



# FIRST GEN GUIDEBOOK

**WRITTEN FOR FIRST GEN STUDENTS  
BY FIRST GEN STUDENTS**



## On Authorship

This guidebook was originally created through the work of the Office of Student Success and Outreach (SS&O) in 2019. SS&O merged with the then Office of Multicultural Affairs in 2023 leading to the creation of the MOSAIC Center. This guidebook is meant to center the voices of first generation college students at Seattle University and this page will keep a record of the many student contributors who have made this possible.

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# Welcome to **Seattle U!**

Welcome to Seattle University! Let us be the first to congratulate you on deciding to further your education and being the first in your family to go to college!






We are first-generation students just like you, and we want your transition to Seattle University to be as smooth as possible. We have been in your shoes, and we know that it can be an overwhelming process. We know that you have a lot of questions and might feel that you don't know where to begin to find the answers. That is why we created this book for you to use as a reference and guide.

We want you to know that you are not alone. Many students start to feel overwhelmed and lost in the crowd when they first go to college. But you don't have to go through this transition alone. There are resources that you can utilize, places where you can meet people, and a ton of ways for you to find your place at SU. You just have to know where to look.






College is pretty different from high school and you may start to notice that you have much more freedom than before. It may take some time to get used to a new environment and community, but you'll adjust before you know it. It's also important to put yourself out there and not be afraid to meet new people. Building relationships is a great way to find a solid group of friends to go through the struggles of life and college together.

We hope that you will use this guidebook on your journey at SU to find all the information and resources you will need to be successful.

# Top 10 Checklist for Success

-  Familiarize yourself with the [Redhawk Hub](#)! You'll find news, connections to resources, upcoming events and more.
-  Make it a habit of checking your email every day and respond to emails that require attention.
-  Check CANVAS for announcements or assignments that your professors may not have mentioned during class.
- 
  - Look for websites that offer the cheapest price for your textbooks and save money.
    - Bonus Tip! Check the [Lemieux Library](#) for your book through the library website and you can also request book from [Summit Libraries](#)!
    - Talk to your professor about whether you need the newest edition of a textbook it is possible you can buy an older more affordable version that will still have the same or similar content.
-  Get a planner and consistently write in it to keep track of important dates.

# Top 10 Checklist for Success

-  Attend all classes and determine your required study time for each. Then, arrange your schedule around it.
-  Visit The Frist Generation Link in Student Center 110 and join their ConnectSU portal.
-  Make a career coaching appointment with Career Engagement Office to talk about your future.
-  Do not procrastinate! Things will always come up that might keep you from doing or finishing your work on time.
-  Get Involved! There's a lot of research that shows the connection between having a sense of belonging on campus and college success. It can be hard at first but getting connected helps!

# Life at **Seattle U**

## **MEAL PLANS**

Redhawk Dining manages meal plans and our eateries on campus, visit their website at [www.dineoncampus.com/seattleu](http://www.dineoncampus.com/seattleu). A student's full balance of their requested meal plan will appear at the beginning of the quarter and it is up to the student's discretion how much they spend per day based on their eating habits. Students can manage their meal plan funds online by registering for an eAccount. .

### **Commuter Students**

Commuter students are not required to purchase a meal plan through SU but have the option of doing so if they choose.

### **Residential Students**

For first and second year students, having a meal plan is required when living in a residence hall or affiliate housing. There are multiple meal plan options. Be familiar with each one, so you can choose the one that's most suitable. Students can make requests to change their meal plan through the housing portal.

Whether you're a commuter or residential student, students who purchase a meal plan and have money remaining in their account after the end of the quarter can have a maximum of \$250 rolled over between quarters. However, money can't be rolled over from Spring to Fall quarter as it is a new academic year.

As the end of the quarter nears, some students will chose to use as much of the money on their card as possible rather than having the \$250 max rolled over for the next quarter. If you are one of those people, my advice would be to use that money as early as possible because a lot of students will have the same plan and the eateries will be run low on their stock and have limited options.



# Life at **Seattle U**

## Dining Halls and Eateries

At SU, there are various locations across campus where students can purchase food, drinks, and snacks throughout the day. Each location will have its own business hours and it's important to know when opening and closing times are.

	LOCATION	TYPES OF FOOD
<b>Cherry Street Market</b>	2nd floor of Student Center	Daily wok, deli, grill, and a variety of hot foods. Sandwiches are also served here
<b>Hawk's Nest Bistro</b>	3rd floor of Student Center	Build your own pizza or salad and a variety of other hot foods and drinks
<b>The Bottom Line</b>	Pigott Atrium	Hot sandwiches, soups, baked goods, and an assortment of beverages
<b>The Byte</b>	2nd floor of Lemieux Library	Offers an array of drinks, sandwiches, salads, and soups
<b>The Sidebar</b>	Sullivan Hall (Law building)	Variety of salads, soups, sandwiches, and beverages

When purchasing items from any of the listed dining locations above, all you have to do is make sure you have your student ID card loaded with a meal plan for the cashier to swipe and you're good to go!

For commuter students without money on their student ID card, meals can be purchased using a personal debit card, credit card, or cash.



# Life at **Seattle U**

## Grocery Stores

Throughout the year, students tend to buy non-perishable food items for their residence hall room to store if they decide to have options outside of their meal plans and dining services at the University. Some items include easy-mac, granola bars, cereal, chips, drinks, and so much more.

For our commuter students, sometimes you need to grab a quick snack off-campus, so this list may come in handy too!

	LOCATION	SERVICES
<b>SU Campus Store</b>	corner of Madison St. & 12th ave	Textbooks, school supplies, SU attire
<b>QFC</b>	Broadway & E. Pike	Groceries, personal hygiene, household supplies, dog food, etc.
<b>Trader Joe's</b>	E. Madison & 17th ave	Organic food
<b>Bartell Drugs</b>	adjacent to QFC	Pharmacy
<b>Target</b>	1401 2nd Ave	Produce, clothes, household items, school supplies, etc.

# Life at **Seattle U**

## **HOUSING**

For **undergraduate students**, you are required to live on campus and purchase the Residential Meal Plan (at minimum) for the full academic year if you fall into any of the following categories:

- Freshmen or sophomore and under the age of 21 by the time the academic year starts.
- First- or second-year Seattle University student and under the age of 21 by the time the academic year starts.
- Within two years of high school graduation date as of first day of fall quarter classes, and under the age of 21 by the time the academic year starts.

These requirements do not include summer quarter, when there is no residential living requirement.

For **graduate or law students**, living on campus is optional. However, Vi Hilbert Hall, the Douglas Apartments, the Murphy Apartments do have some available spaces for you.

## **Room Assignments & Roommates**

SU strives to build a community within the residence halls for students. With this being said, sometimes there can be challenges students face as well as benefits. Many people at SU come from different backgrounds and have different experiences that can be shared amongst other people that will create authentic relationships.

It is very common for roommates to set boundaries and rules together in order to make the living experience a smooth transition. On rare occasions, there are roommates that don't follow the set rules which can lead the other person to feel angry. When this happens, it's important to contact **Housing and Residence Life** staff to help you through this problem by setting up a mediation session.

If it is determined by the mediators that the issue can't get resolved, you should fill out and submit a Room Change Request Form - keeping in mind that this form will not guarantee you can change rooms.

# Life at **Seattle U**

## Residence Halls & Apartment

	LOCATION	APPROXIMATE # OF STUDENTS	TYPES OF ROOMS
Murphy Apartments	southside of campus, adjacent to Campion & Chardin Hall	5 buildings, 2-3 floors each, 370 students Only available for upperclassmen undergraduates, graduates, & law students	1-person studio, 2-person studio, 1 bedroom apartment
The Douglas "The Dougies"	1223 E Cherry St, across Shell Gas Station and SU Park	257 students Only available for upperclassmen undergraduates, graduates, & law students	Single, double, and four bedroom apartments
Kolvenbach Community	1220 E Barclay Ct	8 students Only for upperclassmen undergraduates	Double rooms This community gives students the opportunity to live a lifestyle that instills the five values: service, spirituality, solidarity, community & simple living
Yobi Apartments	1219 E Marion St	5 floors - 45 students Mostly for upperclassmen undergraduates	"Apodment" style rooms



# Academic Advising

## Advising Center

Each school and college within SU has its own advising center and group of advisors that tend to students in the corresponding college. Advising centers and advisors have a sole purpose of helping students succeed during their time at SU by outlining an educational plan.

**NOTE:** If you are unaware of who your advisor is, log into your account on mySeattleU and click on your username in the upper righthand corner, and select “User Profile.” The name of your advisor should be listed with your user information..

### Albers School of Business and Economics: Pigott (PIGT) 318

*Monday – Friday 8 a.m. to 5 p.m.*

#### **Drop-In Hours:**

Mondays 10 a.m. – 11 a.m.

Tuesdays 11 a.m. – 12 p.m.

Wednesdays 1 p.m. – 2 p.m.

Thursdays 2 p.m. – 3 p.m.

Fridays 10 a.m. – 11 a.m.

**Phone:** (206) 296-5700

**Email:** Albers\_UG-advising@seattleu.edu (undergraduate students)  
albersgradinfo@seattleu.edu (graduate students)

First-year students are assigned a New Student Mentor, who is either a junior or senior in Albers School of Business and are trained mentors through the school. In addition, first-year students should meet with their academic advisor each quarter of their first year. Sophomore, junior, and senior students are Encouraged to meet faculty in their major for additional mentorship. The advising center available for walk-in office hours to get an answer to your quick questions. For more in-depth questions and concerns about education planning and major requirements can be answered through a scheduled appointment which can be done via Zoom or in person.

To make an appointment, visit the University Advising page on [Redhawk Hub](#).



# Academic Advising

## College of Arts and Sciences: Casey (CASY) 110

Monday – Friday 9 a.m. to 4:30 p.m.

### **Drop-in Hours** (in-person or virtual):

Monday – Wednesday

Friday: 10:00 a.m. – 3:00 p.m.

Thursday: 10:00 a.m. – 2:00 p.m.

**Phone:** (206) 296-2840

**Email:** ASCAdvising@seattleu.edu

All first-year students are required to meet one-on-one with their assigned advisor during each quarter of their first year. All students are assigned a professional academic advisor in their first two years, and some juniors and seniors will be assigned a faculty advisor. Advising requirements vary between majors and departments. After your first year, you should meet with your advisor at least once a year. The advising center is available for walk-in office hours to get an answer to quick questions. For in-depth questions about education planning and major requirements, schedule an appointment. Appointments can take place in person or via Zoom.

## College of Education: Loyola Hall

**Phone:** (206) 296-5760

Students in the College of Education are assigned a faculty advisor that they can meet with to discuss plans for your future. It is your responsibility to learn about your specific program/major and plan your four years at SU. If you have any questions, your faculty advisor's sole purpose is to answer those questions and support you as best as they can.



# Academic Advising

## College of Nursing: Garrand (GARR) 4th Floor

Monday – Friday: 9am – 4pm

**Email:** CONadvising@seattleu.edu

As a Nursing student, you are responsible for meeting with your advisor once a quarter of each academic year before registering for the next quarter.

## College of Science and Engineering: Bannan (BANN) 323

Monday – Friday: 8:00am – 4:30 pm

### Drop-In Hours:

*In-Person (Bannan 323)*

Monday: 12:30 PM – 2:00 PM

Tuesday: 2:00 PM – 3:30 PM

Wednesday: 2:00 PM – 3:30 PM

Thursday: 12:30 PM – 2:00 PM

*Virtual*

Friday: 10:00 AM – 11:30 AM

**Phone:** (206) 296-2500

**Email:** se-adv@seattleu.edu

New students coming into the College of Science and Engineering are assigned an academic advisor that you should plan to meet at least once a quarter in your first year. For more general questions, you can drop by the advising center during the outlined drop-in hours available to current students in the College of Science and Engineering.

You can schedule an in person or Zoom appointment by visiting the University Advising page on Redhawk Hub.



# Academic Advising

## School of Law: Sullivan Hall

**Phone:** 206-398-4987

**Email:** colemanb@seattleu.edu

The School of Law provides each student with a faculty advisor that'll help you in the process of important decision making when it comes to taking the appropriate courses. Along with your academic advisor, representatives from the Center for Professional Development, Access to Justice Institute, and the Academic Resource Center will be an additional resource for seeking guidance and advice in order to succeed.

## Academic Pathways Advising (Undeclared): Bellarmine (BELL) 111

**Phone:** 206-296-2260

**Email:** pathwaysadvising@seattleu.edu

Whether you are deciding which major best fits your interests or completing requirements toward your preferred major, Academic Pathways Advising provides you with the tools through coaching and academic support to declare your major. From your first quarter, you will be actively engaged in activities and conversations with your advisor toward achieving your personal, academic and career goals. With our program, you'll develop and benefit from an academic framework that will serve you throughout your undergraduate studies at Seattle University. Undeclared students should meet with their advisor once per quarter. Appointments can be held in-person or via Zoom.

You can schedule an in person or Zoom appointment by visiting the University Advising page on Redhawk Hub.



# Academic Advising

## Faculty Office Hours

Sometimes seeking additional help from faculty members can be a little intimidating. This can lead to you getting behind in class and possibly failing the class if you choose not to speak up. Trust us when we say that the faculty at SU are more than happy to offer time outside of the class period (office hours) for you to take advantage of. The hardest part is taking the first step and going to your first office hour. Once you start going to office hours and reaching out to your professor, getting help in the future will be much easier.

Additionally, something doesn't need to be wrong for you to visit your faculty member's office hours. Visiting office hours is a great way to connect with your professor outside of the classroom. You can talk to them about the kind of research they may be doing or why they enjoy teaching a certain subject.

Here are some ways for reaching out to faculty members:

- Send an email
- Talk to them before or after class
- Make an appointment for a one-on-one conversation
- Look on Canvas under the specific course to find their office hours

Here are some questions or conversation starters when meeting with your professor:

- "I'm struggling with \*\*\*, could you help me understand it better?"
- "Could you clarify the assignment instructions for \*\*\*?"
- "I would like to get more feedback on my recent exam/paper. Can we go over it together?"
- "I found the recent lecture on \*\*\* particularly fascinating. What are some key points you think we should focus on for the upcoming exam?"

# Academics Success

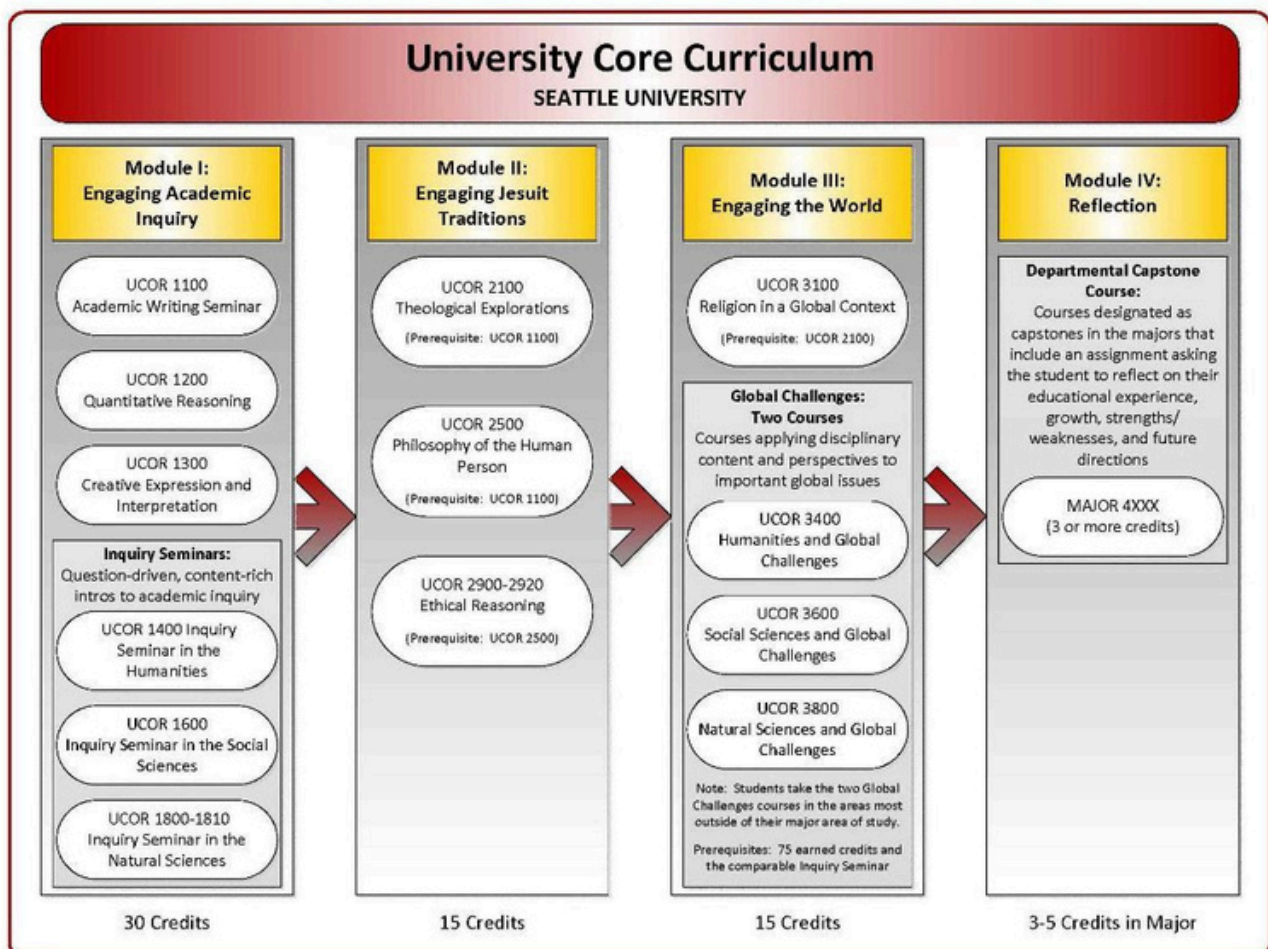
## JESUIT EDUCATION

You most likely hear this term a lot when you are first starting out. The Jesuits are widely known as educators.

This basically means that SU values knowledge, as well as what a student does with this knowledge. Jesuits also believe that it is important for a person to grow in every aspect, including spiritually. This is why you will be expected to take University Core classes in addition to classes for your major. The combination of your University Core and unique major classes will help you become a more well-rounded person.

## UNIVERSITY CORE (UCOR)

University Core classes are classes that every student must take. They come in 4 modules.



# Academics Success

## REGISTERING FOR COURSES

Registration for courses will be done on mySeattleU.

Each student is given a specific date and time to register. Registration may only be done after this time has passed. Students with priority registration will register on the first day of registration week and everyone after that will be assigned a registration time based on the number of credits they have finished.

If you would like to see classes prior to registration, you can use the Search for Classes tool on mySeattleU. This allows you to check availability throughout registration week as well.

### What to Keep in Mind for Registration

- **Undergraduate students** are required to take at least 12 credits per quarter to maintain a full-time status and **graduate students** are required to take at least 6 credits.
- Each major and college has a set of courses that you must take in order to earn that degree. If you wait too long to take these classes, this may impact your graduation date.
- Know the prerequisites of the courses you want to take, and make sure you have fulfilled them. These could include other courses, a minimum GPA, a minimum number of credits, a minimum grade in another course or a minimum score on a placement exam. Some courses may even have co-requisites.
- Do not want to waste your time trying to register for a class that you cannot even take.
- Classes fill quickly and students with more credits will register first. You may not be able to register for the classes you want, so it is a good idea to have a list of backup classes when you register.
- Know when your registration time is and do not procrastinate! In order to maximize your chances of getting into your first-choice class, you should register as soon as your registration appointment is scheduled.
- If your registration time is during your class, you can ask your professor if it is okay for you to register during that class period. Many professors will say yes!

# Academics Success

- Read about classes beforehand. Use the “Search for Classes” tool on mySeattleU, so you know what classes you want to take before registering. Do this for your backup classes as well, because you do not want to end up in a class on a subject that you know nothing about.
- Have a meaningful appointment with your advisor before registration.
- Come prepared to your advising appointment with a list of courses you would like to take and inform them of any changes you have made to your academic plans. They are here to help you accomplish your goals, so it is helpful for them to have a clear understanding of what those goals are.

## STUDYING AND ACADEMIC HELP

SU offers a variety of resources that students may use to aid them in their academics.

- **Learning Assistance Programs (LAP):** Lemieux Library, 2nd Floor
  - Individual Consultations with a Learning Specialist: This will help students perfect and improve their study habits by addressing areas of weakness.
  - Tutoring Services: Free peer-tutoring in several subjects
  - Learning Strategy Workshops: You may attend workshops that will teach you how to fine-tune your studying skills.
  - Group Study Opportunities: Peer-led study groups.
- **Writing Center:** Lemieux Library, 2nd Floor
  - The Writing Center helps students to become more effective writers by helping them through each step of the writing process.
- **Math Lab:** Bannan 415
  - The Math Lab where students can drop-in and seek help with lower-division math
- **Disabilities Services:** Loyola 100
  - Disabilities Services advises students with disabilities and works with them to determine eligibility for any services and accommodations that may benefit them.

# Academics Success

- **English Language Learning Center:** Loyola 218
  - ELLC Tutoring is for all multilingual speakers for whom English might not be their first or primary language, both undergraduate and graduate, and it's free.
- **Fellowships Office:** PAVL 110
  - The Fellowships Office guides students and alumni when they apply for national fellowships, scholarships, and grants.

## Study Locations

We know study locations are key to a great study session. Here are some places you can study on-campus. These are great places to study independently or with others.

- Lemieux Library
  - Private Study Rooms
  - Group Study Rooms
  - 24/7 Computer Lab
  - Media Production Center
  - Reading Rooms
- Douglas Apartments
  - Group Study Rooms in the Douglas Lobby
- Champion Hall
  - 12th Floor Champion Education Center with 3 Group Study Rooms and a reading room
- The First-Generation Link: Student Center 110
- The Veteran and Military Connected Link: 1103 Building, Room 105
- The Commuter and Transfer Link: Student Center 310
- The Graduate Student and Adult Learner Link: Sinegal 120
- The Intercultural Link: Student Center 322
- The Pride Link: Student Center 390

# Adjusting & Getting Involved

## ADJUSTING (“THE SEATTLE FREEZE”)

When you are in a new environment like college, it may be a difficult and challenging time. You may feel new levels of stress that you have never experienced before.

If you’re finding it difficult to make new friends, you might be experiencing “The Seattle Freeze.” Don’t let it hinder you from getting involved and putting yourself out there.

It is important to enjoy yourself, take breaks, and take the time to meet other people. Seattle University offers many different options to do so.

## EXTRACURRICULAR ORGANIZATIONS

SU has over 300 organizations and communities for people to join. If you are interested in finding clubs or a community to join, you can find one on ConnectSU

With so many organizations, you are likely to find at least one that interests you, but if you don’t, there may be an opportunity to create a community of your own!

Even if you choose not to be involved in any of these organizations, there are many events hosted by organizations that are open to all. Going to events held by different organizations, such as Campus Ministry or Residence Hall Association, are good ways to socialize, find communities, and take a break from the stress of college.

## TAKING CARE OF YOURSELF FOR THE FIRST TIME

Many students start to feel overwhelmed when they begin college because it is the first time they are expected to take care of themselves. This is why SU provides a variety of different resources to allow students to adjust to the new world of college.

Remember that everyone is going through this adjustment period too, so don’t be afraid to ask your peers, Resident Assistant, or a staff member for help.

# Adjusting & Getting Involved

## HOMESICKNESS: BEING AWAY FROM HOME & LOVED ONES

Coming to college often makes it difficult for students to maintain relationships with the people they have known for so long.

However, there are ways to cope with homesickness:

- Keep busy and socialize.
- You will start to build a bond with other people who share the same interests as you. This will eventually help you to feel more comfortable in your new environment.
- Make friends with people who have similar backgrounds.
- Sometimes, there are events for people who are from different parts of the country. This could be a luncheon for southwestern students or a luau for students from Hawaii.

## MANAGING RELATIONSHIPS FROM FAR AWAY

Many of your relationships with friends, family, or a significant other, are put to the test when students move away for college. Students may find it difficult to maintain old relationships as they begin to establish new ones.

However, juggling so many relationships can take a toll on a student, and it can add more stress to your already-heavy workload.

So, here are some tips:

- Take advantage of any of the resources available to you: social-media, the internet phone calls, text messages, video chatting, even letter-writing! There are lots of ways to keep in touch.
- Keep in mind that your relationship will not necessarily be the same as when you were living at home. Both of you will need to make an effort to communicate with one another. Also, college is often a time of growth, so this means that your relationship may have to change to keep up with you.
- Change in relationships shouldn't automatically be seen as a negative thing.
- Remember that the new friends you make in college are probably experiencing the same thing as you, so they will understand if you choose to stay in for the night to video chat with a friend that you haven't spoken to in weeks.



# Adjusting & Getting Involved

## STRESS MANAGEMENT

College is stressful. There is no doubt about that. But, there are strategies that you can utilize to minimize your stress level.

- Exercise.
- Sitting down and studying all day can begin to feel boring and pretty depressing. However, getting your blood pumping is a good break from that and it helps to clear your head.
- Sleep. It is not very beneficial to stay up all night to study if you are not retaining any of the information. It also won't help if you're too tired to go to class the next morning!
- Get off campus every now and then.
- If you are a residential student, the monotony of living on campus can start feeling restricting. You may start to feel like your classes have become your entire life. When it comes to the weekend or a holiday, it might be beneficial to have some time to forget about your classes – just remember to get your work done first!

## TIME MANAGEMENT

Your new schedule is probably going to be different from the schedule you had in high school. It may be difficult to keep track of it all.

- Write it down.

You will have assignments due the next day, assignments due at the end of the quarter and assignments due a few hours after it was assigned. That is a lot of dates to remember. So don't try to. Just write it down in a calendar or planner to keep yourself organized. Seeing it written down will help you to feel less overwhelmed and you will know what to prioritize.

- Read the syllabus.

More often than not, professors will put important deadlines on the syllabus. If you notice that all of your assignments will be due in the same week, you should probably get a head start on that.

# Adjusting & Getting Involved

## ADJUSTING TO SEATTLE

About two-thirds of Seattle University students are not from Washington State, and the distinct culture of the city may leave some in shock. It is an urban community that values nature and outdoor recreation. The city itself is famous for its alternative music and progressive culture, which may be overwhelming to some when they first arrive. This is common, and it is important for students to recognize that they are not alone. There are a variety of community spaces, clubs and resources that students can join and utilize to help them to find a home away from home.

Many of us are familiar with Seattle's reputation as "Rain City". However, the rain is not as heavy as many assume. It is more of a constant trickle than a harsh downpour. You may feel compelled to stay indoors when it rains, but that can get depressing. You may miss out on some of the many experiences Seattle has to offer.

If you're still having a hard time adjusting, take advantage of Seattle University resources such as:

- **Campus Ministry (STCN 1st Floor):** you can meet with a campus minister just to talk.
- **CAPS (PAVL 120):** has support and therapy groups as well as individual appointments that may teach you ways to deal with your stress and adjustment.

# Resources

## FIRST-GEN RESOURCES

### **The First Generation Link Student Center (STCN) 110**

Monday – Thursday: 9:00am – 5:00pm and Fridays: 9 AM – 3 PM  
(206) 296-6334  
thelinks@seattleu.edu

As a first-gen student, you may notice that your experience is slightly different from many of your peers. SU provides a safe place at The First Gen Link. It is a community and resource space catered specifically to first-gen students just like you.

The First Gen Link offers resources and services, including but not limited to:

- Resources from different campus departments.
- Various programs & events, including our "First-Gen Fridays" series where students can talk about different topics with a community of other first-gen students, staff, and faculty.

## HEALTH & WELLNESS

### **Wellness and Health Promotion: Student Center STCN 380 & PAVL 150**

Monday – Friday: 9:00am – 4:30pm  
(206) 296-2593  
wellness@seattleu.edu

Wellness and Health Promotion is a resource for students in need of aid and guidance in health-related decisions. They offer resources, such as peer support. They specialize in promotion of physical health, mental health, drug and alcohol abuse prevention, and maintenance of healthy relationships. The Office of Wellness & Health Promotion also operates the SU Food Pantry. SU Food Pantry is a free resource for any SU student to pick up supplementary food each week. One bag can last about 1-2 days. To access the pantry visit Wellness & Health Promotion on ConnectSU  
<https://seattleu.campuslabs.com/engage/organization/wellness-and-health-promotion>

# Resources

## **Student Health Center: Bellarmine Hall (BELL) 107**

*Academic Year Hours (Fall, Winter, Spring):*

Monday–Wednesday: 9 a.m. to 5 p.m.

(Closed Tuesdays 9–10 a.m. for staff meetings)

Thursday–Friday: 8:30 a.m. to 4:30 p.m.

### *Summer Hours*

Monday–Thursday: 8:30 a.m. to 4:30 p.m.

Friday: 8:30 a.m. to 3 p.m.

(Closed daily for lunch 11:45 a.m. to 12:30 p.m.)

(206) 296-3600

studenthealthcenter@seattleu.edu

The Student Health Center provides primary care needs:

- Physicals: For volunteer work, travel, ROTC, College of Nursing, Diagnostic ultrasound program
- Acute Care: diagnosis and treatment of illnesses, minor injuries, skin rashes and infections, bladder infections as well as numerous other medical concerns
- Chronic Diseases: monitoring stable conditions along with referral to area health specialists
- Sports Medicine: treatment of concussions, muscle strains, joint sprains and fractures with referral to specialists as needed
- Skin Care: including treatment of acne, eczema, warts
- Women's Health Services: including well woman exams, pap smears, pregnancy testing/prevention, PCOS, breast concerns
- STD evaluation: testing, treatment, counseling, and PrEP
- Mental Health: diagnosis and treatment of anxiety and depression; medication management for other stable mental health conditions; referral to psychiatry as needed

# Resources

- Eating Disorder: consultation and referral
- ADHD: medication management ONLY with prior diagnosis AND SU SHC Requirements for ADHD Medication Management
- Immunizations and TB testing
- Laboratory Services: specimens obtained at the Student Health Center but sent to outside facility (LabCorp) who can bill student health and private insurance
- Imaging: testing done at outside facility (Seattle Radiology) who can bill student health and private insurance

## **Counseling and Psychological Services (CAPS): Pavilion (PAVL) 120**

Office hours: Mondays – Fridays 8:30am – 4:30pm PST

Urgent Hours: Mondays – Fridays 11am – 1pm PST

(206)296-6090

[CAPS@seattleu.edu](mailto:CAPS@seattleu.edu)

CAPS is a team of professional licensed clinicians who provide a variety of services to help students overcome the challenges and difficulties that come with their experience at a university. It is a confidential resource for students in need of any form of psychological therapy. Students often seek counseling and psychological services for reasons such as depression, anxiety, life changes or crises, identity or relationship issues, sexual concerns, drug and alcohol problems, or any other problem where a student's psychological health is a main concern.

Services CAPS provides are:

- Initial Evaluation
- Individual Counseling
- Support and Therapy Groups
- Referrals
- Consultation
- Workshops, Outreach, and Psychoeducational Programs
- Mental Health Screenings
- Resource Library
- Mental Health Screenings
- Resource Library

# Resources

## **JOBS/INTERNSHIP/CAREER SEARCH**

### **Career Engagement: Pavilion (PAVL) 110**

Monday - Thursday: 8:30am - 4:30pm

Friday: 12:00 noon - 2:00 pm

(206) 296-6080

Career Services is a resource for students who seek information or advice for their future career. They offer advising as well as host opportunities for networking, such as career fairs, internship fairs, and the like.

### **Albers Career Center Pigott 331**

Monday, Thursday, & Friday: 9am-5pm

Tuesday & Wednesday: 9am-6pm

Call: (206) 296-5687

Email: [acc@seattleu.edu](mailto:acc@seattleu.edu)

The Albers Career Center (formerly known as the Albers Placement Center) creates opportunities to connect students and the business community. We provide job search preparation assistance, information on job and internship opportunities, employer resources, and professional development programs. Our goal is to assist the students and alumni of the Albers School of Business and Economics to be successful in their career development and job placement activities.

### **Redhawk Network (Handshake)**

The Redhawk Network is an online platform that connects job-seekers and employers. Apply to on-campus student employment, internships, volunteer work, and more. You can see which jobs you may meet the qualifications for, and potential employers can see your profile and resume to see if you are suitable for a job or interview. Each job is listed with a description written by the employer, so you can understand what to expect.

# Resources

## SCHOLARSHIPS & FINANCIAL ASSISTANCE

### **Student Financial Services: Vi Hilbert Hall (HILB), second floor**

Phone Hours Monday–Friday, 9:00 a.m. to 4:30 p.m.

Office Hours Monday–Friday, 9:30 a.m. to 4:00 p.m.

Drop-in Counselor Hours Monday–Friday 10:00 a.m. to 3:00 p.m.

(206) 220-8020

Student Financial Services is the student financial aid office, the student employment office, and the student account office all in one. They offer help and advising in apply for financial aid, as well as helping them pay for it.

If you are in need of information or advising in regards to your finances and paying for college, you can make an appointment at their office.

## COMMUNITY SPACES

### **The MOSAIC Center: Pavilion (PAVL) 180 (206) 296-6070**

The MOSAIC Center creates Meaningful Opportunity for Student Access, Inclusion, and Community at Seattle University. We play a critical role in supporting intercultural learning and development of students. We encourage students to increase their awareness of self and others, and their role in co-creating a more inclusive campus culture by creating an environment that promotes curiosity and learning.

#### **The Links**

Hours: Monday – Thursday: 9:00am – 5:00pm & Friday: 9:00am – 3:00pm

#### ***Intercultural Link (STCN 322)***

The Intercultural Link is a space for all BIPOC and undocumented student. This inclusive lounge has a community kitchenette, resource library, computers, art and a television.

#### ***The First-Generation Link: Student Center (STCN 110)***

The First-Generation Link is an inclusive community for first-generation students. It is a safe space for students to spend their time, relax, and get to know their peers. It has couches, tables, and a kitchenette.



# Resources

## ***The Veteran and Military Connected Link: 1103 Building, Room 105***

The Veteran and Military-Connected Link is the home for students who have served in the US military and those who are connected to the military through their family members, ROTC, and/or are currently serving in the military. The V&MC is staffed by current Seattle U students.

## ***The Commuter and Transfer Link: Student Center (STCN 310)***

The Commuter and Transfer Link is a community space for all transfer and commuter students. They offer a lounge or study space, a kitchenette, and a place for students to connect and build community. The Commuter and Transfer Link is staffed by current SU students.

## ***The Pride Link (STCN 390)***

The Pride Link is a space for all LGBTQ+ students. This space has its own fireplace and a Queer and Trans resource library. Students are invited to stay in this lounge as a safe space to relax or study.

## ***The Graduate Student and Adult Learner Link: Sinegal 120***

The Graduate and Adult Learner Link is a student space for graduate students and adult learners over the age of 25. They allow students to use an outdoor patio, a kitchenette, and a space where they can study and get to know other commuter students. The GAL is staffed with current SU students.

## **TRANSPORTATION**

One of the benefits of going to college in the heart of a city is that it offers several different modes of transportation.

Most forms of transportation can be paid for using ORCA cards which can be rented for a day at the Redhawk Resource Hub Desk located on the first floor of the Student Center. You'll need to provide a form of photo identification as collateral and return it back to the Hub Desk by 10:30 AM the following day.

- **Seattle Streetcar:** The Seattle Streetcar has several stops from the Link Light Rail station to Pioneer Square. The closest station to SU is the Broadway and Marion stop.
  - For adults, a single ride on the streetcar costs \$2.25 and an all day pass for unlimited rides in one day costs \$4.50. Using your ORCA card, cash, or debit or credit card, you must pay for the streetcar prior to boarding.
  - Route Map: <https://seattlestreetcar.org/how-to-ride/>

# Resources

- **Seattle Link Light Rail:** The Seattle Link Light Rail is an underground form of transit that has several stops from Angle Lake to Northgate Station . It is very fast and can transport people from Angle Lake to Northgate Station in about one hour

The nearest station to the Seattle University campus is on Broadway at the Capitol Hill station. The fastest way to get to this station is to take the streetcar.

- The fare that you have to pay to ride the Light Rail depends on how far you intend to travel. The cost will be at least \$2.25 and most \$3.25 per one-way trip.
- If you are paying with an ORCA card you must scan your card at the stop you board and scan it again at the stop where you get off. However, if you are paying cash or card, you just have to buy a ticket at the machine.
- Route Map: <https://www.soundtransit.org/schedules/light-rail/link-light-rail/map>

- **Seattle Sound Transit Metro Bus**

If your intended destination is not near any stops for the Streetcar or the Light Rail, there is most likely a bus stop nearby. There are several buses stops around SU and the University is served by a variety of different routes. You can check the rout on the King County Metro website.

- Metro #2 (Weekdays, Saturday, Sunday)
- Metro #3 (Weekdays, Saturday, Sunday)
- Metro #4 (Weekdays, Saturday, Sunday)
- Metro #9 (Weekdays)
- Metro #12 (Weekdays, Saturday, Sunday)
- Metro #43 (Weekdays, Saturday, Sunday)
- Metro #49 (Weekdays, Saturday, Sunday)
- Metro #60 (Weekdays, Saturday, Sunday)
- Metro #63 (Weekdays peak only)
- Metro #64 (Weekdays peak only)
- Metro #193 (Weekdays peak only)
- Metro #303 (Weekdays peak only)
- Metro #309 (Weekdays peak only)
- Metro #630 (Weekdays peak only)

# Resources

## EMERGENCY CONTACTS

### **Public Safety: Columbia Building (CLMB) 002.**

- 24-Hour EMERGENCY line: (206) 296-5911
- 24-Hour Non-Emergency line: (206) 296-5990

Office Hours:\*

Monday - Friday: 8:30am - 4:30pm

\*Public safety is accessible through their emergency and non-emergency hotlines 24/7.

Public Safety is committed to creating and maintaining a safe environment for everyone on campus. They offer a variety of services that students may utilize for many different situations. Their services include keeping all members of the university informed of any threats, maintaining a lost and found, providing the Nighthawk shuttle service, or walking with students who feel unsafe being alone in certain spaces.

### **Assistance for Survivors of Sexual Misconduct**

- Counseling & Psychological Services Victim Assistance: (206) 296-6272
- Vice Provost for Student Development: (206) 296-6066
- Vice President for Human Resources: (206) 296-5990

### **King County Crisis Clinic**

- 24-Hour Resource Line: (866) 4CRISIS or (866- 427-4747)
- Local: (206) 461-3222

### **King County Sexual Assault and Resource Center**

- 24-Hour Resource Line: (888) 99VOICE or (888-998-6423)
- Main Office: (425) 225-5062

### **National Suicide Prevention Lifeline (24/7)**

- 988

# Resources

## **ULifeline (Mental Health Resource for College Students)**

- Text START to 741-741

## **National Domestic Violence Hotline**

- (800) 799-7233
- TTY: (800) 787-3224

## **National Sexual Assault Hotline**

- (800) 656-4673

## **TIPS, LINKS, AND OTHER HELPFUL RESOURCES**

### **Research Sources and Databases**

- <https://owl.english.purdue.edu/owl/>
- <http://libguides.seattleu.edu/databases/>

### **Creating Your Resume & Cover Letter**

- <https://www.thebalance.com/free-resume-examples-and-writing-tips-2063596>
- <https://www.seattleu.edu/careerservices/students/career-resources/resume--cover-letters/resumes/>
- <https://www.seattleu.edu/careerservices/students/career-resources/resume--cover-letters/cover-letters/>

### **Getting Your Transcript**

- <https://www.seattleu.edu/registrar/student-records/transcripts/>
- [https://secure.studentclearinghouse.org/tsorder/faces/TranscriptOrder?\\_afLoop=3176580698361884&\\_afWindowMode=0&\\_adf.ctrl-state=n2yrv2koq\\_31#firstload](https://secure.studentclearinghouse.org/tsorder/faces/TranscriptOrder?_afLoop=3176580698361884&_afWindowMode=0&_adf.ctrl-state=n2yrv2koq_31#firstload)

### **Cheap Textbooks for Rental & Purchase**

- [www.slugbooks.com](http://www.slugbooks.com)
- [www.amazon.com](http://www.amazon.com)
- [www.abebooks.com](http://www.abebooks.com)
- [www.chegg.com](http://www.chegg.com)
- [www.valorebooks.com](http://www.valorebooks.com)
- [www.texbooks.com](http://www.texbooks.com)

# Note



# We're So Glad **You Are Here**

We know there is a lot of pressure that comes with being one of the first in your family to pursue a bachelor's degree. College is an overwhelming experience for people who aren't even first-generation! But don't worry! You have resources and people going through the same thing as you.

If you're still stuck and confused after reading this guidebook, that's totally okay. No one gets the hang of college right off the bat. Just remember to make an effort in talking to someone about any issues, questions, or concerns that you may have.

Once again, congratulations and good luck in your career here at Seattle University.

We're so glad you are here.

All the Best,  
MOSAIC Center

# The MOSAIC Center

*Let's  
Connect  
With  
Us!*

## Our Contact



206-296-6070



mosaic@seattleu.edu



<https://www.seattleu.edu/mosaic-center/>



Pigott Pavilion 180