



# RESOURCE GUIDE

SEATTLE PACIFIC UNIVERSITY  
**ORIENTATION2021**

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# WELCOME TO SEATTLE PACIFIC UNIVERSITY

Students, families, and guests — it is great to have you join the SPU community!

As you enter this community of learning, we join with you in a journey that will make a difference in lives today and in the future. Learning in and out of the classroom will deepen and broaden you. Your efforts and participation will do the same for others. So jump in and be active in your coursework, service outreach, clubs and activities, and community programs. These all matter and benefit all.

Also, be intentional about discovering and developing your growth. Be purposeful in your faith exploration and efforts. Step out and be courageous with new experiences. Take advantage of our campus with the variety of programs offered by departments, living environments, ministry opportunities, and student organizations. And you're in Seattle. What a great city and location for just about everything! Go out and explore.

Finally, make connections. The people at SPU are at the crux of your experience. We will walk alongside you with care and support (and some good challenges, too). Those around you — whether student, faculty, or staff — are lifelong learners. We understand that we learn and grow best when we do this together. So say hello to those who sit next to you in the dining hall, teach a class, and greet you in an office.

We hope this resource guide will provide valuable information about the student experience at Seattle Pacific University. If you have questions, check out our websites, Catalog, and Student Handbook. And feel free to contact one of us if you need additional information.

God bless you during your journey.

**Dr. Laura Hartley**

Provost

**Lisa Ishihara**

University Chaplain

**Jeff Jordan**

Vice President for Student Life

**Amanda Stubbert**

Director of Alumni and Parent Relations

# ADVICE FOR STUDENTS

## 1 /// Do your best work.

That's why you are here. Be accountable to the highest standards of scholarship, integrity, and excellence.

## 2 /// Make strong connections.

Get to know 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 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 /// Pursue health.

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 /// Check your SPU email account.

It's the way SPU communicates with you regarding your bill, financial aid, classes, and opportunities.

## 10 /// Follow us!

Find SPU on Twitter and Instagram.

# 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

- Coping with academic realities — midterms, papers
- Feeling homesickness; managing long-distance relationships
- Figuring out class and time management
- Settling into a schedule
- Experiencing doubts about keeping up the pace

## November

- Developing friendships on campus
- Selecting classes for next quarter
- Enduring finals week, when all academic work is due, and there is no slack time
- Going home for Thanksgiving — with different expectations of home

## December

- 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 and Family Weekend

## 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 goodbye and returning home





# SPU PARENT AND GUEST RESOURCES

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## *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](mailto:parents@spu.edu) to receive the e-newsletter.

You can ask questions and pose story ideas as well.

## Opportunities for Parents

- Attend Homecoming and Family Weekend (Winter Quarter) and experience your student's campus life, plus attend theatre and concert events, basketball games, the student talent show, and more.
- Volunteer as a career mentor through Handshake.
- Join the new Falcon Connect career and mentorship network. Share advice and resources, ask questions, join discussions, and more.

Sign up for the parent prayer newsletter by emailing [parents@spu.edu](mailto:parents@spu.edu).

## 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 typically include direct parental presence in proceedings.

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](https://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](https://www2.ed.gov/ferpa). SPU also follows HIPAA (Health Insurance Portability and Accountability Act) policies; information may be found at [hhs.gov/hipaa](https://hhs.gov/hipaa).

## Falcon Connect

Falcon Connect is a new way for SPU students to easily connect with SPU alumni who want to help students in their career journey.

Sign up at [connect.spu.edu](https://connect.spu.edu) to find alums to connect with who work in companies or industries of interest to you.





# STUDENT SERVICES

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## Center for Career and Calling (CCC)

How do I make decisions about my major career, and life direction? What will I do after I finish my degree at SPU? How will I find my calling or purpose in work and life? The Center for Career and Calling (CCC) is here to help all SPU students find a direction, find an internship, and prepare for life after college — a path that suits your strengths and calling. See resources on [spu.edu/ccc](https://spu.edu/ccc) and visit the CCC on the second floor of the Student Union Building.

### Career Counseling

Students can drop in any day for résumé and LinkedIn support, and quick career assistance. They can also make an individual appointment for more help, and attend regular career development workshops offered each quarter. The CCC assists with finding your calling, career and major decision-making, networking and job/internship search, LinkedIn, résumés, and cover letters. They also help with mock interviews, career assessments, salary negotiation skills, graduate school decisions, and more.

### Classes, Treks, Meet-ups, and Panels

The CCC staff teach several career and vocational discernment classes (see General Studies section of the catalog) and partner with many faculty to bring career and vocation topics to various classes throughout the SPU curriculum. The CCC also connects students with employers through Career Treks (trips to visit local companies, both in person and virtual), including Microsoft, Nordstrom, Tableau, Alaska Airlines, Google, the Gates Foundation, and more. They also arrange Meet-Ups — on-campus events for students to learn about job, internship, and career opportunities with local organizations. Finally, they host candid panel conversations with employers both in person and online, such as last year's Working While Black.

### Handshake and Falcon Connect

Alongside the Center for Career and Calling website, Handshake is SPU's online hub for career resources. From job search tips to registering for employer events, Handshake's mobile site or app will guide you to internship and job postings tailored to your interests. Exclusively available to SPU undergrads, graduate students, and alumni, Handshake can help you learn about on-campus jobs, work-study, and local volunteer opportunities. It's also the place where you can find all Center for Career and Calling's events and schedule appointments to meet with a career counselor.

Falcon Connect is a new way for SPU students to easily connect with SPU alumni who want to help students in their career journey. Sign up at [connect.spu.edu](https://connect.spu.edu) to find alums to connect with who work in companies or industries of interest to you.

### Center for Career and Calling

Second Floor, Student Union Building | 206-281-2485 | [spu.edu/ccc](https://spu.edu/ccc)

## Center for Learning (CFL)

At the Center for Learning, you and all of your questions are welcome. We are committed to supporting your academic success, and we do this by offering:

### Academic coaching

Professional staff members and trained peer academic coaches are available by appointment to help students navigate specific challenges with more effective learning strategies. We can do this via Zoom or in person (when conditions permit). This year, we will have Peer Academic Coaches living in First-Year and Sophomore Housing who will be ready to guide you as you adjust to University life.

### Peer tutoring

Trained peer tutors are available to meet with students taking challenging introductory undergrad classes in biology, chemistry, math, and psychology. Free small-group tutoring is provided via Zoom or in person (when conditions permit). This service is free and offered throughout the week.

### Courses and workshops

Want to learn how to manage your time better and develop more effective reading and note-taking skills, and more effective study and test-taking strategies? Sign up for our General Studies Success Skills for College class (GS 1001) or attend a CFL workshop. Visit the CFL website or call our office for more information on how to access resources.

### Center for Learning

Lower Moyer Hall | 206-281-2475 | [spu.edu/cfl](http://spu.edu/cfl)

## Disability Support Services

Disability Support Services seeks to provide educational access through collaboration, academic accommodations, and advocacy for students with documented disabilities. Check out the DSS website for more information. For any questions or to schedule an appointment, email us at [dss@spu.edu](mailto:dss@spu.edu) or call 206-281-2272.

### Disability Support Services

Lower Moyer Hall | 206-281-2475 | [spu.edu/dss](http://spu.edu/dss)

## 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, The CIS HelpDesk provides support to SPU faculty, staff, and students for technology resources such as SPU online services, email accounts, campus printing, and network connectivity.

Check out the CIS Help pages for the most up-to-date information.

Go to [spu.edu/getconnected](https://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.)

For other self-help options, try the CIS HelpDesk Wiki Pages. Visit <https://wiki.spu.edu> and click on CIS HelpDesk.

### Computer and Information Systems

Lower Marston Hall | 206-281-2982 | [help@spu.edu](mailto:help@spu.edu) | [spu.edu/cishelpdesk](https://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 registered 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 \$50/quarter when Health Services is 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](http://spu.edu/healthservices)



## Library

**Meet your subject librarian:** The Library has a librarian for every academic area. Stop by and introduce yourself, or email them with questions. The Liaison Librarians love to help students with their research needs.

**Course Reserves:** Articles, books, CDs, or DVDs that your professor wants you to use, but you don't have to buy. Get them at the SPU Library.

**SPU Primo catalog:** Find books, DVDs, CDs, etc.

### Summit Borrowing:

- Summit allows you to borrow from 38 other college and university libraries in the Pacific Northwest.
- You will get an email message when your item arrives, usually three to five business days after placing the request.

**Library databases:** The SPU Library provides access to millions of full-text articles through the databases. [spu.libguides.com/az.php](http://spu.libguides.com/az.php)

**Chat or email with a librarian:** Use the "Ask a Librarian" service on the library web page.

### More about how the library can help

**Print, copy, and scan:** Undergraduate students enrolled in 12 credits, or more, will receive a print credit of \$5/quarter. B/W is \$.05/side. Color is \$.08/side.

### The Research, Reading, and Writing Studio

- Located on the main level of the Library, on the left after you enter the building.
- Drop in! No appointment necessary.
- Ask questions or sit and work.
- See [spu.edu/studio](http://spu.edu/studio) for the most recent information about hours and availability.

**Technology at the Front Desk:** The SPU Library has many types of technology items available for checkout, including phone chargers, laptops, cameras, and recording equipment.

## 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 4 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](http://spu.edu/mcs)

## Multi-Ethnic Programs (MEP)

Multi-Ethnic Programs (MEP) supports students from diverse backgrounds and identities (i.e.: first generation, BIPOC, undocumented/DACA, LGBTQIA+ etc.). MEP is committed to creating a sense of inclusion, safety, and belonging for everyone. Our office strives to extend hospitality, normalize experiences, navigate challenges, and celebrate milestones with students. We provide students with 1:1 mentorship and advising, resource connection, community-building events and activities, leadership development, and scholarship opportunities.

### We offer these opportunities to get connected:

- Early Connections (EC) orientation and ongoing programming
- Ames Leadership Program
- Paid leadership positions
- Community building events and activities (EC dinners, study breaks, movie nights, etc.)
- Staff and peer mentors
- 1:1 advising and resource connection
- MEP office space (use it to study, grab free snacks, and connect with other staff and students)

Additionally, Multi-Ethnic Programs invites all students to explore their own identities 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 involved on campus:

- Intercultural clubs and student organizations: Catalyst, Ante-Up hip-hop dance, Asian American club, Black Student Union (BSU), Filipino American Student Association (FASA), Latinos Unidos, Minority Association of Pre-med Students (MAPS), Hawaiian Culture Club ('Ohana 'O Hawai'i), 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](http://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](http://spu.edu/living)

### Housing and Meal Plan Services

3220 6th Avenue West | 206-281-2188 | [spu.edu/living](http://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. For non-emergency purposes, call 206-281-2922.

Students can find more information on improving their own personal safety at [spu.edu/security](http://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 (non-emergency) | 206-281-2911 (emergency)  
[spu.edu/security](http://spu.edu/security)

## Office of Global Engagement (OGE)

The Office of Global Engagement's mission is to promote student and scholar success in a global economy, connect international communities, and advance intercultural awareness. We do this by providing access to meaningful global experiences, facilitating academic exchange opportunities, and supporting international students.

### International Student Services (ISS)

The ISS advisors assist students with their non-immigrant status including visa concerns for all visa types (F1, H4, L2, etc.), Curricular Practical Training (CPT), Optional Practical Training (OPT), cultural adjustment, and third-party sponsorships.

We offer these opportunities to get connected:

- New Student Orientation and Leadership
- The International Student Club
- International Education Week events
- Lunar New Year celebrations
- Educational workshops on OPT and CPT

### International Student Services

Lower Moyer Hall | [iss@spu.edu](mailto:iss@spu.edu) | 206-281-2550

## Study Abroad

The staff of the Study Abroad office work to ensure that students have access to educational experiences that foster their development as global citizens. We strive to provide students with opportunities to develop the skills required to address the challenges of our increasingly inter-connected world.

### The following principles guide the SPU study abroad advising process and policies:

- An education experience abroad is intended to enhance a student's overall educational endeavors at SPU and provide opportunities for intellectual and personal growth.
- Students are encouraged to explore experiences abroad that will expose them to cultures and languages that are different from their own.
- Experiences abroad should provide maximum opportunities for students to integrate and immerse themselves in the educational, cultural and linguistic context of the host location.
- All students who meet the minimum requirements should have access to study abroad regardless of financial need or other personal circumstances.
- All phases of an experience abroad (including application, time abroad, and re-entry) provide students with unique opportunities to become increasingly self-sufficient and independent. Students are encouraged to embrace these opportunities.

### SPU Study Abroad

Lower Moyer Hall | [studyabroad@spu.edu](mailto:studyabroad@spu.edu) | 206-281-2924



## Office of Student Involvement and Leadership (OSIL)

OSIL is committed to helping you get connected to campus and engage in opportunities to lead and grow 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)
- Student Union Board (STUB) and large, all-campus events
- **Associated Students of Seattle Pacific (ASSP) student government**
- **Outdoor Recreation Program (ORP)**
- Orientation
- **Engage** — an online platform for on-campus engagement and information
- More than 200 student leadership roles
- OSIL First Fridays
- Follow us on Instagram to stay updated at [@spu\\_osil](https://www.instagram.com/spu_osil)

We look forward to helping you learn and grow outside of the classroom and find your voice on campus!

### Student Involvement and Leadership

Third Floor, Weter Hall | 206-281-2247 | [spu.edu/osil](https://spu.edu/osil)

## Student Academic Services (SAS)

SAS comprises three primary teams — Undergraduate Academic Counseling, Operations, and Technology — all under the leadership of the University registrar.

### Undergraduate Academic Counseling

Academic counselors are important members of the academic team that also includes you and your faculty advisor. While your faculty advisor serves as your primary advisor, your academic counselor serves as a consistent resource to help you navigate academic policy, process, and other questions on the path from admission to graduation.

Academic counselors coordinate the New Student Advising process to help you register for your first quarter's classes and are also the ones who review and award your degree once you're finished. In between, they also evaluate and approve transfer work, assist students in academic difficulty, support faculty advisors, and process applications for graduation.

Academic counselors also host drop-in advising appointments the first week of every quarter and during registration week in the Demaray Hall first floor lobby. Outside these periods, you can find contact information or schedule an appointment at [spu.edu/uac](https://spu.edu/uac).

## Operations and Technology

The Operations and Technology Teams in SAS do much more than help students register for and withdraw from courses. They prepare the annual Time Schedule and catalogs, record SPU credits and grades, verify academic standing, certify veterans and/or dependents for benefits, maintain academic records on all current and former students, and work directly with the National Student Clearinghouse to help deliver an accessible way for students to request those records for employers, graduate school programs, loan/scholarship providers, etc. In addition, they serve the academic departments by providing student data reports that help shape decisions about curriculum and student services. Many of the services and resources are available online at [spu.edu/sas](https://spu.edu/sas).

## Your records and FERPA

SAS also helps to ensure that your privacy is protected through proper handling of your records. 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](https://spu.edu/ferpa).

The answers to many questions related to grading, registration, transcripts, studying away, and other topics may be found on the "Student Resources" web page at [spu.edu/sas](https://spu.edu/sas).

## Student Academic Services

Demaray Hall suites 120 and 151 | 206-281-2031 | [spu.edu/sas](https://spu.edu/sas)

## Student Counseling Center (SCC)

The Student Counseling Center (SCC) offers a full range of mental health services for currently enrolled SPU undergraduate students. All students can find compassionate, identity affirming, culturally competent, trauma-informed care at the Student Counseling Center.

### Services for undergraduate students include:

- Assessment and referral\*
- 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, eating disorders, trauma, and abuse
- Couple, premarital, and family therapy
- Counseling groups covering a range of topics
- Nutritional counseling
- Coordination of care with professional nurse practitioners at Student Health Services (located next door to the SCC) who provide medical evaluations and clinical management of psychiatric medication

- Consultation services for concerned parents, SPU faculty, staff, and students regarding issues of student mental health and how to help others
- On-campus educational and preventative programming on various mental health topics like:
  - anxiety and stress management
  - healthy relationships
  - body positivity and eating disorder awareness
  - psychological first aid following traumatic events
  - depression and suicide prevention

*\*Graduate students may contact the SCC for community mental health resources and referrals.*

All services provided are at no cost to students.

The Student Counseling Center is staffed with Washington state-licensed mental health counselors and marriage and family therapists, along with professional counselors receiving supervision toward state licensure. The Student Counseling Center is a training site for graduate students from SPU's clinical psychology and MFT programs, and other professional interns from master's programs around Seattle. In addition, the SCC has a registered dietitian on staff dedicated to supporting students in the areas of nutritional health and positive body image. All staff are committed to the emotional, social, and spiritual well-being of SPU students.

### Student Counseling Center

First Floor, Watson Hall | 206-281-2657 | [spu.edu/scc](http://spu.edu/scc)

## Student Financial Services and Financial Aid (SFS)

### General requirements and financial aid disbursement

- Make sure your file is complete by August 1. 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 70 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 to determine when the funds will be sent.

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

Visit [spu.edu/paymentplan](https://spu.edu/paymentplan) for plan options and benefits, application and payment due dates, and step-by-step instructions on choosing a plan. Contact Student Financial Services with questions.

## Student Financial Services

10 Demaray Hall, Garden Level |

206-281-2061; 800-737-8826 | [sfs-info@spu.edu](mailto:sfs-info@spu.edu) | [spu.edu/sfs](https://spu.edu/sfs)

## Student Employment

When looking for jobs, students are encouraged to use the Handshake 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 Handshake 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/handshake

## Office of University Ministries

OUM is led by the University Chaplain, Rev. Lisa Ishihara, and is comprised of the John Perkins Center, Campus Ministries, and Church & Community Connections. We invite students to connect in the areas of worship, reconciliation, and discipleship.

- Follow us on Instagram [@spu\\_umin](#)
- Chat with a campus pastor: Our staff members are available for one-on-one pastoral conversations. **Come make an appointment!**
- Know that the University Ministries team is praying for you as you join the SPU community. We look forward to meeting you soon.

### 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. Whether on campus, in the city, or internationally, the JPC serves as a resource, working with and equipping students to integrate learning, leadership, and community engagement. Through connections with community leaders and organizational partners, the JPC orchestrates community learning opportunities, and spaces for critical reflection and dialogue.

We hope you will begin to explore and live into your faith story by stepping out of your comfort zone and into the different contexts that may give shape to who you are. We believe that, as students, you will come to know more about yourselves through your involvement in the community.

- Local community service: CityQuest, Latreia (monthly), Urban Involvement (weekly)
- Immersive engagement: Urban Plunge (winter break), SPRINT (summer break)
- JPC Dialogue: In Context (discussion series), Justice Speaks events, Perkins Lecture Series
- Academic Partnerships: Reconciliation Students Minor (School of Theology)

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 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, 11:10 a.m.); Group (Wednesdays, 8 p.m.).
- **Community and spiritual formation opportunities:** Student Ministry Coordinators (residential students) and Sharpen (off-campus and commuter students) cultivate opportunities for small groups, relational connection, and growing deeper in faith.
- **Chat with a campus pastor:** Our staff are available for one-on-one pastoral conversations. Come make an appointment! [bit.ly/campuspastorchat](https://bit.ly/campuspastorchat)

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/cm](https://spu.edu/cm)



# STUDENT INVOLVEMENT

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## 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 opinions, 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, 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](https://spu.edu/assp) for more information.

Involve-O-Rama is a showcase of the various opportunities on campus. On Sunday, September 12, 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!

Check out [spu.edu/assp](https://spu.edu/assp) for more information.

## 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 12 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](https://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

- Basketball
- Circuit training (classes)
- Flag football
- Soccer
- Softball
- Ultimate frisbee
- Volleyball
- Yoga (classes)
- Zumba (classes)

### Tournaments

- Dodgeball
- Ping pong
- Spikeball

Find out more information at [spu.edu/intramurals](https://spu.edu/intramurals).

## Fine and Performing Arts

### Choirs and ensembles

Students interested in these groups should plan for fall auditions September 12–14. Sign-up sheets will be posted in the lobby of the Crawford Music Building. Each audition should take no more than 15 minutes. Opportunities are available in Concert Choir, Chamber Singers, Treble Choir (formerly Women’s Choir), Tenor-Bass Choir (formerly Men’s Choir), Symphony Orchestra, Symphonic Wind Ensemble, Flute Choir, Jazz Ensemble, Percussion Ensemble, and Brass Ensemble.

Details for each ensemble can be found on the bulletin board of Crawford Music Building. Contact any ensemble director with questions and check the bulletin board for other audition opportunities.

### Theatre auditions

The SPU Theatre Department will be producing four plays in the 2021–22 season.

Audition dates:

- *Blood/Water/Paint* — September 13, 14, 15
- *Pride & Prejudice* — November 8, 9, 10
- *Big Love* — January 10, 11, 12
- *String* — January 24, 25, 26

Auditions requirements and sign-up sheets for audition times will be posted on the callboard lower Crawford two weeks before auditions.

Academic credit is available.

For more information, check out the Fine and Performing Arts website at [spu.edu/fpa](https://spu.edu/fpa).





# STUDENT SUCCESSES



# STUDENT SUCCESS

## Office of Alumni, Parent, and Family Relations

The Office of Alumni, Parent, and Family 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](mailto:parents@spu.edu).

### Opportunities for students:

- Join Falcon Connect to find alums to connect with who work in companies or industries of interest to you. Sign up at [connect.spu.edu](https://connect.spu.edu).
- Invite your family to attend Homecoming and family Weekend (Winter Quarter) and share your SPU experience with them.
- When graduation approaches, attend SPU's Grad Fest to pick up your cap and gown, commencement ceremony tickets (undergraduates only), and meet the Office of Alumni, Parent, and Family staff.

### Homecoming and Family Weekend, February 18–19, 2022

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 dinner honoring alumni award winners, theatre and concert events, academic 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 families with special programming.

### Office of Alumni, Parent, and Family Relations

206-281-ALUM (2586) | [spu.edu/alumni](https://spu.edu/alumni)

## Office of the Vice Provost for Student Formation and Community Engagement

The Office of the Vice Provost for Student Formation and Community Engagement serves on the University's senior leadership team and collaborates with the Office of the Provost and the Office of University Ministries to achieve educational goals by bridging the curricular and co-curricular aspects of education.

- Provides leadership to Student Life and Athletics for collaborative student learning, including identity and self-awareness, interpersonal skills, responsibility and community awareness, and reflection and meaning
- Understands student trends and legal and cultural issues to assist in University programs for increased student learning
- Coordinates the leadership studies minor
- Serves as ombudsperson for students, helping with problem-solving and navigation of appeals processes

### Vice President for Student Life

Second Floor, Student Union Building | 206-281-2481 | [spu.edu/studentlife](http://spu.edu/studentlife)

## 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](http://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 traveling 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.

## 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 interpersonal 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.

