University of New Hampshire
First Year Guide

Student Senate of the University of New Hampshire
Funded by the Student Activity Fee
Lingo

HoCo: Holloway Commons
MUB: Memorial Union building
Philly: Philbrook Dining Hall
Ham-Smith: Hamilton Smith Hall
Whit: The Whittemore Center
HRC: Hamel Recreation Center
Xsen: Christensen Hall
Willy: Williamson Hall
T-Hall: Thompson Hall
T-Hall Lawn: Thompson Hall Lawn
U-Court: Union Court

GSR: Granite State Room
OSIL: Office of Student Involvement and Leadership
Upper Quad: Devine, Randall, Hitchcock
Lower Quad: Englehart, Hunter, Gibbs Hall
Fish Bowl: the green in front of Scott Hall, across from T-Lawn
Serc A: Handler Hall
Serc B: Peterson Hall
Serc C: Haaland Hall
DHOP: Durham House of Pizza

Tips

Best Times to do Laundry (15% off all week between 12 AM-12 PM)
- Early in the morning during weekdays
- Friday and Saturday nights
- Before 12 on weekdays

Worst Times to do Laundry:
- Sunday afternoon and evening
- Saturday afternoon
- Evenings of weeknights

Worst Times to go to HoCo & Philly
- During the afternoon rush starting at approximately 12 PM
- During the dinner rush which is heaviest at approximately 6 PM
- Theme dinners also see a huge influx of people; our advice-go as soon as it begins!

“Get involved, it’s honestly the greatest thing you can do. You get to be a part of something on campus and the friends you meet make it that much better.” - Conor Phelps ‘19
Tips for Living with a Roommate

- **Be clear from the beginning.** In the beginning of the year, establish your boundaries and communicate them to your roommate(s) so they understand what line they should or shouldn’t cross.
- **Keep an open mind.** Living with another person can be difficult or uncomfortable, but you need to open yourself up to the idea of living with someone. Only then can you begin to develop a relationship with your roommate(s).
- **It's okay to not be best friends with your roommate(s).** Just as long as you maintain a civil relationship with them. Be friendly without expecting to be friends.
- **Address things when they are little** – also address things when they’re big.
- **Treat others how you’d like to be treated.** Be respectful of their personal possessions and be honest with them. After all, you’d want the same.

**Time Management Tips**

- It’s easier to time manage your hectic life if you feel as if it’s not that hectic at all! Get a planner and organize your schedule to fit in everything you need to do during the week. Once you see it all laid out in front of you, you’ll feel as if you have a better grasp on your busy life.
- Complete the most important takes first. Prioritize two or three projects and define them as the most crucial; once you complete them you’ll already feel as if you are on track.
- Focus on the task at hand. Put your phone away, log out of your social media, and get to work. Getting rid of certain distractions will help you to focus more and will help you complete your task quicker and more efficiently.
- It’s okay to take a breather! Going from task to task can make you feel more stressed out so it may be a good idea to take a small break to let yourself relax for a second before starting your next task. This way your stress level will go down and your productivity level will go up.

**Academics**

**How to Use the Printers in the Library**

- Click the checkbox(es) next to your print job(s)
- Click **Print** at the top of the screen
- **Swipe** your UNH ID or Cat’s Cache card
- Click **Print** in the dialog box that pops up
- **Pick up** your papers from the color or black and white printer
“It’s okay to be undeclared. It’s better to take many different classes and expand your horizons, than to sit in a class specifically for your major and realize you hate it.” - Justin Poisson ‘18

**The Discovery Program**

What is the Discovery Program?
- The Discovery Program gives students of every major the framework they need to succeed intellectually. It represents the administration’s belief in what constitutes essential knowledge of the world.

**Discovery Foundation Skills**
- ENGL 401: to be completed in your first year (Also fulfills one of four required writing Intensive courses University Writing Requirements)
- Quantitative Reasoning: 1 course normally to be completed in your first year or 32 credits
- Inquiry Course: 1 course to be completed in your first or second year (INQ courses[444 course or INQ attribute course] may be taken in a category below or within the major)

**Discovery in the Disciplines**

1 course from each category

- Biological Science (BS)*
- Fine and Performing Arts (FPA)
- Historical Perspectives (HP)
- Social Science (SS)
- Physical Science (PS)*
- Humanities
- World Cultures
- Environment, Technology & Society (ETS)

*One (BS or PS) must have a Discovery laboratory (DLAB)

**Degree Works**
- Degree Works is a tool for students that lets them monitor their academic progress toward degree completion. Degree Works lets you track your progress in completing courses for your major or lets you look at the required fields that still need to be completed by graduation. This tool will help you to plan ahead for your career here at UNH and help keep you on track. You can access it by logging into Blackboard and then into Webcat.

**How to Find Out Who Your Advisor is**
- If you ever have any questions involving academics, your advisor is the person to go to answer those questions. You can find out who your advisor is on Blackboard
  - Go to [www.unh.edu](http://www.unh.edu)
  - Log onto your Blackboard account
• Click onto the **Webcat Services** tab
• Click continue
• Click on the **Student** tab
• Then, click on the **Student** Records tab
• Finally, click on **View Major and Advisor**
• Select the term you’re in (Fall 2016), then click **Submit**

**Hall Codes**

- On your class schedule, you will see the class you are registered for, as well as the time and the location of your class. To help you find your way, here are the abbreviated codes for all the academic buildings on campus:

<table>
<thead>
<tr>
<th>Building</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anex: Art Annex</td>
<td>Barton: BART</td>
</tr>
<tr>
<td>Cole Hall: COLE</td>
<td>Conant: CON</td>
</tr>
<tr>
<td>Hewitt: HEW</td>
<td>Horton: HORT</td>
</tr>
<tr>
<td>Huddleston: HUDD</td>
<td>James Hall: JAMS</td>
</tr>
<tr>
<td>Kingsbury Hall: KING</td>
<td>McConnell: MCC</td>
</tr>
<tr>
<td>Morse Hall: MORSE</td>
<td>Murkland: MURK</td>
</tr>
<tr>
<td>Paul: PAUL</td>
<td></td>
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<tr>
<td>Parsons: PARS</td>
<td>Paul Creative Arts Center: PCAC</td>
</tr>
<tr>
<td>Pettee Hall: PETT</td>
<td>Rudman Hall: RUDMAN</td>
</tr>
<tr>
<td>Spaulding Life Sciences Ctr: SLS</td>
<td>Thompson Hall: TH</td>
</tr>
<tr>
<td>Zais Hall: ZAIS</td>
<td></td>
</tr>
</tbody>
</table>

**Sorority & Fraternity Life**

- Joining a sorority or fraternity opens up the door for many new opportunities and helps to create bonds that will last a lifetime. The list below will help you to familiarize yourself with the different fraternities and sororities here at UNH.

<table>
<thead>
<tr>
<th>Panhellenic Sororities:</th>
<th>Associate Members of Panhellenic:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alpha Xi Delta</td>
<td>Delta Xi Phi</td>
</tr>
<tr>
<td>Chi Omega</td>
<td>Sigma Alpha</td>
</tr>
<tr>
<td>Alpha Phi</td>
<td></td>
</tr>
<tr>
<td>Alpha Chi Omega</td>
<td></td>
</tr>
<tr>
<td>Kappa Delta</td>
<td></td>
</tr>
<tr>
<td>Phi Sigma Sigma</td>
<td></td>
</tr>
</tbody>
</table>
**IFC Fraternities-Interfraternity Council**

Phi Mu Delta  
Sigma Beta  
Tau Kappa Epsilon  
Sigma Chi  
Sigma Phi Epsilon  
Alpha Sigma Phi  
Lambda Chi Alpha  
Alpha Tau Omega  
Kappa Sigma  
Alpha Gamma Rho  
Sigma Nu  
Sigma Chi  
Alpha Sigma Phi  
Theta Chi  
Lambda Chi  
Alpha Tau Omega  
Sigma Nu  
Kappa Sigma  
Alpha Gamma Rho  
Sigma Chi  
Alpha Sigma Phi  
Theta Chi  
Lambda Chi  
Alpha Tau Omega  
Sigma Nu  
Kappa Sigma  
Alpha Gamma Rho  
Sigma Chi  
Alpha Sigma Phi  
Theta Chi  
Lambda Chi  
Alpha Tau Omega

**Student Organizations**

On campus, there are so many opportunities to get involved! With over 230 student organizations on campus, there’s something for everyone. If you’re interested in joining an organization, take advantage of events like University Day, a campus wide event held during the first few weeks of the fall semester, to get the information you need to choose the organization(s) that’s best for you. Also, take advantage of Wildcat Link, which is a website designed specifically for all of the student orgs here on campus. There you can find a comprehensive list of the +200 organizations. Just log in using your Blackboard account username and password.

To give you an idea of some of the organizations here on campus, below is a list of the SAFO organizations. These organizations are partially funded by your student activity fee, and help, along with non-SAFO (Student Activity Fee Organization) orgs, to enhance your college experience here at UNH.

Student Committee on Popular Entertainment-SCOPE  
93.1 WUNH- The Freewaves  
Student Senate  
Campus Activities Board-CAB  
New Hampshire Outing Club-NHOC  
Diversity Support Coalition-DSC  
Slow Food UNH  
Organic Gardening Club-OGC  
Student Environmental Action Coalition-SEAC  
Memorial Union Student Organizations-MUSO  
Electronic Dance Music Community-EDMC  
The New Hampshire-TNH  
Mask & Dagger Dramatic Society

“Don’t freak out if you don’t make friends right away. It may be a slow process, but the friends you will make here will last a lifetime.”  
- Emily Counts ’18
**Mobile Apps for Your Phone**

UNH Mobile App: The UNH Mobile App has everything you need to know from washer & dryer availability to the transit bus schedule for UNH as well as the menus for all three dining halls. Available in the App store, and on all smartphones.

Webcat Life App: The Webcat Life App is your one stop for everything from your class schedule to your latest grades. You can use this app to view any holds on your account and prepare yourself for the day ahead. Available in the App store, and on all smartphones.

LiveSafe App: The LiveSafe App gives students a direct line to the UNH Police Department. This app allows students, faculty, and staff to report anything that compromises their safety and/or the safety of others. Available in the App store, and on all smartphones.

**Granite Square Station Mailroom**

- The Granite Square Station Mailroom is located on the second floor of the MUB and is where you can receive mail as well as send it. While you don’t physically have a mailbox, getting you mail and packages is easy! All you need to do is present your student ID at the desk, and they will retrieve your mail. Your GSS Box number should be used however, when addressing mail and packages to yourself or when others address mail to you. You can find your GSS Box number on Blackboard. Just login, click on Webcat/Services and scroll down to the link that lets you view your GSS number.

- Because it is a GSS box and it’s not located in your residence hall, it can be a bit confusing to try and receive packages because of the difference in address. To make it easier for you, below is the correct template to use when addressing a package or sending something to family and friends:

  Student Name (First name, middle initial, last name)
  83 Main Street
  #### (Individual GSS box number) Granite Square Station
  Durham, NH 03824
On-Campus Places

Places to go for a late night snack

- *Philbrook Café*: This fully stocked convenience store is located in the lobby of Philbrook Dining Hall and is also the location of Pita Pit, which offers a variety of meat and vegetarian pitas. Normally open 11 AM to 1 AM.
- *Wildcatessen*: “Wild Kitty” is located in Stillings Dining Hall right behind Stoke Hall. This convenience store also offers grab-n-go treats like Mozzarella sticks for that late night binge. Normally open 11 AM to 1 AM.
- *Late Night*: Unique to Philbrook Dining Hall, late night is a great way to curb your late night cravings. Philbrook’s extended hours (late night) happen every Sunday through Wednesday until 11 PM

Places to go for a much needed study break

- *Zeke’s Café*: located one flight up from the main entrance of the Dimond Library, this café will give you a burst of energy to get you out of any slump you’re in. With Starbuck’s Coffee and an assortment of grab-n-go items, Zeke’s will give you a much needed pick-me-up. Hours vary.
- *CornerStone 1926*: located in the center of Peter T. Paul College of Business and Economics, this café offers made-to-order sandwiches as well as Starbuck’s coffee, and other grab-n-go items. Hours vary.
- *Albert’s*: located in Kingsbury Hall, this retail operation is the first to be located in an academic facility. Offering Peet’s Coffee and Tea, grab-n-go bagels and pastries as well as soup, Albert’s is great for refueling or relaxing with your friend. Hours vary.
- *Union Court*: located in the heart of the Memorial Union Building, U-Court contains five eateries in one centralized location, and offers salads, sandwiches, smoothies, Mexican cuisine, and chicken specialties, as well as other grab-n-go items. Hours vary.
- *Dunkin Donuts*: located near the main entryway for Holloway Commons, this quick & easy solution will give you the boost you need to continue on your day. Hours vary.

Places to go when you’re in the mood for a sweet treat

- *Dairy Bar*: located in between the Whittemore Center and the Amtrak Train Station, the Dairy Bar is devoted to offering the tastiest sweet treats in town in a sustainable and healthy way. From Gifford’s famous ice cream to wholesome breakfasts, the Dairy Bar is dedicated to selling only local and wholesome foods. Hours vary.

*All above information taken from the UNH Mobile app at: [https://www.unh.edu/dining/here-whats-open-now](https://www.unh.edu/dining/here-whats-open-now)*

“If you are thinking about joining a fraternity or sorority, do it! It won’t hurt to try and it’s an awesome way to make friends and be a part of something that’s bigger than you.”

- Kelsey Dresner ‘19
**Off-Campus Places**

**Places to go for a great cup of coffee**
- *Aroma Joe’s*: located on Main Street across from Huddleston Hall. [www.aromajoes.com](http://www.aromajoes.com)
- *Breaking New Grounds*: located on Main Street just a few steps away from the edge of campus. [www.bngcoffee.com](http://www.bngcoffee.com)
- *Works Bakery Café*: located across the street from Alexander Hall. [www.worksbakerycafe.com](http://www.worksbakerycafe.com)

**Places to go when you’re in the mood for a slice:**
- *Durham House of Pizza*: located on Main Street just a few steps away from the edge of campus. [www.dhoppizza.com](http://www.dhoppizza.com)
- *Papa John’s*: located near Madbury Commons on 10 Pettee Brook Lane. Hours vary, check website for details. [www.papajohns.com](http://www.papajohns.com)
- *Village Pizza*: located at 45 Main Street right next to Libby’s Bar & Grill. Hours vary.
- *Wildcat Pizza*: located at 3 Madbury Road right across the street from Saint Thomas More Church. Hours vary, check website for details. [www.wildcat-pizza.com](http://www.wildcat-pizza.com)
- *Domino’s*: located on 7 Mill Road also in the Mill Road Plaza. Hours vary, check website for details. [www.dominos.com](http://www.dominos.com)

**Places to go for a sit down/to go service**
- *Bella’s Casual Dinner*: located in the Mill Road Plaza on 5 Mill Road. Hours vary, check website for details. [www.bellascasualdining.com](http://www.bellascasualdining.com)
- *Franz’s Food*: located on 46 Main Street next to Young’s Restaurant. Hours vary, check website for details. [www.franzs-food.com](http://www.franzs-food.com)
- *Knot Irish Pub*: located at 58A Main Street right next to Town & Campus. Open Monday through Saturday 5 PM to 1 AM.
- *Lexie’s Joint*: located at 10 Jenkins Court right behind Young’s Restaurant. Hours vary, check website for details. [www.lexiesjoint.com](http://www.lexiesjoint.com)
- *Libby’s Bar & Grill*: located on 47 Main Street next to Village Pizza. Open 11:30 AM-10 PM.
- *Mei Wei Asian Restaurant*: located in the Mill Road Plaza at 7J Mill Road. Open 10 AM-10 PM.
- *Scorpion’s Bar & Grill*: located at 45 Main Street next to Village Pizza.
- *Tacomano*: located on 38 Main Street just a few steps from Young’s Restaurant. Hours vary, check website for details. [www.tacomano.com](http://www.tacomano.com)
- *Young’s Restaurant & Coffee Shop*: located at 48 Main Street next to Franz’s Food. Hours vary, check website for details. [www.youngsrestaurant.com](http://www.youngsrestaurant.com)
- *Pauly’s Pockets*: located at 49 Main Street across from the Candy Bar. Hours vary, check website for details. [http://www.paulyspockets.com](http://www.paulyspockets.com)
- *Thai Smile*: located at 13 Jenkins Court across the street from Lexie’s. Hours vary, check website for details. [http://www.thaismile2nh.com/](http://www.thaismile2nh.com/)

“Take advantage of all the opportunities that are available here at UNH. Go to sports games, social events, everything! The more you open yourself up to everything UNH has to offer, the more you’re going to develop as a person.”
- Katie Clark ‘19
Shopping Destinations

- **The Mall at Fox Run**: located at 50 Fox Run Rd. in Newington and just a short ride on the Wildcat Transit, the Mall at Fox Run is home to a variety of stores including Macy’s, Victoria’s Secret, American Eagle and much more. Open Monday-Saturday 10 AM to 9 PM and Sunday 11 AM-6 PM. Check transit times for bussing.

- **Downtown Portsmouth**: sitting at the mouth of the Piscataqua River, Portsmouth offers a variety of restaurants as well as retail locations all throughout downtown. Located just 20 minutes from the UNH campus, Portsmouth is a quick bus ride away, and its abundance of sights makes it suitable for any day trip. Check Transit times for bussing.

- **Kittery, Maine**: located just across the New Hampshire-Maine border and a short ride from the UNH campus, Kittery has many amenities that include the Kittery Premium Outlets as well as the Tanger Outlets and the Kittery Trading Post.

### Important Numbers

#### Financial Aid Office
Scholarships, grants, federal loan awards
Stoke Hall
(603) 862-3600

#### Registrar's Office
Registration, grades, transcripts
Stoke Hall
(603) 862-1500

#### Housing Department
Room and board, on-campus residents
10 Academic Way (next to Hitchcock Hall)
(603) 862-2120

#### Dining Services
Meal plans for on-campus and off-campus students,
Cat's Cache
Holloway Commons
(603) 862-1821

#### Health & Wellness
UNH health care facility
12 Ballard Street, Durham
(603) 862-1530

#### Student Accessibility Services
Support services for students with disabilities
Memorial Union Building, Room 118
(603) 862-2607

#### Information Technology/Telecommunications
1 Leavitt Lane, Durham
(603) 862-1030

#### UNH Manchester
400 Commercial Street Manchester, NH 03101
(603) 641-4321

#### UNH Police
18 Waterworks Road, Durham
(603) 862-1427

#### PACS: Psychological and Counseling Services
Smith Hall
(603) 862-2090

#### SHARPP
Sexual Harassment & Rape Prevention Program
2 Pettee Brook Lane, Durham
(603) 862-7233

#### Center for Academic Resources (CFAR)
Room 201 Smith Hall
(603) 862-3698

#### Office of Multicultural Student Affairs (OMSA)
Memorial Union Building Room 327
(603) 862-5204

#### Military & Veterans Services
105 Main Street, Durham
Visit website for list of contacts/phone numbers
College is a HUGE transition and it can be overwhelming at times, but it will also be an amazing experience. We’ve all been where you’ve been, and we understand the triumphs and tribulations that come with your first year on campus. We hope this guide helps you adapt to the new and exciting experiences you’ll face as a college student! Every day is a great day to be a Wildcat!!