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## FROM THE PRESIDENT

Dear Fellow Tiger,

#### Welcome to the University of West Alabama.

It is my great pleasure to welcome you to our campus and the UWA Tiger Family. I congratulate you on reaching this milestone in your life. One of the most important decisions you will ever make has already been made, and we are delighted that you have chosen UWA. On behalf of the faculty, staff, and administration, we are sincerely honored by your choice and pledge to do everything within our power to make your time here both productive and enjoyable. Thank you for joining us as we strive to enrich your life through quality education, service, and outreach.

We recognize that college is a new chapter that young people look forward to for several years, and we are excited to offer you an excellent college experience and education.

There will be plenty of fun activities as well as new challenges. Here at UWA, we take very seriously our commitment to helping you with every step of the journey. From admission to graduation and all points in between, we want to help you succeed and celebrate your successes along the way.

You have probably already heard that we are one of the safest campuses in the state. You have probably also heard us talk about the diversity of our campus and the opportunity to get to know your professors in a way that allows for individualized guidance and support. To put all of this simply, we care about you, and we want to help you in your efforts to succeed.

We are excited that you are here and hope you can already feel the positive energy around campus. We often say, "There's something about this place..." and that "something" is our people. I encourage you to explore the many opportunities surrounding you through the various academic, athletic, professional, and social activities, clubs, and organizations that serve to enhance your time spent here with us in Livingston.

As you begin your journey, I have three tips for you: work hard; have a positive, can-do attitude; and enjoy the experience!

Go Tigers!

Ken Tucker, Ph.D.

Hen Tuckey

President



## **STUDENT AMBASSADORS**









































**HELP?** 

A UWA POLO!

### **IMPORTANT DATES**

**FALL 2023** 

**SPRING 2024** 

16

FIRST DAY OF FALL SEMESTER

**10** 

FIRST DAY OF SPRING SEMESTER

SEPT 4

LABOR DAY Holiday 15

MARTIN LUTHER KING HOLIDAY

10°T

**ASSESSMENT DAY** 

MAR 5

**ASSESSMENT DAY** 

30

REGISTRATION FOR NEXT TERM

MAR 18

REGISTRATION FOR NEXT TERM

NOV **20-24** 

THANKSGIVING HOLIDAY

MAR

**SPRING BREAK** 

4-7

FINAL EXAMS

APR - MAY **79** 

FINAL EXAMS

SCAN FOR FULL ACADEMIC CALENDAR



## **NEW STUDENT CHECKLIST**

# Welcome home, future Tigers. We are excited to have you here at The University of West Alabama.

Congratulations and welcome to the UWA family!

Use the new student checklist below to complete the steps before joining us on campus. If you have questions, please contact the Admissions office at 205-652-3578.



### **Complete Your Application Final Transcripts Test Scores** Medical History & Immunizations Placement Tests **Getting Started at UWA** Verify UWA email & password Get Student ID Get Your Parking Permit **Financial Aid & Student Accounts** Review and submit all financial aid information Review student bill in SelfService Make all payments for tuition & charges **Housing & Residence Life** Apply for Housing Find your roommate in MyCollegeRoomie Participate in room selection Learn what you should and shouldn't bring with you to campus



### **TECHNOLOGY OVERVIEW**

#### THE UWA MY ACCOUNT PAGE

The UWA My Account Page offers four important services that students attending orientation can use. First, open a web browser and navigate to *http://myaccount.uwa.edu*. From here you can:

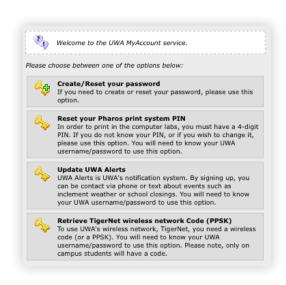
#### Create/Reset Your Password:

To set up your UWA password, click "Create/Reset Your Password" on the UWA My Account page. Create or answer the security questions and enter a new password that fits within the displayed security guidelines, then click "Reset Password."

#### Reset Your Pharos Print System PIN:

To use a print station, enter your student ID number or swipe your student ID card on the card reader at the print station. Your PIN number should be the last four digits of your social security number. If this does not work or you do

not know or have a social security number, you can change it by accessing the UWA My Account page and clicking "Reset Your Pharos Print System PIN."



#### **Update UWA Alerts:**

UWA Alerts is UWA's emergency notification system. By signing up, you can be contacted via phone or text about events such as inclement weather or school closings. To sign up, click "Update UWA Alerts" from the UWA My Account page and enter your contact information.

#### Retrieving your Wireless TigerNet Password (PPSK):

If you just registered for classes, you will not be able to retrieve your TigerNet wireless key for one business day. To connect to the TigerNet wireless network, you must first retrieve your TigerNet wireless key. This key is specific to each user and should not be given to others. Your network key will only work on up to five devices at once. If you give another student your confidential information to retrieve your wireless password and they use all your licenses, IT will not intervene or assign you more licenses to access our network. To retrieve your password, use another computer to access http://myaccount.uwa. edu and click "Retrieve TigerNet Wireless network code." Enter your UWA username and password and your code should appear. Enter this when trying to connect to TigerNet and your device should connect. If you are still unable to connect, you can bring your device to Webb Hall Room 125 during business hours and we will assist. If your inability to connect is due to a hardware failure or virus installed on the computer, we will not be able to assist you any further.

#### DISABLING WIRELESS DEVICES

Devices that broadcast a wireless signal will significantly weaken UWA's TigerNet wireless network, slowing or prohibiting access for all users within range. It is because of this that hotspots, wireless printers, or any other devices that can broadcast a wireless signal must have this function disabled. All devices that can broadcast a wireless signal have an option to disable this, and the option is usually found on the device's "settings" or "network settings" menu. You can still use a personal printer by connecting to it with a standard USB cable, usually included with personal printers.

#### HOW TO REMOTELY SEND A PRINT JOB TO THE PHAROS PRINT SYSTEM

A new feature we have implemented with the Pharos Print System will give you the ability to email an attachment, like a Word document or Excel spreadsheet, from your UWA account to print@uwa.edu. When you do this from your personal laptop or smartphone, it will then be available to print from any Pharos Print System on campus. The Pharos Print System has been programmed to associate your UWA email address with your student ID number, so that only you will have access to print the items you send in this way.

CHECK OUT THE INFORMATION TECHNOLOGY PAGE WITHIN THE TIGERHUB PORTAL FOR THE LATEST SOFTWARE UPDATES

#### YOUR STUDENT ID CARD

The Tiger Card is used as your door key and for a variety of services provided by the University, including Dining Dollars and Tiger Bucks. Dining Dollars are lost after the school calendar year (Fall-Spring) and are only usable at Young Hall Cafeteria, StarBucks, Subway, and Burgers & Fries. Tiger Bucks carry over each year and are usable at all dining locations on campus, University Cinema, laundry and local businesses, and for printing and copying in the Library and computer labs. You can add Tiger Bucks onto your student ID card from the Library, Student Accounts on the second floor of Webb Hall, or you can add them online by going to *http://tigercard.uwa.edu*. If you lose or damage your Student ID card, a replacement can be obtained from the Office of Information Technology in Webb Hall Room 125 for \$10.



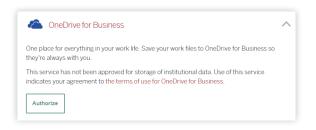


#### HOW TO DOWNLOAD MICROSOFT OFFICE FOR FREE

To download a free version of Microsoft Office, navigate to *http://portal.office.com* and put in your UWA email address. Once the page redirects to a login page with the UWA logo, put in your UWA password and click "Sign in." Once logged in, you can install Office by clicking "Install Now" and following the instructions on the screen. You can install Microsoft Office on up to five computers with your account.

#### **AUTHORIZING ONEDRIVE FOR BUSINESS**

Your OneDrive for Business account grants you 1 TB of cloud storage, so you can access your files whether you are in the computer lab, in your dorm, or on the go. A one-time setup will need to be completed to authorize access to your OneDrive in the computer labs. To do this, go to *http://kumo.uwa.edu* or log into any lab on campus and open the "OneDrive Authorization" shortcut on the desktop, then sign in with your UWA email address and password. Click "OneDrive for Business", and then click "Authorize". Once authorized, any lab you log into on campus in the future will automatically map your OneDrive account to the i: Drive, which you can access through File Explorer or through the OneDrive for Business icon on the desktop.





#### ACCESSING ONEDRIVE CLOUD STORAGE

To access your OneDrive files from your personal computer, you can use OneDrive on the Web. Open a browser and either sign into your Tigernet Email account or go to *http://portal.office.com* and log in with your UWA email address and password. Click on the "squares" icon on the top-left of the page and select OneDrive from the list. From here you can download saved files, or upload them to your cloud storage.

#### REMOTE LAB ACCESS (UWA APPS)

You can now access our university's lab from your personal computer. Open a web browser and go to the UWA website, click "Current Students", and then click "Lab Access". From here, sign in with your UWA email address and password. Click "Desktops" and select "UWA Desktop with SPSS". The lab computer should then load in your browser, giving you access to applications that you normally could only access from a computer lab on campus.

## **CONNECT WITH US**





## **HELPFUL APPS**



#### **BLACKBOARD**

Stay informed and connected with your courses. Take assignments and tests, and view grades for courses, assignments and tests.



#### MICROSOFT OUTLOOK

Your UWA Student Email - Official form of communication and your way to stay in touch with professors, admissions, financial aid, etc.



#### **UWA TIGER HUB**

Connects you with the systems, people, information and updates you'll need to succeed at the University of West Alabama.

## **SOCIAL MEDIA**



#### **FACEBOOK**

@univwestalabama @uwabound



#### **INSTAGRAM**

@univwestalabama @uwabound



#### TIKTOK

@univwestalabama @uwabound



#### **TWITTER**

@univwestalabama @uwabound

## **COLLEGES & DIVISIONS**

#### **COLLEGE OF BUSINESS**

The College of Business is dedicated to producing innovative and effective business professionals capable of changing their own lives and the lives of others.

Dr. William Hill, Dean Wallace Hall 211

#### **COLLEGE OF EDUCATION**

At the Julia Tutwiler College of Education, teaching is more than a job — it's a calling. Our graduates have been doing, with distinction, the work that matters for generations.

#### **COLLEGE OF LIBERAL ARTS**

A degree in liberal arts is more valued in the job marketplace than ever. Whether you study the Arts, English, or Integrated Marketing Communications, — you'll develop the skills and experiences you need to thrive.

Dr. Amy Jones, Dean Wallace Hall 112

#### **COLLEGE OF NATURAL SCIENCES AND MATHEMATICS**

Science is a way of thinking. Using state-of-the-art labs, research facilities, and practical workspaces, this is home to the pursuit of scientific endeavors.

Dr. Jeffery Merida, Dean

Math and Science 107 A

#### DIVISION OF NURSING

The mission of the Ira D. Pruitt Division of Nursing is to provide a quality education program that prepares competent, caring, and culturally sensitive graduates who meet diverse health care needs.

Dr. Mary Hanks, Chair

Spieth Hall 332

#### DIVISION OF ENGINEERING & TECHNOLOGY

Have you always been interested in how things work? The Division of Engineering Technology focuses on making engineering and technology careers accessible. Our students are prepared today for tomorrow's challenges.

DR. DONNIE COBB, Chair ✓ Guy Hunt 101



## **ACADEMIC PROGRAMS**

#### **COLLEGE OF BUSINESS**

Accounting

**Business Administration** 

Finance

Management

Marketing

Quantitative Finance & Econometrics

Technology

#### **COLLEGE OF EDUCATION**

Elementary/Early Childhood Education Early Childhood Development Interdisciplinary Studies **Special Education** 

#### **COLLEGE OF LIBERAL ARTS**

English

**English: Publishing Track English: Creative Writing Track** 

English: Language Arts Teacher Certification General Social Science: Teacher Certification

History

History: Teacher Certification

History: Military History Concentration **Integrated Marketing Communications Integrated Marketing Communications:** 

**Graphic Design Track** 

**Integrated Marketing Communications:** 

**Sports Communication Track** 

Interdisciplinary Arts

Music

**Psychology** 

**Public Safety** 

Sociology: Community Health Track Sociology: Criminal Justice Track

Sociology: Traditional Track

#### **COLLEGE OF NATURAL SCIENCES** AND MATHEMATICS

**Athletic Training** 

**Biology** 

**Biology: Teacher Certification** 

Cell & Molecular Biology (Medical Track) Chemistry Comprehensive: Forensic Track Chemistry Comprehensive:

Pre-Pharmacy

Chemistry Comprehensive:

Traditional Track

Conservation and Field Biology

Conservation and Field Biology:

Forestry Dual Degree

Conservation and Field Biology:

Wildlife Dual Degree

**Environmental Science** 

**Environmental Science:** 

Conservation Enterprises Track

Exercise Science

General Science: Teacher Certification

**Health Sciences** 

Health Sciences: Athletic Training Track

Health Sciences: Occupational Therapy

Track

Health Sciences: Physical Therapy Track

Health Sciences: Physicians

Assistant Track

Marine Biology

**Mathematics** 

Mathematics: Actuarial Science Mathematics: Teacher Certification **Mathematics: Computer Information** 

Systems

Mathematics & Engineering Dual Degree

Physical Education P-12

Sport Management

**Tutorial Mathematics** 

(2 year program)

#### DIVISION OF NURSING

Nursing

#### DIVISION OF ENGINEERING & TECHNOLOGY

**Automotive Engineering Technology** 

(2 year)

**Computer Information Systems** 

**Engineering Technology** 

**Industrial Maintenance** 

**Technology** 

#### MINORS

Accounting

Animation

Anthropology

Art

Biology

**Business Administration** 

Chemistry

**Computer Information Systems** 

**Creative Writing** 

Early Childhood Education

**Economics** 

**Elementary Education** 

**Emergency Medical Services** 

English

**Environmental Sciences** 

Exercise Science

Finance

**General Science** 

History

Journalism

Management

Marketing

Mathematics

Music

Physical Education

Political Science

**Psychology** 

**Public History** 

Social Work

Sociology

Special Education

Sport Management

Sports Psychology

Student Affairs Leadership

Technology

Theatre

Nonprofit Leadership &

Philanthropy

## STUDENT SERVICES

#### CAREER SERVICES

The UWA Office of Career Services strives to provide guidance and resources to students and alumni to support their career development and attainment of career-related goals. Career Services provides information and resources to help students engage in self-awareness, career exploration and job search preparation.

Webb Hall 236

www.uwacareer.com

#### **REGISTRAR'S OFFICE**

The Office of the Registrar handles all information for enrolled students concerning class registration and transcripts.

Webb Hall Room 321  $\triangleright$ 

205-652-3587 7

@ registrar@uwa.edu

@ onlineregistrar@uwa.edu

#### **JULIA TUTWILER LIBRARY**

The Julia Tutwiler Library offers faculty, staff, and students access to a number of tools and services, including computer access, printing, copiers, scanners, equipment checkout, facility reservations, course/electronic reserves, library instruction, distance education, and interlibrary loans.

The hours are as follows:

Sunday: 2:00 p.m. - 12:00 a.m. Mon - Thurs: 7:30 a.m. - 12:00 p.m. Friday: 7:30 a.m. - 5:00 p.m.

Saturday: 12:00 p.m.- 4:00 p.m.

#### **COUNSELING SERVICES**

Counseling Services are offered to students to make sure their time at UWA is the most rewarding and enjoyable it can be. Services range from mental health to academic enrichment. Each consultation is confidential and available on the student's schedule. Available services include:

- Individual and Group Counseling
- Motivational Academic Counseling
- Enrichment Workshops & Seminars
- Consultations
- Referrals
- Walk-in appointments are available Monday - Friday

Hours:

Mon - Fri 8:00 a.m. - 5:00 p.m.

- 205-652-3651
- counseling@uwa.edu
- @ @uwacounseling
- Foust Hall 7

#### **Crisis Information:**

• Call University Police at 205-652-5555 if immediate assistance is needed, especially if the situation is potentially lifethreatening.

#### **VETERAN SUCCESS OFFICE**

The UWA Veteran Success Office provides the full spectrum of individualized, relationship-centered support and advocacy for militaryaffiliated students enrolled on campus or online. Each military student's unique experience adds to our vision of establishing a model for leadership in the region and beyond. We facilitate the administration of educational benefits for student-veterans, their spouses, and their dependents. The path to using veteran benefits is communication. UWAVS is committed to providing a welcoming environment to ensure a successful transition to UWA and the larger regional community.

For further information or to schedule an appointment:

SHARON RAINEY

School Certifying Official

- Webb Hall Room 312
- 205-652-3930
- va@uwa.edu



## FIRST GEN. STUDENT RESOURCES

#### WHAT IS FIRST GEN?

A first-generation college student is one whose parent(s) did not graduate from a four-year college.

#### STUDENT SUPPORT SERVICES (SSS)

Student Support Services' mission directly supports the first standing goal of the University of West Alabama: Address the major educational, social, cultural, and economic issues of the region and in doing so promote a positive self-image of the institution and the area.

#### TRIO SSS SCHOLARS PROGRAM\*

The TRIO SSS Scholars Program offers first-generation and income eligible students all the resources, knowledge, and support they need to achieve their academic and career goals while they are at UWA. We assist students with everything from accessing financial resources, to staying on track academically, to applying to a graduate program or for their first job. Along the way, students have access to leadership opportunities, assistance with scholarship and internship applications, and options to join in on our workshops and cultural trips.

Membership in our program is limited, so be sure to apply early! \*This program is funded by the U.S. Department of Education

#### TRI ALPHA HONOR SOCIETY

The purpose of Alpha Alpha Alpha is to recognize academic achievements in first-generation college students, create enthusiasm for scholarships, to promote leadership, and to provide support networks for first-generation students within and across college chapters.

For more information, contact Honor Society Advisor, Andrea Farguhar at afarquhar@uwa.edu.

### FLI SOCIETY STUDENT ORGANIZATION

The FLi Society is a student organization for first-generation and/or lowincome (FGLI) students led by SSS Scholars. The FLi Society's purpose is to offer guidance and support to FGLI students, create a sense of community on campus, and provide leadership opportunities for our members. FLi raises funds that support a number of projects including a textbook lending library, UWA's food pantry, and UWA's annual first-generation student celebration each November.









## UWA C.A.R.E.S.



The UWA Center for Achievement, Retention, Enrichment Services (CARES) offers a wealth of resources to students at no cost.

UWA CARES provides students with access to:

- Academic Advising & Outreach
- ✔ Computers, Tablets & Textbook Library
- Educational Programming
- ✓ Free Printing & Study Hall
- ✓ Tutoring & Peer Mentoring
- ✔ Personalized Action Plans
- ✓ UWA-101 (Freshman Seminar)
- ✓ UWA-200 (Success Strategies)

#### **UWA CARES STAFF**

Lasandra Tolbert: spatrick@uwa.edu Wes Watkins: wwatkins@uwa.edu Ma'Kiyah Hall: mhall@uwa.edu

Roxcanna Bradly: rbradley@uwa.edu

Spieth Hall 200205-652-3547





The CARES Closet is a free resource for any UWA student who needs personal care items, basic household supplies, school supplies, textbooks, semester-long laptop check-out, etc.

### Will everyone know that I am using the CARES Closet?

No! Use of the CARES Closet is confidential and anonymous.

#### How does it work?

Contact a UWA CARES staff member or text 205-973-4656.





## **ACADEMIC ADVISING**

### **Admission**

Complete the admissions application & pay the **Enrollment Confirmation Fee. Don't forget to** send your final high school transcript, ACT or SAT scores, Dual Enrollment or college transcripts, and any AP or IB test scores.



### **STEP**

**STEP** 

**N**2

### **Pre-Advising Survey**

Complete the Pre-Advising Survey to tell the CARES team more about your goals for your schedule and career.



### **Initial Advising Meeting**

You'll be assigned an advisor and meet to discuss your pre-planned schedule, make any necessary changes, and get to know each other.



## **STEP**

**STEP** 

04



### **Orientation**

Your advisor will be available at orientation to check in with you and make sure that all of your questions are answered.



### **Advising Beyond Orientation**

You'll meet with your advisor regularly throughout the semester and during registration for upcoming semesters.

**STEP** 

05

### **Questions?**

Phone: 205-652-3472 Text: 205-937-4656

Email: retention@uwa.edu

## **TUTORING RESOURCES**

#### **UWA WRITING CENTER**

The UWA Writing Center offers writing assistance to students from any discipline across our campus. We strive to be a space that nurtures collaborative endeavors and values critical thinking, where writers feel welcomed as intellectuals, appreciated as individuals, and appreciated as part of the UWA community. Our inclusive, supportive, peer-led academic environment strives to meet the writing and communication needs of all students while helping writers build the confidence and the knowledge they need to succeed in their academic and professional careers.

Dr. Kendrick Prewitt

- ➤ Wallace Hall 301
- @ writingcenter@uwa.edu

#### **UWA MATH LAB**

The UWA Mathematics Tutorial Laboratory is a place for students to get assistance studying for their math classes. Its primary function is to provide students with the opportunity to receive one-on-one help from tutors ready and able to answer questions. The University of West Alabama Math Lab offers assistance to students from any discipline across our campus.

Ms. Kim Giles, Director

- Math & Science 130
- @ kgiles@uwa.edu

#### UWA C.A.R.E.S.

UWA CARES provides free tutoring to on-campus undergraduate students for most subjects. Most commonly, CARES provides tutors for most math, science, English, and history courses. If a student needs tutoring in another subject, CARES will work to try to find a tutor and provide the service when possible. To request a tutor, students can complete the UWA CARES Tutorial Request form in eforms or contact Mrs. Lasandra Tolbert.

Mrs. Lasandra Tolbert

- Spieth Hall 228
- **205-652-3472**
- @ spatrick@uwa.edu



## **BARNES AND NOBLE**

# There is nothing more important to us than the students, faculty and schools we serve.

Their commitment to learning and passion for teaching is what drives us to provide content, products and services that elevate learning to the highest level. Barnes & Noble College is on a vital mission to support students, faculty and schools, serving as a catalyst to meet the evolving needs of the education system and a new generation of students.



#### **COURSE MATERIALS**

- Rent and save up to 90% verses purchasing. Just return items to the bookstore by the rental due date.
- Digital textbooks are available for some titles.
- Sell back your non-rented textbooks during the week of final exams. Buyback is determined by the demand of the textbook for the upcoming term.
- We price match Amazon.com

- New textbooks only and books must be shipped and fulfilled by Amazon (not a third party).
- A full refund will be given in the original form of payment if textbooks are returned during the first week of classes with original receipt.

Please view full refund policy at https://uwa.bncollege.com/shop/ uwa/page/returns-refunds

#### Contact Us:

- Student Union Building (SUB)
- 205-652-3447
- sm8253@bncollege.com
- www.uwa.bncollege.com

#### **Store Hours**

Monday through Friday 8:00 a.m. until 5:00 p.m.

### STUDENT FINANCIAL AID

**Expecting a financial aid refund?** Students can charge anything in the bookstore to their Student Financial Aid before getting their refund check using their Student ID.

You can charge your financial aid:

#### **Campus Terms & Online One**

10 days prior to the start of each semester/term

#### Online Two

6 days prior to the start of each semester/term

Prior to the beginning of a semester/term, students can place their order online and choose "In Store Pickup" and pick up their course materials when they come to campus.

You can now use Zip to purchase what you need in the UWA Bookstore. You can split your purchase and payments over time.

### **FINANCIAL AID**

# QUICK SUMMARY OF TYPES OF FINANCIAL AID

#### **Pell Grants**

Grants are gift aid that do not have to be repaid. The amount of the grant depends on the student's financial need, cost of attendance, and enrollment status.

# Federal Supplemental Educational Opportunity Grants

These grants that are awarded to students with exceptional financial need. Funds for this program are limited.

#### **Alabama Student Assistance Program**

This program awards state funded grants to students with exceptional financial need, who are legal residents of Alabama. Funds are limited.

#### Federal Work-Study Program

A federally funded program available to qualified students who demonstrate financial need. Students are employed approximately 15 hours per week. Funds are limited.

#### **Federal Direct Loans**

Under this program, the Federal Government makes loans, through schools, directly to students. Students may be eligible for subsidized or unsubsidized loans. The student must complete entrance counseling and a promissory note.

#### **Direct Plus Loans**

Under this program parents may borrow amounts up to the cost of attendance minus any financial aid that the student receives. Parents must begin payment within 60 days of disbursement. Parents must complete a PLUS loan application and a promissory note.

### **4 EASY STEPS**

## 1 Get your Federal Student Aid

Your username and password combination serves as student's or parent's identifier to allow access to personal information in various US Department of Education systems and to complete the free FASFA application for all federal student aid. Go to **www.studentaid.gov** to learn more.

# 2 Complete your FAFSA and add UWA's School Code

Applying for federal student aid is always FREE. That's why the application is called the Free Application for Federal Student Aid. To apply, fill out your FAFSA as soon as possible after October 1 for the following start of fall classes. Apply online at *www.studentaid.gov*. It's faster and easier. UWA's School code is 001024. If you need help filling out the FAFSA, you can contact Trellis at 1-877-845-9883 for assistance, Monday-Friday 8:00 a.m. - 5:00 p.m.

# Review and Correct your Student Aid Report (SAR)

After you apply, you'll receive a Student Aid Report that contains the information you reported on your FAFSA. Review this report carefully and make any necessary changes or corrections.

# 4 Submit Additional Information and Documentation

Additional information may be required to complete the FASFA process, thirty percent of all applicants are randomly selected for process of verification. The verification must be completed or you will not be eligible for state or federal aid. KHEAA will notify you by email with instructions if your selected.

## FINANCIAL AID QUICK COURSE

Financial assistance helps pay for college education. It comes in three forms:

- **Grants and Scholarships:** These don't have to be repaid.
- **Loans:** Students borrow money and pay it
- Work-Study: Students take on part-time jobs through Federal Work-Study to earn money toward expenses besides tuition and room and board – such as books, supplies, transportation, etc.

Note: If you are in the military or a veteran, contact Sharon Rainey about veterans and military education benefits: 205-642-3930 or va@uwa.edu

#### **GRANTS**

Most federal, state, and institutional grants are awarded based upon the student's family's financial need. The grant amounts may vary each year. Apply each year by filling out the Free Application for Federal Student Aid (FASFA).

#### **SCHOLARSHIPS**

UWA awards scholarships based on academic achievement and leadership abilities. To apply for an academic scholarship, students should be admitted and have submitted our scholarship application by the deadline given by the Office of Admissions. Once a student declares a major, check with the academic department to find out about departmental scholarships.

There are many other sources of scholarships and other assistance beyond UWA - through local clubs, churches, and community organizations in your hometown. We encourage you to look into the possibilities and apply.

FINANCIAL AID OFFICE

- Webb Hall 334
- 205-652-3576
- financialaid@uwa.edu

#### LOANS

The major federal student loans include the Federal Stafford Loans (subsidized based on financial need; unsubsidized not based on financial need), the Federal Perkins Loan (based upon financial need), and the Federal PLUS loan (credit based loan program for a dependent student's parents). Each loan varies as to the amount each year, interest rate, and guidelines. Students apply by completing the FAFSA.

On some loans, students may choose not to make payments while enrolled in college at least halftime. However, student borrowers must start repaying after leaving school or dropping below half-time enrollment status. Students may choose to pay interest only while in school on the Stafford Unsubsidized loan.

#### **WORK STUDY AND STUDENT JOBS**

One way to help offset educational expenses is for students to work part-time at a campus job while taking classes. If you submit your FAFSA early and check the work-study request box, any amount for which you qualify to receive will be indicated on the award letter. This will be the maximum amount you can earn through the Federal Work-Study Program during the school year. As a work-study student, you will typically work 10 to 15 hours per week. It's not worth trying to work overtime, because you can't earn more than the amount listed on your award letter. Students receive a paycheck bi-weekly, so it's up to you to make sure that money goes to good use, for instance, for textbooks instead of for potato chips. Since you receive a paycheck bi-weekly for the hours actually worked during the previous pay period, these funds will not be available at the beginning of the semester to pay your tuition and other charges by the due date.

TIP: If you plan to work, make sure you bring either your Social Security card and/or birth certificate to campus. Students have to show one of these, along with their student ID, within their first three days of work.

### **TUITION & FEES\***

\*Tuition and Fees subject to change.

### **TUITION**

#### PER SEMESTER

FULL-TIME STUDENT (12-17 HOURS)

IN-STATE STUDENT	\$4,550
OUT-OF-STATE STUDENT	\$9,100

PART-TIME STUDENT (<12 HOURS)

IN-STATE STUDENT	\$325 PER HOUR
OUT-OF-STATE STUDENT	\$650 PER HOUR

### **FEES**

#### PER SEMESTER

STUDENTS WITH >7 HOURS

ID CARD	\$10
MEDICAL	\$55
UNION BUILDING	\$55
STUDENT ACTIVITY	\$145
INFORMATION TECH	\$180
ATHLETIC	\$150
DINING DOLLARS	\$250
TIGER BUCKS	\$100
COURSE FEES AS APPLICABLE	
TOTAL	\$945

### **MEAL PLANS**

#### **PER SEMESTER**

STUDENTS LIVING ON CAMPUS WITH >7 HOURS

9-MEAL	\$1,194
ALL ACCESS	\$1,653

### **BILLING STATEMENT**

- Available to students through Self-Service
- Students may request a billing statement from the Student Accounts Office.

### **ROOM**

#### PER SEMESTER

#### CHARGES VARY BY FACILITY

SELDEN	\$1,820
HOOVER PHASE I	\$3,010
HOOVER PHASE II	\$3,990
GILBERT	\$2,850
REED	\$2,550
PATTERSON A & C	\$2,550
PATTERSON B	\$3,480

### **PAYMENT**

- All charges are to be paid no later than registration day of each term
- Students who have unpaid charges will be deregistered and may have to pay a late registration fee.
- Charges incurred during a semester must be paid before a student can register for another term.

STUDENT ACCOUNTS

- ➤ Webb Hall 214
- 205-652-3542
- @ stuacct@uwa.edu

### METHODS OF PAYMENT

- Cash, check, money order, or cashier's check
- VISA, MasterCard, or American Express
- Student Financial Aid
- Scholarships
- Student Loans
- Payment Plans offered through Self-Service
- Any combination above

For more information on Payment Plans:

- Webb Hall 214
- **2**05-652-3727
- paymentplans@uwa.edu

## STUDENT LIFE

The Office of Student Life is committed to student leadership, student growth, and student development by providing leadership opportunities to demonstrate the integrity and advocacy of our diverse student population. The Dean of Students is Byron Thetford.

#### STUDENT GOVERNMENT ASSOCIATION

The UWA Student Government Association strives to actively represent the needs and concerns of the UWA student body by committing to excel in leadership, citizenship, and fostering unity among its students.

#### STUDENT ORGANIZATIONS

At UWA, there are over 60 student clubs and organizations, providing opportunities for students of every interest. Some organizations are organized to meet the interest of a few students, while others are established to fulfill a long-term role with the university.

#### FRATERNITIES & SORORITIES

UWA is home to 12 greek lettered social organizations. Membership in a fraternity or sorority offers students a unique opportunity to have a balanced college life with a focus on academic excellence, brotherhood/sisterhood, leadership development, service, and responsible social interaction.

#### **UWA CHEERLEADING**

The UWA Cheerleaders are committed to representing the University of West Alabama and are active in appearances for the university and the Livingston community.

#### STUDENT CONDUCT

The Code of Student Conduct governs the conduct of students and organizations in all behavioral matters.

#### STUDENT COMPLAINT RESOLUTIONS

The University seeks to resolve student complaints in a fair and expeditious manner.

#### TITLE IX

Title IX is a federal law that prohibits discrimination on the basis of sex in any federally funded education program or activity.









## STUDENT ORGANIZATIONS

## ACADEMIC, DEPARTMENTAL & PROFESSIONAL

Accounting Club

Alabama Student Rural Health Association

Enactus

Finance Club

Minority Business Student Association

Natural History Collections Conservation Club

Phi Alpha Theta

Physical Education Club

Sports Medicine Club

Student Nursing Association

**UWA Toastmasters Community Club** 

Exercise Science Club

#### **SPECIAL INTEREST**

International Student Association

Residence Hall Association

**Equality Alliance** 

International Club

**Active Minds** 

SSS FLi Society

Chinese Student Association

Black Student Union

The Gaming Tigers

**Inspired Expressions** 

#### ATHLETIC, SUPPORT, & SPIRIT

Cheer

Diamond Dolls

West Alabama Marching Band

#### HONOR

Alpha Alpha Alpha

Alpha Chi

Alpha Delta Nu

Alpha Psi Omega

Blue Key Honor Society

Cardinal Key National Honor Society

Iota Tau Alpha

Kappa Delta Pi

Omicron Delta Kappa

Order of Omega

Phi Eta Sigma

Phi Kappa Phi

Pinnacle

Psi Chi

Sigma Tau Delta

#### **SERVICE**

Alpha Phi Omega

Campus Activities Board

Phi Boota Roota

Student Ambassadors

Student Government Association

**UWA Rotaract** 

#### RELIGIOUS

Fellowship of Christian Athletes

St. Francis of Assisi Campus Ministry

The Awakening

#### **CLUB SPORTS**

Bass Fishing Club

#### **SOCIAL FRATERNITIES & SORORITIES**

The Interfraternity Council

The Pan-Hellenic Council

The Panhellenic Conference

Alpha Phi Alpha

Alpha Kappa Alpha

Alpha Sigma Alpha

Alpha Sigma Tau

Delta Chi

Delta Sigma Theta

Kappa Alpha Psi

Omega Psi Phi

Phi Beta Sigma

Phi Mu

Sigma Gamma Rho

Sigma Pi

Zeta Phi Beta

## **CAMPUS RECREATION**

Your education includes so much more than going to class! At UWA, there are *countless opportunities* to be a part of something great – from service organizations to Greek life, from honor societies to tons of clubs and organizations. The *more involved* you become, the richer and *more rewarding* your college experience.

#### **UWA FITNESS CENTER - STUDENT UNION BUILDING**

When we think about education, we think of the classroom. But a healthy body is every bit as important to anyone reaching his or her full potential. The UWA Fitness Center has everything you need, from free weights to fitness classes, to strengthen your body. The Fitness Center is available to students every weekday from 6:00 a.m. to 8:00 p.m., Saturday from 10:00 a.m. to 7:00 p.m., and Sunday from 12:00 p.m. to 7:00 p.m. It is located in the bottom of the SUB. All a student needs to enter is their Tiger ID card. The Fitness Center also has job opportunities for lifeguards, desk staff, group exercise instructors, and swim lesson instructors.

fitness@uwa.edu



Get out there and have some fun! Intramural Sports provide students, faculty, and staff the opportunity for competition and fun in a variety of team sports. You can form a team and join an intramural league with weekly matches. Or, if you don't want to commit to a season of play, you can opt to participate in our tournaments. In any case, intramurals are an opportunity to get active, have fun and meet some like-minded friends. Want to play, but can't find a team? Talk to us. We'll help you get connected. *intramurals@uwa.edu* 



The UWA Game Room is located in the bottom of the SUB. The Game Room serves as a safe and clean environment to socialize and relax with friends. The room features two pool tables, ping-pong and the latest in console games for all students to play for free.

#### **REC CENTER – HUGHES GYM**

The UWA Rec Center is the perfect place for a pick-up basketball game or intramural volleyball game. The Student Recreation Center is open 7 days a week with various hours.

#### **OUTDOOR RECREATION**

The Outdoor Recreation program offers gear/equipment rental, rafting & ski trips, and more for students, faculty, staff and community members to enjoy. We strive to provide opportunities to foster a greater appreciation for the outdoors. *outdoorrec@uwa.edu* 









## STUDENT ACTIVITIES

#### **UNIVERSITY CINEMA**

UWA-owned, UWA-operated and staffed by UWA students, the University cinema is a 90-seat public theater open to anyone. Open 5 days a week, UWA students are given 1 free movie a week. Ticket sales and concessions begin 30 minutes prior to showtime. cinema@uwa.edu

#### CAMPUS ACTIVITIES BOARD

The Campus Activities Board is your UWA entertainment connection. Consisting of current students, C.A.B. is responsible for bringing student events to the UWA campus. Whether it is Bingo for Bucks, Serendipity, Springfest, a comedy show, and more! We are your entertainment connection!

#### **HOMECOMING WEEK**

It's the most fun week of the Fall! From Spirit Week challenges, to our student talent show Serendipity, show your Tiger Pride and have a lot of fun while doing so. Enjoy a hunt for the Key to Victory, a free firework show, or the homecoming bonfire, pep rally, or student party. There is something for everyone.

#### **SPRINGFEST WEEK**

Need a break during the Spring? Springfest week is the biggest event of the semester! Packed full of free events to enjoy, this week culminates with a huge carnival style event on the SUB Lawn.

THE UNIVERSITY CINEMA



### **CONNECT WITH US**

#### **Campus Recreation**

TROY MADDOX **Director of Campus Recreation** 

- **SUB**
- 7 205-652-3693
- tmaddox@uwa.edu

CAMERON WYATT Coordinator of Student Activites

- Mark Brock 202
- 205-652-3693
- cwyatt@uwa.edu



### **FACEBOOK** @UWACampusRec

@UniversityCinema1 @UWACAB





TIKTOK @UWACampusRec



## **ATHLETICS**

The University of West Alabama is a full member of the National Collegiate Athletic Association (NCAA), Division II, The Gulf South Conference, and the National Intercollegiate Rodeo Association.

The University fields intercollegiate varsity teams for women in cross country, volleyball, basketball, softball, soccer, rodeo, tennis, and track. The varsity sports for men are football, basketball, baseball, cross country, soccer, rodeo, tennis, and track.

### **STEPS TO DOWNLOAD GAME TICKETS**

- 1. DOWNLOAD the HOMETOWN FAN APP (available in the App Store and Google Play)
- 2. ENTER your cell phone number for verification
- 3. **ENABLE** location services
- 4. SEARCH for THE UNIVERSITY OF WEST ALABAMA
- 5. CLICK on the HEART to make UWA your favorite
- 6. CLICK on the GAME you want to attend
- 7. **SELECT** "Have Pass Code" and enter the 1st seven digits of your student ID starting with zero
- 8. ENTER the NUMBER OF TICKETS under the STUDENT/FACULTY TICKETS
- 9. ENTER contact information
- **10. HIT SUBMIT**
- 11. You now have your ticket(s) to the game
- 12. STORE ticket(s) on the app or add them to your APPLE WALLET or GOOGLE PAY



## LIVING ON CAMPUS

The University of West Alabama is committed to a student's total educational experience. A significant part of that experience is residence hall living and getting involved outside the classroom.

Various national studies have shown that living on campus for the first year and participating in academic and social activities makes a substantial difference in the student's college experience. Living on campus has tangible perks as well:

- Proximity to academic buildings allows students to walk to class.
- There are no budgetary surprises since all utilities are included in the rent.
- Staff members are available 24 hours a day.
- Maintenance issues are easy to report and quickly resolved.
- There's easy access to campus activities, athletic events, the fitness center, and other campus resources.
- It's a diverse community where students will interact with peers from different backgrounds and cultures.

#### **Freshman Housing**

Living on campus is a major part of the total college experience, so all new freshman are required to live on campus their first year at UWA. The residence halls at the University of West Alabama provide a convenient location to your classes and the many campus services available to you. Students living on campus tend to:

- Participate in campus life
- Attain a higher grade point average
- Have more contact with faculty
- Develop friendships that last a lifetime

Students seeking an exemption to the housing requirement must complete the Freshman Housing Exemption Form. More information concerning exemptions is available at *housing.uwa.edu*.

#### **MyHousing**

UWA's MyHousing portal will have timely messages regarding policies and procedures, including upcoming deadlines, potential issues, and more. In addition, you can update your information, check your housing assignment and dining plan, submit maintenance requests and your RCR, and find many online housing forms. The MyHousing portal can be found online at <a href="http://myhousing.uwa.edu/">http://myhousing.uwa.edu/</a>.

#### **Residence Hall Staff**

The most visible member of the Housing staff is your Resident Assistant (RA). An RA is a full-time student who has been trained to help you and other residents learn about the University and on-campus housing. In addition to helping you adjust to college life, your RA plans a variety of activities throughout the year. If you have a question about UWA, your residence hall, or you just need someone to talk to, your RA is the person to see.

Your Hall Director (HD) is responsible for the day-to-day management of your residence hall and supervises the RAs assigned to your building. Your HD is available to assist you with issues that cannot be resolved by your RA.

#### **Roommates**

Living with someone requires a balance of mutual respect, cooperation, and consideration. The best way to create this atmosphere is through proactive communication. It's the essential foundation for successful roommate relationships. While it can be great when roommates are also friends, the main goals are for you to live together peacefully and respect one another. Ultimately, that's what makes a true roommate relationship work.

Discuss and set expectations early, even before moving in, and continue those conversations throughout the year. If tension or a disagreement occurs, talk with your roommate before it becomes a major conflict. If talking with your roommate doesn't solve the problem, your RA can help with either informal conversations or a formal roommate mediation.

#### **Residence Halls**

The University of West Alabama has five residence halls for undergraduate students, all of which are conveniently located near classes and campus services.

- Gilbert Hall houses all new freshmen and transfer students who have earned less than 24 semester credits, with limited space for sophomores and above. This hall is equipped with private bathrooms in each room, study rooms and lounges on each floor, and a large lobby and lounge, retail dining, and a laundry room on the first floor.
- Hoover Apartments houses sophomores and above and has two phases – Phase I has two double bedrooms per apartment and Phase II has four single bedrooms per apartment. There is a full kitchen and two bathrooms in each apartment.
- Patterson Hall has two options, both of which feature a full kitchen and a bathroom within each unit. Rooms in Patterson A and C are reserved for sophomores or above and features separate sleeping areas, while each Patterson B unit has two single bedrooms and is available for juniors and seniors with at least a 3.0 GPA.
- Reed Hall features a kitchenette with a compact refrigerator and a stove-top and each room has its own bathroom. Reed houses sophomores and above.
- Selden Hall features large single rooms on single gender wings with community bathrooms with private stalls. There is a large lounge and laundry room on the 1st floor. Selden Hall is also home to three sorority wings.

#### **Visitation Hours**

In order to insure a degree of privacy for residents and maintain a secure environment, the residence halls and apartments on campus have a visitation schedule that limits visits by guests. A guest is defined as anyone (regardless of gender) who is not assigned to the specific room or apartment. Guests must be escorted at all times by a resident of the building they are visiting and are only permitted during the following times:

#### Gilbert Hall

Sunday – Thursday: 10:30 a.m. until 12 Midnight Friday and Saturday: 10:30 a.m. until 2:00 a.m.

Hoover, Patterson, Reed, and Selden Halls Daily, 10:30 a.m. – 2:00 a.m.

#### **Renter's Insurance**

UWA does not require renter's insurance, but it is strongly encouraged. The University assumes no liability for personal property damage, loss or theft, all of which can be covered by renter's insurance. Students may opt in to a renter's insurance policy through GradGuard when they apply for on-campus housing, or you can contact GradGuard directly at **www.gradguard.com**.

#### **UWA STUDENT MAIL**

UWA students may acquire a UWA Post Office Box for \$5.00 a semester. Post office boxes are located on the main floor of the Student Union Building (SUB). To receive mail or packages, a student must rent a PO box. Students who rent a PO box may pick up Fed Ex and UPS packages from their student mailboxes. UPS and Fed Ex drivers know to bring packages to the SUB. Packages should be addressed as follows:

UWA Box (student's mailbox number) 1 College Drive Livingston, AL 35470

#### AMAZON HUB LOCKER

The UWA Community also has access to Amazon Hub Locker, a fully automated, secure and convenient delivery solution for customers to pick up their Amazon packages at no additional cost. Using a Locker is easy and secure – after shopping on Amazon, customers proceed to checkout and select an Amazon Hub Locker available in our zip code (35470) as their delivery location. Once a package is ready for pickup, customers receive an e-mail with a barcode and a unique 6-digit code that they'll use to remove the package from the designated slot.

#### **UWA HEALTH SERVICES**

Rush Medical Group offers direct, basic health care for UWA undergraduate students, faculty and staff. Students may go to the clinic on a "walk-in" basis or may make an appointment by calling (205) 652-9575. Office visits are covered by currently-enrolled UWA students' medical fee; other expenses incurred, such as lab work, x-rays, or other testing, will be billed to the individual or to his or her insurance.

Students with musculoskeletal and orthopedic injuries may use the services provided by the UWA Athletic Training and Sports Medicine Center in Homer Field House.

## **CAMPUS DINING**

UWA operates various dining facilities on campus which serve well-balanced meals in a casual atmosphere. You won't go hungry! Our all you care to eat cafeteria stays busy, and offers everything from healthy options to savory treats. Don't forget to enjoy fried chicken Wednesday!

#### **MEAL PLANS**

All first-year freshmen, and students who live in a residence hall room without kitchen facilities, are required to have the All Access Meal Plan. A 9-meal plan (or larger) is required of all other residents.

#### **ALL ACCESS MEAL PLAN**

Students on the All Access meal plan have unlimited access to the CAF during its hours of operation, seven days a week. Come in for lunch, come back later for a mid-afternoon snack, stop by for a soft drink, come in for an early supper and then come back for dessert or an evening snack.

#### 9-MEAL PLAN

This meal plan is geared towards students who enjoy doing their own cooking. By selecting this plan, students can still get together with friends at the CAF a few times each week. Residents of Hoover Apartments, Reed, and Patterson Hall are assigned to this plan unless they select the All Access meal plan.

#### **COMMUTER PLANS**

Commuters are offered a select group of meal plans specifically tailored with flexibility in mind. All non-resident plans are offered in blocks of 25 or 50 meals that can be used at any time.

#### **DINING DOLLARS**

During the Fall and Spring semesters, students taking seven (7) or more on campus credit hours receive Dining Dollars (\$250.00). Dining Dollars are a debit-like account, accessed using the Tiger Card. Dining Dollars can only be used at Young Cafeteria, Starbucks, Subway and Burger & Fries. Any unused Dining Dollars are swept at the end of the Spring semester, so make sure you spend them!

#### TIGER BUCKS

During the Fall and Spring semesters, students taking seven (7) or more on campus credit hours will receive Tiger Bucks (\$100.00). Tiger Bucks are a debit-like account, accessed using the Tiger Card. Tiger Bucks can be used at most stores and restaurants in town.









### **CAMPUS SAFETY**

#### **UWA CAMPUS POLICE**

UWA Campus police exist to serve all people within our jurisdiction with respect, fairness, and compassion. They are committed to the prevention of crime, the protection of life, and property; the preservation of peace, order, and safety; and the safeguarding of constitutional guarantees. UWA PD consists of police, security guards, and dispatchers. Officers have full arrest powers as any other officer in the state as well as investigative services. They provide a full-service police force 24 hours a day, seven days a week. Other services offered by UWA PD:



- Student Night Time Auxiliary Patrol (SNAP): Free campus wide transportation system used to safely escort students, faculty, and staff.

  Operated Sunday Thursday from 6:00 p.m. 11:00 p.m. (except in severe weather conditions).
- Security Camera System: Cameras are located through-out campus to help in the deterrence of crime. Cameras are monitored by dispatch 24 hours a day.
- Code Blue Phones: Located through-out campus, code blue phones are a direct link to UWA PD and are monitored 24 hours a day, 7 days a week and provide an extra sense of security.
- **Educational Programming:** To meet the needs of our campus community, we provide crime prevention and education presentations and trainings.
- Other: Free house and car unlocks, car jumps, fingerprinting, etc.

Campus Police Tip Hotline — (205) 652-3819

University Police — (205) 652-5555

#### **UWA TRAFFIC RULES & REGULATIONS**

All students who have a car on campus must register their vehicle with the University Police Department through an online form. Parking decals are \$15.00 a year for resident students and \$25.00 a year for commuter students. Bicycles must also be registered. Although there is no registration fee for bicycles, students will be given a decal and valuable information that will help in the unfortunate event that the bicycle is stolen. To view more information on vehicle registration, decals, parking areas, violations and fees, ticket information, traffic accidents, and student responsibility, please visit the following website: **www.uwa.edu/Traffic\_Rules.aspx** 

#### **UWA EMERGENCY PREPAREDNESS**

The University of West Alabama has partnered with Rave Mobile Safety to provide UWA Alerts, a state-of-the-art emergency notification system. This system will allow you to receive timely notifications should an emergency situation affect the UWA area. You can receive alerts via email, text messaging, land-line and/or cell phone. This system is voluntary, although we strongly encourage everyone to sign up so that you can be notified in case of emergency. Standard charges for incoming calls and text messages apply (Please check with your provider if you have questions concerning those charges).

To log into the UWA Alerts system, please scan the QR code or visit *http://www.uwa.edu/uwaalerts*. If prompted, search for "West Alabama."



#### OFFICE OF STUDENT SUPPORT AND PARENT PROGRAMMING

The University of West Alabama welcomes you to the UWA Tiger Family. If you are preparing to send your first child off to college or if this is just your most recent university attendee, the question remains the same... Am I ready for this? Absolutely you are and we are here to assist you along the way!

JASON GARDNER

Director of Student Support and Parent Programming

- Foust Hall 7
- 205-652-3640
- @ dgardner@uwa.edu



■ SIGN UP

for our monthly

Parent Newsletter

#### **ADA (AMERICANS WITH DISABILITIES ACT)**

The office of Retention and Student Advocacy here at UWA is committed to creating as level a playing field as possible without creating fundamental alterations to the coursework required to graduate once a student self-identifies and contacts our office for assistance. It is crucial to their success as a student that they initiate the conversation with our office as early as possible, as once they have entered into the interactive process, we can begin determining the best strategies and accommodations to help them succeed while enrolled at the University of West Alabama.

For additional information on ADA Services or how to request ADA Accommodations, please visit <a href="https://www.uwa.edu/americandisabilityact">https://www.uwa.edu/americandisabilityact</a>

WILL ATKINSON

Director of Retention and Student Advocacy

- Speith Hall 234
- **205-652-3581**
- @ watkinson@uwa.edu

### TIPS FOR PARENTS

#### COMMUNICATING WITH YOUR STUDENT

College is a time for your relationship with your student to shift from one of a parent and child to one of a mentor and mentee. You will still continue to be a large part of your student's life, but it is important to help them take this time to grow into a responsible adult. When communicating with your student remember to ...

Listen to what they have to say

- Ask open ended questions
- Ask "How are you going to handle that?"
- End every conversation with "go to class"
- Set expectations with your student prior to each semester and emphasize those expectations
- Be understanding of the demands of college
- Be interested in their new life





### **CONVERSATIONS TO HAVE WITH YOUR STUDENT**

#### **COMMUNICATIONS PLAN**

Discuss with your student how often you want to call, text or FaceTime. It is important to stay connected, but also be understanding of their new demands.

#### **GRADE EXPECTATIONS**

Discuss early and often your expectations regarding grades. Many scholarships require students to maintain a certain GPA. Discuss what grades are required to keep that GPA, particularly if they don't do as well as expected.

If you want to see your student's grades at the end of each semester, discuss this with your student and remind them often of your expectations for them and the agreements you have made.



Discuss the finances of paying for college. Your student needs to understand the value of their education and what expectations you might have for them to assist in covering costs, including books, meals, and spending money.

If your student has a scholarship and is unable to maintain the required GPA, it is important to discuss with students who would be responsible for filling in the financial gap.

#### **SELF-MANAGEMENT**

Discuss with your student the day-to-day activities that they will need to manage on their own like laundry, preparing or managing meals, paying bills and straightening up before things get too messy. Students will have more freedom in college and will have to learn to manage themselves in the new environment.

#### **GRIT AND RESILIENCY**

College is filled with great times, but students will also encounter challenging times. Whether it is a bad grade on an assignment, an argument with a roommate or new friend or a brush off from romantic interest, students need to be able to stick with things when they are hard. Help your student to understand that these things might happen and help them to identify coping mechanisms.

#### WHEN TO ASK FOR HELP

Discuss with your student that it is ok to ask for help. College is different than high school and your student will be challenged in new ways. It is important for them to be open to the help that is available, like Counseling Services, CARES, the Career Center, and their advisors and faculty members. We are all here to help your student and want to see them succeed!









# **NOTES**

# **NOTES**

# **NOTES**

## **IMPORTANT CONTACTS**

#### **Undergraduate Admissions**

- ➤ Brock Hall 100
- 205-652-3578
- @ admissions@uwa.edu
- FAX 205-652-3881

#### **Housing**

- Mall 123
- 205-652-3686
- @ housing@uwa.edu

#### **UWA Band**

- Foust Hall 12
- **205-652-5412**
- @ band@uwa.edu

#### **Financial Aid**

- Webb Hall 334
- 205-652-3576
- @ financialaid@uwa.edu
- FAX 205-652-3847

#### **Health Services**

RUSH MEDICAL GROUP

**2**05-652-4700

#### Registrar's Office

- Webb Hall 320
- 205-652-3587
- @ registrar@uwa.edu
- FAX 205-652-3522

#### **Counseling Services**

- Foust 7
- **205-652-3651**
- @ counseling@uwa.edu

#### **Career Services**

MRS. GENA ROBBINS
Coordinator of Career Services

- Foust Hall 1
- 205-652-5545
- @ grobbins@uwa.edu

#### **Student Support Services & TRIO Programs**

Ms. Andrea Farquhar Director

- Foust Hall 6
- 205-652-3628
- @ afarquhar@uwa.edu

#### **Student Support and Parent Programming**

Jason Gardner

Director of Student Support and Parent Programming

- Foust Hall 7
- 205-652-3640
- @ dgardner@uwa.edu

#### **Campus Recreation**

Mr. Troy Maddox

**Director of Campus Recreation** 

- **≥ SUB** 111
- 205-652-3693
- tmaddox@uwa.edu

#### **Student Life**

Mr. Byron Thetford Dean of Students

- ➤ Brock Hall 129
- 205-652-3435
- ø bthetford@uwa.edu

#### LESLIE WHITE

Coordinator of Student Involvement and Communications

- ➤ Brock Hall 201
- 205-652-3549
- @ lwhite@uwa.edu

#### **Retention and Student Advocacy**

MR. WILL ATKINSON

Director of Retention and Student Advocacy

- Speith Hall 234
- **205-652-3581**
- @ watkinson@uwa.edu

#### **UWA Athletics**

- 205-652-3784
- pdew@uwa.edu

#### **University Police**

- Craiger House
- 205-652-3602

#### **College of Business**

- ➤ Wallace Hall 207
- 205-652-3444

#### **College of Education**

- Lyon Hall D
- 205-652-3865

#### **College of Liberal Arts**

- Spieth Hall 130
- **2**05-652-3472

#### College of Natural Sciences & Mathematics

- Math and Science 118
- 205-652-3414

### School of Health Sciences and Human Performance

- Math and Science 117
- **205-652-3508**

### Division of Engineering and Technology

- **I** Guy Hunt 104
- 205-652-3666

#### **Division of Nursing**

- Spieth Hall 334
- **205-652-3517**

#### **Information Technology**

- **™** Webb Hall 125
- 205-652-3565

#### **International Admissions**

- International Programs
  House
- **205-652-3879**

#### Student Accounts

- Webb Hall 214
- 205-652-3542

#### **Barnes and Noble**

- SUB SUB
- 205-652-3447

#### **Campus Dining**

- Young Hall
- 205-652-3643

#### Library

**205-652-3613** 

