Supporting Your Student's Success

Parent and Family Orientation: June 2023
Residential Life at UNH
Welcome Parents and Families!
Office Highlights

- 22 Residence Halls staffed by 23 Live-In, Full-Time Professional Staff Members
- 19 Theme and Residential Learning Communities
- Curriculum that supports education and growth through key areas:
  - Involvement and Leadership
  - Academics and Career
  - Inclusion and Equity
  - Health and Wellness
- Students like living on campus!

In 2022, 96% of students said they “like living in my hall.”
Frequently Asked Questions

• What if my student is struggling with their roommate?
  We are here to help! We can work to help resolve conflicts with roommates and facilitate room changes, if needed.

• How do students get involved in the Residence Halls?
  Hall Council- Take an active role in changing and leading your hall community
  RA Socials- Each RA is required to plan one social per week to get students out of their rooms to socialize and make friends

• What if my student is homesick?
  Our RAs and RHDs will connect with your student. We are here to help support your student.
Housing at UNH
College life happens on-campus!
Office Highlights

• 5 out of 22 residence halls are first-year only while at least 25% of the spaces in every hall is dedicated to first-years only.

• We offer singles, doubles, triples, quads, as well as a few suite-style spaces.

• Buildings range in size from about 50 students to 580 students.

• UNH Housing is divided into several areas: Assignments, Housekeeping, Facilities and more. We are here for you!

• Contact us: (603) 862-2120/housing.office@unh.edu
Frequently Asked Questions

• What does self-selection look like?
  After completing the application, students will self-select a space on their given timeslot. Make sure to keep a lookout on their UNH email and check out our website, unh.edu/housing, for timelines.

• What is the best residence hall on-campus?
  There is no right answer to this question! All residence halls have different feels and may appeal to different people. Let your student challenge themselves to new experiences!

• When is move-in day?
  First-Year students move in on Friday, August 25, 2023. Get ready to pack smart and take lots of pictures! Keep a lookout on your mail as you will receive a detailed Move-In Guide by the end of July.
Office of Community Standards

Welcome Parents and Families!
Mission and Key Responsibilities

1. Serve as a resource and educate students on the rights and responsibilities of community membership.
   - Learning-centric process focused on mutual respect and integrity.

2. Interpret and enforce established policies and behavioral standards outlined in the Student Code of Conduct.
   - UNH Durham, Franklin Pierce School of Law and UNH College of Professional Studies (Manchester and Online).

3. Administer the University-wide Conduct System when students and recognized student organizations are accused of engaging in prohibited conduct.
   - Pathways to develop the whole person - balance humanity with accountability.
**Key Differences & FAQ’s:**

<table>
<thead>
<tr>
<th>Criminal Justice Proceedings</th>
<th>Restorative University Discipline</th>
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<tr>
<td>Crime is a violation of the law and the state.</td>
<td>Misconduct is a violation of people and relationships.</td>
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<tr>
<td>Determine guilt</td>
<td>Create Obligations</td>
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<tr>
<td>Central Focus: Public Safety, Deterrents</td>
<td>Central Focus: Reflection, Accountability, Growth</td>
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“Hypothetically, if my student or their friend …
… has been subject to disciplinary action, will the University notify the parent?

*No. Well, sometimes yes.*

… was arrested, wouldn’t it be “double jeopardy” if the University also took action against them?

*Double jeopardy is a misnomer. The conduct process is not a legal process.*

… was found responsible through the conduct process, would that prevent them from graduating, applying to graduate school or gaining employment?

*No. Help reorient your students with their personal values and goals and the University’s expectations.*
UNH Hospitality Services
Welcome Parents and Families!
Dining Highlights

• 2 Award-Winning Dining Halls, 7 Cafés and Stores located throughout campus.
• Unlimited Meal Plans that include Guest Passes, Meals to Go, Dining Dollars.
• Swipe Plans for students living off-campus or in apartments.
• We’re hiring! Earn extra cash while in school. Work-study available.
• Nutrition and Wellness
  • Preview menu items 10 days in advance for nutrition and allergy information.
  • Allergen and Gluten-Friendly stations.
  • Vegan and Vegetarian options.
  • Custom Meal Ordering through SAS (Student Accessibility Services).
Frequently Asked Questions

• **What is a Meals To Go?**
  A reusable green plastic to-go box for those with an Unlimited or Swipe Plan who wish to take their meal from the dining halls. When guests return the box they can either get a clean one for no charge or receive an exchange loop for another time.

• **I have special dietary concerns; how can I navigate the dining halls?**
  • Preview menu items and check the icons, nutrition, ingredients and allergen information.
  • Ask for assistance from any dining hall staff member, supervisor, manager or chef.
  • Meet with the Registered Dietitian to learn about options to safely dine in our locations.
UNH Campus Services
Welcome Parents and Families!
Campus Services Highlights

- Dining Meal Plans, ID Cards, Parking Services.
- Sign up for a meal plan, enroll in biometrics.
- Add funds to Cat’s Cache or Dining Dollars.
- Get your first ID card, help with lost ID’s.
- Find maps, permit Information and anything else parking related at Campus Services.
Frequently Asked Questions

• How does my student get their ID card?
   Your student should have received an e-mail with a link to upload their photo for their ID or they may download the Transact eAccounts app to upload as well. These are then mailed to students.

• What is the difference between Dining Dollars and Cat’s Cache?
   Dining Dollars are valid at campus dining halls, cafés and stores and vending machines. Get a 5% discount at the register. Cat’s Cache is required for laundry at the residence halls and printing and can be used at on-campus and off-campus locations.

• How can a parent deposit money into their student’s Cat’s Cache account?
   You can make a guest deposit through the Cat’s Cache portal link on the UNH Dining website.
UNH Transportation Services

Welcome Parents and Families!
Campus Connector

- Services are supported by the Transportation Fee
- Campus Connector
  - 7:00 am – 12:00 am M-F
  - 10:00 am – 12:00 am Sat-Sun
  - Gables
  - West Edge
  - Cottages
Other Services

- Routes to Dover & Portsmouth
- Access Van
  - Accessible transportation around campus
- Medi-Cat
  - Immediate, non-emergency transportation
  - UNH Health & Wellness makes the call for this service.
Welcome Parents and Families

Psychological and Counseling Services (PACS)
We provide education to students, faculty, and staff on many issues related to mental health and emotional well-being.

We consult with students about resources at PACS, UNH, and the community to help make sure that their mental health concerns are addressed.

We offer students confidential crisis support, workshops, online resources, brief individual and group counseling, case management, and referrals.

We are supported by student fees that are paid at the start of each semester. There is no additional cost to students, and we do not bill insurance.
Frequently Asked Questions

How do I make an appointment?
• Students can schedule an initial appointment online or by phone.

How long does it take for a student to get an appointment?
• Students can schedule same day appointments for urgent matters M-F. Crisis counselors are available 365 days a year.
• We aim to see students for non-urgent matters within 5 business days.

How often can I see a therapist?
• We create a personalized care plan for each student. Some students will meet with us once; others will schedule weekly, biweekly or occasionally appointments.
Office Highlights

- 7 full-time staff, ~10 volunteer Peer Advocates, 20+ volunteer Community Educators, and 3-5 student staff
- 24/7 FREE and CONFIDENTIAL helpline providing support and assistance to any UNH community member affected by interpersonal violence
- 200+ educational prevention and awareness opportunities per year including workshops, tabling, events, and social media campaigns
- Other services include: survivor support groups, drop-in hours every weekday, online confidential webchat, accompaniment to appointments/interviews, assistance reporting, & much more
Frequently Asked Questions

I have a student who I know might want to get involved with SHARPP; what should I tell them?

Your student will have multiple opportunities to connect with us, including by:

- Following us on social media
- Stopping by our table on U-Day
- Dropping into Wolff House to chat
- Attending open events
- Signing up for volunteer opportunities
- Applying for employment opportunities

Where can I go for more information?

Scan the QR code on this slide or visit our website at unh.edu/sharpp/learn/information-families for resources, frequently asked questions, conversation guides, and more!
UNH Health & Wellness

Welcome Parents and Families!
Caring for the Whole Student
Get WELL – Be WELL – Do WELL

- Primary Medical Care
- Radiology, Laboratory, and Pharmacy Services
- 24/7 Access to Confidential, Non-Urgent Medical Care
- Integrative Mind-Body Services
- Wellness Education and Coaching/Counseling
- Outreach programs, Workshops, and Events
- Student Involvement Opportunities
Frequently Asked Questions

• What is the difference between the health fee and health insurance?
  
  Heath & Wellness is funded by health and wellness fee which covers medical appointments with no-copay, free wellness education/counseling appointments, low-cost prescriptions, outreach public health, and more.

• Can students access Health & Wellness if they don’t enroll in the Student Health Benefit Plan (SHBP)?
  
  Yes, Students can be seen at Health & Wellness regardless of what insurance they have.

• What are health entrance requirements (due July 15)?
  
  Physical exam, proof of immunizations (Measles, Mumps Rubella, Meningococcal, Tetanus, Diphtheria, Pertussis, Chicken Pox), and proof of heath insurance.
Memorial Union & Student Activities

Building Community Through Connection
Highlights

• Venues & Services: Basic Needs, Beauregard Center, UNH Bookstore, Cats’ Cupboard, Campus Services, Office of Community, Equity, and Diversity, Games Room, Interfaith Prayer & Meditation Room, Memorial Room, Student Postal Center, Off-Campus Engagement & Fraternity and Sorority Life, & Union Court

• Programs & Events: Social Programs (Make & Takes), MUBFest, UDay, Leadership Programs (Lead UNH & Leadership Labs)

• 200 Student Orgs: Academic, arts, activism, community service, cultural, and more!
Frequently Asked Questions

• How do I join a student organization on campus?
  a. Attend Uday – September 7th from 2:30pm - 6:30pm on T-Hall and Scott Hall Lawn.
  b. Attend a student org meeting – check their social media/Wildcat Link page to find out when they meet.
  c. Attend an event hosted by a student org and ask a current member how you can become a member.

• How do I find out about upcoming events?
  Wildcat Link is a platform to find student organizations and a list of upcoming events on campus. Events are added daily to be sure to check regularly. Also MUB Instagram: @unh_mub

• Are there student employment opportunities at the MUB?
  Yes! We hire both work-study and non-work-study students. Opportunities in the MUB Office, info desk, operations & logistics, mailroom, facilities and games room.
Campus Recreation
Programs and Facilities to support an active lifestyle
Highlights

• **Facilities:**
  - Hamel Recreation Center
  - Indoor & Outdoor Pools
  - Mendums Pond
  - Fields
  - Tennis Courts

• **Programs:**
  - Aquatics
  - Fitness & Group Exercise
  - Intramural Sports
  - Outdoor Adventures
  - Sport Clubs
  - Instructional Programs

Research continues to show the value of movement for improved cognitive and mental health.
Frequently Asked Questions

• My incoming student played sports in high school. Are there tryouts in the fall?

To check the list of Sport Clubs, visit the Campus Rec website. campusrec.unh.edu/sport-clubs

• What is the difference between Intramural Sports & Sport Clubs?

Intramural Sports are UNH students playing against UNH students, and Sports Clubs often have try-outs and compete against other universities.

• Does Campus Recreation have jobs available?

Yes, over 500 students are gaining valuable training, certifications, and professional development opportunities.
Off-Campus Engagement & Fraternity and Sorority Life

Welcome Parents and Families!
Office Highlights

• Oversees: Commuter Student & Off-Campus Engagement, Fraternity and Sorority life which makes up: 20 Chapters, 2 Councils, 3.2 Average GPA
• Oversee and assist in healthy risk prevention education, policy, and programming
• Curriculum that supports education and growth through key areas:
  • Involvement and Leadership
  • Academic and Career Success
  • Community Building and Networking
  • Professional and Personal Development
Frequently Asked Questions

- When is recruitment?
  - Panhellenic Council – September 18 – September 25
  - Interfraternity Council – September 18 – September 29

- How many students are involved in FSL?
  - 1,723 students Spring 2023
  - 15.8% of the UNH Undergraduate population

- Is there a place for commuter students to hangout on campus?
  - Newly renovated Commuter Lounge and Commuter Kitchenette on the first floor of the Memorial Union Building!

- What is the cost of joining a fraternity or sorority?
  - Each organization has a different finance structure, and dues range depending on the organization. Students should ask questions regarding finances and housing as they go through the recruitment process to find out more.
Aulbani. J Beauregard Center for Equity, Justice and Freedom

Welcome Parents and Families!
Office Highlights & Function Areas

Student Support and Development

Education and Development

Programming and Engagement

Retention and Success Initiatives

Community Engagement
Frequently Asked Questions

• **Who can use the Center?**
  Anyone, regardless of identity or lived experience!

• **How can your student get connected and involved?**
  Stopping into the center, attending an event/program, or meeting with one of our professional staff members are all great ways to get connected to what is happening in our community. Ask us about the Diversity Support Coalition and it’s member organizations.

• **What are some of the signature initiatives?**
  • Audre Lorde Summit
  • Celebration of Achievement and Excellence
  • Safe Zones
  • Heritage Month Programming
  • Gaypril: Campus Pride Month

https://www.unh.edu/diversity-inclusion/beauregard-center

Email: tbc.info@unh.edu
Student Accessibility Services (SAS)
Welcome Parents and Families!
Office Highlights

• Supports students across all UNH campuses
  • Wide variety of conditions including temporary conditions
  • Might have had services before (IEP, 504 plan, previous accommodations)

• SAS supports students with disabilities with accommodations
  • Academic, housing, dining, parking

• Three step process
  • Register with SAS, Submit Documentation, Meet with SAS

• Encouraged to meet over the summer
Frequently Asked Questions

• **Is there a deadline for requesting accommodations?**
  No. However, some accommodations require advanced notice and can take time to implement. Students should request accommodations as early as possible.

• **Does my IEP or 504 Plan transfer from high school to college?**
  Please be aware, there are no IEP or 504 Plans in post-secondary education. To receive accommodations while at UNH, a student must engage in the interactive accommodation process.

• **Does SAS provide support for students with temporary conditions?**
  Yes. SAS provides a range of supports for students with temporary conditions.
Welcome Parents and Families!
Office Highlights

- Support Student Veterans and Military-Connected Students
- Process all paperwork for federal and state education benefits, e.g. GI Bill, Tuition Waivers
- Oversee the Veterans Center – Ground Floor, Hood House
- Provide programming such as:
  - Veteran’s Week Celebrations
  - Social Events
  - Community Education
- Refer students to resources at UNH and in the community
Frequently Asked Questions

• Where do I send education benefit paperwork?
  Email us directly at unh.veterns@unh.edu

• What will my benefits provide?
  It depends on the Chapter of benefit. We can work with you to understand your benefits, and to help make a plan to most effectively use them during your time at UNH.

• Should I complete FAFSA if I’m using an education benefit?
  Yes – while it is not required, we strongly encourage all students to apply for FAFSA so that they are considered for additional types of federal aid, as well as institutional aid.
Center for Academic Resources (CFAR)

Welcome Parents, Guardians, and Families
Professional Educational Counselors

Student Academic Mentors

Personalized Sessions
Wholistic Approach
Students’ Course Materials
Frequently Asked Questions

What is different about learning at UNH?
• Less time learning in class; more time learning on your own—2 hours of outside study for every hour in class
• Exams test critical thinking skills not just memorized facts

How do students get involved with CFAR?
• Drop-in hours Monday-Thursday 11 to 3
• Website Chat Now feature or email form
• Use online resources

Can I sign my student up?
• No, but we can reach out to your student to encourage them to meet with us