

STEPHEN F. AUSTIN STATE UNIVERSITY

Parent and Family Member Guide



WELCOME TO THE LUMBERJACK FAMILY!

GROWING OUR FAMILY TREE SINCE 1923

WELCOME TO THE LAND OF ACADEMICS AND AXE HANDLES.



This handbook contains the details you need to know about SFA (like where to get help deciding on a major) and includes the stuff you want to know (like on-campus dining choices). It's also chock-full of helpful information on how to make the adjustment to college life and get acquainted with your soon-to-be alma mater.


Enjoy the journey!

SFA'S OFFICIAL SOCIAL MEDIA:

    @sfasu

 @SFAlumberjacks

 @sfa_jacks

 Stephen F. Austin State University

ORIENTATION SOCIAL MEDIA:

  @sfaorientation

 @sfa_orientation

WEEKS OF WELCOME SOCIAL MEDIA:

   @sfawow



**Look for the Jack Facts icon for
interesting tidbits about SFA.**

SFA Q&A

Q: What does SFA stand for?

A: Stephen Fuller Austin. He's considered the Father of Texas. The state capital also is named in his honor.

Q: When did the university first begin classes?

A: In September 1923, approximately 300 students enrolled at SFA. Originally founded as a teachers college, today SFA has six academic colleges that offer approximately 80 undergraduate majors and more than 120 areas of study.

Q: What is the average class size at SFA?

A: The average class size is 17 students.

Q: How many students attend SFA?

A: In fall 2022, 11,327 students were enrolled.

Q: From where do SFA students hail?

A: Lumberjacks come from Texas and 40 other states, plus 50 foreign countries.

Q: What is the student-to-faculty ratio?

A: The ratio is 17:1.

Q: How many faculty and staff does SFA employ?

A: SFA employs approximately 1,700 faculty and staff. Your student is surrounded by Lumberjacks who are dedicated to helping your student succeed.

Q: Is SFA expensive?

A: The tuition and fees at SFA are comparable to the statewide annual average tuition and fees for Texas public universities. SFA also offers hundreds of scholarships to deserving students each year to help them pay for their education. See Page 8 about tuition options.

Q: How big is the campus?

A: SFA's main campus includes 422 acres, part of the original homestead of Thomas J. Rusk, an early Texas patriot and U.S. senator. In addition, the university maintains a 726-acre agricultural and research center, 128-acres of green space managed by SFA Gardens, and 3,449-acres of forestland managed through the Lumberjack Legacy Forest Program, which provides in-field classroom and research experience for students.



Helping your student make the transition

The transition to college often is a life-changing and sometimes overwhelming experience. Support from parents, other family members and friends is crucial in helping your new college student make the adjustment.

During the months ahead, there will be highs and lows. Some of the things you should keep in mind during the upcoming academic year include:

AUGUST: Overall excitement, homesickness, roommate issues, abuse of freedom, multiple calls or visits home

SEPTEMBER: Exams usually begin, Family Weekend hosted by Orientation and Transition Programs, opportunities to join a new student organization or sports club

OCTOBER: Midterm grades, consequences of bad study habits, struggles with personal decision-making regarding schoolwork, making friends, fitting in, etc.

NOVEMBER: Exams and papers are due, apprehension and excitement about going home for the holidays, course registration for the next semester begins

DECEMBER: Mixed feelings about going home for the winter break, studying for final exams, anticipation of final grades

JANUARY: Beginning of a new semester, consequences of fall semester performance may cause anxiety, students must make the necessary adjustments

FEBRUARY: Some homesickness isn't unusual, anticipating spring break

MARCH: Spring break, making choices for the next academic year, changing majors and minors, midterms, summer employment and internship opportunities

APRIL: End of the semester is quickly approaching, final push to complete projects, finally adjusting to the college transition

MAY: Final exams, last-minute summer planning, deciding to remain for summer classes or head home, anticipation of missing college friends

Take note

College is definitely different than high school. With more freedom comes more responsibility, and you as parents and family members will not be as easily accessible to help your student “make the grade.” Some differences between high school and college are detailed below.

HIGH SCHOOL

Attendance is required

Teachers remind students about homework and tests

Studying load is light (about an hour per night)

Students’ lives are filled with activities

Teachers provide grade reports

Class expectations are discussed in detail

School is open and staffed during set times

COLLEGE

Few professors require attendance

More independent work is expected

Studying is key to success

Involvement opportunities can be overwhelming

Students keep up with their own grades

Course syllabus is a contractual agreement

Instructors have specific office hours



ACADEMICS

COUNTLESS THINGS
TO LEARN ALL IN ONE PLACE



THE FLEXIBLE WAYS SFA OFFERS CLASSES



Face-to-Face

A traditional course in which you attend class with faculty and students on campus for each class meeting.



Online (anytime)

Content and activities are delivered online. No on-campus attendance is required, and you can engage in the course at any time.



Livestream

Regularly scheduled class sessions are delivered via Zoom, with real-time interaction between you, the faculty and students. No on-campus attendance is required.



Hybrid

Delivered as a blend of face-to-face and online, face-to-face and livestream, or online and livestream.

Classes meet at regular, scheduled intervals.

Your faculty member will share the dates and times when on-campus or livestream attendance is required.



HyFlex

You decide whether to attend the class face-to-face, via livestream at scheduled times, online anytime, or any combination.



The first few weeks or months of college may be a difficult time for your student. Transitioning from high school to college is a big change. Be supportive, and reassure your student that it will get better.

Lower Your Student Debt with 15 To Finish



Taking 15-plus semester credit hours during the fall and spring semesters can help you graduate on time and save time and money.

An extra year of college could cost up to **\$69,100**

- **\$10,600** annual tuition for a full-time student
Texas resident
- **\$10,900** annual room and board
Mid-priced residence hall
- **\$47,600** potential lost wages
(Payscale.com)

Visit with your academic advisor TODAY about 15 To Finish. Also, be sure to ask about SFA's flat-rate tuition plan, where you can take 15 or more semester credit hours for the cost of 12.



FIND OUT MORE AT
[SFASU.EDU/STAYONTRACK](https://sfasu.edu/stayontrack).

HOW CAN SFA HELP YOU GRADUATE ON TIME?



DEGREE MAPS

Degree maps are course sequences students follow to help ensure the courses they need to graduate on time are available when needed.



ADVISING

Academic advisors help students address concerns and clear issues that might cause them to detour from the degree map.



SCHEDULING AND REGISTRATION

Registration professionals work with students to help reduce schedule conflicts. This makes it easier for students to take 15-plus credit hours per semester.



**STEPHEN F. AUSTIN
STATE UNIVERSITY**
NACOGDOCHES, TEXAS

TUITION OPTIONS FOR THE 2023-24 ACADEMIC YEAR



Many full-time students **are taking credit loads that automatically put them on a five-year plan for a bachelor's degree instead of four years.** Further complicating the matter, federal financial aid policies require students to be enrolled in just 12 credits each semester to be eligible for assistance, creating the impression that 12 credits is “full time.”

THE RESULT:

- Students **graduate later** and accrue **unnecessary time and debt** in the process.
 - SFA students are advised to enroll in 15 credits each semester (or 30 credits per year), putting them on track to graduate on time.
 - Research shows that students who take 15 credit hours **do better academically** and **are more likely to persist.**

SFA creates two options to help students afford additional courses at **no extra cost.**

FLAT-RATE TUITION

- \$5,300 per semester; \$10,600 an academic year (\$100 course and lab fee is included)
- For any undergraduate student enrolled in 12 or more credit hours
- Fall 2023 and spring 2024 semesters only
- Flat rate applies toward 12 to 21 credit hours each semester

BOTTOM LINE:

12 credit hours
15 credit hours
18 credit hours
21 credit hours



\$5,300
per semester
for fall 2023 and
spring 2024 only

GUARANTEED-PRICE PLAN

- \$5,675 per semester (\$100 course and lab fee is included) for first-time students in 2022-23
- Must be enrolled in 12 or more credit hours to participate
- Rate is locked in for four years for each fall and spring semester

BOTTOM LINE:

12 credit hours
15 credit hours
18 credit hours
21 credit hours



\$5,675
per semester up to
four years beginning
fall 2023

TO DETERMINE WHICH TUITION OPTION YOU QUALIFY FOR, ANSWER THESE QUESTIONS.

Question 1: Are you a resident of Texas?

Yes – Proceed to next question.

No – Eligible for nonresident rates or border-state rates

Question 2: Are you a transfer student?

Yes – Possibly eligible for the flat-rate tuition option associated with year of high school graduation

No – Proceed to next question.

Question 3: Are you a graduate student?

Yes – Eligible for Texas resident graduate school rates

No – Proceed to next question.

Question 4: Are you a first-year, first-time student?

Yes – Proceed to next question.

No – Ineligible for Guaranteed-Price Plan, but automatically billed at the flat-rate tuition option

Question 5: Do you qualify for tuition and/or fee exemptions related to the Hazlewood Act, etc.?

Yes – Ineligible for Guaranteed-Price Plan, but automatically billed at the flat-rate tuition option

No – Eligible to participate in the Guaranteed-Price Plan

For more information about SFA's tuition options, contact Student Business Services at (936) 468-6960 or sbs@sfasu.edu.

STUDENT SUCCESS CENTER

FROM ORIENTATION TO GRADUATION

Navigating college can be difficult, which is why SFA's Student Success Center is here to help you find your way. The center comprises critical resources and programs designed to help you during your time as an SFA student.

Our focus is to serve as the university's compass for Lumberjacks. We work to ensure all students have access to necessary resources and tools to accomplish their goals as a student and after graduation. Keep reading for a brief outline of our services. For more detailed information, log on to our website at sfasu.edu/studentsuccess.

Contact us:


Phone: (936) 468-5803


Fax: (936) 468-7611

Email: studentsuccess@sfasu.edu

Web: sfasu.edu/studentsuccess

Campus Location: Steen Library, Room 203

 @SFASuccess

 @sfastudentsuccesscenter

Academic Advising for Undecided Students

The SSC provides advising services for students who have not declared an academic major. Full-time advisors are available to assist students with course selection and resources to help them explore career options. The SSC also has information on all academic majors offered at SFA.

Visit sfasu.edu/advising for more information.

Generation Jacks

Generation Jacks is a program designed for first-generation college students – meaning neither parent(s) nor guardian(s) graduated from a four-year college or university.



Some benefits of Generation Jacks:

- *Academic Learning Community* – Three courses during the first semester and two career readiness courses during the following semester are taught exclusively with other GenJacks students by GenJacks faculty members.
- *Service Learning and Mentor Opportunities* – Students participate in community service projects and receive a peer mentor and success coach.
- *Summer Leadership Academy* – Students move in early to participate in workshops, socials, and service and leadership activities. GenJacks students also get to meet some of their faculty members and get acclimated to campus before classes begin.
- *Residential Learning Community* – One floor in Steen Hall is exclusively reserved for GenJacks students with special programming and events throughout the semester.
- Early course registration and study rooms are available.

More information about Generation Jacks can be found at sfasu.edu/genjacks.

 @GenJacks

 @SFA_genjacks

Peer Mentors

Peer mentors are upperclass students who have a passion for supporting other Lumberjacks. They assist students in navigating the university, becoming involved in student clubs and organizations, and providing support and guidance to each student they serve. Peer mentors help students set academic and personal goals and serve as a support system by helping students overcome various challenges. Visit sfasu.edu/studentsuccess/136.asp for more information.



SFAS 1101 – Student Success Course

It's important for students to understand how a university works and what they need to do to be successful. Therefore, the university offers a one-credit course designed specifically for first-semester college students, as well as a section designed solely for transfer students.



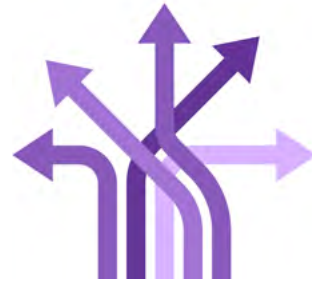
In classes of no more than 25 students, SFAS 1101 students work with an experienced SFA instructor and a successful junior or senior student. This course provides study and practice in methods for success in college, which include critical-thinking skills, study skills, time and money management, goal setting, career planning and more. Find out more at sfasu.edu/sfas1101.

Texas Success Initiative

The SSC serves as the campus liaison for the Texas Success Initiative. TSI is a statewide program to promote academic success for all students by ensuring they are well prepared for college-level work. To support this goal, the TSI program requires students to earn exemption from placement testing or undergo assessment in the areas of reading, writing and mathematics.

SSC staff members correspond with upward of 10,000 admitted students every year, and each semester, our advisors counsel between 400 to 800 students about developmental coursework. Find out more about TSI at sfasu.edu/advising/111.asp.

UNDECIDED ON A MAJOR?



Your students is not alone! Many first-year college students have not yet selected a major. Don't worry. Academic advisors in the SSC, located on the second floor of Steen Library,

will help you explore majors and select courses until you declare your major.

Have your student contact the SSC to begin their major exploration journey and become confident in the major they choose.

(936) 468-5803
studentsuccess@sfasu.edu

“When people ask,
‘what’s your major?’
it’s just a starting
point for conversation.

Don’t freak out if
you’re undecided.”



MORE ACADEMIC RESOURCES



Join the School of Honors

Benefits include competing for exclusive scholarships, financial support for undergraduate research, study abroad trips, early registration and a designated computer lab with free printing.

Honor students also have the opportunity to live in the Lumberjack Landing Honors Wing or Wisely Hall. Lumberjack Landing is a first-year hall with modern facilities that promote an academically focused atmosphere. Wisely Hall houses all classifications in a quiet, coed living environment that challenges academically talented students through engagement and networking. Learn more at sfasu.edu/honors/about/advantages.asp.

Lumberjack Leadership Academy

Lumberjack Leadership Academy is a program intended to grow and develop student leaders while enhancing the overall college experience. The academy has a specialized SFAS 1101 with two times from which to choose.

The program emphasizes global and service leadership. In addition to attending class, the academy also requires participation in unique leadership and service opportunities. This is an official SFA class, so you must be available to attend all scheduled class sessions and complete all assigned work. [Learn more at sfasu.edu/student-life](https://sfasu.edu/student-life).

Did you know?

- Class sizes at SFA are small, so you get lots of attention from faculty members who know your name and act as mentors (student-to-faculty ratio: 17:1).
- Approximately 98% of SFA's professors hold the highest degree in their field.

Steen Library

The information your student needs to make the grade can be found within SFA's library. The four-story facility houses books, periodicals, maps, databases, computer labs and more.

From the library's website, you can reserve a study room, utilize any of our academic research guides, explore the robust historical archives and utilize Journals@Steen to research scholarly and peer-reviewed journal articles.

Don't know where to start? Ask a librarian!

library.sfasu.edu



TUTORING SERVICES

Lumberjacks know it's a sign of strength to take advantage of available help to push through their classes.

Academic Assistance and Resource Center

The AARC is an award-winning program that provides free peer tutoring for entry- and upper-level courses. Tutors gladly meet students where they are, which means they offer versatile tutoring options: in-person, online, livestream, individual, group, appointment or walk-in. All tutoring sessions are led by one of our more than 150 trained and certified tutors.

Show our welcome desk staff members which of our social media accounts you follow and we'll give you a free Scantron or blue book! Just let us know which one you need.

Types of Tutoring Offered at the AARC

Supplemental Instruction Groups: A student selected by the faculty member offers a second review of class material. Students may attend SI Groups for courses taught by faculty members other than your own. No sign-up is required.

Walk-In Tables: Tutors answer questions during set hours, direct students in problem-solving and reviewing concepts. There's no appointment

needed, and students can use walk-in tables as often as they like. Some walk-in table hours, called power hours, are for a specific subject.

Online Writing Lab: The OWL provides personalized reviews of undergraduate papers within 48 hours. Writing tutors check for basic sentence structure and grammar, point out up to two examples of each error type, and tell students where to find more information to improve the paper. Students can access the OWL through Brightspace/D2L, which students can find in mySFA.

Visit sfasu.edu/aarc to learn more.




Ed and Gwen Cole Student Success Center

Housed on the first floor of Lumberjack Landing, the Cole Student Success Center features helpful resources, like a computer lab, whiteboards for collaboration with other students and three private study rooms. The AARC also hosts some of its supplemental instruction group meetings at the center.





FIND YOUR FOCUS

-  Treatment of General Eye Disorders, Comprehensive Exams
-  The latest in Eye Wear Lens Technology, Designer Frames and Contacts
-  Advanced Glaucoma, Retina and Cataract Surgery and Management



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CAMPUS LIVING AND DINING

SLEEP. EAT. ATTEND CLASSES.
EAT. NAP. STUDY. EAT. STUDY.
AND REPEAT.



Baker Pattillo Student Center

Your student's hub away from home because there's so much to do here! Take in a movie at the 383-seat multilevel theater, grab a cup of coffee at Starbucks, sit down for pizza, smoothies, ice cream and more and just visit with friends or study in one of the many lounge areas.



OTHER PLACES INSIDE THE STUDENT CENTER



Campus Post Office

Located in the basement of the Baker Pattillo Student Center, the post office provides full U.S. postal services to all members of the Lumberjack community. With more than 10,000 boxes, box rental is required for students who live on campus and is available for students residing off campus.



Barnes & Noble Bookstore

The Barnes & Noble Bookstore, located in the Baker Pattillo Student Center, sells new and used textbooks and supplies students need for class. In addition, students can shop for licensed SFA clothing and other items, including spiral notebooks, pens, Scantrons and blue books.

What is the best way to send letters and packages?

SFA has its own post office located in the Baker Pattillo Student Center. Post box information can be accessed through mySFA. Contact the post office at (936) 468-2307 for more information. The post office at SFA is open 8 a.m. to 5 p.m. Monday through Friday.

To send letters, parcels or packages to your student, all mail should be addressed to the student's post office box and should include the university street address (1936 North St.). This address will work for USPS, UPS and FedEx. For example:

Name: Jane Doe
Address Line 1: 1936 North St.
Address Line 2: P.O. Box #####, SFA Station
City, State, Zip: Nacogdoches, TX 75962



Graphic Shop and Student ID Cards

Located on the first floor of the student center, the Graphic Shop offers services to all SFA faculty, staff, organizations and students to produce a variety of high-quality printed materials for a fee. The Graphic Shop also is the place to take your picture for your official student ID card.

DINING ON CAMPUS

LUMBERJACK EATS

SFA's Dining Services offers meals to please everyone's taste buds. From all-you-care-to-eat dining locations in the Baker Pattillo Student Center and Eatery on East to the fantastic tastes of Chick-fil-A, Starbucks and other retail outlets, students have

tons of choices to calm their stomach's growl. SFA also has a registered dietitian on staff to help plan meals and maintain a healthy lifestyle. For more information, email LumberjackEats@sfasu.edu or visit dineoncampus.com/sfa.

Dining Options Located in the Student Center

Main Dining Hall



Located on East College Street Across from Steen Hall

Main Dining Hall



Located in the Steen Library



BAPTIST STUDENT MINISTRY



www.sfabsm.org





NobiliTea



TEA = POSITIVITEA

NobiliTea is the largest provider of loose leaf tea, with over 70 blends and endless combinations. We also offer our own signature line of boba, organic sugar, sugar free enhancers, and let's not forget our signature line of chai products.

NobiliTea
popping boba
bursting with flavor!





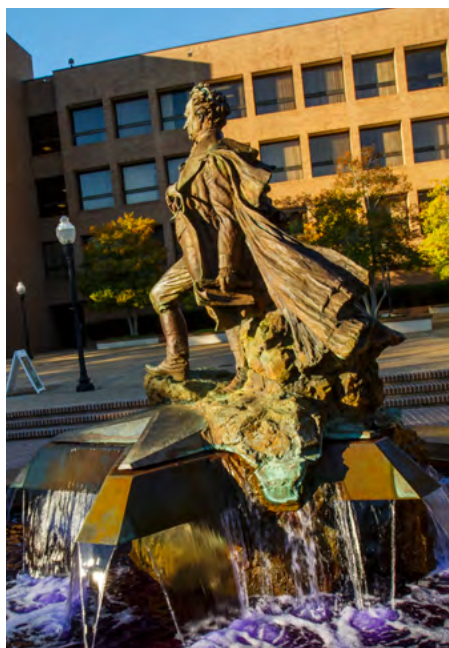
MEET YOUR STUDENT'S NEW HOME

What does SFA stand for?

Stephen Fuller Austin, the university's namesake and Father of Texas.

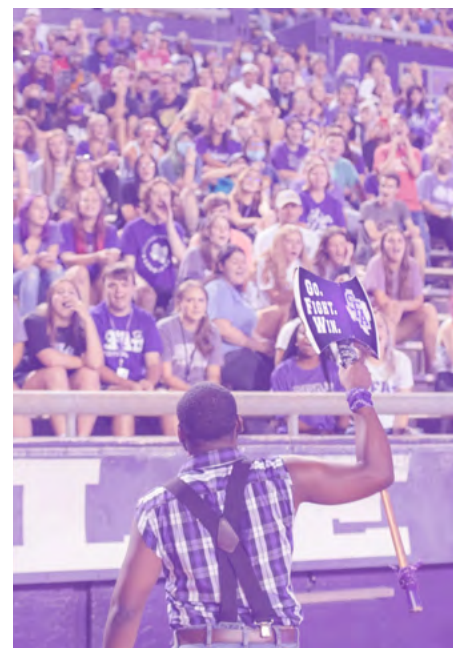
Stephen F. Austin Facts

- Born Nov. 3, 1793, in Virginia; died Dec. 27, 1836
- Graduated from Transylvania University in Kentucky
- Created informal armed groups that later became known as the Texas Rangers
- Appointed as the Republic of Texas' first secretary of state in October 1836
- A 67-foot statue of Austin stands in Angleton, Texas.
- The National Statuary Hall Collection permits each state to select just two statues for display at the Capitol in Washington, D.C. Stephen F. Austin was selected as one of Texas' statues.
- In 1959, Stephen F. Austin was posthumously inducted into the Hall of Great Westerners.



What is Surfin' Steve?

Surfin' Steve is how Lumberjacks refer to the statue/fountain of our namesake, Stephen F. Austin. It is located in the center of the campus and depicts Austin standing on a star. It's one of the most popular landmarks and meeting locations on campus.



Lumberjack Mascot

In 1932, SFA students and faculty met to decide on a mascot. Several names were considered, including Pine Cones. By vote, the assembly chose Lumberjacks.



Nacogdoches History

Nacogdoches is a Caddo Indian word. Folklore legends tell of a Caddo chief ordering his two grown sons to report to him precisely at sunrise. He told one son to walk east and the other west until sunset. The sons were to establish villages at the places they reached. The westward-bound son stopped in a grove of persimmon trees and named his village Nacogdoches, meaning persimmon. The eastbound son reached a grove of papaw trees and named his village Natchitoches, meaning papaw.



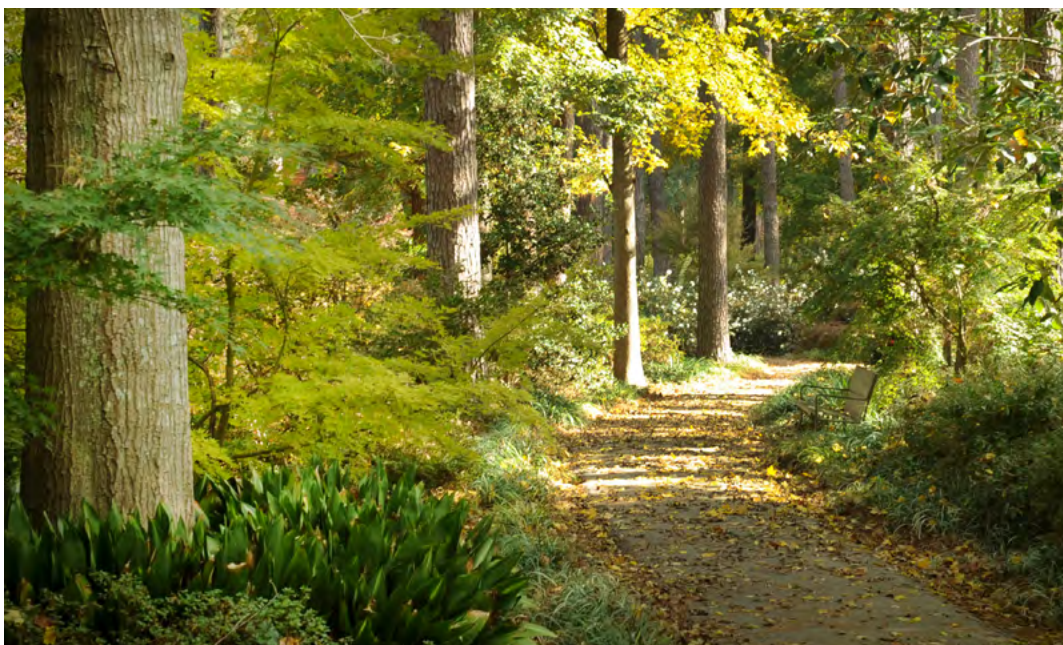
SFA's Famous Squirrel

SFA is famous for the squirrels on its campus. They love and depend on trees — just like Lumberjacks. Don't be surprised if one comes up to you to take a waffle fry right out of your hand. And yes, one of our squirrels has his own Instagram and Twitter account. Follow him at [@SFA_Twiggy](#). Twiggy's favorite pastime is eating sunflower seeds from his favorite tree swing outside of the Ferguson Building. He also has a picnic table to eat his lunch.



Music, Theatre and Art Events

SFA's Micky Elliott College of Fine Arts showcases the talents of SFA students and faculty members in various productions, exhibits, performances, concerts and shows year-round. Find out about upcoming performances at finearts.sfasu.edu.



Explore the miles and miles of beautiful trails.

Nacogdoches is the Garden Capital of Texas. On the university's campus, there are several world-class landscapes that provide breathtaking opportunities to enjoy the seasons. SFA's recreational trails include 68 acres of hiking and bicycle trails that wind through Texas' oldest town. The Lanana Creek trail runs through the east side of campus.

LIVING ON CAMPUS: RESIDENCE LIFE

SFA's on-campus living requirement, which stipulates that students who are younger than 21 and have earned fewer than 60 credit hours must reside and dine on campus, is designed to provide a supportive environment and aid in student success.

Thousands of Lumberjacks have opted to live in one of our 11 residence halls this fall, and we are so excited to welcome them! First-year students reside in the First-Year Commons, which include:



HALL 14:

Coed / Shared Room / Community Bathroom



KERR HALL:

Female / Shared Room / Community Bathroom



LUMBERJACK LANDING:

Coed / Shared Room / Suite Bathroom



LUMBERJACK VILLAGE:

Coed / Shared and Private Rooms / Suite Bathroom



STEEN HALL:

Coed / Shared Room / Suite Bathroom



WISELY HALL (HONORS):

Coed / Shared Room / Community and Suite Bathrooms

Residence Life Contact Information

Location: Rusk Building, Room 332
Website: sfasu.edu/reslife
Email: reslife@sfasu.edu
Phone: (936) 468-2601
Fax: (936) 468-2074
Follow Residence Life on Instagram! @sfa_reslife

Residence Hall Association

Dedicated to providing all students living on campus with a positive experience, the RHA encourages residents to make positive contributions and become leaders within each of the residence hall communities.

Through its hall council and executive board, residents have a voice in suggesting programs and improvements. Residents are encouraged to join committees and provide input on food service, community service, sustainability, sports and recreation, policies and procedures, and fundraising.

RHA also hosts many campuswide programs, like Casino Night, Fall Fest and Holiday Extravaganza. These programs bring students together for fun and networking.

Residence Hall Front Desk Phone Numbers

First-year halls

Hall 14.....	(936) 468-4609
Kerr Hall.....	(936) 468-5301
Lumberjack Landing.....	(936) 468-5404
Lumberjack Village.....	(936) 468-4300
Steen Hall.....	(936) 468-5201
Wisely Hall (honors).....	(936) 468-2600

Non-first-year halls

Griffith Hall.....	(936) 468-4909
Hall 20.....	(936) 468-2595
Kerr Hall.....	(936) 468-5301
Lumberjack Lodge.....	(936) 468-2400
Lumberjack Village.....	(936) 468-4300
Wisely Hall (honors).....	(936) 468-2600

First-Year Living Learning Communities

Think of Living Learning Communities as an inside connection to friendships, fun and the kind of support that can help students be a successful student for no additional cost.

When students sign up for a Living Learning Community, we give them priority selection to live with other students who have signed up for the same experience, direct mentorship with faculty and staff, and an upperclass student mentor to support you while living and learning at SFA. Each community has its own group-defined goals and events.

LLCs include:

- Education studies
- Esports
- Fine arts
- Generation Jacks
- Human sciences
- Honors
- Natural resource management
- Pre-nursing
- Rusche Business

Learn more at sfasu.edu/reslife by clicking on "Living Learning Communities."



Most college students know what time mail arrives and watch their mail slot closely each day. Even if it is just an old picture of them or a short note saying how proud you are of them, send something and put a smile on the face of the student you love.

RESIDENCE LIFE CHECKLIST

The following items are mostly suggestions. Students are not required to bring everything on this list. Discuss with your student's roommate what each of them will bring to campus.

**Dimensions on Page 24*

ITEMS ALREADY IN THE ROOM

- ☐ Bed frame*
- ☐ Closet*
- ☐ Desk*
- ☐ Dresser*
- ☐ Mattress*
- ☐ Mirror

HEALTHY LIVING ITEMS

- ☐ Cleaning supplies (recommended list at [epa.gov](https://www.epa.gov))
- ☐ Extra month supply of prescriptions (if applicable)
- ☐ Hand sanitizer (alcohol based, 60% or more)
- ☐ Resources to help complete classes remotely (if needed)
- ☐ Thermometer

FOR THE BED

- ☐ Bedspread, comforter or blankets
- ☐ Mattress pad
- ☐ Pillows and pillowcases
- ☐ Sheets

FOR THE BATH

- ☐ Bathrobe
- ☐ Brushes, combs and hair accessories
- ☐ First-aid kit
- ☐ Hair dryer, curling or flat iron
- ☐ Prescribed medications, prescriptions for renewal
- ☐ Shower caddy or tote
- ☐ Shower shoes or flip-flops
- ☐ Soap, body wash, shampoo and conditioner
- ☐ Toothpaste, toothbrush and dental floss
- ☐ Towels and washcloths

FOR THE ROOM

- ☐ Blender
- ☐ Broom and dust pan, small vacuum
- ☐ Carpet or rug, curtains
- ☐ Clock
- ☐ Coffee pot (one per room)
- ☐ Dishes and cups
- ☐ Dish soap
- ☐ Flashlight and batteries
- ☐ Reusable water bottle
- ☐ Storage caddy or under-the-bed bins
- ☐ Toolkit (small)
- ☐ Trash can and bags
- ☐ Travel mug

FOR LAUNDRY

- ☐ Clothes hangers
- ☐ Dryer, fabric softener sheets
- ☐ Drying rack/hanger
- ☐ Iron
- ☐ Laundry basket
- ☐ Lint roller
- ☐ Liquid detergent/pods
- ☐ Sewing kit

ELECTRONICS

- ☐ Cellphone and charger
- ☐ Computer or laptop with charger
- ☐ Desk or floor lamp (no halogen lamps allowed)
- ☐ DVD/Blu-ray player
- ☐ Gaming system/console
- ☐ Headphones and/or earbuds
- ☐ Surge protector (NRTL-approved only)
- ☐ TV (only one TV cable port per room)

SCHOOL SUPPLIES

- ☐ Backpack or tote
- ☐ Calculator
- ☐ Desk supplies (stapler, tape, sticky notes, etc.)
- ☐ Notebooks, folders, pens, pencils, highlighters

FOR OUTDOORS

- ☐ Anti-itch cream
- ☐ Bicycle, lock and helmet
- ☐ Bug spray
- ☐ Rain gear (coat and boots)
- ☐ Sunscreen
- ☐ Sunglasses
- ☐ Swimming suit, goggles, nose plug
- ☐ Umbrella

CARRY OR KEEP IN LOCKING AREA

- ☐ Debit card, credit card(s)
- ☐ Driver's license, car registration, proof of insurance
- ☐ Health insurance card
- ☐ Passport or other state ID
- ☐ Student ID

DECORATING THE ROOM

Use only approved products to hang posters and other decorations in the student's room.

APPROVED products:

- ☐ Adhesive strips
- ☐ Painters tape, clear tape, double-sided tape
- ☐ Poster tacky

BANNED products:

- Anything that will leave a hole in the wall
- Nails
- Push pins
- Tacks



PROHIBITED ITEMS

- Alcoholic beverages and alcohol-labeled containers
- Barbecue grills and sandwich makers
- Candles, oil lamps and other open-flame sources
- Controlled substances, drugs and drug paraphernalia
- Crock-Pot or hot plate (does not include coffee pot)
- Fireworks and explosives
- Incense and oil/wax scent diffusers, plug-ins, etc.
- Lighter fluid
- Multiplug adapters
- Pets: Exceptions include fish in a 10-gallon tank (or less) and small birds. Support and service animals must be approved prior to arrival via special accommodations.
- Portable heater or air conditioner
- Road, street and traffic signs
- Twinkle lights or string lights (battery operated also not allowed)
- Weapons of any kind, including toy weapons
- Wi-Fi router

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2 Fitness Centers

Get your sweat on with our TWO fitness centers! Our very own "Fitness on Demand" will be sure to provide an amazing workout!



Largest Dog Park

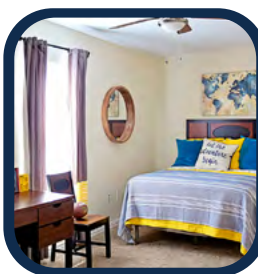
We are Pet friendly & we love our furry residents! Make them feel at home with the largest dog park in Nacogdoches!



2 Swimming Pools

The Overlook has TWO glistening resort style pools in two different locations on the property.

LEASE NOW



ABOUT PROPERTY :

The Overlook at Nacogdoches is a thriving community that the lights the way to convenient, comfortable living for residents in Nacogdoches. Conveniently located near fine dining, shops, corporate businesses, and Stephen F. Austin State University, The Overlook is perfect for anyone wanting to be close to campus or work, have 24-hour access to stellar amenities and enjoy an upgraded lifestyle. Featuring spacious 2- and 3-bedroom apartments, The Overlook's garden-style flats come fully furnished, so the only thing you need to add to the equation is yourself!



Contact Us
936-715-9670

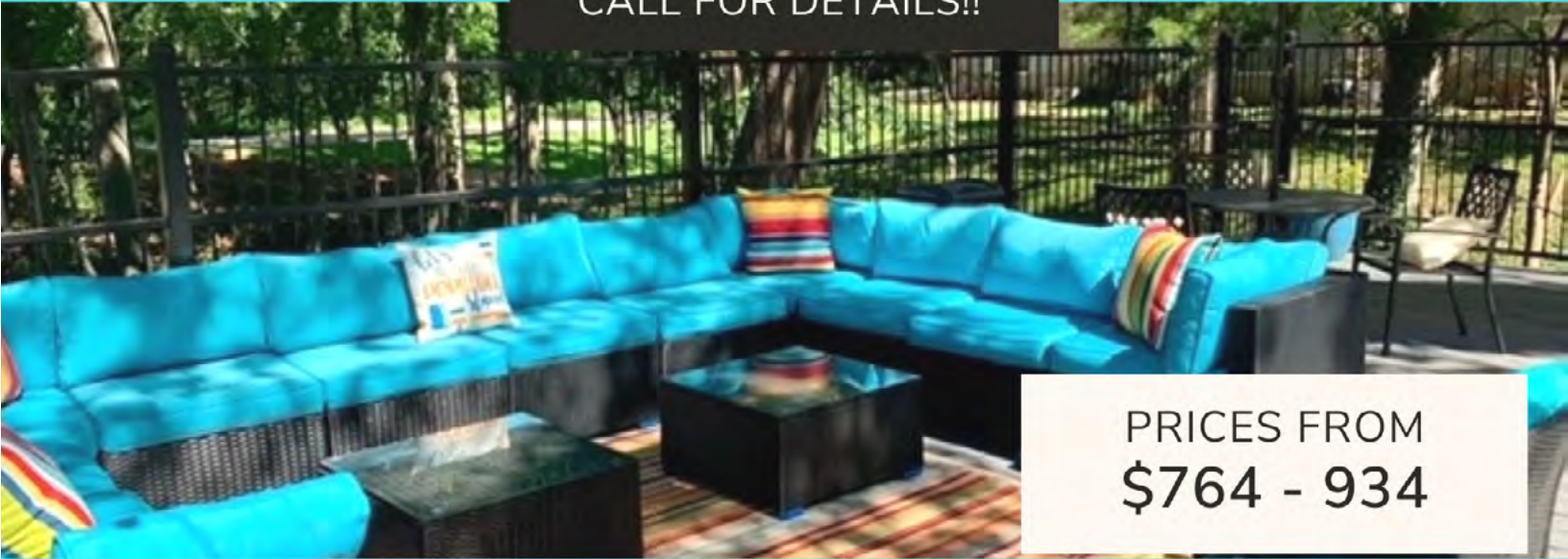
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ABOUT THE PROPERTY

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- BBQ Area
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936-569-6026

canbridgecourt@npmainfo.com



FINANCIAL RESOURCES

Financial Aid and Scholarships

Located on the first floor of the Austin Building, the Office of Financial Aid and Scholarships exists to help you find the best way to pay for your SFA education. All students who apply for financial assistance must fill out a Free Application for Federal Student Aid at studentaid.gov.

SFA offers hundreds of scholarships each year to both new and returning students. To be considered, you must fill out the general scholarship application through mySFA, the university's intranet web portal. The application is available starting Sept. 1 each year, and the deadline for submission is Feb. 1. Scholarships are offered on such criteria as academic major, cocurricular activities and talent. For more information on scholarships, visit sfasu.edu/scholarships.

The Office of Financial Aid and Scholarships can provide you with the necessary information to apply for financial assistance — whether that be scholarships, grants and/or federal loans.

In order to be considered for financial assistance, you'll be required to complete the FAFSA. Here's what to do:

- You can apply starting Oct. 1 for the next academic year by logging on to studentaid.gov.
- You and/or your parent or legal guardian must electronically sign the FAFSA. Missing signatures will delay processing.
- Verify all responses for accuracy.
- Print yourself a copy.
- If selected for the verification process, be prepared to contact the IRS for a copy of your tax transcripts.

Remember — If you received a scholarship from your high school or other organization, SFA must be notified to help determine an accurate financial aid award package for you. You can complete the electronic resources request to notify us of pending scholarship amounts and the entity that awarded the scholarship.

Additional Information About Financial Assistance

SFA offers a number of services through its financial aid office, including short-term loans, summer aid and study abroad assistance. A net price calculator also is available through the Texas Higher Education Coordinating Board and is intended to provide students with useful consumer information regarding college costs after financial aid is taken into consideration. For more information regarding financial aid and the services SFA provides, visit sfasu.edu/faid.

Financial Literacy

SFA has teamed up with CashCourse to provide you with a step-by-step guide for taking charge of your financial life. Use the website to explore financial topics, practice money skills and plan for your future. Log in to gosfa.com/finliteracy and start improving your financial literacy today!

Another resource is the Student Financial Advisors group created and managed by the Rusche College of Business. Located in the McGee Business Building, Room 169, advisors are a free resource dedicated to the promotion of financial literacy and smart money management.

The Student Emergency Aid Fund

If you are having trouble paying your eBill or need assistance with textbooks after your eBill has been paid, SFA has a free resource set up for those of you who may find yourself in need of financial assistance.

The Student Emergency Aid Fund is a free resource for students where you have the opportunity to receive a one-time school or life expense grant up to \$1,000. To be eligible for SEAF, you must have utilized all financial resources, including student loans. Special circumstances may be considered. More information about SEAF can be found at sfasu.edu/thehub/sos/seaf.

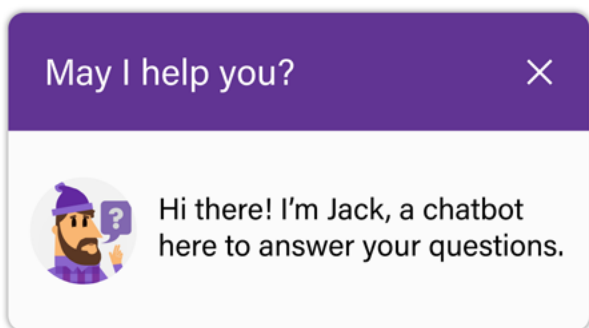
HOW TO PAY YOUR BILL

Paying Your Bill Online

Your student's mySFA account is where you'll pay for your student's bill online.

1. Log in to mySFA.
2. Click the "Billing" tab.
3. Click "Pay Online with eBill."

Student Business Services, located on the second floor of the Austin Building, handles student bills. The office also cashes checks up to \$50 and initiates financial aid refunds and cash advances through BankMobile®. If you have questions about an eBill or other payment-related inquiries, call (936) 468-6960. Visit the [Student Business Services website](#) for more information.



Axe Handle One-Stop Shop

Looking for one resource to "handle" all your questions? SFA's brand new Axe Handle one-stop shop can help! We are committed to improving the university experience for all Lumberjacks through our centralized virtual services. To reach us, call (936) 468-1000 directly or any office the Axe Handle services, including the Office of Financial Aid and Scholarships, Student Business Services, Office of the Registrar, or Residence Life. Have an after-hours question? You also can interact with our website's chatbot, Jack, any time of the day or night.

OTHER RESOURCES

Testing Services

If your student needs to take tests, such as the TSI Assessment Exam, Texas Educator Certification Exam (TExES), CLEP, Graduate Management Admissions Test, TEAS or others, an appointment must be made with Testing Services at (936) 468-3958. Some tests require a proctoring fee.

Campus Technology and Tech Support

More than 20 computer labs and approximately 800 workstations are available for student use. One of the technology tools students use throughout their SFA career is mySFA. Through this online portal, they'll manage their SFA email account, register for courses, view grades and transcripts, and more. Students can access fast and easy printing using the Wēpa wireless printing stations located throughout campus, as well as free charging stations for smart devices. Tech Support Services for students include device repair, issues with mySFA, passwords, Office 365, wireless networks, etc. To learn more, visit our online Help Desk at help.sfasu.edu. You also can call (936) 468-4357 or email helpdesk@sfasu.edu.



There are charging stations for electronic devices throughout campus. Each station can hold up to 10 devices. All you need is your electronic device and student ID card.

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★ Steen Library ★ Steen Hall ★ Lumberjack Landing

Visit us at www.cbtx.com for a full list of banking centers and ATM locations.



Charlotte Ashcraft

936-715-4140

cashcraft@cbtx.com

Main Banking Center
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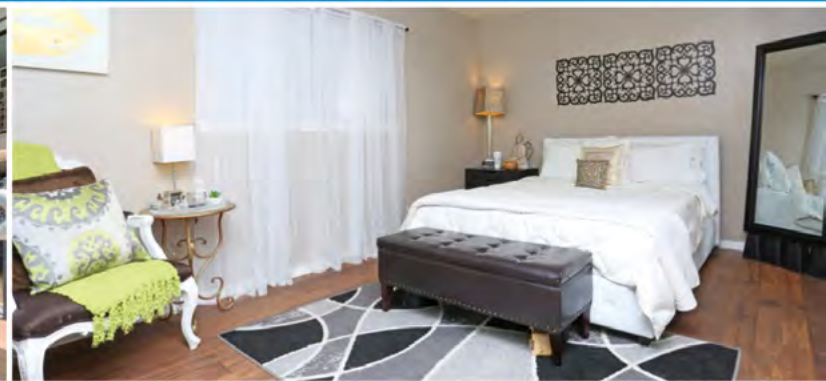
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DEAN OF STUDENTS OFFICE

SUPPORTING THE HEALTH AND WELL-BEING OF EVERY LUMBERJACK

The focus of the Dean of Students Office is student wellness and well-being. This focus is served through five distinct areas: Student Outreach and Support, Student Conduct, Campus Recreation, Counseling Services, Student Wellness and Health Services. Our entire team is dedicated to serving students and doing everything we can to help students be successful.

Campus Recreation

Campus Recreation offers programs and services to engage students in developing and taking care of their physical, social and mental wellbeing. There's a climbing wall, outdoor pool with a lazy river, sand volleyball, basketball and racquetball courts, an indoor jogging track, and thousands of square feet devoted to cardio and exercise equipment. Additionally, students can select from a variety of group fitness classes, outdoor pursuits, intramurals and sport clubs.

Visit sfasu.edu/campusrec to learn more.

Counseling Services

Counseling services is staffed with licensed professional counselors and offers individual and group mental health counseling to SFA students. Counseling helps students overcome personal and academic obstacles and make healthy, productive decisions. This service is free and confidential.

Visit sfasu.edu/counselingservices to learn more.

Student Conduct

Student Conduct facilitates a positive and safe environment for student learning and to foster a university community based on the core values of integrity, civility, honesty, respect and accountability.

Student Outreach and Support

Student Outreach and Support focuses on connecting students in need of assistance to the extensive network of resources and support services on and off campus. Student Outreach and Support (SOS) staff members are trained to match you with the targeted services and programs to meet your needs. Intervention tracks comprise of behavioral/medical, attendance issues and academic performance.

Student Wellness and Health Services

Student Wellness and Health Services is dedicated to advancing the health and well-being of our students. With a focus on providing a comprehensive health education programs, this area includes alcohol and drug prevention programs, peer health education, and other wellness initiatives.

Visit sfasu.edu/healthservices to learn more.

LUMBERJACK WELLNESS NETWORK

MAKING HEALTHY CHOICES
TO MAINTAIN BALANCE IN
ALL DIMENSIONS OF LIFE.



Housed within the Dean of Students Office, the Lumberjack Wellness Network comprises faculty and staff who feel passionate about removing the stigma around mental health.

Through iCare Ambassadors and a network of campus offices, we re-imagine the ways in which our community works to combat mental health issues among our students.

LWN educates the SFA community on mental health issues. We empower faculty and staff to have meaningful and helpful conversations with students in need. We equip you with tools, resources, and appropriate recommendations and referrals so you're connected to the help you need.

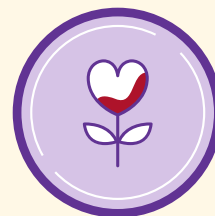
The website includes information on the dimensions of wellness, more than 50 areas of common student needs listed in the A-Z concerns, and resources to refer students for help.

Visit sfasu.edu/lwn to learn more about this network of resources.

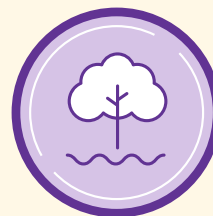
SEVEN
DIMENSIONS OF
WELLNESS
CLICK ON EACH GRAPHIC
TO LEARN MORE!



**Career and
financial**



Emotional



Environmental



Intellectual



Physical



Socio-cultural



Spiritual

HEALTH AND WELLNESS HUB

The Health and Wellness Hub offers comprehensive services that treat the whole person – mind, body and spirit. All services are located within the Health and Wellness Hub, at the corner of East College and Raguet Streets. For questions, contact (936) 468-4008 or thehub@sfasu.edu.

Health Services

Health Services is an outpatient medical facility offering preventative care and other services you may receive with your local physician. All currently enrolled students are eligible to utilize Health Services.

HOURS OF OPERATION:

8 a.m. to 5 p.m. Monday through Friday
For emergencies, dial 911.

sfasu.edu/healthservices

Counseling Services

Our counselors help students identify goals and potential solutions to problems that cause distress, leading to improved self-esteem and increased coping skills, social connectedness and optimal mental health.

Professional counseling is offered in a variety of forms, including individual, group, couples and families, roommate mediation and suicide prevention training.

These services are brief interventions with the focus on individualized care. Available to current SFA students, our services are free, confidential and delivered in person and via a telehealth platform. Visit sfasu.edu/counseling or call (936) 468-2401 for more information.

Food Pantry

The Lumberjack Food Pantry is open 8 a.m. to 5 p.m. Monday through Friday to SFA students who are experiencing food insecurity. The Lumberjack Food Pantry uses PantrySoft, an online platform that allows you to shop online for the food you need. To receive food, you must first [register online](#).

Student Outreach and Support

The Student Outreach and Support office promotes student success and retention, reduces risk and enhances the overall community well-being of students by connecting students in need of assistance to the extensive network of resources and support services located on and off campus. SOS staff members help students identify barriers, leverage resources and foster self-efficacy.

If there is a concern for a student, please contact Student Outreach and Support staff at (936) 468-4008 or icare@sfasu.edu.

Student Wellness

The Student Wellness office offers Wellness Coaching to all SFA students! Wellness coaching has the potential to improve your overall well-being and success at SFA. It leverages your strengths and what motivates you to support behavior change through a collaborative, non-judgmental partnership. This free service could be a good fit if you are considering:

- Making changes to optimize your personal health and well-being
- Looking to positively shift aspects of your life
- Feeling stuck and would like to work through barriers to achievement and well-being

Ready to begin? Sign up to meet with a wellness coach by completing an intake form found under the "Ready to Begin" section at gosfa.com/wellnesscoaching.



CAMPUS SAFETY AND PARKING

SFA's University Police Department employs Texas commissioned peace officers who patrol the campus 24/7. Here are some of the services UPD provides:

- **Emergency call boxes:** Located throughout campus, the boxes are bright yellow or white and labeled "Emergency." Operation is easy, and the call goes directly to the UPD communication center.
- **Police escorts:** Between dusk and daylight, UPD provides police escorts to any member of the Lumberjack family between campus locations. Just use the call box to request one or call (936) 468-2608. An evening shuttle bus also operates from 5 p.m. to 1 a.m. Sunday through Thursday and runs a circular route through campus.
- **Vehicle assistance:** UPD can provide help to students having difficulty starting their vehicle or retrieving keys locked inside a vehicle.
- **Jack Alerts:** SFA provides a notification system whereby members of the campus community can receive timely notifications concerning emergencies that may affect them. Notifications are sent through text message, voice call, email, Facebook and Twitter. The system is in compliance with the Clery Act. Registration takes place through mySFA by clicking on "Sign Up for Campus Alerts."
- **Lumberjack Guardian:** This mobile app provides enhanced campus safety through real-time interactive features that create a virtual safety network of friends, family and UPD. Features in the app include a panic button, tip texting, personal guardians, a safety timer and a safety profile to include medical conditions. [View download instructions](#) at sfasu.edu/upd then scroll down and click on "Register Now" for the Lumberjack Guardian app located on the left side.

- **Training programs:** Personal safety training, including defense and alcohol and drug awareness, are offered through UPD. Contact them at (936) 468-2265, or visit sfasu.edu/upd for a complete list of programs and sign-up information.
- **Eyewitness text tip:** This service provides a way for the SFA community to report crimes anonymously. Just send a text to 67283. Begin the message with SFASUTIP.
- **Automated external defibrillators:** Located throughout campus, these devices provide instructions when opened.

Remind your student that, in case of an emergency, dial 911 from any campus phone or call UPD at (936) 468-2608. To view SFA's Annual Security and Fire Safety Report, access sfasu.edu/upd and click the "Police Department" tab. To receive the report by mail, call (936) 468-2252.

A note about crime prevention

Students can help avoid becoming victims by following a few simple actions:

- Lock the residence even for short trips down the hall.
- Do not leave valuables in the open.



- Engrave valuables with a driver's license number.
- Record the serial numbers and brand names of property (view information about property registration on mySFA).
- Require identification before admitting unfamiliar people into a residence.
- Remain on lighted walkways and/or use the police escort service at night.

Parking Services

Students, faculty and staff who park on campus must purchase a parking permit. Student parking lot assignment is based on residence hall location. Parking permits for cars and trucks are hangtags, and motorcycles use decals.

Helpful information:

- Parking permits can be purchased online through the parking portal in your mySFA account.
- Parking rules are enforced 24 hours a day, even when classes are not in session.
- Students should only park in designated areas for their particular permit type and properly display the permit.
- Report lost/stolen permits immediately.

- If you receive a citation, do not ignore it. Vehicles with three or more citations are boot eligible. Students who receive 10 or more citations in an academic year may lose their parking privilege for a year.
- There is a 10-day appeal period for citations.
- Students who change cars during the semester should move the hangtag to the new vehicle.
- Visitor parking spaces require a permit obtained at either Parking Services or the Visitors Booth on Griffith Boulevard.
- A person temporarily disabled due to illness or injury may obtain a temporary permit valid for up to one week. Contact Parking Services for more information.

Jack Track Shuttle Service

If your student doesn't have access to an automobile, don't worry. Movement around campus will still be easy with SFA's Jack Track shuttle service. It's free for all currently enrolled SFA students.

During the fall and spring semesters when classes are in session, shuttle buses travel around the campus and stop at high-traffic areas. Jack Track is safe, convenient and reliable. Just wait at one of the bus stops, and a bus will be by shortly. For schedules and routes, visit sfasu.edu/jacktrack.



ATTENTION STUDENTS



The Office of Title IX would like to welcome our new Lumberjacks!

We know you will love SFA as much as we do.

Part of our commitment to enhancing knowledge and providing you a memorable experience includes the following online training resource to help make you aware of issues relevant to college students. Through this training, you will learn about campus resources, as well as ways to respond to and reduce the risk of sexual violence.



Voices for Change

Online training that includes information about:

- healthy relationships
- sexual violence
- alcohol abuse prevention
- sexual health
- bystander intervention
- and campus and community resources.

TO ACCESS THE TRAINING:

1. Log in to your mySFA account.
2. Look for the "Student Training" section on the right, and click on the red link.

Required training should be completed by Aug. 26.

For more information, visit sfasu.edu/lcc or email oedicompliance@sfasu.edu.



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DIVERSITY, EQUITY AND INCLUSION

The Office of Diversity, Equity and Inclusion is primarily responsible for creating a network of caring responses to our diverse student body. The office achieves this by ensuring critical services and programs are accessible to all students and sharing information about the resources available to them. The areas for which we are individually responsible are Disability Services, Veterans Resource Center, Lumberjacks Care, Office of Multicultural Affairs and Title IX office.

These SFA offices are important because they demonstrate personal caring to individuals in extraordinary circumstances — students who are in crisis, students dealing with mental health concerns, students injured on or off campus, or students who are part of our underrepresented populations.

The Office of Diversity, Equity and Inclusion wants to ensure all aspects of the student's experience at SFA are positive and holistic. The intent of this office is to foster an open and welcoming environment where our students, faculty and staff of all backgrounds can learn, work and serve while embracing all human differences and building on commonalities.

sfasu.edu/odei

(936) 468-6300

diversity@sfasu.edu

Disability Services

SFA is committed to providing equal opportunities in higher education to students with disabilities. Disability Services works collaboratively with the student to facilitate specialized support services and accommodations that meet individual disability-related needs.

Students who experience temporary limiting conditions as a result of injuries, surgeries or short-term disabilities also may visit this office for access to resources during the duration of the condition. For more information, visit sfasu.edu/disabilityservices.

Office of Multicultural Affairs

The OMA strives to create a welcoming and inclusive environment for all students by creating networks of support and developing programs for students to provide meaningful interactions and learning experiences.

In addition, the office assists many student organizations in promoting social justice and cultural and racial diversity through lectures, special events and observances. Learn more on Page 44, and visit us online at sfasu.edu/multicultural.



Don't be alarmed if your student considers changing majors. It's common for students to change their major at least once.



Title IX

SFA is dedicated to providing an inclusive working and learning environment that affirms the rights and dignity of every Lumberjack. With this goal in mind, discrimination on the basis of sex, sexual orientation, gender identity and gender expression is prohibited.

The Title IX office supports the university's commitment by offering training, programs and processes that promote an inclusive, diverse and supportive environment consistent with the SFA Way.

All incoming students are required to complete an online training covering Title IX and substance use on campus to aid the university in stopping sex- and gender-based discrimination, remedying its effects, and preventing its reoccurrence. More information can be found at sfasu.edu/titleix and on Page 29.



Talk about financial responsibility with your student. Mutually understood budgets will help your student with spending and saving expectations.

Veterans Resource Center

Located in the Baker Pattillo Student Center, the VRC provides a space for military veterans and their dependents to gather, socialize and form relationships

with other veterans and their dependents. These networks of support are meant to boost and build feelings of inclusion at SFA. The VRC also is the hub for veteran programming that includes connecting student veterans to faculty veterans, as well as providing access to veterans' resources provided by the university and outside agencies.

To learn more about utilizing the GI Bill® or other Veterans Affairs educational benefits, email vaservices@sfasu.edu.

sfasu.edu/vrc

(936) 468-6494

sfaveterans@sfasu.edu



The **Office of Multicultural Affairs** creates a campus environment where all SFA students feel welcome, participate in meaningful cross-cultural interactions and engage in learning experiences that promote respect for diversity.

f @omasfa



A FEW OF OUR EVENTS

Noche De Gala
Tunnel of Oppression
MLK Day of Service
Women's Empowerment Summit
Men's Empowerment Summit
OMA Graduation Celebration
Homecoming Step Show
Diversity Week
Diversity Conference

RESOURCES

Allied Space
Axcel Mentoring Program
ASPIRE
Brother2Brother
Diversity and Inclusion Certification Program
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Meeting and Study Room
Multicultural Resource Library
and more!

Visit sfasu.edu/oma to learn more.

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SFA Student Life

SFA's Student Life office is dedicated to providing programs that enrich student involvement, leadership, engagement and fun. From leadership and volunteerism to the annual Homecoming bonfire and concert, there's an avenue for every Lumberjack to enjoy. Some of the areas housed within the division include:

- AXExperience
- Center for Career and Professional Development
- Orientation and Transition Programs
- Student Engagement Programs
- Student Government Association
- Student Publications

For more information about student life and the programs offered, visit sfasu.edu/studentaffairs.



Center for Career and Professional Development

Your student will collect different opportunities and learning experiences through each class taken, group project, student organization, part-time job, internship or volunteer role. The CCPD is here to help students connect all those experiences and build on them as part of their professional development.

The CCPD team helps all students and alumni with career coaching and exploration; résumé and professional document creation or edits; job searching through our online job platform, Handshake; practice interviews; and hosting career fairs for part-time, internships and full-time work. We also have a Career Closet where students can borrow free professional clothing (suits, dresses, blazers, ties, shoes, etc.) for any professional event needs.

sfasu.edu/ccpd | ccpd@sfasu.edu
(936) 468-3305 | sfasu.joinhandshake.com
Baker Pattillo Student Center, third floor

CENTER FOR CAREER AND PROFESSIONAL DEVELOPMENT

sfasu.edu/CCPD • ccpd@sfasu.edu • (936) 468-3305 • BPSC, Third Floor



FOUR-YEAR CAREER DEVELOPMENT GUIDE



FOR PARENTS

FIRST YEAR

- ☐ Begin the transition by shifting your role as a parent to that of a supporter. Encourage your student to make good grades and meet with their faculty members at least once a semester.
- ☐ Talk with your student about getting involved through a student organization, part-time job or volunteering.
- ☐ Encourage your student to use the four-year career development plan.

SECOND YEAR

- ☐ Talk with your student about career exploration or a desired major/minor and encourage research in different areas of interest.
- ☐ Listen to what your student is talking about concerning a career and major choice.
- ☐ Strongly encourage your student to utilize CCPD for career coaching, résumé critiques and career fairs.
- ☐ Remind your student about looking into internship/externship opportunities, as well as part-time jobs related to their field.

THIRD YEAR

- ☐ Urge your student to foster meaningful and supportive relationships with faculty members and key administrators on campus.
- ☐ Encourage your student to get involved in activities that will enhance their academic experience and make them more marketable, such as a leadership role in an organization or service-learning projects.
- ☐ Strongly recommend that your student utilizes CCPD for career fairs, job-search skills, résumé critiques and mock interviews.
- ☐ Highly recommend attending career fairs and other career-related events in order to establish a professional brand, narrow prospective employers, and increase your student's network and job opportunities. Remind your student about looking into internship opportunities, as well as part-time jobs related to their field.
- ☐ Advise your student to be aware of their online presence and to clean up social media accounts for viewing by prospective employers.

FOURTH YEAR

- ☐ Encourage/assist your student in purchasing professional attire.
- ☐ If on a graduate school track, remind your student to take appropriate entrance exams, request letters of recommendation, apply for scholarships and complete applications before deadline.
- ☐ Remember this can be a stressful and overwhelming time of change for your student. Encourage them to start the full-time career search process early their senior year and to visit the CCPD for assistance.

FOR STUDENTS

FIRST YEAR: EXPLORE

- ☐ Meet with a career coach to discuss your major/minor, career goals, and to research career opportunities.
- ☐ Get involved! Join a student organization, obtain a part-time job and/or volunteer for a service project.
- ☐ Transition your high school résumé to a college one. Visit our website for résumé writing tips and tools.
- ☐ Attend career fairs for internship and volunteer opportunities.

SECOND YEAR: EXPERIMENT

- ☐ "Reality test" your career options with internships, externships, job shadowing, volunteering and part-time employment.
- ☐ Build on your "living" résumé and develop relationships with faculty and staff.
- ☐ Attend career fairs to build your network, learn about occupations and employers in your field of interest, and find out what skill set employers are seeking.
- ☐ Meet with your career coach to solidify a major, and meet with your academic advisor to make it official.

THIRD YEAR: EXPERIENCE

- ☐ Reassess your career goals, consider alternative career plans, and monitor your academic progress.
- ☐ Take a leadership role in organizations to develop teamwork, leadership and interpersonal skills.
- ☐ Utilize CCPD for help with resume edits, mock interview practice, and using Handshake for internship and job openings and information.
- ☐ Continue to update your résumé and fine tune your job-search skills by visiting our website for tips and tools.

FOURTH YEAR: EXCEL

- ☐ Prioritize the full-time employment search, which can take longer than you might think, by utilizing Handshake, the CCPD's online job platform, along with other online job search resources.
- ☐ Attend career fairs to establish your brand, identify and target employment opportunities, and refine your job-search skills.
- ☐ Polish your professional image by updating your résumé and applying for jobs, purchasing professional attire and cleaning up your social media accounts.
- ☐ Seek the help of your network, to include faculty/staff mentors.

FOLLOW US @SFACCPD



Orientation and Transition Programs

Incoming first-year and transfer students take part in sessions hosted by this office that help integrate them into the SFA community. Orientation staff members coordinate Weeks of Welcome and Family Weekend.



Weeks of Welcome

Starting the first two weeks of the fall and spring semesters, Weeks of Welcome is your student's

opportunity to involve themselves on campus and meet other Lumberjacks. From the massive group class photo to barbecues and pool parties, Weeks of Welcome is nothing but fun!



Encourage your student to get to know a diverse group of people; not just in terms of ethnicity, but also in background, hometown, etc.

Student Government Association

The SGA is administered entirely by SFA students. Its purpose is threefold: to be the voice of the student body, to serve as a model government (with its executive, legislative and judicial branches) and to foster leadership development.



The association introduces legislation on behalf of students, and while it does not pass legislation that is binding to university policy, it does have a significant influence.

Student Publications

Publishing online during the fall and spring semesters, The Pine Log is SFA's independent student newspaper and is accessible at thepinelog.com. Occasionally, The Pine Log also prints special editions, including the annual summer Welcome Edition, which are available on newsstands throughout campus. Additionally, the Stone Fort is SFA's award-winning yearbook. Yearbook subscriptions may be purchased during Lumberjack Orientation. To get involved with SFA Student Publications, email pinelog@sfasu.edu.



SUBSCRIBE TO SFA'S FAMILY EMAIL NEWSLETTER

The Lumberjack Family Connection is an e-newsletter sent twice each semester to keep Lumberjack family members in the know about life at SFA. This newsletter will include information from areas across campus, such as the Center for Career and Professional Development, Office of Development, Residence Life, and campus events listed on the university calendar.

To sign up for this e-newsletter, scan the QR code and fill out the form.

For questions, contact Orientation and Transition Programs by emailing orientation@sfasu.edu or calling (936) 468-6641.



STUDENT ENGAGEMENT PROGRAMS

AXEperience

This spirited group of student leaders hosts activities throughout the year that educate Lumberjacks about the rich traditions and history of our university. They also are responsible for coordinating and leading Jacks Charge, Holler @ Homer and Homecoming. Learn more about a few of our traditions on Pages 34-35.

@sfaaxeperience

Clubs and Organizations

One of the best ways to make friends and connect with SFA is to join a club or organization. SFA offers more than 200! Whether you desire to unite in the brotherhood or sisterhood of a fraternity or sorority or become part of a club designed to help community members, there's a group just for you.

Getting involved also is proven to help raise your GPA and increase your chances of graduating on time.

The university's clubs and organizations focus on the following areas:

- Academic/professional
- Cultural
- Fraternity and sorority life
- Religious
- Service
- Special interests/hobbies

For a complete listing of SFA's student organizations and information about each one, visit sfasu.edu/organizations.

Fraternity and Sorority Life

With more than 30 different chapters at SFA, fraternities and sororities provide students with opportunities to build friendships, serve the community and challenge themselves in a supportive environment. Through their involvement, students can learn new skills and prepare for their future. Every fraternity and sorority member strives to live the SFA Way.

Leadership and Service

The Jacks Give Back Initiative offers students several ways to enhance leadership skills and give back to the local community and beyond. Opportunities include alternative spring break, large service day events, a children's health movement and monthly service projects.

Student Activities Association

SAA is your source for free or low-cost entertainment. It provides a wide variety of activities for students throughout the year. SAA hosts events like comedy shows, concerts, speakers, game shows and DIY events. Students involved in SAA have the opportunity to learn about event planning, develop their leadership skills and learn how to be part of a team.



ATHLETICS AND SPIRIT TEAMS

NCAA Division I Athletics

SFA is an NCAA Division I program competing in the Western Athletic Conference. SFA sponsors 18 intercollegiate sports. Men's sports include football, basketball, baseball, cross-country, indoor-outdoor track and field, and golf.

Women's sports include soccer, volleyball, beach volleyball, cross-country, basketball, indoor-outdoor track and field, softball, golf, tennis and bowling.

Bring your student ID to enter all home games for free. For schedules, rosters and the latest sports news, visit sfajacks.com.

@SFA_Athletics

@SFA Athletics

WatchESPN app



Cheer & Dance Teams

The SFA cheerleading and dance teams work to increase the overall spirit of the campus community by performing and cheering at SFA events and serving as ambassadors and role models. Together, the teams have won an amazing 35 national championships since 1993.



Ol' Cotton Cannon

When you attend SFA home football games, you had better bring earplugs. Each time the Lumberjacks score, Ol' Cotton, a World War II-era cannon named after Ret. Lt. Gen. Orren R. "Cotton" Whiddon, the most senior military officer ever to graduate from SFA, is fired by the Lumberjack Battalion's cannon crew.



Remember that it's absolutely OK to visit your student, but avoid surprises. Your student's schedule will be filled with homework, jobs and social activities.



Purple Lights

To help notify the SFA community of an athletic victory, purple lights have been installed on top of the Steen Hall towers and in the Baker Pattillo Student Center clock. If you're unable to attend a game, just look to the sky, and when the lights are shining, you can rejoice! Axe 'em!

ARMY ROTC

BE THE BEST



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Military Science

SFA's Army ROTC is a world-class practical leadership experience, and can be a part of your curriculum. Upon graduation, you will commission as a Second Lieutenant in the United States Army, Army Reserve, or Army National Guard. SFA's Department of Military Science has provided more than 700 commissioned officers.

You will have the opportunity to lead soldiers at home and around the globe in a multitude of career field options.

Ask us what careers are possible!

Requirements:

- Three to four credit hours of military science classes per semester
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- One to two overnight field training exercises per semester

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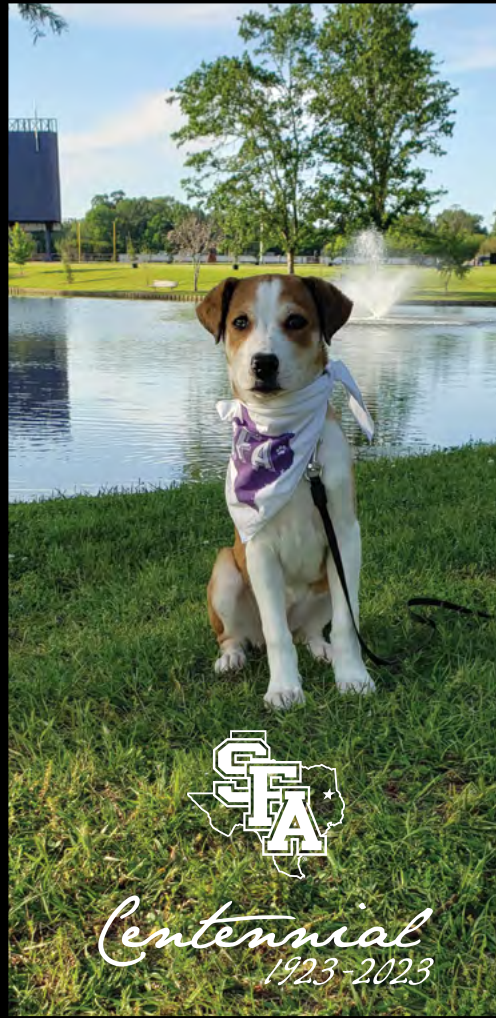
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MISC. STUFF YOU NEED TO KNOW

The Office of the Registrar: Registration, Transcripts and Diplomas

Once you are accepted and enrolled at SFA, the registrar's office can help you update your personal record and protect the privacy of your academic records. We help students with questions about:

- Registering for classes
- Adding/dropping a class
- Withdrawing from all classes
- Medical appeals
- Family Educational Rights and Privacy Act
- Legal name changes
- Gender markers
- Sending transcripts
- Applying for graduation
- Printing diplomas
- Degree verification
- Proof of enrollment (showing good grades for lower insurance)

To learn more, visit sfasu.edu/registrar.

Know your deadlines!

Registration [dates and deadlines](#)

Graduation [dates and deadlines](#)

Contact us:

8 a.m. to 5 p.m., Monday through Friday

Rusk Building, Second Floor

(936) 468-2501

registrar@sfasu.edu

Family Educational Rights and Privacy Act

The FERPA is a federal law that protects the privacy of student education records. The law applies to all schools that receive funds under an applicable program of the U.S. Department of Education. FERPA gives parents certain rights with respect to their children's education records. These rights transfer to the student at the age of 18 or if the student attends a school beyond the high school level. Students to whom the rights have transferred are "eligible students." If you would like to obtain more information regarding FERPA, visit sfasu.edu/registrar.

SFA Alumni Association

The SFA Alumni Association supports current students and graduates with events, programs and networks during school and after graduation. Students can join the Tomorrow's Alumni Generation program as a member of the Alumni Association. Students may enjoy association benefits, extra discounts and other perks.

The official SFA class ring is purchased through the association after a student completes 60 hours. Senior Send-Off is an exciting event that celebrates graduation with an opportunity to join the Alumni Association as an official graduate of SFA. For more information, visit the association's website at sfaalumni.com.

Parents Fund

The Parents Fund is SFA's [Annual Fund](#) fundraising campaign for current Lumberjack parents to help cultivate a culture of parent champions for the university.

Donations to the fund reinforce the importance of public education, student experiences and the university's mission. You designate where you want to make an impact. Whether you choose to support your student's college or department, students groups, the Academic Assistance and Resource Center, or the president's discretionary fund, 100% of your donation goes toward making a huge impact.

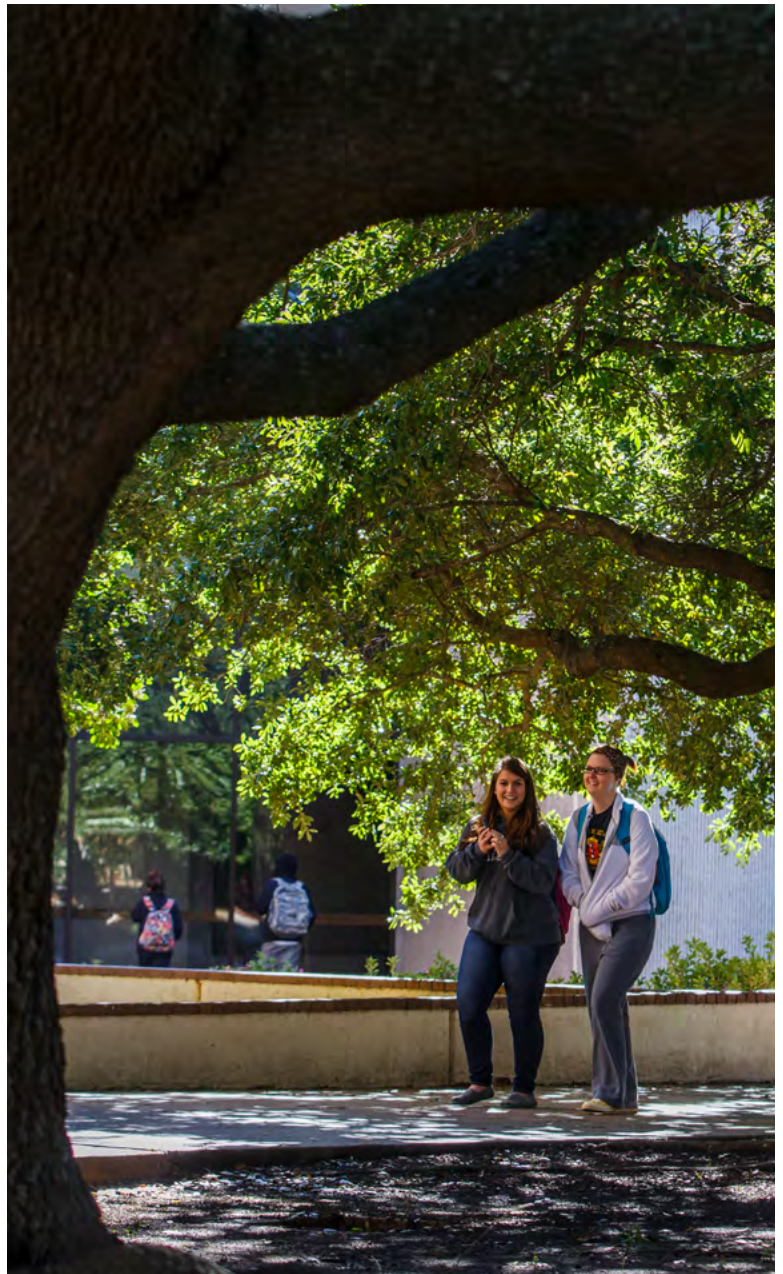
Without generous extended family members, many SFA students would never realize their dream of a college education. To donate to the Parents Fund, visit sfasu.edu/parents-fund.

Student Emergency Aid Fund

College is meant to be a challenge, but for many Lumberjacks, these challenges can include more than research papers and exams.

Many students are unable to pay their tuition balances and purchase books and supplies, thus putting their dream of a college education in jeopardy. Some students have no choice but to withdraw from SFA even when they owe relatively small balances.

The Student Emergency Aid Fund helps students in need of one-time assistance due to a sudden financial need. Contributions of any amount are put directly to work to help our students achieve their goal of an SFA education. To contribute, visit sfasu.edu/emergency-fund.



Smile. You should be the biggest cheerleader for your college student. Students moving away from home need a confident smile to reassure them that they are doing the right thing. Of course, parents will miss them, but this is a very jubilant, yet apprehensive, moment in students' lives.



Encourage your student to become involved in at least one or two student organizations or activities. Studies show that students who are involved tend to have higher GPAs and remain in college.



CONVERSATION STARTERS

Topics to discuss with your student

CAMPUS INVOLVEMENT:

Students who become involved right away are more likely to feel a university connection, to graduate and to spend their free time constructively.

ASK YOUR STUDENT: Which organizations or traditions did you learn about that you are interested in participating in?

ALCOHOL AND DRUGS:

Alcohol is involved in most sexual assaults and violent acts. SFA has a zero-tolerance policy regarding drugs. Any violation of this policy results in automatic suspension.

ASK YOUR STUDENT: What would you do if you were in a situation where there was alcohol? What actions should you take in order to stay safe?

MAJOR: Try to give students the freedom to select a major. Parents whose influence is too strong might find that their students are not as committed to the major and often are not successful in working toward it. There are many campus resources offered to help students decide upon a major and future career.

SAFETY: SFA's Jack Track shuttle service helps safely transport students around campus. University police officers provide escorts to safely walk students to locations around campus after dark. Emergency call boxes are located throughout the campus, and by simply pressing a button, students will be directly connected to the University Police Department. Parents also should encourage students to download the Lumberjack Guardian app to mobile devices.

WELLNESS: There are many campus resources, including the Student Recreation Center, Counseling Services and Health Services, to help your student stay mentally, emotionally and physically fit.

COMMUNICATION EXPECTATIONS: The time spent communicating with your student will likely change as adjustments to college life are made. If you ever feel your student needs counseling, contact SFA's Counseling Services at (936) 468-2401 or counseling@sfasu.edu. This is a free resource for all enrolled SFA students.

FINANCES: It is important that you and your student reach an understanding of who will be paying for what during college. Note that early in the semester many students receive what is called a "difference check," which is the result of receiving more financial aid than the balance amount due. In most cases, the funds are credited to your student's BankMobile card. Discuss with your student who should retain this card. Often, students will spend these funds and not have enough to pay for spring tuition.

ASK YOUR STUDENT: After learning more about SFA's majors and areas of study during Orientation, are you excited about the major you've selected? (If undecided, did you learn about majors and areas of study that might interest you?)

ASK YOUR STUDENT: What steps will you take to keep you and your belongings safe?

ASK YOUR STUDENT: What steps do you plan to take while at SFA to achieve/maintain your health and well-being?

DISCUSS with your student dates and times you would like to set aside to communicate each week.

ASK YOUR STUDENT: Do you plan to open a credit card account? How do you plan to pay for your expenses?

CONTACT INFORMATION

Academic Advising - Student Success Center	(936) 468-5803	sfasu.edu/advising
Academic Assistance and Resource Center	(936) 468-4108	sfasu.edu/aarc
Admissions	(936) 468-2504	sfasu.edu/admissions
Alumni Association	(936) 468-3407	sfaalumni.com
Athletics Department	(936) 468-3501	sfajacks.com
Baker Pattillo Student Center Info Desk	(936) 468-3401	sfasu.edu/student-services
Barnes & Noble Bookstore	(936) 468-2108	sfasu.bncollege.com
Center for Career and Professional Development	(936) 468-3305	sfasu.edu/ccpd
Counseling Services	(936) 468-2401	sfasu.edu/counseling-services
Dean of Students Office	(936) 468-7249	sfasu.edu/dean-of-students
Disability Services	(936) 468-3004	sfasu.edu/disability-services
Financial Aid and Scholarships	(936) 468-2403	sfasu.edu/financial-aid
Health and Wellness Hub	(936) 468-2813	sfasu.edu/thehub
Honors Program	(936) 468-2813	sfasu.edu/honors
Jack Camp	(936) 468-1367	sfasu.edu/jackcamp
Lumberjacks Care/Title IX	(936) 468-8292	sfasu.edu/lumberjacks-care
Multicultural Affairs	(936) 468-1073	sfasu.edu/multicultural
Orientation and Transition Programs	(936) 468-6641	sfasu.edu/orientation
Parking Services	(936) 468-7275	sfasu.edu/parking
Registrar	(936) 468-2501	sfasu.edu/registrar
Residence Life (Housing)	(936) 468-2601	sfasu.edu/reslife
SFAS 1101	(936) 468-6960	sfasu.edu/sfas1101
Student Business Services	(936) 468-6960	sfasu.edu/sbs
Student Employment Center	(936) 468-2304	sfasu.edu/hr
Student Engagement Programs	(936) 468-1018	sfasu.edu/student-affairs
Student Success Center (Steen Library)	(936) 468-5803	sfasu.edu/student-success
Texas Success Initiative	(936) 468-5803	sfasu.edu/ssc/tsi
University Police Department	(936) 468-2608	sfasu.edu/upd
Veterans Resource Center	(936) 468-6494	sfasu.edu/vrc