



INTRODUCING YOU TO LIFE AS A LUMBERJACK!

(WITH ADVICE FROM ALUMNI AND 15 JACK FACTS)

























STEPHEN F. AUSTIN STATE UNIVERSITY 2018-19 Lumberjack Orientation Guide

YOU WILL MAKE A GREAT LUMBERJACK!

Welcome to the land of academics and axe handles. Although you've already received lots of information about SFA, you still might not know JACK. Don't worry, that's what Lumberjack Orientation is for!

This guide 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 (for instance, 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.

So, sit back, relax and enjoy the journey.

SFA ON SOCIAL MEDIA:

f Facebook - SFASU
⑦ Instagram - SFA_jacks
⑦ Pinterest - SFAlumberjacks
⑧ Snapchat - sfa_jacks
☑ Twitter - @SFASU

Successful Lumberjacks are always aware of important dates and events. Be sure to reference the University Calendar in the General Bulletin, which can be found online.



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



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SAVE A LUMBERJACK. USE PUNCTUATION.

Axe 'em Jacks! = axing Lumberjacks (no!) Axe 'em, Jacks! = AXING OUR OPPONENT (YES!)



Q: WHAT DOES SFA STAND FOR?

A: Stephen Fuller Austin, the university's namesake and Father of Texas. He's most remembered for his colonization efforts in Texas in the early 1800s. Texas' capital also is named in his honor.

STEPHEN F. AUSTIN FACTS

- Born Nov. 3, 1793, in Virginia; died Dec. 27, 1836
- Graduated from Transylvania University in Kentucky
- Created informal armed groups, which 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.



The live oak trees surrounding the Stone Fort Museum are offspring from Stephen F. Austin's original burial site.



Stephen F. Austin statue inside the Texas Capitol



The first Lumberjack Day was Nov. 8, 1947. The Sylvans, a student forestry club, began participating in Lumberjack Day in 1969 and still host the annual event.



A campus ghost named Chester is said to occupy the Griffith Fine Arts Building. He first appeared in a photograph with the cast of "Tiny Alice" in 1967.

OUR UNIVERSITY'S HISTORY



Q: WHY IS THE SFA MASCOT A LUMBERJACK?

A: Because the name Pine Cones was rejected. That's right. In 1932, SFA students and faculty members met to decide on a mascot. Several names were considered, including Pine Cones. By vote, the assembly chose Lumberjacks (thank goodness)!

> "Stay focused, don't sweat the small stuff, and buy lots and lots of PURPLE!"



NACOGDOCHES IS DIFFICULT TO SPELL.

It's a Caddo Indian word. Legend has it that a Caddo chief ordered 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.



BRIGHT-EYED AND BUSHY-TAILED

SFA is famous for the squirrels on its campus. They love and depend on trees – just like Lumberjacks.

"Check the weather every day. Keep an umbrella in your purse, backpack and car, just in case."



SFA's main campus covers 422 acres.

"Find all your classes before the first day. Don't be the student who is late the first day (or ever)." 210

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LUMBERJACK ACADEMICS

Consistently ranked a Tier One regional university by U.S. News & World Report, SFA has the academics you need to succeed.

Within SFA's six colleges:

- Nelson Rusche College of Business
- James I. Perkins College of Education
- College of Fine Arts
- Arthur Temple College of Forestry and Agriculture
- College of Liberal and Applied Arts
- College of Sciences and Mathematics

Lumberjacks choose from about 80 undergraduate majors and more than 120 areas of study (see Pages 10-11).

DID YOU KNOW?

- Class sizes at SFA are small (averaging 25 students), so you get lots of attention from faculty members who know your name and act as mentors (student-tofaculty ratio: 18:1).
- Approximately 90 percent of SFA's professors hold the highest degree in their field.
- Lumberjack Landing, SFA's newest four-story residence hall, is reserved for first-year students. Complete with wireless internet, study lounges on each floor, and the Ed and Gwen Cole Student Success Center (a tutoring facility), residents live and learn while making friends.

AT THE TOP OF YOUR CLASS?

SCHOOL OF HONORS – Student benefits include early registration, exclusive scholarships, financial support for undergraduate research, study abroad trips 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 an all-freshman hall with modern facilities that promote an academically focused atmosphere. Wisely Hall houses freshmen through seniors in a quiet, coed living environment that challenges academically talented students in a family atmosphere.



UNDECIDED ON A MAJOR?

You're not alone! Many first-year college students have not yet selected a major. Don't worry. Academic advising can help. Advisors in the Academic Advising Center, located on the second floor of Steen Library, will help you explore majors and select courses until you declare yours.

Nancy Dickey, a 1972 SFA graduate, served as the first female president for both the American Medical Association and the Texas A&M Health Science Center.



FAVORITE STUDY LOCATIONS:

Anywhere with a plug Starbucks

Baker Pattillo Student Center patio area

The new Ed and

Gwen Cole STEM

Building will house

a planetarium,

research

laboratories, collaborative

classrooms and

makerspaces.

Fourth floor of the Steen Library Picnic table at the Mast Arboretum

ACADEMIC TERMINOLOGY

Below are a few words, titles, descriptions and phrases commonly used in academia.

- Academic Advisor: A professional staff or faculty member who helps students select courses and plan for the future.
- Academic Year: Starts on the first day of fall classes and ends in mid-August after summer final exams.
- **Class Hour:** One hour of time spent in class per week; most classes are three class hours, meaning they meet for approximately three hours per week.
- **Core Curriculum:** The general educational requirements needed to obtain a degree; these are in addition to the courses required in the student's field of study.
- **Co-requisite:** A class that must be taken with another class.
- **Dean:** A person with significant authority over a specific academic unit, area of concern or both.

- Dean's List: Students who earn a 3.5 GPA in a semester with at least 12 quality hours. Courses excluded from grade-point computation also are excluded from quality hours and may not be used to determine honor roll status.
- Degree Plan: The document provided by academic departments and colleges that specifies which courses are required in order to earn a certain degree.
- Desire 2 Learn: The D2L course management platform is SFA's supported online course delivery software. It is an integrated set of web course tools used for delivery of online courses as well as providing enhanced online instruction and communication tools for traditional classroombased courses.
- **Development Course:** A foundation course designed to allow students to develop mastery of the necessary skills required for college success.

Dropping Courses: The process of removing one specific course from a semester schedule.

Extended Probation, Academic:

Probation students whose semester GPA is 2.0 or higher but their cumulative GPA fails to meet the minimum standard 2.0.

- Full-time Students: Students enrolled in 12 or more class hours for a fall or spring semester. Also, students enrolled in six or more class hours for a summer school term (undergraduate students).
- **Grade-point Average:** This is determined by a student's final grades at the end of each semester.
- **Hold:** A block put on a student's account that may prevent him/ her from registering, receiving a transcript or graduating. A hold is placed on an account before the student has been to academic advising prior to class registration and if a student fails to pay parking tickets or library fines.



Independent Study: Individual work on a special topic that is supervised by a faculty member. The student's academic department must approve the project in advance, and a faculty member must agree to oversee the work.

- Internship: On-the-job field experience for which a student may receive academic credit. Some internships are paid, though most are not. The Center for Career and Professional Development can help students find internships in their chosen career field.
- Lab: Laboratory work provides students with the opportunity to apply principles learned in lecture classes.
- Lecture: A class where the primary method of instruction is lecturing. There may be relatively little interaction between the professor and students during class, which is why it is important for students to utilize the professor's office hours.
- Major: Upper-division study in an academic department. Approximately 30 to 36 class hours in a specific field of study.
- **Minor:** Course concentration in a field outside a major; requires approximately 18 hours of specified coursework. Not all majors require a minor.
- **mySFA:** Part of the SFA website where students can access their email, update their personal

information, register for and drop classes, check their grades, view holds on accounts, and pay their tuition and fees.

- **Prerequisite:** A course that must be satisfactorily completed in order to enroll in a subsequent course.
- **President's Honor Roll:** Students who earn a 4.0 GPA in a semester with at least 12 quality hours; courses excluded from gradepoint computation also are excluded from quality hours and may not be used to determine honor roll status.
- **Probation, Academic:** A student is placed on academic probation following the first regular semester in which the GPA fails to meet the minimum academic standard 2.0.
- **Registrar:** The office where students' records are maintained. The registrar's office maintains student academic transcripts and coordinates course registration.
- **Repeating Courses:** Students who make an F in a course can get credit only by repeating the course. Undergraduate students who want to repeat courses to improve their GPA at SFA must repeat those courses at SFA. For any course repeated at SFA, the grade earned during the most recent enrollment will be used to calculate the GPA. Credit hours for courses taken at other institutions to replace credit hours earned at SFA may be

used to meet graduation credithour requirements but may not be used for GPA calculation.

- **Suspension, Academic:** A student is placed on academic suspension after a regular semester that immediately follows a semester of probation if the student's GPA falls below 2.0.
- **Syllabus:** Course outline, usually distributed the first day of class, with a brief description of the course. The syllabus generally includes assignments, exam dates, grading system, attendance policy and the faculty member's contact information.
- **Transcript:** Official record of a student's academic work. It is maintained and updated each semester.

Withdrawal from the University:

Students who choose to withdraw from the university will have a W recorded on their transcript if the withdrawal is prior to five days after midsemester or mid-session, as applicable. Students must initiate the withdrawal process in the Office of the Registrar.

SFA is one of only four Texas public independent institutions, meaning it's not affiliated with one of the six university systems.





MAJORS, MINORS, AREAS OF STUDY AND CONCENTRATIONS

Visit sfasu.edu/academics for more information about SFA's six colleges and academic offerings, which are subject to change.

Nelson Rusche College of Business

Accounting Professional Accountancy Banking Business Communication and **Corporate Education Business Communication** Corporate Communication **Business Economics Business Regulation Economics** Entrepreneurship Finance **Banking and Financial Services** Financial Planning Investment Management **General Business Business Teaching** Legal Studies **Technology** Applications Human Resource Management International Business **Electronic Business** Management Marketing Sales Sports Business Athletic Administration Hospitality Administration Mass Communication Outdoor Recreation Sales and Management



James I. Perkins College of Education

Athletic Coaching Child Development and Family Living **Communication Sciences and Disorders** Dance Family and Consumer Sciences Food, Nutrition and Dietetics Nutrition and Healthcare Health Science **Community Health** Hospitality Administration **Culinary Arts** Lodging Meeting and Planning Restaurant Travel and Tourism Human Sciences Interior Design Kinesiology Fitness and Human Performance Studies Merchandising **Rehabilitation Services** Addiction Studies **Deaf Services** Orientation and Mobility Special Education **Teacher Education Dance Education** Deaf and Hard of Hearing Educational Interpreting Health Education Interdisciplinary Studies Elementary Early Childhood Special Education Early Intervention Middle Grades Physical Education - All Level Secondary Education



College of Fine Arts

Art **Applied Studies** Studio Art Ceramics Digital Media Drawing Filmmaking/Cinematography Graphic Design Jewelry Painting Photography Printmaking Sculpture Art Education Art History Music Accompanying Composition Sound Recording Technology Music Education Music Performance and Pedagogy Choral Keyboard Opera Orchestral Instrument Piano Voice Theatre Design and Technology Performance Stage Management Theatre Education

"In college, there's no such thing as late work."



Arthur Temple College of Forestry and Agriculture

Agribusiness Agriculture Development Production Agriculture Engineering Technology Animal Science Equestrian Pre-Veterinarian **Environmental Science** Environmental Planning and Management Land and Water Resources Forestry Agroforestry Fire Management Forest Management Forest Recreation Management Forest Wildlife Management Urban Forestry Horticulture **Turfgrass Management** Poultry Science Spatial Science Natural Resources Surveying

> "When people ask, 'what's your major?' it's just a starting point for conversation. Don't freak out if you're undecided."



College of Liberal and Applied Arts

Anthropology Applied Arts and Sciences **Classical Studies Communication Studies** Interpersonal Media Organizational Public Secondary Teaching Criminal Justice English Secondary Teaching **Film Studies** Geography Gerontology History Secondary Teaching Social Studies Secondary Teaching International Studies Latin American Studies Leadership Liberal Studies Linguistics Literature Children's Literature Mass Communication Advertising and Public Relations Journalism Radio/TV Military Science Modern Languages French German Secondary Teaching Spanish Multidisciplinary Studies Philosophy **Political Science** Pre-Law Psychology Public Administration **Religious Studies** Social Media Social Work Sociology Sustainable Community Development Writing Creative Technical and Professional Women's and Gender Studies

College of Sciences and Mathematics

Applied Statistics Astronomy Biochemistry Biochemical/Pre-Medical Studies Biology Botany Cellular and Molecular Ecology and Evolutionary Chemistry **Combined Sciences Computer Information Systems Computer Science** Engineering Electrical Mechanical **Engineering Physics** Geology Environmental Human Health Perspectives Information Technology **Mathematics** Nursing Physics **Pre-Dentistry Pre-Engineering Pre-Medicine** Pre-Occupational Therapy **Pre-Optometry** Pre-Pharmacy **Pre-Physical Therapy** Pre-Physician Assistant Pre-Veterinary Secondary Teaching

There are 50 countries represented by international SFA students.





RESOURCES

SERVICES AND PROGRAMS THAT PROMOTE SUCCESS

Literally, no matter where you're standing on the SFA campus, the resources you need to be a successful student are close by.

FINANCIAL ASSISTANCE

Located on the first floor of the Austin Building, the staff members in the Office of Student Financial Assistance can 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 fafsa.ed.gov.



PAYING FOR COLLEGE

The financial aid office can provide you with the necessary information to apply for financial assistance — whether that be scholarships, grants and/or loans.

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

- Apply as early as possible by logging on to fafsa.ed.gov.
- You and/or your parent 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, a scholarship notification form must be completed to help determine an accurate financial aid award for you.

SFA SCHOLARSHIPS

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. Starting Sept. 1 each year, the application is available, and the deadline for submission is Feb. 1. Scholarships are offered on such criteria as academic major, co-curricular activities and talent. For more information on scholarships, log on to sfasu.edu/faid/scholarships.asp.

ADDITIONAL INFORMATION ABOUT FINANCIAL AID

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 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.

BUSINESS OFFICE

The Business Office, located on the second floor of the Austin Building, is where you'll pay for tuition and post other payments to your account. Additionally, your student ID is validated here, and checks may be cashed up to \$50. This also is the location to initiate refunds and cash advances through BankMobile[®]. If you have questions about an eBill or other payment-related inquiries, call the Business Office at (936) 468-6960.

> "College is not like high school. There is more freedom. Going to class and working hard will get you an A, but it also is very easy to fail if you don't put in the effort."



FINANCIAL LITERACY

SFA has partnered with the National Endowment for Financial Education to provide students with the necessary knowledge and skills to make important decisions relating to personal finance matters. The Office of Student Affairs Programs has partnered with NEFE's Cash Course to offer many useful tools for students. Visit sfasu.edu/studentaffairs/660.asp for more information.

The Student Financial Advisors are available to help you with your finances. Located in the McGee Business Building, Room 169, the advisors are a free resource dedicated to the promotion of financial literacy and smart money management.

COUNSELING SERVICES

Counseling services is staffed with licensed professional counselors and offers individual and group counseling to help students overcome personal and academic obstacles and help students make healthy and productive decisions.

CAMPUS TECHNOLOGY

More than 20 computer labs and approximately 800 workstations are available for student use. One of the technology

tools you'll use throughout your SFA career is mySFA. Through this intranet portal, you'll manage your SFA



email account, register for courses, view your grades and transcripts, and more.

iCARE EARLY ALERTS

The iCare Early Alert program is a unique, integrative approach to academic and behavior intervention on campus. The program, administered through the Office of Student Rights and Responsibilities, is a collaborative response between academics and student affairs to target resources to help improve students' ability to succeed. The three early intervention tracks consist of behavioral/medical, attendance issues and academic performance. Faculty members can submit early alerts through the advising system that is linked to their classes.

DISABILITY SERVICES

The university 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 that meet individual disability-related needs.

EVERY INCOMING FRESHMAN SHOULD ENROLL IN SFA 101.

SFA 101, Freshman Success Seminar, is a specially designed course that is proven to raise your GPA and increase your chances of making it to graduation.

"SFA savvy" instructors teach you the ropes and discuss important topics, such as academic integrity, learning strategies, SFA history and other essential information.

Specialized sections are offered that concentrate on leadership and areas of study. This class gives you a headstart and explores the many resources SFA provides to help you inside and outside the classroom.



VETERANS RESOURCE CENTER

The VRC, located in the student center, is open to all veterans and their dependents and serves as a place to gather, socialize and form supportive relationships.

In addition, this facility is a hub for veterans' programming efforts, including helping connect veterans and their dependents with university resources and outside agencies.



Lumberjacks participating in SFA 101 and the Academic Assistance and Resource Center have higher overall GPAs.



STEEN LIBRARY

All the information you need to make the grade can be found within SFA's library. The four-story facility houses books, periodicals, maps, databases, computer labs and more. In addition, each of SFA's six colleges has its own librarian who is especially knowledgeable in the college's subject areas and is at your service.

The Lumberjack Marching Band has participated in the
2012 London New Year's Day Parade, the 2015 Macy's
Thanksgiving Day Parade in New York and the 2018 St.
Patrick's Day Parade in Dublin, Ireland.



clothing (ranging from business casual to suits) for free to wear for presentations, interviews or career expos.

CENTER FOR CAREER AND PROFESSIONAL DEVELOPMENT

The Center for Career and Professional Development encourages students to be proactive in developing their professional brand to enhance employability.

Students achieve this through assistance with résumé writing, interview skills, a career closet, internship and job-search strategies, career coaching, workshops and presentations, and career fairs.

More information is available at sfasu.edu/ccpd, or you may visit the center on the third floor of the Rusk Building.

> "Don't wait until your final semester to begin your job hunt. Start early by participating in mock interviews, and begin to prepare your résumé."

ACADEMIC ASSISTANCE AND RESOURCE **CENTER**

Peer tutoring at the AARC makes it easy for you to get the help you need through learning teams, on-call tutors at walk-in tables, supplemental instruction and an online writing lab.

> "Keep calm! It's all very new and possibly scary, but if you keep calm, you'll do great in all your classes. And don't forget to use the AARC!"



POLICIES: The Abridged Version

Starting your journey at SFA will be an exciting time, and you will find that several policies have been adopted to help you succeed and remain in good standing with the university. The following policies include the university's illicit drug and alcohol policy, the student conduct code and the university's policy on hazing. An online policy manual can be accessed for a complete list of current policies by visiting sfasu.edu/policies.

- 2.11 Discrimination Complaints
- 2.13 Sexual Misconduct
- 4.1 Student Academic Dishonesty
- 6.7 Class Attendance
- 6.16 Satisfactory Academic Progress for Financial Aid Recipients
- 9.3 Digital Millennium Copyright
- 10.3 Hazing
- 10.4 Student Code of Conduct
- 13.9 Firearms, Explosives and Ammunition
- 13.11 Illicit Drugs and Alcohol Abuse
- 13.13 Missing Student Notification
- 13.21 Smoking, Vaping and Use of Tobacco Products

In addition, other policies of interest for all students include:

- 2.2 Accessibility for Persons with Disabilities
- 6.1 Academic Accommodation for Students with Disabilities
- 6.3 Final Course Grade Appeals by Students
- 6.4 Academic Probation, Suspension and Reinstatement for Undergraduates
- 6.22 Withdrawal Without Financial Clearance
- 10.9 Student Organization Formation and Recognition
- 10.10 Student Organization Risk Management Training

For more information on any topic in the Lumberjack Orientation Guide, refer to the online Lumberjack Student Handbook at **sfasu.edu/handbook**.





GLADYS

E. STEEN HALL

Your family just got a lot bigger! Along with approximately 13,000 other currently enrolled Lumberjacks, 1,650 SFA faculty and staff, and thousands of alumni, you now have the purple and white as part of your DNA, too!

ON GUARD

The Department of Public Safety patrols the campus 24/7 by automobile, foot and bicycle to protect and serve. Jack Alert, SFA's emergency notification system, sends text message, voice, email, Facebook, Twitter and website alerts concerning emergencies that may affect the SFA community. Sign up for Jack Alert on mySFA. Additionally, emergency call stations are located throughout the campus – just look for the blue lights.

> "Those parking signs are not a joke."

PARKING TICKETS ARE NO FUN.

Everyone who brings a vehicle to campus must pay to park (even faculty and staff must purchase a parking permit). Depending on what type of student you are (on-campus resident or commuter) and what kind of vehicle you drive (automobile or motorcycle), the type of permit and cost will differ. The type of permit you purchase also will determine which parking lot(s) and garage(s) you may park. To view the parking and traffic rules and regulations, parking maps and the day/evening shuttle bus route, visit sfasu.edu/parking.

HONOR THE CODE!

Lumberjacks believe in doing things "The SFA Way," and we strive for personal excellence in everything we undertake. The five root principles (Respect, Caring, Responsibility, Unity and Integrity) serve as the Lumberjack standard.

RESPECT

Lumberjacks command respect and treat others with respect • They are considerate of others and tolerant of differences • They demonstrate respect for those around them by avoiding the use of offensive or profane language • They do not threaten or harm anyone and deal peacefully and civilly with conflict.

CARING

Lumberjacks think of the needs of others and seek to improve the quality of life of those around them • They are compassionate, empathic and kind • They respond with humility to those they have helped and freely express gratitude to those who help them • Lumberjacks prepare themselves to become leaders in their communities and workplaces • They dedicate themselves to excellence in their chosen field of study and to using what they learn in the service of others.

RESPONSIBILITY

INCH STRUCTURES

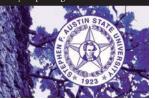
Lumberjacks do what is right • They persevere in times of adversity • Through selfcontrol and self-discipline, they strive to do their best • Lumberjacks challenge each other to exceed expectations • They are active learners both inside and outside of the classroom • They are reliable; they do what they say they will do • Lumberjacks hold themselves accountable for their decisions.

SUNITY

Lumberjacks are loyal to their friends, family, university, state and country • Lumberjacks stand together against any adversary • They recognize that though we are very different from one another, we are united by the Lumberjack Spirit. Lumberjacks seek to understand the people and world around them • When one Lumberjack fails, all fail • When one Lumberjack succeeds, all succeed.

INTEGRITY

Lumberjacks have the courage to do what is right, even when it is hard or unpopular • They respond to each situation with steadfast values that are not subject to change based on the actions of others • They seek opportunities to practice effective and ethical leadership • Lumberjacks are honest; they do not deceive, cheat or steal • Lumberjacks stand up for those who cannot stand up for themselves • As lifelong learners, Lumberjacks are committed to continuously improving themselves.



The West Barrier Strange

Nell Fortner, a 1987 SFA graduate, is a former head coach of USA Women's Basketball. During the summer 2000 Olympic Games, she coached Team USA to a gold medal.

THE DOC IS IN.

Health services, at the corner of East College and Raguet streets, is an outpatient medical facility offering preventative care and many of the same services provided by a family practitioner to currently enrolled students.

HOURS OF OPERATION:

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



ALL ABOARD!

If you don't have your own automobile, no worries. You'll still be able to easily move around campus. SFA operates the Jack Track shuttle service. It's free for all currently enrolled SFA students. When classes are in session during the fall and spring semesters, shuttle buses travel around the campus and stop at high-traffic areas. Look for the bus stops!

JACK TRACK SCHEDULE:

Daytime:	7:30 a.m. to 5:15 p.m. Monday through Friday
Evening:	5:30 p.m. to 1:30 a.m. Sunday through Thursday

For more information about Jack Track, visit sfasu.edu/jacktrack.

READ ALL ABOUT IT.

Published weekly during the fall and spring semesters, The Pine Log is SFA's student newspaper. Pick up a copy at newsstands located throughout campus. The publication also is online at thepinelog.com. Additionally, the Stone Fort is SFA's yearbook. Copies may be purchased during Lumberjack Orientation.

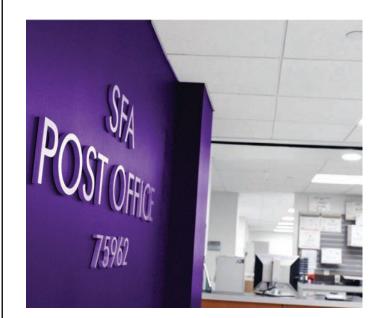


Dr. Baker Pattillo, SFA president since 2007, has a dachshund named Doches.



PURCHASE BOOKS AND SFA GEAR.

The Barnes & Noble Bookstore, located in the Baker Pattillo Student Center, sells new and used textbooks and supplies you'll need for class. In addition, you can shop for licensed SFA clothing and other items.



DID YOU KNOW SFA HAS ITS OWN 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.





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 East College Dining Hall to the fantastic tastes of Chickfil-A, Which Wich, Panda Express and other retail outlets, you'll have tons of choices to calm your stomach's growl. SFA dining also has a registered dietitian on staff to help you plan meals and maintain a healthy lifestyle.

EXPRESS

LET ME IN.

SFA has 14 residence halls with about 5,000 Lumberjacks living on campus. All single students younger than 21 with fewer than 60 credit hours must live on campus. First-year students reside in the First-Year Commons, which include:

- 1. Hall 14
- 2. Hall 16
- 3. Kerr Hall
- 4. Lumberjack Landing
- 5. Steen Hall



HALL 14: Female / Shared Room / Community Bathroom



HALL 16: Coed / Shared Room / Community Bathroom



KERR HALL: Female / Shared Room / Community Bathroom

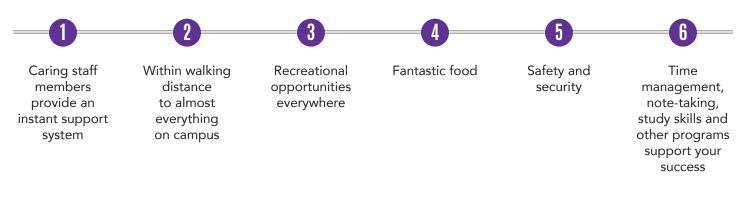


LUMBERJACK LANDING: Coed / Shared Room / Suite Bathroom



STEEN HALL: Coed / Shared Room / Suite Bathroom

A FEW BENEFITS OF RESIDING ON CAMPUS:



GET TO KNOW YOUR 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 campus-wide programs like Casino Night, Fall Fest and Holiday Extravaganza. These programs bring students together for fun and networking.



"You won't make any memories that you'll cherish sitting in your room all day watching TV."



"Don't go home for at least the first month. When I moved to Nac, I was very homesick and went home the second week. Then, I didn't go home for more than three months, and I loved being at SFA."



The DeWitt School of Nursing boasts an outstanding 92-percent firsttime pass rate for students completing their nursing license exam.





NCAA DIVISION I ATHLETICS

SFA is a NCAA Division I program competing in the Southland Conference. SFA sponsors 17 intercollegiate sports, including football, basketball, baseball, cross-country, indoor-outdoor track and field, and golf for men.

Women's sports include soccer, volleyball, cross-country, basketball, indooroutdoor track and field, softball, golf, tennis and bowling. For schedules, rosters and the latest sports news, visit **sfajacks.com**. © @SFA_Athletics
O SFA Athletics
© SFA_Athletics
© WatchESPN app

FUN AND LEISURE

BAKER PATTILLO STUDENT CENTER

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, sushi, ice cream and more at the food court, or just visit with friends in one of the many lounges.



MUSIC, THEATRE AND ART EVENTS

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



STUDENT RECREATION CENTER = AMAZING!

This facility is HUGE! It offers SFA students a place to get physically fit and enjoy downtime. There's a climbing wall, giant 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.

"Stress can be a killer, especially if you don't take time for yourself and maintain some level of fitness."

EXPLORE THE MILES AND MILES OF BEAUTIFUL TRAILS.

Nacogdoches is the Garden Capital of Texas. On the university's campus, there are several worldclass 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.



LUMBERJACKS' 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.

SFA'S CLUBS AND ORGANIZATIONS FOCUS ON THE FOLLOWING AREAS:

- Academic/professional
- Cultural
- Greek
- Religious
- Service
- Special interests/hobbies

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

STUDENT ORGANIZATIONS RESOURCE CENTER

Jack SORC serves as a resource center for clubs and organizations by providing lockers and supplies to help promote events. It also offers free computer use and printing to active student organizations. It's located on the third floor of the Baker Pattillo Student Center. "Join something.

Volunteer for something.

Find your niche."

"You must study to make good grades, but you will never accomplish this if you don't relax and have fun, too!"



STUDENT AFFAIRS PROGRAMS

SFA's Office of **Student Affairs** Programs 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 student affairs programs include:

- Orientation Programs
- Multicultural Affairs
- Spirit Teams
- Student
 Engagement
 Programs
- Student Government Association
- Purple Haze Association (see Page 33)

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

WEEKS OF WELCOME

Starting the first two weeks of the fall and spring semesters, Weeks of Welcome, one of Orientation Programs' initiatives, is your opportunity to involve yourself on campus and meet other Lumberjacks. From the class photo to barbecues and pool parties, Weeks of Welcome is nothing but fun!





MULTICULTURAL AFFAIRS

The Office of Multicultural Affairs strives to create a welcoming and inclusive environment for all students. They assist many campus organizations in promoting social justice and cultural and racial diversity through lectures, special events and observances.

SPIRIT TEAMS -A WINNING TRADITION

The SFA cheerleading and dance teams work to increase the overall spirit of the campus community by performing and cheering at SFA sporting and other events and serving as ambassadors and role models. Together, the teams have won an amazing 28 national championships since 1993.



STUDENT GOVERNMENT ASSOCIATION

The SGA is the voice of the students and 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 ENGAGEMENT PROGRAMS



Student engagement programs also are housed within the Office of Student Affairs Programs. Some of these offerings include:

- Freshman Leadership Academy
- Involvement Center
- Leadership and Service
- Greek Life
- Student Activities Association
- Traditions Council (see Page 31)
- Jack Camp (see Page 34)

FRESHMAN LEADERSHIP ACADEMY

A special section of the SFA 101 freshman seminar course, the Freshman Leadership Academy helps prepare participants for success at SFA and to become future student leaders of the university. Four specialized sections are offered with service-learning opportunities.

INVOLVEMENT CENTER

Get a complete overview of all the clubs and organizations SFA offers by visiting the Involvement Center, located in both the Baker Pattillo Student Center and the lobby of Steen Hall. Peer advisors are available to help you select the organizations that best fit your interests.

LEADERSHIP AND SERVICE

Leadership and Service offers students many opportunities to enhance leadership skills and give back to the local community and beyond. Leadership and Service offers alternative breaks, service day events and several offerings through Jacks Give Back.

GREEK LIFE

The SFA Greek community offers a diverse group of fraternities and sororities that provide a lifetime of opportunities for friendship, scholarship, leadership and service. Regardless of the fraternity or sorority students choose, membership in a Greek organization enhances their collegiate experience.

Every fraternity or sorority member strives to live The SFA Way.

STUDENT ACTIVITIES ASSOCIATION

SAA is your source for free on-campus entertainment. It provides a wide variety of weekly activities for students throughout the year. SAA hosts events like the movie series, concerts, comedians and game shows.

The association also coordinates SFA's on-campus cinema program. Movies are shown in the student center theater on Thursdays, Fridays and Sundays. Students involved in SAA have the opportunity to learn about event planning and working with a team.

"Enjoy the time you spend at SFA. It goes by so fast!"







Axe 'em, Jacks!

Recognizing a lag in school spirit, the 1979-80 SFA cheerleaders set out to establish a hand symbol like other universities in hopes of unifying the students and creating enthusiasm on campus. And so, "the axe" was born. The collaborative brainchild of several cheerleaders, the symbol initially started with two fingers forming an axe. The thumb was added to not only make the symbol more unique, but also to form an "L" and a "J" when held side by side. The symbol also has been interpreted as the shape of Texas with two fingers pointing to Nacogdoches, but most of the originators of the hand symbol say it's simply an axe. The "Axe 'em, Jacks" symbol was introduced at the first pep rally in the fall of 1979 and was instantly embraced by students. Since then, it has become the definitive symbol of SFA pride to generations of Lumberjacks.



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29



TOP 10 SFA TRADITIONS:





CHIEF CADDO

This 7-foot 6-inch, 320-pound statue is the largest trophy passed between NCAA universities. Chief Caddo is awarded annually to the winner of the SFA vs. Northwestern State University football game. SFA's mascot, the Lumberjack, was named one of the Top 10 mascots in college basketball in 2014 by ESPN.

WHY IS MY HAND PURPLE?

You've just participated in the Big Dip Ring Ceremony. The tradition is one of the final steps to becoming an SFA graduate. Students get their hands dipped in purple dye before receiving their official SFA Ring.





Stephen F. Austin State Teachers College, 1923 Stephen F. Austin State College, 1949 Stephen F. Austin State University, 1969

"Almost every person you see is happy and proud to be here and to be a Lumberjack. Seeing so many upbeat people made me love SFA even more."

(Just a few of SFA's better-known traditions)



THE AXE HANDLE

Every new student receives an axe handle at Holler @ Homer to personalize with his/her own Lumberjack spirit. Students can be seen (and heard) banging axe handles on the bleachers at SFA football games.



HOMECOMING IS COMING!

Usually held in October, Homecoming unites the Lumberjack community. From near and far, alumni come "home" to SFA to take part in the traditional bonfire, pep rally, duck dash, downtown parade, tailgating, football game and much more. The night of the bonfire, attendees are treated to a free live concert. Past entertainment has included Frankie Ballard, Chris Young and Yung Nation.

TRADITIONS COUNCIL

This spirited group of student leaders hosts activities throughout the year that educate Lumberjacks about the rich traditions and history of our university. The hard work and effort of Traditions Council members help connect students to important aspects of campus life and assist students in achieving the full Lumberjack experience.

SCHOOL SONG: "ALL HAIL TO SFA"

Oh future bright 'neath the Purple and White All hail to SFA.

'Mid Texas pines we have Found peaceful shrines Where ev'ry month is May.

Long live our Alma Mater, Honor to thee for aye.

As years unfold, happy Mem'ries we'll hold, All hail to SFA.

DO NOT WEAR ORANGE!

Well, you can wear orange, if you don't mind being scoffed at. Orange is the main school color of one of SFA's biggest rivals, Sam Houston State University. That color is a big nono at SFA.

THE STARS AT NIGHT ARE BIG AND ... PURPLE?

Well, the stars are actually lights, but they are purple. 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!



PURPLE HAZE ASSOCIATION

Purple Haze Association, a student-led association dedicated to preserving Lumberjack spirit and pride, is loud and proud! Members attend sporting events and sit in a special reserved section wearing purple. They also are responsible for coordinating and leading Jacks Charge, "Holler @ Homer" and the Jackhammers.



BOOM!

When you attend SFA home football games, you had better bring your 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.

JACKS CHARGE

Bring your axe handle and lead the Lumberjack football team onto the field before home games. Wear your purple and white and meet at the SFA Spirit Rock (near Hall 20) 23 minutes (in honor of SFA opening its doors in 1923) before the game. Freshman students are highlighted in the first Jacks Charge of the season, while all enrolled SFA students may join in the tradition for the remainder of the season.

"Get involved. It's the best way to meet new people! Attend games and support YOUR Jacks!"





BATTLE OF THE PINEY WOODS

A major highlight of the football season, the Battle of the Piney Woods is a face-off between SFA (yay!) and our biggest rival, the Sam Houston State University Bearkats (boo!). It's a battle so epic that it's held at NRG Stadium, home to NFL's Houston Texans. Students, faculty, staff and alumni from both schools come from all across the state to attend.

Do you want to attend the Battle of the Piney Woods? You can catch one of the student fan buses on campus and ride to Houston with your fellow Lumberjacks.

SPRINGFEST

Closing out the year is the last campus party of the spring semester. Springfest is sponsored by the Student Activities Association and features music, games, free food, prizes and free "stuff." Springfest is usually held at the end of April.

> "My favorite tradition at SFA was painting the axe handles students receive during their first semester as a Lumberjack."



JACK CAMP

Jack Camp welcomes incoming students to SFA each summer by giving them an opportunity to meet fellow students, have fun and learn about life at SFA. Jack Camp is a three-day extended orientation program that takes place in Trinity, Texas, and helps students adjust to life at SFA.



WHAT'S BETTER THAN WATERMELON?

Nothing! As the temperatures rise, the Student Government Association hosts the annual Watermelon Bash. The event is free and is SGA's oldest-standing tradition.

WHAT IS **SURFIN' STEVE?**

THE REAL PROPERTY AND INCOME.

"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 campus' most popular landmarks and meeting spots.

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Manager Company Company

Important SFA Phone Numbers and Websites:

Academic Advising Center	(936) 468-5803	sfasu.edu/advising
Academic Assistance and Resource Center	(936) 468-4108	library.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/studentservices
Barnes & Noble Bookstore	(936) 468-2108	sfasu.bncollege.com
Business Office	(936) 468-6960	sfasu.edu/controller/businessoffice
Center for Career and Professional Development	(936) 468-3305	sfasu.edu/ccpd
Counseling Center	(936) 468-2401	sfasu.edu/counselingservices
Department of Public Safety	(936) 468-2608	sfasu.edu/dps
Disability Services	(936) 468-3004	sfasu.edu/disabilityservices
Health Services	(936) 468-4008	sfasu.edu/healthclinic
Honors Program	(936) 468-2813	sfasu.edu/honors
Jack Camp	(936) 468-1367	sfasu.edu/jackcamp
Multicultural Affairs	(936) 468-1073	sfasu.edu/oma
Orientation Programs	(936) 468-6641	sfasu.edu/orientation
Parking and Traffic	(936) 468-7275	sfasu.edu/parking
Registrar	(936) 468-2501	sfasu.edu/registrar
Residence Life (Housing)	(936) 468-2601	sfasu.edu/reslife
SFA 101	(936) 468-2188	sfasu.edu/sfa101
Student Affairs Programs	(936) 468-3703	sfasu.edu/studentaffairs
Student Employment Center	(936) 468-2304	sfasu.edu/hr
Student Financial Assistance	(936) 468-2403	sfasu.edu/faid
Student Success Center (Steen Library)	(936) 468-3808	sfasu.edu/studentsuccess
Texas Success Initiative	(936) 468-5803	sfasu.edu/advising/111.asp
Veterans Resource Center	(936) 468-6494	sfasu.edu/vrc









Class of 2022!

As a first-year student, you will be living in the firstyear commons. Designed by university administrators and the Residence Life Department, this community will help you succeed in your first year of college.

The commons include Hall 14, Hall 16, Kerr Hall, Lumberjack Landing and Steen Hall. It is your time to shine and succeed while living on campus!

CONTACT INFORMATION

Austin Building, Room 131
sfasu.edu/reslife
reslife@sfasu.edu
(936) 468-2601
(936) 468-2074

"You're paying for your meal plan, so use it. Also, breakfast in the East College Dining Hall is easily the best you'll have short of cooking it yourself."

RESIDENCE HALL FRONT DESK PHONE NUMBERS:

First-year halls

Hall 14	(936) 468-4609
Hall 16	(936) 468-5109
Kerr Hall	(936) 468-5301
Lumberjack Landing	(936) 468-5404
Steen Hall	(936) 468-5201

Non-first-year halls

Griffith Hall	(936) 468-4909
Hall 10	(936) 468-3200
Hall 20	(936) 468-2595
Kerr Hall	(936) 468-5301
Lumberjack Lodge	(936) 468-2400
Lumberjack Village	(936) 468-4300
Mays Hall	(936) 468-3700
North Hall	(936) 468-3000
South Hall	(936) 468-3900
Wisely Hall	(936) 468-2600

STEPHEN F. AUSTIN STATE UNIVERSITY 2018-19 Parent and Family Member Guide



WELCOME TO THE LUMBERJACK FAMILY! GROWING OUR FAMILY TREE SINCE 1923

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Look for the axe icon for suggestions and ideas to help your student adjust to college life.



Smile. When your student leaves for college, you should be his/her biggest cheerleader. College students moving away from home need a confident smile to reassure them that they are doing the right thing. Of course, you will miss them, but this is a very jubilant, yet apprehensive, moment in their lives.

A MESSAGE FROM SFA PRESIDENT DR. BAKER PATTILLO



Welcome to SFA! It is an exciting time to be a Lumberjack, and we are so happy your student is considering joining our family. As a parent, you can rest assured your student will be supported by a family of Lumberjacks who truly care about his/her success.

As I am sure you are aware, the transition to college life can be a time of uncertainty for students and parents. At SFA, we strive to make this adjustment as easy as possible through programs like the Lumberjack Orientation you are now attending.

While visiting the campus, you will be provided with a wealth of information about how to help your son or daughter successfully transition to university life. A number of resources will be outlined to detail the many tools SFA students have at their fingertips to help them succeed both inside and outside the classroom.

One of those resources is the guide you are now reading. This Lumberjack Orientation publication includes information you will find invaluable during the coming months.

A recent article published by collegeamerica.edu estimates that in a world population of approximately seven billion, only about 7 percent of people hold a college degree. When you consider that during an adult's working life, high school graduates can expect, on average, to earn about \$1.2 million; those with bachelor's degrees, \$2.1 million; and people with a master's degree, \$2.5 million, a college degree is clearly a crucial asset.

While an SFA student, your son or daughter will have every opportunity to excel in academics, become involved in leadership and other activities, and enjoy being a college student.

With approximately 80 undergraduate degrees and more than 120 areas of study, there is a career path to suit every Lumberjack. Caring faculty members support students through small class sizes in state-of-the-art facilities, and an award-winning tutorial program provides assistance for students in core subjects.

There also are plenty of opportunities to relax, have fun and enjoy the many recreational amenities at SFA, including the Student Recreation Center, which provides thousands of square feet devoted to exercise and stress relief, and the Student Activities Association, which organizes concerts, a movie series and other weekly events.

Your support during the coming months will be imperative to your student's success. I encourage you to stay involved, visit your son or daughter when possible and continue to emphasize the importance of college. Working together, I have every confidence that your student will have access to the environment and support needed to become a successful university graduate.

Sincerely,

Dr. Baker Pattillo SFA President



If you are dropping your student off at school, leave a note or card somewhere in his/ her new abode. (Maybe also tuck in \$20!) After you have left, it will be a nice reminder of how much you care.



SFA ON SOCIAL MEDIA:

Facebook - SFASU
 Instagram - SFA_jacks
 Pinterest - SFAlumberjacks
 Snapchat - sfa_jacks
 Twitter - @SFASU

YOU'VE KNOWN THIS DAY WOULD COME.

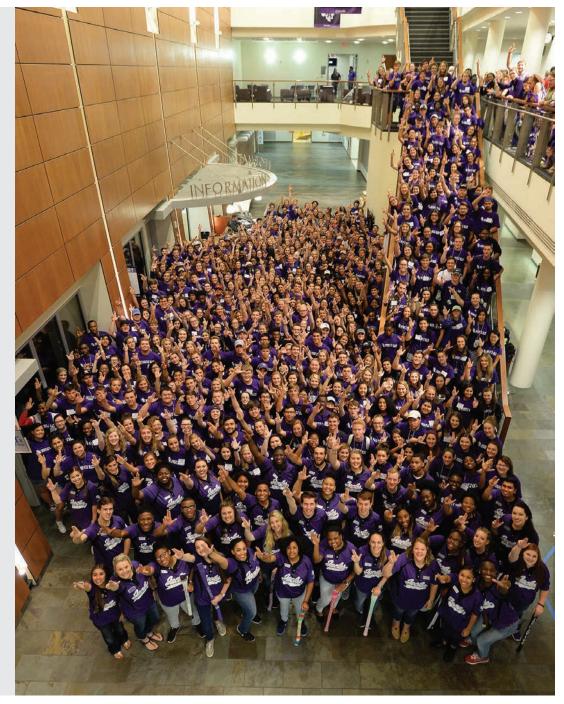
Your student has grown up and is ready to enter college.

Although your student will be moving to Nacogdoches to live and learn at Stephen F. Austin State University, he or she will still have relatives close by because...

YOUR FAMILY JUST GOT BIGGER!

At SFA, we all share the same purple DNA!

You are not losing a son or daughter, but gaining an entire Lumberjack family that truly cares about your student's success and well-being.



NACOGDOCHES - SO MUCH TO SEE AND DO!

When you visit your student in historic Nacogdoches, there's plenty to keep you busy. In addition to the many events taking place on SFA's campus, Nacogdoches is known for its quaint downtown lined with antique and specialty shops and distinctive restaurants.

Don't miss the opportunity to explore Nacogdoches' beautiful landscape. The Garden Capital of Texas, Nacogdoches is bursting with blooms along several trails, including the Azalea Trail, which is usually held during March. Be sure to stroll through the SFA Mast Arboretum, the Ruby Mize Azalea Garden, Gayla Mize Garden and the Pineywoods Native Plant Center, all located on SFA's stunningly beautiful campus.

Mark your calendar for the following annual events held in Nacogdoches: Texas Blueberry Festival, Pineywoods Fair, Holiday in the Pines, Nine Flags Festival, Taste of Nacogdoches and more.

Check out visitnacogdoches.org for specific dates and more information on things to do and see in Texas' oldest town.

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 25 students.

Q: How many students attend SFA?

A: More than 12,600 students were enrolled at SFA in fall 2017.

Q: From where do SFA students hail?

A: Lumberjacks come from Texas and 43 other states, plus 50 foreign countries.

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

A: The ratio is 18:1.

Q: How many faculty and staff does SFA employ?

A: SFA employs approximately 1,650 faculty and staff. Your student is surrounded by Lumberjacks who are dedicated to helping your son or daughter succeed.

Q: Is SFA expensive?

A: The annual 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.

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 642-acre agricultural and research center; an 18.7acre experimental forest; and a 25.3acre forestry field station.



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, Parents Day hosted by the Residence Hall Association, 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



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 him/her that it will get better.

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	COLLEGE
Attendance is required	Few professors require attendance
Teachers remind students about homework and tests	More independent work is expected
Studying load is light (about an hour per night)	Studying is key to success
Students' lives are filled with activities	Involvement opportunities can be overwhelming
Teachers provide grade reports	Students keep up with their own grades
Class expectations are discussed in detail	Course syllabus is a contractual agreement
School is open and staffed during set times	Instructors have specific office hours

WHAT IS THE BEST WAY TO GET LETTERS AND PACKAGES?

SFA has its own post office located in the Baker Pattillo Student Center. Post box information is included in the student Orientation folders, and box number and combination 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:	SFA Station P.O. Box #####
City, State, Zip:	Nacogdoches, TX 75962



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.



WHAT SHOULD STUDENTS BRING?

Below are a few basics that will help your student plan for living in a residence hall during the upcoming semester:

RESIDENCE HALL ROOM:

- Alarm clock
- Electric fan
- Pictures/posters
- Under-bed storage containers
- TV and DVD player
- Video game console
- Desk lamp and light bulbs
- Batteries
- □ Surge protectors/approved electrical power strip

BED: Your student's bed is twin size (twin extra-long in Lumberjack Landing and Steen).

- Sheets, mattress pad
- Blankets/comforter
- Pillows, pillow cases

LAUNDRY:

All residence halls have free laundry centers.

- Clothes hamper/laundry bag
- Detergent, stain removers
- Hangers, iron and ironing board

CLEANING SUPPLIES:

□ All-purpose cleaner/wipes

BATHROOM:

- Towels, washcloths
- □ Hair products
- Toothbrush, toothpaste
- \Box Shower caddy, shower shoes

CLOTHING:

- Formal clothes (for presentations, Greek organization dinners, etc.)
- □ Jacket/sweater/hoodie
- □ Swimsuit
- □ Workout gear
- □ Rain boots, umbrella

OFFICIAL DOCUMENTS:

- Driver's license
- Debit card
- □ Health insurance card
- Emergency contact information
- □ Social Security card*
- □ Birth certificate*

*Please advise your student to put items in a secure place.

MEDICAL:

- Antibiotic cream
- □ Bandages
- □ Allergy medication
- □ Cotton balls, cotton swabs
- D Eye drops, Advil, aspirin, Tylenol

COMPUTER-RELATED ITEMS:

- □ Laptop cooling pad
- USB drive and hub
- □ Ethernet cord
- D Printer
- All manuals and CDs (in case a program needs to be reinstalled)



Check out SFA's Pinterest page for decorating ideas for your student's room.



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

WHAT TO LEAVE AT HOME:

- Extension cords
- □ Plug-in air freshners/Scentsy
- □ Candles/wax warmers
- Cooking appliances: microwaves, sandwich makers and toaster ovens
- Oil lamps/halogen lamps

PAYING FOR COLLEGE

The SFA Office of Student Financial Assistance can provide you and your student with the necessary information to apply for financial assistance, whether that be scholarships, grants and/or loans.

In order to be considered for financial assistance, your student will be required to complete the Free Application for Federal Student Aid. Here's what to do:

- Apply as early as possible by logging on to fafsa.ed.gov.
- Student and/or parent 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 your student received a scholarship from his/her high school or other organization, a scholarship notification form must be completed to help determine an accurate financial aid award for your student.

SFA Scholarships

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

Additional Information about Financial Aid

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 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.

Business Office

The Business Office, located on the second floor of the Austin Building, is where students pay their tuition and post other payments to student accounts. Additionally, student IDs are validated here, and checks may be cashed up to \$50. This also is the location to initiate refunds and cash advances through BankMobile[®]. If you have questions about an eBill or other payment-related inquiries, call the Business Office at (936) 468-6960.

ACADEMIC SUPPORT PROGRAMS

Academic Advising Center for Undecided Majors

Don't worry if your student hasn't selected a major just yet. Many first-year students enter college still unsure of their area of study. Once your student has completed 45 hours of course credit, he/she will be required to declare a major. Advisors in the Academic Advising Center, located on the second floor of Steen Library, will work with your student to help him/her explore majors and select courses each semester while he/she is deciding.

Additionally, a General Bulletin that details all majors and areas of study offered at SFA and the courses required to complete each one is available online. It's a great resource to help students become even more familiar with all the academic opportunities at SFA.

Tutoring Facilities

Many students need extra help with collegelevel courses. At SFA, special tutoring facilities provide access to tutors who can help your son or daughter.

- Academic Assistance and Resource Center: An award-winning program located in the library, SFA's AARC offers free peer tutoring, an online writing lab and supplemental instruction in most lower-division, core-curriculum and highrisk courses. Weekly appointments and walk-in tables make it easy for your student to get the help he/she needs.
- Ed and Gwen Cole Student Success Center: Housed inside SFA's newest residence hall, Lumberjack Landing, this facility is an extension of the AARC and is open to all SFA students. It offers tutoring and a computer lab.



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

Ralph W. Steen Library

One of the largest libraries in the state, the Steen Library is the facility to help your student make the grade. It houses books, periodicals, maps, databases, computer labs and more. In addition, each of SFA's six colleges has its own librarian who is especially knowledgeable in the college's subject areas.

SFA's iCare Early Alerts

The iCare Early Alert program is a unique, integrative approach to academic and behavior intervention on campus. The program, administered through the Office of Student Rights and Responsibilities, is a collaborative response between academics and student affairs to target resources to help improve students' ability to succeed. The three early intervention tracks consist of behavioral/ medical, attendance issues and academic performance. Faculty members can submit early alerts through the advising system that is linked to their classes.

- Behavioral Track: If a student demonstrates a primarily behavioral issue that is sufficiently concerning, he/ she is referred to the staff members in the Office of Student Rights and Responsibilities who may, at their discretion, refer the student to the behavioral intervention team. Issues that are more minor in nature can be referred to another appropriate resource, such as counseling and disability services, or handled through the student conduct process.
- Attendance Track: Attendance issues are referred to residence life and program volunteers such as the student's academic advisor or a faculty member from the department of the student's major. Because attendance issues may be part of a larger problem, students may be sent to either the behavioral or academic performance track advisors.
- Academic Performance Track: If SFA students are performing poorly in class, they are referred to the AARC and made aware of the numerous resources available to them. If poor academic performance

may be related to a disability, the student may be referred to disability services. Academic advising and the Center for Career and Professional Development referrals may be made if students are considering (or should be) changing majors, or if they may benefit from career guidance.

SFA 101: Freshman Success Program

Students who take SFA 101 earn higher grades on average than those who don't. SFA 101 is a specially designed semester-long program that teaches your student what he/she needs to know to be successful in college. Some of the topics include:

- academic integrity
- campus services and opportunities
- classroom learning strategies
- time-management skills
- working with professors
- how to get involved
- and more!

SFA-savvy instructors and student instructors who have already progressed to their junior or senior year teach the course and can provide valuable assistance. Encourage your student to take advantage of SFA 101.

School of Honors

The School of Honors provides exceptional intellectual challenge and stimulation for academically talented students. Members benefit from honors coursework, early registration, unique scholarship opportunities, field trips and designated computer labs. The Residence Life Department collaborates with the School of Honors to offer the Academic Excellence Center, a coed living environment that challenges academically talented students in a family atmosphere. Twenty-four quiet hours a day are enforced, so students can concentrate on their studies.





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.

CAMPUS SAFETY

SFA's Department of Public Safety employs Texas commissioned peace officers who patrol the campus 24/7. Some of the services DPS provides are:

- Emergency call boxes: Located throughout campus, the boxes are bright yellow and labeled "Police." Operation is easy, and the call goes directly to the DPS communication center.
- Police escorts: Between dusk and daylight, DPS 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 5:30 p.m. to 1:30 a.m. Sunday through Thursday that runs a circular route through campus.
- Vehicle assistance: DPS 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."
- Training programs: Personal safety training, including defense and alcohol and drug awareness, are offered through DPS. Contact them at (936) 468-2265, or visit sfasu.edu/dps 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 9-1-1 from any campus phone, or call DPS at (936) 468-2608. To view SFA's Annual Security and Fire Safety Report, access sfasu.edu/dps. 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 AND TRAFFIC

Students, faculty and staff who park on campus must purchase a parking permit. The staff members in the parking and traffic office will help determine where your student should park on campus, depending on where he/she resides. 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 the student's 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 your student receives a citation, he/she should not ignore it. Student 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.
- If a student drives a vehicle unassigned to his/her parking permit, he/she should move the hangtag permit to the vehicle he/she will be driving.
- Visitor parking spaces require a permit obtained at either the parking and traffic office or the information booth on Vista Drive.
- A person temporarily disabled due to illness or injury may obtain a temporary permit valid for up to one week. Contact the parking and traffic office for more information.

JACK TRACK SHUTTLE SERVICE

If your student doesn't have access to an automobile, don't worry. He or she will still be able to easily move around campus. SFA operates the 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 tell your student to wait at one of the bus stops, and a bus will be by shortly. For schedules and routes, visit sfasu.edu/jacktrack.

Parents Day is Saturday, Sept. 22!

STUDENT SERVICES AND RESOURCES

Barnes & Noble Bookstore

The Barnes & Noble Bookstore can fill your student's textbook and school supply needs. Students can select from both new and used textbooks. Be sure to have your student order textbooks early to have the best opportunity to purchase used (and often less expensive) textbooks, which can be ordered online at sfasu.bncollege.com.

SFA Dining Services

SFA's dining services provides customer-oriented eateries featuring varied menu choices. Dining locations include two all-you-care-to-eat buffets, one in the Baker Pattillo Student Center and the other in the East College Dining Hall. The student center also features additional offerings such as Chick-fil-A, Panda Express and Starbucks. A C-Store, which is similar to a convenience store, also is available for grab-and-go items such as food, beverages and household items.

Einstein Bros. Bagels, located at the entrance to the library, serves coffee, fresh-baked goods and sandwiches. In addition, SFA has its own dietitian who can help your student select healthy choices. The dietitian's services are free to SFA meal plan holders. For more information, visit sfasu.campusdish.com.

Campus Technology and Computer Resources

SFA's technical support center can take care of your student's technological needs — everything from computer recommendations to virus and spyware protection. All campus residence halls have highspeed internet connections, and there are more than 20 computer labs and approximately 800 workstations located throughout the campus.

The university's intranet portal, mySFA, provides access to student email, course registration, grades, transcripts and academic calendars. Your student's mySFA account is created as soon as he/she is accepted to the university. The account name and PIN are mailed to the address on record.

STUDENT AFFAIRS FOR SUPPORT SERVICES

Student Affairs for Support Services includes the following areas: Center for Career and Professional Development, counseling services, disability services, testing, health services, student rights and responsibilities, and Veterans Resource Center. Staff members assist students in managing their transition into and through college by helping them develop a positive self-image, discovering personal and academic goals, and planning for the future.

• Center for Career and Professional Development: The center helps your student with all aspects of his/her career development. Staff members work to enhance employability by helping your student develop a professional brand through assistance with résumé preparation, interview techniques, and internship and job-search strategies. Career coaching can help your student gain an increased knowledge of self as it relates to the world of work by highlighting connections between academic majors and career opportunities. Encourage your student to take a proactive approach to his/her future by utilizing the center's tools.

- **Counseling Services:** At times, students encounter problems that can potentially affect their ability to academically succeed. Counseling services provides licensed professional counselors who provide services on a confidential basis. They help students with academic and personal development obstacles and assist students with mental health problems. They also can provide crisis counseling. Most services are short-term, but counselors can assist with a referral if more intensive assistance is needed.
- **Disability Services:** SFA is committed to providing equal opportunities in higher education to academically qualified students with disabilities. Disability services works collaboratively with the student to facilitate specialized support services that meet individual disability-related needs. Students with disabilities are legally entitled to request accommodations at any time during the semester.
- **Testing Services:** If your student needs to take tests such as the TSI Assessment Exam, Elementary Education Admissions Test, Graduate Management Admissions Test or others, he or she must make an appointment with testing services at (936) 468-3958. Some tests require a proctoring fee.
- Health Services: SFA's health services is partially funded through student service fees. These fees cover the deductibles and co-pays required by your insurance that you would normally pay the doctor. The clinic's staff members bill the insurance company, but do not bill you or your student provided the insurance coverage is current. If a student is uninsured, there is no charge for basic office visits. If your student is covered by health insurance, please make sure he/she has a copy of the front and back of the insurance card.



Remember that it's absolutely OK to visit your student, but don't surprise him/her. Your student's schedule will be filled with homework, jobs and social activities.

- Office of Student Rights and Responsibilities: Students who experience temporary limiting conditions may visit this office to obtain help in locating services and assistance vital to their continued academic success. The staff members will work with your student to determine individual needs and identify assistance from campus resources. They also help guide student conduct in a manner that provides a foundation for success.
- Veterans Resource Center: The VRC provides a space for veterans to gather, socialize and form relationships with other veterans that can provide networks of support that lead to feelings of inclusion at SFA. The VRC also is the hub for veterans programming that includes connecting student veterans to faculty veterans, as well as providing access to veterans' resources provided by the university and outside agencies.

STUDENT AFFAIRS PROGRAMS

Student Affairs Programs is dedicated to student involvement, leadership, engagement and fun! From bonfires and concerts to student leadership and volunteerism, college is a time to learn about oneself, as well as develop lifelong friends and interests.

Some of the programs offered include:

- Student Engagement Program: Home to the Student Activities Association, SFA Traditions Council, Leadership and Service, Homecoming and Jack Camp, the Office of Student Engagement Programs offers more than 150 events annually, including concerts, movie series, and interactive games and events designed to promote school spirit.
- Jack Camp: Your student can get a headstart on discovering all SFA has to offer by attending Jack Camp during the summer. This three-day optional extended Orientation program exposes your student to what life as an SFA student is like. Your son/ daughter will make friends, interact with student leaders and begin to settle in to college life. Visit sfasu.edu/jackcamp to learn more.
- Involvement Center/Student Organizations: With more than 200 student organizations, your student will have lots of opportunities to get involved. Staff members at the Involvement Center, located in both the student center and Steen Hall, can advise your son/daughter and help find an area that interests him/her. In addition, students can receive information about fraternities and sororities and how to become a member.
- **Greek Life:** Greek Life provides students with opportunities for personal growth and the development of interpersonal skills. Students have the opportunity to grow in a supportive atmosphere where they learn new skills to enrich their life experience and prepare them for career

challenges and fulfilling relationships. Joining a fraternity or sorority is a lifetime commitment that benefits students now and in the future. SFA's Greek community includes more than 30 fraternities/sororities housed within four councils: Interfraternity, Multicultural Greek, Panhellenic and National Pan-Hellenic.

- Leadership and Service: Your student will have an opportunity to hone his/her leadership skills at SFA by taking part in leadership and service programs. Some of the opportunities for leaders include the Freshman Leadership Academy, Omicron Delta Kappa Leadership Honor Society, The BIG Event, Alternative Breaks and SFA Dance Marathon.
- **Spirit Teams:** Home to 28 national championships since 1993, SFA's spirit teams comprise Large Coed Cheer, Small Coed Cheer, All-Girl Cheer, Dance Teams and Mascots, and the Purple Haze Association.
- Office of Multicultural Affairs: This office promotes generally under-represented populations and provides cultural awareness. The office hosts the Tunnel of Oppression, Black History Month, Diversity Week, Women's Empowerment Summit, Hispanic Heritage Month and other events.
- Orientation Programs: Incoming freshmen and transfer students take part in sessions hosted by this office that help integrate them into the SFA community. Orientation programs' staff members coordinate SFA Weeks of Welcome and recruit and select students to take part in an exceptional training process to become Lumberjack Orientation and Weeks of Welcome leaders.
- Additional Programs and Services: The Office of Student Affairs Programs also advises the SFA Student Government Association, Jack SORC and SFA's civic engagement programs.

UNIVERSITY-SPONSORED ORGANIZATIONS

- **Residence Hall Association:** An organization that passes legislation affecting the residents, sponsors campus-wide events and brings all students living in the residence halls together. Every student living in a residence hall is automatically an RHA member. Each hall has its own government system with officers and representatives. RHA programs include Parents Day, Casino Night, Holiday Extravaganza, Best Week Ever and more.
 - **Parents Day** In the fall, RHA sets aside a weekend for parents, family members and friends to visit their student and experience firsthand what life at SFA is like. The weekend begins with a movie night Friday evening and continues Saturday with a welcome ceremony, lunch, campus tours, dinner, a spirit rally, tailgate, Lumberjack football and entertainment following the game. For information on dates and activities, access sfasu.edu/life-at-sfa/parents-day.

- Lumberjack Cultural Association is the universitysponsored organization within the Office of Multicultural Affairs. The purpose of LCA is to efficiently and effectively provide a variety of diverse, social, recreational, cultural, entertaining and educational programs that enhance the SFA community in an aspect of diversity and multiculturalism. Some programs that LCA hosts are Tunnel of Oppression, The Chocolate Affair and a variety of other programming during Diversity Week and throughout the year.
- Student Government Association: SGA serves as the voice of SFA students. SGA is made up of and administered entirely by students. Every SFA student is automatically a member.
- **Purple Haze Association:** The Purple Haze Association, a student-led association dedicated to preserving Lumberjack spirit and pride, is loud and proud! Members attend sporting events and sit in a special reserved section wearing purple. They also are responsible for coordinating and leading Jacks Charge, "Holler @ Homer" and the Jackhammers.
- Student Activities Association: SAA is the largest student-run programming board at SFA. SAA contributes to campus life by providing social, cultural, educational and recreational entertainment opportunities for students.
- SFA Traditions Council: Traditions Council is the organization responsible for promoting and preserving the university's history and traditions. Members of the Traditions Council host events and spirit rallies that showcase SFA traditions throughout the year, including SFA Homecoming.

SFA ATHLETICS

A member of the Southland Conference and NCAA Division I Athletics, SFA offers men's and women's athletics, including football, basketball, volleyball, track and field, cross-country, bowling, golf, baseball, softball, soccer and tennis. For a complete listing of SFA athletic teams, rosters and schedules, visit sfajacks.com.

SFA ALUMNI ASSOCIATION

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

PARENTS FUND

Gifts from SFA parents change young lives forever. Without generous extended family, many SFA students would never realize their dream of a college education. For information about contributing to SFA's Parents Fund, call (800) 319-9517, or log on to givetosfa.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 when he/ she reaches the age of 18 or 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 ed.gov/policy/gen/guid/fpco/ferpa/index.html.





COMMUNICATION CONNECTION

Topics to discuss with your student on the drive home from Lumberjack Orientation

CAMPUS INVOLVEMENT:

Students who become involved right away are more likely to feel a university connection and are more likely to graduate and 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 your student the freedom to select his/her major. Parents whose influence is too strong might find that their son/daughter is not as committed to the major and often is not successful in working toward it. There are many campus resources offered to help your student 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 your student to locations around campus after dark. Emergency call boxes are located throughout the campus, and by simply pressing a button, your student will be directly connected to the Department of Public Safety.

WELLNESS: There are many campus resources, including the Student Recreation Center, counseling services and the Student Health Clinic, to help your son/daughter stay mentally, emotionally and physically fit.

COMMUNICATION EXPECTATIONS: The time spent communicating with your student will likely change as he/she makes adjustments to college life.

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 Higher One 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 yourself 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 that 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?