

A young woman with dark hair, wearing a plaid shirt over a blue t-shirt, black pants, and white sneakers, is sitting on an orange armchair. She is smiling and resting her chin on her hand. The background is plain white.

RESOURCE GUIDE

Seattle Pacific University
ORIENTATION2017

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Welcome to Students, Parents, and Guests

On behalf of the faculty, staff, and students of Seattle Pacific University, we welcome you — new students, parents, and guests — into our community. We have set lofty goals for our students and a lofty goal for ourselves as well: to educate every student to go out into the world and make a difference. SPU is on a mission to engage the culture and change the world, and we are thrilled that you are joining us in this great adventure.

The Seattle Pacific faculty and staff understand that students experience varied feelings as they prepare to start the academic year. The SPU tradition is strongly founded on 125 years of excellent education focused on competence, character, and a gracious environment. This learning in and out of the classroom will prepare students for personal growth that leads to lasting change in their lives, their communities, and the world.

Students:

You may have questions about what life is like at SPU. This resource was created to help you start your SPU journey. In it, you will find brief descriptions and contact information for the student services available to you. These services are here to support you, so don't hesitate to email or call if you have any questions.

Throughout the year, refer to this information often. Additionally, check out the **Student Life website**, **Student Handbook**, and **University Catalog**. Doing these things will help you to be prepared for one of the most exciting adventures of your life at Seattle Pacific University.

Parents and Guests:

Because we value your interest in maintaining channels of communication while your student is at Seattle Pacific, we have created this resource guide to provide an overview of services and resources we offer, as well as our educational philosophy and department contact information. The Office of the Provost and the Office of Student Life are places to provide service not only to your student, but also to you as family members.

We are honored to play a role in your student's learning, linking academic and student life experiences. We would be pleased to answer any inquiries you may have or to help you reach the faculty or staff member who can answer them.

Please use this resource, and call upon us when needs arise. Remember that as you undertake this journey, you have partners at SPU who will teach, guide, challenge, and support your student.

Jeff Jordan, Ed.D.

Vice President for Student Life

Cindy Price, Ph.D.

Vice Provost for Academic Affairs

Advice for Students

- 1. Do your best work.** Be accountable to the highest standards of scholarship, integrity, and excellence. That's why you are here.
- 2. Make strong connections** with faculty, staff, and other students.
- 3. Use your campus resources.** You don't have to figure everything out on your own. Staff and faculty are here to help. Just ask!
- 4. Immerse yourself** in campus life during the first month of school — you'll meet more people and make lasting friendships. Whether you live off campus or on campus, this is your home.
- 5. Grow deeper.** Check out Chapel on Tuesdays and Group on Wednesdays. Find a campus ministry opportunity, a place to worship on/off campus, and a place to volunteer.
- 6. Get involved:** Join a club or organization or start your own. Participate in ASSP or Hall Council. Find an intramural team. Support Falcon athletics.
- 7. Be healthy:** Eat well, exercise, and get enough sleep.
- 8. Embrace diversity.** Meet people from across the state, the country, and the world to have your perspective changed in meaningful ways.
- 9. Use (and check) your SPU email account.** It's the way SPU communicates with you regarding your bill, your financial aid, your classes, and opportunities

Make an effort to

TALK TO YOUR PROFES- SORS.



They love it when you take the time to meet up because they really want to get to know their students better.

— KENT '17

The First Year of College

Although each student will handle the transition to college life differently, most students face certain common challenges. The following timeline will provide you with a general summary of freshman year experiences:

September

- Saying goodbye to family, friends, and pets.
- Feeling excitement and/or fear of new experiences.
- Learning to live with someone new.

October

- Feeling homesickness; managing long-distance relationships.
- Figuring out class and time management.
- Settling into a schedule.
- Experiencing doubts about keeping up the pace.

November

- Coping with academic realities — mid-terms, papers.
- Developing friendships on campus.
- Selecting classes for next quarter.
- Going home for Thanksgiving — with different expectations of home.

December

- Enduring finals week, when all academic work is due, and there is no slack time.
- Dealing with questions about Christmas — making time for friends, family, gifts, and traditions.
- Reuniting at home with family and friends; having time away from SPU friends.
- Enjoying time to sleep and reflect on Autumn Quarter.

January

- Reuniting with SPU friends.
- Readjusting to SPU after Christmas Break.
- Longing for sunshine. (“Will spring ever come?”)

February

- Celebrating Valentine’s Day.
- Registering for Spring Quarter.
- Coping with midwinter blues.
- Finding new ways to balance academics and social life.
- Participating in Homecoming Weekend (when families are welcome).

March

- Pushing to get it all done.
- Taking finals and turning in papers on time.
- Planning for Spring Break.

April

- Starting a new quarter.
- Planning for next year. (“What major will I choose? Where will I live?”)
- “What will I do this summer?”

May

- Choosing classes for next year.
- Experiencing the beauty and wonder of springtime in Seattle.

June

- Preparing for the end-of-the-year transitions.
- Taking finals and turning in papers on time.
- Saying good-bye and returning home.

SPU Parent and Guest Resources

In the Loop: E-Newsletter for Parents and Families

Seattle Pacific's website and monthly e-newsletter are designed to keep parents and families up to date and "In the Loop" on what's happening on campus. You will find messages from the president, faculty, and staff; tips and advice for parents; event information; stories about SPU's spiritual, academic, and campus life; and parent resources.

Sign up by emailing parents@spu.edu to receive the e-newsletter. You can ask questions and pose story ideas as well.

Statement on Parental Involvement

Our goal at SPU is to help students realize their full potential as independent people who are well equipped to make wise choices. Because our primary relationship is with the student, SPU has a University policy to encourage students to tackle problem-solving as much as possible and to take responsibility for their choices. SPU policies do not include direct parental presence in proceedings dealing with academic, residential, or lifestyle matters.

Whatever their distance from campus, families are still a major influence on students' lives and success. Parents can help their students by making sure they understand SPU policies and processes, and by providing family emotional support.

SPU follows all federal and state regulations on information-sharing about students. Family members may view the full text of the FERPA (Family Educational Rights and Privacy Act) policy on our Student Academic Services website at spu.edu/ferpa. Additional information about this federal law may be found at the U.S. Department of Education website at www2.ed.gov/ferpa. SPU also follows HIPAA (Health Insurance Portability and Accountability Act) policies; information may be found at spu.edu/hipaa.

Student Services

Center for Career and Calling (CCC)

How do I make decisions about my major and career direction? How do I make the most of my time at SPU? How will I find a sense of passion, meaning, and purpose in what I do? What does vocation mean to me? The Center for Career and Calling (CCC) is here to help you wrestle with these questions, find an internship in your area of interest, prepare you for the job search, and find work, graduate school, or another path that suits your gifts and sense of calling after graduation. See spu.edu/ccc or visit the CCC for information.

Career Counseling

Students have the opportunity to receive one-on-one career counseling from trained Peer Career Advisors and Career Counselors by individual appointment or walk-ins. The CCC assists with vocational discernment, career and major decision-making, résumé and cover letter critiques, personality assessments, graduate school advice, and personal statement revisions. We also offer support in internship search strategies, LinkedIn, negotiation skills, mock interviews, and business etiquette.

Classes & Workshops

The CCC staff teach several career classes for credit and offer workshops focusing on vocational discernment, major and career exploration, and internship and career strategies.

Events

We are passionate about connecting students with employers. Whether it is bringing students on a “career trek” to Microsoft, Nordstrom, Tableau, or Alaska Airlines for tours and interactive panels or inviting employers to campus to network with students and recruit for jobs and internships, we are committed to creating spaces for students to engage with the professional community. Last year we hosted over 216 employers on campus and visited 10 notable northwest companies.

Center for Career and Calling

Second Floor, Student Union Building | 206-281-2485 | spu.edu/ccc

Center for Learning (CFL)

The CFL staff is committed to helping students reach their academic goals. We do this by offering:

Peer tutoring

Trained peer-tutors are available for challenging undergraduate classes such as biology, chemistry, math, and psychology. This drop-in service, held at study tables in CFL, is free and available throughout the week.

Learning consultations

Professional staff members are available by appointment to help students with their specific academic challenges and develop more effective strategies.

Courses and workshops

Want to learn how to manage your time better and develop more effective study and test-taking strategies? Take our Success Skills for College class or attend a workshop. Visit the CFL website for more information.

Disability Support Services (DSS)

The DSS staff works with undergraduate and graduate students with documented disabilities to approve reasonable accommodations after an intake meeting and review of documentation.

The Writing Center

Staffed by trained peer tutors, the Writing Center assists students in organizing their papers, communicating their ideas more clearly, and gaining a better understanding of grammar, punctuation, and format. Half-hour appointments are available free of charge.

The CFL staff is committed to helping students pursue their academic goals. Visit the CFL website or visit our office for more information on how to access resources.

Center for Learning

Lower Moyer Hall | 206-281-2475 | spu.edu/cfl

Computer Services and Support

You are encouraged to bring a computer for your personal use to SPU. Computer and Information Systems (CIS), operates the CIS HelpDesk, providing students with internet connectivity assistance as well as basic technical assistance with computers, email, telephones, and more.

Before coming to campus, check out the CIS Help pages for the most up-to-date information. Go to spu.edu/getconnected to learn more about:

- Setting up your SPU credentials
- Accessing SPU resources, such as the Banner Information System and Webmail (email)
- Purchasing a computer
- Preparing your computer for use at SPU
- Wireless networking
- Accessing your Banner Information System account (for registration, financial aid, etc.)

Computer and Information Systems

Lower Marston Hall | 206-281-2982 | help@spu.edu | spu.edu/cishelpdesk

Health Services

Health Services provides medical care with a focus on health education in order to return students to their academic life. Any SPU student may use the health care facility — call to make an appointment.

Nurse practitioners with prescriptive authority evaluate illnesses, injuries, and general health problems. When further treatment is required, students may be referred to an area clinic or hospital.

You do not need an insurance plan to visit Health Services. Any charges resulting from a visit may be applied to your student account or be paid at the time of the visit. The Health Services fee is included in the housing charges for on-campus students. Off-campus undergraduate students will be billed \$40/quarter when Health Services are used.

All records are confidential, and no information will be released to anyone without your written consent, unless required by law or public health.

Medical insurance

Carrying adequate health and accident insurance will help prevent unexpected interruptions in your education due to high medical expenses. Keep a copy of your insurance information with you at all times.

For more information regarding insurance, please contact Health Services.

Health Services

First Floor, Watson Hall | 206-281-2231 | spu.edu/healthservices

Mailing Services

Our staff is available to help with the mailing needs of all students, staff, and faculty. Students who live in the residence halls and selected campus housing and apartments are assigned campus mailstop boxes at the beginning of their first quarter and are notified through SPU email.

You will be notified through your SPU email account when packages have arrived for you. You may pick up your letter mail from your mailstop any time. Packages and oversized letters can be picked up from the Mailing Services Center during regular business hours. Mailing Services is located at 323 West Nickerson St. next to the Bookstore. Daily hours of operation are Monday – Friday from 8 a.m. to 5 p.m. Mailing Services is closed on holidays and during school closures.

Student mailstops are located outside of the Student Union Building facing Tiffany Loop. Mailing Services also provides an inter-campus delivery service. You may drop letters in the mail slot located on the outside of the mailstop bay (south side of Student Union Building) or bring them to the Mailing Services counter.

Mailstop information and lock combinations are accessible through the Banner Information System by logging onto Banner with your SPU Username and Password. Click on “Personal Menu,” select “Personal Information Menu,” and choose the link “View Mailstop.”

Please notify all correspondents of your complete address. All mail and packages sent to you should be addressed as follows and not sent to a specific Residence Hall address:

Your Name
Seattle Pacific University
3307 Third Ave West Mailstop #xxxx
Seattle, WA 98119

Contact Mailing Services staff for more information about addressing or mailing.

Mailing Services

323 West Nickerson | 206-281-2077 | spu.edu/mcs

Multi-Ethnic Programs (MEP)

Multi-Ethnic Programs exists to support students from racially, ethnically, and culturally diverse backgrounds, helping them find a home at Seattle Pacific University. If you are a student of color, first-generation college student, undocumented American or DACA student, or first-year or transfer student from an urban or diverse school, Multi-Ethnic Programs offers a family of support and provides students with opportunities to build community, connect to resources, and develop as leaders.

We offer these opportunities to get connected:

- Early Connections (EC) orientation and ongoing program
- EC leadership development
- Ames scholar program
- Staff mentors
- Family dinners
- Study breaks
- Campus resources

Additionally, Multi-Ethnic Programs invites all students to explore their own racial, ethnic, and cultural identity by engaging with student-led intercultural activities and groups on campus. We invite students to listen well, ask important questions, and engage meaningfully with one another. Whether you're unsure of where to begin or are ready to dive in, Multi-Ethnic Programs is here to connect you with intercultural resources and opportunities on campus.

Other ways to get connected interculturally include:

- Intercultural clubs and student organizations: Catalyst, Ante-Up hip-hop dance, Black Student Union (BSU), Filipino American Student Association (FASA), Japanese Student Association (JSA), Korean Student Association (KSA), Latinos Unidos, Minority Association of Pre-med Students (MAPS), Native American/Indigenous People club, Hawaiian Culture Club (Ohana O' Hawaii), and more.
- Intercultural retreat
- Quarterly discussion series on diversity, justice, race, and identity
- Multicultural Night of Worship
- Student Congress on Racial Reconciliation (SCORR)

Multi-Ethnic Programs

Second Floor, Student Union Building | 206-281-2598 | spu.edu/mep

Residential Living

Living on campus extends a student's education beyond the classroom and offers important opportunities for growth. Those who live on campus tend to be more satisfied with their overall college experience and are more likely to complete their degrees, making the residential living experience an integral part of a student's education.

Residence Life Coordinators (RLCs) and Area Coordinators (ACs) are professional staff members who live on-campus and provide support to residential students. Student resident advisors (RAs) live on each residence hall floor and throughout the campus apartments. Together, they will help you transition to SPU living and get connected to the community.

As you prepare to share a room, you should consider what your expectations may be. Regardless of whether you choose a roommate or are matched with one, characteristics such as cooperation, compromise, consideration, and communication make roommate relationships work. Living on campus and with a roommate will be an exciting adventure that you will always remember.

Residence Life

Second Floor, Student Union Building | 206-281-2043 | spu.edu/living

Housing and Meal Plan Services

3220 6th Avenue West | 206-281-2188 | spu.edu/living

Office of Safety and Security (OSS)

OSS helps maintain a safe and healthy environment for the SPU community. Because no security system can completely eliminate loss of property through theft or vandalism, all members of the campus community are expected to contribute their alertness to safety and security. Help by valuing campus facilities, respecting the personal property of others, and reporting any strange or suspicious circumstances.

OSS patrols the SPU campus 24 hours a day, seven days a week. Although this makes property loss less likely, the University is not responsible for loss or damage to personal possessions brought to campus by students. In case of any emergency on campus, call extension 2911 from any campus phone. SPU strongly advises students to add 206-281-2911 to their cell phones as the emergency number for Safety and Security.

Students can find more information on improving their own personal safety at spu.edu/security.

Security escort service

Security escort service is available for faculty members, staff members, and students who need to walk to different areas of the campus. For your safety, this service is offered 24 hours a day, although it is restricted to campus. For a security escort, call the OSS office.

Safety and Security

601 West Emerson | 206-281-2922 | spu.edu/security

Office of Student Involvement and Leadership (OSIL)

OSIL is committed to helping you get connected to campus through a variety of activities and services. Check out the options below:

- More than 60 clubs and organizations
- Commuter programs and the Collegium (a gathering place and home-away-from-home in the Student Union Building for commuters)
- The Leadership Studies minor practicum
- Student Union Board (STUB)
- Associated Students of Seattle Pacific (ASSP)
- Outdoor Recreation Program (ORP)
- Orientation
- OrgSync

We look forward to helping you find your voice on campus!

Student Involvement and Leadership

Second Floor, Student Union Building | 206-281-2247 | spu.edu/osil

Student Academic Services (SAS)

SAS consists of three departmental areas – Undergraduate Academic Counseling and Registration and Records – all under the leadership of the University Registrar.

Undergraduate Academic Counseling

Staff members in the Undergraduate Academic Counseling office are the “policy experts” regarding your undergraduate degree requirements. Along with a faculty advisor, an academic counselor is a primary resource to help a student navigate the path from admission to graduation. Academic counselors pre-approve and transfer credits from other institutions, advise students who are on academic probation, process applications for graduation, and award honors and degrees.

Undergraduate academic counselors help coordinate New Student Advising and see students on a drop-in basis for schedule changes throughout the first week of each quarter, including Autumn Quarter, and during winter and spring advance registration periods. Outside these periods, students may schedule appointments through the Registration and Records office.

Registration and Records

Registration and Records does much more than help students register for and withdraw from courses. This office also prepares the annual Time Schedule, records SPU credits and grades, verifies academic standing, certifies veterans and/or dependents for benefits, and maintains files on all current and former students.

FERPA

Seattle Pacific University has the responsibility to supervise any access to and/or release of official information about its students. SPU is committed to protecting the right of privacy of all individuals about whom it holds information, records, and files.

SPU’s policies comply with the Family Educational Rights and Privacy Act of 1974 (FERPA). To learn more about student rights under FERPA, including students’ rights to inspect their education records and request amendments, and to keep personal information from being published, see spu.edu/ferpa.

The answers to many questions related to Student Academic Resources may be found at the “Get Answers” web page at spu.edu/sas.

Student Academic Services

Demaray Hall suites 120 and 151 | 206-281-2031 | spu.edu/sas

Student Counseling Center (SCC)

The Student Counseling Center (SCC) is staffed with professional licensed counselors, graduate level interns, and master's level licensed associates. All are committed to the emotional, social, and spiritual well-being of SPU students. In addition, the SCC has a registered dietitian on staff dedicated to supporting students in the areas of a healthy body image and nutritional health. The center offers a full range of services for currently enrolled SPU undergraduate students. For SPU graduate students, the SCC offers professional referrals to community-based mental health and social service organizations and providers. All services provided are at no cost to students.

Services for undergraduate students include:

- Assessment and referral services
- Crisis intervention for students experiencing acute emotional distress and safety issues
- Brief counseling and therapy for students with mental health issues including depression, anxiety and stress, self-esteem, relationship challenges, family issues, grief and loss, trauma and abuse
- Couple, pre-marital, and family therapy
- Eating disorder treatment program for students struggling with food and body image issues and eating disorders, in collaboration with Student Health Services
- Nutritional counseling provided by our professional dietitian
- Counseling groups covering a range of topics and issues that affect the emotional, social, physical, and spiritual well-being of college students including managing your emotions, body image, mindfulness, dating and marriage, navigating graduation, grief and loss, and coping with sexual assault
- Collaboration with professional nurse practitioners at Student Health Services (located next door to the SCC) who provide evaluations and clinical management of psychiatric medication. They also address health-related issues affecting the students we work with.
- Consultation services to SPU faculty, staff, and concerned parents regarding issues of student mental health
- On-campus educational and preventative programming on various mental health topics like eating disorder awareness, body image, sexual assault awareness, depression and suicide prevention, intimacy and sexuality, healthy relationships, coping with depression, and stress reduction

Student Counseling Center

First Floor, Watson Hall | 206-281-2657 | spu.edu/scc

Student Financial Services and Financial Aid (SFS)

General requirements and financial aid disbursement

- Make sure your file is complete. Promptly return all requested documents and/or information. An incomplete file will delay the disbursement of aid.
- Enroll in 12 or more credits (full time). If your enrollment is different, contact your SFS counselor as your eligibility for aid may change.
- Maintain satisfactory academic progress. Students must complete at least 80 percent of their attempted courses and keep a minimum GPA to remain eligible for financial aid and scholarships.

Scholarships and grants

SPU scholarships and grants are automatically credited to a student's account in equal disbursements at the beginning of each quarter.

SPU scholarships are divided equally over three quarters based on full time enrollment. They are renewable provided students are continuously enrolled at SPU and achieve the GPA criterion.

Outside scholarships

Awards made to SPU students by agencies and organizations not affiliated with SPU are divided equally over three quarters of enrollment, unless the donor instructs otherwise.

If a scholarship doesn't appear on your first bill, check with the donor about when the funds will be sent.

You must have submitted a copy of the notification from the organization awarding the outside scholarship to SFS by August 1, 2016.

You should pay close attention to your SPU email account throughout the year for scholarship notices and announcements.

Student loans

Be sure to complete all requirements promptly. You will be notified via email regarding requirements, so check your SPU email frequently. Requirements can also be reviewed in the Banner Information System.

Loan funding will be automatically credited to student accounts.

Granting access — FERPA authorizations

Information regarding your account will not be released to anyone other than yourself, unless you grant permission. If you want your financial information released to another individual, such as a parent, you can create and update your Information Access Authorizations in the Banner Information System (Student Menu → Information Access Authorization (FERPA) → Add New).

Billing

After students have registered for classes, they will receive notification at their SPU email address when their account statements are available. This will happen by the third week of each month. Electronic statements will reflect tuition and fee charges, payments, and the current amount due.

Payment methods

Payments may be submitted in three ways: by mail, in person, or online.

Payment plan options

SFS provides you with three options to pay a bill:

Option A: Pay in full on quarterly due dates.

Option B: Nine monthly payments for the academic year (three payments per quarter).

Option C: Three monthly payments for one term.

Students complete payment plan applications through their Banner account. If students have any questions, need advice, or have unique financial circumstances, contact SFS.

Student Financial Services

10 Demaray Hall, Garden Level | 206-281-2061; 800-737-8826 | sfs-info@spu.edu | spu.edu/sfs

Student Employment Information

When looking for jobs, students are encouraged to use the SPULink site. Student employment is paid just like a regular job — to the student, not to the SPU student account. Students must be sure to budget accordingly. Students can go to SPULink to search for jobs throughout the year, both on and off campus. For questions about the types of jobs or work study, students can go to the Student Employment site. Start looking before school starts!

Student Employment

10 Demaray Hall | 206-281-2047 | ose@spu.edu | spu.edu/studentjobs

PUT YOURSELF OUT THERE



And say yes. I connected with a hiking group early on. Now I'm the Outdoor Recreation Coordinator, and I get to share my passion for the outdoors.

— EVAN '17

University Ministries

The Office of University Ministries (OUM) equips students as they prepare for a lifetime of "Engaging the culture, changing the world." OUM is led by the University Chaplain Bo Lim and divided into two departments: Campus Ministries and the John Perkins Center. Together they help students grow in the areas of worship, discipleship, and reconciliation.

John Perkins Center (JPC)

The John Perkins Center helps students engage in discipleship and become leaders in the areas of justice, community development, and reconciliation. The Center is also a University-based, interdisciplinary research institute working to better understand structural disparities and develop more effective systemic strategies for alleviating those disparities.

- CityQuest connects students to community-serving organizations across Seattle in the weekend before Autumn Quarter classes. spu.edu/CityQuest
- Latreia provides quarterly service days around the city. spu.edu/Latreia
- Urban Involvement organizes weekly volunteer teams to serve with and learn from organizations in Seattle. spu.edu/UI
- SPRINT sends teams of students on international immersion experiences during summer break. spu.edu/SPRINT

Whether on campus, in the city, or internationally, the JPC also serves as a resource by working with and equipping leaders to integrate learning, hands-on experience, and community engagement by supporting School of Theology minor programs, Reconciliation Studies and Global Urban Ministries, leadership development and small group opportunities, and the annual Perkins Lecture Series.

John Perkins Center

Second Floor, Student Union Building | 206-378-5403 | spu.edu/PerkinsCenter

Campus Ministries

Campus Ministries exists to journey with students in conversations about life, faith, and everything in between. The college years are filled with opportunities to wrestle with what you believe and how to tangibly live out the life of Christian faith. We yearn to see students engage in a faith that is robust, winsome, and life-changing, and we do this through building relationships, hosting small groups, leading retreats, creating worship services, and so much more. Our focus is cultivating space for worship, discipleship, and reconciliation to abound in the small slice of God's Kingdom here at SPU.

During your time as a Falcon, we would encourage you to take ownership of your faith journey. There are all kinds of ways to connect with one another and with our pastoral staff:

- **Weekly Worship Services:** Chapel (Tuesdays, 11:10am); Group (Wednesdays, 7:30pm); Prayer & Communion (Fridays, 12:30pm).
- **Community and Spiritual Formation Opportunities:** Student Ministry Coordinators (Residential Students) and Sharpen (Off-Campus & Commuter Students) cultivate opportunities for small groups, relational connection, and growing deeper in faith.
- **Meet a Pastor:** Our staff are available for one-on-one pastoral conversations. Come make an appointment!

Know that the Campus Ministries team is praying for you as you join the SPU community. We look forward to meeting you soon.

Campus Ministries

Second Floor, Student Union Building | 206-281-2966 | spu.edu/um

Other Information

ASSP: Students Serving Students

The Associated Students of Seattle Pacific (ASSP) is the organized undergraduate student voice on campus. ASSP consists of students who want to make a difference in the SPU community, voice their opinion, and learn what it takes to be a leader. ASSP members believe that SPU should be more than a school. It should be a place where students can belong and a place that is as dynamic as those who are involved.

Put simply, ASSP is the SPU student body. Whether it is one of ASSP's four student media organizations, one of eight student-led ministry programs, student government, or one of more than 50 clubs, students can get involved, make a difference, and find their place in a broad variety of programs. Check out spu.edu/assp for more information.

Involve-O-Rama is a showcase of the various opportunities on campus. On Sunday, September 24, returning student leaders will be available to share the missions and purposes of their clubs, organizations, or groups, informing new students looking for ways to be involved on campus. Don't miss this great — maybe even life-changing — opportunity!

Falcon Athletics

Athletics at Seattle Pacific University is an exhilarating experience. Whether students are exuberant fans or distinguished student-athletes, everyone is a Falcon. Falcon Pride runs deep and strong at SPU, and for good reason. The program as a whole, with its 13 varsity NCAA DII programs, consistently cultivates excellence on and off the playing field. Ask anyone who has squeezed into an NCAA regional basketball championship game in Royal Brougham Pavilion, or joined overflow crowds at Interbay Stadium as our men's and women's soccer teams compete for championships, or watched Falcon Rowing breeze down the canal, and students will get a hint of what awaits them as Falcon fans. The atmosphere is electric, the rewards great, and the memories for both athletes and fans are lifelong. Plus, tickets for all home events are free for students! Go Falcons!

Keep up with the scores

When SPU teams are on the road, visit spufalcons.com for the latest results.

Intramurals

The Intramurals Program at SPU offers you fun, exciting, and challenging team activities – regardless of your skill level and experience. From floor hockey to ping pong, participating in intramurals at SPU just might be one of the highlights of the quarter for you.

League Sports

- Badminton
- Basketball
- Bootcamp (classes)
- Circuit Training (classes)
- Flag Football
- Floor Hockey
- Kickball
- Soccer
- Softball
- Ultimate Frisbee
- Volleyball
- Yoga (classes)
- Zumba (classes)

Tournaments

- Dodgeball
- Ping Pong
- Settlers of Catan
- 5 vs. 5 Soccer
- Spikeball
- Texas Hold'em
- Video Games
- 2 vs. 2 Volleyball

Find out more information at spu.edu/intramurals.

Fine and Performing Arts

Autumn Auditions: September 25, 26, and 27

Choirs and ensembles

Students interested in these groups should plan to audition on September 25 or 26. Sign-up sheets will be posted in the lobby of the Crawford Music Building in the fall. Each audition should take no more than 15 minutes. Opportunities are available in Concert Choir, Chamber Choir, Women's Choir, Men's Choir, Symphony Orchestra, Symphonic Wind Ensemble, Flute Choir, Jazz Ensemble, Percussion Ensemble, and Brass Ensemble.

Theatre auditions

One of only three audition opportunities this year will be held during the first three days of school. On September 26–27, we will be auditioning for our autumn and winter productions. There are a number of male and female roles. Interested students should have a willingness to work hard, as well as a commitment to seven to ten performances. Academic credit is available. Sign-up sheets for audition appointments will be located in the lower lobby of the Crawford Music Building.

For more information, check out the Fine and Performing Arts website at spu.edu/fpa.



Don't be afraid to

TAKE CHANCES,

ask questions,
and do things you've
never tried before.

— JEANNA '18

Office of Alumni and Parent Relations

The Office of Alumni and Parent Relations supports families throughout a student's SPU experience and beyond — from community-building events on campus to networking resources for young alumni. Learn more about the resources below by contacting parents@spu.edu.

Opportunities for parents:

- Stay connected with SPU through *In the Loop*, a monthly e-newsletter just for SPU parents.
- Attend our parent events: Mom's Day (Autumn Quarter), Parent's Weekend (Winter Quarter), or Dad's Day (Spring Quarter).
- Volunteer as a career mentor through SPULink.
- Sign up for the parent prayer newsletter and/or attend monthly parent prayer meetings on campus. Email parents@spu.edu to sign up.

Opportunities for students:

- Apply to serve on Advancement Core — SPU's student engagement and philanthropy group responsible for "I Love SPU" Week.
- Seniors participate in the "Becoming an Alum" series of events and info sessions throughout their senior year and attend their last party together "Falcons Forever BBQ" during Commencement events.

Homecoming and Family Weekend, February 2-3, 2018

For more than 80 years, parents, students, alumni, and friends have gathered at Seattle Pacific to celebrate SPU Homecoming. Hosted during Winter Quarter, the weekend offers something for everyone — a luncheon honoring alumni award winners, theatre and concert events, class reunions, basketball games, and the Student Union Board's heralded Talent Show. It's a don't-miss occasion for everyone. This year, we'll also be celebrating moms and dads with special programming for parents and their students.

Falcons Forever BBQ

Each year during Commencement week, all Seattle Pacific graduates and their families are invited to one last casual class celebration all together before their formal graduation ceremony. Members of the SPU Alumni Association and the previous year's graduates host the event in celebration of another class of alumni to join the association.

Office of Alumni and Parent Relations

206-281-ALUM (2586) | spu.edu/alumni

Orientation Safety Tips

SPU has planned numerous Orientation activities that are intended to be fun ways to introduce you to SPU, your fellow students, and the surrounding area. To help promote safety throughout these activities, we encourage you to review the information below.

Office of Safety and Security

Contact SPU's Office of Safety and Security (OSS) if there is a medical emergency, if you feel unsafe, or if you see something suspicious on campus. The phone number for OSS is 206-281-2911—we encourage students to program this number into their mobile phones. SPU has also installed several emergency phones around campus that dial OSS at the push of a button. Security officers are trained medical responders, and the dispatch center will contact 911 if necessary. OSS dispatchers will know the address of every building on campus and can direct medical responders to your exact location.

Emergency preparedness

Students are encouraged to enroll their mobile phone numbers in SPU-Alert, SPU's emergency notification system, so that they can receive any emergency text messages that SPU may need to send to the campus. To enroll, log into Banner, click the "Personal Menu" tab, and then click the "Emergency Alert System" tab. For further information about SPU's emergency procedures and additional suggestions about preparing for and responding to emergency situations, see the quick-reference booklet titled "Stop. Think. Act." that is available online at spu.edu/info/emergency/stopthinkactbook.pdf.

Off-campus activities

Seattle is a wonderful city to explore, and SPU is excited to expose students to the surrounding community. SPU coordinates transportation for some off-campus events, but not for all of them. Many streets around Seattle are narrow and/or one-way, and construction or detours downtown are not uncommon, so it's good to become familiar with transportation routes and options ahead of time. If you're using public transportation, traveling in groups is recommended. And if you're travelling or exploring after dark, take extra care to be aware of your surroundings. Also, use caution when crossing busy roads as a pedestrian, both off-campus and around campus.

Personal health conditions

From on-campus social events to off-campus service projects, SPU staff and student leaders have prepared a number of fun Orientation activities. However, students should determine what types of activities and level of physical activity is appropriate for them based on their own health conditions. Participation in Orientation events is voluntary. While SPU seeks to promote the safety of its students, remember that you're in the best position to look out for your own well-being.

Switchboard

Join Seattle Pacific Switchboard!

SPU Switchboard is a new online community for SPU students, alumni, and friends that will help you make the most of your SPU network.

Think of it as a combination of LinkedIn and Craigslist where SPU community members can ask for what they need and offer what they have. Whether you are looking for a job, need information about fun things to do in Seattle, or looking to connect with fellow Falcons, Switchboard is the place for you!

Go to spu.edu/switchboard to sign up (it takes less than a minute!) and start connecting with the SPU community!

Undergraduate Degree Program Learning Outcomes

Purpose

The entire SPU community of educators and professionals across the curricular and co-curricular programs joins in commitment to seek the achievement of these outcomes and to sow the seeds for their continuing development in the lives of our students after graduation.

COMPETENCE

SPU graduates will articulate discipline-specific knowledge and apply essential skills enlivened by the liberal arts.

Graduates should:

- Demonstrate knowledge of Christian narrative and beliefs.
- Demonstrate knowledge in disciplinary field as articulated by the departments.
- Integrate liberal arts and disciplinary knowledge.
- Apply knowledge, inquiry, and critical thinking skills in problem-solving.
- Demonstrate a global perspective.
- Communicate effectively.

MODEL GRACE-FILLED COMMUNITY

SPU graduates will cultivate a life of friendship, civility, and community through responsible discourse and respect for each other.

Graduates should:

- Demonstrate inter-personal skills necessary for effective personal and professional relationships.
- Engage with diverse others.

CHARACTER FORMATION

SPU graduates will embody personal and professional integrity by serving the public good in doing what is right and doing so with an awareness of consequences.

Graduates should:

- Reflect upon ideas and actions through the lens of Christian faith and ethics.
- Balance interests of self, others, and the community in pursuit of the common good.

Mission of Seattle Pacific University

Seattle Pacific University is a Christian university fully committed to engaging the culture and changing the world by graduating people of competence and character, becoming people of wisdom, and modeling grace-filled community.

Becoming People of Wisdom

SPU graduates will make decisions that reflect what is true and good even within complex or ambiguous situations.

Falcon Formation

The Student Experience

Falcon Formation is a way of saying "This is what we want you to experience as a student." We want you to be formed holistically by the things you do and experience at SPU. Whether you know it or not, every activity and class and event you participate in has a purpose--and that purpose is to help you become the person you are meant to be.

We want you to leave this place with deep relationships, solid connections, academic knowledge, and professional experiences that enable you to find a career and pursue a calling. That's what Falcon Formation is all about.





Seattle Pacific
UNIVERSITY

Engaging the culture, changing the world®

Seattle Pacific University
3307 Third Avenue West, Suite 217
Seattle, Washington 98119-1957

Office of Student Involvement and Leadership: 206-281-2247
Orientation: 206-281-2689