PARENT ORIENTATION

Spring 2020
USU Parent Orientation

Find a seat and get to know your fellow Aggie Parents!

- Where are you from?
- How many students have you sent to USU?
- What do you hope to get from this Parent Orientation?
Student Orientation and Transition Services

Isaiah Jones
435-797-7557
isaiah.jones@usu.edu
TSC 105
USU.EDU/PARENTS
WHO AM I?

- My name is Isaiah Emmanuel Jones
- I serve as the USU Program Coordinator for Transition & Parent Programs (Summer 2019)
- I was a student-athlete on the USU Football team (2009-2012)
- I was a Student-Athlete Mentor (SAMs) at USU (2011-2012)
- BS in human physiology (2009) and an MA in history (2015) from USU
- I am currently a Ph.D. student in education at USU.
- Started working for USU in 2009
- Family of Aggies!
Why Am I Here?

USU PARENT & FAMILY PROGRAMS MISSION

The USU Parent & Family Programs Mission is to serve families through programming designed to equip parents with resources they need to help their student succeed at Utah State University. We do this by providing Parent Orientation, Parent Publications & Podcasts, and Deferment & Leave of Absence Outreach. We provide parents and families with these resources to promote student success and independence at any stage in their student’s academic career at Utah State University. usu.edu/parents

PARENT & FAMILY OUTCOMES

To empower parents and families to navigate this new part of their student’s life.

To understand the structure and mission of the university

To assist parents in helping their student to become a learner.

To learn intentional practices and behaviors that parents and families can engage in and not engage in to support their student along their path to becoming an educated person.

To discover the resources that are available for parents to help their student succeed.

To help parents become a part of the Aggie Family.
When you have finished the Connections course, you should be able to answer the following questions:

**Why am I here?**
- What is an educated person? How does an educated person contribute to his or her community?
- What role does general education play in educating a person?
- What role does the major play in educating a person?

**How do I best engage myself in the process of becoming an educated person?**
- What does an intentional student look like?
- What competencies do I need to develop in order to succeed?
- What resources are available to help me succeed?

**How do I become a fully engaged member of the university community?**
- What opportunities are there for me to have fun and to become more invested in the university community? (clubs and organizations)
- What is a learning community, and how do I go about building one?
- What are the benefits of a common literature experience?
BIG PARENT QUESTIONS:
1. How can a university education translate into success for my student?
   - What is an educated person?
   - How do general education, the major, and the overall student experience help my student become an educated person?
   - How will becoming an educated person help my student flourish personally, civically, and professionally?
2. How can I intentionally engage in ways that will help my student be successful?
   - What does an intentional college parent look like?
   - How do I best support my student along their path to becoming an educated person? What might interfere?
   - How do I know if my student is being successful?
3. How do I take advantage of the resources available to both parents and students?
   - What resources are available to parents of college students?
   - How do I balance being an involved parent while helping my student develop or maintain their independence?
   - How can I support my student as they connect to, participate in, and create communities that contribute to success and belonging?
Before today...

- Apply to USU
- Accept Admission
- Complete Modules 1 & 2
- Register for Classes
- Aggie Orientation (Module 3)

After today...

- Module 4
- Tuition & Fees
- First Day to Move In
- Connections (USU 1010)
- Classes Start
- Module 5

You Are Here!

- Dec. 16
- Dec. 11
- Jan. 4
- Jan. 6
- Jan. 6
- Jan. 13
FERPA

Family Educational Rights and Privacy Act

The Family Educational Rights and Privacy Act of 1974 prohibits Utah State University from releasing certain personally identifiable information from a student’s record to a third party (e.g. parent, spouse, etc.) without the student’s explicit consent.

myid.usu.edu

Delegates

Name and Birthdate
## Finances

(Pg. 14-15)

<table>
<thead>
<tr>
<th>Credit Hours</th>
<th>Total Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$366.05</td>
</tr>
<tr>
<td>2</td>
<td>$383.24</td>
</tr>
<tr>
<td>3</td>
<td>$400.43</td>
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<td><strong>12-18</strong></td>
<td><strong>$555.14</strong></td>
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<tr>
<td>19</td>
<td>$572.33</td>
</tr>
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</table>

### Resident vs. Nonresident

<table>
<thead>
<tr>
<th>Credits</th>
<th>Resident</th>
<th>Nonresident</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>12 CREDITS</strong> Per Semester (5 Years)</td>
<td>$38,295</td>
<td>$110,986</td>
</tr>
<tr>
<td><strong>15 CREDITS</strong> Per Semester (4 Years)</td>
<td>$30,636</td>
<td>$88,788</td>
</tr>
</tbody>
</table>

**DIFERRENCE**  
- $7,659  
- $22,198
Financial Account Summary

Account Detail for Term

Review detail transactions on your account, including current and future balance totals for the selected term and other terms.

201240 Fall 2012 Term Detail

<table>
<thead>
<tr>
<th>Detail Code Description</th>
<th>Charge</th>
<th>Payment Balance</th>
</tr>
</thead>
<tbody>
<tr>
<td>1RUH</td>
<td>$2,510.73</td>
<td></td>
</tr>
<tr>
<td>2STB</td>
<td>$106.91</td>
<td></td>
</tr>
<tr>
<td>2STH</td>
<td>$347.94</td>
<td></td>
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<tr>
<td>CF29</td>
<td>$25.00</td>
<td></td>
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<tr>
<td>CI08</td>
<td>$73.00</td>
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<tr>
<td>CI09</td>
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<td>CJ42</td>
<td>$24.00</td>
<td></td>
</tr>
<tr>
<td>CM35</td>
<td>$40.00</td>
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</tr>
</tbody>
</table>

Net Term Balance: $3,177.58
Net Balance for Other Terms: $0.00
Account Balance: $3,177.58
Current Amount Due as of Aug 27, 2012: $3,177.58

No Authorized Financial Aid exists on your record for the selected term.

Authorized Financial Aid as of Aug 27, 2012
Account Balance net of Authorized Financial Aid: $3,177.58
Current Due net of Authorized Financial Aid: $3,177.58

No pending transactions exist on your record for the selected term.

Memos as of Aug 27, 2012
Account Balance net of Authorized Financial Aid and Memos: $3,177.58
Current Due net of Authorized Financial Aid and Memos: $3,177.58

[ Pay your Account ] [ Installment Plans ] [ Select Another Term ]
Financial Account Summary

TouchNet

USU.EDU → MyUSU → Student Account Log-in → BANNER → Financial Account Summary
**Announcement**

Welcome to Utah State University Bill Payment System. Please note that there are no additional fees for payment by electronic check. Credit card payments will be assessed a non-refundable PayPath Payment Service fee of 2.85% (minimum $3.00).

**Student Account**

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>Balance</td>
<td>$0.00</td>
</tr>
<tr>
<td>Estimated Financial Aid</td>
<td>$9,659.31</td>
</tr>
<tr>
<td>Balance Including Estimated Aid</td>
<td>-$9,659.31</td>
</tr>
</tbody>
</table>

ID: xxxxx5384

**Term Balances**

<table>
<thead>
<tr>
<th>Term</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spring 2020</td>
<td>-$9,659.31</td>
</tr>
</tbody>
</table>
Text Books & Course Materials
campusstore.usu.edu

Parking and Transportation
parking.usu.edu

On Campus Housing
housing.usu.edu
usu.edu/housing/academicprograms/

Off-Campus Housing
aggiecribs.com
trueaggie.com/

Student Employment (Aggie Handshake)
career-services.usu.edu
LIFE'S HAPPIER HERE

Please refer to the building availability list to see which buildings have spaces available for the 2020-2021 academic year.

PROSPECTIVE STUDENTS  CURRENT RESIDENTS  AGGIE PARENTS

HOUSING OPTIONS

SINGLE HOUSING

Virtual Reality Tour

Take a 360-degree virtual reality tour of all the rooms and common spaces in our residence halls on campus.

FAMILY HOUSING

OSU Live on Campus App

Find your classes and stay up-to-date with everything happening on campus. It's your guide to OSU.

Walk The Video

Take a look at our single housing residence halls from the comfort of your couch.
College is hard. Housing shouldn't be.
True Aggie Apartment Guide
Utah State University students continue to make TrueAggie.com the #1 location online to find student housing and student apartments at USU! Thanks, Aggies!

New Aggie Ads format
The Aggie Ads section has been updated to a simple interface. Quickly browse, post and respond to Aggie Ads without hassle.

Steps to use the Aggie Ads:
1. Register or login to TrueAggie.com
2. Click Aggie Ads link
3. Click Create Ad near top of page
4. Add your title and description
5. Be sure to choose a category
6. Click Create Ad
7. Upload pictures if desired

Aggie Ads - See All
Spring 2020 - Private room and bathroom [GIRLS ONLY]
Three Bedroom/Two Bathroom Apartment at Legacy Village.
Soda apartments
Spring 2020 - Private room and bathroom [GIRLS ONLY]
Female master shared room available at the Falls at Riverwoods
apartments!!!! contracting FOR SALE FOR MALE STUDENT IN BULLEN HALL! WE WILL GIVE YOU A $200 SECURITY DEPOSIT!!!
Female Private Bedroom and Bathroom
Spring 2020 - Male Housing Contract Sale, Morgan Hall 1st Floor: Security Deposit + First Month Paid
Private Bedroom in brand new townhouse for rent [GIRLS ONLY]
Private Bedroom in brand new townhouse for rent [GIRLS ONLY]
PRIVATE male room with bathroom
SPRING 2020 HOUSING: Living, Learning Community. *** WILL PAY THE SECURITY DEPOSIT***
Central suites male private room
Male Room Best House Close to Campus
CONTRACT FOR SALE FOR MALE STUDENT IN BULLEN HALL! WE WILL GIVE YOU A $200 SECURITY DEPOSIT!!!
CONTRACT FOR SALE FOR MALE STUDENT IN BULLEN HALL! WE WILL GIVE YOU A $200 SECURITY DEPOSIT!!!
***SNOHALL DISCOUNTED***
shared female room!! Save $500!
“Davis Hall Female Shared Room Contract” DEPOSIT WAIVED

Apartments - See All
Legacy Apartments
- Single student housing 4 plus 3 blocks from USU
Stoneleigh Student Apartments
- Private Room - Bed - Bath - The Best of the Best in Single Student Housing - Across the street from campus - Fully furnished - Clean and well maintained - Your Home Away From Home
Inland Inn $585-585 Cayon Rd Student Apartments
- Furnished Student Apartments. Great deal close to campus.
Apple Tree Cove Apartments
- Fully furnished room with washer/dryer, dishwasher, built in microwave, A/C and close to campus! We work with financial aid students.
91 Punny Lows Apt-
- Fully-furnished townhouse style apartment in Logan Utah, private room.
Amber Heights/ Spectrum Apartments
- Variety of apartment sizes from studio to 4 bedroom/4 bath!
- Furnished, near campus with plenty of parking, houses or newer apartments available
Alpine Flats
Pine View Apartments
- Social, friendly environment, clean, furnished, 3-bedroom/2-bath, shared and private bedrooms, pool, roommates matching, paid gas, close to USU.
Darwin Avenue Apartments
- As close to Utah State University campus as you can get. 3 home style apartments on Darwin Ave...
Stonebridge Apartments
- Stonebridge Apartments, near USU, are a great, friendly place to live.

900 Factory / Ultimate Modern Student Living
A RARE SPACE LEFT! IMMEDIATE MOVE IN AVAILABLE! Double Carport, Hot Tub, 2 DISH WiFi, Key Pad Entry, Study Areas, Rock Climbing Wall, Mega Private Rooms, W/D in unit, 6 Story Parking Garage
Parking Information

Parking and Transportation Services welcomes you to the beautiful campus of Utah State University. We hope to make your commute to campus as easy as possible. Our pledge is to make a positive difference in the lives of Faculty, Staff, Students, and Visitors of Utah State University through exceptional service.

We want to help you get acquainted with our operations and point you in the right direction for a great experience at USU. Click on the buttons below to find information about campus parking and detailed maps.
Courses

Substitution Policy: We want to make sure you have all the materials you need for your classes. If your preferred choice of physical textbook is out-of-stock or unavailable when we process your order, we will substitute new for used or vice versa so that your order is complete. If you do not wish to keep the substituted item, the normal return policy will apply.

eBook Rentals: eBook rental duration is minimum 130 days and are non-returnable.

All Courses LAEP 7800 SOC 7150 SPED 7400

FALL 2019 - UTAH STATE UNIVERSITY - SOC 7150 - Section 001

Instructor: Martinez-Cola

2. Required Materials

select all: NEW | USED

ANALYZING SOCIAL SETTINGS

Author: LOF LAND
ISBN: 9780534528614
Edition: 4

Options:
- USED $94.95 Out of Stock
- NEW $119.95 Out of Stock

CONSTRUCTING SOCIAL RESEARCH
Drop in for 10 Minute Coaching (Fall 2019)

Monday & Wednesday:
1:30pm - 3:30pm
Tuesday & Thursday:
3:00pm - 5:00pm
Friday:
Noon - 2:30pm

AGGIE handshakE
JOIN THE COMMUNITY

AGGIE Handshake Account Tips:
- Community members (non-college students) will need to apply for USU part-time positions through USU Human Resources at https://hr.usu.edu
- If you are a recent grad or current student, you will already have an account. Simply log in using the "USU SSO Login" option.
- If you are unable to log in, try using another email associated with your Banner account. We preloaded all students based on an email in your Banner account.
- Log in by clicking HERE or on the AGGIE Handshake Logo above.

Need an appointment?
Schedule it on AGGIE Handshake or Call (435) 797-7777

Meet Your Career Coach
Registration Resources

- General Catalog: catalog.usu.edu
- Degree Finder: usu.edu/degrees
- Degree Works: my.usu.edu

Courses:
- USU 1010
- ENG 2010
- BIO 2120
### Major in Health Education and Promotion

**Unmet conditions for this set of requirements:** 72 credits are required. You currently have 35, you still need 37 more credits.

#### Health Education Core Requirements
- **Human Anatomy**  
  Status: Still Needed  
  Still Needed: 1 Class in BIOL 2220
- **Human Physiology/Advanced Physiology**  
  Status: Still Needed  
  Still Needed: 1 Class in BIOL 2420
- **First Aid & Emergency Care**  
  Status: Still Needed  
  Still Needed: 1 Class in HEP 2000
- **Health & Wellness**  
  Status: Still Needed  
  Still Needed: 1 Class in HEP 2500
- **Drugs & Human Behavior**  
  Status: Still Needed  
  Still Needed: 1 Class in HEP 3000
- **Intro to Community Health**  
  Status: Still Needed  
  Still Needed: 1 Class in HEP 3600
- **Race, Culture, Class & Gender Issues**  
  Status: Still Needed  
  Still Needed: 1 Class in HEP 5000
- **Science & Application of Human Nutrition**  
  Status: Still Needed  
  Still Needed: 1 Class in NSB 1020

#### Emphasis Requirements

**Unmet conditions for this set of requirements:** 42 credits are required. You currently have 18, you still need 24 more credits.

#### Required Professional Courses
- **Social Marketing in Health Education**  
  Status: Still Needed  
  Still Needed: 1 Class in HEP 3960*
- **Foundations in Health Education**  
  Status: Still Needed  
  Still Needed: 1 Class in HEP 4100
- **Planning and Evaluation for Health Education**  
  Status: Still Needed  
  Still Needed: 1 Class in HEP 4200*
- **Creative Methods of Teaching Health**  
  Status: Still Needed  
  Still Needed: 1 Class in HEP 4460*
- **Field Work in Health Education**  
  Status: Still Needed  
  Still Needed: 9 Credits in HEP 4600*
- **Grant Proposal Writing**  
  Status: Still Needed  
  Still Needed: 1 Class in HEP 5360
- **Computer Applications for Instruction**  
  Status: Still Needed  
  Still Needed: 1 Class in ITLS 5205
- **Community Nutrition**  
  Status: Still Needed  
  Still Needed: 1 Class in NDNS 4480
- **Psychological Statistics**  
  Status: Still Needed  
  Still Needed: 1 Class in PSY 2800
- **Communicable Disease Control**  
  Status: Still Needed  
  Still Needed: 1 Class in PUBH 4030
- **Fundamentals of Epidemiology**  
  Status: Still Needed  
  Still Needed: 1 Class in PUBH 4040

#### Electives
- **Human Nature**  
  Status: Still Needed  
  Still Needed: 1 Class in PSY 1010
- **Content and Methods in Education**  
  Status: Still Needed  
  Still Needed: 1 Class in HEP 3100
- **Choose one more elective class not already taken.**  
  Status: Still Needed  
  Still Needed: 1 Class in FCHD 3100

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*Credits Required: 72, Credits Applied: 35

---

*Credits Required: 42, Credits Applied: 18

---

*Credits Required: 46
Connections (USU 1010)

(Pg. 11)

- 2 credit academic course
- Ease the transition to college life at USU
- Study and time management skills
- Roommate conflict
- Creating habits of mind
- Interactive learning
  - Using online learning tools
  - Finding classes/campus geography
- Learn how to work with professors
- College expectations
  - Common literature: My Beloved World
- 30 new friends
- Peer mentor for the first semester
“I have always felt that the support I’ve drawn from those closest to me has made the decisive difference between success and failure…Whatever their limitations and frailties, those who raised me loved me and did the best they knew how. Of that I am sure.”

-Sonia Sotomayor
Justice of the Supreme Court of the United States
#USYSYMPONY
Inspired by art and sound at the USU symphony.

#WATERSLIDE
Huge water slide down Old Main hill: Best way to start the school year.

#PAINTHTOWNBLUE
Prepping for homecoming through Aggie-pride graffiti.

#THEHOWL
The biggest and baddest Halloween bash in the West keeps getting bigger and better.

#POREV
Relaxing at open mic night with free drinks, great poetry, and live music.

#INTERNATIONALWEEK
Dialled, food tasting, and festival of lights: uniting through our differences.

#CLEANTHESINK
I scream, you scream, we all scream for CHEF AT DAY! Bring on the sink full of ice cream.

#POW WOW
An unforgettable experience: Great food, music, and traditional dances.
Add Your Voice to the Hurd
This Is Our Great Outdoors

Campus Recreation (Pg. 16)
Utah State Safe is the official safety app of Utah State University. It is the only app that integrates with Utah State University's safety and security systems. The USU Police Department has worked to develop a unique app that provides students, faculty and staff with added safety on the Utah State University campus. The app will send you important safety alerts and provide instant access to campus safety resources.
The SafeUT Crisis Text and Tip Line app provides 24/7 access to crisis counseling and school tip reporting for students and their parents and guardians that live in the state of Utah. After installing the app you can connect directly to the UNI CrisisLine or report a confidential tip on bullying, school threats of violence or concern about someone in crisis. CrisisLine staff can assist with a wide variety of problems, including emotional crisis, grief and loss, drug and alcohol problems, mental health issues, self-harm and suicidal behavior.
“The mission of the Office of Student Retention and Completion is to provide campus leadership, reliable data, and student-focused programs that will provide students with the tools to thrive academically, socially, and personally while at USU.”
Encourage your student to:

- Take 15 credits each semester
- Plan to study 3 hours for each hour in class
- Utilize tutoring, SI, writing labs, etc.
- Start building resume now
- Get involved
- Stay in Logan
- Have a part-time job
Help your student to:

- Become a learner
- Gain experiences
- Practice resilience
- Refine social skills
- Put in the effort/work hard
- Develop communication skills
QUESTIONS?
5min Break

Sign up for our Newsletter at: USU.EDU/PARENTS

Instagram: usuateam
STUDENT TO PARENT PANEL
SMALL GROUP SCENARIOS
Question One

After a semester at Utah State University, your student comes back home for Christmas break and seems to be having a tough time feeling like they belong at the university. Furthermore, they received less than ideal grades in their final courses.

How can you intentionally engage in a conversation with your student that will increase the chances for them to be successful going forward?
Question Two

After two months at Utah State University, your student calls home and declares that they want to change their major to something that you think will be a poor financial decision and a high possibility that they will have a hard time finding employment after they graduate from the university.

How do you take advantage of the resources available to both parents and students to work through your initial concerns?
Question Three

Your student is planning on attending a Utah State University dance party with a few friends that they barely know.

How can you support your student as they participate in this social event while ensuring that they are also successful in their academic pursuits at USU?
1. How can a university education translate into success for my student?
Meet New Friends
Don’t worry about shopping, cooking, or cleaning. Connect with your friends, and let our dining locations be your home away from home.

Fuel Your Future
Eat healthy, balanced meals in our locations to keep you going. Focus on academics and what is most important during your time at USU.

Location, Location, Location
We have 17 locations around the USU Campus not including Concessions & University Catering.
Housing Meal Plans
(Included as part of some Housing Contracts)

The Unlimited Meal Plan

- Eat as many times as you like in our 2 dining hall locations
- Grab a quick snack between classes or sit down for a full meal
- Eat 3 times a day / 7 days a week
- $4.54 per meal
- Discover our other 15 locations across campus, and use your Dining Dollars

The Semester 110 Meal Plan

- Use your 110 swipes in our 2 dining hall locations throughout semester
- Averages approximately 6 meals per week
- Discover our other 15 locations across campus, and use your Dining Dollars
What Parents Should Know

- Food insecurity comes in many forms. Knowing that a student has healthy, viable options can relieve a lot of stress in their life.
- Eating is social. Part of transitioning to college life and beyond is learning social skills and making connections.
- Time is one of the biggest gifts you can give a college student. Time saved from shopping, cooking and cleaning can be spent on things like “getting involved” and yes…..STUDYING.
Saving Money on Campus

Block Meal Plans

- Choose between 25, 50, or 75 meals
- Can be used at all dining locations
- Never expire
- Save money compared to cash prices at The Marketplace, The Junction, and the Skyroom

Aggie Express

- Aggie Express is a debit account exclusively for on-campus use
- Add money online, at the USU Card Office or at kiosks across campus
- Receive 10% discount when used at any dining locations
QUESTIONS?
Lunch Break

*Please be back at 1:00 p.m.

Sign up for our Newsletter at: USU.EDU/PARENTS

Instagram: usuateam
Big Parent Question:

2. How can I intentionally engage in ways that will help my student be successful?

Alan Hodges
435-797-1939
Emergency 911
Dispatch contact (435) 797-1939
www.usu.edu/dps

Pg. 36
Campus Police

- State Certified Police Officers
- Operate 24 hours a day
- Currently 14 full-time and 6 part-time police officers
- Investigate all criminal activity on campus
- Enforce all traffic codes
- Excellent working relationship with surrounding agencies
Emergency Services

- Own 911 dispatch center
  Police/Fire/Ambulance

- 29 Emergency phones on campus

- Response time is about 1-2 minutes
Code Blue
Emergency Alert System

MY.USU.EDU
A-NUMBER & PASSWORD
BANNER
UPDATE EMERGENCY ALERT
ENTER UP TO 5 CONTACT NUMBERS

(Pg. 36)
Services to our Community

• 24 Hour Safety Escort
• Jumpstart car batteries
• Unlock car if keys are left inside
• Let-in to room or office, if authorized
• Fingerprint service - $20 fee
• Crime Prevention Programs

In 2017 USU Police responded to 8,858 service calls
Drug & Alcohol Laws
Minor in Possession

- $525 fine
- Mandatory Alcohol counseling at your expense
- Drivers license suspended until counseling class completed
- Possibly 2 days in jail
Rape Aggression Defense Class
R.A.D
QUESTIONS?

Follow us on Facebook and Twitter!

Search: “USU Police”
Big Parent Question:

2) How can I intentionally engage in ways that will help my student be successful?

Pg. 36-37
WHAT YOU SHOULD KNOW

1. Enforces USU discrimination and sexual misconduct policies
2. Provides prevention education
3. Offers resources, like supportive measures
What are you concerned about as a Parent?

Problematic Behaviors

- Sexual Misconduct, like Sexual Assault
- Discrimination, Bias, Harassment
- Hazing, Intolerance, BULLYING

Prevention Efforts

- Sexual Assault Prevention Course (module 4)
- Consent Campaign / “I Believe” Campaign
- Upstander Training
- Dry Campus Policy
Resources

- Counseling and Psychological Services (CAPS)
- Sexual Assault and Anti-Violence Information (SAAVI)
- Office of Equity (Title IX)
- Campus Police
- SafeUT App (state-wide app)
Reporting

- MyUSU Portal
- Office of Equity Website
- In-Person at Office of Equity of USUPD

MyUSU Portal
my.usu.edu
QUESTIONS?
Big Parent Question:

1. How can a university education translate into success for my student?

Pg. 32

435-797-1660
www.health.usu.edu

850 E. 1200 N.
North of Maverik Stadium
BIG PARENT QUESTION:

1. How can a university education translate into success for my student?

435-797-1012

www.counseling.usu.edu

TSC 306

Hours: 8:30am-5:00pm, Monday-Friday
“Embrace a holistic approach to student development by removing psychological, emotional and behavioral barriers to learning and success”

“Goal is to both enhance the university experience for students and promote a healthy environment on campus”

“Focus on giving students support & mental health skills”
Top reason college students seek mental health services (U.S. 2016-2017)

Source: Deseret News
Providers & Services 2019-2020

**Providers**
- 11 Licensed Psychologists
- 3 Pre-Doctoral Interns
- 6 Psychology Practicum Students
- 1 Marriage and Family Therapist
- 1 Licensed Clinical Social Worker
- 12 Reach Peers

**Services**
- Outreach
- Workshops (Reach Peer Program)
- Psychoeducational assessment
- Initial consultation, crisis, and referrals
- Individual, group, and couples therapy
- Biofeedback
- ACT-Guide (Online Mental Health Resource)
CAPS
Scope of Practice & Additional Resources

Individual & Group Therapy

- CAPS typically provides short-term goal oriented therapy (e.g., 6-8 sessions)
- Students most commonly seen weekly or every-other week basis (1 hour sessions)
- Generally not recommended for students seeking and/or needing intensive or long term treatment
- Examples Intensive Treatment: Active Eating Disorders, Psychotic Disturbance

Additional Mental Health Resources (On Campus)

Behavioral Health Clinic Sorenson Center for Clinical Excellence
- Psychology Service
- Marriage and Family Therapy Service
- Services offered per sliding fee scale (Lowest rung is $15 per 1 hour session)

Student Health Services
- Brief mental health therapy (30 minute)
- Provided by psychology Ph.D. students
- Free of Charge
CAPS
Cost & Eligibility

- Counseling services are provided free of charge
- Undergraduates must enroll in 9 credits to receive services
- Graduate students must be enrolled in 6 credits to receive services
- Some extra fees for psychoeducational testing
Big Parent Question:

1. How can a university education translate into success for my student?

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435-797-1660
www.health.usu.edu

850 E. 1200 N.
North of Maverik Stadium
Student Health & Wellness Center
Located North of Maverik Stadium (near where you parked today)

- Fully staffed (family practice, sports medicine, emergency medicine, women’s health, physical therapy, dietetics/nutrition, psychiatry)

- All providers are boarded or certified
How to get an appointment?

Patients are typically seen same day if calling for an appointment when we open in the morning.

Online at aggiehealth.usu.edu

Calling 435-797-1660 or online scheduling is preferred, but we do our best to take walk-in appointments as well. Urgent conditions are seen sooner.

Office is open 8-5 Monday-Friday during Fall and winter semesters on days that the university is open.

Office is open 8-4 Monday-Thursday & 8-2 on Friday during the summer months.
Services Provided

- **Primary Care** - All conditions that would typically be cared for in a primary care office or in an urgent care facility. We have additional capacity for x-ray imaging, and basic laboratory testing on site.
- **Women’s Health** - Contraception, gynecologic diagnosis and treatment.
- **Psychiatric Care** - Diagnosis and medical treatment of mental health conditions. Depression, anxiety, ADHD, Bipolar Disorder etc.
- **Individual Mental Health Therapy** - Provided by supervised Practicum Clinical Psychology Ph.d students.

Minor Procedures

- Lacerations
- Mole removal
- Ingrown toe nails
- Fracture care (splints, casts, braces)
- Allergy shots
- IUDs
- Joint reduction
- Abscesses
- Foreign body removal
How much does it cost?

Most visits have no charges or out of pocket expense

- Prepaid by Student Health fee
  - About $50 per semester
  - Unlimited use (12-18 credits)
  - Covers all professional services (except physical therapy)
  - No health insurance required

- May incur a charge for “extras”
  - Procedures, supplies, medications, x-rays and labs (at or near cost)
  - Patient insurance is billed for patient may pay out of pocket
  - Cash, Visa, MC, Banner account (out of pocket options)
When should your student visit us?

- New Symptoms
  - Fever of 101.5
  - Difficulty Breathing
  - Significant Pain
- Any (unexpected) Bleeding
- Diarrhea (1+ day)
- Nausea/vomiting
- Difficult Questions
- Mental health symptoms impairing ability to function
- Suicidal thoughts
- Help with chronic illness

Top 10 Diagnoses

- Depression 1090
- Anxiety 847
- General Physical 783
- ADHD 743
- Pharyngitis 639
- Adjustment disorder 477
- GYN/Contraception 475
- Cough 375
- Rhinitis/sinusitis 236
- Fatigue 131
USU Student Health Insurance Plan (SHIP)
For weekends, holidays, specialists, rainy days, etc.

- Deductible
- Co-Pays
  - E.R.
  - Off-Campus OV
  - Hospital Admission
  - Out of pocket max
- Co-Insurance
- Medications
- ACA compliant

About $2300/year (2019-2020)

- $500
  - $250
  - $30
  - $250
  - $6000
- 80% / 20 %
- $15/$30 co-pay
- Silver plan equivalent
QUESTIONS?
5min Break

Sign up for our Newsletter at: USU.EDU/PARENTS

Instagram: usuateam
Academic Thriving PANEL
Big Parent Question:

1. How can a university education translate into success for my student?

435.797.7777
career-services.usu.edu
career.services@usu.edu

University Inn | Room 102
Big Parent Question:

1. How can a university education translate into success for my student?

University Advising
435.797.8069
advising.usu.edu
TSC 304C
Big Parent Question:

1. How can a university education translate into success for my student?
Big Parent Question:
2. How can I intentionally engage in ways that will help my student be successful?

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435.797.1128
usu.edu/asc/index
asc@usu.edu

TSC 305
QUESTIONS?
Welcome to USU
What’s Next?

• Closing meeting
• Information Table & ID Cards
• Aggie Ice Cream

Sign up for our Newsletter at: USU.EDU/PARENTS

Instagram: usuateam
Thank You

Isaiah Jones
Isaiah.Jones@usu.edu

Utah State University®
Student Orientation and Transition Services Office
Taggart Student Center, Rm. 105
0122 Old Main Hill
Logan, UT 84322-0122

Phone: 435-797-0283
Email: orientation@usu.edu
Instagram: @usuateam
usu.edu/orientation