WELCOME TO INDIANA UNIVERSITY BLOOMINGTON

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WELCOME TO INDIANA UNIVERSITY BLOOMINGTON!

Your Hoosier experience is just beginning, and we are excited to introduce you to Indiana University. We will help you understand the Business of Being a Hoosier, the Hoosier Experience, and how to connect you with the opportunities and services that await you at IU. Use this handbook during your NSO program and beyond to keep track of people you meet, information you learn, and questions you have.

We have also put many of IU’s resources at your fingertips on the FYE website (fye.indiana.edu).

We hope you find NSO to be a beneficial springboard to your IU experience. Be sure to attend all sessions, ask a lot of questions, and connect with new and current members of the IU family. Welcome!

The Orientation Team (OTeam)
and
The Office of First Year Experience Programs (FYE)

fye@indiana.edu (812) 855-HELP (4357) fye.indiana.edu
CAMPUS MAP
For an online version of a campus map, check out the IU FYE app, IU Mobile, or map.iu.edu.
One.IU is your one-stop shop for most student services, including academics, billing, and financial aid. Be sure to “Favorite” any tasks you find yourself using often in one.iu.edu.

**Finances**

Take a few minutes to complete some basic steps that will help billing and financial aid run smoothly once the semester begins.

- Share limited access with your parents or anyone else who needs access to your bill in Set Up 3rd Party Users.
- Set up direct deposit so any excess financial aid or other refunds from your bursar account are delivered quickly and safely in Direct Deposit of Bursar Refunds.
- Check Record Holds and Student Center To Do List to see if there is anything you need to do before you can receive aid or register for classes. *If you were selected for verification, you must complete the items in your Student Center To Do List before your aid can be applied to your bill.*
- Accept your loans using View/Manage Financial Aid Information if you intend to borrow, then head to studentloans.gov to complete entrance counseling and a master promissory note.
- Calculate your estimated costs at IU and evaluate your financial resources with the MoneySmarts cost calculator available online: moneysmarts.iu.edu/calculate-costs.
Technology
☐ Sign up for Two-Step Authentication with Duo at twostep.iu.edu and download the Duo app to your mobile device. Two-Step Authentication provides extra security to protect your personal and financial information.

☐ Set up IU Secure on your computer and mobile device—it’s WiFi exclusively for IU. After your first login using your IU username and passphrase, you’ll automatically be connected anywhere on campus.

☐ Set up IU Print on your computer and print out your class schedule to test it. With IU Print, you’ll have access to printers all over campus with a swipe of your CrimsonCard. But first, you need to go to iuware.iu.edu to download and install “IU Print BYOD Packages.” It’s under Network & Printing, or just search for “IU Print” using the search bar at the top.

Health and Safety
☐ Complete your required health history form and set up your IU Health Center patient portal account at healthcenter.indiana.edu.

☐ Sign up to receive alerts about emergencies and other big news affecting campus through IU Notify at protect.iu.edu.

Academics and Careers
☐ Customize your one.iu.edu page by taking time to log in and “Favorite” these planning tools: Search Courses, iGPS Plan, and Degree Map Search.

☐ Seek out opportunities for engaged learning (research, internships, creative activity, and global involvement). Learn more at engagedlearning.indiana.edu.

Student Life
☐ Check out belINvolved.indiana.edu. Log in and explore some of the 750+ student organizations. Download the Corq app to have access to student involvement on the go.

☐ Complete the required MyStudentBody exercise online. You will receive an email to your IU email that will include details and login instructions.
The Office of First Year Experience Programs (FYE) helps you make the most of your first year at IU Bloomington. We’ll introduce you to IU traditions, add depth to your academic study through helpful events, connect you with people and opportunities, and answer your questions about being a Hoosier.

There’s an app for that!
Download the IU First Year Experience app to easily access Welcome Week and Hoosier Experience events. Get the latest updates on what’s happening when and where. Access a campus map with the touch of a finger. Connect with other students that you meet at orientation or Welcome Week.

Download the free app today at guidebook.com/app/IUFYE/.

Get Social
@iufye @iufye facebook.com/iufye
Proud Traditions: Welcome Week 2018
Exciting events and traditions will make you glad you chose to become a Hoosier. Welcome Week kicks off on August 15 with the Freshman Induction Ceremony. From CultureFest to Traditions & Spirit of IU to the Block Party, there is an event for everyone!

The Hoosier Experience
The Hoosier Experience program engages you in academics and careers, arts and humanities, equity and inclusion, and local and global. Explore fye.indiana.edu to learn about programming throughout the academic year.

1. Attend events.
   Explore from 100+ events listed in the IU FYE app. Events highlight four key areas you should experience as a first-year student:
   - Academics and Careers
   - Arts and Humanities
   - Equity and Inclusion
   - Local and Global

2. Scan your ID at featured events.
   Find staff at featured events to get your student ID scanned for attendance. Look for the Hoosier Experience logo for featured events that track attendance.

3. Earn an award.
   Want to start building your resume? Students who attend featured events throughout their first year will receive the First-Year Hoosier Experience Achievement Award. List this award on your resume and LinkedIn account to show future employers your involvement from your very first year on campus.
The Indiana Promise

Indiana University is a community built on the foundations of academic excellence, personal development, and social responsibility.

The expectations for you include: engaging in rigorous intellectual inquiry and artistic creativity, recognizing each individual’s accountability for his or her own behavior, and appreciating the contributions made by all community members.

The Indiana Promise expresses a commitment to these values and acknowledges the importance of your individual active participation in the IU experience. It’s a promise not only to Indiana University, but also to yourself.

The Indiana Promise

I Promise That:

- I will be ethical in my academic work.
- I will take personal responsibility for what I say and what I do.
- I will respect the dignity of others, treating them with civility and understanding.

Hoosiers Talking to Hoosiers

In a community as academically engaged and as diverse in experience as Indiana University, it is a given that you will hear and experience things you do not agree with. Listen anyway. Share your viewpoint, but with respect. As important as “what” we learn is “how” we learn it. You will be learning in many settings—in and out of the classroom, in large and small settings, and individually. We ask you to use these general guidelines while at NSO and in your time at IU:

- Be honest and respectful—careful not to make assumptions
- Listen to understand
- It’s ok to disagree, but do so with curiosity, not hostility
- Be brief and concise—allowing everyone to participate
- Refrain from interrupting
- Honor confidentiality

*Information provided by Indiana University’s Political and Civic Engagement (PACE) Program, in collaboration with the Kettering Foundation.*
The Legacy of Herman B Wells
During his tenure as IU’s president (1937 to 1962) and chancellor (1962 to his death in 2000), Herman B Wells transformed IU into a top public research institution and a leader in the arts and international studies. He advocated for civil rights, academic freedom, and what he called the “islands of green” throughout our campus.

Wells frequently walked around campus, engaging students in conversations, and involving himself in student activities. His passion for IU and the people here is one of his greatest legacies. Every person who met him has their own favorite “Dr. Wells Story.”

His legacy lives on—in the trees, the buildings, the programs, and the people of IU. Be a part of it.

IU Bucket List: Wells Touch
According to tradition, touching the outstretched hand of the Herman B Wells statue in the Old Crescent brings good luck and academic success. Students can double their good luck if a family member also shakes the hand of Chancellor Wells on their behalf.
From One.IU to technology support and your student ID—there are many services available to you as a Hoosier. This section will introduce you to some of these services. There are services to help you learn and be a successful student. It’s okay to be anxious. Just know that there is support available to you. You just need to reach out for it and ask.

Answer This:

List three ways you can learn about opportunities to get involved with clubs, organizations, or departments.

List three resources you’ve learned about at NSO that you want to remember during your first year.
**CrimsonCard**
Your CrimsonCard will be used daily to access a variety of campus services and resources such as meal plans, printing, and access into your residence halls. You can also load funds to your CrimsonCard account and use it to make purchases at over 200 locations both on and off campus statewide!

**Technology**
Taking care of business starts with [one.iu.edu](http://one.iu.edu)—an app-like interface that allows you to access dozens of functions, from bill payment and course registration to email and campus bus tracking. University Information Technology Services (UITS) also offers many tools and services at no cost to IU students. Tech support, cloud storage, printing, and so much more can be accessed through [uits.iu.edu/studentguide](http://uits.iu.edu/studentguide).

**Transportation**
**Walk or Bike.** With all IU’s transportation options, it’s easy to get around campus or explore Bloomington without a vehicle. Walking is always a great way to get to class and you can extend or speed up your trip by choosing to bicycle or take transit. If you do plan to bring a bike to school, you will need to purchase a bike permit or you can avoid the hassle and expense and use the new Pace bike share program [zagster.com](http://zagster.com).

**Bus.** If transit is more your style, our campus is serviced by both IU Campus Bus and Bloomington Transit (you will need your CrimsonCard). Track the buses using DoubleMap [bloomington.doublemap.com](http://bloomington.doublemap.com).

**Car.** If you do plan to bring a car you should visit Parking Operations at [parking.indiana.edu](http://parking.indiana.edu) for information on parking fees and locations.

**Health and Safety**
Your health and safety affects every part of your IU experience. Many students tell us that they truly feel the “adulting” experience when they begin to make their own health decisions—and IU can help you in that transition.

- Explore the services available at the IU Health Center, like counseling, women’s clinic, and free delivery for your monthly prescriptions right to your residence hall. Learn more at [healthcenter.indiana.edu](http://healthcenter.indiana.edu).
- Be a part of a “Culture of Care.” Hoosiers look out for one another, which includes creating a safe place for yourself and others.
- Be proactive. Use the services through RPS dining for nutrition health. Use the workout facilities and Rec Sports resources.
- Make it a habit to read the Protect IU website [protect.iu.edu](http://protect.iu.edu) and blog posts for safety tips.
Academic and Career Resources

Academic and career planning go hand in hand. As you select your courses each term, be intentional about choosing courses to gain knowledge and develop skills that will support your long-term career success. Career advisors tell us that change is a constant in the world of work. You will likely have several jobs during your career, and even if you stay with the same employer for a long period, it is likely your job description will change. Some of the resources available to you include:

Tutors are available to connect with you for additional help. IU has many options for tutoring. You can specifically seek help with writing by visiting Writing Tutorial Services to get help with brainstorming, outlining, grammar, content formatting, and revising.

Academic Support Centers provide tutoring, workshops, study groups, and other academic support services within the Briscoe, Forest, and Teter residence centers. Visit go.iu.edu/1cZJ for more information.

Student Academic Center helps you develop learning strategies, perspectives, and behaviors for academic success. Services range from courses, including EDUC-X159 created just for first-year students, to free programs and services. Learn more at sac.indiana.edu.

Canvas is IU’s learning management system. It connects you to instructors and offers easy access to messages, grade books, assignments, and more. Visit canvas.iu.edu for more information.

Academic Advisors assist you throughout the year with degree requirements, major exploration, course selection, and in connecting you with resources. You will meet with your academic advisor each semester.

Career Advisors help you explore majors and careers, find part-time jobs, write a professional resume, and assess how your values, interests, personality, and skills relate to careers you are considering.

Career Development Center can help you discover a career you love. University Division students can schedule appointments with their assigned career advisor via their myJobs account at cdc.indiana.edu. Students from all majors can attend the CDC’s variety of exploratory career events throughout the year and can also stop by drop-in advising to speak with a career advisor.

Career Guides offer the A-Zs of the industry’s preferred educational backgrounds, as well as employment opportunities, insider tips, and much more.
**Academic Planning**

Own your educational experience. Believe it or not, that means not just going to class, doing homework, and taking tests. It also means using resources, planning ahead, and exploring options and technology. Students’ first academic advising meeting at NSO includes exploring career options and best fits. Staff helps students reflect on their values and interests, set goals, build knowledge and skills, and see the possibilities. Some of the tools students use most include:

**One.IU** is the one-stop shop for access to all of Indiana University’s online services. Access the following academic planning tools on One.IU:

- **Student Center**: Access your transcript, view transfer and test credit, register for classes, view your class schedule, access iGPS tools, check for holds on your record, and more.
- **iGPS Plan/Academic Plan**: Enter courses for discussion with your academic advisor.

**The University Division (UD) Website** provides information for all majors to learn more and access academic planning tools, such as:

- **Explore Programs** helps you find majors, minors, and certificates related to your interests, including recommended first courses for each academic program.
- **Degree Maps** list four-year degree plans with courses and milestones for all majors and exploratory students.
- **Academic Bulletins** outline courses, policies, and requirements for all majors.
- **Academic Advisement Report** shows how your courses, transfer work, test scores, or other credits apply toward your degree.

Need help using the tools? IU Peer Coaches can assist you!

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**Academic Advising Units at Orientation**

- **University Division** | ud.indiana.edu
- **Education Advising** | go.iu.edu/1v2a
- **Hutton Honors Advising** | go.iu.edu/1v2b
- **Informatics, Computing, and Engineering Advising** | go.iu.edu/1AsY
- **Jacobs Advising** | go.iu.edu/1v2c
- **Kelley Advising** | go.iu.edu/1v28
- **Public Health Advising** | go.iu.edu/1AsZ
- **SPEA Advising** | go.iu.edu/1v2d
- **College of Arts & Sciences (COAS)** | go.iu.edu/1v29

*COAS includes Media; Art, Architecture and Design; and Global and International Studies.*

A complete list of academic units: go.iu.edu/1ADf
**Campus Involvement**

The beauty of being a part of IU Bloomington is that you don’t have to be like everyone else, yet you can always find someone who is interested in similar things. The important thing is that you explore and get involved in whatever works for you. Join a club. Get a campus job. Go to IU Athletic events. Perform. Volunteer. The point is to connect and get involved. Doing so helps you feel more comfortable and confident, which ultimately leads to greater success in and out of the classroom.

IU has many opportunities for students. Log into beINvolved, beinvolved.indiana.edu, IU’s online involvement platform, to get started. With everything from cultural groups to campus events to academic organizations to social groups and everything in between, beINvolved has it all! Want access to student involvement on the go? Download the Corq app on the Google Play and Apple app stores.

**Arts and Humanities**

The Indiana University and Bloomington community is full of great opportunities to engage with the arts. Check out Hoosiers in top-notch student performances at the Jacobs School of Music; the Department of Theatre, Drama, and Contemporary Dance; the African American Arts Institute; and more. Additionally, the IU Auditorium, IU Cinema, Buskirk-Chumley Theater, and other local venues host professional performances and film screenings that tour around the country.

Make sure to check out First Thursdays, a monthly arts festival, at ah.indiana.edu.

**Beyond the Gates - Bloomington**

**Explore the community.** Whether you live on campus or off, take advantage of all that Bloomington has to offer. From the vibrant shops and dining on Kirkwood Avenue and Fourth Street to the scenery and outdoor attractions at the dozens of parks and recreational spaces in the area—there is always something to do. Following are some websites that will help you make the most of your time in Bloomington:

- visitbloomington.com
- bloomington.in.gov/parks
- visitorcenter.indiana.edu

**Connect with a community.** Be a voice that’s heard. As an IU Corps participant, you’ll have the power to make a difference in other people’s lives—and to improve your own, by honing your skills alongside professionals who are working toward positive social change locally, throughout the nation, and all over the world. Learn more about service and volunteer opportunities through IU Corps, iucorps.indiana.edu.
Finances
Money management can be one of the most daunting new responsibilities college students face. The IU MoneySmarts program is designed to help students make informed financial decisions. As an IU student, you even have access to the MoneySmarts Team, a group of students who have “been there” and are available to help students navigate the financial waters, for free! Visit moneysmarts.iu.edu to learn more.

Three tips from the Director of Financial Literacy, Phil Schuman:

1. Having a part-time job can help curb student loan debt or pay for a meal out every now and then. Use the money you make during the school year to fund your lifestyle...don’t rely on student loans, or even family, for that. You should also use the money you make during the summer to help pay for the next year’s education expenses.

2. The easiest way to save money while you’re in school is to graduate in four years or less. For every additional semester you’re at school, you not only have to pay for the additional tuition, but also your housing, food, etc. Not only that, but you also lose out on your potential job earnings. Talk to your advisor and develop your four-year plan to graduate.

3. Start budgeting NOW. This is the time when you will develop financial habits that will likely stick with you for the rest of your life. Begin by budgeting all of your fixed/necessary expenses like housing, transportation, tuition, food, etc. The money you have left can be used for entertainment, clothes, and saving.
Student Central
Student Central is your one-stop shop for many of the tasks associated with the business of being a student. Explore the Student Central website studentcentral.indiana.edu for questions about:

- Financial aid
- Paying your bill
- Registering for courses

While at NSO, be sure to complete the items noted as “checklist” on your schedule. This includes checking in with Student Central staff on site at NSO. They will guide you through your financial tasks listed on page 5.

Ask Student Central
5 Minute Personalized Setup

Get your Student Central questions answered 24/7 using the Ask Student Central tool on their website.

Bookmark their website: studentcentral.indiana.edu

Follow Student Central on social media:
- IUStudentCentral
- @IUSCU411
- @iustudentcentral
What is FERPA?
The Family Educational Rights and Privacy Act (FERPA) protects your confidentiality by placing certain restrictions on the disclosure of information contained in your educational records. No third party, including your parents (some exceptions apply), may have access to your educational records unless you specifically authorize them to do so in writing. If you wish for any third party to have access to your Indiana University records, there are several areas you will want to pay attention to:

You can enable a third-party (such as a parent or guardian) to access the following portions of your records:
- Your bill
- Financial aid award and summary information
- Holds on your account
- Grades, class and final exam schedule, or unofficial transcript

To set up third-party access, log into One.IU and search for Set Up 3rd Party Users. Create a unique username and password for each person you want to authorize to see your information, and then choose what information each person can see. You can edit or remove a user’s permission at any time.

You can give a third-party access to the following academic information by completing the “Release of Information” form:
- Academic performance, grades, and GPA
- Advising
- Attendance
- Academic progress/enrollment, academic ethics issues

Most students will complete this form through the Office of the Vice Provost for Undergraduate Education at studentforms.ovpue.indiana.edu. If you are directly admitted into a specific school, you may need to check with that school for a form specific to you. Even if you have already set up third-party access, academic advisors cannot discuss your records with a third party without a completed Release of Information on file.

You can enable a third party to access your housing information:
- Housing application process
- I-Bucks account
- Housing contract

To set up a proxy for your housing information, log into One.IU and go to eProxy. Choose “Granter” then “Authorize a New eProxy” to set up access for another individual. Once access is granted, that person will follow the same instructions, choosing “Proxy” instead of “Granter.”
Housing
The residential curriculum provides an intentional experience to support students as they learn, engage, and grow in the areas of:

- Intellectual Engagement
- Understanding Self and Others
- Active Citizenship
- Well-Being

Learn more about the curriculum at rps.indiana.edu.

Dining
Meal plan selections may be changed before August 1 for the fall semester and December 1 for the spring semester.

Students may track their available I-BUCKS balance, purchase additional I-BUCKS, or purchase a meal plan through One.IU or dining.indiana.edu.

Students with food allergies or other dietary issues should work with the RPS registered dietitian at (812) 856-5851.

Residential Programs and Services (RPS)
Have housing and dining information at your fingertips and keep current with life in residence halls.

Follow RPS on social media:

- Facebook: RPSIU
- Twitter: @iurps

Parents and Families
Join the RPS Parent Community on Facebook.
facebook.com/groups/RPSParentsCommunity
You Have Choices. Make Healthy Ones.
Much of our own health and well-being is within our control. Whether it is seeking medical care and/or counseling at the IU Health Center, educating yourself about safety resources, meeting with a wellness coach, or making healthy decisions about how you spend your free time, we hope you use these services to help you achieve the goals you have set for yourself.

Culture of Care
Together, we foster Hoosier-to-Hoosier care in the areas of respect, safety, sexual well-being, drug and alcohol awareness, and mental health. You deserve to feel welcomed and that you have a place here. You have the right to learn, grow, and be safe here. You also have a role in creating those experiences for others. By utilizing the university’s resources and encouraging individual awareness and courage, we are creating a community where we take care of each other. For information about campus resources, visit studentaffairs.indiana.edu. To learn more about how to help create a Culture of Care at IU, visit care.indiana.edu.

Diversity. Inclusion. Equity.
Share your story. Your time at IU learning with, from, and about others who are not like you is as much a part of your education as anything else. Everyone brings their own story to campus. The stories are endless and create the rich experience of your education.

Engage in dialogue. We now live in a world that expects college graduates to work with a team of diverse individuals, achieve cultural competency, and effectively communicate. To work with a team, you have to know your teammates. Start now by connecting with others and sharing your own story. Be open to new stories and to change.

IU’s commitment to diversity is a part of the commitment to generating and imparting knowledge and understanding. We won’t always agree, but respectful conversation and sharing is an important IU value. So important that it is a part of the Indiana Promise: “I will respect the dignity of others, treating them with civility and understanding.”

Embrace the opportunities you have. Explore:
• Study abroad opportunities
• Culture and Support Centers
• Cultural festivals, celebrations, religious and cultural holidays, and traditions that are new to you
• Courses and clubs exploring diversity, cultural engagement, self-discovery, and more
• Get out and explore Bloomington’s diverse culture. Take a walk down Fourth Street and try one of the many ethnic cuisines available.
Bystander Intervention
“It’s On Us” to create a safe, supportive, and inclusive community. Helping other Hoosiers in need or in potentially harmful situations is part of that responsibility. Follow these steps when you notice a potentially problematic situation arising with alcohol/drug use, unwanted sexual activity or sexual violence, discrimination/harassment, hazing, or if you’re concerned about someone’s mental health and emotional well-being:

Be aware of your surroundings. Sometimes this can be difficult to do depending on the situation, but anticipating beforehand what problems you might encounter in a situation can make doing this easier.

Interpret the event as a problem. Use the signs of the event that you noticed to recognize when someone is in danger, being made vulnerable, or being exploited. When in doubt, trust your gut and step up to help.

Take personal responsibility to help. If you think that someone else is going to step up, chances are they probably won’t intervene, especially in large crowds. Be the person that takes responsibility, publicly state that you are going to help, and recruit others to help with you if necessary.

Decide how you are going to help. Consider safe options for providing assistance. There are many ways to help in different situations. Examples of ways to help include: talking directly to the person, creating a distraction, and removing a person from the situation.

Help! Safely take action and intervene to help prevent or respond to problematic situations. If you don’t feel comfortable directly helping in a situation, you can also help by asking others for assistance or by contacting campus and community resources. Visit care.indiana.edu to request a training to learn the skills to help.

Did you know?
Under the Indiana Lifeline Law, minors are protected from legal consequences for crimes such as public intoxication, consumption, possession and transportation of alcohol if they are reporting a medical emergency or requesting medical assistance in situations including alcohol poisoning, drug overdose or sexual assault, calling in response to or preventing a crime, or calling as a victim of a sex offense, and they cooperate with the police.
**Sexual Well-Being and Consent**

Consent is an agreement expressed through affirmative, voluntary words or actions, and mutually understandable to all parties involved, to engage in a specific sexual act at a specific time:

- Consent can be withdrawn at any time, as long as it is clearly communicated.
- Consent cannot be coerced or compelled by force, threat, deception, or intimidation.
- Consent cannot be given by someone who is incapacitated, as defined below.
- Consent cannot be assumed based on silence, the absence of “no” or “stop”, the existence of a prior or current relationship, or prior sexual activity.

**How is incapacitated defined?**

It’s when a person is incapable of consent if they are unable to understand the facts, nature, extent, or implications of the situation due to drugs, alcohol, a mental disability, being asleep or unconscious, or based on their age (pursuant to Indiana law). Consent does not exist when the individual initiating sexual activity knew or should have known of the other person’s incapacitation.

Learn more at [stopsexualviolence.iu.edu](http://stopsexualviolence.iu.edu).

**In doubt? Ask for help!**

The Office for Sexual Violence Prevention and Victim Advocacy provides confidential support to students who have experienced sexual violence through the Confidential Victim Advocates (CVAs) as well as educational workshops on sexual violence prevention and bystander intervention.

Resources available to you:

- Call in case of emergency: 911
- Indiana University Police Department: (812) 855-4111
- Sexual Assault Crisis Service (24-Hour Hotline): (812) 855-8900
- Sexual Violence Prevention and Victim Advocacy: (812) 856-2469
- Counseling & Psychological Services (CAPS): (812) 855-5711
- Safety Escort (for a safe ride home): Request a ride through the TapRide app. Visit [safety.indiana.edu](http://safety.indiana.edu) for more information.

**Remember:**

“Consent is unmistakable. It’s often verbal. It’s freely given. And if you’ve got those things together, that’s consent!”

-Welcome to College: The Musical
What You Need to Know
Know the risks to you and others when alcohol and/or drugs are involved and take action to help one another when needed. Not everyone drinks at college. In fact, 45% of first-year and transfer students report not drinking in the past year (MyStudentBody, 2017). Check out IU Late Nite and the many other options for fun and safe activities after dark.

No one deserves to be harassed or threatened based on who they are, what they look like, or their culture. It’s not okay. If you experience or witness such things, speak up and report it.

The IU Police Department has full-time officers on duty 24 hours a day, 7 days a week, 365 days a year. The Cadet Officer Program trains select students to work part-time and assist in keeping our campus safe.

Additional Resources
Office of the Vice President for Diversity, Equity, and Multicultural Affairs: DEMA provides many resources for support, connections, education, and celebration, including Culture Centers, organizations, and services. Visit diversity.iu.edu for more information.

Division of Student Affairs: Many support offices are within this division and are ready to help you stay healthy and safe, get involved, and be successful. Visit studentaffairs.indiana.edu for more information about services available. Some of those services include:

- Student Advocates Office: Advocates can help you resolve personal and academic problems and conflicts.

- IU Bias Incident Response: If you experience or witness discrimination or harassment, report it. With Bystander Intervention, it doesn’t have to happen to you for you to help. Learn how you can report at biasincident.indiana.edu.

- IU Health Center: The Health Center provides medical, pharmacy, physical therapy, wellness, and other services. Learn more at healthcenter.indiana.edu.

- Counseling and Psychological Services: CAPS offers individual, group, and couples counseling. Two counseling sessions per semester are available at no charge when you pay the IU Health Fee.

- OASIS: OASIS is the campus hub for alcohol and other drug resources, support, counseling, and programming. OASIS staff also support students in recovery and make referrals to treatment services.
Student to Student Advice - Unscripted and Real

• Don’t force yourself to have the “perfect” college experience. Stay true to yourself and everything will work out for the best.

• Go to every class, no matter how pointless it seems. It’s not.

• College is not for doing the college version of what you did in high school. Meet new people, take classes you don’t know anything about, and explore new activities and new places!

• Try to find an organization to get involved with in your first semester. It will help you make new friends and find things to do in a new place.

• IU may seem really big, but there is always help for students who ask for it. Don’t be afraid to reach out.

• At some point, you’ll know what you want to do, and at another point, you’ll have no clue. Life is just a cycle of these two notions on shuffle.

• Homesickness is normal at first. Reach out for help when you need it.

• Moving away is hard, but there is so much to gain from it. You might think you know yourself pretty well, but you truly learn how to become an individual.

• It’s important to be proactive! There are so many resources around campus; however, some of them might be more obscure than others.

• Be brave, be kind, be active.

• Sometimes partying will seem like the thing people want to do, but take advantage of the other activities and events IU has to offer. You only get easy access to some of these things for four years.

• Don’t like something someone says? Have a conversation and share your perspective, but be open to hearing theirs.
Parents, family, and those important in the lives of students are key to student success. Indiana University understands that. And, while it is true that there are laws and regulations that direct us regarding access to information, we have no intention of leaving you out of the loop.

Specific access to student information can be provided by the student; general information, tips, guides, and campus news are easily available.

**Parent Resources**

- Look for specific Parent/Family pages under the “Resources” tab on [fye.indiana.edu](http://fye.indiana.edu).

- FYE parent newsletters are emailed once a month, providing you with information of particular interest to families of first-year students. After the first year, you will receive newsletters from the Office of the Provost.

- Parent involvement is eagerly sought from the Parents Association and in Parent Engagement at the IU Foundation.

- Under some circumstances, parents may be notified about incidents involving alcohol or controlled substances. This is directed through the Division of Student Affairs.
Talking Points for Students and Family
We encourage students and their family members to continue the conversation and to talk about this important life transition. Whether you attend NSO together or just want to share your experience with those who couldn’t make it, this is just the beginning. We’ve included conversation starters suggested by NSO students, parents, and guests.

After NSO, before the first semester, talk about:
• What are you most confident about? Anxious? Excited?
• What to do if classes create struggle and stress.
• How to connect with IU resources.
• Decision making, especially involving alcohol, drugs, and sex.
• Expectations for time and energy devoted to studying.
• How to stay in touch: how much is enough? Too much?
• Expectations for visits to campus and for trips home.
• What expectations do you have for managing money?

During the academic year, talk about:
• Lessons learned about academics and classroom involvement.
• Making friends and getting involved outside of class.
• How expectations have changed (and for whom) now that the year has started, particularly for the first visit home.
• Things other students do that cause anxiety or discomfort.
• Managing feelings about attitudes, behaviors, and habits.
• Services that have been explored regarding career planning, health and safety, and academics.
• Accuracy of planning for budgeting time, money, and involvement now that reality is a factor.
Parent to Parent Advice
From the practical to the philosophical, here are a few words of wisdom from those who have been there.

- Let your student take care of things that arise—from putting money on CrimsonCash to getting packages to changing rooms. They need to learn how to navigate their own problems and will grow much more if you let them!

- Discuss and agree on an amount of communication that is agreeable to both parents and student.

- Stand strong for them to stick it out at least the first two semesters. My daughter made a huge transformation her second semester just by participating in more school activities.

- Be careful to ask your questions in an informed way and absolutely not in an accusatory tone. You can better guide your student and keep them safe if you know the truth, speak the truth, and truly try to understand.

- Ask pointed questions. Ask about friends, money, classes, what they are learning, and what they think about the world around them. Help them to think critically about it. Enjoy getting to know them as an adult.

- Make sure your student knows how to make a doctor’s appointment at the IU Health Center before that first bout with the flu.

- Be a coach. Check on them, support them, but don’t do it for them.
Partnering with IU
There are three very important parts of the partnership you’re entering: IU student, IU, and the student’s supporters.

Students: We all have the same goal—your success. None of us can do it alone. IU’s role is to provide support, services, opportunity, and education. It’s all here for you, along with people who genuinely care about your success. Your supporters’ roles change a bit now. Their most important roles now are as coaches, cheerleaders, and confidants. Your role is very important—you need to speak up, be engaged, take initiative, and take an active role in your education and your success.

Connect with the IU Parents Association
studentaffairs.indiana.edu/parents-association
facebook.com/IUHoosierFamilies
As much as we’d love to think we can tell you everything you’ll ever need to know about Indiana University and college life, NSO is only the beginning, and you will have questions. There is also so much to know and to remember as your Hoosier Experience continues.

One of the most important things to remember from NSO is this: if you need something, there is someone who can help. If you have questions, there are answers. You are not on your own at IU.

Indiana University has so many services to help students thrive. It can feel overwhelming when you don’t always know where to go for help. Needs are varied. But when it’s yours, it’s personal. You might find yourself needing:

- Help in a course
- Support for a personal problem
- Help adjusting to college and the large IU campus
- Medical advice

Some great first step resources

- Academic Advisors (See Page 14)
- Faculty and Administrators
- IU Culture Centers
- Residential Life Staff (Resident Assistants, Managers, etc.)
- The IU Call Center (812) 855-IUIU (4848)
- The IU Website iub.edu
- FYE Staff (812) 855-HELP (4357)
**Did you know?**
- IU has tutoring services.
- IU and Bloomington have food pantries and support for students in need.
- You’ve already paid for many services: transportation, health services, recreation, technology, and more. Use them!
- At IU, you can get a language partner to practice conversing in another language.

**Resources**
The FYE website [fye.indiana.edu](http://fye.indiana.edu) Resources tab is a tool to help students and family members learn about opportunities, resources, and services available at IU.
- Life at IU
- Global and Local Learning
- Arts and Culture
- Academics and Careers
- Equity and Inclusion
- Finances
- Health and Safety
- Transfer Resources
- Parent and Family Resources

**Important Dates**
There are many helpful IU calendars to help you plan and to keep you updated: event calendars, academic calendars, and more. Below are resources to help you find the important upcoming events.
Our Challenge to You
We want you to learn more about your new home and to start to feel more comfortable. Complete a minimum of three of the following items before the end of the first week of classes:

☐ Find one thing that will help you connect with your family’s culture. Consider a familiar food type, a new friend with a similar background, a local place of worship, or an IU culture center. Share this with someone from a different culture from you.

☐ Take time to really consider: how do you want to look back on your experience at IU? Find three resources—people, services, activities—to help you make it happen.

☐ Download the IU First Year Experience app and bookmark the FYE website. We can help you connect with so many other resources throughout your year.

☐ Consider this: introducing yourself is a skill that will serve you well right away, in job searches and in your career. Consider what you want to share with others, and practice by introducing yourself to ten people you don’t know.

Not sure where to go for help?
Let us help you get started.
(812) 855-HELP (4357)
Did you know?

If you are ever unsure of who to contact with a question, call the IU Call Center number for assistance:
(812) 855-IUIU (4848)
IU Bucket List
Throughout your four years at IU, make sure to complete the IU Bucket List. Check it out on our website: go.iu.edu/BucketList
WE

PRICE MATCH

TEXTBOOKS

The IU bookstore will price match Amazon, bn.com AND local competitors.

WHY SHOP ANYWHERE ELSE?

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You’ll need your course schedule to buy textbooks. Bring it to the store or use the online Textbook Wizard to find your textbooks & course materials.

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Thanks to the IU Bookstore for the donation of NSO student bags!
Stay Connected with FYE. Visit us at:

Office of First Year Experience Programs (FYE)
326 N. Jordan Ave.
Bloomington, IN 47405
(812) 855-HELP (4357)
fye@indiana.edu
fye.indiana.edu

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