

UNI

University of
Northern Iowa



**NEW
PANTHER
GUIDE**

2024

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PANTHER WELCOME

Kick off your journey as a Panther at Panther Welcome, August 21 - 23! A current student leader known as Cat Crew will help you navigate your first experience as a Panther.



Check out the full list of events!

+ success.uni.edu/panther-welcome

WELCOME WEEK

The fun continues August 24 - 30

+ success.uni.edu/welcome-week



PANTHER WELCOME

“Panther Welcome helped me get connected with fellow UNI students, see where my classes are, and made me feel like I was meant to be on this campus.”

- 2023 Incoming Student





Succeeding in College

You've probably heard about how exciting college is and perhaps even how it may be challenging at times. At the University of Northern Iowa we work with you to navigate the tough moments and celebrate the successes. This New Panther Guide gives you resources to help you navigate your transition and tools to be a successful student.

STUDENT SUCCESS & RETENTION

The Office of Student Success & Retention is here to support you throughout your educational journey. If you ever have a question or issue and do not know who to ask or where to start, you can always reach out to our office. The office has comfy seating, study tables, private study rooms and free snacks. You are always welcome to visit us in 118 Gilchrist Hall or email success@uni.edu for any questions.

STUDENT SUCCESS & RETENTION

Gilchrist 118
(319) 273-4260

✉ success@uni.edu

+ success.uni.edu

SUCCESS COACHING

Success coaching is a peer-to-peer program that will support you in your transition to UNI and throughout your academic journey. Coaching sessions are personalized to your needs and can be done in-person or virtually.

Common topics include:

- + Time management
- + Procrastination and prioritization
- + Stress management
- + Goal setting and motivation

+ success.uni.edu/current-students/success-coaching

The Basics

UNI ID CARD

Your UNI ID Card is your official UNI identification. Once you upload your ID photo in your orientation portal, your UNI ID will be ready for you when you arrive to campus for the start of the semester.

- + **Living on campus:** your ID card will be available at move-in.
- + **Living off campus:** you can pick up your ID at the Housing & Dining office in Redeker Center.

USING YOUR UNI ID CARD ALLOWS ACCESS TO THE FOLLOWING BENEFITS:

- + Entrance to home UNI athletic events for no additional cost
- + Charge items to your U-Bill from on-campus dining
- + Use your dining dollars and meal plan
- + Pay for color copies and check out books, hammocks, bikes, chargers, umbrellas and more at Rod Library
- + Access to the Wellness & Recreation Center
- + Discounts at some local businesses
- + Opens electronic access doors, such as your dorm
- + Check-in at Panther Welcome events

Student ID Card purchases will appear on your U-Bill. Carry your UNI ID at all times and keep it safe. Replacement UNI IDs cost \$30.



+ uni.edu/resources/uni-id-card

CAT ID

Your Cat ID consists of your username and your password. Your username is a unique 3-8 character account name that identifies you as a member of the UNI community. Your username in conjunction with your password allows you access to various online resources and computers on campus. Use your Cat ID wherever you see the Cat ID logo.



Passwords expire after 365 days. You can reset your password in myUNiverse. If you have forgotten your password, or your account is disabled, you may call the IT Service Desk (319-273-5555) for assistance.

UNI EMAIL

You will have access to your UNI email after your orientation session. UNI email is powered by Google and will allow you to access other Google products such as Google Docs, Google Sheets and Google Slides. Your UNI email address will be CatID@uni.edu.

+ email.uni.edu

MYUNI APP

This is your one stop shop for quick and easy access to helpful resources you need as a UNI student. Just search MyUNI in your application store.



PARKING ON CAMPUS

Parking on campus requires either the appropriate parking permit or the use of metered spaces by paying the appropriate fee. Permit eligibility is based on if you are living on or off campus.

It is best to order your permit as soon as possible after your orientation session. You will access the parking portal using your UNI CatID. Please do NOT create a visitor or guest account. More information, including how to order your parking permit, is in the "After Orientation Tasks" section of your orientation portal.

Receiving your parking permit

- + If you are living on campus and purchase a physical permit, you will get your permit at move-in.
- + If you are living off campus, you have the option to pick up your permit in August or mail it to the address of your choice if ordered before August 1.

VISITOR PARKING ON CAMPUS

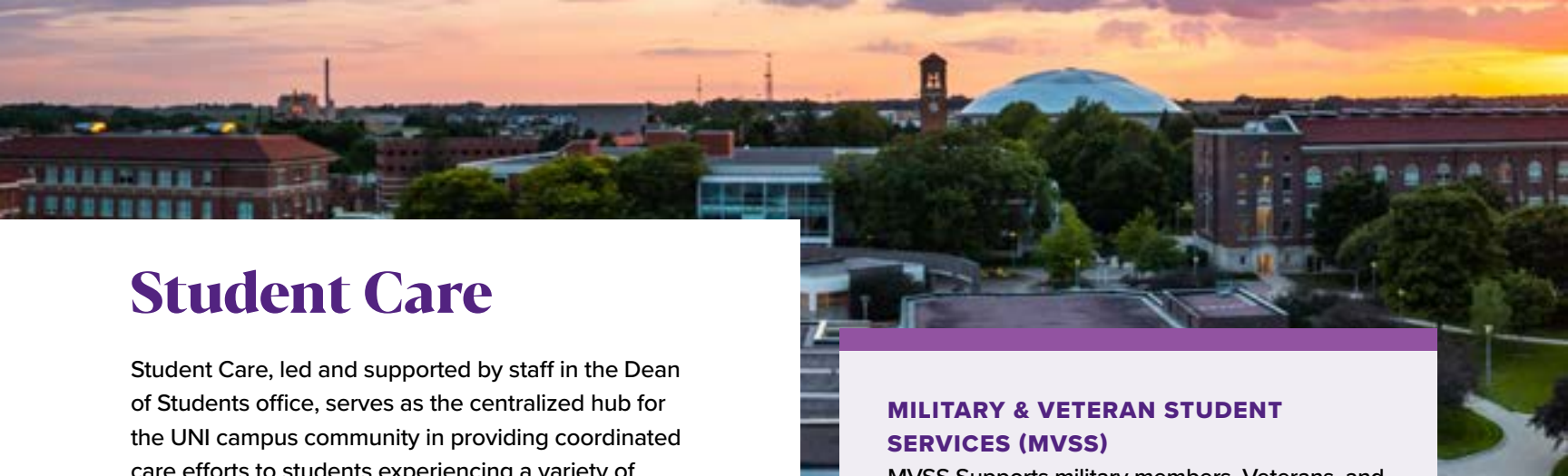
Do you have a friend, family member or guest who is planning to visit you while you live on campus?

Students living on campus are welcome to come to the Public Safety Office to pick up a visitor permit for "C" or "R" parking for their guests. As long as it is for no more than one overnight during the week (M-F) there is currently no charge. Anything more than that would carry a fee.

UNI PARKING DIVISION

Gilchrist 30
(319) 273-3179

+ parking.uni.edu



Student Care

Student Care, led and supported by staff in the Dean of Students office, serves as the centralized hub for the UNI campus community in providing coordinated care efforts to students experiencing a variety of challenges during their career. Through Student Care we seek to serve as a partner to students, parents and family members, faculty and staff in assisting students in overcoming challenges to continue being successful personally and academically. Faculty, staff, and other members of the UNI community will refer a student to Student Care when they believe a student could benefit from one-on-one support, connection to on-campus resources, and/or referral to off campus resources. Staff working with Student Care welcome connection and communication from parents and family members to best support students.

WHAT WE DO:

- + Listen actively
- + Assist students in exploring options for resolving concerns
- + Offer coaching for difficult conversations
- + Support a student in developing an action plan for current challenges
- + Explain university policies and procedures and their impact on student circumstances
- + Provide consultation

Student Care provides assistance to UNI students during situations such as:

- + Unexpected events or challenges
- + Pre and post hospitalization assistance, including transitioning back to campus
- + Medical emergencies
- + Emotional or mental health concerns
- + Death of a family member
- + Natural disasters
- + Other personal emergencies or extenuating circumstances
- + Not sure where else to go for help

STUDENT CARE

Dean of Students
Gilchrist 102
(319) 273-2332

✉ deanofstudents@uni.edu

MILITARY & VETERAN STUDENT SERVICES (MVSS)

MVSS Supports military members, Veterans, and their families at UNI as they transition between military duty, college, and new careers. MVSS is committed to faculty and staff education, on- and off-campus resource networking, advocacy, and an empathetic ear to ensure that each military-affiliated student's voice is heard and they are empowered to achieve success in class and beyond.

Support Services Offered:

- + Student and parent guidance/review for VA and IA Guard Education Benefits
- + Connection to UNI Career Services (Military and Veteran specific) (resume writing, cover letters, interview guidance to include practice interviews, connections to Veteran friendly companies across the Cedar Valley and Iowa) and providing a military-specific information seminar on campus each semester
- + Membership and support with Service Organizations (VFW, American Legion, AMVETS, DAV) across the Community and State
- + Direct link to BHC Veteran Affairs office for services and disability claims and issues
- + Direct link to VA Community-Based Outpatient Clinic which includes VA Mental Health services
- + Certifying support through the UNI Registrar's office
- + Veteran and military scholarship opportunities

MILITARY & VETERAN STUDENT SERVICES

Maucker Union 111K
(319) 273-3040

✉ military@uni.edu

+ military.uni.edu

Student Accessibility Services

UNI believes that disability is a naturally occurring aspect of humanity and is an integral part of society and at UNI. UNI believes in working collaboratively with students, faculty and staff to provide accessible and equitable opportunities for all students.

Students with disabilities are encouraged to connect with the UNI Student Accessibility Services Office (SAS) to begin the individualized process of determining reasonable accommodations based on the nature of the disability and the academic environment. The student engages in the interactive process by having a conversation with SAS staff which is taken into consideration when making accommodation determinations along with the student's past accommodations history and supporting documentation related to their disability.

Reasonable accommodations provide equal access to educational programs and activities; they do not lower course standards, provide an unfair advantage or fundamentally alter program requirements.

STUDENT ACCESSIBILITY SERVICES

Gilchrist 102
(319) 273-2332 Relay 711

✉ accessibilityservices@uni.edu
f @unistudentaccessibilityservices

+ sas.uni.edu

WHO IS ELIGIBLE FOR ACCOMMODATIONS?


Any individual with a physical or mental impairment that substantially limits one or more major life activities. Examples include, but are not limited to, learning disabilities (including ADHD), chronic health conditions, mental health conditions (anxiety, depression, PTSD) and physical disabilities.

WHAT ARE ACCOMMODATIONS?

An accommodation is an alteration to the academic environment to ensure students with disabilities have equitable access to course materials, information, activities, programs and campus facilities.

Accommodations can include digital textbooks, extended testing time, access to slide presentations and recording lectures, among many others.

HOW CAN I ACCESS SERVICES?

1. Request accommodations by completing the application at sas.uni.edu/submit-accessibility-request 
2. Provide Documentation supporting your request with the completed application. Documentation can include a previous IEP or 504 plan; psychoeducational or neuropsychological assessment; relevant medical records; a letter from a current counselor, physician, psychiatrist or psychologist; etc.
3. Schedule an Initial Meeting to discuss the barriers limiting the student's academic access and to identify reasonable accommodations.

+ sas.uni.edu/accommodate/scheduling-appointment





Academic Resources

GENERAL EDUCATION REQUIREMENTS FOR GRADUATION

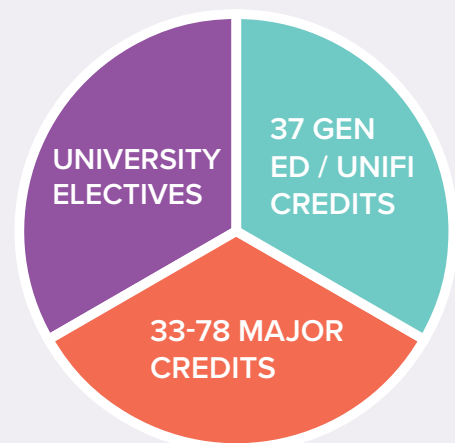
UNI Foundational Inquiry (UNIFI), UNI's general education curriculum, is a common curricular experience for all students, enabling you to develop skills and knowledge across a breadth of disciplines. We take pride in preparing students for fulfilling personal, professional and civic lives. Students take courses from three tiers for a total of 37 credits. Your advisor will help you select courses that meet UNIFI requirements.

+ unifi.uni.edu

Engage (Skills)				
<input type="checkbox"/> Written Communication	<input type="checkbox"/> Oral Communication	<input type="checkbox"/> Quantitative Reasoning		
Discover (Knowledge)				
<input type="checkbox"/> Human Condition (Domestic)	<input type="checkbox"/> Human Condition (Global)	<input type="checkbox"/> Scientific Reasoning (with lab)	<input type="checkbox"/> Human Expression	<input type="checkbox"/> Responsibility
Connect (Multidisciplinary Certificate)				
<input type="checkbox"/> Course Choice #1	<input type="checkbox"/> Course Choice #2	<input type="checkbox"/> Course Choice #3	<input type="checkbox"/> Course Choice #4	

YOUR ACADEMIC DEGREE

To graduate with a bachelor's degree, you must earn 120 credits. Think of these credits like a pie made of three pieces. The first piece is your UNIFI General Education requirements (37 credits). The second piece is your major requirements (33-78 credits). The final piece of the pie is University Electives. University electives are credits that do not count towards your major or general education requirements and are used to help you earn 120 credits. Each student needs a different number of university electives and can choose to apply those electives toward earning a double major, minor, certificate or enrolling in courses they are interested in. Your academic advisor can help calculate how many university electives you need and how best to use them.



Academic Advising

The Office of Academic Advising works primarily with first-year students who are exploring majors or are declared in certain majors from the College of Social & Behavioral Sciences and the College of Humanities, Arts & Sciences. The Wilson College of Business and the College of Education both have their own advising centers within their respective buildings.

All UNI students are welcome to talk with an advisor about:

- + Meeting degree requirements
- + Adjusting your class schedule
- + Changing your major or confirming that you already have the best major for you
- + Understanding and connecting to campus resources

TIPS FOR WORKING WITH YOUR ADVISOR

Your advisor is here to help you be successful! Here are some things to do to help you get the most out of your advising meetings:

- + Share your personal and educational goals so your advisor knows what your big-picture dreams are
- + Be honest about how you are doing! Share any issues you're having so your advisor can help you formulate possible solutions.

OFFICE OF ACADEMIC ADVISING

Innovative Teaching & Technology Center 007
(319) 273-3406

+ advising.uni.edu

COLLEGE OF EDUCATION

Schindler Education Center 150
(319) 273-2265

+ coe.uni.edu/students/cats-advising

WILSON COLLEGE OF BUSINESS

Curriss Business Building 005
(319) 273-2144

+ business.uni.edu/students

WHO IS MY ACADEMIC ADVISOR?

All students are assigned to an academic advisor. You can find who your assigned academic advisor is in your Student Center on MyUNIverse within one week after your orientation session.

CAN I CHANGE MY MAJOR?

YES! It is common for students to change their major; nationally, about 80% of college students change their major at least once. UNI has several resources designed to assist students with this process. Contact the Office of Academic Advising to meet with an advisor and discuss your options.

CAN I CHANGE MY SCHEDULE?

Students can make changes to their class schedule through the first week of each semester. Always check the Registrar calendar for deadlines and talk with your advisor before altering your schedule to make sure changes will not affect your degree plan.

+ registrar.uni.edu/calendar



GPA & ACADEMIC STANDING

To graduate from UNI, you must earn a 2.00 cumulative GPA. As long as you maintain a 2.00 GPA, you will be in Good Academic Standing. If you fall below a 2.00 GPA, your academic standing will change which can have academic and financial aid consequences. The Undergraduate Academic Standing Policy is outlined in the Academic Catalog.

- + To earn a 2.00 GPA you must earn Cs or higher in each of your classes. Grades of C- and below will not help you earn a 2.00 GPA.
- + Your declared major may have a GPA requirement that is higher than a 2.00. It is your responsibility to speak with your advisor about your major requirements.

+ registrar.uni.edu/students/academic-standing

PEER ADVISORS ARE HERE TO HELP!






Peer advisors are UNI students trained to help answer your questions about academic advising! They can help you:

- + Explore UNI majors, minors and certificates
- + Understand general education (UNIFI) requirements
- + Connect to campus resources
- + Use the registration system in Student Center
- + Read your Advisement Report
- + Collect a list of questions to ask your advisor during your appointment

Rod Library

Rod Library is located in the heart of campus and is committed to connecting people to information and resources. You can ask the library questions whenever we are open via chat, text, phone, or email. The library also offers help finding resources, getting assistance on assignments, scheduling research consultations, and checking out items for free. In fact, the online resources are available 24/7 with e-books, journal articles, and databases.






Rod Library is a great space to study and connect with others. You can find a quiet place to learn, group spaces, meeting rooms, creative spaces equipped with over 100 public computers, print stations on every floor, and even a cafe! Our dedicated staff eagerly anticipates your visit and is ready to support you on your journey to success!

-  Discover rows and rows of books and areas such as Youth, Special Collections & University Archives, Fine & Performing Arts, and the UNI Museum.
-  Check out laptops, phone chargers, art supplies, umbrellas, bikes, hammocks, and more.
-  Plug in with the Library TechConnect Desk, which offers library printing and computer help.
-  Stream music or read the latest e-books with your new Cedar Falls Public Library card from the Rod Library services desk.
-  Explore teacher education services and resources at HNI Corporation Instructional Resources & Technology Services (IRTS) in the Schindler Education Center.

Check out what the Rod Library has to offer!



ROD LIBRARY
(319) 273-2838

-  library@uni.edu
-  @rodlibrary
-  @RodLibrary
-  @rodlibrary
-  @rodlibrary_UNI

+ library.uni.edu



TUTORING SERVICES

Visit The Learning Center @ Rod Library for help with courses in business, math, and science, as well as writing and general study skills. Conveniently located on the main floor of Rod Library, tutoring hours are Monday through Thursday 10 am - 10 pm. **Tutoring is free for students and no appointment is needed!**

You are encouraged to go to The Learning Center early in the semester and often in order to stay on top of your academics.

THE LEARNING CENTER

(319) 273-6023

✉ thelearningcenter@uni.edu

+ tlc.uni.edu

Did you know the UNI Museum is located on the first floor of Rod Library?



UNI Bookstore

The UNI Bookstore is your on-campus resource for textbooks, course materials, UNI merchandise and more. Our textbook department works with instructors to stock the right new, used, rental and digital books – guaranteed. When you purchase your books through the Bookstore, you're also investing in your community.

The UNI Bookstore has the largest selection of Panther gear. Show your Panther pride every day and especially on game days or Panther Fridays.

UNI BOOKSTORE

1009 W 23rd Street

 @uni.bookstore

+ unibookstore.com

WHEN SHOULD I ORDER MY BOOKS?

When deciding how early to order your books there are a few things to keep in mind.

- + Textbook orders are processed in the order in which they are received.
- + Used books are first-come, first-serve, so if getting used books is important to you, place your order as early as possible.
- + Remember to place your order early enough to ensure delivery by the start of classes.

The UNI Bookstore allows you to charge your textbooks to your U-Bill enabling your scholarships and financial aid to help cover the cost.

WHERE DO I FIND MY BOOK LIST?

You can find your booklist on the bookstore website, by logging in using your UNI CatID. This will provide the most accurate information for what materials you will need for each of your courses.

+ unibookstore.com



Financial Aid & Scholarships

FINANCIAL AID CHECKLIST

It's really never too early or late to discuss how you plan to pay for college, which includes tuition, fees, housing and meals. Allow the Office of Financial Aid & Scholarships to assist you in navigating the path to paying for college. Here's a recommended checklist for you to follow.

- Complete your FAFSA**
The Free Application for Federal Student Aid (FAFSA) is the form used to apply for federal and state financial aid. The 2024-25 FAFSA became available at fafsa.gov on December 2023. The FAFSA for the upcoming academic year can still be completed at this time! You will want to complete the FAFSA every year.
- Review Your Aid Offer**
Financial Aid Offers are available electronically. View your offer by logging into your MyUNiverse account, clicking 'Go to my Student Center', scrolling down to the Finances section, then using the links under Financial Aid. Here, you can also accept or decline Federal Direct Loans. Any aid initially declined can be re-offered by contacting the Office of Financial Aid & Scholarships.
- Report Your Scholarships**
All scholarships from outside the institution (Off-Campus Scholarships) are required to be reported on your Financial Aid Offer. To do this, go to your Student Center and select 'Report Other Financial Aid' in the Finances section then fill in the provided area or email additional.aid@uni.edu.
- Check your To Do List in the Student Center**
A To Do List is featured on the right hand side of your Student Center. This section may include tasks or documents the university needs you to complete and/or turn in. Clicking on the individual links will provide more information about what is being requested and who to contact if you have questions. Some To Do List items may impact your ability to receive aid, so please complete them at your earliest convenience.
- Financial Literacy**
All incoming first year students are required to complete financial literacy training. Students can complete this requirement through an in-person class, Live Like a Student, or online through Panther CashCourse. Sign up this summer for Live Like a Student at admissions.uni.edu/live-like-a-student! Panther CashCourse will become available via eLearning the first week of the semester.

ARE YOU BORROWING FEDERAL DIRECT LOANS?

Two online requirements need to be completed at studentaid.gov by August for Federal Direct Loans to pay out in a timely manner.

- Entrance Counseling for Direct Loans
- Master Promissory Note

RESOURCES ONLINE TO HELP

- + Required Readings at admissions.uni.edu/financial-aid
- + FAQ at admissions.uni.edu/financial-aid/resources/frequently-asked-questions
- + Schedule an appointment at admissions.uni.edu/financial-aid/schedule-appointment

Read more about the full financial aid & billing process by reading the Financial Aid Required Readings.



FINANCIAL AID

Gilchrist 105
(319) 273-2700

- ✉ fin-aid@uni.edu
- 📷 [@unifinaid](https://www.instagram.com/unifinaid)
- ✂ [@UNI_FINAID](https://twitter.com/UNI_FINAID)
- 📘 [@unifinancialaid](https://www.facebook.com/unifinancialaid)

+ finaid.uni.edu



Paying for College

Use this worksheet to determine your costs and prepare your budget.

Cost of Attendance (COA) 2024-2025

	Iowa Resident	Non-Resident
Tuition & Fees*	\$9,936	\$21,712
Housing & Meals**	\$10,030	\$10,030
Books & Supplies	\$800	\$800
Transportation	\$700	\$700
Personal Expenses	\$1,804	\$1,804
Average Loan Fees	\$76	\$76
TOTAL COA	\$23,416	\$35,192

**Cost for double room and All-Access Meal Plan option. If a student contracts for a different room and board option, they will be billed accordingly. Current amount is pending approval and may change. Visit uhd.uni.edu for up-to-date rates.

NOTE: There is a one-time \$250 Record and Documents fee the first semester.

Budget Worksheet

Notes:

	Total for Year	Fall Term	Spring Term
Expenses			
Tuition & Fees			
Housing & Meals			
Books & Supplies			
Transportation			
Personal Expenses			
Average Loan Fees			
TOTAL EXPENSES			
Financial Aid			
Scholarships			
Grants			
Direct Loans			
Other			
TOTAL AID			
BALANCE REMAINING			

Office of Business Operations (OBO)

The Office of Business Operations is the place you'll work with for a variety of financial services, including paying your bills and receiving payments from any refunds.

IMPORTANT U-BILL INFORMATION & KEY BILLING DATES

- + All University bills (U-Bill) are available in your Student Center through MyUNiverse
- + Students will receive a notification via their UNI email account when their U-Bill is ready
- + The first U-Bill of the semester will be available on the second business day of the month and will include the semester costs for tuition, mandatory fees and campus room and meal plans
- + **U-Bill due date is the 20th of each month starting:**
 - + August 20 for Fall
 - + January 20 for Spring

+ obo.uni.edu/student-accounts/due-dates-for-ubill

TERMS & CONDITIONS

All students must sign the terms and conditions agreement.

Students can sign the terms and conditions agreement in their Student Center. This will also be an "After Orientation Task" in your orientation portal.

+ obo.uni.edu/student-accounts/complete-terms-conditions

OFFICE OF BUSINESS OPERATIONS

Student Accounts
Gilchrist 103
(319) 273-2164

✉ student.accounts@uni.edu

+ obo.uni.edu/student-accounts

DEFERRED PAYMENT PLANS

UNI offers a payment plan option for tuition, fees and campus room and meal plans (\$20 fee to sign-up).

- + Five, monthly installments (due on the 20th of each month)
- + You can sign up for a payment plan after your U-Bill has been posted for the semester
- + **You must sign up in the Student Center by the deadlines for each semester:**
 - + September 20 for Fall
 - + February 20 for Spring

+ obo.uni.edu/student-accounts/payment-plan

MAKING PAYMENTS

Students can pay their U-Bill in a variety of ways:

- + Cash
- + Check
- + E-Check
- + Debit and credit card
- + 529 College Savings Plan
- + International by Flywire

+ obo.uni.edu/student-accounts/paying

DIRECT DEPOSIT SIGN-UP

We highly recommend that you sign up now!

- + If you have more financial aid than charges, a refund will be issued
- + Free service that automatically deposits refunds from UNI into any checking or savings account you choose

+ obo.uni.edu/student-accounts/direct-deposit

THIRD-PARTY ACCOUNTS/PARENT PORTALS

Due to privacy regulations (FERPA), detailed student billing information cannot be automatically provided to third parties, including parents and guardians.

- + Students can create third party accounts through MyUNiverse

+ obo.uni.edu/student-accounts/creating-third-party-account



Career Services

UNI Career Services' main goal is to help students transition from campus to career. Career Services offers:

- + Career Assessments
- + UNI Job Board
- + Resume and Interviewing Assistance
- + Leadership Training
- + Recruiting Events
- + Graduate School Prep

CAREER SERVICES

Maucker Union 063
(319) 273-6857

 @unicareerservices

+ careerservices.uni.edu

Did you know students who work during college have a .25 point higher GPA on average than those who don't work?

CAMPUS JOBS

Nearly half of all UNI students will work on campus during their UNI college career. You can work between 4-20 hours per week averaging about \$11.50 per hour. While nearly every department hires students, the majority work in dining, library, athletics and wellness services. If you plan to work during your time at UNI, bring official IDs to campus which may include a Social Security card, birth certificate, passport or other IDs.

+ [careerservices.uni.edu/
student-employee-center](https://careerservices.uni.edu/student-employee-center)



HOW TO FIND AN ON-CAMPUS JOB?

UNI's job board uses the platform Handshake to help students find jobs at UNI. You will need to log in using your CatID to make an account. More jobs will be posted closer to the beginning of the school year. There will also be an on-campus job fair during Panther Welcome.

Look at jobs currently available!



Housing & Dining

PREPARING FOR MOVE-IN

Refer to our move-in guide for dates, packing lists, forms and other important information about moving into your new home at UNI.

Move-in Day is **Wednesday, August 21, 2024**.

Students can participate in drop & go move in.

- + More information can be found on the housing website.
- + Sign up within the housing contract portal starting June 1.

+ uhd.uni.edu/move-guide



GET APP

- + Download the “GET” app prior to arriving on campus.
- + This app provides access to your meal plan and allows you to order ahead from campus retail locations.

UNI HOUSING & DINING

Redeker Center 110
(319) 273-2333

- ✉ housing@uni.edu or dining@uni.edu
- 📷 [Housing_UNI](#) or [Dining_UNI](#)
- 📘 [UNI Housing](#) or [UNIDining](#)

+ uhd.uni.edu

\$1,000 STUDENT SUCCESS SCHOLARSHIP

- + Students living on campus who sign up for the **Live 2 Succeed** program (2-year contract) are eligible for a \$1,000 scholarship.
- + Students can sign up within the housing contract portal and have until the 10th day of classes to opt in.
- + Students on the Live 2 Succeed program will have priority during room selection of the contract renewal process each year they continue to live on campus.

+ uhd.uni.edu/live-2-succeed

WORK FOR DINING!

- + Lots of job opportunities are available at all dining locations across campus.
- + Competitive wages, flexible scheduling, high dollar scholarships and advancement opportunities.

+ uhd.uni.edu/dining-employment





WHAT ARE DINING DOLLARS?

Dining Dollars are pre-paid spending dollars that may be used for purchase in the retail stores or additional meal purchases in the dining centers. Dining Dollars come as part of all of our meal plans, but can also be purchased as needed.

Dining Dollars roll over from fall to spring semester and expire at the end of the spring semester, so use them up by the end of the spring semester.

WHAT ARE GUEST MEALS?

Guest meals are swipes into the dining center for a friend or guest who does not have a meal plan that you would like to treat to a meal in the dining center with you. Guests can also pay for a meal using a credit card at the greeter's station at each dining center.

WHERE CAN I FIND DINING MENUS & HOURS?

Dining menus and hours can be easily found within the MyUNI app or on the dining website.

[+ dining.uni.edu](https://dining.uni.edu)

DINING ON CAMPUS

All students can eat on campus either with a meal plan or by purchasing food on the go.

LIVING IN A TRADITIONAL DORM?

Meal Plan	Academic Year Cost	Meals / Semester	Dining Dollars / Semester	Guest Meals / Semester	Meals To-Go
All-Access	\$4,828	Unlimited	\$100	2	Yes
Block 220	\$4,552	220	\$200	NA	Yes

LIVING IN ON CAMPUS APARTMENTS OR OFF-CAMPUS?

Meal Plan	All-Access	Block 15	Block 120	Block 220	Weekly 5
Academic Year Cost	\$4,828	\$1,184	\$2,970	\$4,552	\$2,344
Meals	Unlimited	15/ semester	120/ semester	220/ semester	5/week
Dining Dollars	\$100/ semester	\$400/ semester	\$200/ semester	\$200/ semester	\$300/ semester
Guest Meals	2/semester	--	--	--	--
Meals To-Go	Yes	Yes	Yes	Yes	Yes

Student Health & Well-Being Services

PSYCHIATRIC AND COUNSELING SERVICES

Taking care of your mental health is very important to your success as a college student. UNI Psychiatric and Counseling Services is located on the 2nd floor of the Student Health Center. It is open each day classes are in session from 8 am – 4:30 pm. Call (319) 273-2676 to make an appointment or drop in without an appointment for counseling, consultation services, or peer support with Let's Talk.

After hours (nights and weekends), students can call (319) 273-2676 and select option 2 to speak with a mental health professional from TELUS. All students have access to TELUS, a 24/7/365 real-time early intervention support via telephone or chat. This provides students with the ability to access crisis resources and on demand counseling support in multiple languages from any location. TELUS works closely with UNI and is able to provide additional campus and community resources when necessary.

Download the TELUS app



TYPES OF COUNSELING AVAILABLE:

- + Group therapy
- + Couples counseling
- + Individual counseling

The Counseling Center also offers a number of mental health trainings and self-help resources for students.

+ counseling.uni.edu

STUDENT HEALTH CLINIC

UNI's Student Health Clinic is on campus to meet your medical and/or psychiatric needs. The clinic is conveniently located on West 23rd Street by Lawther Hall and the Schindler Education Center. A licensed physician, nurse practitioners, a physician assistant and registered nurses are available to serve you during regular business hours of 8 am - 4:30 pm Monday through Friday while classes are in session.

You can schedule an appointment online through the Patient Portal located on our website or by calling (319) 273-2009. Office visits are covered under the UNI mandatory health fee. Your health insurance or U-Bill will be charged for lab services, immunizations, exams, physicals, psychiatric care and other treatment and procedures.

✉ healthcenter@uni.edu

+ health.uni.edu

STUDENT WELLNESS SERVICES

UNI's Student Wellness Services is committed to keeping students healthy and well by providing opportunities to develop skills, access information and engage in a wellness culture that empowers healthy living and active lifestyles. We strive to create a culture of wellness by providing collaborative, student-centered programs that support and promote college student health in their eight dimensions of wellness.



WELLNESS COACHING

Student Wellness Services provides Wellness Coaching, which is a way for you to reach your goals and create the life you want. It gives you the opportunity to explore your strengths while focusing on your health and wellbeing. Whether you are looking for support with stress management, better sleep habits, time management, social connection or just need someone to listen, Wellness Coaches are here for YOU! Sessions are held in-person or via Zoom.

+ wellbeing.uni.edu/student-wellness/wellness-coaching

STUDENT WELLNESS SERVICES

Maucker Union 109
(319) 273-3423

✉ wellness@uni.edu

📷 [@uni_shws](https://www.instagram.com/uni_shws)

📘 UNI Student Health & Wellness Services

+ wellbeing.uni.edu/student-wellness

Study Abroad

Interested in studying abroad but not sure where to start? We offer a wide selection of programs ranging from two weeks to an academic year abroad. Many programs offer a cost of attendance comparable to studying on campus at UNI. Approximately 80% of our programs offer courses in English. Scholarships are available specifically for UNI students studying abroad. Financial aid can be used for study abroad expenses. Funding options should be discussed with a Financial Aid Advisor. We recommend planning your Study Abroad experience sooner rather than later. Talk to your academic advisor about integrating Study Abroad into your academic plan.

TYPES OF PROGRAMS:

- + **Partner Universities:** UNI students can live and learn at a university abroad during the fall and/or spring semester and take classes towards their degree. Some schools offer a summer school option where students can study with that university for 1 to 3 months.
- + **Faculty-led:** Students can learn course content from UNI faculty through hands-on, dynamic experiences. Students travel with a class of 10-25 for 2-3 weeks during winter break or the summer term. Some faculty-led programs offer general education courses open to all majors while others may be major specific.

STUDY ABROAD

103 East Bartlett Hall
(319) 273-7078

✉ study-abroad@uni.edu

📷 [@abroaduni](https://www.instagram.com/abroaduni)

+ uni.edu/studyabroad



Music & Theatre

You can still continue your passions even if you are not majoring in music or theatre. Sign up to play in a music ensemble, attend a theatre performance, join an improv group, audition to be in a production or even volunteer to help in back of house.

MUSIC

Ensembles at UNI School of Music are the best way to get involved.

- + **Music Majors:** Get involved in several groups and fill your days and nights with performing amazing music under the direction of our top-notch faculty and conductors.
- + **Non Music Majors:** Not a music major but love music? Join an ensemble and stay involved in making music while you pursue other dreams. We even offer non-major scholarships (Panther Music Award) for marching band and choir participants.

THEATRE

Each year, our team produces four to six mainstage productions and hosts a variety of special events including design presentations and guest artist lectures. All main stage TheatreUNI productions during the academic year are free to UNI students.

We are also home to 4 awesome student organizations.

- + **Alpha Psi Omega:** A branch of a national theatre service fraternity
- + **Multicultural Theatrical Society:** A group that highlights and uplifts traditions from cultures around the world.
- + **UNI Student Theatre Association:** A group that hosts a variety of events and produces a fully student-led production each year.
- + **UNI Theatre Technicians:** A group that hosts events and presents workshops about different aspects of technical theatre.

GALLAGHER BLUEDORN PERFORMING ARTS CENTER (GBPAC)

Students get two free student tickets per semester to performances hosted by the GBPAC. Students can reserve their tickets for Artist Series shows starting on the first day of classes in the semester that the shows take place. In order to reserve your tickets, just bring your valid UNI ID to any UNItix location. Additionally, many of the Artist Series shows have \$5 student rush tickets available on the day of the show. Students just need to contact the box office for availability.

SCHOOL OF MUSIC

Russell 115
(319) 273-2024

 @unischoolofmusic

 @unischoolofmusic

+ music.uni.edu/ensembles

+ music.uni.edu/nonmajors

THEATREUNI

Strayer-Wood Theatre

 @TheatreUNI

 @TheatreUNI

+ theatreuni.uni.edu


THEATRE DEPARTMENT

+ theatre.uni.edu

GALLAGHER BLUEDORN PERFORMING ARTS CENTER

8201 Dakota St
(319) 273-3660

 gbpac@uni.edu

 @gallagherbluedorn

+ gbpac.com



Recreation & Athletics

RECREATION SERVICES

Recreation Services is the recreation and fitness hub of the campus community, in an award-winning facility. Programs include aquatics, certification classes, group exercise, intramurals, outdoor gear rental, personal training and sport clubs.

You also have opportunities for drop-in recreation in our basketball courts, racquetball courts, free weight room, fitness center, Panther Performance Center, climbing wall, leisure and lap pools, rowing studio, boxing studio and cycling studio. The outdoor complex includes intramural fields, sport club fields, tennis complex and west campus trail system.

Fitness class schedule and intramural calendar will be posted the second week of classes.

Download the UNI Recreation App today!
Search UNI Recreation in your Google Play or
Apple App Store.



Make sure you check out Panther Palooza during Panther Welcome to get a fun introduction to all that Recreation Services has to offer.

RECREATION SERVICES

Wellness & Recreation Center 101
(319) 273-6275

✉ recreationservices@uni.edu
📱 @unirecreationservices

+ recreation.uni.edu

PANTHER ATHLETICS

UNI Athletics events are a great place to celebrate Panther pride and have fun with your friends. Not only do you get in to ALL UNI Athletics events for free with your UNI ID, but students often receive freebies just for attending. These have included t-shirts, koozies, socks, posters, pizza and more! Student attendance no doubt makes the energy at UNI Athletics events more fun. It also allows you to support your peers while surrounded by friends and classmates. Your support means more than you know, and you are a part of our team!

ATHLETICS

2401 Hudson Road

📷 @uniathletics
✂ @UNIathletics
f UNI Athletics

+ unipanthers.com

UNITIX

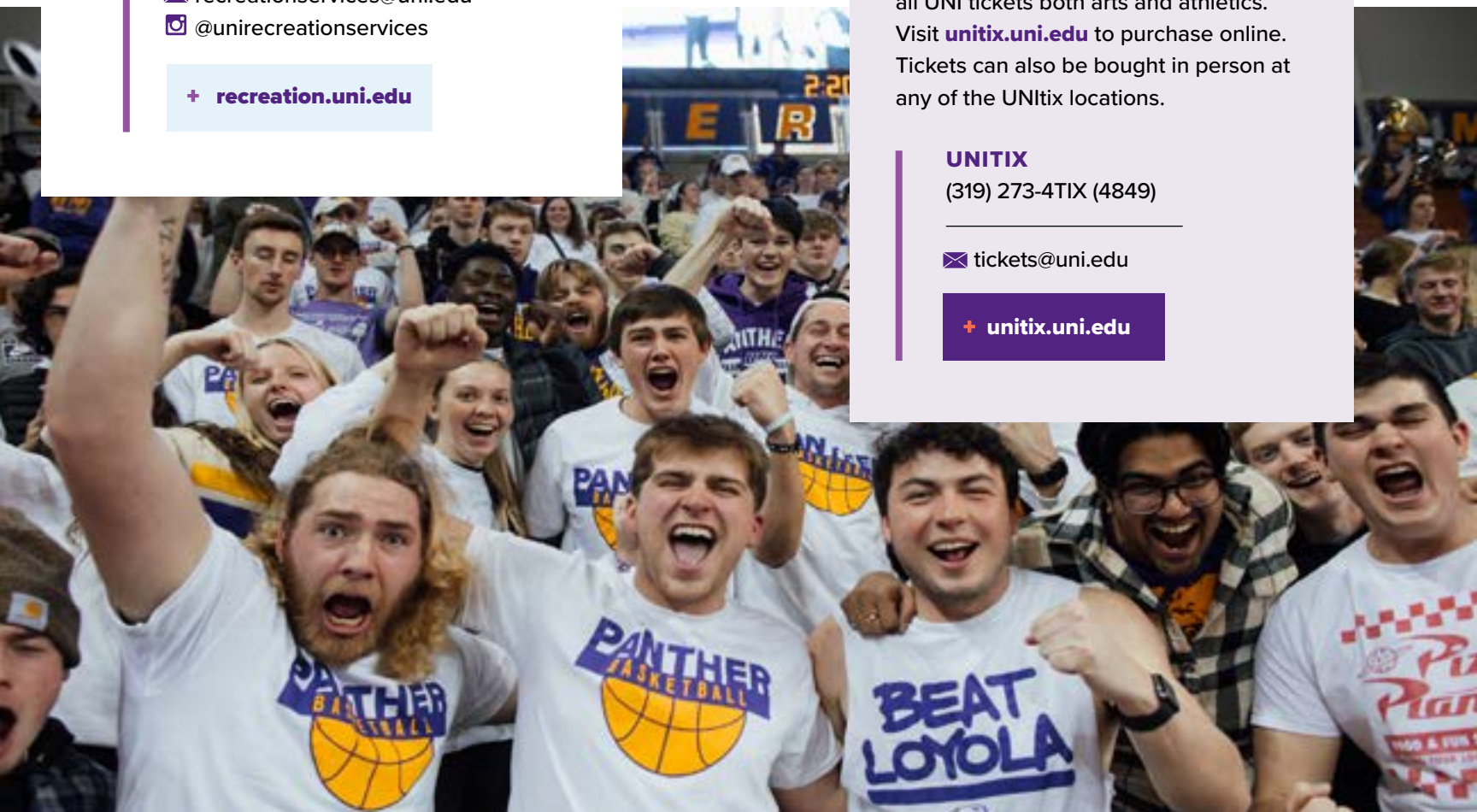
Visiting friends and family can buy tickets at UNItix, the one stop shop for all UNI tickets both arts and athletics. Visit unitix.uni.edu to purchase online. Tickets can also be bought in person at any of the UNItix locations.

UNITIX

(319) 273-4TIX (4849)

✉ tickets@uni.edu

+ unitix.uni.edu



Get Involved & Make Friends

STUDENT INVOLVEMENT

With more than 200 student clubs and organizations, one or more of them is likely to ignite your spark and create lifelong friendships along the way. The Office of Student Involvement provides resources to assist you in finding student organizations that match your interests and help to develop and achieve leadership skill and achieve your goals.

We encourage you to get involved in at least one student organization during your first semester on campus.

Getting involved helps you make connections and start building important leadership and communication skills needed for your future.

Attend the Student Organization Fair at Panther Welcome to learn more about student organization opportunities.

PANTHER FYI

Panther FYI (Find Your Involvement) provides you the opportunity to connect with student organizations that match your interests. It also provides the ability to create an out-of-the-classroom resume of your student organization involvement, volunteer engagement and work experiences. Get started today and explore all that UNI Student Involvement has to offer.

Access Panther FYI now!



STUDENT INVOLVEMENT

Maucker Union 111
(319) 273-2683

- ✉ involvement@uni.edu
- 📷 [@studentinvolvement_uni](https://www.instagram.com/studentinvolvement_uni)
- ✂ [@InvolvementUNI](https://www.tiktok.com/@InvolvementUNI)
- 📘 [UNI Student Involvement & Event Services](#)

+ union.uni.edu/student-organizations

FRATERNITY & SORORITY LIFE (FSL)

Are you interested in joining a student organization that provides leadership opportunities, lifelong friendships, professional and career development, academic accountability and campus-wide connections? In a time where authentic relationships are more important than ever, Fraternity & SorORITY Life offers students the chance to find a network of belonging and support at UNI.

Joining a fraternity or sorority provides a space to explore your individual interests and grow alongside others who possess similar values.

Complete the interest form below for more information or email involvement@uni.edu.

**Fraternity Life
Interest Form**



**Sorority Life
Interest Form**



FRATERNITY & SORORITY LIFE

Maucker Union 111
(319) 273-2683

- ✉ involvement@uni.edu
- 📷 [@unifsl](https://www.instagram.com/unifsl)

+ union.uni.edu/fsl





CAMPUS ACTIVITIES BOARD

The Campus Activities Board (CAB) is a student-run event programming organization at UNI. CAB strives to entertain, educate and enrich the student experience while building a cohesive campus community through its programs.

CAB hosts events almost weekly. Make sure you follow their Instagram account to stay up to date on events.

Examples of events include:

- + Casino Night
- + Movie showings
- + Concerts & Live Music
- + Sporting event giveaways
- + Trivia Night and more

✉ unicab@uni.edu

📷 [@UNI_CAB](https://www.instagram.com/UNI_CAB)

+ union.uni.edu/involvement/campus-activities-board

PANTHER PANTRY

The Panther Pantry provides students in need with basic food and necessities. We recognize that in order to succeed in the classroom, and here at UNI, many students experiencing food insecurity need a place like the Panther Pantry to help provide access to food. The Pantry provides students with food and personal hygiene products to fill in the gaps.

The Panther Pantry is conveniently located in the lower level of the Maucker Union for you to get what you need when you need it. The Pantry is staffed by students for students.



PANTHER PANTRY

Maucker Union 005

✉ pantherpantry@uni.edu

📷 [@pantherpantry_uni](https://www.instagram.com/pantherpantry_uni)

✂ [@panther_pantry](https://www.tiktok.com/@panther_pantry)

f [Panther Pantry UNI](https://www.facebook.com/PantherPantryUNI)

+ pantherpantry.uni.edu

Did you know all students can use the Panther Pantry?

Student Conduct & Safety

STUDENT CONDUCT

As a member of the UNI community, it is important for students to understand expectations for all student behavior and the process for which allegations of misbehavior will be addressed.

The Student Conduct Code, grounded in a commitment to respect, responsibility and honesty, outlines the conduct prohibited by our students. A few examples of conduct prohibited within our community includes, but are not limited to:

- + Causing harm to others.
- + Using, purchasing or being in possession of alcohol while under the age of 21.
- + Using, possessing, selling or distributing marijuana and/or other illegal substances.
- + Failing to comply with reasonable directives from university officials.
- + Violating the law.

A few things all students should know about the conduct process:

- + All students have rights in the conduct process.
- + We communicate with students through their UNI email.
- + The Student Conduct Code also applies to student organizations.
- + The Good Samaritan Provision encourages students or student organizations to seek medical or professional assistance for individuals in need rather than focusing on potential allegations of misconduct.

+ policies.uni.edu/302



STUDENT CONDUCT

Dean of Students
Gilchrist 102
(319) 273-2332

✉ deanofstudents@uni.edu

UNI POLICE & PUBLIC SAFETY

UNI has a fully staffed police department that works 24/7, 365 days a year.

Personal safety starts with you! Protect yourself by becoming informed and using good judgment. Know your surroundings at all times. Always lock your dorm room, secure your valuables, and record serial numbers for electronics. Make sure you save the UNI Police phone number in your phone - (319) 273-2712. You can also call 911 if there is an emergency.

+ publicsafety.uni.edu

CAMPUS EMERGENCY ALERTS

The UNI Alert System notifies the campus community of emergencies and threats to physical safety in emergency situations: tornado, violence, hazardous material incident, canceled classes, university closure, etc. Notification is by cell phone, landline phone, email and text message. Students can sign their family members up for alerts as well.

+ uni.edu/resources/alert

CAMPUS SAFETY ESCORTS

The Department of Public Safety offers safety escorts to the UNI community 24 hours a day. Anyone who has safety concerns and would like an escort, may request an escort from any university building or dorm on campus. Escorts from members of the Police Department or Student Patrol may arrive by way of walking, bicycle or vehicle.

To request a safety escort, call (319) 273-2712.

PUBLIC SAFETY

Gilchrist 030
(319) 273-2712

Office of Civil Rights Compliance

CULTURE OF RESPECT

At UNI, we seek a culture of respect. We work to create an equitable and welcoming environment for all students, faculty and staff. The Office of Civil Rights Compliance (OCRC) serves to ensure a campus free of discrimination, harassment and sexual misconduct.

What we do:

- + Coordinate trainings, education, awareness and prevention work on campus.
- + Respond to concerns and reports of discrimination, harassment and sexual misconduct.
- + Manage issues related to all types of civil rights protected classes.
- + Offer resources to help and options for resolution.
- + Provide supportive measures for impacted individuals.

Take Action! Students are encouraged to:

- + Take the Sexual Assault Prevention: Consent online training that explores types of gender violence and the importance of consent.
- + Go through the Green Dot bystander intervention program.
- + Report incidents to OCRC.

OFFICE OF CIVIL RIGHTS COMPLIANCE (OCRC)

Gilchrist 117
(319) 273-2846

✉ civilright@uni.edu

📷 [uni_OCRC](#)

f [uni_OCRC](#)

+ civilrights.uni.edu

GREEN DOT

UNI is a Green Dot campus. Green Dot is a bystander intervention program with the goal of decreasing the likelihood of sexual assault, stalking, dating violence and domestic violence.

WHAT'S A GREEN DOT?

Green Dots are actions or choices that promote safety and intolerance of violence. The ultimate goal of being a Green Dot campus is to have Green Dots outnumber the red dots (acts of power-based interpersonal violence) on campus.

View Green Dot events and trainings!



GREEN DOT

Gilchrist 117
(319) 273-2846

✉ greendot@uni.edu

+ greendot.uni.edu

“No one has to do everything, but everyone has to do something.”

Did you know attending Orientation is a UNI tradition?



We are so glad to have you join the Panther Family! Before classes begin, complete these next steps:

- Follow [@uni_incoming_2024](#) on Instagram
- Complete "After Orientation Tasks" in the orientation portal at [orientation.uni.edu](#)
- Check your UNI Email regularly at [email.uni.edu](#)
- Find your textbooks at [bkstr.com/unistore/shop/textbooks-and-course-materials](#)
- Explore Panther FYI at [union.uni.edu/involvement/panther-fyi](#)
- Look at the Move-In Guide at [uhd.uni.edu/housing/move-guide](#)
- Order parking pass at [parking.uni.edu](#)
- Look for an on campus job at [careerservices.uni.edu/job-board](#)
- Set up third party account(s) at [obo.uni.edu/student-accounts/creating-third-party-account](#)
- Mark your calendars for Panther Welcome [success.uni.edu/panther-welcome](#)

Traditions Challenge

The Traditions Challenge helps you understand, participate in and celebrate the traditions of the UNI community that connect past, present and future Panthers. It's a "must-do" list of campus activities that can guide you to a fulfilling UNI experience. Complete the Traditions Challenge by graduation to receive a medallion and be honored as an Official Traditions Keeper.

+ [alumni.uni.edu/traditions](#)

Will you accept the challenge? View full list of traditions!





1	D10	Admissions Welcome Center (AWC)	13	E10	Gilchrist Hall (GI)	26	E12	Sabin Hall (SAB)	39	H9	Jennings Court (JCT) (Off Map)	51	B16	UNI Tennis Complex
2	C13	Bartlett Hall (BAR)	15	G9	Applied Engineering Building (AEB)	27	C11	Schindler Education Center (SEC)	40	C12	Lawther Hall (LAW)	52	A8	UNI-Dome (DOM)
3	D14	Begeman Hall (PHY)	16	D13	Innovative Teaching & Technology Center (ITTC)	28	E13	Seeley Hall (SRL)	41	D6	Noehren Hall (NRN)	55	E11	Botanical Center (GNH)
4	F12	Biology Research Complex (BRC)				29	B13	Towers Center (TOW)	42	E6	Panther Village (PVI)	56	D11	Campanile (CP)
5	H8	Business & Community Services (BCS)	17	C8	Kamerick Art Building (KAB)	30	E12	Wright Hall (WRT)	43	D8	Rider Hall (RID)	57	C12	Commons (COM)
6	H9	Center for Energy & Environmental Education (CEEE)	18	E14	Lang Hall (LNG)	31	E13	Center for Multicultural Education (CME)	44	H11	ROTH Apartments (RTH) (Off Map)	58	E14	President's House (PRH)
7	E16	2304 College Street (SBR)	20	B10	Marshall Center School (MCS)	32	E12	Maucker Union (MAU)	45	E7	Snull Hall (SHU)	59	A1	Tallgrass Prairie Center (NRY)
8	D16	UNI Bookstore (UBS)	21	E12	McCollum Science Hall (MSH)	33	B11	Student Health Center (SHC)	46	E7	Gallagher Blueodorn Performing Arts Center (PAC/GBPAC)	60	D3	Facilities Management (PHP)
9	C9	Communication Arts Center (CAC)	22	D7	Redeker Center (RDC)	34	A9	Wellness/Recreation Center (WRC)	47	C8	Strayer-Wood Theatre (SWT)	61	E1	3219 Hudson Rd (SBA)
10	E10	2600 Campus Street (PSY)	23	A9	Richard O. Jacobson Human Performance Complex (HPC)	35	B13	Bender Hall (BEN)	48	A14	Mark Messersmith Outdoor Track & Field Complex	62	C14	Multimodal Transportation Center (MMTC)
11	D10	Curtis Business Building (CBB)	24	D12	Rod Library (LB)	36	B13	Campbell Hall (CAM)	49	B6	McLeod Center (MCL)			
12	D14	East Bartlett (EBAR)	25	C8	Russell Hall (RSU)	37	B14	Dancer Hall (DAN)	50	A15	Nielsen Field House (NFH)			

The University of Northern Iowa does not discriminate in employment or education. Visit policies.uni.edu/1303 for additional information.