

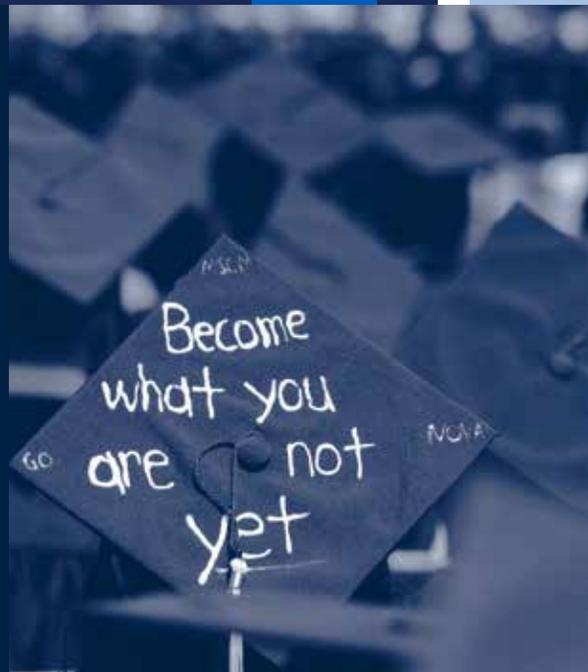


VILLANOVA
UNIVERSITY
IGNITE CHANGE. GO NOVA.®



2021 Transitions

A First-Year Family's Guide to Villanova



THE VILLANOVA TRADITION

ST. AUGUSTINE (354–430 AD)

The North African-born St. Augustine was one of the most brilliant thinkers of all time, and much of what we do at Villanova is rooted in his thought. Invoking his spirit, we seek to cultivate an educational environment where intellectual understanding is grounded in values, learning develops in the context of community and many different fields interact through the exploration of interdisciplinary connections.

THE AUGUSTINIAN ORDER

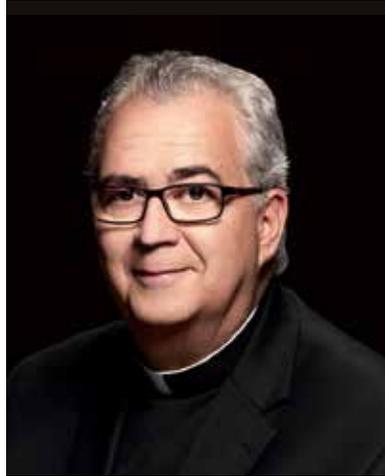
Since the Order's founding in 1244, the Augustinians have stressed the importance of education and academic achievement. Augustinian scholars were prominent in many of the early European universities, and they began their educational mission in North America shortly after their arrival in 1796.

VILLANOVA UNIVERSITY

The Augustinian Order in Philadelphia founded Villanova University in 1842. They chose St. Thomas of Villanova (1486–1555) as their patron saint. St. Thomas of Villanova was an Augustinian friar who, as Archbishop of Valencia, Spain, was renowned for his brilliant intellectual achievements and dedication to social justice. Ranked among the nation's top universities, there are more than 10,000 undergraduate, graduate and law students in the University's six colleges—the College of Liberal Arts and Sciences, the Villanova School of Business, the College of Engineering, the M. Louise Fitzpatrick College of Nursing, the College of Professional Studies and the Charles Widger School of Law. Villanova supports its students' intellectual growth and prepares them to become ethical leaders who ignite positive change everywhere life takes them. For more, visit www.villanova.edu.

This handbook is as accurate and up-to-date as possible, and it is intended as an informal guide rather than a definitive statement of University policies. Villanova is constantly adding new services and refining its policies. For up-to-date and official information, please consult the individual departments. If you do see inaccuracies or have suggestions for later versions of this handbook, please send them to parents@villanova.edu.

*Please note: This publication was printed in the spring, and there may be changes to the information as the University responds to COVID-19 recommendations and procedures. Please visit our website for the latest information at www.villanova.edu.



Dear Families,

It gives me great pleasure to welcome you and your child to Villanova University—an academic community where students learn to think critically, act compassionately and succeed while serving others.

At Villanova, students take part in an educational experience rooted in the Augustinian ideals of **Veritas, Unitas, Caritas**—*Truth, Unity, Love*. Rigorous academics, personal attention, a strong community and a shared commitment to service help each student form a foundation for lifelong success. Villanova prepares students to become ethical leaders who ignite positive change everywhere life takes them.

This handbook is designed to introduce you to the University, its offices and services. In it, you will find valuable information about the many opportunities for new students, as well as the typical challenges they may face and the resources available to address those challenges. Villanova faculty and staff view parents as partners, and we look forward to working with you to create a rewarding and memorable experience for your child.

I hope this handbook provides an understanding of the daily life of a Villanova student. Should you have any questions or concerns, please do not hesitate to contact us.

Welcome to Villanova!

Sincerely,

A handwritten signature in black ink that reads "Peter M. Donohue" followed by a stylized flourish.

The Rev. Peter M. Donohue, OSA, PhD, '75 CLAS
President

WELCOME TO VILLANOVA

The Division of Student Life would like to welcome you to the Villanova community. This handbook contains information and helpful hints for parents, and we hope that you will find answers to any questions you may have in this publication or on our website at **orientation.villanova.edu**. However, if you have any questions about resources for yourself or your child, or have a concern about an issue, please contact us at **parents@villanova.edu** or (610) 519-7210.

CONTENTS

2 Navigating the Transition

- 2** Letting Go
- 2** Great Expectations and Predictable Problems
- 5** Staying Connected
- 6** Orientation Overview
- 6** A Note for Families of Commuters

7 Learning

- 10** Academic Advising and Course Scheduling
- 10** Majors and Careers
- 12** Technology Services and Solutions
- 13** Academic Terms

14 Living

- 14** The Room
- 15** The Roommate
- 15** The Resident Assistant
- 17** Communitas Learning Communities
- 19** Personal Safety

20 Growing in Spirituality

- 21** Campus Ministry
- 21** We Pray Together
- 22** We Learn Together
- 22** We Serve Together

24 Exploring

- 24** Clubs, Organizations and Volunteer Programs
- 25** The Office of Intercultural Affairs
- 25** Office of Fraternity and Sorority Life
- 26** So, What Do Students Do on the Weekends?

28 Staying Healthy

- 28** Office of Health Promotion
- 28** Counseling Services
- 29** Student Health Center
- 30** Emergencies
- 31** Health Insurance

32 Talking About Alcohol and Other Substances

34 Financial Considerations

- 35** The Wildcard
- 37** Frequently Asked Questions

39 Looking Ahead

- 39** Campus Events
- 40** Academic Options
- 40** Sophomore, Junior and Senior Housing Information
- 41** Finding a Career

44 University and Local Information

45 Academic Calendar

46 Campus Resources

NAVIGATING THE TRANSITION

“If you wish to reach a higher level of self-understanding, you must allow yourself to be dissatisfied with where you are. For when you are satisfied, you make no progress.”

St. Augustine, Sermon 169, 18

The college years are a wonderful and fascinating time of growth and maturation in the lives of young people. Sons and daughters leave their parents' houses as children and, four years later, look and act like young adults. The investments of time, energy and love parents give their children become obvious as students emerge from the last awkward stages of late childhood into young adulthood. This maturing progresses smoothly for many, while some may hit a bump or two along the way. This section points out possible challenges and gives some pointers for parents who may feel like they're watching from the sidelines.

LETTING GO

As a parent, you recognize the struggle between wanting to be there for your child and knowing when to let go. The college years just extend that familiar process. You most likely will develop a new relationship with your child as he or she continues the process of growth and self-discovery.

In college, students learn how to manage their own lives. The structure provided by parents and teachers drops significantly, while the number of distractions jumps even more dramatically. Students must learn self-management and how to identify and solve their own problems.

Mostly, Villanova students make good choices, and even their poor choices become positive learning experiences. But once in a while, they bite off more than they can chew and suffer the consequences of lost sleep, weight gain or loss, problems with friends and roommates, health problems and some rocky academic situations. At these times, parents may need to take a more active role. Every parent will handle these situations differently, but here are a few suggestions:

- Since college is about learning self-management, it might be better for you not to intervene directly, but to work in the background by giving advice when asked.
- Asking a thoughtful question now and again and providing emotional support often can be the best way to go. Try to remember some of the things you did at this age and remember that somehow you (and your parents) got through it.
- Stay in the background as long as your child seems to be making some progress toward finding a solution. If your child seems stuck, you might then take a more direct role in helping.
- If all else fails, then you should probably call the appropriate office at Villanova.

GREAT EXPECTATIONS AND PREDICTABLE PROBLEMS

Children and their parents have high expectations for the college years. College also can be a time of ups and downs, so in this section we will focus on some of the challenges students face and the resources available to help.

- **Normal life issues that affect college students:** In the four years of college, students encounter the same issues the rest of us do. They get the flu or sprain an ankle, have problems paying their bills, have conflicts with their friends, or grieve the death of a friend or relative. College students form close friendships with rather large groups of people and, as a result, are much more likely to be affected when friends in their groups have issues as well. They can experience more emotional turbulence in their lives since they deal with their own issues and with the issues of a surprisingly large network of other young people.

The good news is that students have a lot of support on campus, from their circles of friends and from the resources provided by Villanova. Students often share common everyday concerns with their Resident Assistants. For more significant concerns, including life decisions, relationship breakups, anxiety and depression, students may schedule appointments at the Counseling Center. Services are free and confidential and are provided by trained, caring psychologists who specialize in the concerns typical of college students. For faith-based issues, students may consult with Campus Ministry.

· **Typical college-years issues:** Some issues are unique to students during their time in college. Many students struggle with identity issues. They may lose touch with their childhood religious faith or become much more actively involved. Sometimes they question traditional values or seek to pull away from their families. Students who were pulled together each day in high school, may look and express themselves much differently during their college years. Do not be alarmed as your child is broadening their boundaries.

Realistically, the college years are a time when young people make many of their own decisions regarding alcohol, sex and possibly even drugs. Some students will violate our Code of Student Conduct and will need to connect with staff in the Dean of Students Office.

· **At the extreme:** As with any larger population, a few students each year do encounter more serious problems, ranging from major health problems, to serious personal or emotional problems, to academic or behavioral issues that put the student at risk of probation or suspension. The University offers support services to the student and parents during these difficult times.

What To Watch for

Since you aren't on the scene, you may have a hard time watching for signs of trouble in your child. At the same time, you know your child better than anyone else, so often you will be the first to pick up on warning signs. Obviously, you should keep your eye out for dramatic changes that seem to be more than simple youthful experimentation or a minor indiscretion. If they are suddenly exhausted all of the time, their grades take a turn for the worse, or their attitude seems dramatically different, you need to pay attention. It is a good sign if the student identifies the problem and asks for help. We tend to worry more about students who seem disconnected from the community and who don't look for the help they need. You can always contact the Dean of Students Office at (610) 519-4200 or deanofstudents@villanova.edu for advice on the situation.

Dealing with Confidentiality

For the most part, since we consider part of our job helping students learn to manage life on their own, we prefer to deal directly with students about all but the most serious problems. In addition, the federal government has created strict rules for when we may and may not share student information, even with parents. Your main source of information will be what your child tells you, which may not be a whole lot.

For example, Villanova does not mail grades home. Students get their grades electronically, and they may or may not volunteer to share them with you. Before a member of our faculty or staff can have an extended conversation with you about a student, we have to make sure that the student has signed a waiver giving us permission. If you are unable to reach your child, especially in emergency situations, you may call the Dean of Students Office at (610) 519-4200 or, after hours, you may call the Department of Public Safety's 24-hour emergency line at (610) 519-4444.

Specific Issues

So far, we have talked in general terms. Now, let's turn to more specific problems and offer a few words of wisdom about responses and resources.

ISSUE	WHAT TO DO?
Academic problems	Encourage your child to seek help from the professor or from support services like the Writing Center, Math Learning Resource Center or from a peer tutor through the Learners' Studio.
Alcohol and other drugs	<p>The Office of Health Promotion provides interactive presentations, the online AlcoholEdu® for College and the POWER Peer Education program, to assist students with making healthy choices regarding alcohol and other drugs. See www.villanova.edu/healthpromotion for more information on college issues and resources for students. In addition, the coordinator of Community Standards in Health Promotion will intervene with students who have had low-level alcohol violations to discuss a student's goals and to briefly discuss ways to make safe, responsible choices with alcohol.</p> <p>If your child is making risky decisions with alcohol, he or she can meet voluntarily and confidentially with a Health Promotion staff member to identify safe and responsible strategies that will reduce their risk for a variety of alcohol-related consequences. If your child is having difficulty with alcohol or other drugs, they also can meet confidentially with a psychologist in the Counseling Center to address their concerns. Please read the section titled "Talking About Alcohol" for more detailed information.</p>
Bias incident	Although Villanova promotes a community of respect, there are times when someone may be treated negatively because of their actual or perceived social identities (e.g., race or ethnicity, religion, sexual orientation, etc.). The Office of Intercultural Affairs works with other offices in Student Life to support students and to determine how to address students' concerns.
Behavioral issues, violation of alcohol policies and drug violations	The Dean of Students Office handles such issues. For violations, sanctions range from warnings and fines to probation, and suspension or expulsion from the University. The Code of Student Conduct states the rules and regulations.
Cheating and plagiarism	If students plagiarize papers or receive unauthorized help on graded projects, these issues are handled by the Office of the Provost.
Complaints about professors, courses and grades	The student should first try to work it out with the professor. If that doesn't help, the student should approach the faculty member's department chair (confidentiality will be preserved). There is a formal process for adjudicating grade disputes.
Health problems	Our 24-hour Student Health Center handles routine health issues; more serious problems are referred to nearby Bryn Mawr Hospital. See section on "Staying Healthy" for more information.
Issues about adjustment, relationships and identity	The college years are full of "growing pains." Students are encouraged to use the Counseling Center where they can confidentially discuss relationships, adjustment issues, emotional style and many other concerns.
Poor time management or study skills	Encourage your child to go to Learning Support Services, which can offer help with test taking, study skills and time management.

ISSUE	WHAT TO DO?
Questions about administration rules and regulations	The student should first approach the relevant office to resolve the situation. If no progress is made, the parent may call the appropriate office for more information.
Questions about spirituality and religion	Campus Ministry staff offers retreat programs and liturgies and meets individually with students. Many students also explore these questions in their academic classes.
Weight gain	Sometimes students who were physically active in high school do not get enough exercise in college. Students should be encouraged to join friends to start an exercise program at one of our fitness facilities or participate in the intramural program.
Weight loss	Weight loss can indicate a variety of problems, including health or emotional issues. Some college students struggle with eating disorders. Contact the Student Health Center or the Counseling Center for help. See section on “Staying Healthy” for additional information.

STAYING CONNECTED

Sending a child off to college prompts the family to form a new communication style. Here are our tips for communication in the 21st century:

- **Go digital.** Our students love email, texting, social media and other means of communication via technology. This is a great way to communicate with them and the University.
- **Check out the parents’ website at parents.villanova.edu.** This website is a tremendous resources for family and parents of Villanova students.
- **Ask open-ended questions.** Some students don’t respond well to highly specific questions (“Where were you last night?”) and may respond better to general inquiries such as, “How is your weekend going? Any exciting activities?”
- **Ask about their friends.** Friends, roommates and hallmates are very important to students, and parents might want to have a sense of who is in the life of their child. More importantly, sometimes students will talk more freely about issues in their friends’ lives than they will about issues in their own lives. The broader question, “How are the students on your floor dealing with alcohol?” might lead to a more productive discussion of alcohol than the direct question, “Do you drink?”
- **Call out relatives.** Unfortunately, college students often want to separate from parents just at the time that they are starting to deal with a new set of issues for which parents can be an important resource. Students often will talk more freely to trusted adults other than parents, especially if they feel they can expect confidentiality. So, this is a time to encourage other adults who are close to the student to keep in contact.
- **Don’t forget mail.** In this high-tech age, we sometimes forget that students like mail from home just as much as ever. Students love to get funny cartoons, clips from their local newspapers or photos from home. While you don’t have to keep up with the parent who sent their child gifts timed to arrive on the 12 days of Christmas, care packages are very much appreciated by all students. For more detailed information on mailing packages, please visit the mail services information under the “Living” section.
- **Sign up for Nova Alert.** This alert system quickly contacts you during a major crisis or emergency (or for weather-related school closings/updates) and delivers important information, notifications and updates to any or all devices you choose to register. Nova Alert is your personal connection to real-time updates—instructions on where to go, what to do or what not to do, who to contact and other important information. Registration is simple, and we encourage parents to sign up if they are interested. To receive Nova Alerts, have your child add the cell phone or email address information of interested family members by going to **MyNova**, then clicking on Novasis and updating the “Personal Information” tab.

ORIENTATION OVERVIEW

orientation.villanova.edu

Orientation for New Students: Thursday, August 19–Sunday, August 22

Villanova's Orientation program introduces students to the broad concept of what it means to be a Villanovan both in and out of the classroom. During the four-day program, students will participate in activities designed to familiarize themselves with both academic and student life, and address the different situations they may encounter as new students—what to expect living on campus, the social atmosphere and the academic challenges.

During Orientation, Academic Deans, Faculty, Student Life Administrators and sophomores, juniors and seniors meet formally and informally with new students to answer questions, address concerns, and highlight the wide variety of services and activities available at Villanova. These members of the Villanova community will serve as resources to students throughout their four years.

The Orientation staff is known for its enthusiasm, sincerity and commitment to a common goal: providing new students with the information, resources and direction they will need to begin their Villanova experience in an informed, relaxed and enjoyable fashion.

MOVE-IN DAY

Please plan to have all of your child's belongings labeled with their name, building and room assignment prior to arriving at their residence hall. Your child will unload his or her things onto the sidewalk outside the assigned residence hall and immediately move to the car. Parents will not be allowed to park their cars and leave them unattended in front of residence halls, as this causes major traffic congestion and lengthy delays.

A NOTE FOR FAMILIES OF COMMUTERS

Commuter students are expected to attend Orientation events from Thursday, August 19, through Sunday, August 22. Orientation has a fun-filled, busy schedule, and making a connection with an Orientation Counselor (OC) is a great start to being successful at Villanova. The OC will be bringing students to academic presentations and campus resource sessions throughout the four-day program and will distribute Wildcards. Please make arrangements for the student to travel to and from campus during the early mornings and late evenings of Orientation, so they can enjoy both the educational and social aspects of the program. All meals will be provided by the University during Orientation, beginning with dinner August 19, through dinner August 22, so be sure your child dines with their OC.

The first few weeks of school can be very difficult for commuters as they learn to feel comfortable on campus. Commuter students may feel left out since they don't live on campus. On the other hand, resident students envy commuters because they have cars and the independence that comes with their own transportation. The best advice we offer to commuters is to get involved. Commuter students need to make the extra effort to meet people on campus. Getting involved in campus activities is the best way to do that! We offer many co-curricular activities, including campus organizations such as Special Olympics, Campus Activities Team or Campus Ministry. Visiting the Involvement Fair in early September is a great way to get information.

If you are a parent of a commuter, we can guarantee your relationship with your child is going to change. Although they still live at home, new challenges involving issues of independence will develop. Try to take some time to speak with one another about your expectations for each other before classes start. Commuter students may choose any of the meal plans offered by Dining Services, including those specifically designed for commuters. They will be able to use these meal plans in any of the 19 on-campus locations operated by Dining Services from 7:30 a.m. until 2 a.m. daily. Complete descriptions of the meal plans and dining locations are located on the Dining Services website (villanova.edu/services/dining). Once students have made their selection, they can log on to **MyNova** to complete the meal plan contract online.

CONNECTIONS RETREAT

Connections is an opportunity for first-year students to make connections with other first-year students and Villanova's campus. It is also a chance to make connections with the things that matter through student-led discussions. Connections 2021 will be a unique opportunity for the Class of 2025 that fits with current COVID-19 guidelines. Please visit our website with additional information <https://www1.villanova.edu/villanova/mission/campusministry/Connections.html>, or email connectionsweekend@villanova.edu with questions.

“For the affection of a mind that is in harmony with another is so great that as our students are moved because we speak, so we are moved because they are learning. In this way we come to dwell in each other. Thus, they say in us what they hear from us, and in some way we learn in them what we teach them.”

St. Augustine, “Instruction of Beginners”, XII, 17

As an educational institution, Villanova cares about helping our students learn. However, as an Augustinian institution, we also recognize important learning occurs through every aspect of a student’s life. As a result, we seek to focus everything at Villanova, in one way or another, on creating or supporting student learning.

What Makes a Villanova Education Unique?

If you look at the Villanova seal, you’ll see at its center the image of a burning heart. This symbol represents who we are and what we care about. We want our students to live their four years here with passion and excitement about what they are doing. Most of all, we want their “hearts to be on fire” for their academic work, and we aim to make Villanova a place where students become engaged in their learning. After a short time on campus, our students usually begin to see how a Villanova education is different from what is offered at other institutions.

At Villanova, we strive for a special approach based on these characteristics:

- **Augustinian principle of the “Unity of Heart and Mind”:** Learning focuses on the ethical and human—not just the technical—dimensions of all subjects.
- **Communitas:** First-year residential students are housed together with other students from their first-year seminar classes. Having students live with their classmates facilitates discussion of academic issues outside of the classroom. Villanova also offers several themed Communitas courses that students may opt into on a space-available basis.
- **Humanities instruction:** All students, even those enrolled in our professional schools, receive heavy exposure to the humanities, including Augustinian themes and classical texts.
- **Smaller classes:** Very few classes consist of more than 35 students. Faculty, rather than graduate students, teach classes.
- **Student cooperation:** Students in similar fields usually know and support each other and often work in teams.
- **Teachers as mentors:** The Villanova learning environment fosters a community in which teachers relate to students on a more personal, one-on-one basis.

Making the Adjustment from High School to College

We have called this handbook *Transitions* because, for so many students, the college years mark one of the biggest transitions in life. Just about everything seems to change: friends, family relationships, philosophical assumptions, diets, expectations and, often, geographical locations. All of this happens just as young people are going through some unique developmental stages. Many of the most important decisions of a lifetime—where to live, choices for a career, spiritual identity—can present themselves during these crucial years.

One of the biggest transitions involves the change in a young person’s main occupation—learning and being a student. By the time they get to Villanova, most of our students are accustomed to being “big fish” in their high school’s “small pond.” As the students soon discover, college is very different from high school. Some of the differences are outlined in the table on the next page.

	HIGH SCHOOL	COLLEGE
Academic schedule	Students spend most of the day in classes structured by fixed schedules.	Students spend fewer hours per week in classes across different campus locations and varying time schedules.
Competition	Most Villanova students were ranked in the top 25 % of their high school classes.	By statistical necessity, half of Villanova students will be ranked in the bottom half of their class.
Exams	Exams occur weekly or at the end of each unit.	Exams occur less often and are more comprehensive. Some classes will only have one or two per semester.
Freedom	Parents and teachers guide students' choices.	Students make important decisions on their own and must learn to ask for help when they need it.
Knowledge	Learning depends mostly on recalling information.	The learning process emphasizes analysis and critical thinking.
Living	Students live at home with family and longtime friends.	Students are in different, unfamiliar locations, surrounded by new faces from all over the country and world, with family and high school friends less accessible.
Supervision	Students respond to deadlines created by teachers and parents.	Students must learn to manage their own time.
Time spent	Students spend more time in classes than studying.	Students spend more time studying than in classes (typically 15 hours of classes means at least 30 hours of studying).
Writing	Papers mostly summarize topics.	Papers require original thinking, analysis and extensive documentation.

Especially in the first year, many students are overwhelmed by adjustment issues or are too distracted by their newfound freedom to see what wonderful opportunities they have and how much they can grow from them. Some students still have a high school mentality and think of their courses as obstacles to jump over, rather than as opportunities to enhance learning. Here is where parents can help. Through your conversations and questions, parents can gently help keep the focus on academics and on building excitement about learning. Don't hesitate to ask your child to share a paper, or to tell you about the ideas that are discussed in class. You might even want to visit the department home pages for some of the courses your child is taking. Often, you will find links to faculty home-pages, listing their research interests and their publications.

Learning Outside the Classroom

In high school, students spend most of their time either in classes or working at home by themselves. College is different. Students spend much less time actually in the classroom, and much more formal learning takes place in a variety of settings. Villanova has a number of resources to help students maximize their learning. Students hear all about these resources both in New Student Orientation and in their classes, but parents also should be aware of them as well.

Here are some of the resources:

- **Professors:** Many of our classes follow a lecture/discussion format in which students have opportunities to talk about the material. Often students need extra time with their professors to clarify questions, ask for advice, or discuss ideas for papers or projects. All Villanova faculty members keep regular office hours during which students can meet with them, and professors also are available at other times by appointment. Sometimes, first-year students can be a bit shy about going to see professors, so the parents can suggest this in a tactful way.
- **Library:** Most of our students have never used a major university library and are not familiar with the incredible range of resources. To help students get acquainted, the library offers a variety of programs that expose students to the available resources. After students get the hang of it, they become much more comfortable using library tools and asking reference librarians for assistance.
- **Writing Center:** Villanova places enormous emphasis on writing. The Writing Center is a great resource for students who are working on written projects. Trained writing tutors are available either by appointment or on a drop-in basis to review drafts and suggest strategies for approaching a problem.
- **Study Skills:** Some students find that the study skills that worked for them in high school aren't adequate for their college courses. The Study Skills Counselors in Learning Support Services offer classes and individual sessions on topics like time management, test-taking and study strategies.
- **Mathematics Learning Resource Center:** Every Villanova student takes math courses, and the Math Center is a place where students can get extra help and support on math projects. Many students will use the Math Center as a place to do their math homework, so that when they get stuck, a consultant can help them out.
- **Students with Disabilities:** Students with diagnosed disabilities sometimes find they need extra support or special accommodations from professors. The Office of Learning Support Services helps students with learning disabilities and other neurologically based disorders, and those disabled by chronic illnesses. The number for Learning Support Services is (610) 519-5636, and email is learning.support.services@villanova.edu. Students with physical disabilities should contact the Office of Disability Services at (610) 519-4095 to speak with the Disabilities Coordinator.
- **The College Dean's Office:** All sorts of things come up in the life of a student, from emergencies and illnesses that require an excused absence to scheduling problems. Students can always go to the office of their college dean and speak to a staff member or an assistant or associate dean.

PLACES TO STUDY ON CAMPUS:

- Residence hall lounges
- Connelly Center
- Falvey Library
- South Campus Dining Hall
- Classrooms in the evening: Bartley, Tolentine and Center for Engineering Education and Research (CEER)

Making the Grade

One of the least favorite questions we hear among students is, “What did you get on the test?” True, grades are important; however, they are often indicative of other factors that may be impacting your child’s life.

Sometimes, students believe the goal in college is to get the highest grade for the least amount of work. This perception can arise from the pressure to do well that is imposed on themselves and from others. Students may then look for easy courses to boost their GPA. In the short term the strategy might work, and they might be able to report high grades. Ultimately, however, employers and professional schools look not only for students with good grades, but also for students who can write, speak and demonstrate mastery of their chosen subjects.

Parents can assist greatly by helping their child to focus on learning rather than grades, and to remember that a student can learn a lot more from a tough teacher who ties high grades to high expectations than from an easier teacher who poses less of a challenge. This being said, grades can indicate how your child is doing in general.

Grades are given to students online at midterm and at the end of the semester. The University does not mail grades home, so be sure to check with your child at fall break, spring break and the end of each semester to see how they are doing academically. Midterm grades, which are posted in the middle of each semester, are not calculated in the student’s GPA but indicate how an individual is progressing in the class.

ACADEMIC ADVISING AND COURSE SCHEDULING

Every undergraduate student at Villanova is enrolled in one of our four colleges: Liberal Arts and Sciences, Engineering, Business or Nursing. The student’s college is their academic home at Villanova. For most students, the registrar schedules the first semester of classes. Students can make changes after they arrive on campus and have an opportunity to meet with their adviser. By Orientation, each college assigns new students an academic adviser with whom students work to schedule classes in future semesters.

Usually, students register for spring courses in October and for fall courses in March. For second semester and beyond, students register for classes using the online system after meeting with their academic adviser to obtain a PIN number. The adviser helps the student understand degree requirements, but fulfilling the requirements is ultimately the student’s responsibility.

Some students wish to transfer from one of Villanova’s colleges to another. No one can guarantee admission to another college, and a student who transfers may need to take additional courses. In this case, some will choose to go to school in the summer in order to graduate with their class. When considering these options, students should meet with their advisers to ensure they will graduate on time.

Advising Centers

The colleges of Liberal Arts and Sciences, Business and Engineering all have advising centers that coordinate advising for their colleges. Nursing coordinates academic advising through the dean’s office. The advising centers work with students directly, but they also supervise the faculty advisers and student peer counselors in each college.

If parents have specific concerns about their child, they should call the dean’s office. For more general questions about topics, such as possible majors or the relationship between majors and careers, parents could certainly call the advising center in the appropriate college. The numbers are on the inside of the back cover.

MAJORS AND CAREERS

Some students start their first year with a major, but most students follow a more general program their first year and then pick a major within their college during their sophomore year. Students should pick a major that interests them.

Students can feel pressure in high school or early college to have an answer to the question, “What are you going to do for the rest of your life?” In reality, most first-year students won’t be able to make a sensible decision about a career until they are much farther along in their academic career.

“Liberal Arts? What Are You Going to Do with That?”

Gone are the days where a choice of major determines a single choice of a career path. For instance, an English major may enter finance, banking, health care, management training programs, law and dozens of other careers, while the graduates of our professional schools may end up in fields having nothing to do with business, nursing or engineering. As you'll see in our discussion of careers, a student needs to build a portfolio with many different assets and skills, with the choice of major contributing only one piece of a larger puzzle.

Sometimes students will decide to major in something that doesn't interest them because they believe that major will guarantee them a job on the day they graduate. When talking with your child about choosing a major, we suggest an open and honest conversation about their career goals, professional options, personal interests and academic strengths.

Encourage your child to ask questions about careers rather than to have the answers. Also, take a look at the “Finding a Career” section of this handbook.

The Center for Access, Success and Achievement

The Center for Access, Success and Achievement (CASA) seeks to enrich the undergraduate learning experience.

In CASA, we believe how students transition from high school to college will determine their future academic success. We recognize college is about navigating through many different kinds of changes: living away from home, managing new friends, dealing with challenging academic expectations, and determining future goals and the steps necessary to achieve them. CASA provides exceptional holistic support to enhance the personal and professional development of students in its retention and scholarship programs.

CASA's services begin for some before they ever reach college through our High School College Days and the Villanova Initiative for Engaging Women program. Other students are invited to join us for pre-college summer programs: STOVs, UNITAS Pre-Orientation Weekend or the Academic Advancement Program. CASA offers comprehensive integrated services to all eligible incoming students with a focus on underrepresented, Pell-eligible, first-generation students of color and scholarship students. In addition to academic tutoring, counseling and course advising, we house a number of programs to support our students: ENACT, WISE Male Mentoring, LIFT, and My Sister's KeepHER. Our ACTIVE program, stands for Advising, Counseling, Tutoring and Information to enhance the Villanova Experience. The ACTIVE Retention Program is in place to ease the transition of first- and second-year students into the Villanova community.

Reporting to the Office of the Provost, CASA accomplishes its mission through advocacy, advising, coaching, educating, programming, tutoring, networking and sustained partnerships. Students can apply to be a part of CASA by contacting us. Students accepted into our programs gain access to all of the services mentioned above. The requirements for the student are:

- attend a minimum of one professional/personal development workshop;
- attend one social outing per semester;
- meet with their assigned graduate assistant or adviser biweekly to discuss academic progress, personal-social and career-related issues; ascertain the services needed to achieve these goals; and review progress made;
- meet with an assigned tutor or tutors to improve academic performance, if recommended by faculty/staff;
- follow a personalized academic plan if GPA falls below 2.5.

In addition to meeting friends and learning valuable leadership skills by getting involved in various clubs and organizations, students have the chance to meet and interact with diverse groups of individuals. Our ultimate goal is to help all Villanovans learn to live empathetically in community with one another. We believe through our collective efforts, Villanova is a welcoming, caring, just and educationally purposeful community for everyone.

TECHNOLOGY SERVICES AND SOLUTIONS

Our mission in UNIT (University Information Technologies) involves engaging collaboratively and proactively with the university community to accelerate the University's teaching, learning, and research missions. We strive to create an optimized student experience through trusted advisement and consistent delivery of quality forward-leaning technology solutions.

UNIT provides access to and supports a wide variety of students' computing needs, ranging from wireless connectivity and software distribution to walk-up support assistance.

Student technology resources include:

- The Commons TechZone Technology area, located in Chapter Hall, featuring student-centric collaborative space, technology, and support. Falvey Library and the Law School also provide additional TechZone walk-up support for technology assistance;
- Campus Wireless Network (VUMobile) and Residential Wireless Gaming Network (VU Play), featuring a secure private wireless network in all residence halls;
- Comcast Xfinity Streaming television service;
- Villanova-branded Gmail account that includes 30 GB of storage on Google Drive;
- Blackboard Learning Management System and Blackboard Mobile;
- Villanova Microsoft Office 365 access;
- Nova Now—Villanova's Official mobile app allows you to interact with Villanova's campus providing access to campus maps, class lists, grades, dining halls, and more. Available via the App Store and Google Play;
- College-specific computer requirements including hardware requirements and software delivery;
- VPrint Student Campus Print program available to all students;
- 24/7 public computing labs, Virtual (Vdesktop) stations, VPrint locations, and charging locations located in Chapter Hall, Tolentine Hall, Falvey Library, and throughout campus. VPrint and Vdesktop stations are located at Donahue, Tolentine*, Bartley, Falvey*, CEER*, Driscoll* and St. Mary's* (*indicates a 24/7 Print Lab).

For more information on these offerings and other services, please visit villanova.edu/villanova/unit/student-services or contact UNIT's Support Desk at 610-519-7777 or support@villanova.edu.

Potential Problems

Villanova admits students who have performed well in high school and have already demonstrated the potential to perform well in college. Although many students go through a period of adjustment to college, they usually end up doing well and learning from the experience.

For one reason or another, a few students will have bigger difficulties, leading to failure in courses, academic probation, or academic integrity violations for cheating or plagiarism. Parents can watch for some initial symptoms: poor grades (and dramatic changes in grades), missing classes or not seeking help.

The Office of the Dean for the student's college will likely handle any serious academic problems. For problems outside the classroom, the initial contact should be the Dean of Students Office at (610) 519-4200 or deanofstudents@villanova.edu.

What Can Parents Do?

One of the frustrating things about being the parent of a college student is that, when things go sour, the parent cannot simply "fix" things. Students must learn to solve problems for themselves. Parents should provide support for their child but also encourage them to solve issues independently. If your child has tried to deal with the problem without success, then it may be time for you to contact us.

We discourage parents from calling faculty members directly because federal law prohibits faculty members from talking about students' work unless certain release forms have been signed. If you believe parental intervention is necessary, please call the academic dean's office.

ACADEMIC TERMS

Academic Integrity	Academic integrity refers to doing work honestly, as opposed to cheating, plagiarizing, falsifying data or seeking unauthorized help. For more information, go to provost.villanova.edu .
Catalog	The catalog spells out the fundamental academic contract between the student and the University, and also describes the various programs and courses. It is available at catalog.villanova.edu .
College and Dean	Each Villanova student is in one of four undergraduate colleges—Liberal Arts and Sciences, Business, Engineering or Nursing. Each college is directed by a dean, and the college determines the academic requirements and policies for students in that college.
Concentration	A concentration is usually in an interdisciplinary program of study that includes courses in several different departments.
Department, Department Chair	Every faculty member at Villanova is in a department (Physics, Chemical Engineering, Finance, etc.), and the department chair supervises those faculty members and the students who are majoring in that department. Students who have a problem or concern should first speak to the faculty member, then the chair. Parents with questions should go to the dean or to the chair, not to the faculty member.
Major and Minor	Most departments at Villanova offer a major that consists of a program of studies in that discipline. Most departments also offer a minor, which usually consists of five or six classes.
MyNova	Students log in to this secure area to register for courses and get their grades, but parents can also visit the site to view all sorts of non-secure information. Go to Villanova’s main website villanova.edu , and click on MyNova.
Registrar	This office coordinates student records and transcripts. They also provide verifications to show that your child is a full-time student, which you may need for your health insurance provider.
Syllabus	Each course has a syllabus, usually handed out during the first class of the semester, which provides the basic expectations between the professor and the student regarding grades, assignments, required books and course goals.

“This is what we love in our friends: to talk and laugh together, to do favors for one another, to read pleasant books together, to joke and to be serious with each other, to disagree but without bitterness, as a person might disagree with himself, to have most conversations without any disagreement, to teach one another or to learn from one another, to long for those who are absent with impatience, to welcome those who come with joy.”

St. Augustine, Confessions, IV, 8–9

When we think about college life, we often think of things like classes, labs, the library, friendships, social events, job interviews, graduation and a host of other activities. In the long run, of course, these are what college is all about. But for resident first-year students and their parents, the first thing they encounter is a bare room with institutional-looking beds, dressers and desks, along with one or two roommates who are initially complete strangers. This space will become home, but it does not happen immediately. In those crucial first days of college, nothing feels more important than making the transition to this new living arrangement.

For most students, living at school is a great experience and students flourish with the opportunities and challenges they find on campus. This really is the first time they are living on their own, with peers rather than with their parents. Most students are ready for this kind of living and they thrive on it. As parents, you'll hear not only about roommate(s) but also about other friendships and activities that develop quickly. Students form a close community as they support each other and learn together.

Living together is also a very intense experience with some emotional ups and downs. When there are problems, parents often hear about them. Please don't panic and assume your child will have a hard time. Remember that working out issues in residence living forms part of the learning experience.

THE ROOM

Later this summer, you'll receive instructions about move in, so let's go right to that moment when you and your child open the door to home for the next year and meet the new roommate(s). For parents, seeing the student's college room can set off several different associations. For some parents, the whole scene evokes nostalgic memories of "good old college days." Other parents may have forgotten or not realized how small college rooms are. This usually does not concern the student as much. Students worry most about sharing a room for the first time with a complete stranger.

Residence Hall Facts

- The Villanova housing system consists of 32 buildings
- 18 traditional residence halls
- 14 apartment/suite style buildings reserved for sophomores, juniors and seniors.
- Villanova University houses approximately 5,500 undergraduate students on campus.
- First-year students may be housed in halls on all three areas of campus—Main, South and West.
- Residence halls range in size from 30 to 540 residents. Rooms also vary in size and configuration.
- For residence hall descriptions, floor plans, pictures and room rates, visit our website: reslife.villanova.edu.
- The University is moving toward replacing standard-size twin mattresses with extra-long mattresses. Residence Life will post on its website, which buildings have standard twin versus extra-long mattresses. If your student is 6'2", or taller and their building is equipped with standard twin mattresses, your student can request an extra-long mattress when they submit their housing contract/application.

THE ROOMMATE

New residents are assigned to halls and roommates based on gender, date of housing contract, enrollment in designated Communitas sections, and, when possible, preferences specified in a questionnaire that accompanies the housing contract. Students—not parents—should complete this questionnaire.

Room assignments will be posted online in late July and contain:

- Room and building assignment
- Roommate's name, address, telephone number and email

Roommates are encouraged to contact one another prior to arrival so they can “break the ice” and share information about items each intends to bring.

THE RESIDENT ASSISTANT

The Resident Assistant (RA) plays an important role in the life of a resident student. The RA is an upper-level student who lives in the building to supervise and coordinate the daily functions of residential living. We choose our RAs through a comprehensive selection process and provide them with extensive training. The RA serves as friend, adviser and problem-solver, and generally acts as the University's front-line representative on everything from maintenance issues to health and safety. The RA is also responsible for enforcing the Code of Student Conduct and promoting healthy behavior in the residence hall.

RAs are trained to help residents solve problems and know when to refer students to professional staff members for more complex issues. You will meet the RAs when you are on campus for move in. While they are happy to answer any questions you might have, if you find that your child is experiencing problems after classes have begun, you should contact the Office for Residence Life for assistance, rather than calling your child's RA. This will ensure that a member of the professional staff can coordinate an appropriate response to your concern.

Residence Hall Policies and Procedures

The Student Handbook is a comprehensive resource for all Villanova students. It provides, among other things, a complete overview of the Code of Student Conduct and Residence Hall Policies and Procedures. No student should come to campus without first reviewing the Student Handbook!

Students are responsible for complying with all of the provisions in the Code of Conduct and all Residence Life policies.

What If There Is a Problem with a Roommate?

Adjusting to a new roommate is a big transition that can bring challenges as well as joys. Even the best of roommates have to work through some issues to reach a compatible living relationship. Most students have always had their own rooms at home and sharing can be a bit intimidating. A few roommates become best friends, but more often they simply become good acquaintances who learn how to live together effectively while they pursue close friendships outside the confines of their room. As with most relationships, getting to this point requires respect, civility, compromise, patience and communication to get beyond the inevitable differences that arise when people share common living spaces.

The most common roommate problems stem from differences in lifestyle, personal habits, and lack of communication regarding living expectations: one roommate sleeps lightly, while the other prefers noise; one prefers to study in the room, while the other wants the room to be a social gathering place.

Living in close quarters with limited privacy is an adjustment. As parents, you may hear things like, “My roommate is such a slob!” “My roommate makes so much noise in the morning, I can't take it!” “My roommate has guests in the room all of the time, and I can't get anything done or get to sleep.”

Don't assume the roommate is always the “bad guy.” There are two sides to every story! Students may feel apprehensive about confronting roommates or hallmates since many of them are still trying to make friends. As a result, they may avoid facing the problem. When the student calls home with roommate complaints, encourage them to discuss these issues with their roommate. Often, encouraging your child to clarify personal expectation and to agree on compromises can solve the problems.

If roommates have difficulties working the issue out, the RA can assist with making adjustments to the Roommate Living Agreement that is completed during the first few weeks of being on campus. This can help clarify expectations and establish compromises and is a helpful step in mediating conflicts.

Sometimes roommates really do have more serious problems that cannot be resolved through mediation. If that occurs, your child may ask the RA to help them complete and submit a “room change request” to the Office for Residence Life. Room changes are contingent on vacancies being available in the buildings where your child might be willing to move and may not be immediately available. Alternately, there may be other students in the same building willing to switch roommates. This is acceptable, provided all students involved are agreeable to a switch and are willing to formally sign off on the new arrangement with the Office for Residence Life. The RA can also be helpful in this regard.

If both roommates have made friends in the hall, do not want to move out of the building and cannot arrange for a roommate switch, often each will feel the other is more at fault for any conflicts between them and should be the one required to move out of the room. Parents should know that when such conflicts arise, Residence Life does not designate which roommate should be moved. Rather, the staff counsels each roommate to consider the relative value of the current room assignment in light of their academic, social and emotional priorities, and encourages them to consider the negative trade-offs they may be making by not being willing to relocate. We encourage parents to ask their child to do the same.

Our best advice to parents when it comes to helping their child manage a roommate conflict is to keep in mind that these situations are often powerful learning experiences. Frequently, first-year students need guidance, encouragement and support to manage the conflict. Your first inclination may be to call the University and try to solve the problem. However, we encourage parents to allow the students to solve these problems themselves. Solving these problems can be facilitated with the assistance of the RA or the Residence Life professional staff.

COMMON ROOMMATE CHALLENGES:	POSSIBLE RESPONSE:
Borrowing without permission	Advise your child to set guidelines with their roommate in the beginning of the year. Keep the lines of communication open.
Cultural differences	Many students carry stereotypes about people from different backgrounds. Living with and around people who are different from them for the first time can be challenging. Suggest that your child practice tolerance and understanding toward people’s differences. Encourage them to base opinions about a person on merits and not cultural background.
Differences in study habits	Both roommates are entitled to be in the room at any given time. When roommates have different study habits, communication is necessary for students to make reasonable sacrifices. For example, if a roommate is on the phone, one roommate may compromise and go to the study lounge.
Guests that overstay their welcome	Visitation policies are in place to protect the needs of students. Students should be honest with their roommates when they feel uncomfortable about how much time guests are spending in the room. In the beginning of the year, students develop roommate living agreements. This is a good time to review expectations. If the problem persists, the student should consult the RA.
Having friends over all the time	Roommates should be considerate of one another when having friends over. As a rule, students should check first before inviting guests over.
Noisy neighbors	Each residence hall has quiet hours and noise restrictions. Encourage your child to speak with their neighbors or seek assistance through the RA.

What If There Is a Facilities Concern with the Room?

Residence Life and Facilities Management are happy to assist in resolving any concerns you have regarding your child's room upon your arrival to campus. Should you encounter a problem requiring immediate assistance during check-in, please report the concern directly to the RA. The RA will contact the Office for Residence Life in an effort to expedite your request. At the initial floor meeting held during the first week of school, the RA will introduce the students to the online maintenance request system, where students can file and follow up on their own facilities-related requests.

What If My Child Is Homesick?

During the first few weeks of school, homesickness is very common. Some students may call and beg their parents to pick them up to come home for the weekend. As students adjust to college, many miss their family, friends and significant others. Parents wonder whether it is best to encourage or discourage their child to return home for weekends. It is important for students to begin forming relationships with their peers on campus, and, if the student is leaving every weekend, the adjustment can be even more difficult. However, if you insist they **MUST** stay at school, you run the risk of escalating their distress.

There is no universal answer. We recommend having a conversation about the pros and cons of visits home, and staying flexible to respond to the student's wishes, which often provides relief that enables them to tolerate the adjustment process. It's helpful to remind your child that most students **DO** adjust to being away from home, and regardless of how it may appear, many students are finding the transition difficult.

Family Weekend is usually scheduled for late September, and fall break occurs in mid-October. While the coronavirus pandemic has altered these events over the past year, we hope to continue these traditions in the near future. In the interim, encourage your child to get involved in campus life by volunteering for a service project or joining a student organization that focuses on their personal interest; this is a great way to meet others and make new friends. By the time holiday break ends, students are usually excited to return to Villanova.

COMMUNITAS LEARNING COMMUNITIES

Communitas is an innovative educational environment that integrates the academic, co-curricular and communal aspects of the first year of college. About one-third of the first-year class participates in Communitas, which includes living in a designated residence hall and taking the freshman humanities seminar class (required of all freshmen) with their hall mates.

The specific communities are based on a particular theme, which is explored in the one-credit discussion-based class taught in the hall.

Communitas Themes:

- Art and Culture
- Faith and Reason
- Science, Inquiry, and Self
- Caritas: Service Learning
- Global Perspectives
- Social Justice and Inclusivity
- Creative Writing
- Healthy Living
- Environmental Leadership
- Leadership

Space is limited, so encourage your child to apply when completing the housing contract! For more information, go to villanova.edu/communitas.

Cars on Campus

First- and second-year resident students are not permitted to have cars on campus. A number of activities are planned on campus throughout the weekend for students. In addition, students can hop on the local train to get to the surrounding community or Philadelphia.

The Department of Public Safety also provides on- and off-campus shuttles to many local areas and places of interest. For more shuttle service information, check the Parking and Transportation website at villanova.edu/villanova/parking/transpoptoptions.

PARENTS, PLEASE EXPERIENCE A DINING HALL MEAL WHEN VISITING CAMPUS.

Entrance to our All-You-Care-to-Eat locations are FREE for parents (and siblings under 12 years of age) of meal plan participants. Meal plan participants must be present to enjoy this discount. Please visit the Dining Services website for additional information.

Meal Plans

Villanova Dining Services offers two meal plans for first-year students residing on campus. Students are able to use these meal plans in any of the 19 on-campus locations operated by Dining Services from 7 a.m. until 1:30 a.m., Monday through Friday, and 8 a.m. until 1:30 a.m. over the weekends.

First-year students living on campus are required to select their meal plan online through the Housing webpage beginning in May. Complete descriptions of the meal plans and dining locations are located on the Dining Services website. First-year students living on campus who do not make a selection by Sunday, June 28, will be automatically enrolled in the Anytime 7-Day Meal Plan.

If you have a question regarding Dining Services or the meal plans at Villanova, please visit the Dining Services website, or contact the Meal Plan Office at (610) 519-4170 or diningservices@villanova.edu. *Have a food allergy or food intolerance?* Contact our Meal Plan Office to speak with our registered dietitian.

Housing During University Breaks

Residence Life will make every effort to accommodate students who cannot leave campus during break periods. Students who need to stay on campus must register with Residence Life in advance and are expected to respect all University policies, and the terms of the housing contract remain in effect. Depending on the length of the break period and the demand for housing, students may either be permitted to remain in their own room, or asked to consolidate into another building for reasons of safety and security. During break periods, meal plans are not active and there are limited dining options (during the winter break there are no on-campus dining options).

Mail Services

All student mail and packages are delivered to one of three mail centers on campus and students are required to pick up in their respective mail center. Students will get an email notification sent to their Villanova email account when packages or mail are available to pick up.

Resident students will be assigned a four-digit “virtual” mailbox number that remains the same for as long as they reside on campus. The box assignment number will be sent out in late July, and once you have your box assignment, you’ll be able to send packages to campus. Please do not ship anything to campus unless your child has received their box assignment. Don’t forget to include the box number on shipments sent to campus. Additionally, please do not ship anything to campus before July 25, 2021.

Addressing Mail and Packages to Campus

Correct addressing of packages and mail will assure prompt delivery, so it is important to use the address that corresponds to your child’s housing assignment.

If your child lives on Main campus, use the following address format:

Will D. Cat
VU Box XXXX
800 E. Lancaster Ave.
Villanova, PA 19085

If your child lives on West campus or St. Mary’s, use the following address format:

Will D. Cat
VU Box XXXX
250 N. Spring Mill Road
Villanova, PA 19085

If your child lives in The Commons or South campus, use the following address format:

Will D. Cat
VU Box XXXX
862 E. Lancaster Ave.
Villanova, PA 19085

We make every effort to make packages available for pick-up on the day they arrive to campus. However, unexpected circumstances beyond the University’s control may affect this ability.

For more information, please visit our website at villanova.edu/villanova/services/mail.

Telecommunications, TV and Technology

Each residence hall room has wireless access connecting students to the University systems and the internet. This service is included in the room charge for each student.

There is no University-provided dial tone in any residence hall room and most students come to campus with cell phones. Every residence hall floor has an emergency phone, which can be used to place on-campus calls.

Cable TV is available on South, Main and West campus residence halls. The Commons residence halls have Xfinity streaming services only. Providing more than 100 channels, students can watch by connecting their TVs directly to the coaxial cable jack in their rooms or stream Xfinity TV directly to their laptops via wireless access. The cost of this service is included in the room charge. Students must provide their own coaxial cable cord, which can be obtained at any electronics store, the Villanova Bookstore or online retailer.

Your TV must be able to accept a coaxial cable input and be equipped with a QAM digital tuner. Most major brand flat-screen TVs manufactured after 2006 come equipped with a QAM digital tuner. QAM is used to receive digital channels without the use of a cable box. If your TV isn't supported, you may choose to purchase a set-top QAM tuner, replace your TV, or elect to exclusively use Xfinity on campus via your computer.

PERSONAL SAFETY

In survey after survey, Villanova students have reported considerable satisfaction with their sense of personal safety at the University. While this is certainly good news, it also means that students can easily become complacent about taking basic precautions to ensure they and their belongings remain safe. For example, students should lock their room doors when leaving (even if only for a minute), refuse to share their Wildcard, and refrain from propping open residence hall doors to bypass the card-access system. Outside of their hall, students should never walk away and leave personal items like book bags, laptops or purses unattended in public areas like cafeterias, the library, lounges and laundry rooms.

Students concerned about walking through the campus late at night should consider using the evening shuttle service, which operates from 6 p.m. through 1:30 a.m., Monday through Friday. The University's Department of Public Safety also operates a campus escort service when classes are in session.

For additional information about safety and security, parents are encouraged to visit the Department of Public Safety's website at publicsafety.villanova.edu.

Fire Safety

The University places great importance on fire safety, especially in residence halls. The Office for Residence Life's goals for fire safety procedures include prevention, education, early warning, rapid response and fire containment. In terms of education, students receive fire safety information, including procedures and policies, when they arrive on campus. The RAs review this information with students at the first floor meeting.

In addition, Fire and Health Safety inspections are conducted for every residence hall room three times a year. Candles are a fire hazard and must be left at home. Students who violate fire safety policies are subject to fines. The University conducts unannounced fire drills throughout the year.

For specific information about fire safety enforcement, equipment and procedures, check the Residence Life website at reslife.villanova.edu.

Insurance for Personal Property

The University's property insurance only covers property that is owned by the University. The University assumes no legal obligation to pay for loss or damage to items of students' personal property occurring on campus or in its buildings or storage areas. As a result, it is highly recommended students insure their own personal property via their parents' homeowners insurance or a renters/tenants insurance policy. It is important for parents to confirm with their homeowners insurance carrier students' property (including computers and other electronics) will be fully covered for loss while housed outside of the family dwelling.

GROWING IN SPIRITUALITY

In discussing spirituality during the college years, it may be helpful to begin by talking about an individual—in this case, a young man named Gus. His mother was a devout Catholic, but his father was more concerned with worldly matters. Both parents, however, had ambitions for their son. The boy really had the “gift of gab,” and his parents saw a brilliant career for him in a field like public relations or communications. Leaving home was a big transition for him; once he left the family home, he went a bit wild for a while and perhaps went to more parties than he should have. He got very involved with a young woman who was a nice person, but not the kind of girl his parents had in mind for him.

The most striking thing about Gus, however, was that he wrestled with what we call spiritual questions. He was attracted to the Catholicism that was so important to his mother, but he could not accept it because he couldn’t understand how an all-powerful and loving God could allow the existence of suffering and evil in the world. Gus also struggled deeply with questions of self-identity and purpose in his own life. He tried to understand how his ambitions (and his parents’ ambitions for him) related to his own values. He also was attracted to the power and beauty of one of the Eastern religions, but ultimately, he did not find his answers there either. Today, we know Gus by his more formal name, St. Augustine. He did, in fact, eventually convert to Catholicism in 386 A.D. Villanova students read St. Augustine’s Confessions in their Augustine and Culture Seminar (ACS) each year. They discuss his enormous influence on Christianity, both Catholic and Protestant, in their Theology classes.

At Villanova, we are particularly interested in Augustine’s life and work because the Augustinian Order founded our University. The Augustinian tradition and the many Augustinians and Augustine scholars on campus continue to hold a deep influence.

In this section, we’ll focus on the struggles a young person, like Augustine, faces when trying to answer the basic questions of God, meaning and purpose in life, freedom, evil and values. As students work through these questions, some continue in the religious practice they grew up with, while others search for new answers. In high school, they may have attended religious services because their parents expected them to do so, but in college they will make their own decisions about their religious practices and beliefs.

At Villanova, we think this process is extremely important and valuable. Instead of dismissing these questions as youthful distractions, we encourage them, nurture them and try to create an environment where students take these questions seriously.

FIRST-YEAR OPPORTUNITIES

CONNECTIONS RETREAT

Connections is an opportunity for first-year students to make connections with other first-year students and with Villanova’s campus. It is also a chance to make connections with the things that matter through student-led discussions.

ESCAPE RETREAT

Offered twice a year, the Escape Retreat gives first-year students the opportunity to reflect on their Villanova experiences together on a weekend getaway led by upper-level students.

CARITAS RETREAT

Caritas is a music ministry experience that welcomes incoming Villanova students. The Caritas Retreat seeks to develop the spirit and skills of the Villanova Pastoral Musicians, prepare repertoire to be offered at Orientation events, and enhance camaraderie among new and returning Pastoral Musicians.

We Search Together

As a Catholic, Augustinian university, we are committed to the full development of all people: intellectual, physical, emotional, and spiritual. This commitment insists on critical thinking but also the courage to plumb our interior lives. At Villanova, we believe that everyone has a spiritual dimension, which we seek to nourish in all members of our community. We also encourage everyone to participate in the exploration of his or her own spiritual development. We welcome all faith traditions; indeed, the diversity and collaboration of individuals from many traditions are part of what makes Villanova such a vibrant spiritual community. The Interfaith Human Library and other events throughout the year celebrate diverse religions on campus, educating and informing the University community about various religious traditions and faith opportunities open to all.

CAMPUS MINISTRY

The professional staff of Campus Ministry welcomes and encourages all students to engage in the search for meaning and purpose—through prayer and liturgy, as well as education, community and service. Programs are available for people of all faiths and for those who do not identify with any faith tradition. Campus Ministry provides spaces for students, individually and in community, to explore the intersection of personal beliefs, spirituality, justice and the world around them. In addition, Campus Ministers provide pastoral care and counsel, including helping students deal with value conflicts, grief, spiritual discernment, and many other issues connected with faith and life.

Campus Ministry is inspired by the Augustinian values of truth, unity and love, and models its programs after St. Thomas of Villanova, who dedicated his life to serving those who were impoverished. We seek to cultivate leaders who share a keen awareness of the issues that affect the marginalized in our society, so that they leave Villanova with a desire to pursue justice and embody compassion in working for the common good. We invite you to visit the Campus Ministry campusministry.villanova.edu.

WE PRAY TOGETHER

St. Augustine urged his followers to search for God together: one in mind and heart. In that same spirit, we offer opportunities to students of all backgrounds for shared prayer and spiritual enrichment.

The Sunday evening Masses in the campus Church of St. Thomas of Villanova are living witnesses of the heart of Catholic worship at Villanova University. Our Saturday vigil Mass is celebrated in Spanish. Students participate in the Masses as ministers of Hospitality, ministers of the Eucharist, ministers of the Word, Pastoral Musicians and active members of the congregation. Campus Ministry staff prepare the ministers by offering education and training on the theology of the sacraments and of the ministries they perform.

The Augustinians who preside and preach at the Masses are Villanova faculty or administrators who students will recognize from other areas of campus life. There are also two daily Masses during the week to allow members of our University community to participate. Along with the Mass schedule, the celebration of the Sacrament of Reconciliation is offered in the campus church twice a week and also by appointments made in Campus Ministry.

While the Catholic liturgies are popular on campus, other forms of worship are available both on- and off- campus. Common Ground is a nondenominational Protestant worship service held Sunday evenings. This gathering for Christians of diverse backgrounds offers a welcoming community in which to sing, pray and deepen faith and friendships. Campus Ministry staff members also work in partnership with student groups to provide for the worship needs of all students, whether on campus or in the surrounding area. This includes providing meeting spaces on campus for worship experiences, such as Muslim Jummah prayer, or assisting with other arrangements for students' participation in area congregations. A number of groups for Christian students of diverse backgrounds, as well as specifically Catholic student groups, offer weekly opportunities for Bible study, prayer, discussion and fellowship. Campus Ministry is pursuing the creation of a multifaith prayer space where diverse groups can practice their faiths and engage with one another in a welcoming environment.

In addition to formal worship services, opportunities abound for students to develop as whole persons as they explore questions of meaning and purpose in their lives. A broad cross-section of Villanova students participates in groups and activities focused on spiritual reflection, faith-sharing, community building and discernment. One example is the "Time Out" group for student-athletes. The Rite of Christian Initiation for Adults is offered for students who would like to discern entering into the Catholic Church or who have some sacraments (often Confirmation) that they have yet to complete. Campus Ministers also support students' spiritual

growth and development through individual pastoral care and spiritual direction, and through practices such as Centering Prayer and Mindfulness Meditation.

A vibrant retreat ministry offers students numerous opportunities both on- and off-campus for deepening their spiritual growth. Weekend programs in relaxed settings at the shore, in the mountains or in other scenic areas give students the opportunity to step back from their regular routines, foster new friendships and reflect on their spiritual values. Some retreats are built around activities, such as hiking, camping and canoeing, while others, like the Search retreat, invite students into deeper reflection on the challenges of everyday life in light of personal faith commitments. Shorter opportunities on campus include the “Retreat in Everyday Life,” which combines spiritual direction with personal prayer. The Connections retreat for incoming students, the popular “First-Year Escape” weekends and an annual Senior Retreat address the particular needs of students at these important times of transition.

WE LEARN TOGETHER

As an Augustinian university, we affirm the importance of learning that engages the whole person in relationship with others and the world community.

Campus Ministry staff members work collaboratively with Hillel, the Muslim Student Association and other student groups, as they provide programs that educate and support the spiritual growth of students of all faith backgrounds.

In addition, Campus Ministry partners with the student-led Interfaith Coalition to provide interfaith dialogue experiences and events that enable students of diverse religious traditions to know and learn from one another.

Justice education ministries, such as the Catholic Relief Services Ambassadors Program, Hunger and Homelessness Awareness Week; Act Speak Build; and Advocacy Week educate students about social issues and contextualize this knowledge within the social teachings and ethics of the Catholic faith. The Center for Peace and Justice Education works closely with Campus Ministry, offering academic courses that address the social issues students encounter in their community work. This integration of the work for justice with academics leads to a deeper understanding of how to address the world’s problems.

Learning, spiritual exploration and community-building also happen in the residence halls supported by our residence hall ministers: Campus Ministry Interns (CMIs) and Peer Ministers. CMIs are young professionals and graduate students who live with first-year students in the residence halls while earning a master’s degree in Ministry and Theology. The CMIs offer pastoral support to first-year students and coordinate many important opportunities that help them adjust to college life and encourage them on their developmental journeys. Peer Ministers are undergraduate students who seek to support their neighbors and classmates through collaborative programming and a spirit of accompaniment. A common example is a weekly Get Real small group or Faith-Sharing Community, which provide a trusted space for honest conversation about the everyday challenges of student life: identity, relationships, decision-making and vocational discernment.

WE SERVE TOGETHER

Seeking to embody the Gospel call and inspired by Catholic Social Teaching, we engage students in service, advocacy and justice education.

St. Thomas of Villanova, the patron saint of the University, dedicated his life to working with the impoverished and most vulnerable people in his city. Following St. Thomas’ example, the work of service and justice are central to the mission of Villanova. Recognizing that “to know God is to do justice” (Jeremiah 22: 15–16), the University works with a wide array of community partners through local, national and international organizations, so that students might easily engage in service and advocacy work. More than 300 students per week work at local soup kitchens, homeless shelters, afterschool programs, English as a Second Language (ESL) tutoring programs and nursing homes throughout the year.

Each year, during fall and spring breaks, nearly 300 students travel to work in solidarity with communities locally, nationally and internationally. While the work students do on these Service and Justice Experiences (SJE) is important, equally important is the reflection and education about poverty, housing, immigration, and other social issues that occur as part of this week. Like the local service projects, these SJE often have a transformative impact on students’ lives. Many students are moved by their experiences to make a commitment to work on social problems through their career choices—whether that be through social work, education, medicine, engineering or business.

Villanova is one of the nation's leading universities in the number of students who go on to commit to a year of service after graduation through programs like Augustinian Volunteers and the Jesuit Volunteer Corps. Villanova aims to send forth graduates who see poverty as something to which they must respond—and who have the skills to ignite social change to address it effectively. Through academic and experiential education, Campus Ministry hopes these students will follow St. Thomas of Villanova and go on to make a positive impact for the common good, particularly in the lives of the impoverished and marginalized people in their communities.

Local Service Opportunities include weekly service with:

- English as a Second Language tutoring programs
- Tutoring and mentoring programs
- Soup kitchens and family shelters
- Nursing homes and community centers
- Habitat for Humanity
- RUIBAL first-year only service program

Some of the Service and Justice Experience community partners are:

- Bethel AME Church Victory Gardens, Ardmore, Pa.
- Bethlehem Farm, Alderson, W. Va.
- Community Learning Network, Santa Fe, N.M.
- Habitat for Humanity (various locations in the U.S.)
- GRID Alternatives, Los Angeles, Calif.
- Salal + Cedar, Coast Salish Territory/Vancouver, B.C., Canada
- Via International, San Diego, Calif., and Tijuana, Mexico

EXPLORING

When you look at Villanova's mission statement, you will see it stresses the development of the total person: intellectually, emotionally, spiritually, culturally, socially and physically.

It's important to note that intellectual development is first on the list, as it should be, but it isn't the only thing on the list. This broad view reflects our Augustinian focus on both heart and mind, on both individual and community. It also reflects common sense. Research tells us that in order to succeed in college, students need a range of activities both in and out of the classroom. With this in mind, Villanova provides many opportunities for students to get involved in co-curricular activities, all of which enrich campus life and their own development.

In this section, you'll learn about the various types of clubs and activities at Villanova; a little about what's happening on- and off-campus; and some ways that you, as a family member, can assist in the transition from high school to college by encouraging your child to get involved at Villanova.

The Transition from “Big Fish”

One adjustment for new students is learning to start over. Many of our new students were very involved leaders in high school. They were the class officers, captains of their sports teams and active participants in their local communities. Now, people surround them who were just as involved as they were!

Starting over can intimidate many students. It won't always be so difficult, but new students need to be patient. They should be prepared to have some setbacks before they can succeed as they did in high school. Sometimes, the fact that there are so many different organizations to join can be overwhelming. At the beginning of each semester, students are invited to an Involvement Fair, where they have the chance to meet with sophomores, juniors and seniors to find out more information about specific clubs and organizations.

Sometimes, students hesitate to go to a meeting where they won't know anyone, but parents can gently encourage them. Getting involved with student activities is a great way to meet other people, to learn valuable leadership and communication skills, and to gain opportunities for personal growth and development.

Many students at Villanova are natural-born “joiners.” Sometimes, they sign up for a number of clubs without realizing how busy schoolwork will keep them. Often, our most academically successful student leaders are also heavily involved in student activities. However, students sometimes lose their focus and have trouble balancing schoolwork and co-curricular activities. When grades, health and sleep start to suffer, it may be time for the parent to suggest a modest divestiture of activities.

CLUBS, ORGANIZATIONS AND VOLUNTEER PROGRAMS

To foster the goal of developing the total person, Villanova offers more than 250 student clubs and organizations. These include the Campus Activities Team, Office of Intercultural Affairs Ambassadors, Special Olympics, the Student Government Association, academic organizations, sports and recreational organizations, service organizations, culture and identity organizations, honor societies, political organizations, professional societies, media organizations, Peace and Justice organizations, Campus Ministry organizations, Rays of Sunshine (weekly service) and Music Activities.

The list seems endless, but there is something for everyone! Being active in the community outside of the classroom gives students the opportunity to learn valuable communication, time-management and leadership skills. Participating in co-curricular activities helps to build a great résumé. If students have specific questions about how to get involved, they should visit the Office of Student Involvement in 102 Dougherty Hall, call (610) 519-4211, or email studentinvolvement@villanova.edu.

“When we show someone for the first time imposing and beautiful sights in the city or the countryside, which we who see them all the time pass over without taking any pleasure in them, isn't our own sense of delight frequently awakened again by their delight in what is new to them?”

St. Augustine, “Instruction of Beginners”, XII, 17

THE OFFICE OF INTERCULTURAL AFFAIRS

The Office of Intercultural Affairs (OIA) focuses on improving the experiences of all students on campus, with an emphasis on students from underrepresented groups, by addressing bias and insensitivity. OIA works with other offices, such as the Dean of Students and Residence Life, to provide consultation for any reported incidents with an emphasis on generating corrective actions, support and opportunities for learning for students.

OIA works with the student organization, Association for Change and Transformation (ACT), to support the performance of the Diversity Skit, which occurs during New Student Orientation, and to facilitate difficult discussions about differences relative to race, ethnicity, religion, sexual orientation, ability status and political affiliation. OIA specifically supports underrepresented student groups on campus with the goal of improving connectedness within and across groups. OIA is working with the Student Government Association to support a committee to address issues of diversity and inclusion on campus. Students on the committee will be instrumental in providing input from underrepresented student groups with the goal of improving the experiences of these students on campus.

OIA also oversees the Martin Luther King Jr. Day of Service (MLK DOS) that occurs annually on MLK Day and the MLK DOS committee that is composed of undergraduate students who plan all aspects of the day. OIA holds welcome events for multicultural families during Orientation and Family Weekend.

OIA supports many identity groups through programming and advises a number of identity-based student organizations. One of these organizations is Campus Connects, a student-led mentoring program that matches new students with upper-level students based on identity (e.g., by race, ethnicity, religion, sexual orientation, etc.) in order to support new students as they adjust to campus life.

Students and parents are welcome to contact OIA about any concerns they might have. For more information about the office and its programming, please visit our website, call (610) 519-6633, or email interculturalaffairs@villanova.edu.

OFFICE OF FRATERNITY AND SORORITY LIFE

Villanova has eight Inter-fraternal, eight multicultural and eight Panhellenic groups that compose what we call the Fraternity and Sorority community. Approximately 30% of the undergraduate population belongs to these organizations. At Villanova, we do not have fraternity or sorority houses. Members of fraternities and sororities live in the residence halls with other students.

Most students get involved in Fraternity and Sorority Life because it provides them with opportunities for leadership, service, improved scholastic resources and friendships that will last decades beyond college. Members of our fraternities and sororities are educated about the dangers of alcohol/drug abuse, as well as hazing. At Villanova, hazing in any form is strictly prohibited.

If your student is interested in joining one of the fraternal organizations on campus, they will need to participate in a recruitment process. Recruitment is the selection process for new members and occurs during the beginning of the spring semester for freshman students. Students must have a minimum GPA in order to participate. Fraternity and Sorority Life may not be for everyone, but it can be one way for students to meet new people. Getting involved in the fraternity and sorority community is a positive experience that expands a Villanova student's horizons and enables him or her to be involved in many facets of the University. If your child wants to learn more about getting involved, please encourage him or her to email OFSL@villanova.edu.

Understanding and Reporting Hazing

At Villanova University, we believe students should not experience harm or intimidation while pursuing involvement in campus life. If your student discloses a hazing incident they experienced, or you suspect hazing has occurred, please discuss the importance of sharing this information with the University with your student.

Reporting hazing is not about getting students or their friends in trouble. It is about keeping students and the people they care about safe.

Please visit villanova.edu/studentlife/hazing for resources and reporting information.

Athletics, Club and Intramural Sports

The Athletic Department offers a number of competitive athletic activities for all students. These include intercollegiate teams, club and intramural programs. While many students were actively involved in high school sports, most do not play competitively for Villanova. However, a large number of students take advantage of intramural sports the Athletic Department offers. Intramural sports include sand and indoor volleyball, indoor and outdoor soccer, flag football, dodgeball, basketball, softball, tennis, handball, ultimate frisbee and kickball. Additionally, there are over 30 club sports for students to choose from:

Badminton	Judo	Ski & Snowboard Racing
Baseball	Lacrosse (men's and women's)	Soccer (men's and women's)
Basketball (men's and women's)	Roller Hockey	Swimming
Curling	Rowing	Taekwondo
Equestrian (English and Western)	Rugby	Tennis
Field Hockey	Running	Ultimate (men's and women's)
Golf	Sailing	Volleyball (men's and women's)
Ice Hockey (men's and women's)	Water Polo	

Students can sign up with friends or hallmates. Club and intramural sports are another great way to meet people and stay active!

SO, WHAT DO STUDENTS DO ON THE WEEKENDS?

Students arrive on campus ready to go! They can't wait to experience their new-found freedom and independence. College is going to be fantastic—tons of new people, venturing into the city; the possibilities are endless! Yet, students are responsible for their free time, and they will need to decide how they want to fill this time. Early in the first year, some feel homesick or lonely, so free time can feel scary.

The University offers a number of activities on campus for students. On a typical weekend, there is a band, movies, a comedian or some other form of entertainment for students. The entertainment is student-run and is offered at a low cost or is free. Since many students aren't ready to go out until at least 9 p.m., Late Night at Villanova offers weekend activities beginning at 10 p.m. on Friday and Saturday nights in the Connelly Center.

A Warning About Off-Campus Parties

Students occasionally venture to off-campus parties hosted by upper-level students. The University does not supervise these parties. Villanova spends a great deal of time educating our first-year students about making safe choices and providing them with on-campus social events. One message we stress, especially to new students, is to be careful and always to travel in groups. While the Villanova area is viewed as a safe environment, we wouldn't want anyone to be stranded off campus. During the first few weeks of school, it's difficult to judge who to trust, so it's wise for students to be cautious when going off campus. In addition, the local communities do not tolerate underage drinking, and they are aggressive in enforcing the law and issuing citations.

Traveling Off Campus

Villanova is served by an excellent public transportation system, especially to nearby Philadelphia. Students should take advantage of Villanova's close proximity to area towns and Philadelphia. Some of the most common places to visit in Philadelphia are the Art Museum, Independence Hall, South Street, Old City (a lot of galleries and restaurants), Society Hill and the historic district, Chinatown and the Avenue of the Arts.

When you come to Villanova to visit, you might think about taking your child to the city. You certainly will enjoy the wonderful restaurants, shopping and sights, and it may give your child more interest and confidence about making the trip.

Since first- and second-year resident students are not permitted to have cars on campus, they eventually learn to hop on the Paoli-Thorndale regional rail line, which runs directly through campus and heads eastbound into Philadelphia's 30th Street Station, Suburban Station and Market East Station. The Norristown High-Speed Line also runs through South Campus near Stanford Hall. The R100 runs east to the 69th Street Terminal, where students can catch the elevated station into Center City. Students can also take the R100 west to Gulph Mills to catch a bus to the King of Prussia Mall, the biggest mall on the East Coast.

If students aren't interested in going into the city or as far as King of Prussia, they can take the train into any of the surrounding communities, such as Ardmore, Bryn Mawr, Rosemont or Wayne. Although the University plans on-campus entertainment, sometimes students just want to get off campus to see a movie, do some shopping or go out to dinner. The weekends are a perfect time to explore the local surroundings! There are many stores and restaurants within a mile or two, so students can even walk to them.

To assist students in their travels, the University's Department of Public Safety operates an on- and off-campus shuttle service daily, as well as Friday and Saturday night shuttles to the King of Prussia Mall area, where students can shop, get a bite to eat or see a movie. More detailed information about the shuttle service can be found on the [Parking and Transportation website](#).

STAYING HEALTHY

If you have raised a child to the age of 18, you are probably on a first-name basis with your pediatrician. You'll find, however, that sending a child off to college raises different health and well-being challenges. When your child lived at home, you made the critical health decisions ("Should I call the doctor?"), but now they must make these decisions independently. In this section, we'll answer some frequently asked questions regarding Villanova's health and well-being resources.

The Good News

In general, we have a very healthy population of students at Villanova, and we provide many opportunities for students to learn more about how to prevent illness, and how to have a happy and healthy Villanova experience. However, they are bound to get sick and stressed now and again, especially when they "burn the candle at both ends." We know when our students are stressed, they are also more likely to become ill more easily and frequently. As a parent, it is natural to worry about your child's health, but you should know that your child is in good hands.

Healthy Life

We strive to empower our students to make healthy choices, whether it be sleeping well, exercising or even using alcohol legally and responsibly. When you come to visit, your child may want to eat off campus at one of the many restaurants in the area. It isn't a bad idea, however, to eat at least once in one of the student dining halls. The dining halls offer many different meal choices with lots of healthy dishes, and plenty of possibilities for those with more specific diets.

There are ample opportunities for exercise at Villanova with three fully equipped weight rooms, a pool, group exercise classes, intramural teams, basketball and tennis courts, a baseball field, and some lovely running and biking routes, including a 3.1-mile campus trail. For some students, it just takes time to learn how to manage their own health. Some services offered to help maintain a healthy lifestyle are personal training sessions at the Davis Center, group fitness classes at The Commons, or consultations with a Health Promotion staff member about sleep management, stress management, nutrition, tobacco and alcohol use.

OFFICE OF HEALTH PROMOTION

The Office of Health Promotion provides resources and services to help students thrive, not just survive, during their college years. Topics commonly discussed with Health Promotion staff and students include nutrition, fitness, sleep, stress, alcohol and other drugs, sexual health and sexual violence.



In addition to the professional staff, Health Promotion trains students, known as POWER Peer Educators, to provide outreach to their peers in the residence halls, classrooms and anywhere on campus by request.



If your child has questions, is seeking alcohol-free activities and/or wants to get involved in health promotion efforts on campus, he or she can speak with a Health Promotion staff member or consult villanova.edu/healthpromotion for new opportunities to get involved through the internship program, POWER peer education and the year-long Thrive 365 Initiative.



COUNSELING SERVICES

University Counseling Center

The Counseling Center provides counseling and psychological services to all students. The student may schedule an appointment to discuss normal developmental concerns, such as homesickness, relationship issues, managing emotions and clarifying personal values. The student may also seek help with anxiety, panic disorder, depression, eating disorders, loss of a loved one, trauma, sexual assault and any other concern. We provide time-limited counseling, which meets most students' needs. For students who need a higher level of care, or longer term care, we help students find appropriate off-campus providers. We make such referrals in collaboration with parents and health insurance.

Confidentiality—Counseling Center

Counseling Center contact is completely confidential, as required by law.

The release at the Student Health Center does NOT cover the Counseling Center. If you wish to speak to a counselor who has met with your student, please request that your child sign a release at the Counseling Center, specifically allowing us to speak with you. If we judge your student to be in danger, we will contact you whether or not we have a release—as there is an exception to confidentiality when there is imminent danger to self or others.

Consultation with Parents

We encourage parents to consult us when they are concerned about their student's emotional and psychological well-being. We do NOT need a release to consult with you about your concerns. Often, parents call to consult about students who have never been to the Counseling Center (although confidentiality precludes our confirming whether or not we have seen your student), so we will be revealing nothing we may know from confidential contact with your student. If your student is receiving counseling, we will be sure that you consult with a different psychologist than the one providing counseling to your student (unless, of course, we have a release). We can advise you based on what YOU are observing that is causing concerns for you. You know your child best, and it is usually family members who first notice when your child is experiencing emotional distress.

Common topics of consultation are:

- “How can I encourage my child to go to the Counseling Center?”
- “At what point is weight loss considered an eating disorder?”
- “My child is homesick. Is it best to allow them to return home on weekends, or will they adjust more quickly by staying at school?”

Please feel free to consult us by scheduling an appointment to talk on the phone or in person. We look forward to helping you help your student.

STUDENT HEALTH CENTER

The Student Health Center serves many of the functions that primary care providers serve for students when they are home. Just as you would expect from your primary care provider, our staff of physicians (who are also associated with local hospitals), nurse practitioners, RNs and other professionals deal with many medical conditions and refer more serious issues either to specialists in the area or to local hospitals. In addition to having excellent training, these professionals also have a lot of experience dealing with the health problems associated with college-age students.

Additional Services:

- **Allergy shots.** The Student Health Center administers allergy shots for students. The student should bring the serum from their allergist at home.
- **Women's health.** The Student Health Center addresses most of the normal gynecological issues affecting young women and provides gynecological examinations. In accordance with our Catholic mission and heritage, we do not provide birth control. We work with students who are on birth control for medical reasons.
- **Prescriptions.** Frequently, college students' prescriptions run out. Usually, the Student Health Center doctor or nurse practitioner can write a new prescription (or check with the physician at home). Please call the Student Health Center with questions regarding renewal of prescriptions, as some medications should continue to be prescribed by the provider at home. There is a local pharmacy within walking distance of campus.

When to Go to the Student Health Center

Students often are not used to managing their own health because parents called the doctor, made the appointments and generally kept on top of things for them. Managing their own health is a new skill for students, and it sometimes takes them time to adjust. If your child is ill, they should definitely go to the Student Health Center, especially if they have symptoms such as fever, a stiff neck, a sore throat that lasts for more than a few days or any illness that does not pass quickly. As a general rule, if poor health interferes with the ability to perform the normal daily routine for more than a day or two, the student should probably visit the Student Health Center.

Families also may call the Student Health Center for advice about health issues affecting their child at (610) 519-4070.

Unhealthy Misconceptions

Often, students have questions about the services the Student Health Center provides. Here are some of the more common student misconceptions:

- **“I’ll wait to deal with this until I get home.”** Some students think that only their own doctors at home can deal with their health issues and they postpone treatment until they are home for break. Sometimes this strategy works well, but, realistically, Villanova is the student’s home for much of the next four years, and it makes more sense to use the medical resources that are here.
- **“I have to see a specialist, but I can’t get there without a car.”** The University provides transportation for visits to specialists in the area. Check with the Student Health Center or the Parking and Transportation website for more information.
- **“The Student Health Center can’t deal with serious issues.”** The Student Health Center serves as the gateway to a range of medical services and deals directly with many medical conditions. Referrals are made when necessary.

Confidentiality—Student Health Center

Students 18 or older have the right to confidentiality with regard to their medical records and treatment unless they sign a waiver allowing family access to this information. From a medical point of view, the Student Health Center believes it is good practice to respect a student’s confidentiality. When a student needs more than minor medical care, we encourage the student to call their family. If your child is sent to the hospital, we usually ask the student to call you first, then we speak on the line later to answer questions. In those rare instances when the student is in serious danger, we will call you regardless of whether the student has signed a waiver.

Emergencies

Emergencies can and do happen. We have a 24-hour emergency medical service called VEMS (Villanova Emergency Medical Service) composed of students who are trained EMT staff. These students, who are often headed for medical careers, are dedicated to their work. They provide round-the-clock emergency ambulance service with a fully-equipped emergency vehicle. We also have access to on-call paramedics who can be on campus within minutes to deal with more serious issues. In addition, Bryn Mawr Hospital is a short distance away.

Financial Concerns

Student Health Center resources are available for all of our students, and the health fee covers most of the services. There is no charge for seeing the doctors or the nurse practitioners, or for routine medical services such as allergy injections.

The Student Health Center charges students for some medications and supplies, as well as any laboratory testing. There is no charge for overnight stays.

HEALTH INSURANCE

All undergraduate students are required to have health insurance. The University does offer a student health insurance plan. To waive coverage under this plan, the student must complete a questionnaire and be approved for the waiver. Information is sent home many times throughout the summer to guide the student and family through this process.

In most cases, students maintain coverage through their parents' plan. You should call your health insurance company to get an idea of what kind of services are included, and what you need to do to get out-of-area services covered. Make sure your child has a copy of their health insurance card before coming to campus and understands how to get a referral and use the prescription plan, if applicable.

Meningitis

Meningitis is a very serious disease that sometimes infects college students. The typical symptoms are stiff neck, fever, headache and fatigue. Pennsylvania law requires that students living in residence halls have the meningococcal vaccine prior to move in. Those with medical or religious objections may waive the vaccine.

Chronic Illnesses

Some of our students suffer from chronic illnesses, such as diabetes, Crohn's disease, seizure disorder or other illnesses that are serious, but controlled. If your child has such an illness, they may check in with the Student Health Center for consultation about local referrals and resources. These illnesses should be disclosed on the student's health record.

TALKING ABOUT ALCOHOL AND OTHER SUBSTANCES

Pennsylvania state law and Villanova's policies forbid the purchase, possession, consumption or transportation of alcohol by anyone under 21 years old. It is also true that there are young people who use their newly increased freedom to abuse alcohol or (more rarely) other drugs. Realistically speaking, it must be said that your child will confront choices about alcohol and other substances while in college. You want them to make wise choices, and so do we. Sometimes a poor choice can impact a student's life long after the party is over. Remember, excessive drinking and substance use are not the norm and students have a good time at Villanova without them.

Talk with your child about choices and the consequences of their actions. The conversations you have will strongly impact the decisions they make while away at college and lead them to healthier choices. This section contains some general information and provides guidance to lead the discussion with your child.

THE TRANSITION FROM HIGH SCHOOL TO COLLEGE IS AN OPTIMAL TIME TO INITIATE AND/OR CONTINUE THE CONVERSATION.

- Brain research has come a long way. We now know the brain is developing into the mid-20s, and the earlier someone begins drinking and using other substances, the more their brains are primed for problem alcohol use in college and into young adulthood.
- Brain research has also shown that someone who begins drinking at an earlier age and continues to drink in college is doing significant, and potentially irreversible, damage to the white matter in their brain. This directly impacts cognitive ability and could also negatively impact a student's academic performance.
- Family members and students report different ideas about what is acceptable and responsible use of alcohol. At Villanova, more than 70% of parents have said that they believe responsible drinking is OK, but a student should never get drunk. When we asked their children about their family's attitudes, most reported that their parents actually believed that occasionally getting drunk is OK, as long as it does not interfere with their academics or other responsibilities.
- Is there a family history of alcoholism and/or other substance addiction? This is a very important conversation to have with your child before they leave for college. More than 25% of incoming Villanova students report having at least one family member with a history of addiction.

RESEARCH SHOWS THAT PARENTS WHO TALK ABOUT ALCOHOL JUST PRIOR TO COLLEGE HAVE CHILDREN WHO CONSUME LESS ALCOHOL DURING THE FIRST YEAR.

- The culture of alcohol use on college campuses is different than it was 25 years ago. Gone are the days of chugging beer and keg stands. Today's college students are drinking more, drinking more hard liquor, pre-gaming before events to prime themselves for the night, and using other substances in combination with alcohol. Pre-gaming describes students drinking in small groups before a bigger event (e.g., game, formal, party) where they might not have access to alcohol. By pre-gaming, students are often consuming more than five drinks over the course of an hour before they even get to another event where they continue to drink.
- As part of your alcohol conversation, discuss your expectations of your child. If we asked your child how you would answer these questions, what would they say?
 - 1) My family expects me to abstain from alcohol until I am 21.
 - 2) My family expects that if I choose to drink, I will not drink and drive.
 - 3) My family expects that if I choose to drink, I will not exceed a certain amount of alcohol.
 - 4) My family expects that if I choose to drink, my grades will not be affected.
 - 5) My family expects that if I choose to drink, I will not put myself in a dangerous situation.
 - 6) My family expects that if I choose to drink, I will not get into trouble.
 - 7) My family expects that if I choose to drink, and someone is in trouble, I will call for help.

THE MOST CRITICAL TIME OF ALCOHOL AWARENESS IN A COLLEGE STUDENT'S EXPERIENCE IS THE FIRST SIX WEEKS OF THE FIRST SEMESTER.

- Abuse of alcohol has been consistently associated with higher incidences of unplanned sexual activity, sexual and physical violence, injury, trouble with campus and local law enforcement, and fatality. First-year students are at even greater risk for these consequences in the first six weeks of their first semester on campus.
- Parents often mistakenly feel as though their influence ends when their child goes to college. Nothing could be further from the truth. Particularly in the first year, parents are still cited as the number one source of information and advice for college students. It is critical that parents still leverage this influence in conversations with their child about a variety of things, including alcohol.
- Even if your child did not drink in high school and has said they are committed to not drink until age 21 (or at all), you should realize that MOST college students experiment with alcohol at some point in their college career. In fact, within the first six weeks of their first semester, many students who identify as non-drinkers begin drinking.

TIPS AND STRATEGIES FROM THE EXPERTS

- Students think they know it all when it comes to alcohol. However, statistics continue to show students are not translating what they learn into the decisions they are making. Talk about what you have learned and challenge them to think through their decisions rather than accept they have “heard it all before.”
- Be curious. Ask questions in a supportive, non-threatening way. For example, “Do you know someone who drinks a lot?” “Have you felt pressured to drink more than you wanted to?” “What does a typical weekend at Villanova look like?” Sometimes your child can paint a more complete picture if you ask questions that are not always targeting their own alcohol use.
- Avoid falling into the “everyone is drinking” trap. Other students can influence your child in two ways: 1) There is an active social influence in which friends may suggest they “go get drunk,” and 2) there is a passive social influence in which your child perceives that everyone else is drinking and/or getting drunk, and that it is acceptable. Resist the desire to reinforce their thinking. The reality is not everyone at Villanova is drinking. In fact, a majority of Villanova first-year students fall into one of two categories: 1) They are non-drinkers, or 2) They do not drink a lot. It can be easy to assume that their perceptions are the reality.

VILLANOVA'S ALCOHOL POLICY

- The University's Expectation of Responsibility policy encourages students to seek care and assistance for their fellow students in case of an alcohol or other drug-related emergencies. Students who seek help for others will typically not be subject to formal disciplinary action if they, too, are in violation of the alcohol policy, and students who receive assistance in accordance with the policy will typically not face reportable disciplinary sanctions. This policy is intended to create an environment where students receive necessary care, and those involved are provided an opportunity for educational follow-up.
- Villanova complies with federal and state law, which allows students to drink at age 21. We do not turn a blind eye to illegal use of alcohol, but we do consider illegal versus irresponsible alcohol use differently. The following key areas further delineate our approach and policies pertaining to student alcohol use at Villanova: 1) Villanova's policies apply to student behavior on and off the campus; 2) Villanova is not a dry campus—students who are of legal age can possess and consume moderate amounts of certain types of alcohol on campus; 3) Villanova addresses alcohol violations through education, counseling and disciplinary measures.
- When a student is placed on disciplinary probation, suspended or expelled for alcohol and other substance offenses, the University reserves the right to notify parents about the disciplinary status.
- The consequences for underage drinking in the Commonwealth of Pennsylvania are as follows: 1) \$500 fine for first offense and suspension of driver's license for 90 days; 2) \$1,000 fine for second offense and suspension of driver's license for one year.

TAKE ADVANTAGE OF OUR RESOURCE AVAILABLE FOR YOUR CHILD'S VILLANOVA EXPERIENCE!

- **Campus Well:** A monthly e-magazine available at villanova.campuswell.com, and for download in your mobile app store.

FINANCIAL CONSIDERATIONS

Thinking about how you're going to pay for college may generate many fears and uncertainties. In this section, we'll try to give you some general information about costs and expenses, and some strategies for dealing with them.

The Bursar's Office and Office of Financial Assistance

You already may have had some contact with the Office of Financial Assistance, which helps students and parents in understanding the various sources of aid, eligibility requirements, the application process and financing options available. Students can access their financial aid information through MyNova. The Office of Financial Assistance's homepage (finaid.villanova.edu) is another great resource for parents. The other office you will have contact with is the Bursar's Office, which manages the cashiering, billing, collection and student accounts. Their website is bursar.villanova.edu.

Paying the Bills

Your bills are presented to you electronically. Students can access the V-Bill through the MyNova student portal or at our website, bursar.villanova.edu. Please note: Each student has the ability to register others to view and pay the bill online. The billing for the fall semester is prepared the second week in July and should be available online after that time.

We also suggest you register through **MyNova** for direct deposit of any refunds. Often, payments on a student account come from a variety of sources (scholarships, student loans, payment plans, etc.). With these various sources of payments, it is difficult to calculate to the penny, and often there are excess funds on a student account that create a credit refund. You can choose to have the funds deposited to your checking or savings account, or to the account of a third party.

Information from the Office of Financial Assistance, including deadline reminders, is sent to the student directly. In other words, this information is sent by US Postal Service to the permanent home address during the summer prior to the student beginning his or her education at Villanova, and to the Villanova email address after the student enrolls. The Bursar's Office is responsible for presenting the tuition bill electronically to the student and all parties designated by the student.

Both offices occasionally send official notifications to students via email. The Office of Financial Assistance no longer sends paper award notices to students once they begin their enrollment. An email notifying the student the award is complete will be sent to the student, and the student can then view their award in **MyNova**. It's important that you communicate with your child to make sure they share this information with you.

Students are always encouraged to visit the Office of Financial Assistance if they have questions or need assistance with any matters relating to the financing of their Villanova education.

Working

More and more students try to balance the demands of a part-time job, academic coursework, co-curricular activities and socializing with friends. Recent studies have shown that more students have taken part-time jobs as part of their undergraduate experiences. While there are pros and cons to working while in school, the reality is that more students than ever before are working during college.

Many students find jobs on campus through the work-study program. The Office of Human Resources also publishes a list of on-campus jobs where students can find position openings. Often, many students find off-campus babysitting jobs, which are usually flexible. People from the community looking for employees post signs on campus, or even publicize openings in *The Villanovan*, the weekly campus newspaper, and in the Career Center Office. One benefit of working on campus is most offices realize students are busy during midterm and final exams. These offices are flexible with students' work schedules. It's important to talk with your child who will be working. "How many hours a week do they plan on working? Will the jobs interfere with academic performance?" These are questions that only your child can answer.

Meal Plan

There's no denying it: Food is an important part of the college experience! While new students worry about gaining the "Freshman 15," the first question we hear from parents is, "So, how's the food?" Don't worry; the food is great! And, there are a number of places to eat on campus. From dining halls to late-night delivery calls to Campus Corner (a local pizzeria), students quickly find their favorite meals on and around campus.

First-year resident students are required to have a meal plan. There are a number of plans to choose from, depending on your child's needs. You can also check out the many options at the Dining Services website: diningservices.villanova.edu. The meal plan cost is added to the tuition bill. However, those deliveries from off campus are not included! Students can expect to have relatively low food costs, depending on how often they order out or go off campus.

THE WILDCARD

The Wildcard is the official identification card for Villanova University and is your child's key to Villanova. It is mandatory that all students submit individual photos to the Wildcard Office by early July in order to receive their Wildcards when they check into their residence halls. Commuter students will receive their Wildcards during Orientation.

The Wildcard will give students access to their residence hall, meal plan and meal points, restricted areas around campus, the library, and athletic events.

Your Wildcard also accesses your child's NovaBucks account. NovaBucks is a restricted debit account that allows students to enjoy purchasing power all across campus and in the surrounding community without carrying cash or credit cards. Each time students use their NovaBucks, the amount of the purchase will automatically be deducted from their NovaBucks account. Students can also use their NovaBucks to buy books and merchandise in the Villanova University bookstore and will receive a 5% discount on the i.e. total purchase. For information about adding funds to your student's NovaBucks account and other services offered by the Wildcard, please visit villanova.edu/wildcard.

Banking

There are two ATMs located on campus, provided by the University's banking partner, JPMorgan Chase. A Chase branch is located in the Villanova Center within walking distance from main campus.

Credit Cards

It's incredible how many credit card advertisements are sent to college students. If you ask young adults how many credit card advertisements they receive in a week, they're sure to tell you it's too many! Credit cards can be great for students to learn how to budget money and to establish credit, but they can also lead many students into a great deal of debt.

Talk to your child about budgeting his or her money while at school. Many parents give their children a credit card for emergency purposes.

Laundry

Each residential area (with the exception of St. Rita's Hall) has Wildcard-operated laundry facilities. These facilities only accept NovaBucks as payment and do not accept cash. Students are able to access an online laundry program via their phones that allows them the convenience of seeing what washers and dryers are available in their residence hall laundry room. They can also request an email or text message be sent to them when a machine becomes available and place a five-minute hold on a machine. For more information about this service, visit villanova.edu/wildcard.

Upcoming Expenses

Once you and your child have taken care of tuition and financial aid, there are a number of other costs associated with college. Here are a few of the upcoming expenses that you can anticipate.

Books and School Supplies: The cost of books and school supplies varies depending on your child's major. The average cost is about \$550 per semester.

New students learn how to use the University Shop during Orientation. Many students purchase their books with the NovaBucks to receive a 5% discount in the bookstore. Students sometimes are able to purchase used books as well. As parents, you may be anxious to purchase the books before you leave, but often sophomore, junior and senior students recommend that your child go to class first and then purchase books.

“As a student, the last thing on my mind was financial aid. I knew nothing about it and wanted to know nothing about it. Sure, I knew I would have school loans, but I really wasn’t thinking about how much I would be paying back when I graduated. I was more concerned about being a first-year student and starting my college experience. Looking back, I would encourage parents to sit down and go over the financial aid information with their children. It’s very confusing, but it has to be done!”

Villanova Graduate

“When my parents were younger, and they wanted to buy something, they saved for months until they had the money to buy. Now if I want something, all I have to do is put it on my credit card and it’s mine instantly ... or so I think. I definitely got myself into credit card debt using this philosophy, not even realizing what I was doing. Looking back, I’m annoyed that I made such poor decisions, and I would caution college students to think about why they need something before they charge it!”

Villanova Graduate

FREQUENTLY ASKED QUESTIONS

When do I get the tuition bill?

The bill for the fall semester is electronically presented in mid-July and is usually due in early August. The bill for the spring semester is electronically presented in mid-November and is due in early December. The bills show charges for tuition, room, board and some smaller fees. The bills also show any financial aid funds, which are deducted from your charges. (Remember: Work-study earnings are never deducted from your child's account. Their earnings are presented in a paycheck as hours are worked.)

Does Villanova accept credit card payments or offer a payment plan?

Villanova does not accept credit card payments for the student bill. An outside company, Nelnet/Tuition Management Services (TMS), offers a payment plan. TMS will send you information. The monthly payment plan begins June 1, so students and/or parents who are interested in using the payment plan should get the details as soon as possible, rather than waiting for the bill. Information on the payment plan is on the Bursar's website: **bursar.villanova.edu**.

Does the invoice need to be paid in full by the due date?

Yes, the balance due must be paid in full by the due date in order to avoid late charges and restrictions on the student's account. Unpaid bills can result in registration holds for the student, and future semesters may require payment of anticipated charges prior to a student being allowed to register.

Does Villanova have financing plans, over and above the financial aid package that was offered?

Even families who do not qualify for financial assistance often want to finance the cost of a Villanova education, and the Office of Financial Assistance can provide additional resources for loans either to the parents or to the student. Please visit the Office of Financial Assistance website at finaid.villanova.edu or contact our office at **finaid@villanova.edu** for further information.

How will the student's work study be factored into the bill?

Work-study is part of the financial aid package, but it works a little differently than loans or grants. Loans and grants are taken off the bill. Since we don't know in advance how much the student will earn at the work-study job, we don't credit it into the bill. Instead, we pay it biweekly as a paycheck directly to the student who uses it, hopefully, for books, supplies and other expenses.

Will I get the same financial aid package next year?

Villanova's goal is to maintain a consistent level of financial support each year. The financial aid award should stay the same from year to year, as long as the family's financial picture stays the same (i.e., similar income and asset levels, same number of family members in the home and same number of children attending college on a full-time undergraduate level). The Office of Financial Assistance may make adjustments based on changes in financial need from one year to the next.

The Office of Financial Assistance will review your need-based financial aid eligibility each year upon your completion of the FAFSA and the College Board Profile by the May 1 deadline. We can then determine if your need has remained the same for the upcoming academic year.

FREQUENTLY ASKED QUESTIONS

Who can answer my financial aid questions?

The Office of Financial Assistance has a knowledgeable customer service staff that can answer your questions by phone or email, or you may visit the office during business hours (8:30 a.m.–5 p.m.). As a second resource, each student has a Financial Aid counselor, who is assigned alphabetically by last name. The counselor is responsible for reviewing your aid eligibility and is available for any questions or concerns that may arise that could affect your aid award.

For more information, please check the Office of Financial Assistance website for the counselor's contact information and daily responsibilities if you have a question regarding a specific aid program or process.

What should I do if our financial situation changes?

If you have a major change in your financial situation (such as the loss of a job), you should contact the Office of Financial Assistance right away.

Where can students go to get information about their financial aid packages?

Enrolled students can track their individual financial aid information on **MyNova** to learn if their applications are complete and see the award packages. Some students share their MyNova username and PIN with their parents, so that the parents can also keep track of the financial assistance application and award.

My child did poorly in school during the first semester; will he or she lose financial aid?

Students who receive financial assistance must be making Satisfactory Academic Progress to continue receiving assistance. The Satisfactory Academic Progress policy is found on the Villanova Financial Assistance website (villanova.edu/villanova/enroll/finaid/policies.html) and outlines the conditions required to keep financial assistance. It also outlines the process for appeal should special circumstances occur.

My child is doing really well; can he or she get a merit-based grant?

At this time, University merit-based grants are not available for returning students. Merit-based grants are awarded on the basis of high school performance rather than academic record at Villanova. However, every effort is made to assist students in locating outside sources of assistance based on notifications received in the Office of Financial Assistance. Such notices are listed on the Financial Assistance website at finaid.villanova.edu.

The need-based Villanova Grant, when combined with outside privately funded or non-need based gift aid and scholarships, cannot exceed your financial need. If need is exceeded, an adjustment is made to reduce self-help.

What about outside scholarships?

There are hundreds of scholarships given by a wide variety of organizations. The Office of Financial Assistance encourages students to search for private scholarships listed on the Financial Assistance website at finaid.villanova.edu.

The need-based Villanova Grant, when combined with outside privately funded or non-need-based gift aid and scholarships, cannot exceed your financial need. If need is exceeded, an adjustment is made to reduce self-help aid first (loans, federal work-study), then grant funds.

If my child received federal work-study as a part of the aid package, how does he or she find a job?

The Office of Human Resources posts job openings online. Usually, jobs for the fall semester are posted the week before school begins. The Job Directory is updated as new jobs become available or as positions become filled. Students contact the departments directly to obtain more information about the position. The name and phone number of the contact person is listed in the directory.

LOOKING AHEAD

CAMPUS EVENTS

New Student Orientation— August	<p>The Orientation Program is four days prior to the first day of classes. Orientation consists of a series of programs, workshops, presentations and activities designed to familiarize new students with academic and student life, as well as with the University in general. Students will be assigned to a small group of new students with an Orientation Counselor who will help provide information, resources and direction to your child.</p>	
St. Thomas of Villanova Celebration— September	<p>St. Thomas of Villanova Celebration is an opportunity for students, faculty and staff members to celebrate the values of Villanova's patron saint, St. Thomas, and his strong commitment to serving the poor. The celebration includes the Villanova community participating in a day of service throughout the Philadelphia area.</p>	
Family Weekend— September	<p>During the fall semester, Villanova invites parents and family members to campus for a weekend filled with opportunities to learn more about life at Villanova. It's a good idea to make hotel reservations early!</p>	
Special Olympics Weekend— November	<p>Villanova proudly hosts the annual Pennsylvania Special Olympics Fall Festival. With the help of volunteers, the campus community offers specially challenged children and adults the opportunity to participate in a variety of athletic competitions.</p>	
Martin Luther King Jr. Day of Service and Freedom School— January	<p>The MLK Day of Service and Freedom School are offered in recognition of Martin Luther King Jr.'s birthday. The workshops, speakers and lectures focus on issues of justice and racism, and are developed and delivered by faculty, staff and students to promote Dr. King's Dream.</p>	
Midterms— October and March	<p>Midterms usually occur right before fall break and again in March, right before spring break. Most professors will post midterm grades on MyNova, the online student information system. This grade indicates how the student is doing, but it is not permanent.</p>	
Finals Week	<p>Finals are scheduled for the week after classes end. Depending on the student's schedule, the exams are scheduled throughout the week. Final exams are usually cumulative and are administered over several hours.</p> <p>Students typically have one Reading Day after classes end and before exams begin to prepare for finals. Residence halls strictly enforce quiet hours during exam time. Following exams, students must go home for winter break or pack up for the summer. The final exam schedule is posted in the beginning of the semester. Students should check the schedule before making travel arrangements.</p>	
Future Events	Family Weekend	Usually Mid-September
	Homecoming	Usually Mid-October
	Baccalaureate and Commencement	Mid-May
	<p>The academic calendar is available at villanova.edu/villanova/provost/calendar.html.</p>	

ACADEMIC OPTIONS

Changing Majors

Many of our students change their ideas about their majors several times. This is normal, especially for liberal arts students. The liberal arts curriculum offers a little more flexibility and more majors to choose from, so students in that college usually can explore different avenues.

When a student is interested in a particular major, they should go to the department office and make an appointment with an adviser or with the department chair to learn more about what the major entails.

Double Majors

Many students also choose to double-major. This can allow them to explore different interests. Some of our students seem to think, however, that if they load up with multiple majors, minors and concentrations, they will look better to employers. This is a good approach if the student is genuinely interested in those areas and has a reason for pursuing them, but it also reduces flexibility. As we stress in our “Finding a Career” section, employers are likely to be more interested in a student who is excited about courses than about a student who has two majors, two minors and a concentration, simply for the sake of having them.

Internships and Study Abroad Opportunities

Although classroom learning is critical to a Villanova education, the University also emphasizes the importance of real-life applications, such as internships or study abroad. These opportunities are for second-, third- and fourth-year students, although we do encourage first-year students to start thinking about these options.

Studying in another country is a wonderful opportunity for a student, especially in today’s global market. While study abroad enhances a résumé, it is most important to the student’s development as a learning experience.

Most students do not go overseas until their junior years, but interested first-year students should attend one of the information sessions conducted by the Office of International Studies. Likewise, most students don’t pursue an internship until they have their majors, so until students decide what their majors are, they don’t need to focus on this issue quite as much.

Students can have an internship in the summer, or even during the school year, to earn credits. Study abroad and internship opportunities are an extension of, not a break from, a student’s Villanova education. These programs should help students to develop skills relevant to their majors, minors and career interests.

SOPHOMORE, JUNIOR AND SENIOR HOUSING INFORMATION

After students finally adjust to their first-year home, their attention soon turns to a new question: “Where will I be living next year and with whom?” This becomes a major topic of discussion when students return to campus after winter break.

In January, first-year students receive detailed information from Residence Life about their housing options for sophomore year and instructions about participating in the room selection process.

Students will first need to confirm their intent to reside on campus during their sophomore year by completing the Housing Contract online. Students who complete the housing application will be issued a computer-generated random selection time. It is important to note that factors such as previous housing assignments, difficulties with roommates, academic standing, participation in special activities and other factors are not considered when generating selection times. Students will then be able to choose their housing assignment and roommate online at their designated housing selection time.

As is often the case, the demand to live in certain residence halls exceeds the capacity of those halls. It is possible students with a later selection time may not secure their first or second choice of housing. It is important students have thought about other housing options beyond their first or second choices.

Residence Hall Options

During sophomore year students live in coed residence halls, where men and women are housed on alternate floors and wings. Housing options for sophomore year vary. A good number of students reside in double or single rooms and share a common bathroom. Additionally, space permitting, sophomores may reside in apartments on West Campus.

By junior year, many students move to the West Campus Apartments or The Commons, where they enjoy a more independent form of living. As with the previous year's housing process, students are issued computer-generated random housing selection times, so not all juniors succeed in obtaining their first or second choice of housing. Consistent with the University's three-year housing guarantee, students will still have the opportunity to remain in the residence halls. Consequently, if your rising junior informs you they are being "required" to move off campus, you should know that the decision is a matter of choice, not necessity.

Housing for senior year is only guaranteed to students who are admitted to the University with Presidential or certain athletic scholarships that specifically guarantee a fourth year of housing. Non-guaranteed students who wish to reside on campus for their senior year will be eligible to apply for residency via a housing lottery process. While senior year housing is not guaranteed to all students, with the opening of the University's new residential community, The Commons, approximately 50% of the senior class was offered and accepted the opportunity to live on campus for the Fall 2019 semester. Our ability to offer on-campus housing to rising seniors is determined by the projected number of incoming freshmen, rising sophomores and rising juniors who are guaranteed housing, along with the number of students studying abroad. This percentage can change from year to year. Seniors who either were not offered on-campus housing through the housing lottery or who chose to move off campus easily found housing in the local community. Through this experience, seniors learn how to deal with "real-world" issues involving landlords, leases and all of the responsibilities that come with fully independent living. The Dean of Students Office publishes a Student Guide to Living Off Campus, which is very helpful for juniors and seniors who move off campus. Our hope is to gradually expose our students to greater freedom, independence and responsibility, while still providing support at each stage of the process.

FINDING A CAREER

For many students (and parents), preparing for a job and career largely motivates the decision to attend college. Because this topic is so important, parents and students give it a lot of thought. In this section, we'll give you a recommended four-year plan for your child to follow to prepare for a good career. As you'll see, many of these ideas are also available on the Career Center homepage at careers.villanova.edu.

Myths

Before we get to the four-year career plan, let's dispel some myths about career planning. Here are the most common misconceptions we hear:

• **Myth: Your major is your career.**

The biggest fallacy we hear is that your major determines what your career will be. In fact, people often end up with careers that are not directly connected to their course of study. We urge students to pick majors that interest them and in which they do well, rather than picking a major that they think will get them a job. A student's academic and co-curricular success, rather than a specific major, impresses most employers.

• **Myth: You should know what you are going to do when you arrive at college.**

Even before students go to college, they encounter a lot of pressure to answer this question: "So, what are you going to do after you graduate?" For students going into specialized fields like nursing or engineering, the answer may come easily. But for most students, it's normal to remain undecided when arriving at Villanova. Students are often just discovering where their talents and interests lie, and they can explore different options throughout the early college years.

• **Myth: Students should prepare themselves for the "hot careers."**

It's often that you'll come across articles and content touting "the hottest jobs employers desperately need to fill." In reality, jobs are changing constantly, and new ones are being invented as the market changes. People are always advising young students to enter one field or another. But what might be a hot career when someone is a high school senior isn't necessarily going to be as popular four years down the road.

• **Myth: Starting salary determines lifetime earning potential.**

Many parents want their child not only to have a job, but also to have a job with a high starting salary. It is, of course, reasonable for a parent to expect the child to be self-supporting, but it probably isn't wise for a parent to define what that support will be. Many of our students are initially drawn to careers in the service sector that don't pay as highly as their parents' jobs. Also, there are some fields—such as advertising, media or public relations—in which entry-level employees work at lower starting salaries for a few years before realizing their full earning potential.

· **Myth: Liberal arts majors don't have marketable skills.**

Sometimes friends, family and even other students pressure liberal arts students because they don't understand the relationship between liberal arts and careers. The mere fact that a student is not preparing for a specific job does not mean that the student isn't prepared for any job. Our liberal arts graduates have received excellent training in a number of skills that employers find very attractive. Liberal arts graduates do very well in the job market. The Career Center can help students make connections between their skills and talents, and potential career options.

The Realities

First, remember the vast majority of our students find excellent jobs after they leave Villanova and have very satisfying careers. Although it sometimes may be hard to believe, in a few short years your child is going to acquire credentials that look very appealing to an employer or graduate program. In any given year, more than half of our students have either job or admission to a graduate school by the time they graduate from Villanova. Within six months of graduation, more than 95% of our students will have found placement.

Generally speaking, Villanova students possess a great reputation with employers. As one employer told us, "I like hiring Villanova students because they don't have their heads in the clouds; you start with good kids, give them a good foundation, and they do well for us in the workplace." In addition to having good skills, employers tell us that our students work hard and are eager to learn.

Employers typically are looking for a number of things when they interview a college student:

- **A variety of experiences.** Internships, summer jobs, campus activities and international study are extremely important parts of a student's portfolio. These opportunities can demonstrate important qualities of leadership, as well as experience in working with teams and handling a variety of situations.
- **Success in school.** Most employers see college as the student's current job and feel that a student who does well in college will do well in employment for them. Indicators of success include grades, success in upper-level classes, recommendations from faculty members, and research or independent studies.
- **Communication skills.** So much of today's workplace involves all types of communication: teamwork, giving presentations, writing and speaking in public, and using various technologies. Good communication skills are always in demand.
- **Technical skills and languages.** Technical skills are important. Some jobs are concerned only that a student can use standard applications (Microsoft Office and social media), while others may require more specific abilities. Competence in a second language is increasingly important in a global community.
- **Choices that make sense.** Employers typically are more interested in the "why" rather than the "what." An employer in a technical field may be very interested in hearing about an art history course that grew out of an interest developed during a student's semester overseas. A technical course taken merely to fulfill a requirement may impress the same employer much less.

When Should a Parent Worry?

- **No momentum.** It is normal for students to be unsure about career opportunities. Parents should not pressure students into premature decisions. It is a concern, however, if the student does not seem to be thinking about careers at all. There should be forward motion, leading from exploration and testing in the first two years to more concrete planning as juniors and seniors.
- **When choices don't seem to make sense.** Students make a lot of choices in their college years, and it is important for parents to respect those choices and to support their child. As we have said, the student will be the one working in this field, so it is critical for the student to choose a career path that they will find fulfilling.
- **However, students sometimes appear to be making choices for no apparent reason or for superficial reasons.** This is most obvious in the selection of courses. Students may take courses that surprise the parent but that interest the student. What is concerning is when the student seems to choose courses for no apparent reason or because the course is scheduled at a convenient time, and the teacher is supposed to be an easy grader.

Likewise, summer employment can vary from internships to babysitting. Often the reasons why students are choosing the employment can be as important as what the students are doing. Employers are looking for choices that make sense for a student and their future career path.

THE FOUR-YEAR PLAN

The First Year— Inquiry and Awareness

A student's first task is to work hard and do well in their courses. Establishing good work habits is very important for a first-year student. Students should also establish a personal relationship with one or more faculty members. During their first year, students should feel comfortable asking a lot of questions without thinking they have to have answers.

At this time, students also should start to attend career and professional development activities. A number of "First-Year-Friendly" employers come to the Career Fairs. Students also should start to make initial inquiries about international study, a valuable learning experience for any field. Students also should explore part-time job opportunities, either on campus or in the area.

The first year is also an important time for getting involved in campus activities. These activities teach important skills, such as leadership that academic classes may not fully develop. Summer jobs are always important and, for the first year, the content of the job is not as important as in later summers.

Sophomore Year— Assessment and Exploration

By sophomore year, the student should have developed strong academic skills and begun the process of selecting a major. It's also a good time to start thinking about a minor or concentration, although we caution students to be careful about selecting two or more majors and several minors.

One of the things students need to learn is how to ask questions of adults. It's never too soon for students to have "informational interviews" with friends, family or Villanova alumni who have interesting careers, to find out why they chose their careers and what educational backgrounds are required. Students can do this any time by logging into the Nova Network, Villanova's social and professional network, to search and connect with thousands of alumni living and working around the world.

Students should also revise their résumés, upload them into Handshake (the University's career management system), and continue to attend career fairs and programs. Summer employment should demonstrate increased responsibility and may include externships, internships, research experiences and leadership programs. By now, the student should also be establishing more responsibility in co-curricular activities.

Junior Year— Testing Career Choices

Junior year is a time for students to step outside of the confines of Villanova, if possible. Some students study for a semester at an overseas university. Virtually all fields have become internationalized, and Villanova offers outstanding overseas programs for all majors and colleges. Students finalize their résumés and use them to apply to opportunities on the Career Center's Handshake site. Many students apply to positions for which employers interview on campus in the Career Center.

Internships are also important activities for juniors. These can range from formal internships (where the student actually gets academic credit) to part-time or summer jobs in which the student is working in a field of potential interest. Students with interest in graduate or professional school should explore the various requirements and possibilities, and consider conducting research with a faculty member in their field. This year's summer experience is important and should show an even higher level of responsibility.

Senior Year— Making an Impression

Senior year involves a very intense focus on the future. This is the time to check the online job listings, attend career events or apply to graduate school. Students also benefit from creating a strong presence online via sites like LinkedIn, which they'll likely use often after graduation.

By now, students should be working closely with the Career Center to review their résumés, connect with alumni contacts, and schedule and attend practice interviews to prepare for opportunities.

UNIVERSITY AND LOCAL INFORMATION

Have a specific question, which wasn't answered here? Have a comment about the handbook? Not sure who to contact? Send an email to parents@villanova.edu, or check out the Parents, website at parents.villanova.edu for more information.

Suggestions for your next visit:

SHOPPING

- Main Street in Manayunk
- Downtown Wayne
- King of Prussia Mall
- Suburban Square, Ardmore

GRAB TICKETS TO A GAME

- Phillies Baseball
- Sixers Basketball
- Eagles Football
- Flyers Hockey

IN PHILLY

- St. Augustine's Church
- Philadelphia Zoo
- Academy of Natural Sciences of Drexel University
- Independence Hall and the Liberty Bell
- Constitution Center
- Philadelphia Museum of Art
- Betsy Ross House
- Carpenters' Hall—1774 Site of the First Continental Congress
- Penn's Landing

SEE A SHOW

- Villanova Theatre—The John and Joan Mullen Center for the Performing Arts
- Academy of Music
- The Mann Center for the Performing Arts
- Forrest Theatre
- Merriam Theatre
- The Wilma Theatre
- Walnut Street Theatre
- The Philadelphia Orchestra at the Kimmel Center

ACADEMIC CALENDAR 2021–2022

FALL 2021

Aug. 23 (M)	Classes Begin
Aug. 27 (F)	Last Day for Requesting Satisfactory/Unsatisfactory
Aug. 29 (Su)	Last Day for Dropping and/or Adding Classes
Sept. 6 (M)	Labor Day—No Classes
Oct. 11 (M)	Semester Recess
Oct. 18 (M)	Classes Resume
Oct. 20 (W)	Midterm
Oct. 22 (F)	Registration Advising Begins
TBA	Registration Begins for Spring 2022
Nov. 10 (W)	Last Day for Authorized Withdrawal without Academic Penalty (WX)
Nov. 23 (Tu)	Thanksgiving Recess begins After Last Class
Nov. 29 (M)	Classes Resume
Dec. 9 (Th)	Final Day of Classes
Dec. 10 (F)	Reading Day
Dec. 11-17	Final Examinations (No exams Sun., Dec. 12) (Sat–Fri)

SPRING 2022

Jan. 10 (M)	Classes Begin
Jan. 14 (F)	Last Day for requesting Satisfactory/Unsatisfactory
Jan. 17 (M)	Martin Luther King Jr. Day (No Classes) Martin Luther King Jr. Day of Service
Jan. 16 (Su)	Last Day for Dropping and/or Adding Classes
Feb. 28 (M)	Semester Recess
Mar. 7 (M)	Classes Resume
Mar. 7 (M)	Midterm
Mar. 11 (F)	Registration Advising Begins
TBA	Registration Begins for Fall 2022 Semester
Mar. 30 (W)	Last Day for Authorized Withdrawal without Academic Penalty (WX)
Apr. 13 (W)	Easter Recess begins after last class
Apr. 19 (T)	Classes Resume
Apr. 28 (Th)	Final Day of Classes
Apr. 29 (F)	Reading Day
Apr. 30–May 6	Final Examinations (No exams Sun., May 2) (Sat–Fri)
May 9 (M)	Final Grades Due (Noon)
May 13–14	Commencement Weekend (Fri–Sat)

CAMPUS RESOURCES

CAMPUS RESOURCES:	CAMPUS PHONE NUMBERS BEGIN WITH (610) 519-	
Athletics	4110	villanova.com
Bursar's Office	4258	bursar.villanova.edu
Campus Ministry	4080	campusministry.villanova.edu
Career Services	4060	careers.villanova.edu
Counseling Center	4050	studentlife.villanova.edu/ counselingcenter
Dean of Students	4200	studentlife.villanova.edu/dean
Dining Services	4170	diningservices.villanova.edu
Falvey Library	4270	library.villanova.edu
Financial Assistance	4010	finaid.villanova.edu
Health Center	4070	villanova.edu/university/student-life/health-services.html
Learning Support Services	5176	villanova.edu/villanova/learningsupport

CAMPUS RESOURCES:	CAMPUS PHONE NUMBERS BEGIN WITH (610) 519-	
Mail Services	4492	villanova.edu/villanova/services/mail.html
Math Learning Resource Center	6572	villanova.edu/mlrc
Music Activities	5050	music.villanova.edu
New Student Orientation	4200	orientation.villanova.edu
Office of Health Promotion	7407	villanova.edu/healthpromotion
Public Safety	6979	publicsafety.villanova.edu
Registrar's Office	4030	villanova.edu/enroll/registrar
Residence Life	4155	reslife.villanova.edu
Student Involvement	4211	students.villanova.edu
Student Life	4550	villanova.edu/university/student-life.html
Telecommunications	7820	unit.villanova.edu
Wildcard Office	6202	villanova.edu/wildcard

COLLEGES:	CAMPUS PHONE NUMBERS BEGIN WITH (610) 519-	
College of Liberal Arts and Sciences	4600	artsci.villanova.edu
College of Engineering	4940	engineering.villanova.edu
Fitzpatrick College of Nursing	4900	villanova.edu/villanova/nursing.html
School of Business	4330	villanova.edu/business

WHERE TO FIND IT	
Bursar's Office	Kennedy Hall, first floor
Dining Services	Dougherty Hall
Financial Assistance Office	Kennedy Hall, second floor
Residence Life	Stanford Hall, lower level
University Bookstore	Kennedy Hall
Wildcard Office	Dougherty Hall