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UNIVERSITY

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Redbird
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PARENT and FAMILY

2021-2022
GUIDE

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A **BIG** TRANSITION

ADJUSTING YOUR ROLE

As a parent or family member, you play a vital role in the success of your student. Student success is the result of a partnership between the University, the student, and their family. We are preparing the student for the next phase of life. Students will experience a few challenges along the way. When they do, we have the resources to help them, along with the family's support. It is through those challenges that the greatest growth and learning occurs.

RESOURCES JUST FOR YOU

Parent and Family Services provides you with the support and resources you need to keep informed. We communicate through personal connections and technology. Here are some of the resources that will help you stay connected:

Parent and Family News

Get monthly updates on campus events, deadlines, and resources. Find the newsletter on the Parent and Family Services at Illinois State Facebook page and on the website.

Parent and Family Services at Illinois State Facebook page

Get updates with important information, and see what's happening on campus.

Illinois State Parents and Families Facebook group

Connect with other Illinois State parents and guardians to ask questions, get advice, and share tips.

Parent and Family Services website

Get answers to common questions and links to key campus resources at Parents.IllinoisState.edu.

Family Weekend

Visit campus and enjoy a variety of activities for all members of your family.

Staff to answer your questions

Contact Parent and Family Services at (309) 438-2008 or ParentServices@IllinoisState.edu with questions or concerns.

ADAPTING TO THE TRANSITION

College is a time of great change for students and their families. An important component to student success is preparing for the transition to college. Each student responds differently to change. Discuss your student's anxieties, fears, and excitement about attending college.

The most difficult challenge you may face is deciding how to respond to your student's problems.

Your child is in a world where others consider them an adult. Even though you may want to step in, students must learn how to handle tough situations on their own. The point is not to stop showing how much you care, but to help transition your student into adulthood by providing guidance and encouraging their resilience.

It is only natural for students to be homesick.

Some students may try to alleviate their homesickness by going home every weekend. Involvement on campus can lead to connections and activities that help a student feel at home on campus. Encourage your student to explore ways to get involved and find their community through some of the opportunities in the Campus Life: Getting Involved section.

One lesson your student will learn, both inside and outside of the classroom, is responsibility.

Successful students are self-sufficient and act on their own initiative. The University treats students as adults and expects them to act that way. When students do need help, guidance is available.

College students often admit to being stressed.

A poor test score, relationship issues, or even laundry woes can send students into a spiral. Give your student a sympathetic ear and talk them through these normal disappointments.

If stress and worrying are repeated concerns for your student, encourage them to utilize campus resources, such as Student Counseling Services or workshops from Health Promotion and Wellness.

For students, one of the most exciting and scary things is that they are leaving the security of their homes and families.

They may find adjusting to life away from home difficult enough without feeling like the people whose opinions they respect most are questioning their decisions. Your student's hours and behaviors may fluctuate. Trust your student to learn, grow, and possibly make mistakes, while providing them nonjudgmental support during this time.

Visits are a great way for students to introduce their families to the people and places important to them at college.

However, unannounced visits may not be appreciated and could be potentially embarrassing to you, your student, and their roommate(s). It's best to contact them first!

Write a letter or send a quick text, email, or social media message to connect with your student.

If you believe that your student will find something interesting, send it. An occasional care package is also a welcome surprise. Reach out on holidays/celebrations that are significant for your student because holidays can trigger loneliness or homesickness.

ADDRESSING THE TOUGH STUFF

The safety and well-being of students is of primary importance to the University. College life may lead your student to be faced with new situations, including situations that involve alcohol and drugs. Use the incidents of alcohol poisoning, DUIs, and hazing covered in the news, as well as portrayals of college life in media sources, as a way of discussing the consequences.

Take time to speak with your student about what responsible behavior is. Students need to understand that responsible behavior will enable them and others to succeed.

Communicate openly with your student about the dangers of alcohol misuse and abuse.

Share with them the signs of alcohol poisoning, including:

- Consciousness or semi-consciousness
- Slow breathing: eight breaths or less a minute, or breathing that stops for more than eight seconds at a time
- Cold, clammy, pale, or bluish skin
- Nonresponsive when being talked to or shouted at
- Nonreactive to being pinched, prodded, or poked
- Inability to stand

Also, students need to understand the importance of calling 911 without being afraid of getting the victim or themselves in trouble if they are under 21. Saving someone's life outweighs any possible consequences of calling for help. Under the *Code of Student Conduct*, the University will consider the positive impact of taking the appropriate action in an emergency situation when alcohol and/or other substances are allegedly involved.

Make a point of discussing choices and expectations around cannabis and cannabis use, as it is on the rise among college students.

Cannabis use, by any age and for any purpose, is not permissible on university property. Students should be clear on the rights, responsibilities, and consequences of use as it pertains to leases, employment, scholarships, and athletic competition. Although the laws regarding use have changed over the years, use or possession may still result in penalties imposed by the campus or community, including arrest or fines. For more information on the effects of cannabis, visit the American Academy of Physicians at [AAFP.org](https://www.aafp.org). For full Illinois statutes, visit [ILGA.gov](https://www.ilga.gov).

The misuse and abuse of prescription drugs is a growing problem on college campuses.

Prescription medication misuse is when someone takes a medication differently than how it is prescribed or takes a medication prescribed for someone else. However, intentionally using a prescription drug—whether it is prescribed for you or obtained from someone else—for the purpose of “feeling good” or “getting high” constitutes abuse.

Misusing or abusing prescription medication is dangerous, even more so when mixed with alcohol or other drugs.

Start having conversations about these topics and more before your student starts college.

There are many campus resources available to you and your student if you begin to notice they are:

- Skipping classes or having a drop in academic performance
- Frequently asking for more money to cover expenses or taking on a second or third job
- Becoming moody, defensive, or quiet when you try to talk to them about school

If necessary, encourage your student to seek help from:

- Health Promotion and Wellness Wellness.IllinoisState.edu
- Student Counseling Services Counseling.IllinoisState.edu
- Student Health Services HealthServices.IllinoisState.edu
- University Housing Services Housing.IllinoisState.edu



ISU EMERGENCY ALERTS

In the event of an emergency, information will be shared with the campus community and those who are signed up for the ISU Emergency Alert system.

Alerting channels include Illinois State University email accounts, text messaging, Facebook and Twitter accounts, the University homepage, campus phones, and various campus displays.

Parents and family members need to enroll in the system by texting "ISUALerts" to 67283.

Visit IllinoisState.edu/EmergencyAlert to learn more about ISU Emergency Alert.

For general preparedness and safety information, follow @SafeRedbirds and @ISUPolice on Facebook and Twitter.

UNDERSTANDING FERPA

Our faculty and staff are required to comply with the Family Educational Rights and Privacy Act (FERPA).

We can answer general questions about university policies and procedures, but are not allowed to discuss student-specific information except with the student. While Parent and Family Services is available as a resource, we also suggest that you talk with your student about your questions and concerns.

For more information about FERPA, visit Registrar.IllinoisState.edu/FERPA.



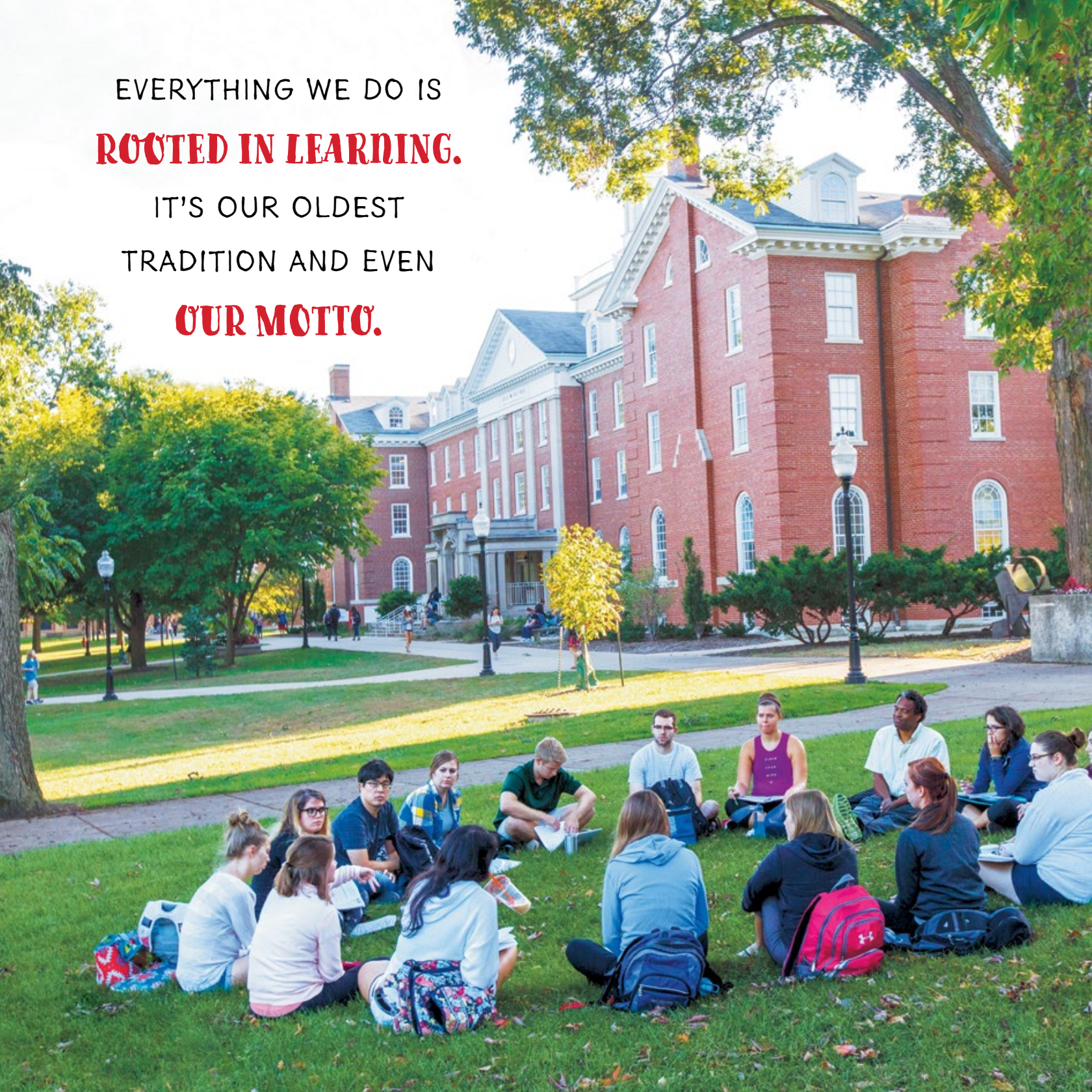


CAMPUS

LIFE

EVERYTHING WE DO IS
ROOTED IN LEARNING.

IT'S OUR OLDEST
TRADITION AND EVEN
OUR MOTTO.



CAMPUS LIFE LEARNING

The skills, experiences, and resources students bring to college are as different as the places they call home. Success is not just about the skills and tools they already have, but how they continue to develop them during their time here.

ACCLIMATING TO COLLEGE STUDIES

There are a number of transitional resources available through University College.

Academic advisors are the first point of contact and are a resource not only for help with selecting and getting into classes but also career planning, finding a major, and academic coaching. New student seminars are an option for getting oriented to campus, learning what resources are available, and developing strategies for how to get involved in the campus community.

For first-generation students, TRIO/Student Support Services offers a variety of advising, mentoring, tutoring, and counseling opportunities to assist students in feeling comfortable in their new college home and make progress toward graduation.

When students need to learn better study skills, how to speak with instructors, tutoring, or writing assistance, the Julia N. Visor Academic Center is the place to go. It offers a variety of workshops, mentoring, tutoring, student groups, and one-on-one writing assistance, free of charge. More information can be found at UniversityCollege.IllinoisState.edu.



ACADEMIC STANDING

To maintain good academic standing, a student must achieve a minimum cumulative grade point average (GPA) of 2.0 on a 4.0 scale.

The total number of hours completed includes all college work. However, only the grades earned at Illinois State are used in computing the cumulative GPA. **Good academic standing** is sufficient for continued enrollment in the University and may be necessary for eligibility to serve on university committees and for participation in some cocurricular activities. Good academic standing does not guarantee admission to or retention in departments or programs. Information concerning admission to and retention in programs is listed in the *Undergraduate Catalog* under the department or program description.

Each fall and spring semester, the University identifies students who appear to be in jeopardy of being placed on academic probation. These students are notified that they are on **academic warning**. Students on academic warning can contact University College for guidance on programs and services geared toward improving their academic standing.

When a student's cumulative GPA falls below 2.0, they are placed on **academic probation**. Students on academic probation are required to participate in Project Success, a program designed to assist students in returning to good academic standing.

A student who is placed on academic probation for a second or subsequent time may be **dismissed** from the University and from their major. Should the student be reinstated to Illinois State, they would need to be accepted by the department in which they desire to be a major before they can declare a major.

Students may request **academic reinstatement** to the University. Such requests are reviewed by a committee and either approved or denied. Repeated failure to do satisfactory work may result in permanent exclusion from the University. If dismissed, a student may not enroll in any university programs, regular semesters, or summer sessions.



EXTENDED STUDENT ABSENCES

As a service to students, the Dean of Students Office can provide notification to instructors when students have been/will be absent from class(es) for three or more consecutive days and are unable to notify their instructors.

Some absences (bereavement, required quarantine/isolation period) are excused by university policy. Although other absences are not excused by university policy, Dean of Students Office staff can provide a courtesy notification to instructors and advise students on how to manage them in light of individual course absence policies.

The most common type of absence covered by university policy is bereavement. If a student experiences the death of a family member, the student can be excused from class for up to five consecutive business days. The student is responsible for notifying the Dean of Students Office prior to their absence and providing some form of documentation.

Students are not required to report absences to the Dean of Students Office. Ultimately, it is the student's responsibility to contact faculty about any absences and opportunities to complete missed work. Students should review their course syllabi for absence policies. Absence policies vary by class.

For more information or to report an absence, visit DeanOfStudents.IllinoisState.edu or have your student contact the Dean on Duty at (309) 438-2008 or DeanOfStudents@IllinoisState.edu.



INTEGRITY IN ACADEMICS

Student Conduct and Community Responsibilities (SCCR), a unit of the Dean of Students Office, enforces the *Code of Student Conduct*—the official outline of student behavioral expectations. All students are expected to follow the *Code of Student Conduct* in and outside the classroom, on and off campus.

ACCESSIBILITY IN ACADEMICS

Student Access and Accommodation Services (SAAS) is the office designated to determine eligibility for accommodations for students with disabilities and/or medical/mental health conditions under Americans with Disabilities Act and Section 504 of the Rehabilitation Act.

SAAS obtains and maintains documentation of disability, determines eligibility for services, establishes accommodations, and develops plans for providing accommodations through an interactive process with students.

Examples of accommodations provided by SAAS

- Exam accommodations: exam room, extended time, scribe, audio exams
- Communication accommodations: sign language interpreter, closed captioning, CART services
- Classroom accommodations: note taker, accessible seating, assistive technology

- Alternative format accommodations: electronic text, Braille, enlarged print
- Environmental accommodations: housing, dining, parking upgrade
- Accommodations for students' sincerely held religious beliefs or practices
- Accommodations based on general pregnancy needs or pregnancy-related complications

For more information about reporting the need for and receiving accommodations, visit StudentAccess.IllinoisState.edu.



REGISTRAR SERVICES

The Office of the University Registrar facilitates and supports excellence in education through its services, including publishing the undergraduate and graduate catalogs online, facilitating course registration and providing withdrawal assistance, collecting and reporting grades, assisting veterans and military-connected students, and issuing transcripts and diplomas.

Students are assigned a registration time for course registration. They should schedule appointments with their academic advisors prior to this time to select courses. Students can choose between multiple sections of some courses, which

may have different times, instructors, and locations. Courses can later be dropped or changed until the applicable deadlines each semester.

Visit Registrar.IllinoisState.edu to learn more.



A photograph of two students, a young man and a young woman, sitting on a bed in a dorm room at night. They are both smiling and looking at their laptops. The room has large windows overlooking a city at night, with colorful string lights visible in the background. The bed has a red blanket and a patterned blanket. A small table with a phone and a remote is on the bed between them. The text "INCOMING STUDENTS WILL FIND THEIR HOME AWAY FROM HOME ON OUR CAMPUS." is overlaid in the center of the image.

INCOMING STUDENTS
WILL FIND THEIR
HOME AWAY FROM HOME
ON OUR CAMPUS.

CAMPUS LIFE LIVING

Whether living on campus in a residence hall or off campus in an apartment or house, all of our students are part of the Redbird family. While moving to a new place will raise a bevy of questions—Where will I live? What will I eat? How do I get around? What's safe?—the University is well equipped to help students establish their home away from home.

UNIVERSITY HOUSING

Illinois State residence halls and university apartments are important parts of the educational experience.

The University's undergraduate housing is clustered in four neighborhoods located across campus. The four areas include Hewett and Manchester Halls, Tri-Towers, Watterson Towers, and Cardinal Court. All are within walking distance from the University's picturesque Quad. Each area provides its own unique feel. No matter which area of campus your student lives in, they can expect a sense of community, individual attention, support services to help them succeed, and a connection to Illinois State that is second to none. All residence halls and Cardinal Court are smoke-free, and alcohol is prohibited.

Students who are not required to live on campus are offered the option of living in university-owned apartments, however, housing is limited and not guaranteed for non-required students. Fell Avenue and School Street apartments are operated by University Housing and are an option for these students. Visit Housing.IllinoisState.edu to learn more about on-campus living options.

OFF-CAMPUS HOUSING

As students consider their off-campus living options, Off-Campus Services can help.

Students can attend informational sessions or meet with staff one-on-one to discuss questions or concerns about finding an apartment, signing a lease, living with roommates, responding to landlord conflicts, paying utilities, and more.

The Off-Campus Housing Database provides a place where students can search for vacant and sublease listings and roommates. Students can also post if they need roommates and sublessees. The database at DeanOfStudents.IllinoisState.edu can be used by all enrolled Illinois State students.

The Students' Attorney offers lease reviews and other legal assistance at no charge to students. Students are encouraged to have their lease reviewed *before* signing, so they fully understand the terms of the lease. Students can call (309) 438-2008 to schedule an appointment.

DINING OPTIONS

Students who live in the residence halls will have a meal plan. Event Management, Dining, and Hospitality (EMDH) operates two dining centers on campus: Watterson Dining Commons and the Marketplace at Linkins Center. Students may eat in either location. The student's Redbird Card allows access to the dining centers.

Meal plans also include flex dollars that may be used for food purchases in campus dining venues outside of residence halls, including:

- Restaurants in the Bone Student Center
- Starbucks in the Student Fitness Center
- Milner Café in Milner Library
- Airport Lounge in Centennial
- Business Bistro in State Farm Hall of Business
- Subway restaurants in residence halls and Cardinal Court
- Vending machines in residence halls and Cardinal Court

Students living in Cardinal Court or off campus have the option of purchasing a meal plan as well.

If your student has a special nutritional need, a registered dietitian can assist with food choices and provide nutritional counseling. A variety of health issues—including food allergies and intolerances—and special diets can be accommodated. Email EMDH@IllinoisState.edu to request an accommodation. Visit Dining.IllinoisState.edu for more information.



GETTING AROUND CAMPUS AND TOWN

Students love our walkable, accessible campus. Sixty-six percent of on-campus students live within a two-minute walk of the Quad.

However, students may want their cars for weekend trips, going for groceries, or getting to an off-campus job. Parking permits are required to park on campus and are available from the Office of Parking and Transportation. For parking lot maps and permit options, visit Parking.IllinoisState.edu.

Students, faculty, and staff also have access to the Redbird Ride transportation program—which includes the Redbird Express Campus Shuttle—for free when they swipe their Redbird card. This bus service is a partnership between the University and Connect Transit. For questions, call Connect Transit at (309) 828-9833.

CAMPUS SAFETY

The campus police have a mission to serve, protect, and educate with pride and in partnership with the University community and beyond.

In order to promote safety and security on campus, the police offer a variety of services and programs to students, faculty, and staff, including Coffee with a Cop gatherings, self-defense lessons, and sessions on drug abuse and misuse.

Talk with your student about alcohol and/or drug use. Congress made it possible for students to lose student loans and grants if convicted of drug-related offenses. City ordinance violation fines are extremely high for possession of alcohol by minors. Discipline for alcohol and drug issues can result in lifelong consequences, including suspension, dismissal, and decreased chances for admission to graduate schools. Parents can help by discussing legal ramifications of participating in the alcohol/drug culture.

Know that you may not be routinely notified of every alcohol/drug violation that occurs. Parents may learn of problems well into the process, or even after the fact. Parents should discuss with their student how to handle any legal or disciplinary matter and how important it is to involve parents early in any process. Although most students will never have an issue arise, it is an unfortunate fact of modern campus life that some students will have such encounters.

Help your student understand the dangers involved with alcohol use. Alcohol use is linked to the majority of crimes and sexual assaults on college campuses. Perpetrators may use alcohol to facilitate sexual assaults by targeting vulnerable and/or inexperienced drinkers. Safety strategies include arriving and staying with friends during parties, drinking in moderation or not at all, and never leaving drinks unattended.

SAFETY TIPS AND RESOURCES

- **Keep doors locked and secure valuables.** Students tend to be overly trusting, but theft is the most prominent crime on campuses. Students should treat their room and their belongings as if they were living in a hotel, locking everything up, even if leaving for “a minute.”
- **Stay safe by walking in groups** or taking advantage of Redbird Safe Walk. Students can download the Safe Redbirds app to take advantage of the Virtual Safe Walk and Friend Walk features.
- **Utilize the Redbird Express**, a free bus service operating campus-wide that students can use for free with a student ID. More information and a schedule can be found at Connect-Transit.com.
- **Utilize Campus Motorist Assistance Program.** Students can call for free vehicular assistance if they have run out of gas, get a flat tire, lock their keys in the car, or need a jump start in one of the University parking lots. For more information, visit Parking.IllinoisState.edu and Police.IllinoisState.edu.

COLLEGE IS AN INVESTMENT IN
YOUR STUDENT'S FUTURE—
AND ILLINOIS STATE IS HERE
TO HELP YOU FIND WAYS TO
MAKE IT WORK.



CAMPUS LIFE

FIGURING OUT FINANCIALS

Depending on your family's financial situation, paying for tuition and fees may not be easy, but Illinois State can help you find ways to make it work. Between learning what financial aid your student is eligible for, earning scholarship dollars, and checking out employment options, there is a lot to consider. Most students will also need money for printing and other small things around campus, which is where their Redbird ID card comes in.

FINANCIAL AID

The Financial Aid Office administers and coordinates aid from federal, state, university, and private sources.

The Financial Aid Office offers a range of assistance in the form of grants (Pell, ISAC-MAP, Federal Supplementary Educational Opportunity Grant, and Student-to-Student), loans (Federal Direct, Federal Direct Unsubsidized, and PLUS for parents of dependent students), and employment (Federal Work-Study). Students may use FinancialAid.IllinoisState.edu to learn more about financial aid eligibility requirements

and programs. There are also links to sites for electronically filing the Free Application for Federal Student Aid (FAFSA) and for conducting a scholarship search.

Students can check on the status of their financial aid application, the types and amounts of aid awarded to them, and any additional steps needed to complete the process at My.IllinoisState.edu.

SCHOLARSHIPS

Grades, achievements, and activities during high school typically determine the scholarships students are eligible for.

Organizations and individual donors providing the scholarship often wish to reward or encourage certain characteristics or behaviors, such as strong academic credentials, leadership or community service activities, or plans to enter a certain profession. Scholarships are available at a variety of levels for incoming and current students, from organizations off campus and departments on campus. Students should check out FinancialAid.IllinoisState.edu/Scholarships or talk to their academic departments to see if there is something they are eligible to apply for.

EMPLOYMENT OPPORTUNITIES

The University has two employment programs: regular student employment and Federal Work-Study (FWS).

FWS is federally funded and awarded based on financial need. Qualifying for FWS requires submission of the FAFSA.

Jobs are posted at Jobs.IllinoisState.edu. Areas like Event Management, Dining, and Hospitality and Campus Recreation are continually hiring. They work with students on schedules that fit around their classes and extracurricular activities. Students may also contact individual university offices directly to inquire about employment opportunities.





STUDENT ACCOUNTS

The Student Accounts Office manages the student billing system.

This includes but is not limited to tuition, mandatory fees, material fees, room charges, meal plan charges, delinquent parking fines, student insurance fees, health services fees, library fines, and study abroad charges. No books can be billed to the student account.

There are options for payment plans for each semester, direct deposit for refunds, online billing statements, tax credit information, College Illinois! direct billing, access for parents or sponsors to be set up as Authorized Users, and more at StudentAccounts.IllinoisState.edu.

REDBIRD CARD

Students, faculty, and staff have a photo identification card—the Redbird ID card.

These cards are used for meal plans and entry into the dining centers, Flex Dollars to be used for retail food purchases, and Redbird Account funds for purchases at bookstores and for printing. The Redbird Card Office, located in the Bone Student Center, can provide balances on accounts, process refunds for unused Redbird Account funds, accept deposits for the Redbird Account, and help with lost or broken cards. RedbirdCard.IllinoisState.edu has more information about what the card is used for and how parents can add to their student's account.

WITH HUNDREDS OF CLUBS
AND COUNTLESS CAMPUS ACTIVITIES
AND OPPORTUNITIES,
STUDENTS WILL HAVE FUN AND
CREATE LASTING MEMORIES.



CAMPUS LIFE

GETTING INVOLVED

We want students to feel at home as part of the Redbird family and to experience new adventures, find ways to lead and create, and make friendships that last a lifetime. There's something for everyone, along with the opportunity to forge new paths. Your student can keep up with all the events and groups on campus at RedbirdLife.IllinoisState.edu.

EXPLORING OPTIONS

Illinois State offers a number of exciting traditions that help students come together, learn ways to enhance their college experience, and discover how to get involved.

Welcome Week and Welcome Day

The beginning of the fall semester starts with Welcome Week, a program designed to acclimate new students to campus. Welcome Week provides educational, social, and recreational activities for first year and transfer students, with an emphasis on how to succeed at Illinois State. The University also hosts Welcome Day at the start of spring semester for new transfer students to assist with their transition. For more information, visit

WelcomeWeek.IllinoisState.edu.

Festival ISU and Winter Fest

Many involvement opportunities can be found through the Dean of Students Office, and there's no better place to start than at Festival ISU in late August or Winter Fest in January. These events connect students with student organizations, community engagement, and academic and research opportunities.



LEADERSHIP OPPORTUNITIES

Many leadership opportunities are available in student organizations, Greek life, advocacy organizations, and beyond. Several leadership programs are targeted to help students learn to lead wherever they are in their collegiate journey.

REGISTERED STUDENT ORGANIZATIONS (RSOs)

Students will find a group they love or can make their own!

There are more than 400 RSOs where students have the opportunity to explore their interests, learn new skills, plan campus activities, and find common ground with their peers. Getting involved in student organizations helps students succeed on campus.

GREEK LIFE

Sororities and fraternities lead to lifelong friendships.

There is a thriving Greek life on campus. About 40 different fraternities and sororities involve more than 2,500 students. Membership can be one of the most valuable experiences during a student's college career, as organizations focus on scholarship, community service, leadership, and brotherhood/sisterhood.

IDENTITY-BASED GROUPS

These groups guide students to be advocates and allies.

Illinois State has advocacy organizations for multicultural and lesbian, gay, bisexual, transgender, and queer (LGBTQ+) students. There are a variety of programs and services to help raise cultural awareness, create a supportive campus environment, and contribute to a broader understanding of diversity on campus.

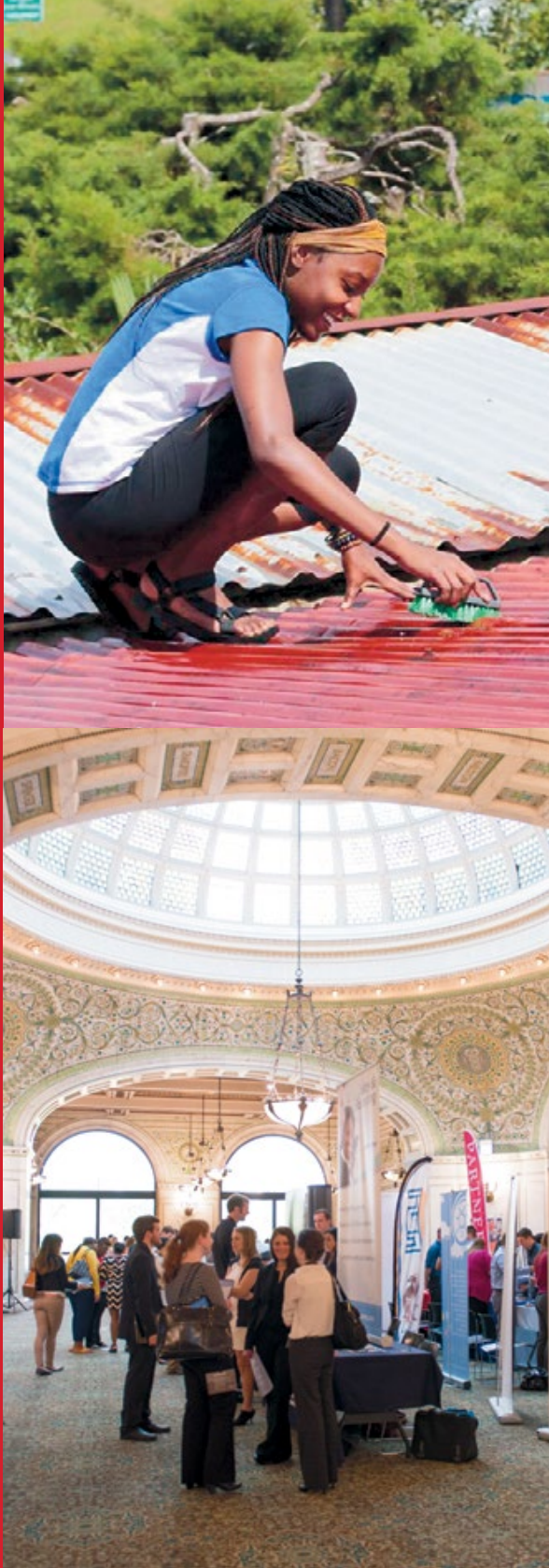
RED ALERT

Red Alert encourages students to attend Illinois State Athletics events with friends and show their Redbird pride.

Red Alert members receive admission to all regular season home football and men's basketball games. All other sports are free for students to attend! The membership includes a T-shirt, early entry into games, and exclusive student giveaways throughout the year. The tickets are automatically loaded onto a student's ID card.

Red Alert passes are available in one-year and four-year options and can be charged to a student account. Debit/credit cards are also accepted at the Redbird Arena Ticket Office or by calling (309) 438-8000.





COMMUNITY ENGAGEMENT

The Center for Civic Engagement helps students get involved outside of the classroom.

Civic engagement experiences promote active learning, enhance the student experience, provide career development, and offer an avenue for students to act on one of the University's core values. The center provides volunteer opportunities, such as Holiday Helper for local kids, Bring It Back to Normal, and Alternative Breaks, which allow students to build skills and make an impact in the community, across the country, and around the world. Visit CivicEngagement.IllinoisState.edu for more information.

CAREER DEVELOPMENT

While this may be just the beginning of your student's academic journey, it's never too early to start thinking about future career possibilities.

Whether your student knows exactly what they want to do in life or are exploring what they're passionate about, they can start building a career path with Career Services by making connections with their career advisors, learning about resume building, interviewing, and networking, and attending job fairs. For more information, visit CareerServices.IllinoisState.edu.

NETWORKING

While your student is on campus, there are a number of ways to connect with alumni through Alumni Engagement.

Students can join the Student Alumni Council to gain leadership and philanthropic experience. Limited scholarships are available to current and future students—visit Alumni.IllinoisState.edu/Students for details. Legacy students—students with a parent, guardian, grandparent, or sibling who is an Illinois State graduate—can participate in special events with Redbird Legacy. And there are chances each semester for students to gain valuable experience through internships and networking with alumni, campus representatives, and community leaders.




STUDY ABROAD

When your student is ready to explore the world, there are many study abroad options to choose from.

Opportunities are available for a semester, an academic year, and university breaks. Students learn critical skills that will help them in their future careers, such as leadership, flexibility, intercultural communication, and improved foreign language skills.

Illinois State Study Abroad is available not only to help your student find the program that best matches their personal and academic interests, but also to guide them through the entire study abroad process.

Many programs are the same cost or less than the cost of attendance at Illinois State, and financial aid may be applied. While most programs do not require foreign language skills to participate, study abroad is the best way to increase language proficiency. Students may choose to study abroad as early as the summer after their freshman year and may participate multiple times. For more information, visit StudyAbroad.IllinoisState.edu.



PEOPLE LIVING, LEARNING,
AND WORKING IN A
HEALTHY ENVIRONMENT
ARE MORE LIKELY
TO REACH THEIR
HIGHEST POTENTIAL.

CAMPUS LIFE

PURSuing WELL-BEING

Staff across campus are here to support your student in finding their fit, reinforcing healthy behaviors, and having a sense of well-being in their new environment.

RECREATIONAL OPPORTUNITIES

Campus Recreation strives to enhance quality of life through a variety of recreational opportunities, including the Student Fitness Center and the Redbird Adventure Center. Offerings include intramural sports, group fitness classes, personal training, sport clubs, team-building activities, outdoor equipment rentals, adventure trips, and new Esports varsity teams. For more, visit CampusRecreation.IllinoisState.edu.

The Student Fitness Center is a state-of-the-art facility and a hub of campus activity, providing extensive recreational opportunities for the campus community. All fee-paying students enjoy access to the building with their Redbird card.

The 170,000-square-foot space features:

- Three multi-purpose sport courts
- Indoor track
- More than 22,000 square feet of cardio/weight training space
- Indoor pool
- Group fitness studios, cycle studio, and HIIT Zone
- 47-foot climbing wall and bouldering cave
- A Starbucks and study space in the lobby



HEALTH SERVICES ON CAMPUS

Illinois State students have access to quality, convenient, primary health care.

Student Health Services offers a student-oriented clinic providing examinations, treatment, urgent care, and minor surgical procedures. The primary care facility is open Monday through Friday, 8 a.m.–4:30 p.m. by appointment. Students can sign up for appointments by calling (309) 438-APPT (2778) or by scheduling at HealthServices.IllinoisState.edu.

All students may use Health Services, even if they do not have the student insurance plan.

Services include:

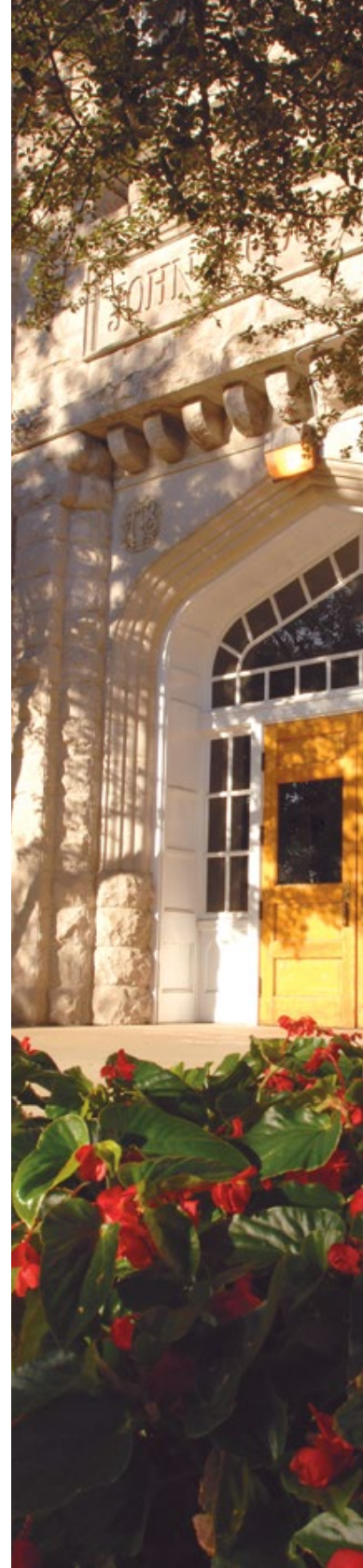
- Primary care
- Psychiatry and mental health
- Sexual health and physical well-being
- Immunizations, TB testing, and allergy injections
- Radiology
- Laboratory
- Pharmacy
- Nutritional well-being and eating concerns

STUDENT INSURANCE

The Illinois State student health insurance plan is intended to complement services available through Student Health Services by providing a comprehensive plan of health and accident benefits.

This insurance provides global coverage. The plan is designed to be the only coverage students have or to supplement other family coverage by covering deductibles, coinsurance, out-of-network charges, and other out-of-pocket expenses up to 100 percent reimbursement. The insurance provides coverage for medical services such as hospitalization, surgery, diagnostic tests, medications, and office visits.

An insurance fee is assessed to students registered for nine or more hours each semester (six or more hours during summer school). Students returning in the fall may extend spring semester coverage through the summer by applying prior to the end of the spring term. For more information about the student health insurance and to learn about keeping versus cancelling it, visit HealthServices.IllinoisState.edu/Insurance.





COUNSELING

College life can be fun, rewarding, and stressful. Students can feel overwhelmed, experience anxiety or depression, or struggle with relationship difficulties or diminished self-esteem.

Many of these issues can be addressed with a little help.

Student Counseling Services (SCS) helps students cope with difficult emotions and life circumstances. SCS is staffed by licensed professional psychologists and counselors who are attuned to the needs of college students. Services are free and confidential.

Visit [Counseling.IllinoisState.edu](https://counseling.illinoisstate.edu) for hours, contact information, and more.

Services include:

- A 24-hour crisis service for psychological emergencies
- Group counseling for many of the concerns facing students (interpersonal relationship concerns, identity issues, stress)
- Short-term individual counseling for concerns, including depression, anxiety, stress, relationships, or identifying career goals
- Access to psychiatric services through Student Health Services
- Referrals to community providers
- Online assessments for mental health issues
- Workshops for student groups on mental health issues

WELLNESS

Health Promotion and Wellness is a campus resource for wellness and prevention by providing a variety of programs, services, and education.

Health priorities addressed include alcohol and other drugs, healthy relationships and sex, nutrition, physical wellness, gender-based and sexual violence prevention, and stress management. Students can become involved as peer educators in Students Ending Rape Culture (SERC) and Student Wellness Ambassador Team (SWAT) student organizations

to help make campus a safer, healthier environment. One of the most popular recurring programs is PAWSitively Stress Free where students can meet with certified therapy dogs, color pictures, or participate in other stress-relieving activities. To see what else Health Promotion and Wellness has to offer, visit [Wellness.IllinoisState.edu](https://wellness.illinoisstate.edu).

WE'RE HERE TO HELP STUDENTS
EXPLORE THEIR SAVVY SIDES
TO ENSURE THEY CAN BE
GOOD DIGITAL CITIZENS
DURING AND AFTER COLLEGE.



CAMPUS LIFE

CONNECTING TO CAMPUS TECHNOLOGY

While students may have grown up with various technologies at their fingertips, there are always new systems and portals to learn in a university setting. The Student Technology QuickStart at TechZone.IllinoisState.edu/QuickStart provides the information a student will want to know about technology at Illinois State, in addition to how-to guides and other resources.

My.IllinoisState.edu is the online student portal and the go-to place for everything a student needs. Email, class schedules, to-do list items, financial aid, grades, course registration, news, announcements, etc. are all viewed and managed through the portal.

ReggieNet is an online tool for web-based learning and collaboration between professors and students. Students will submit assignments, take tests, track assignment grades, and get announcements from professors.

Office 365 and Adobe Creative Cloud software tools are provided to students for free. Office365 is the standard productivity suite for campus and includes Microsoft Word, Excel, Outlook email, calendar services, and more. Adobe Creative Cloud empowers students to use their creativity in and out of the classroom.

Internet connectivity is available for all students on campus. Students should connect to “isunet” for access. Parents and guests can also gain short wifi access by connecting to “isunet-StartHere” and creating a guest wireless account. ResNet is the high-speed internet service available for students living in university housing. In addition to wireless coverage, each room has one direct “wired” internet connection port per resident, which is recommended for gaming devices.

Clickers may be used in some classrooms to actively engage and collect responses from students. Students will be informed if they need a clicker by their instructor. More information and how-to guides are available at CTLT.IllinoisState.edu/Technology/Clickers/Students.

RedbirdLife.IllinoisState.edu connects students to clubs and events so they can get involved and find something that aligns with their interests and identities.

The Technology Support Center offers assistance over the phone, online, or in person. Questions about setup, passwords, and access are handled through the center. Guidance can also be provided for configuring smartphones and other devices for the campus network. For more information, visit ITHelp.IllinoisState.edu or call (309) 438-HELP (4357).

TechZone is your student’s resource for purchasing computers, tablets, software, and accessories. Student discounts are available. TechZone also provides services for computer repairs, virus removal, and other technology needs. Many of these services are free or provided for a nominal fee. For more information, go to TechZone.IllinoisState.edu or call (309) 438-8334.



JUST BECAUSE THEIR TIME
AT ILLINOIS STATE
COMES TO AN END
DOESN'T MEAN THEY (OR YOU) LEAVE
THE REDBIRD FAMILY!

CAMPUS LIFE

LOOKING AHEAD

You may be at the beginning of your student's college career, but before you know it, they'll be talking about jobs or graduate school, participating in commencement, and moving on to the next step of their journey.

PARTICIPATING IN COMMENCEMENT

Commencement is a biannual celebration for students obtaining their degrees.

At Illinois State University, graduation refers to completing all the requirements necessary to obtain a degree in the student's major, which results in receiving a diploma. All students must apply for graduation.

Commencement refers to the ceremony that celebrates the completion of the degree requirements. The University holds commencement ceremonies in December and May.

For more information related to commencement, including schedules, cap and gown purchasing, photography, driving directions, and FAQs, visit Commencement.IllinoisState.edu.

REMAINING AN ACTIVE ALUM

All graduates of Illinois State University are automatically members of the Illinois State University Alumni Association.

The Alumni Engagement staff—along with the Alumni Association Board of Directors—provides a variety of programs and services for more than 220,000 alumni, while preparing current students for their future role as alumni. Many alumni love to come back to campus for Homecoming, university celebrations, and other college, school, or department events. For more information, visit Alumni.IllinoisState.edu.





YOUR
NEXT STEPS

TIPS FOR YOU

Want to make this transition a little easier? Here are some extra tips to get ready for the move and to stay connected whether you're far away or visiting campus.



START WITH SOME BASICS

1. **Stressing out?**

Don't. Remember that while many students may express a desire for freedom, they still highly value guidance from trusted adults. You are here for them, and the University is here for you. You've got this.
2. **Want to be your student's emergency contact?**

Have them log into their [My.IllinoisState.edu](#) account, select "My Profile," scroll down to the Emergency Contacts button and add you. Multiple people can be added, but only one can be selected as preferred.
3. **Need to be in the know?**

Sign up for ISU Emergency Alert at [IllinoisState.edu/EmergencyAlert](#) or download the Safe Redbirds app to check out other campus safety resources.
4. **Paying your student's tuition and fee bills?**

Talk to your student about having you set up as an Authorized User to receive notifications about billing and make payments. Find more information on the Authorized User process at [StudentAccounts.IllinoisState.edu](#).
5. **Planning to mail anything to your student or encouraging family and friends to?**

The first step is knowing their new address. See below for on-campus mailing information.
6. **Have a lot of questions?**

Visit [Parents.IllinoisState.edu](#) for monthly newsletters, FAQs, information on all the campus resources in this guide, and contact details for Parent and Family Services.
7. **Want your student to get a jumpstart on meeting new people and getting involved?**

Plan to have them participate in Welcome Week immediately prior to the start of the fall semester and use [RedbirdLife.IllinoisState.edu](#) to connect with student organizations and their events.

STUDENT ADDRESSES

CARDINAL COURT

Student's name
Room # Cardinal Court
First letter of building
700 W. Gregory St.
Normal, IL 61761-1592

HAYNIE HALL

Student's name
Room # Haynie Hall
186 N. Adelaide St.
Normal, IL 61761-2637

HEWETT HALL

Student's name
Room # Hewett Hall
101 N. Fell Ave.
Normal, IL 61761-2612

MANCHESTER HALL

Student's name
Room # Manchester Hall
215 W. Mulberry St.
Normal, IL 61761-2969

WILKINS HALL

Student's name
Room # Wilkins Hall
182 N. Adelaide St.
Normal, IL 61761-2492

WRIGHT HALL

Student's name
Room # Wright Hall
190 N. Adelaide St.
Normal, IL 61761-2493

WATTERSON TOWERS:

(Houses: Jefferson, Randolph, Pickering, Marshall, Madison, Smith, Monroe, Adams, Clay, and Van Buren)

Student's name
Room # House Name
315 S. Fell Ave.
Normal, IL 61761-2581

SHARE THE LOVE FROM AFAR

1. **Does your student have a sweet tooth?**

Order a custom sweet treat or fresh fruit basket through the Treat program at Dining.IllinoisState.edu.

2. **Did your student forget some essentials, or do they need a little pick-me-up card or package from the family?**

Mail something to their university residence, now that you know their new address. We recommend not sending anything within the first two weeks after move-in for more prompt delivery.

3. **No time to put together a care package?**

The Association of Residence Halls (ARH) and the Student Government Association (SGA) provide care packages around final exam times. Reach out to one of these student

organizations for ordering information: ARH for on-campus students at (309) 438-2015 or SGA for off-campus students at (309) 438-7423.

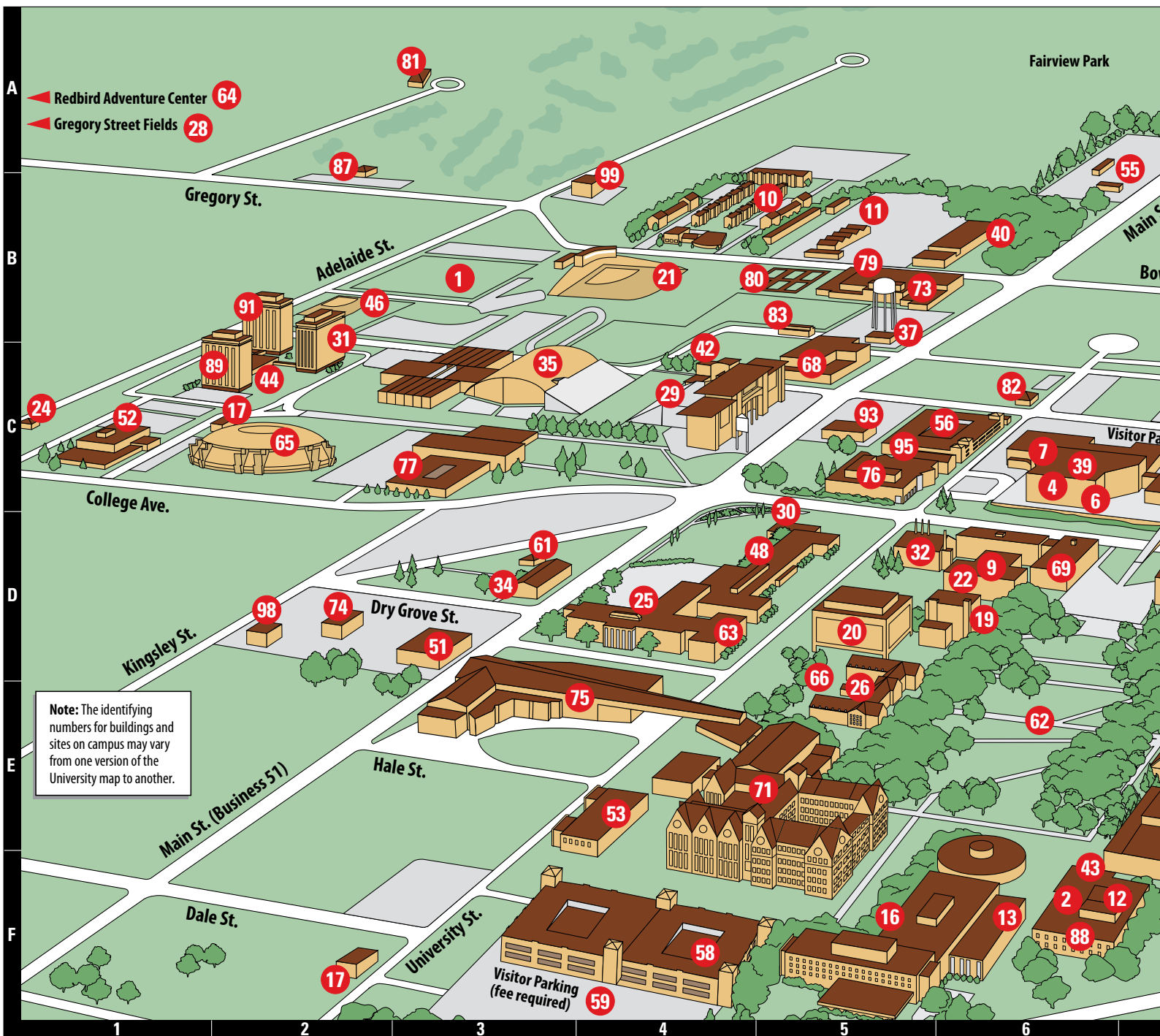
4. **Is your student running low on funds for printing?**

You can add more money to the Redbird Account on their ID card. Find out how at RedbirdCard.IllinoisState.edu.

5. **Does your student have a question about anything and they don't know who to talk to?**

Direct them to the Dean on Duty. Monday through Friday, 8 a.m.–4:30 p.m., a dean in the Dean of Students Office is available in person or by phone or email to discuss any problems or concerns and help students find an answer.





Note: The identifying numbers for buildings and sites on campus may vary from one version of the University map to another.



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- 1 Adelaide Street Field B3
- 2 Allen Theatre F6
- 3 Alumni Center A7
- 4 Bone Student Center C6
- 5 Bowling and Billiards Center C8
- 6 Braden Auditorium C6
- 7 Brown Ballroom C6
- 8 Campus Religious Center D9
- 9 Capen Auditorium D6
- 10 Cardinal Court B4
- 11 Carter Harris Building B4
- 12 Centennial East F6
- 13 Centennial West F6
- 14 Center for Civic Engagement E10
- 15 Center for the Performing Arts E7
- 16 Center for the Visual Arts F5
- 17 Chiller Plant C1, F2, and F9
- 18 College Place Uptown E10
- 19 Cook Hall D6
- 20 DeGarmo Hall D5
- 21 Duffy Bass Field B3
- 22 Edwards Hall D5
- 23 Energy Management and Sustainability C8
- 24 Eyestone School Museum C1
- 25 Fairchild Hall D4
- 26 Fell Hall E5
- 27 Felmley Hall of Science D7
- 28 Gregory Street Fields A1
- 29 Hancock Stadium C4
- 30 Hayden Auditorium D5
- 31 Haynie Hall C2
- 32 Heating Plant D5
- 33 Hewett Hall D10
- 34 Honors Program Building D3
- 35 Horton Field House C3
- 36 Hovey Hall D8
- 37 Hudelson Building B5
- 38 In Exchange E7
- 39 InfoCentre C6
- 40 John Green Food Service Building B6
- 41 Julian Hall D8
- 42 Kaufman Football Building C4
- 43 Kemp Recital Hall F6
- 44 Linkins Dining Center C1
- 45 Manchester Hall D9
- 46 Marian Kneer Softball Stadium B2
- 47 MCN Nursing Simulation Laboratory C7
- 48 Metcalf School D4
- 49 Milner Library C7
- 50 Moulton Hall D7
- 51 Multicultural Center D2
- 52 Nelson Smith Building C1
- 53 Office of Residential Life Building E4
- 54 Old Union E7
- 55 Parking and Transportation Building, Bill Waller A6
- 56 Parking Garage, North University Street C5
- 57 Parking Garage, School Street F8
- 58 Parking Garage, South University Street F3
- 59 Parking, Visitor C7 and F4
- 60 Planetarium D8
- 61 Professional Development Annex D3
- 62 Quad E6
- 63 Rachel Cooper D4
- 64 Redbird Adventure Center A1
- 65 Redbird Arena C2
- 66 Redbird Plaza E5
- 67 Risk Management C7
- 68 Ropp Agriculture Building C5
- 69 Schroeder Hall D6
- 70 Science Laboratory Building D9
- 71 State Farm Hall of Business E5
- 72 Stevenson Hall E8
- 73 Stroud Auditorium B5
- 74 Student Accounts Building D2
- 75 Student Fitness Center and McCormick Hall E3-E5
- 76 Student Services Building C5
- 77 Turner Hall C3
- 78 University Galleries F10
- 79 University High School B4
- 80 University High School Tennis Courts B5
- 81 University Residence A2
- 82 Vidette Building C6
- 83 Vitro Center (Glass House) B4
- 84 Vrooman Center D9
- 85 Watterson Dining Commons E10
- 86 Watterson Towers E9
- 87 Weibring Golf Club A2
- 88 Westhoff Theatre F6
- 89 Wilkins Hall C1
- 90 Williams Hall E7
- 91 Wright Hall B1
- 92 209 North Fell Avenue Apartment Building D10
- 93 210 North Main Street Building C5
- 94 211 North Fell Avenue Apartment Building D10
- 95 211 North University Street Building C5
- 96 300A Shelbourne Drive Building B10
- 97 302 North School Street Apartment Building C9
- 98 308 Kingsley Street Building D1
- 99 604 North Adelaide Street B3



Online Calendars

The Illinois State University Events Calendar (found at Events.IllinoisState.edu) features a comprehensive list of campus-related events and the academic calendar. Individuals on and off campus have access to the calendar.

For a calendar with important dates beyond the current academic year, check out the comprehensive calendar available through the Provost's office at Events.IllinoisState.edu/Academic-Calendar.



**ILLINOIS STATE
UNIVERSITY**
Illinois' first public university