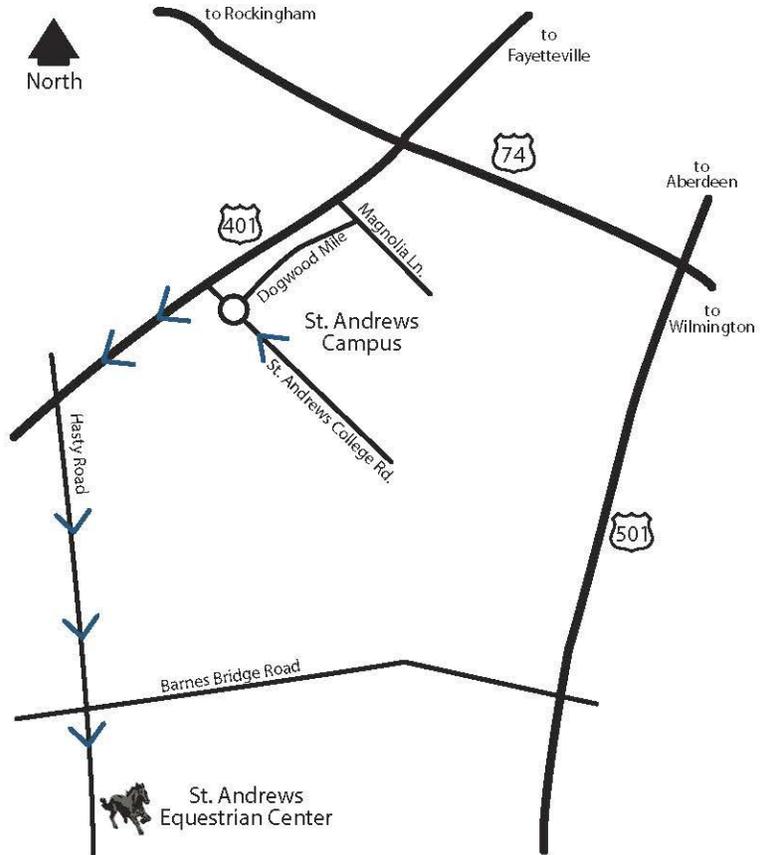
From Campus: Exit the campus using St. Andrews College Drive. Turn left onto 401. At the first traffic light, turn left onto Hasty Road. Go approximately one mile. You will see white fencing leading to the St. Andrews Equestrian Center entrance on the left.

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.



1700 Dogwood Mile
Laurinburg, NC 28352

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

Dugan's Pub - 2 Market Square, Pinehurst (910) 295-3400
Live music every Friday & Saturday night, karaoke every Thursday night
www.duganpub.net

The Magnolia Inn & Dawg House Pub - 65 Magnolia Road, Pinehurst (910) 295-6900
Live music on the pet-friendly patio
Thursday-Saturday, from 7:00pm-10:00pm
www.themagnoliainn.com



The Magnolia Inn

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>

Ryder Cup Lounge at the Carolina Hotel - 80 Carolina Vista Drive, Pinehurst (855) 235-8507
Live Music every Friday & Saturday night from June-November
www.pinehurst.com/dining/ryder-cup-lounge/

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

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.jeffersoninnsouthernpines.com



The Jefferson Inn

Rhett's - 132 W. Pennsylvania Avenue, Southern Pines (910) 695-3663
Live music every Friday & Saturday night 6:00pm-9:00pm, Seasonal
www.rhettinc.com

CharBar No. 7 - 100 Pavilion Way, Southern Pines (910) 725-2266
Live music Wednesday-Saturday night 6:30pm-8:30pm, on the patio
www.facebook.com/CB7/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

The Wine Cellar & Tasting Room - 241A NE Broad Street, Southern Pines (910) 692-3066
Live music every Saturday night from 7:00pm-10:00pm
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-10:00pm
Bands include The Sand Band, Black Water Rhythm & Blues, Cool Heat, Summer Daze, Midnight Allie, and more
www.cypressbendvineyards.com

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 - 3395 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-8:30pm 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.firstfriday.southernpines.com

Live After 5 - 1 Village Green Road West, Pinehurst (910) 295-2817

5:30pm-9:00pm May 13th, Sept 9th, Oct 14th 2016

Free family-friendly concert series in Tufts Memorial Park.

Food and beverage available for purchase.

www.vognc.org



Live After Five

North Carolina Symphony - 250 Voit 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-9:00pm 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

800-346-5362

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 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.

This is a "ready to print" article from Reslife.Net.
<http://reslife.net/ways-to-succeed-in-college/>

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 are 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? Social Media?
- Know when to reward yourself! Watch a movie as a reward for finishing a paper. Go out to Cook-Out 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, or 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!

<p>This is a "ready to print" article from Reslife.Net. http://reslife.net/understanding-and-coping-with-homesickness/</p>
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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 their 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 it 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 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!

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