

# SOAR

Summer Orientation & Academic Registration

## Parent Guide 2023



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# Loretto, PA

## Campus Legend:

- |   |   |  |
|---|---|--|
| 1. Admissions Welcome Center  | 23. Lake Saint Francis*   | 44. Scotus Hall/ Office of the President |
| 2. Amici Hall   | 24. Lakeview Snow Tubing Park *   | 45. Small Business Development Center    |
| 3. Ave Maria Hall   | 25. Mail Services   | 46. Softball Field                       |
| 4. Bach Family Honors House*  | 26. Main Campus Entrance  | 47. South Campus Entrance*               |
| 5. Bell Tower   | 27. Maurice Stokes Athletics Center & DeGol Arena                           | 48. Southern Alleghenies Museum of Art   |
| 6. Christian Hall   | 28. Mount Assisi Friary & Gardens*  | 49. Spalding Cottage                     |
| 7. Commuter Parking   | 29. Our Lady of Lourdes Grotto, Pieta Shrine Stations of the Cross Entrance | 50. Stokes Soccerplex                    |
| 8. DeGol Field House  | 30. Padua Hall  | 51. Sullivan Hall                        |
| 9. DeGol Field & Fr. Bede Track                                     | 31. Pine View Terrace Townhouses  | 52. Torvian Dining Hall                  |
| 10. DiSepio Institute for Rural Health & Wellness                   | 32. Raymond Hall  | 53. Track Throws Area                    |
| 11. Dorothy Day Outreach Center*                                    | 33. Roundstone Cottage  | 54. University Police                    |
| 12. East Campus Entrance  | 34. Sacred Heart Friary   | 55. Visitor Parking                      |
| 13. East Gate Hall*   | 35. Saint Agnes Hall  | 56. Connors Family Fine Arts Center      |
| 14. Occupational Therapy Building                                   | 36. Saint Clare Hall  | 57. Hoop House                           |
| 15. Franciscan Cemetery   | 37. Saint Elizabeth Hall  |  |
| 16. Giles Hall  | 38. Saint Francis Fountain  |  |
| 17. Health Sciences Experiential Learning Commons                   | 39. Saint Francis Hall  |  |
| 18. Immaculate Conception Chapel                                    | 40. Saint Joan of Arc Hall  |  |
| 19. Immergrün Golf Course   | 41. Saint Louis Hall  |  |
| 20. JFK Student Center, Frankie's Campus Club, and Campus Bookstore | 42. Schwab Hall & Adamucci Cafe   |  |
| 21. St. Joseph's Physical Plant                                     | 43. Science Center  |  |
| 22. Library and Keirn Family World War II Museum                    |   |  |

Accessibility Map  
available upon request

\*Not Shown



# PARENT AGENDA

## ~2023~

*On-Campus Dates*  
**June 8, 9, 16, 22, 23 & July 14**

TIME	EVENT	LOCATION
8:00- 8:30 a.m.	Arrival & Check In	JFK Student Center
8:00—8:55 a.m.	Student Support Services and light breakfast	JFK Lounge & Lower Level
9:00—9:15 a.m.	Welcome to Saint Francis University!	JFK Auditorium
9:15—9:45 a.m.	Become That...Successful Student	JFK Auditorium
9:45—10:05 a.m.	An Introduction to UPMC MyHealth Saint Francis & Center for Well- Being	JFK Auditorium
10:05—10:35 a.m.	Managing your Student Accounts	JFK Auditorium
10:35—10:45 a.m.	----- Relocate to DiSepio Institute -----	
10:45—11:15 a.m.	Letting them SOAR	DiSepio 213
11:15—11:40 a.m.	<b>-- Meet up with Students &amp; Advisors (See Advisor List for locations) --</b>	
11:40 a.m.—12:50 p.m.	Lunch with Family & Academic Advisor <i>Optional: Mass or Tour of Residence Halls</i>	Torvian Dining Hall <i>See below for more details</i>
1:00—1:10 p.m.	Introduction to Parent Resources	DiSepio 213
1:10—1:35 p.m.	Living on Campus or Commuter Life	DiSepio 213 or 201
1:35—2:10 p.m.	Student Life Panel Discussion <i>Office of Student Conduct, Office of Drug &amp; Alcohol Education, Residence Life, University Police, Student Health Services, Campus Ministry, and the Center for Student Engagement</i>	DiSepio 213
2:10—2:30 p.m.	Q& A with current Students	DiSepio 213
2:30—3:15 p.m.	Departure – or Residence Hall Drop-In – or Recruited Student-Athlete Information – or Honors Program Information Session	Saint Clare Hall DiSepio 213 Scotus Hall 206

OPTIONAL ACTIVITIES	TIME	LOCATION
Academic Accessibility/ Accommodations Drop-In Center	Open from 1:00 p.m.—4:00 p.m.	Scotus Hall, Room 323-C
Campus Bookstore	Open from 8:00 a.m.—4:00 p.m.	JFK, Lower Level
Mass	(Thurs) 12:25 p.m.—12:55 p.m. (Fri) 12:00 Noon—12:30 p.m.	Immaculate Conception Chapel
Residence Hall Drop-In	12:00 Noon—12:45 p.m. or 2:30 p.m.—3:15 p.m.	Saint Clare Hall
Center for Well-Being Open House	12:30 p.m. — 1:30 p.m.	Library Suite 201
Billing and Financial Aid Drop-In Center	Open from 12:30 p.m.—2:30 p.m.	DiSepio 211



**Student Support Services** – Students, Parents and Families- After your arrival for SOAR, meet with various departments on what is needed to begin your journey as a Successful Student at Saint Francis University. Students will have their ID photos taken, receive information regarding housing, dining plans, student health services, laptop options, Emergency Alert systems as well as have the opportunity to learn more about our Fine Arts Programs, ROTC, Community Engagement, Student Activities and much more! A light continental breakfast is also provided to help kick start your day! (*Students will receive their ID Cards at the end of the day.*)

**Become That...Successful Student – Center for Academic Success & Faculty** All of us – parents, faculty, and advisors – want our students to transition successfully to Saint Francis University both academically and personally and become engaged in academic and campus life during their academic career, all leading to their success later in careers, families, and communities. We are committed to every student having the necessary programs, resources, and support throughout their entire college years, with a special emphasis on the first year. This session will discuss the expectations of our First-Year Experience, the support services available to help students meet their academic responsibilities, and many suggestions to ease the transition.

**An Introduction to the UPMC MyHealth Saint Francis & Center for Well-being – Ms. Megan Winslow, RN Coordinator Student Health & Ms. BobieJo Balzano, Clinical Manager Center for Well Being.** Meet the Clinic Staff of UPMC's MyHealth Saint Francis & Center for Well-Being programs to learn about the student's physical and mental well-being services that are provided!

**Managing Your Student Accounts – Ms. Missy Long (Bursar), Ms. Shanelle Farabaugh (Student Accounts) Business Office & Ms. Stephanie Schrift (Associate Director, Mr. Tom Kendziora (Director) Financial Aid-** This brief question and answer session provides students and families an opportunity to learn helpful tips and strategies in engaging the financial aid and billing/payment processes and systems to ensure your family's successful investment into the SFU experience.

**Letting Them SOAR – Ms. BobieJo Balzano, LCSW, Clinical Manager, Center for Well-Being** – This program will address parental influence, parental involvement, and concerns related to their first-year adjustment. Participants will discuss the uniqueness of Saint Francis University and available campus resources to assist first-year students in a successful adjustment to college life.

**Introduction to Parent Resources- Dr. Bobby Anderson, Director of Admissions & Dr. Frank Montecalvo, Vice President for Innovative Partnerships & Student Development.** This brief session will help highlight the services available to you as parents as your students navigate their journey at SFU.

**Living on Campus – Mr. Don Miles, Associate Dean of Student Development, Ms. Molly Brady, Associate Director of Residence Life & Ms. Sarah D'Arcy, Residence Life Coordinator**– Learn how Residence Life staff can assist you and your student as they join our residential communities. The Residence Life staff will help prepare you for your student's first semester living on campus by giving an overview of the residential program, explaining valuable resources in the residence halls, and talking through some of the first-year transitional challenges your student may encounter.

**Commuter Life – Ms. Kristen Corcoran, Director of Student Engagement** – This session will inform you about the opportunities for involvement available to our commuting students as well as provide you with information pertaining to other student services.

**Student Life Panel Discussion – Mr. Eric Allen, Chief of University Police, Ms. Lynne Banks, Associate Dean of Students, Ms. Kristen Corcoran, Director of Student Engagement, Mr. Don Miles, Associate Dean of Student Development, & Fr. Stephen Waruszewski, TOR, Director of Campus Ministry, Ms. Megan Winslow, RN Coordinator Student Health** - The overall wellness and safety of our students is a primary concern for all our staff and faculty. We know this concern is shared by the families of our students. This panel of administrators will address wellness issues, campus safety and security, health services, community standards and expectations, and the overall atmosphere of community life. Questions to the panel are encouraged, and we propose conversation on the values and principles of our campus community.

**Q&A with Current Students – Saint Francis University Orientation Counselors** - Parents...are you eager to know what students think about SFU? Our Orientation Counselors are ready to take your questions. For easy things like basic information, and "where to go" kinds of questions, to the tough questions about the concerns of the student body, our Orientation Counselors will be open and honest about their experiences at Saint Francis University.

**Recruited Student-Athlete Information – Mr. James Downer, Athletic Director, Mr. John Krimmel, Senior Associate AD for Student-Athlete/ Leadership Development & Mr. Shane Tay, Senior Associate AD for Internal Operations** – This session is for students who were recruited to compete on our intercollegiate Division I teams, as well as Cheer or Dance squads and their parents. The administrators will provide information regarding items that must be completed prior to participation in intercollegiate athletics and will discuss topics a student-athlete might experience during the first year of being a Red Flash student-athlete.

**Honors Program Information Session Dr. Irene Wolf, Honors Program Director & Dr. Art Remillard, Associate Director of the Honors Program** – Discover the SFU Honors Program and the application process. Take advantage of this opportunity to become acquainted with the faculty of the honors program and gain insight into what to anticipate during your first year and beyond.

*Revised 6/9/2023*



# STUDENT AGENDA

## ~2023~

*On-Campus Dates*  
**June 8, 9, 16, 22, 23 & July 14**

TIME	EVENT	LOCATION
8:00- 8:30 a.m.	Arrival & Check In	JFK Student Center
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9:45—10:05 a.m.	An Introduction to UPMC MyHealth Saint Francis & Center for Well- Being	JFK Auditorium
10:05—10:35 a.m.	Managing your Student Accounts	JFK Auditorium
10:35—10:45 a.m.	----- Disperse to meet with Academic Advisors -----	
10:45—11:40 a.m.	Meet with Academic Advisors (Parents and Families will join at 11:20am)	Various Locations
11:40 a.m.—12:50 p.m.	Lunch with Family & Academic Advisor <i>Optional Activities</i>	Torvian Dining Hall <i>See below for more details</i>
1:00—2:00 p.m.	Life at SFU: Ready...Set...Go Red Flash! (Group A: Small Group Discussion 1-1:30/ Handshake 1:30- 2pm. Group B: Handshake 1-1:30/ Small Group Discussions 1:30- 2pm)	JFK Lounge/ Outside
2:00—2:30 p.m.	SFU Class of 2027's 1 <sup>st</sup> Official Social	JFK Lounge/ Outside
2:30—3:15 p.m.	Departure – or Residence Hall Drop-In – or Recruited Student-Athlete Information – or Honors Program Information Session	Saint Clare Hall DiSepio 213 Scotus Hall 206

OPTIONAL ACTIVITIES	TIME	LOCATION
Academic Accessibility/ Accommodations Drop-In Center	Open from 1:00 p.m.—4:00 p.m.	Scotus Hall, Room 323-C
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**Meet with Academic Advisors** – In this session you will be able to meet with your academic advisor for your upcoming first year. You will receive information on various academic services and international study opportunities. You will also receive your fall schedule of classes and information about your major.

### Life at SFU: Ready...Set...Go Red Flash!

**Introduction to Handshake:** *Ms. Beth McGregor, Director of Career Services, Mr. Andrew Stopko, Assistant Director of Employer Relations/ Internships-* Welcome to SFU! During this session, you'll create and activate your Handshake profile. Handshake is the Career Services platform for SFU students, alumni, and employers to help look for jobs, internships, on-campus jobs, build your resume, schedule career advising appointments, and so much more! As a new SFU student, start your professional career by creating a Handshake profile now!

**Small Group Discussions:** *Ms. Meghan DeFrancesco, Assistant Director Student Engagement, Mr. Ethan Wingard, Esports Coordinator, Mr. Stephen Gresh, Residence Life Coordinator, Orientation Counselors and Resident Assistants-* Students won't want to miss this session! We know you have questions on what is like to live with a roommate, how to stay safe, how to succeed with academics, and what is there to do here... just to name a few! Our session will help answer those questions as well as discuss what you are most excited about when it comes to living on campus. We cannot wait to meet you!

**Class of 2027's 1<sup>st</sup> Official Social** – Classes haven't even started and you're already planning social events on campus! Join your classmates and enjoy some much-needed down-time. Kick back and play some *Cornhole*, *Kan Jam*, *Bear Bucket*, *Spike ball*, and other campus favorites and grab some *noms* too! ***\*\*Students will receive their SFU ID Cards at the Social\*\****

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*Revised 6/5/2023*

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# SAINT FRANCIS

## UNIVERSITY

become that someone

### *Office of Financial Aid*

1. If you have filed the FASFA (Free Application for Federal Student Aid) and want to utilize your Federal Loan Eligibility, you must log on to [www.studentaid.gov](http://www.studentaid.gov) using your FSA ID and complete the following:

- Entrance Counseling
- Loan Agreement MPN (Master Promissory Note)

2. **Financing Options (If Needed):**

- **Student Loan Options**

- i. Alternative Loan through a Private Lender ([www.elmselect.com](http://www.elmselect.com))
- ii. Credit Worthy Co-Signer required

- **Parent Loan Options**

- i. **Federal Parent PLUS Loan** ([www.studentaid.gov](http://www.studentaid.gov))
  - Log in using Parent FSA ID
  - Approval based on credit
  - Fixed Interest Rate
  - Origination Fees apply

*\*NOTE\* If you are denied for the Parent PLUS Loan, your student may be eligible to receive additional Federal Direct loans in their name*

- ii. **Private Lender** ([www.elmselect.com](http://www.elmselect.com))

- Most private lenders offer Alternative loan options to Parents
- Credit approval based on individual lender criteria

- **Outside Scholarships** ([www.francis.edu/external-scholarships](http://www.francis.edu/external-scholarships))

- i. Additional Funding
- ii. Student will not lose already awarded financial aid

*\*These Financing Options can be paired with one-time payments and/or payment plans (as described in the Business Office Handout)*



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## 2023-2024 SHIP

### Student Health Insurance Plan

*Enroll or waive online before you arrive on campus!*

Dear Students, Parents and Guardians:

Saint Francis requires all full time students to have comprehensive medical coverage in the Loretto area. To comply with this mandate, students must either enroll in the SFU Student Health Insurance Plan or waive with proof of comparable health insurance.

**Deadline to Respond:**  
**August 28, 2023**

#### What is the SHIP?

The SFU SHIP, sponsored by UPMC Health Plan, is a one year term of insurance effective 8/1/23-7/31/24. This plan provides national comprehensive coverage with low out of pocket costs. The premium amount, of \$2,461 is billed directly to your student account. If you choose to enroll in the SHIP, the carrier will not allow cancellations except in the case of a Qualifying Life Event.

#### Instructions to Enroll:

Visit our website [www.qmservicesinc.com](http://www.qmservicesinc.com) and follow the instructions provided on the reverse side of this letter.



Saint Francis University has partnered with QM Services as their independent student health insurance administrator. You can reach our healthcare advocates at:

1-800-273-1715 ext. 2

[university@qmservicesinc.com](mailto:university@qmservicesinc.com)

#### Instructions to Waive:

Before you waive the SHIP, complete the following three steps!

##### Step 1. Your Health Insurance Plan must meet the following requirements:

- Spans the entire student registration period  
Annual Term: 8/1/23-7/31/24  
Fall Term: 8/1/23-12/31/23  
Spring Term: 1/1/24-7/31/24
- Includes mental health coverage
- Does not exclude pre-existing conditions
- Does not exclude coverage for testing and treatment of illness from pandemics, such as COVID-19
- Does not exclude payment for illness or injury while under the influence of drugs and/or alcohol
- Pays providers directly (*no reimbursement policies*)

##### Step 2. Your coverage area:

- Contact your insurance carrier to find out if you have *comprehensive* coverage in Loretto, PA. ***The patient (student) will be responsible for any expenses not paid by insurance when treated at area providers.***

##### Step 3. Review and Compare your current plan to the SHIP. It could save you \$\$\$!

	SFU SHIP	Your Health Insurance Plan
Network in Loretto	Yes	
Deductible	\$250	
Co-pay - Primary/Specialist	\$25/\$30	
Co-insurance, <i>in network</i>	100%	
Total Annual Premium	\$2,461	



## **GradGuard Tuition Insurance Plan**

We believe it's important to offer an easy, affordable way to protect the investment you'll make in your education. That's why Saint Francis University has partnered with GradGuard who can provide you and your family with tuition insurance featuring special plans and rates.

### **Tuition Insurance Plan Overview**

What happens when your education is disrupted by an unexpected injury or illness? Depending on the timing of the withdrawal, you may not be eligible to receive a refund for all of your tuition and fees. GradGuard's Tuition Insurance Plan helps students and their families overcome the financial losses that may result from events which force students to withdraw from the term due to a covered medical reason. Helping you and your family get the most out of your Saint Francis University experience is always our top priority.

### **What's Protected?**

Tuition insurance can protect up to 100% of a student's investment in higher education including tuition, room and board, and academic fees.

- Covered serious injury or illness such as mononucleosis, COVID-19, or a severe head injury.
- Chronic illnesses such as an auto-immune disorder or diabetes.
- Mental health conditions such as stress, depression, or severe anxiety.

Tuition insurance strengthens and broadens the scope of our existing refund policy and can provide reimbursement for tuition, housing and other fees associated with your educational costs that are protected for withdrawals at any time during the term. Plans also include Student Life Assistance, a 24-hour emergency hotline that offers students and parents an even greater peace of mind.

### **Tuition Insurance from GradGuard**

Tuition insurance must be purchased before the first day of classes and is offered as a voluntary benefit to our families, your participation is not required but highly recommended. The school is not compensated for this program. Learn more by calling GradGuard at 877-794-6603 or visiting GradGuard's website.

Terms, conditions, and exclusions (including for pre-existing conditions) apply. Plans only available to U.S. residents and may not be available in all jurisdictions. Recommended and provided by GradGuard, a service of Next Generation Insurance Group, LLC (NGI), the licensed agent for all insurance programs. Insurance plans include insurance benefits and assistance services. Pricing may vary by state. Insurance benefits are underwritten by Jefferson Insurance Company (NY, Administrative Office 9950 Mayland Drive, Richmond, VA 23233) rated "A+" (Superior) by A.M. Best Co. A+ (Superior) is the 2nd highest of A.M. Best's 13 Financial Strength Ratings. Non-insurance benefits/services are provided by AGA Service Company. Claims are administered by Allianz Global Assistance (AGA). AGA and Allianz Tuition Insurance are marks of AGA Service Company or its affiliates. AGA Service Company is an affiliate of Jefferson Insurance Company. Plans include insurance benefits and assistance services. Except as expressly provided for under the plan, consumer is responsible for charges incurred from outside vendors. Contact AGA Service Company at 888-427-5045 or 9950 Mayland Dr., Richmond, VA 23233 or [tuition@allianzassistance.com](mailto:tuition@allianzassistance.com).





## **You will need your student Username and Password!!!**

Access your student account online!

<https://my.francis.edu>

Log in (top right corner)

Click on 'MyBill/FinAid' in the middle of the page

What you can do:

1. View/Print a running list of all account transactions in real time :
  - 'View My Current Student Account Transactions'
    - This report takes a few minutes to run
2. View Statement
  - 'View My Bill'
  - List of All Billing statements will be on the right
    - They are generated the first week of the month and are a snapshot of what your account activity has been since your last statement.
3. Make a Payment
  - 'Pay My Bill'
  - 'Click here to make a payment'
  - 'Make a Student Account Payment'
  - Enter the Amount you'd like to pay
  - Checkout
    - Electronic Check – No Service Fee
    - Credit Card – 2.85% Service Fee
4. Sign up for E-Refunds
  - 'Sign Up for E-refunds'
  - 'Sign up for direct deposit refunds!'
    - Enter Routing and Account number for your bank
5. Sign Up for a Payment Plan (Semester Based, \$35/semester enrollment fee)
  - 'Sign Up for a Payment Plan'
  - 'Enroll in Installment Payment Plans'
    - Enter the amount you want to set your plan up for
6. Give Someone Access to your Account
  - 'Grant Additional User Access'
  - Under 'My Account', 'Send Payer Invitation'
    - Enter Authorized User information
      - Parents or Authorized Users have access only to make payment, payment history, and balance on the student account.  
They do NOT have access to financial aid, grades, or other online student

information.



**SAINT FRANCIS**  
**UNIVERSITY** become that someone

**Email: [billing@francis.edu](mailto:billing@francis.edu)**

**Telephone: 814-472-2884**

**Parent** Username: \_\_\_\_\_ **Parent** Password: \_\_\_\_\_

**IF** your student has granted you access to their online account Parents or Authorized Users have access only to make payment, payment history, and balance on the student account. They do NOT have access to financial aid, grades, or other online student information.

<https://my.francis.edu>

DO NOT USE LOGIN AT THE TOP OF THE PAGE!!

Click on the **Parents** tab across the top

Click on 'View/Pay My Student's Bill'

Enter **Parent** Username & **Parent** Password

What you can do:

1. View Statement

- 'Your Bills Section'
- List of All Billing statements
  - They are generated the first week of the month and are a snapshot of what your account activity has been since your last statement.

2. Make a Payment

- 'Click here to make a payment'
- 'Make a Student Account Payment'
- Enter the Amount you'd like to pay
- Checkout
  - Electronic Check – No Service Fee
  - Credit Card – 2.75% Service Fee

3. Sign Up for a Payment Plan (Semester Based, \$35/semester enrollment fee)

- 'Enroll in Installment Payment Plans'
  - Enter the amount you want to set your plan up for

# Fall Orientation ➡ *Let's Get Started!*

## Fall Orientation Program:

**Thursday, August 17 through Sunday, August 20, 2023**

New Student Orientation is the first step to ensure you have a successful transition to higher education. New Student Orientation will introduce you to other new students and also provide you the opportunity to interact with upper-class students including the Orientation Counselors, your RA, the Student Government Association President, and others. Plus, you'll learn more from your academic advisor and have the opportunity to receive answers to all your questions from the University professional staff members who are here to help you transition to college life.

**Orientation is a 4-day event for both residential and commuter students. Check the Orientation website beginning July 15 for the full Orientation schedule. Please plan accordingly.**

**FIRST STOP:  
CHECK-IN  
Stokes Athletics Center**

### PARENT & FAMILY RECEPTION JFK CENTER LOUNGE

**Thursday, August 17**

#### **TWO SESSIONS!**

**12:30 p.m. – 1:15 p.m. and**

**2:00 p.m. – 2:45 p.m.**

Trust us—you will need a break from moving your son or daughter into his/her room! Come on over to JFK, grab a seat, relax, and enjoy the air conditioning and a cool treat, courtesy of the SFU Faculty, Staff, and Administration. Let us serve you while you get to know other parents and family members and celebrate the beginning of an exciting new chapter for your students and families!

## **Move-In Day: Thursday, August 17**

Resident Students Check-In: 9:00 a.m. to 2:00 p.m.

Commuter Check-In: 1:30 p.m. to 2:45 p.m.

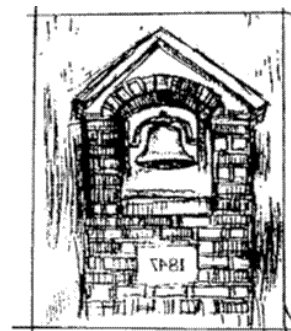
**RESIDENTIAL STUDENTS:** Once you have completed Check-In, you can move into your residence hall. Your RA will have your key and can answer any questions you have about housing.

**COMMUTER STUDENTS:** Once you check in you have some free time until the first event. Visit the JFK Center, stop in the SFU Bookstore, or grab a snack and beverage in Frankie's Campus Club. Then join your class for the Bell Ceremony!

## **THE BELL CEREMONY**

**August 17 @ 3:00 p.m.**

Members of the Class of 2027 will meet Father Malachi Van Tassell, T.O.R. at the Bell Tower on the Campus Mall. The Bell Ceremony is a tradition at SFU where new students pay homage and respect to those who've come before them. The next time you'll meet to ring the bell will be Graduation.



## **YOUR ORIENTATION HEADQUARTERS: CENTER FOR STUDENT ENGAGEMENT**

**CONTACT US!  
814.472.3005**

**Email:  
Orientation@francis.edu**

**Kristen Corcoran - Director of Student Engagement & Leadership Development**  
kcorcoran@francis.edu

**Meghan DeFrancesco - Assistant Director of Student Engagement**  
mdefrancesco@francis.edu

**Ethan Wingard—Esports Coordinator**  
ewingard @ francis.edu



# PRESIDENT'S WELCOME

August 17 @ 3:30 p.m.

DeGol Field (Rain location: Stokes DeGol Arena)

Saint Francis University President Fr. Malachi Van Tassell, T.O.R., as well as members of the University community offer the official welcome to our new students and their families. Please extend our invitation for your parents to attend.

**5:00 p.m.— 6:45 p.m.** Some family time has been set aside following the President's Welcome for students to finalize room set-up and spend time with your parents before they leave. You and your family can remain on campus and have dinner at Torvian Dining Hall or you can travel into Ebensburg or Cresson to find an area restaurant. Check the Orientation schedule for the remaining activities on Thursday night.

*See you later, Mom and Dad! Don't worry—we will take great care of your student!*

## COMMUTER INFORMATION SESSION

August 17

7:45 p.m. – 8:30 p.m.

Many commuter students make JFK their home while on campus or hang out at other locations. Learn about the services offered to commuter students.

***Commuter Social in the JFK Lounge!***

## OPENING ORIENTATION SESSION

Thursday, August 17 @ 6:45 p.m.

JFK Auditorium

**Required for all new students**

We'll introduce new students to the New Student Orientation program. You'll meet the Orientation Team including the Orientation Counselors (aka OCs). We'll review the Orientation schedule and talk about group assignments. You'll need your Orientation Schedule—bring it with you!

Visit us at [orientation.francis.edu](http://orientation.francis.edu) to view the Orientation schedule and get additional information or email us at [Orientation@francis.edu](mailto:Orientation@francis.edu)

## SOME FAQ'S:

- **Where can I buy or pickup my book order?** Visit [my.francis](http://my.francis) to order your books, then the SFU Bookstore in the lower level of JFK. While you're there check out the latest SFU gear!
- **Where can I find an ATM?** Two ATMs affiliated with First National Bank are located on campus in the JFK Center and Torvian Dining Hall.
- **I'm a transfer student. Do I need to attend Orientation?** We recommend transfers plan on attending the Orientation Program since every college campus has different policies and procedures. Should you choose not to participate you can arrive on Sunday, August 20 for a Transfer Student Welcome Session followed by Transfer student Check in and classes on Monday, August 21. Transfer students living in the

## NEED TO GET YOUR STUFF TO CAMPUS?

Heavy baggage and boxes can be shipped a few weeks ahead. Please address your prepaid shipment with:

(Your Name)  
Student Box #  
Saint Francis University  
132 Franciscan Way  
Loretto, PA, 15940-0600

Shipped items can be picked up at the Campus Mailroom in the lower level of St. Francis Hall.

residence halls have the option to arrive on Thursday, August 17, to participate in Orientation or arrive on Sunday, August 20. Transfer students can arrange to have photo ID pictures, Vehicle registration, and scheduling and business needs addressed At Transfer Orientation or during the first week of classes at the individual departments if they do not attend Check-In.

**Who do I call with questions about Orientation?** Call us at 814.472.3005 or email [Orientation@francis.edu](mailto:Orientation@francis.edu). We are here to help!

# SAVE THESE DATES 2023

SAINT FRANCIS UNIVERSITY



**AUG 17-  
20**

**NEW STUDENT  
ORIENTATION**

*OPEN TO ALL NEW STUDENTS*

**WELCOME BACK  
WEEKEND**

**AUG  
24-26**



**SEP  
22-23**

**FAMILY WEEKEND**

[FRANCIS.EDU/FAMILY-WEEKEND](https://francis.edu/family-weekend)

**REACHING EVERY  
DOOR**

**OCT 3**



**OCT  
26-28**

**SFU HOMECOMING**

[FRANCIS.EDU/HOMECOMING](https://francis.edu/homecoming)





## Laptop Program

Every new first-year undergraduate student may purchase a laptop from the SFU Laptop Program. Fast and friendly on-site customer service representatives make it easy for students to get set up with the equipment and service available.

### Why a Laptop Program?

- SFU offers students perks that aren't available at other universities.
- The Laptop Program grants students access to the most up-to-date academic software, Internet, email, and printing services.
- All full-time undergraduate students will have a laptop for the duration of their academic career at Saint Francis University.
- All repairs are handled in-house by our team of Certified Technicians to ensure that no student goes without a laptop for even a single day!
- If we can't fix the problem in 15 minutes, we give you a temporary laptop so you're never without.

### Where can I get help?

- All Laptop program participants have access to our Student Laptop Help Desk where we will handle any and all of your computing needs free of charge, even if the issue is your fault.
- The **Laptop Help Desk** is located on the first floor of the Library & Learning Commons, Room 105.

#### Hours of Operation:

<i>Sunday</i>	<i>12PM — 11 PM</i>
<i>Monday-Thursday</i>	<i>8 AM — 11 PM</i>
<i>Friday</i>	<i>8 AM — 7 PM</i>
<i>Saturday</i>	<i>12 PM — 9 PM</i>

**Need help? Call 814.472.2800**

### Flash Facts

- 93% of SFU students agree that the laptop program provides a positive value to their education.
- Laptops will be distributed to new students on the last day of New Student Orientation (Sunday, August 14th)
- We're a Lenovo Certified Repair Center so we can handle all repairs right on-site, free of charge.
- We are open 7 days a week.
- Laptops come with a [4-year warranty](#) along with an upgraded [accidental damage protection warranty](#) so students are covered (even if the damage is their fault!).

**For questions, please contact us:**

By Phone: 814.472.2800

Or Visit in-person at the Library & Learning Commons, Room 105 | [www.francis.edu/laptop](http://www.francis.edu/laptop)





## Additional IT Services

The Information Technology (IT) Services Department is the central information and communications technology group for Saint Francis University. The department strives to support your academic and lifestyles needs with a variety of technological services.

### **SFU Network Access:**

- Each residence hall is equipped with a wireless access point to provide maximum coverage in the room. These access points also have ports on the bottom that can be used to connect a television, desktop PC, gaming console, or other network device.
- We support a wireless (WiFi) network infrastructure within all campus buildings and residence.

### **my.francis.edu**

- Find your SFU network username and password
- Sign-in to your SFU Microsoft email account
- Access your Canvas online academic platform
- View Academic, Financial Aid, and Billing info
- Access your Engage student life platform
- View General Campus information
- Access to many more student services and information

### **Classroom Technology**

100% of our classrooms have essential educational technology including:

- Simple connections and push-button operation
- High definition projectors where students can connect their laptop for presentation, collaboration, and study
- Electronic whiteboards that allow for interactive learning and digital retention of classwork
- Lecture capture from inside select classrooms allowing students to revisit a day's lesson at a later time.

### **Student Printing:**

Printing is available at the following locations:

- Adamucci's Café (basement of Schwab Hall)
- JFK Information Desk
- Scholar's Breakroom (entrance of Library & Learning Commons)
- Science Center Lower Level
- Christian Hall Information Desk
- Library & Learning Commons
- Sullivan Hall 122
- Schwab Hall, 2nd Floor

**For assistance, please contact us:**

By Phone: 814-472-2800 or visit [www.francis.edu/information-technology](http://www.francis.edu/information-technology)

## SHUTTLE SERVICE RATES

Transportation Center	Standard Service (one-way)	Premium Service (one-way)
Altoona Amtrak	\$10	\$50
Altoona-Blair County Airport	\$10	\$50
Johnstown-Cambria County Airport	\$10	\$50
Pittsburgh International Airport	\$50	\$150
University Park Airport (State College)	\$25	\$150
Latrobe Airport	\$25	\$150

## AT A GLANCE LOCAL TRANSPORTATION INFO

Amtrak	1-800-USA-RAIL	<a href="http://www.amtrak.com">www.amtrak.com</a> Altoona Station: (814) 946-1100
CamTran Reserve-A-Ride	800.252.3889	<a href="http://www.camtranbus.com/Services.htm#RAR">www.camtranbus.com/Services.htm#RAR</a> Call by 3 p.m. 24 hours and up to 14 days in advance
Freedom Excursions	814 941-3430	<a href="http://www.freedomexcursionsbyscully.com">www.freedomexcursionsbyscully.com</a> Altoona/Blair County, State College area
Greyhound	(800) 231-2222	<a href="http://www.greyhound.com">www.greyhound.com</a> Altoona Station: (814) 944-8911
Lyft (Altoona/Johnstown/State College)		<a href="http://www.lyft.com">www.lyft.com</a> (60 mile limit)
Uber (Johnstown/Altoona/State College)		<a href="http://www.uber.com">www.uber.com</a>

[www.francis.edu/center-for-student-engagement](http://www.francis.edu/center-for-student-engagement).

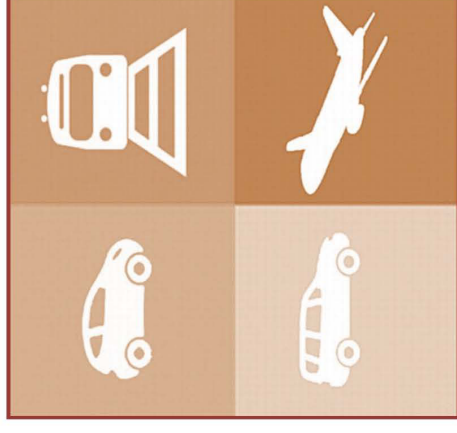


**Saint Francis University**

**Transportation Services** 175 YEARS  
FOUNDED 1847

## Inside

- SFU Transportation Services
- Contour Airlines (Altoona)
- United Express (Johnstown)
- Spirit Airlines (Latrobe)
- Altoona Transportation Center (Amtrak & Greyhound)
- Camtran Reserve-A-Ride
- Shuttle Service Rates
- At-A-Glance: Local Transportation Info



[www.francis.edu/center-for-student-engagement](http://www.francis.edu/center-for-student-engagement).



Center for  
Student Engagement  
become that someone

Saint Francis University  
Center for Student Engagement  
JFK Student Center  
814.472.3005

The Center for Student Engagement coordinates the Transportation Services program at Saint Francis University. Various services are offered to SFU students, including:

- **Shuttle Service** — Students can arrange for SFU shuttle service to area transportation hubs for bus, train, or airports to get back and forth from home during breaks or on weekends. SFU Transportation regularly services the Johnstown/Cambria County Airport and the Altoona-Blair County Airport for flights and the Altoona Transportation Center for Amtrak train and Greyhound bus. Shuttles are also offered to the Pittsburgh International Airport and Latrobe Airport. Low standard rates are charged for students who utilize regularly-scheduled shuttles. Students who desire a more customized service outside the regular schedule are subject to a premium rate. Shuttle service operates from 6 a.m.—11:00 p.m. If your flight arrives late, you may be asked to arrange for a hotel overnight and the shuttle will pick you up the next morning.
- **Shopping** — Weeknight shopping shuttles depart each weeknight from the JFK Center to area stores including Ebensburg Walmart, and shopping malls and plazas in Johnstown and Altoona. The service is free of charge and available on a first-come, first-served basis. Sign up through Engage.
- **Non-Emergency Medical Transports** — Students who schedule doctor, dentist or eye appointments can request a shuttle transport to Ebensburg, Altoona or Johnstown for a small fee.

Students and families can find a full schedule (printable) posted to our Transportation link at <https://www.francis.edu/center-for-student-engagement/> along with our policies and rates.

## CAMTRAN RESERVE-A-RIDE

<http://www.camtranbus.com/> or 1-800-252-3889



The Cambria County Transit Authority (CAMTRAN) Reserve-A-Ride service will pick you up at your door and return you to your door, in accordance with daily schedules. This service is available in the Greater Johnstown area as well as in Northern Cambria County. You must call the office at least one working day in advance before 2:00 p.m. to reserve your seat. The bus will take you to your medical appointments, hair salon, visiting, shopping or just a day out. The buses are lift-equipped for passengers in wheelchairs (please tell the dispatcher at the time you reserve your ride.) For Reserve-A-Ride/Shared Ride Fares, please call the CamTran+ Office at 1-800-252-3889. You must call to cancel if your plans change.

## CONTOUR AIRLINES

<https://flyaltoona.com/> or tel:1-855-268-8478

All flights to and from the Altoona Blair County Airport (AOO) are via Contour Air. Contour Airlines offers a 30-passenger Jet Service at Fly Altoona with two daily flights to Philadelphia (PHL), giving everyone in Central PA easier access to domestic and world travel!

Book your whole trip with Contour Airlines:

<https://flyaltoona.com/book-now/>.



## SPIRIT AIRWAYS

[www.spirit.com](http://www.spirit.com) or 801-401-2222

Arnold Palmer Regional Airport now offers air service to Myrtle Beach, Fort Lauderdale, Orlando, Fort Myers and Tampa. Book your flight by calling 801-401-2200 or by clicking the Book Now button. Just look for "Latrobe/Pittsburgh (LBE)". Spirit is known for ultra low fare airlines, but charges extra fees for things such as checked bags, all but the smallest carry-ons, seat assignments reserved in advance and extra legroom. Book your flight by calling 801-401-2200 or by clicking the "Book Now" link button. Just look for "Latrobe/Pittsburgh (LBE)".



## UNITED EXPRESS

<https://flyjst.com/>

All flights to and from the John Murtha/Johnstown-Cambria County Airport (JST) are via United Express. United offers one daily flight to/from Washington-Dulles International (IAD) and one flight to/from Chicago O'Hare International Airport (ORD) daily. To book a flight or check fares, visit <https://www.united.com/en/us>



## ALTOONA TRANSPORTATION CENTER

1231 11th Avenue Altoona, PA 16601

The Altoona Transportation Center provides options for train and bus passengers traveling to points east and west. Amtrak provides ticketing and baggage services at the station which is served by two daily trains. SFU offers shuttle service to and from the Altoona Transportation Center.



**Greyhound Customer Service:**  
(800) 231-2222  
Altoona Station: (814) 944-8911  
[www.greyhound.com](http://www.greyhound.com)



**1-800-USA-RAIL**  
Altoona Station:  
(814) 946-1100  
[www.amtrak.com](http://www.amtrak.com)



# 2023-24 Meal Plans

These meal plan options give you more choice in *what, when, and where* you eat using your swipes. The plans also deliver variety and flexibility at an affordable cost per meal.

## Flexible Plans/Great Value

- Check out Frankie's Food Court (Mexican, Asian, pizza, grill, deli and "salad by design" options).
- Flex dollars can be used at Frankie's, Padua Express, and Adamucci Café.
- Choose one of the Premium, Standard or Value plans for maximum flexibility.
- Eat later in the evening and still be covered by your plan with Frankie's meal equivalency values.

## Premium & Standard Plans \$3,455 per semester

Premium	Standard
275 Swipes	215 Swipes
\$100 Flex	\$225 Flex
8 Guest Meals	5 Guest Meals

\$6.25 meal value equivalency  
(Premium, Standard, and Value plans)  
Can be used at Frankie's only.

## Value Plan \$2,680 per semester

Available to Juniors and Seniors only.  
Restrictions apply.  
100 Swipes  
(no guest meals)  
\$375 Flex

## Torvian Unlimited

### The Unlimited Plan \$3,790 per semester

Unlimited meals at Torvian  
\$300 Flex  
8 Guest Meals

THIS PLAN DOES NOT OFFER A MEAL  
EQUIVALENCY OPTION  
(A MEAL SWIPE CANNOT BE USED  
ANYWHERE OTHER THAN TORVIAN)

## Commuter Plans

\$300 includes \$330 Flex  
\$500 includes \$550 Flex  
\$750 includes \$825 Flex



**SAINT FRANCIS**  
UNIVERSITY become that someone



**Approximate Dimensions of the Rooms & Windows**

*(Please note- these should only be used as a guide when planning what to bring.  
All rooms have window treatments provided.)*

- Saint Agnes
  - Double Room: 10' x 14' Window: 7'10" wide x 4'5" high
  - Single Room: 8'9" x 18'3" Window: 6'9" x 5'3.5"
  - Triple Rooms 216 & 217: 8'6" x 18'3" / 9'11" x 18'3" Windows: 6'9.5" x 5'3.5" and 8'3" x 4'5"
  - Triple Room 112: 12'10" x 13'11" Windows: 5'6" x 4'5" and 7'10" x 4'5"
- Amici
  - Double Room: 10' x 14' Window: 3'6" x 4'2"
  - Single Room: 7' x 14' Window: 1'11" x 3'11"
- Ave Maria
  - Single Room: 9'8" x 14'6" Window: 3'6" x 4'1"
- Christian
  - Double Room: 14' x 12' Window: 3'6" x 3'10"
- Saint Clare
  - Double Room: 10' x 14' Window: 7'10" x 4'5"
  - Single Room: 8'4" x 19' Window: 6'8.5" x 5'3"
  - Triple Rooms: 9' x 18' / 8'10" x 18'9" Windows: 6'9.5" x 5'3" and 8'3.5" x 4'4"
  - Clare 116: 10'5" x 18'10" / bathroom 6'8" x 6'11.5" Window: 8'5" x 4'5"
- Saint Elizabeth
  - Double Room: 10'6" x 15' Window: 6'5" x 4'10"
  - Single Room: 8'7" x 14' Window: 8'4" x 4'10"
- Saint Francis
  - Double Room: 14' x 9.75' Window: 3.25' x 4'1"
- Giles
  - Double Room: 10' x 14' Window: 3'6" x 4'2"
  - Single Room: 8'6" x 13'6" Window: 1'11" x 3'10"
- Saint Joan
  - Double Room: 10'6" x 15' Window: 4.25' x 4.5'
- Saint Louis
  - Double Room: 10'6" x 15' Window: 6'5" x 4'10"
  - Single Room (249 or 250): 8'6" x 12'8" Window: 6'5" x 4'10"

## General furniture

- Bed Size
  - Mattress (inches): 79" x 36" x 7"
  - Bed frame 35.5" x 79.5"
  - Space under bed (when fully raised) 31"
- Desk
  - 38" wide; 56" tall; space between desk top and shelf above (42 x 23); desk top to ceiling – 43"
  - 2 drawers (inside measure-13"x 19"x 5")
  - 1 drawer-13" x 19" x 9"
  - 1 drawer-22.5" x 15" x 2.5"
- Wardrobe\*
  - 36"w x 23"deep x 72 " high; wardrobe top to ceiling-22"; rod for hanging clothes
  - 4 inside drawers – 13" x 19" x 5"
- Dresser
  - 46.5" high x 31"wide x 19" deep
  - dresser top to ceiling-48"
  - Drawers measure 27" x 15" x 5.5"
- Towel Bar measures-18"

*\*Most halls have wardrobes only. In Saint Francis Hall and double rooms in Ave Maria, one student may have a wardrobe and the other the closet/ dresser.*

## What to Bring to the Residence Halls

### Clothing

Dress clothes/shoes  
Ties/belts  
Jeans/slacks  
Skirts  
Shirts/blouses/T-shirts  
Sweaters  
Sweatshirts/pants  
Jackets  
Winter coats/hats/gloves  
Underwear/socks/nylons  
Slippers/robe/pajamas  
Scarf  
Boots  
Swim Suit  
Gym clothes  
Hangers

### Toiletries

Hair dryer  
Shower bucket/Caddy  
Soap dish  
Deodorant  
Toothbrush  
Toothpaste  
Chapstick  
Nail clippers  
Manicure supplies  
Soap  
Brush/comb  
Tissues  
Tweezers  
Shampoo  
Conditioner  
Mouthwash  
Dental floss  
Razor/blades  
Shaving cream  
Cotton balls  
Towels/washcloths  
Hair spray  
Mousse/Gel  
Hand/Body Lotions/Creams  
Band-Aids/ Small First Aid Kit  
Q-tips  
Sanitary supplies  
Cosmetics  
Mirror  
Thermometer  
Heating pad  
Medicines/aspirins  
Contacts/Contact supplies  
Glasses

### Room Supplies

Plastic crates  
Desk lamp  
Sheets/pillowcases (Pillows)  
Mattress pad  
Blankets/ Comforter  
Study pillow  
Under-bed storage boxes  
Door memo board  
Alarm clock (battery back-up)  
Fan  
Wastebasket  
Surge Protector  
Pictures/3M hangers (no nails)  
Poster tack  
Flashlight/batteries

### Miscellaneous

Wallet/Money  
Spare car key  
Credit card  
Checkbook  
Registration information  
College catalogs  
Camera/film  
Batteries (various sizes)  
Can opener  
Napkins  
Plastic cutlery  
Paper cups/Plates  
Small refrigerator (*Capacity no larger than 3 cubic feet and must not be self-defrosting*)  
Small microwave (*1000 watts or less*)  
Small television w/ remote  
Dishes/bowls/mugs  
Salt/pepper shakers  
Tea bags/instant coffee  
Hot chocolate  
Soup  
Crackers  
Peanut Butter/ Jelly  
Munchies  
Small tool kit  
Brita Filter  
Water Bottle (go green – leave the disposable bottles at home)

### Vehicle

Ice Scraper  
Antifreeze  
Windshield wiper fluid  
Shovel

### Laundry/Cleaning

Liquid detergent  
Fabric softener/dryer sheets  
Tide "To Go" Pen/ Stain Remover  
All-purpose cleaner / Lysol  
Sponges  
Safety pins  
Sewing kit  
Iron  
Lint remover brush  
Paper towels  
Laundry bag/ Basket  
Drying rack (for room only)

### School Supplies

Books  
Address book  
Stamps  
Pens/pencils  
Ruler  
Rubber bands  
Paper clips  
Stapler/staples  
Hi-Liters  
Backpack  
Calculator  
Scotch tape  
Masking tape  
Folders/Binders  
Spiral notebooks  
Computer printer & Paper  
Pencil sharpener  
Notebook paper  
Scissors  
Planner/ Calendar

### Personal Items

Camera  
iPod/ Nook/ Kindle/ etc.  
Cell Phone  
All Chargers (phone & electronics)  
Scrapbook  
Beach Towels  
Plants  
Suntan Lotion  
Cards/games  
Umbrella  
Sunglasses

Turn Over

## **What NOT to Bring**

The following items **are not permitted** in our halls, so please do not bring them.

Halogen Lamps  
Incense  
Alcoholic Beverages  
Pets of ANY kind, EXCEPT Fish in fishbowls (not to exceed 5 Gallons)  
Candles  
Fireworks  
Air Conditioners  
Open-coil Toasters  
Open-coil Space Heaters  
Other Open-coil Appliances  
Firearms (Hunting guns may be kept at University Police)  
Other Weapons

Please **DO NOT** bring anything to loft or lift your bed. This includes bed risers, cement blocks, and/ or any homemade loft kits. There will be loft kits available for you to purchase from the University. For more information, log on to [my.francis.edu](http://my.francis.edu) and find our page under “Current Students.”

*This is a partial list provided by our office. For a complete list of what is permitted in the Residence Halls, please refer to the SFU Student Handbook (located on the home page of [my.francis.edu](http://my.francis.edu)).*



# COMMUTER Success



175 YEARS  
FOUNDED 1847

A publication of the Center for Student Engagement

## Welcome to Saint Francis University

2023—2024

This publication serves as a basic introduction to the many services Saint Francis University and its departments and organizations have to offer, with particular emphasis on serving the needs of our commuting students.

As you begin, it is important to note that the “college experience” is more than attending classes, it’s being a part of a larger community who shares common values while also celebrating the many unique qualities and characteristics of those individuals who choose SFU as their place to learn and grow to *become that someone*.

The “college experience” is also attending a lecture series, coming out for a late-night round of Bingo or laser tag, or cheering on our Red Flash to another NEC championship! So, as you see, Saint Francis University is more than just a place to park your car each day while you go to class. We truly are a community of scholars, leaders, teachers, and healers and **YOU** are a member of this community. Your presence and contribution are vitally important to not only your success but to ours as well!

If ever you are need of assistance, information, or direction, feel free to stop by our offices in the upper level of the John F. Kennedy Student Center or call Ext. 3005. We’re glad you’re here and we’re excited to walk with you on your journey to *become that someone*.

Sincerely,

Kristen Radovanic-Corcoran, Director of Student Engagement and Leadership Development

### Staying Connected

As members of our campus-community, students are expected and strongly encouraged to involve themselves outside the classroom with teams, clubs, organizations, and other areas of campus life in order to develop their confidence and proficiency in responsible and active citizenship.

The Center for Student Engagement prides itself in being the home of student-leadership development on campus and offers many opportunities and experiences for all students to develop the necessary skills and abilities to be successful leaders in all fields and industries.

The Center for Student Engagement offers commuting students various ways to stay connected with what’s happening on campus! Students can “like” and “follow” us on Facebook, Twitter, and Instagram, and set up their own personal SFU Student Life account by visiting [www.saintfrancis.campuslabs.com/engage](http://www.saintfrancis.campuslabs.com/engage). Through Engage, students can manage their own activities/events schedule, connect with fellow club/organization members, and visit the interactive events calendar to follow programs, activities, events and other important information about what is happening on campus.



Still have questions?  
Email us at [StudentLife@francis.edu](mailto:StudentLife@francis.edu)

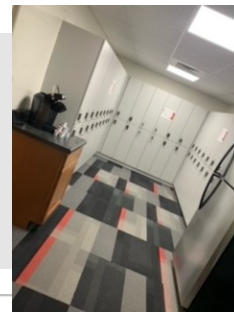
## Support



There are many supports available to students who do not live on campus. The Center for Student Engagement is here to offer assistance and resources to commuting students.

The Center for Student Engagement provides information about events on campus, plan programs which allow students to grow and become more connected at SFU, and offer advice and guidance to students. A big focus is to make sure commuters know what is going on around campus and get involved in various events and clubs. Inside this publication is information that will help you get started!

**Padua Hall** is home to the **Commuter Hub**. Located in the first floor of Padua near the Padua Cafe, commuting students will find secure lockers, a refrigerator to stash your lunch, and a Keurig coffee maker. Seating in the lower hall offer another alternative and the area near the Padua Cafe has both indoor and outdoor seating areas and vending machines. The Commuter Hub was made possible by the Student Government Association as a campus initiative.



**JFK Student Center** : Students frequent the JFK Center to socialize, study, relax, enjoy recreational opportunities and have easy access to food options, making the JFK Center an attractive space for many commuter students who spend their time in JFK when not in class. The Student Center is focused on providing all members of the University community with a variety of services and programs to enhance life here at SFU.

The **Center for Student Engagement** - (upper level) is the fundamental source of information concerning Student Activities and the JFK Student Center. Services include: advising student organizations; leadership development; scheduling facility usage and transportation services, university calendar of events, program planning, Greek life, intramurals & club sports, Student Government, Class Officers, Esports and New Student Orientation.

The **Lounge**, located in the upper level of JFK, offers students an area to relax, study, and just “hang out”. A variety of events take place here throughout the year, including student programs, speakers, dinners, and meetings.

Located in the front lobby adjacent to the Lounge is the **Information Desk**. Staffed with SFU students, the Info Desk provides information on just about everything, ranging from local attractions to on-campus events. It's also the place to sign out DIY Room supplies (free with Student ID), and sign up for off-campus events.

The JFK Center has additional programming space in the **Auditorium** where movies, concerts, lectures, plays, and talent shows are found throughout the year at little or no cost.

**Frankie's Campus Club** (lower level) After a total renovation in the Summer of 2019, Frankie's re-opened as a food court with several options for hungry students. Choose from a variety of favorites at the Cinco Cantina, Mongolian Grill, Hot Grill/Deli, Pizza, soup and even sushi!

Along with the food court, the lower level includes conference rooms, fully-accessible restrooms, a newly-configured Bookstore, improvements to the DIY Room and SAO office, and new corridor and entrance. The Luke Trotz Esports Arena is outfitted with professional gaming equipment, offering hard-core and novice gamers a fantastic gaming experience!

Visit the Center for Student Engagement to schedule any of the spaces in the JFK Center. Commuter students are encouraged to make the JFK Center your home away from home while you are on campus.

**Stokes Athletics Center** offers a great number of things to do. Located within Stokes are a swimming pool, a weight room, basketball courts, indoor track and much more. Stokes is open to all students with a valid student ID during limited hours. Check the schedule for free gym/swim time and intramurals. And check the Athletics website for a complete schedule of athletics events in Stokes or at the various fields near the facility or at DeGol Field.

**DiSepio Institute** for Rural Health and Wellness promotes health and wellness as part of the University's mission of academic excellence and achievement combined with community service for both the campus community and community-at-large, especially the underserved. They offer a wide array of wellness opportunities and classes. Centers in the Institute include Student Health Services, the DiSepio Center for Rehabilitation, Human Performance Lab, Fitness Center, Spiritual Wellness Center, and Scharpf Family Conference Center. Visit the website for a list of current programs and classes offered.

**Adamucci Café** is located on the bottom level of Schwab Hall and features official Starbucks coffees and teas. Enjoy a sandwich or specialty pastry or simply enjoy the atmosphere.

Welcoming Spaces

**What about my car?** All students are required to register their personal vehicle with the University Police Department, located at the far side of the JFK parking lot in the Small Business Development Center. Police officers are available to review designated parking areas and the proper way to display your permit. Call them at 814.472.3360. Register on-line for your permit at <http://francis.edu/parking/> and pick it up at the University Police office at the beginning of the semester. **Watch for an email announcing when you can begin registration.**

**Where do I park?** Commuter students have the option of parking in two Commuter lots on campus— the lower lot next to Stokes Athletics Center or the lower lot adjacent to the JFK Center. Your hang tag allows you to park in either area. Watch your email for information about commuter parking fees and registering your vehicle. Call 814.472.3360 for more information.

**Do I need an ID?** All Saint Francis University students, faculty and staff are required to carry your photo ID card while on campus. The University Police Department issues the ID cards at the beginning of your first semester at SFU. Lost, damaged or stolen cards can be replaced at a cost of \$20.00 each. New students will receive ID cards at SOAR and thereafter your card will be updated or replaced as needed. Your ID card must be presented for meals (resident students and those commuters who have purchased a meal plan or who use the debit card), for admission to all student activities and athletics events, to charge Library materials, and to use the facilities in Stokes and DiSepio.

**How do I get a job on campus?** Commuter students who qualify may apply for campus employment through the work study program. To check for student employment opportunities visit <https://my.francis.edu> Click on Handshake for job postings (under Current Students/ Student Resources) or visit the Career Services Department in 323 Scotus Hall or call 814.472.3010 for more information.

**Paper to print?** Printers are available for student use at the JFK Information Desk and the SFU Library. Consult the Student Technology Handbook for information about accessing printers as well as any other laptop information or call the Help Desk at 814.472.2800.

**On-campus late?** Hours for the various offices and facilities on campus can be found on the University Web site or by contacting the facilities themselves. The JFK Center is open 24-hours Sunday— Thursday if you're looking for a place to study or meet friends.

**Having car problems?** The **Loretto Service Center** is located on St. Mary's Street in Loretto. Call them at 814.472.9368.

**Emergencies @ Home** If there is an emergency at home, family members should **contact** the Office of Student Development at (814) 472-3002 in order to get in touch with the student. Please provide family members with the phone number for this office. Also, the student can have this office call his/her home in case of an emergency at school.



## Staying Informed

All University students, including commuters, should take full advantage of your college experience by staying informed and getting involved on campus. Here's are some suggestions to keep you in tune with what's happening on campus:

- **Start** your college experience at the Student Involvement Fair to find out about all the clubs and organizations on campus and how you can get involved.
- **Check** your SFU email daily. The primary source of communicating what is happening at SFU is via email. Your professors will also communicate via your SFU email account.
- **Read** your emails, banners, posters, signs; view the Student Life calendar on Engage, and read the student newspaper *Troubadour* through the my.francis link, and any other source of information about activities, programs, and all other happenings at SFU. Each Wednesday, Marketing sends an electronic newsletter to everyone on campus listing the week's campus happenings and other worthwhile information.
- **Participate** in extra-curricular activities. There are over 70 recognized clubs, organizations, club sports, fraternities, and sororities. A complete list is available in the Center for Student Engagement in the upper level of the JFK Center.
- **Attend** campus events (formal and informal) including club and organization events, CES programs, athletics events, join an intramural team, hangout in the Luke Trotz Esports Arena
- **Meet** other students in your classes, especially resident students, at Torvian or Frankie's, in lounges and recreation areas. Consider getting on a meal plan.
- **Study** at the SFU Library, the JFK Center or form a study group.
- **Contact** other commuters to share rides, information and friendship.
- **Get Connected:** Students can "like" us on Facebook, follow us on Twitter and Instagram, and set up your own personal SFU Student Life account by visiting [www.saintfrancis.campuslabs.com/engage](http://www.saintfrancis.campuslabs.com/engage)



# Options for Hungry Students

Commuter students may purchase a dining plan with similar options as that of resident students. Dining plans offer SFU commuter students a variety of choices that are designed to accommodate their needs and offer the same access to campus dining as resident students. The Commuter Dining Plans carry a bonus with each purchase. The purchases are converted to dining dollars and deposited on the students ID card, which works similar to a debit card. No need to carry cash or find an ATM. The Dining Dollars are non-refundable and expire at the end of each semester. The Dining Dollars can be used at Torvian Dining Hall or any of our retail facilities including Frankie's, Padua Cafe or Adamucci's Cafe. All meal plans must be selected through the Office of Residence Life located in Padua 227, phone 814.472.3029.



**Torvian** SFU's main dining hall, Torvian offers an all-you-care-to-eat food court style setting. You can enjoy creations from all over the world or have fresh-dough pizzas from the wood-burning brick oven. You will also enjoy exhibition style cooking, fresh salads, deli sandwiches, soups and your favorite home style-cooked foods.

**Frankie's Campus Club** Located in the lower level of JFK, Frankie's Campus Club serves up some new options along with old favorites like hot and cold sandwiches, burgers, pizza, and Stromboli plus Cinco Cantina and Mongolian Grill. There are plenty of beverage and snack options. The eatery opened in Fall 2019 and provides students with some exciting, dining options students are raving about!

**Padua Café** The café is located in Padua Hall on the first floor rear entrance. Sandwiches, soup, pizza, and snacks are available.

**Adamucci's Café** Located in the lower level of Schwab Hall, Adamucci's Cafe proudly brews Starbucks coffee, fruit smoothies, pastries and baked goods, salads and specialty sandwiches.

**Smithmyer's Superette** Located on St. Mary's Street, Smithmyer's offers a wide variety of grocery items; has a breakfast and lunch counter where hungry students will find a wide variety of sandwiches, subs and wraps; salads, your favorite deep-fried foods, tacos and hotdogs, and an amazing bakery. Smithmyer's also offers a gas pump in case you forgot to fill-up on the way to campus. The phone number is 814.472.8577.

## Inclement Weather Policy

Due to severe inclement weather, the University may find it necessary to delay or cancel classes, or may declare the classes as a required "virtual class day" in lieu of cancellation. Delay or cancellation of classes, or declaration of "virtual class day" does not mean that the University is closed. In fact, when classes are delayed or cancelled, or when a virtual class day is in effect, operations continue. A **"two hour delay"** means that daytime classes which normally begin at 8:00 a.m. will not begin until 10:00 a.m. and all other daytime classes will begin at the times specified on the compressed class schedule. **"Classes canceled"** means no classes will be held that day. (If necessary, evening classes, including graduate classes, will be canceled later in the day and the appropriate announcements made). A **"Virtual Class Day"** declaration means that formal face to face classes are not meeting for the day, and that faculty and students are holding classes for the day via the Canvas online platform, or other approved plans. Guidance for students regarding the virtual class day format are to be described in each course syllabus. Decisions on delays or cancellations are made by members of the administration (University Police, Student Development and Academic Affairs) as early as possible, generally by 5:30a.m.

TV stations are notified of cancellations or delayed starts by the Marketing and Public Relations Office. In most cases, these local stations provide timely announcements of delays and cancellations. You can also receive a text message by signing up for RAVE Alert. See the link on my.francis.edu to sign up for text alerts via RAVE. The following television stations will be notified:

**Altoona—WTAJ TV 10 (CBS)    Johnstown—WJAC TV 6 (NBC)    WWCP/WATM 8/23 (FOX)**

The Marketing and Public Relations Office will also coordinate the dissemination of information to the campus community by posting on our website francis.edu and my.francis.edu

Announcements that indicate "two hour delay" and "classes are canceled" mean that all classes will not be held during that period of time. Any special events or activities mayor may not be canceled but will be announced by the appropriate department.







# We're here when students need us

MyHealth Saint Francis is available to all Saint Francis students.

## **Students can schedule an appointment to meet with our advanced practice providers and:**

- Get quick relief for minor injuries and illnesses, including sinus infections and sore throats.
- Coordinate their care with their primary care provider, as needed.
- Access wellness services that can help them stay healthy.

**To learn about the available services, go to [francis.edu/student-health-center](https://francis.edu/student-health-center).**

**The DiSepio Institute for Rural Health and Wellness**

**Monday through Friday from 7:30 a.m. to 4 p.m.**

studenthealth@francis.edu, 814-472-3008

*Services provided by MyHealth Saint Francis are not a substitute for the routine care provided by primary care providers. Students should talk with their doctor before making any changes in their diet, exercise, or medication management.*



U.S. Steel Tower, 600 Grant Street  
Pittsburgh, PA 15219

[www.upmchealthplan.com](http://www.upmchealthplan.com)

