

2022

Transitions

A First-Year Family's Guide to Villanova



VILLANOVA
UNIVERSITY

IGNITE CHANGE. GO NOVA.®



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.

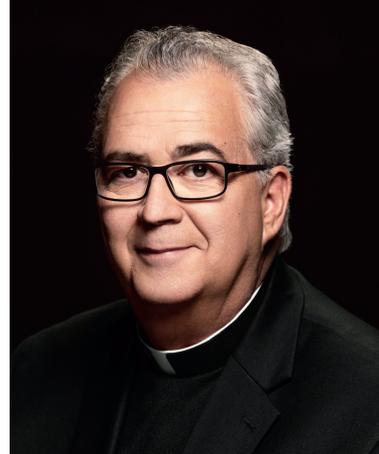
THE AUGUSTINIAN ORDER

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.



Dear Families,

It gives me great pleasure to welcome your family 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 its 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 family members as partners, and we look forward to working with you to create a rewarding and memorable experience for your student.

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,

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. 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 student, or have a concern about an issue, please contact us at parents@villanova.edu or (610) 519-7210.

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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

In college, students learn how to manage their own lives, which may be a change from their previous experiences before arriving at Villanova. The structure provided by family members 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 questionable choices become positive learning experiences. But once in a while, students may 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, family members may need to take a more active role. Every family 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 got through it.
- Stay in the background as long as your student seems to be making some progress toward finding a solution. If your student 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

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 student is broadening their boundaries.

Realistically, the college years are a time when young people make many of their own decisions. Some students may even 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 their guardians 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 student. At the same time, you know your student 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 it part of our job to help 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 guardians. Your main source of information will be what your student 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. 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 student 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 bystander intervention training, the online AlcoholEdu for college program, and the student organization POWER (Peers Offering Wellness Education and Resources) to empower students to make healthy decisions around 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 Well-Being Strategies in Health Promotion meets with students who have been evaluated and/or hospitalized for alcohol intoxication to reflect on the impact that their decision(s) around alcohol and other drugs have had on themselves and others.</p> <p>If your student is making risky decisions with regard to alcohol, they can meet voluntarily and confidentially with the Alcohol and Other Drugs Counselor at the University Counseling Center. Counseling provides the opportunity to think through the use of alcohol and other drugs and to identify safe and responsible strategies that will reduce the risk of alcohol-related consequences. Often, there are co-occurring conditions like anxiety and depression. Students may meet confidentially with a staff psychologist at the Counseling Center for counseling on these issues.</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.

ISSUE	WHAT TO DO?
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.
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 or legal guardian 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 family and parents website at villanova.edu/family.** This website is a tremendous resource 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 family members might want to have a sense of who is in the life of their student. 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 on relatives.** Unfortunately, college students often want to separate from parents or guardians just at the time that they are starting to deal with a new set of issues for which parents or guardians can be an important resource. Students will often talk more freely to trusted adults other than parents or guardians, 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 loved ones who sent their student 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 and guardians 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:
Saturday, August 20, through
Tuesday, August 23**

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 student's belongings labeled with their name, building and room assignment prior to arriving at their residence hall. Your child will unload their things onto the sidewalk outside the assigned residence hall and immediately move the car. Family members 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 Saturday, August 20 through Tuesday, August 23. 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.

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 or guardian of a commuter, we can guarantee your relationship with your student 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 2022 will be a unique opportunity for the Class of 2026 that fits with current COVID-19 guidelines. Please visit our website with additional information at <https://www1.villanova.edu/villanova/mission/campusministry/Connections.html>, or email connectionsweekend@villanova.edu with questions.

LEARNING

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.

"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



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 50% 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/or guardians 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 and/or guardians.	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.

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)

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 and/or guardians can help. Through your conversations and questions, parents and guardians can gently help keep the focus on academics and on building excitement about learning. Don't hesitate to ask your student 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 student is taking. Often, you will find links to faculty homepages, 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 and guardians should also 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 are also available at other times by appointment. Sometimes, first-year students can be a bit shy about going to see professors, so parents and guardians 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.
- **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) 519-5176, and the 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.

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 student'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 and guardians can assist greatly by helping their student 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 student 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 student 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 and/or guardians have specific concerns about their student, 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 and guardians could certainly call the advising center in the appropriate college.

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 student 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 Dobbin 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 by 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/studentservices 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.

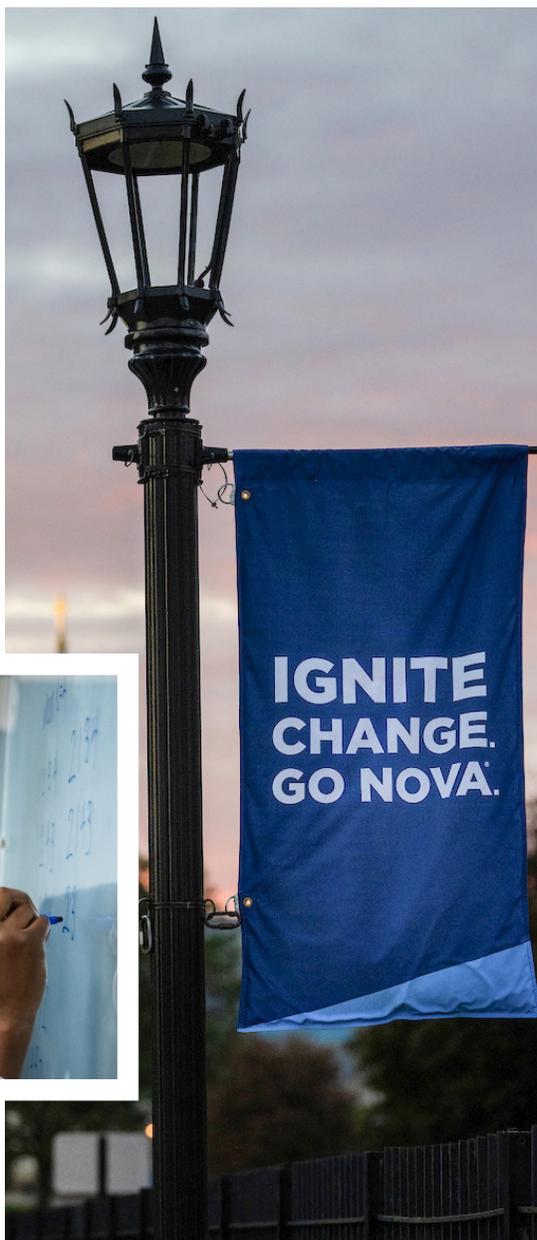
For one reason or another, a few students will have bigger difficulties, leading to failure in courses, academic probation, or academic integrity violations for cheating or plagiarism. Parents and guardians can watch for some initial symptoms: poor grades (and dramatic changes in grades), missing classes 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 and Guardians Do?

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

We discourage parents and guardians 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 intervention is necessary, please call the academic dean's office.



GLOSSARY OF ACADEMIC TERMS

Academic Adviser

A University employee who is committed to helping students meet their educational goals and make informed and responsible decisions.

Academic Integrity

Academic integrity lies at the heart of the values expressed that are in the University's mission statement and inspired by the spirit of Saint Augustine. When one comes to Villanova, one joins an academic community founded on the search for knowledge in an atmosphere of cooperation and trust. Learning with integrity means students do not commit various types of academic dishonesty, such as cheating, fabrication of information, assisting in or contributing to academic dishonesty, plagiarism, submission of the same work for more than one class without the faculty member's permission, unsanctioned collaboration, misrepresentation, forgery, taking credit for work done by others, stealing or damaging library books, or unlawfully copying computer software.

Academic Year

Begins in August with New Student Orientation and registration, continues through the spring semester, and concludes with the summer session.

Academic Accommodations

Students with disabilities may request support services in accordance with Section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act (ADA). Students must self-identify by providing notice of their disability and the required documentation to Learning Support Services (LSS).

Add/Drop Period

A student may drop and/or add courses during the first five (5) class days of a semester without incurring academic penalty or affecting the student's official transcript.

Bursar

The Bursar's Office manages the cashing, billing, collection and student account services functions of the University. Students may pay bills, request refunds, obtain third-party payment plan information and seek clarification related to University charges from the Student Account Representatives.

Career Counselor

A member of the University Career Center staff who assists students and alumni with the development of employment application materials, including resumes, cover letters, personal statements and LinkedIn profiles; practicing interviewing and networking skills; and learning the fundamentals of any successful job or internship search.

GLOSSARY OF ACADEMIC TERMS

Code of Student Conduct	These rules and regulations—designed with the specific intention of enhancing the academic mission of the University—govern conduct among Villanova’s community of students.
Co-requisite	A course that must be taken during the same semester as another course.
Course Load	The number of credits a student is attempting during any semester or session.
Course Registration Number (CRN)	A unique number assigned to each course offered within a session that is needed to register for the class.
Credits	Each course taken will have an assigned number of credits, normally between one and six per class. It is important for students to keep track of how many credits they have completed and taken each semester to ensure efficient progress towards completing their degree program.
Dean	Highest administrative officer of a college.
Dean’s List	Students with outstanding academic records are honored by the dean of each college. To qualify for the Dean’s List, one must be a matriculated full-time student and earn a semester GPA of: <ul style="list-style-type: none"> • 3.5 in the College of Engineering • 3.5 (for both semesters) in the College of Nursing • 3.5 in the College of Liberal Arts and Sciences • 3.5 in the Villanova School of Business, no missing or non-passing grades
Department Chair	A department chair is the faculty member who manages a given academic department.
Double Major	Some students have enough available credits during their program of study to pursue two different majors at the same time. A double major is a vigorous academic schedule during which students declare two majors and graduate with one degree..

GLOSSARY OF ACADEMIC TERMS

Enrollment Status	Enrollment status indicates whether a student is, or was, full-time, three-quarter time, half-time, less than half-time, withdrawn or graduated.
FAFSA	The Free Application for Federal Student Aid allows students to input financial information to be reviewed and evaluated in order for students to receive financial aid (federal grants, work-study, loans) based on their need.
Federal Work Study	A federal program offering part-time employment opportunities on campus to students pursuing a degree part-time or full-time.
FERPA	The Family Educational Rights and Privacy Act, enacted in 1974, protects the privacy of student education records. All educational institutions that receive federal funding must comply with FERPA.
FERPA Waiver	A waiver completed where students can specify people in their lives to be able to look at their accounts and talk about the student’s records with University employees.
Financial Aid	Money given to students or families to assist them in paying for their education. Types of financial aid include grants, work-study, loans and scholarships. It can come from federal or state governments, Villanova University, or private institutions.
Financial Aid Notice	The Office of Financial Assistance will notify you of your aid eligibility; applicants may check through their Applicant Status Page (prospective students) or their MyNova account (current students and students who are offered admission and deposit).
First-Generation Student	A student whose parent(s) or legal guardian(s) have not completed a bachelor’s degree.
Grade Point Average (GPA)	A grade point average (GPA) is a single cumulative number that represents a student’s entire academic performance. GPA is calculated by translating letter grades onto a numerical scale that typically ranges from 0.0-4.0.
Hold	An administrative block that prohibits students from registering for courses or receiving a transcript or diploma. Most holds are due to not completing required processes or paying financial obligations.

GLOSSARY OF ACADEMIC TERMS

Leave of Absence	A policy that allows students to interrupt their enrollment for a period of time for personal or medical reasons. Visit the Villanova Policy Library for complete leave policy details.
Major	An undergraduate student's selected area of focus for their studies at Villanova.
Matriculated	The status of a student who has completed all admissions requirements and has registered for classes at Villanova University.
Merit-Based Scholarships	These scholarships are awarded on the basis of students' academic achievements, proven leadership and participation in extracurricular activities, both in their schools and their communities. Villanova offers a number of merit-based scholarships.
Midterm Exam	An exam given around the midpoint of an academic semester or session.
Minor	A secondary program of study that requires completion of fewer credit hours than a major.
MyNova	A customized online gateway for accessing Villanova's major systems and managing your University information on record. Students use MyNova to register for classes and view records such as midterm and final grades and transcripts.
Office Hours	Each professor is required to set aside time for Office Hours, dedicated times during which students can visit them in their office. It is a great time to discuss academic issues and projects or chat about career goals with professors.
Pre-requisite	A course that must have been completed prior to registering for the next course in your Academic Plan.
Provost	The University's chief academic officer and the second-ranking officer of the University, next to the president.
Refund	When the amount of credit on your account exceeds the amount owed during any given academic session.

GLOSSARY OF ACADEMIC TERMS

Registrar's Office	The Office of the Registrar is the custodian of students' records. They register students, record grades, prepare student transcripts, evaluate academic records and schedule classes, among other responsibilities.
School/College	Group of academic departments and/or programs administered by a college dean. Villanova has six schools/colleges within the University.
Syllabus	A course layout written by the professor and given to students at the beginning of a course that informs them of requirements for the completion of the class.
TechZone	UNIT's TechZone is staffed with over 25 student consultants who work cooperatively with full-time professional staff for all hardware, software and technical problems students may have with their personal laptop and other on-campus computing experiences.
Transcript	A document listing official grades. Required for admission into Villanova and into other institutions, such as Graduate or Professional Studies institutions.
Transfer Student	A student who has previously attended another university and now attends Villanova.
UNIT (University Informational Technologies)	Villanova's centralized IT team, dedicated to providing the University community with comprehensive IT services and solutions to support the University's faculty, staff and students.
Wait List	When registering, if a course is full, students have the option to join the wait list, which gives them first chances to register for a spot in the class that may open at a later date.
Wildcat Newswire	This bi-weekly email is sent to all undergraduate, graduate and law school students to promote University, College and Department/Program announcements, news and events.
Withdrawal	A withdrawal occurs when a student drops a class after the allowed add/drop period ends. A student may withdraw from a course without penalty until the final day for authorized withdrawal from courses (as indicated in the University's academic calendar). The student will receive the grade of "WX" on their transcript.

LIVING

“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/guardians, 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 loved ones. Most students are ready for this kind of living and they thrive on it. As parents and guardians, 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 and guardians often hear about them. Please don't panic and assume your student 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 Villanovan open the door to home for the next year and meet the new roommate(s). For family members, seeing the student's college room can set off several different associations. The scene may evoke nostalgic memories of "good old college days." Others 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 someone they do not know.

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 housing contract was submitted, enrollment in designated Communitas sections and, when possible, preferences specified in a questionnaire that accompanies the housing contract. Students—not parents or guardians—should complete this questionnaire.

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

- Room and building assignment
- Roommate's name and email address

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 student is experiencing problems after classes have begun, you should contact the Office for Residence Life for assistance, rather than calling the RA on behalf of your student. This will ensure that a member of the professional staff can coordinate an appropriate response to your concern.

Residence Hall Policies and Procedure

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 roommates have to work through issues to reach a compatible living relationship. We know some students come to college never having shared a room. So, sharing a space for the first time can be challenging and intimidating. Some roommates become best friends, but more often they simply become good acquaintances who learn how to live effectively together 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 a lack of communication when it comes to setting expectations within the room. Students may have differing lifestyles, personal habits, study schedules, etc., but a lack of communication when it comes to setting appropriate boundaries and expectations within the space they share can cause conflict within the relationship. It is also important for students to respect these differences between one another and work together to compromise and find a solution that works best for all.

Living in close quarters with limited privacy is an adjustment. As family members, 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 adjusting the Roommate Living Agreement that is completed during the first few weeks of the fall semester. 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. Family members 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 considering 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 and guardians to ask their student to do the same.

Our best advice to family members when it comes to helping their student 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 you to allow students to solve these problems themselves. This can be facilitated with the assistance of the RA or the Residence Life professional staff. Additionally, 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 student may be able to complete and submit a “room change request” on the Housing and Dining Website. 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.

COMMON ROOMMATE CHALLENGES:	POSSIBLE RESPONSE:
Borrowing without permission	Advise your student to set guidelines with their roommate in the beginning of the year. Keep the lines of communication open.
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 student 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 student’s room upon your arrival to campus. Should you encounter a problem requiring immediate assistance during check-in, please report the concern via the QR Code provided to all students at check-in. Residence Life will receive the request and will dispatch the appropriate personnel to assist you and your student. At the initial floor meeting held during the first week of school, the RA will introduce students to the online maintenance request system, where students can file and follow up on their own facilities-related requests. The Maintenance Request form can be found on the Residence Life webpage. The Maintenance Request form can only be accessed when on-campus. If away from campus, students can contact Facilities Services from 8 a.m. to 3 p.m. at **610-519-4420**.

What If My Student Is Homesick?

During the first few weeks of school, homesickness is very common. Some students may call and beg their family or friends to pick them up to come home for the weekend. As students adjust to college, many miss their family, friends and significant others. Family members may wonder whether it is best to encourage or discourage their student 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 student that most of their peers **DO** adjust to being away from home, and regardless of how it may appear, many students are finding the transition difficult.

Family and Parent Weekend is usually scheduled for late September, and fall break occurs in mid-October. In the interim, encourage your student 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 first-year humanities seminar class (required of all first-year students) 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
- Caritas: Service Learning
- Creative Writing
- Environmental Leadership
- Faith and Reason
- Global Perspectives
- Healthy Living
- Leadership
- Science, Inquiry and Self
- Social Justice and Inclusivity

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/transportoptions.

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 resident students who do not make a selection by the closing date will be automatically enrolled in the Anytime 7-Day Meal Plan.



Specific dates regarding meal plan registration will be listed on the Dining Services website.

If you have a question regarding Dining Services or the meal plans at Villanova, please 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).

Student Mail and Packages

Resident students are assigned a virtual VU box number that will remain the same for as long as they have on-campus housing. This box number will be sent out in late July and must be used on all mail and packages sent to campus. Please do not send anything to campus until you receive your VU Box number and official campus address. **Please note: we cannot accept any items prior to August 1.**

Items shipped in for South campus residents can be picked up on Move-In Day from a central location on South Campus.

There are three mail centers on campus with different addresses and a student's housing assignment determines which mail center and address they will use. It is important to use the correct box number and street address to assure items reach the intended recipient.

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 student's housing assignment.

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

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

If your student lives on West campus or in St. Mary's, use the following address format:

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

If your student 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 in 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 streaming 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 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, visit the Department of Public Safety's website at publicsafety.villanova.edu.

Fire Safety

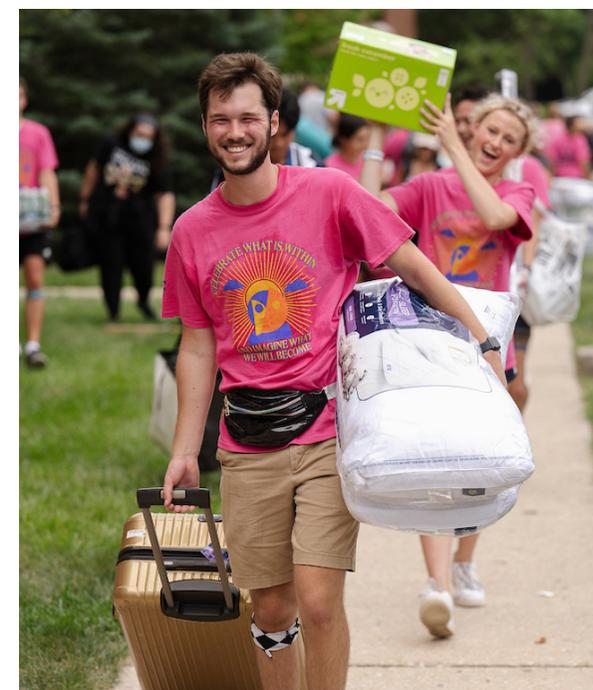
The University places great importance on fire safety, especially in residence halls. The Office for Residence Life's goals for fire safety procedures include prevention, education, early warning, rapid response and fire containment. In terms of education, students receive fire safety information, including 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.





GROWING IN SPIRITUALITY

When we talk about spiritual growth, we often start with a name you're seeing and hearing a lot with Villanova: St. Augustine (pronounced Au-GUS-tin). He and his journey are at the center of the University's mission.

Born in 354 in what is present-day Algeria, Augustine grew to be a gifted teacher and persuasive speaker. His upwardly mobile career path led him to Milan to become that imperial city's official orator.

Along the way, Augustine had wrestled with spiritual questions. What was his purpose in life? Did his ambitions align with his values? How could a loving God allow evil to exist? He explored various religions, but none satisfied his hunger for truth.

Thus, his mind and heart were primed for a series of events and encounters in Milan that led to his conversion experience. Augustine would go on to be a priest, a bishop and one of the biggest influencers in the history of Western Christianity.

Augustine describes his spiritual and intellectual journey in his extraordinary work, *Confessions*, which first-year students read and discuss in their Augustine and Culture Seminar (ACS) class.

CAMPUS MINISTRY: WE SEARCH TOGETHER

Students today may use different words, but just as Augustine did, they ask questions about God, the meaning of life, freedom, evil and values. Some continue in the religious practice they grew up with, while others pursue answers along new paths.

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.

"You have formed us to seek You, and our heart is restless until it comes to rest in You."

St. Augustine, *Confessions*, I, 1



LOCAL SERVICE OPPORTUNITIES INCLUDE WEEKLY SERVICE WITH:

- English Language Learner and other tutoring programs
- Mentoring programs
- Soup kitchens and family shelters
- Nursing homes and community centers
- Habitat for Humanity
- RUIBAL (first-year-only service program)

Here in Campus Ministry and other areas of the Office for Mission and Ministry, we think the process of participating in one's spiritual development is important and valuable. Our professional staff welcomes and encourages all students to engage in the search for meaning and purpose—through prayer, liturgy, education, community and service. Programs are available for people of all faiths and for those who do not identify with any faith tradition. Such diversity and collaboration help make Villanova a vibrant spiritual community.

Campus ministers provide spaces for students, individually and in community, to explore the intersection of personal beliefs, spirituality, justice and the world around them. We also offer pastoral care and counsel, helping students deal with value conflicts, grief, spiritual discernment and other issues connected with faith and life.

The Augustinian values of truth, unity and love, as well as the example of St. Thomas of Villanova, who dedicated his life to serving those in poverty, inspire our work and provide the model for our programs. We seek to cultivate leaders who understand the issues that affect people living on society's margins and who leave Villanova with the desire to pursue justice and embody compassion as they promote the common good. We invite you to visit the Campus Ministry website: campusministry.villanova.edu.

WE PRAY TOGETHER

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

The Sunday evening Masses in the Church of St. Thomas of Villanova, as well as the Saturday vigil Mass in Spanish in Corr Chapel, are the heart of Catholic worship at the University. Students participate as ministers of Hospitality, the Eucharist and the Word; Pastoral Musicians; and active members of the congregation. Campus Ministry staff prepare and train them for their ministries. Augustinians whom the students recognize as faculty members and administrators preside at the Masses. Two daily Masses are celebrated Monday through Friday. The Sacrament of Reconciliation is offered twice a week, as well as by appointment.

While Catholic liturgies are popular on campus, Campus Ministry works with student groups to ensure that all students have opportunities for worship. Campus Ministry provides space for Muslim Jummah prayer and assists with arrangements for students to take part in area congregations.

Many groups for Christian students of various backgrounds, as well as specifically Catholic student groups, offer weekly Bible study, prayer, discussion and fellowship. The upcoming renovation of St. Rita Hall will include the creation of a multifaith prayer space where diverse groups can practice their faiths and engage with one another in a welcoming environment.

Opportunities abound for students to develop holistically. Various groups and activities focus on spiritual reflection, faith sharing, community building and discernment. Time Out, for example, nourishes student-athletes. The Rite of Christian Initiation for Adults serves students who would like to discern entering into the Catholic Church or receive one or several foundational sacraments. Campus ministers offer individual pastoral care and spiritual direction, as well as practices such as centering prayer and mindfulness meditation.

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.
- Romero Center, Camden, NJ
- Salal + Cedar, Coast Salish Territory/ Vancouver, B.C., Canada
- Via International, San Diego, Calif., and Tijuana, Mexico

A vibrant retreat ministry invites students to deepen their spiritual growth at weekend programs at the shore, in the mountains or in other relaxed settings.

EXPLORING

“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

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 is 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 student 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 friends and family members 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.

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, 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 performing arts.

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 resume. 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.



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 offices such as the Dean of Students and Residence Life to provide consultation for reported incidents with an emphasis on generating corrective actions, support and opportunities for learning for students. Additionally, OIA works with the 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 has student ambassadors who support the mission of the office by helping to educate students about DEI topics.

OIA specifically supports underrepresented student groups on campus with the goal of improving connectedness within and across groups, including a close connection with Villanova's Student Government Association to support their DEI department to address issues of diversity, equity and inclusion on campus. The students are instrumental in providing input from underrepresented student groups with the goal of improving the experiences of students on campus. OIA supports many identity groups through programming and advises a number of identity-based student organizations.

OIA holds welcome events for multicultural families during Orientation and Family Weekend and encourages students and their family members to contact OIA about any concerns they might have. For more information, please visit our website, call **(610) 519-6633** or email interculturalaffairs@villanova.edu.

OFFICE OF FRATERNITY AND SORORITY LIFE

Approximately 30% of the undergraduate population belongs to groups that compose the fraternity and sorority community at Villanova. Members of these organizations live in the residence halls with other students—Villanova does not have fraternity or sorority houses.

Most students get involved in fraternity and sorority life because it provides them with opportunities for leadership, service, improved scholastic resources, social experiences 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 the recruitment, or intake, process. Recruitment or intake is the selection process for new members and can occur during the beginning of the spring semester for first-year 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 them to be involved in many facets of the University. If your student wants to learn more about getting involved, please encourage them 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/university/student-life/dean-of-students/hazing for resources and reporting information.

Recreation and Intramurals

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

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



Fitness Centers and Group Exercise Classes

There are five fitness centers located throughout campus for students to use with various types of equipment for all skill levels.

These fitness centers are for use by Villanova students, faculty and staff. The fitness centers are located in the following areas of campus:

- on the 3rd floor of the Davis Center for Athletics and Fitness (Main Campus)
- in the basement of Stanford Hall (South Campus)
- in the basement of Farley Hall (West Campus)
- on the 1st floor of Arch Hall (Main Campus)
- on the 1st floor of Canon Hall (Main Campus)

Additionally, the Athletic Department offers group exercise classes every semester including spin, body toning, yoga, pilates and much more.

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.

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. In addition, the local communities do not tolerate underage drinking, and they are aggressive in enforcing the law and issuing citations.

Traveling Off Campus

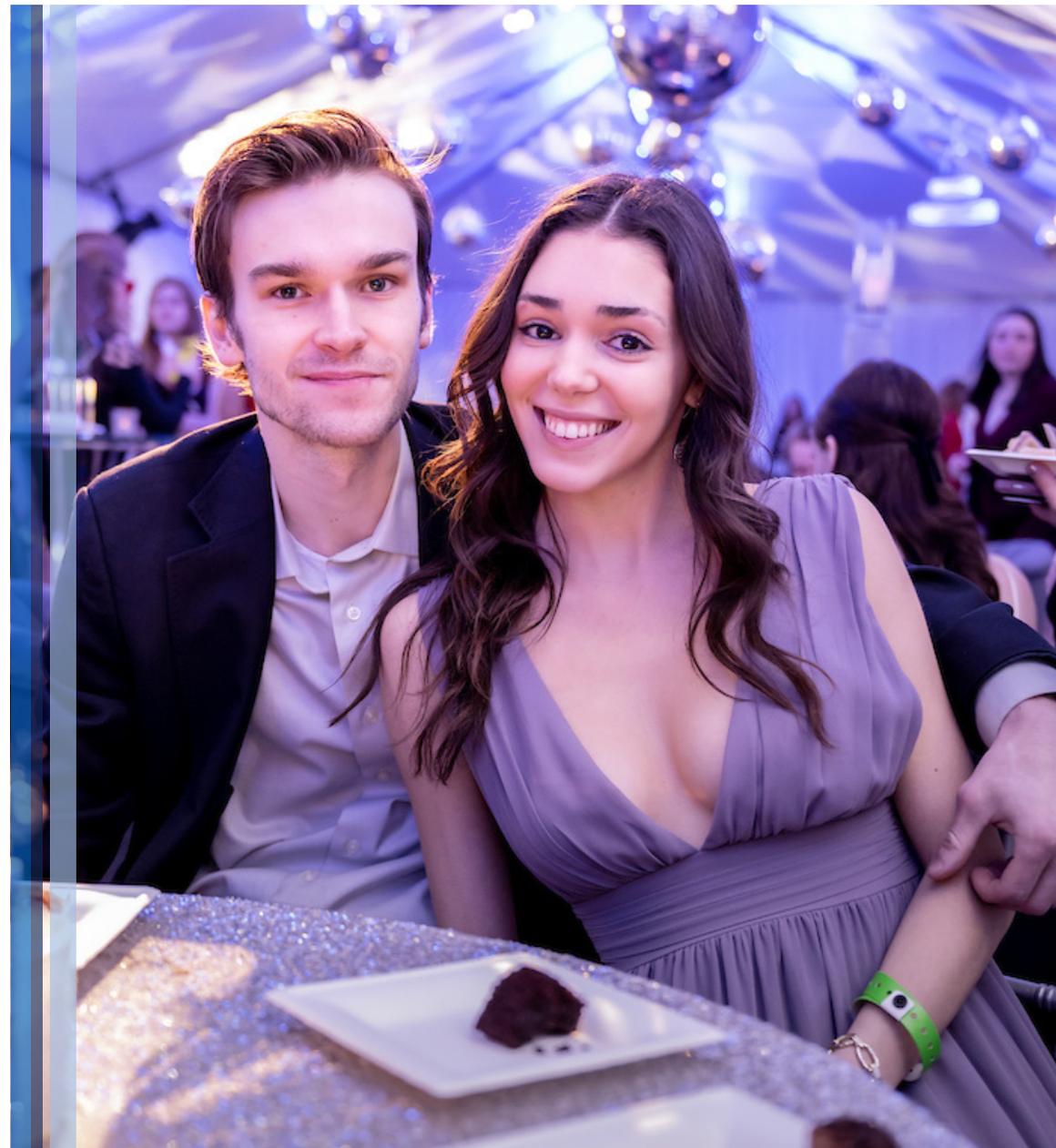
Villanova is served by an excellent public transportation system, especially to nearby Philadelphia. Students should take advantage of Villanova's close proximity to area towns and Philadelphia. Some of the most common places to visit in Philadelphia are the Art Museum, Independence Hall, South Street, Old City, 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 student to the city. You certainly will enjoy the wonderful restaurants, shopping and sights, and it may give your student 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 Jefferson Station. The Norristown High-Speed Line also runs through South Campus near Stanford Hall. The Norristown High-Speed Line runs east to the 69th Street Terminal, where students can catch the elevated train into Center City. Students can also take the Norristown High-Speed Line 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

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 caretaker, it is natural to worry about your student’s health, but you should know that your student 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 student 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 fully equipped weight rooms, a pool, group exercise classes, intramural teams, basketball and tennis courts, a baseball field, and running and biking trails. 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. Students can access Health Promotion’s 24/7, confidential Thrive 365 online portal for Villanova resources and services, as well as an ever-evolving library of information on health and well-being that adapts to them the more they use it.

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

If your student has questions, is seeking alcohol-free activities and/or wants to get involved in health promotion efforts on campus, they can speak with a Health Promotion staff member or consult villanova.edu/healthpromotion for new opportunities to get involved.

COUNSELING SERVICES

UNIVERSITY COUNSELING CENTER

The Counseling Center provides counseling and psychological services free of charge to undergraduate, graduate, law and CPS students who are currently enrolled in classes on campus. Telehealth appointments may be available on a limited basis with the caveat that clients must be physically located in the Commonwealth of Pennsylvania under Pennsylvania law. 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 guardians 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 student 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.

CONSULTATIONS WITH GUARDIANS

We encourage guardians 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, guardians 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 concern for you. You know your student best, and it is usually family members who first notice when their student is experiencing emotional distress.

Common topics of consultation are:

- “How can I encourage my student to go to the Counseling Center?”
- “At what point is weight loss considered an eating disorder?”
- “My student 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.



When to Go to the Student Health Center

Students are often not used to managing their own health because their guardians 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 student 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 their normal daily routine for more than a day or two, the student should probably visit the Student Health Center.

Family members and guardians may also call the Student Health Center for advice about health issues affecting their student 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 only does COVID-19 testing.”** The Student Health Center provides a wide-range of services and deals directly with many medical conditions. Additionally, the Student Health Center manages care and refers students to specialized medical services when necessary.

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.

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 a parent or guardian's 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 student 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.

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 student 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 student 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 student 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 and guardians have said that they believe responsible drinking is OK, but a student should never get drunk. When we asked students about their family’s attitudes, most reported that their family members 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, GUARDIANS AND FAMILY MEMBERS WHO TALK ABOUT ALCOHOL PRIOR TO COLLEGE HAVE STUDENTS 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 student. If we asked your student 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.

- Alcohol misuse 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, guardians and family members often mistakenly feel as though their influence ends when their student goes to college. Nothing could be further from the truth. Particularly in the first year, parents, guardians and family members are still cited as the number one source of information and advice for college students. It is critical that loved ones still leverage this influence in conversations with their student about a variety of things, including alcohol.
- Even if your student 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 student 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 student 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 student 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 your student’s 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 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 guardians 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!

- **Thrive 365:** A confidential online portal that adapts according to your student’s profile, interests, and clicks. Students can access self-checks, goal-setting tools, and a library of information and resources on health and well-being.

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 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. 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 their 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 aid notices to students once they begin their enrollment. An email notifying the student the aid package is complete will be sent to the student, and the student can then view their financial aid in MyNova. It's important that you communicate with your student 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. 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.

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 family members 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 coffee shops and convenience stores, students quickly find their favorite meals on and around campus.

First-year resident students are required to have a meal plan. There are two meal plans for first-year students to choose from, depending on needs. You can check out options at the Dining Services website: diningervices.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 student'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 student'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 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.

Laundry

Each residential area has Wildcard-operated laundry facilities. These facilities only accept NovaBucks as payment and do not accept cash. Students can 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. In addition to the laundry facilities in the halls, students also have the option of signing up for an off-site laundry program. Villanova has partnered with Tide Cleaners to offer this service. Tide Cleaners is the official preferred vendor because they offer a gold standard cleaning solution and save students 80 hours of time each year. More information about this program can be found on the Residence Life webpage.

Upcoming Expenses

Books and School Supplies:

The cost of books and school supplies varies depending on your student'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 NovaBucks to receive a 5% discount in the bookstore. Students are sometimes able to purchase used books as well. As loved ones, you may be anxious to purchase the books before you leave, but sophomore, junior and senior students often recommend that your student go to class first and then purchase books.

Affordable Materials Project (AMP):

AMP is a University-wide collaboration between the bookstore, Falvey Library, CASA and the Office of the Provost, all working together to provide faculty with

"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

resources and options for selecting high quality, affordable course materials and creating student awareness of affordable options for obtaining course materials.

VILLANOVA GRADUATE



FREQUENTLY ASKED QUESTIONS

<p>When do I get the tuition bill?</p>	<p>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 student's account. Their earnings are presented in a paycheck as hours are worked.)</p>
<p>Does Villanova accept credit card payments or offer a payment plan?</p>	<p>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 guardians 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.</p>
<p>Does the invoice need to be paid in full by the due date?</p>	<p>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.</p>
<p>Does Villanova have financing plans, over and above the financial aid package that was offered?</p>	<p>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 guardian 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.</p>
<p>How will the student's work-study be factored into the bill?</p>	<p>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.</p>

FREQUENTLY ASKED QUESTIONS

<p>Will I get the same financial aid package next year?</p>	<p>Villanova's goal is to maintain a consistent level of financial support each year. The financial aid package 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.</p> <p>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.</p>
<p>Who can answer my financial aid questions?</p>	<p>The Office of Financial Assistance has a knowledgeable customer service staff that can answer your questions by phone, email or live chat, 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 package.</p> <p>For more information, please check the Office of Financial Assistance website for the counselor's contact information.</p>
<p>What should I do if our financial situation changes?</p>	<p>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.</p>
<p>Where can students go to get information about their financial aid packages?</p>	<p>Enrolled students can track their individual financial aid information on MyNova to learn if their applications are complete and see the financial aid packages. Some students share their MyNova username and PIN with their guardians, so that the guardians can also keep track of the financial assistance application and award.</p>
<p>My student did poorly in school during the first semester; will they lose financial aid?</p>	<p>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.</p>

FREQUENTLY ASKED QUESTIONS

My student is doing really well; can they receive 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.

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 student received federal work-study as a part of the aid package, how do they 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	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 student.
St. Thomas of Villanova Celebration— Fall	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.
Family Weekend— September	During the fall semester, Villanova invites 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!
All Majors and Opportunities Fall Career Fair—September	The largest recruiting event of the year at Villanova, drawing over 100 employers of all shapes and sizes to recruit Villanovans for internships and full-time job opportunities.
Special Olympics Weekend— November	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.
Martin Luther King Jr. Day of Service and Freedom School—January	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.
Spring Career Fair Series—February	A series of several career fairs focused on industries such as communication, marketing, finance, accounting, consulting, engineering, science and technology open to all majors to explore internship and full-time opportunities.
Midterms— October and March	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.

CAMPUS EVENTS

Finals Week	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. 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.	
Future Events	Family Weekend	Usually Mid-September
	Homecoming	Usually Mid-October
	Baccalaureate and Commencement	Mid-May
The academic calendar is available at villanova.edu/villanova/provost/calendar.html .		



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 can usually 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 resume, 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

Housing options for sophomore year vary. Most sophomores reside in double or single rooms and share a common bathroom. Additionally, space permitting, sophomores may reside in apartments on West Campus or suites in The Commons. By junior year, many students move to the West Campus Apartments or The Commons, where they enjoy a more independent form of living.

While Residence Life assigns all first-year students, rising sophomores and rising juniors are issued computer-generated random housing selection times and select housing on their own. There are times that sophomores and juniors may not succeed in obtaining their first or second choice of housing. Per the University's policy for students admitted as resident students, all second-year resident students are required to reside on campus for their sophomore year. Consistent with the University's three-year housing guarantee, rising juniors will still have the opportunity to remain in the residence halls. Consequently, if your student informs you they are being "required" to move off campus should they not succeed in selecting a preferred housing assignment, you should know that the decision is a matter of choice, not necessity.

While a fourth year of housing is only guaranteed to students who were admitted to the University under a special scholarship or program guaranteeing a fourth year of housing, rising seniors who live on campus during their junior year are eligible to participate in the Senior Housing Lottery. 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 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 their loved ones), preparing for a job and career largely motivates the decision to attend college. Because this topic is so important, family members and students give it a lot of thought. In this section, we'll give you a recommended four-year plan for your student to follow to prepare for a 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. To explore the variety of career paths that Villanova graduates pursue, we recommend you visit outcomes.villanova.edu.

- **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, it may seem that the answer would come easily. But we find that every student goes through moments of discovery and exploration which give them pause—and that's okay! 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."**

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 and guardians want their student not only to have a job, but also to have a job with a high starting salary. It is, of course, reasonable for loved ones to expect their student to be self-supporting, but it probably isn't wise for a parent or guardian to define what that support will be. Many students are initially drawn to careers in the service sector. 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 student 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 a successful first destination after Villanova.

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 (e.g., Microsoft Office and social media), while others may require more specific abilities. Competency in a second language is increasingly important in a global community. To develop competency in a range of technical skills in demand in the job market, Villanova offers LinkedIn Learning free to all students. Students can login and begin learning by visiting villanova.edu/linkedinlearning.
- **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 Family Members Worry?

- **No momentum.** It is normal for students to be unsure about career opportunities. Loved ones 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.
- **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 their parents or guardians but that interest the student. What is concerning is when the student seems to choose courses for no apparent reason, because the course is scheduled at a convenient time, or because 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 should also start to make initial inquiries about international study, a valuable learning experience for any field. Students should also 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 that may complement academic classes. Summer jobs are always important and, for the first year, the content of the job is not as important as in later summers. As a senior leader at a very competitive employer once told us: "I love seeing 'waiter' or 'waitress' on a student's resume; there's no better training for communication than successfully serving hungry customers!"

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 and focus on making choices that align with their interests.

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 resumes, 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. There are some industries and employers who are beginning to recruit for critical junior year internships in the sophomore year. Students should stay in touch with the Career Center to remain informed about the timing and deadlines for such opportunities.

THE FOUR-YEAR PLAN

Junior Year— Testing Career Choices

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

All employers value seeing work experience related to their organizations on a student's resume, including from internships, research experiences, service experiences and more. For some employers, their internship programs are the primary way they eventually hire full-time entry-level employees. The summer after junior year is an important time to obtain practical experience that refines students' interests and helps them prepare for life after Villanova. This year's summer experience is important and should show an even higher level of responsibility. 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.

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 resumes, connect with alumni contacts, and schedule and attend practice interviews to prepare for opportunities. For students of all years and majors who are attending networking events and interviews, the Career Center offers free professional headshots and the Wildcat Wardrobe, our clothing closet which provides professional attire free of charge.





Suggestions for your next visit:

SHOPPING

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

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

GRAB TICKETS TO A GAME

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

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 Theater
- The Wilma Theater
- Walnut Street Theatre
- The Philadelphia Orchestra at the Kimmel Center

UNIVERSITY AND LOCAL INFORMATION

Have a specific question that 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 Family and Parent website at villanova.edu/family for more information.



ACADEMIC CALENDAR 2022–2023

FALL 2022

Aug. 24 (W)	Classes Begin
Aug. 30 (Tu)	Last Day for Requesting Satisfactory/Unsatisfactory
Aug. 30 (Tu)	Last Day for Dropping and/or Adding Classes
Sept. 5 (M)	Labor Day—No Classes
Oct. 7 (F)	Midterm
Oct. 10 (M)	Semester Recess
Oct. 17 (M)	Classes Resume
Oct. 21 (F)	Registration Advising Begins
TBA	Registration Begins for Spring 2023
Nov. 9 (W)	Last Day for Authorized Withdrawal Without Academic Penalty (WX)
Nov. 22 (Tu)	Thanksgiving Recess Begins After Last Class
Nov. 28 (M)	Classes Resume
Dec. 12 (M)	Final Day of Classes
Dec. 13 (Tu)	Reading Day
Dec. 14–20 (Wed–Tue)	Final Examinations (No exams Sun., Dec. 18)

SPRING 2023

Jan. 16 (M)	Martin Luther King Jr. Day (No Classes) Martin Luther King Jr. Day of Service
Jan. 17 (Tu)	Classes Begin
Jan. 23 (M)	Last Day for requesting Satisfactory/Unsatisfactory
Jan. 23 (M)	Last Day for Dropping and/or Adding Classes
Mar. 3 (F)	Midterm
Mar. 6 (M)	Semester Recess
Mar. 13 (M)	Classes Resume
Mar. 17 (F)	Registration Advising Begins
TBA	Registration Begins for Fall 2023 Semester
Apr. 5 (W)	Last Day for Authorized Withdrawal Without Academic Penalty (WX)
Apr. 5 (W)	Easter Recess Begins After Last Class
Apr. 11 (Tu)	Classes Resume
May 4 (Th)	Final Day of Classes
May 5 (F)	Reading Day
May 6–12 (Sat–Fri)	Final Examinations (No exams Sun., May 7)
May 15 (M)	Final Grades Due (Noon)
May 19–20 (Sat–Fri)	Commencement Weekend



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	villanova.edu/counselingcenter
Dean of Students	4200	villanova.edu/deanofstudents
Dining Services	4170	diningservices.villanova.edu
Falvey Library	4270	library.villanova.edu
Financial Assistance	4010	finaid.villanova.edu
Health Services	4070	villanova.edu/studenthealth
Learning Support Services	5176	villanova.edu/villanova/provost/learningsupport.html
Mail Services	4492	villanova.edu/villanova/services/mail.html
Math Learning Resource Center	6572	villanova.edu/mlrc
New Student Orientation	4200	orientation.villanova.edu
Office of Health Promotion	7407	villanova.edu/healthpromotion
Public Safety	5800	publicsafety.villanova.edu
Registrar's Office	4030	villanova.edu/enroll/registrar
Residence Life	4155	villanova.edu/reslife
Student Involvement	4210	villanova.edu/osi
Student Life	4550	villanova.edu/studentlife
Student Performing Arts	7214	villanova.edu/arts
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	5860	engineering.villanova.edu
M. Louise Fitzpatrick College of Nursing	4900	nursing.villanova.edu
School of Business	4330	business.villanova.edu

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



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