DEAR CWU STUDENTS AND SUPPORT NETWORKS,

Welcome to the Wildcat community. You join us at a time of great transition in your life and ours as a university. Please know that we remain committed to providing a high quality Wildcat experience for our students while following current recommendations for protecting the health and safety of our community.

CWU is preparing for your engagement and we hope you are as well. Engagement is the precondition of growth and learning. We recognize that many of the traditional forms of engagement have been challenging lately so we have been busy adjusting to a variety of engagement modalities to support your success as a student.

As you begin your Wildcat experience know that Student Success is focused on helping students find their purpose. CWU Orientation is an important first step to introduce you to programs, services, facilities, activities, and events that promote academic, personal, and professional growth within and beyond the classroom.

We look forward to meeting you and cannot wait to see how you engage with your campus community.

It is a great day to be a Wildcat.

GREGG M. HEINSELMAN
DEAN OF STUDENT SUCCESS
### TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Page</th>
<th>Section</th>
</tr>
</thead>
<tbody>
<tr>
<td>02</td>
<td>WELCOME</td>
</tr>
<tr>
<td>04</td>
<td>YOUR ORIENTATION EXPERIENCE</td>
</tr>
<tr>
<td>05</td>
<td>WELCOME WEEK AND THE FIRST SIX WEEKS</td>
</tr>
<tr>
<td>06</td>
<td>TRANSFER STUDENT RESOURCES</td>
</tr>
<tr>
<td>07</td>
<td>ONLINE LEARNING BASICS FOR STUDENTS</td>
</tr>
<tr>
<td>08-25</td>
<td>DIMENSIONS OF STUDENT LIFE</td>
</tr>
<tr>
<td></td>
<td>SOCIAL (Housing, Student Involvement, and Student Media)</td>
</tr>
<tr>
<td></td>
<td>CULTURAL (Affinity Groups, Diversity and Equity Center, Veterans Center and Disability Services)</td>
</tr>
<tr>
<td></td>
<td>FINANCIAL (Financial Aid and Managing Your Money)</td>
</tr>
<tr>
<td></td>
<td>EMOTIONAL + PHYSICAL (Health and Wellness and Dining)</td>
</tr>
<tr>
<td></td>
<td>SPIRITUAL (Spiritual Wellness)</td>
</tr>
<tr>
<td></td>
<td>ENVIRONMENTAL (Campus Sustainability and Outdoor Pursuits &amp; Rentals)</td>
</tr>
<tr>
<td></td>
<td>OCCUPATIONAL (Career Services and Student Employment)</td>
</tr>
<tr>
<td></td>
<td>INTELLECTUAL (Tips for Success, Education Abroad, and Academic Success Center)</td>
</tr>
<tr>
<td>26-27</td>
<td>CAMPUS RESOURCES</td>
</tr>
</tbody>
</table>

Sponsored by Orientation and Transition Programs.

CWU is an AA/EEO/Title IX Institution. For accommodation: DS@cwu.edu
YOUR ORIENTATION EXPERIENCE

Orientation and Transition Programs collaborate with folks around campus to provide you with the information and skills you need to learn how to navigate the university, connect with campus, have academic success, and become a responsible citizen.

Wildcat Guide Volume Two, for all incoming students, and focuses on your first quarter. We encourage you to keep this book as a resource throughout this quarter.

Wildcat Guide Volume Two reviews the dimensions of wellness or what we like to call dimensions of student life and the resources accompanying them. This volume also provides the framework for your First Six Weeks and programs until October!

Wildcat Guide Volume One was for first-year students, and focused on general education and class registration.

Our goal is to provide an exceptional orientation program celebrating CWU, you and your support networks.

Our program is designed to build upon your existing knowledge with the right information at the right time. You may have attended some Wildcat Wednesdays and orientation student groups already.

Welcome Week
A component of UNIV 101 focusing on navigation and connections; open to all new students

University 101 (UNIV 101)
An academic course designed to foster a successful transition to CWU
*required for first-year students

First Six Weeks
A component of UNIV 101 using orientation pillars to promote a successful transition within the first six weeks; open to all new students
*required for first-year students

Ongoing Transitional Support
Including endorsed Orientation and Transition Programs (OTP) programming identified in HYPE, plus quarterly Wildcat Success Days

YOU BELONG.
The Welcome Week and the First Six Weeks are the next components of orientation designed to help students transition to CWU. Attendance/participate in Welcome Week and the First Six Weeks are incorporated in University 101 as class assignments. Orientation & Transition Programs, in collaboration with faculty and staff, facilitate programs across campus. Topics address the academic and transitional issues first year students typically face during the first six weeks of their college career. Please be sure to review the instructions for UNIV 101 below. See the list of programs/activities within CENTRAL 101/301.

INSTRUCTIONS
Please carefully read the three steps listed below to ensure that you receive full credit for your Welcome Week and First Six Weeks assignment in your UNIV 101 class.

STEP 1
Look through the Welcome Week and First Six Weeks modules in CENTRAL 101 to find programs, activities and events you might be interested in. All students are required to participate in these activities. Please refer to the module introductions and your UNIV syllabus to see specific expectations. These programs are designed to lay a foundation for your success; so the more you attend, the better prepared you will be to overcome challenges along your path to graduation.

DIMENSIONS OF WELLNESS AS A FRAMEWORK
We have utilized the Dimensions of Wellness as a framework for the First Six Weeks offerings. Each instructor designs their course in different ways. Some instructors may choose to use the offerings to supplement aspects of their course. Please check to see if your instructor expects you to attend sessions with an emphasis on certain dimensions of the wellness wheel. Please refer to your syllabus for specific instructions on this assignment.

STEP 2
Attend/participate in the selected programs, activities and events of your choosing.

STEP 3
In Canvas, submit proof of your participation and attendance, via your class section. See your course syllabus for details.
Many of you come to Central with your experience as a student at another institution. Those successes form a great foundation of knowledge about what to expect. Through our orientation program we hope to build upon that foundation. Our goals while you are on campus are to help connect you to other students, faculty, staff and resources. This relational focus is one of the aspects that makes Central special. We encourage you to engage and utilize resources with others in the Wildcat Family and utilize the many resources on campus to make your experience great. We celebrate all that you are and what you have overcome and/or sacrificed to be here. We look forward to your success. Welcome Home...

Welcome to the Wildcat Family!

SERVICES FOR YOU

Transfer Center
The Transfer Center helps transfer students make a seamless transition from their previous institution(s) to CWU. We provide pre-admission advising, transition support, and assistance establishing connections to the campus community and its many resources.

Services we provide:
• visits to community colleges across Washington state
• information and campus referrals
• involvement in Orientation and Wildcat Welcome Week
• community building among current transfer students at Central

Peer Mentor Appointments
Transfer Center peer mentors are available to answer your questions, help you find resources, and be as successful as possible. They’re transfer students who have walked a mile in your shoes!

Go to the Transfer Center website to schedule an online meeting!

PAC
The Peer Accountability and Connections (PAC) program was established to create cohorts of transfer students interested in improving their organization, time management, and academic strategies through connections with other students and campus resources. Find out more and sign up at: libguides.lib.cwu.edu/PAC

Dining
Many of you will choose to live off campus. That is great, if you are tired of doing dishes or ran out of the house without grabbing lunch you can consider any of the 21 dining locations across campus. Wildcat Bucks were designed with you in mind. If you use Wildcat Bucks you will receive 10% off the purchase of food at any dining location and each purchase is tax free (18% savings when using Wildcat Bucks to purchase food). Plus adding Wildcat Bucks to your connection card is easy. Your unused money is also refundable.

CWU WELCOMES JUST UNDER 2,000 TRANSFER STUDENTS ANNUALLY.

DOWNLOAD THE GET APP TO LOAD WILDCAT BUCKS OR VISIT GET.CBORD.COM/CWU

Start Your Fall Quarter off Right!

Transfer Chats
Every Friday at 10am
Zoom link at cwu.edu/transfer-center
Here are the top five things you need to successfully participate in your online courses:

1. **Communication and Collaboration**
   - Engage with your classmates via instructor-provided discussion boards.
   - Communicate regularly with your instructor via Canvas Messenger or CWU Outlook.
   - Class lectures may be pre-recorded or presented live via web conferencing.
   - Use video conferencing like Blackboard Ultra, or Teams to hold virtual study group sessions with classmates.
   - Take advantage of your instructor's online office hours as offered.

2. **Time Commitment**
   - It is important to login often to check the syllabus, calendar, and announcements in your Canvas courses.
   - Daily check-ins of your Canvas and CWU Outlook email is essential to class participation.
   - Expect to spend as much time, if not more time, engaging with your online class as you would in person.
   - Refer to your course syllabus for how many hours of coursework per week is recommended.
   - Stay ahead. Do not wait to work on assignments a few hours before it is due.

3. **Internet and Technology Access**
   - The following technical requirements are essential for studying online:
     - A high-speed internet connection
     - A supported operating system:
       - Windows 7 or higher (Windows 10 recommended)
       - MAC OS X 10.9 or higher (10.13 High Sierra recommended)
     - Recommended Hardware: Speakers, Microphone and Webcam

4. **Cloud Resources**
   - Use resources provided to CWU students. Instructions are located in CWU Connect App under Resources.
     - Install Office 365 on your computer
     - Utilize OneDrive for saving classwork

5. **Canvas**
   - Ensure that you have access to Canvas via canvas.cwu.edu
   - Check out the "Help" features within Canvas.
   - Mobile Canvas Access: The Canvas Student app allows students to access their courses and groups using a mobile device. Students can submit assignments, participate in discussions, view grades and course materials. The app also provides access to course calendars, To-Do items, notifications, and Conversations messages. Download the Canvas Student app on Android and iOS devices.
   - Canvas courses need to be published for you to see them. If you cannot see your course on your Canvas dashboard or Courses menu, reach out to your instructor to make sure it has been published.
   - Familiarize yourself with the different ways to view, organize and use canvas. For instance, adjusting your "Dashboard View" might help stay on top of upcoming assignments.
   - Living in another time zone? Adjust within Canvas > Account > Settings to ensure assignments are submitted on time.
Dimensions of Student Life provides tips to guide incoming students from their first day through graduation, making sure they have the support, resources, and advice they need to feel successful. From phone numbers to self-help, this guide will open up the conversation to more than just numbers and statistics.

To be comprehensive with this goal our guide follows the 9 Dimensions of Wellness, including:

**SOCIAL**
Being social is crucial! Whether it’s making new friends, running for Student Government, or simply meeting with your professors, involvement is essential to your success during and post-college.

**CULTURAL**
What is CWU? Central is known for its diversity, but how does that affect YOU? Learn how CWU’s culture is dedicated to making sure you find a space where you can flourish.

**FINANCIAL**
Not the F-Word! No worries—we’re just here to make sure you know your resources and how to get a bang for your buck while attending Central.

**EMOTIONAL/PHYSICAL**
One of the most underrated aspects of college life is a student’s mental and physical well-being. We’re here to identify, visualize, and discuss the real truths surrounding mental health, body image, nutrition, and more.

**SPIRITUAL**
You don’t have to leave your beliefs at home—bring them here! We celebrate and support your spiritual wellbeing, whether that is yoga, fellowshipping with peers, or connecting with the earth. We understand your purpose in life is present in many forms.

**ENVIRONMENTAL**
Reduce, reuse, recycle! Sustainability doesn’t stop when you enter college, and CWU is dedicated to honoring the natural resources that are plentiful in the Kittitas Valley.

**OCCUPATIONAL**
Thinking about what’s after college is just as important as thinking of an assignment due tomorrow—in this section, we make it stress-free to find out what you should be planning. From career exploration to internships we’ve got your back!

**INTELLECTUAL**
Think smart, not hard! Advising will help start your journey, the Learning Commons is here to help your grow on the way, and Education Abroad can teach you how to finally set sail. CWU’s Intellectual resources and faculty are all here to show you how to be an efficient college student.
I was extremely shy in high school and didn’t have many friends. Once I started going to Central I knew that I wanted to make friends and go outside my comfort zone. I would introduce myself to people who had their doors open and go to different events hosted by Central. This means so much to me because I was able to make great friends, gain connections and become the person I am today.

- Kellie Deschambault, 3rd year

Social Wellness refers to the relationships we have and how we interact with others. Our relationships can offer support during difficult times. Social wellness involves building healthy, nurturing and supportive relationships as well as fostering a genuine connection with those around you.

STUDENT INVOLVEMENT

From the moment you start this fall quarter, you’ll be met with a welcoming university community with opportunities to engage with others outside the classroom. Whether in-person or virtual, the Office of Student Involvement provides a diverse array of programs and learning opportunities through active commitment to these CORE values:

**Connection.** Making a connection to where you live and learn as well as a sense of belonging is an important aspect of being a Wildcat.

**Opportunity.** Students will have opportunities with others whose personalities, beliefs, and cultures, are different from their own.

**Reflection.** Inquiry and critical thinking play an important role in college life, and help students to make meaning of their experiences.

**Empowerment.** Students can take ownership and invest in creating spaces welcoming to all, create community and be catalysts for change.

Create Positive Social Change Through Leadership + Service

Wildcat Leadership Academy offers professional development and “adulting” through workshops and other opportunities. The Center for Leadership and Community Engagement (CLCE) also hosts events and several interest-based cohorts. Were you a part of Key Club or volunteered in your community? You can continue service activities here too.

Discover Community in Our Student Center

The Student Union and Recreation Center is the center of student life at CWU. Student Union & Activities coordinates a wide variety of small and large scale events for our diverse student body.

DID YOU KNOW?

**THE SURC SEES**

1000’s of visits daily

**SURC DEPARTMENTS EMPLOY**

100’s of students

**STUDENTS PARTICIPATE IN**

190+ clubs and organizations

**THERE ARE**

1000’s of activities scheduled each year

**STUDENTS VOLUNTEER**

Thousands of service hours
**Student Government**
From facilities to academics, the Associated Students of Central Washington University (ASCWU) Student Government helps advocate for student concerns and creates programs to make the Central college experience more memorable.

**CWU Clubs and Organizations**
The college experience is about getting involved. No other time in our lives are we exposed to so many diverse ideas, perspectives, lifestyles, and goals. Student clubs are a great way to get directly connected with academic programs or branch out into areas previously unexplored.

Student clubs are an exciting opportunity for you to enhance your leadership skills, engage in professional development, and network with peers, faculty, and the community. Central also has a number of student organizations serving underrepresented groups. Learn more about clubs and Equity & Services Council organizations at cwu.edu/ascwu/.

---

**Look out for these fall events!**

**WILDCAT LEADERSHIP ACADEMY**
Develop your leadership skills by participating in educational and practical workshops.

**COLLEGE KICKOFF AND CLUB FAIR**
During the first week of classes.

**ASCWU PUBLIC MEETINGS**
Hear others’ voices and share yours weekly.
Stay in the know with Campus Radio, CWU Hype and Student Media!

**88.1 the Burg**
Catch the latest in music, news, Wildcat sports and talk radio – all from a state-of-the-art broadcast facility in the SURC. Full time staff work with a large student team and tons of volunteers to deliver fresh content over the airwaves and online.

**881THEBURG.COM**

**CWU Hype**
Follow @CWU Hype, meet up with the Hype Street Team online or at events, check out event posters and promos, and read the Hype, your quarterly campus event guide written and designed by the Publicity Center student team. As the go-to creative agency for promoting campus events, we take our work seriously and have fun doing it!

**CWUHYPE.COM**

**CWU Student Media**

**OBSERVER**
The Observer is CWU’s student-run newspaper. It is published weekly and can be found in newsstands around campus. A digital version and updates can also be seen online.

**CWUOBSERVER.COM**

**PULSE**
PULSE is the student-run lifestyle magazine of CWU. Our student staff of writer-reporters, photographers, designers, videographers and editors aims to accurately capture all aspects of student life, both on campus and off, published twice each quarter.

**CWUPULSEMAGAZINE.COM**

**CENTRAL NEWSWATCH**
CNW tells the stories of people on CWU’s campus, the city of Ellensburg and all of Kittitas County. CNW is YOUR video news. Covering: sports, local and national news.

**FB.COM/CENTRALNEWSWATCH**

**WILDCAT FILMS**
WCF is a student run production house. WCF oversees all Film Program productions on campus including narrative short films, documentaries, marketing, promotional, PSA, concerts, studio, and lecture series.

**CWUWILDCATFILMS.COM**

---

Top ways to start making CWU your home:

1. Attend a Find Your People event through DEC
2. Ask for help (from friends, professors, and staff)
3. Join a club or organization, or start a new one
4. Say hi to people you don’t know
5. Follow CWU HYPE on Instagram
6. Learn about CWU resources
7. Use CWU Connect to chat with friends
8. Attend Campus Activities events
9. Go to your residence hall events/programs
10. Hike the Umtanum Creek Falls Trail
11. Check-out gear from OPR and go on an adventure
Welcome to campus! We are so excited that you have chosen to Live Central and are certain that this will be a journey like no other. This year’s experience might look a little different than previous years in a residence hall, however we strive to help connect students to resources, community and to have a safe and enjoyable experience.

Living away from home can be a new and different experience and for many that comes with a mix of emotions. Living with suitemates on top of that can be nerve wrecking and at the same time built with excitement. Here are a few tips from our Housing and Residence Life staff to help take some of the worry out of living with suitemates.

**Talk to your suitemates and talk to them often.**
Often we let problems sit and build and build. Frequent and honest communication about what might be bothering you or what you are concerned about may be hard and awkward at first but in the long run will help open those lines of communication.

**Your suitemates wants to have a good experience as well.**
Chances are all of you have valid thoughts regarding whatever situation that has come up. Really try and be willing to hear them out and see if you can work together to find a compromise. You will all feel better about the situation and have ownership of the outcome.

**Keep an open mind.**
You and your suitemates are going to be different, have different experiences and come from different places. Be open to learning about them, supporting them and respecting those differences. It can help give you perspective if a concern in the room does come up at a later time.

**Cleanliness is key.**
Work to establish ground rules on how you all are going to keep the common areas clean, how often and if you will take turns. If you take turns, how do you know whose responsibility it is and how will you handle conflicts if one suitemate is not doing their share? Set up a schedule and talk out different situations from day one.

**Be considerate**
Help protect your and your suitemates items and lock the door when you leave the room. Shut off the lights at an appropriate time and keep noise to a minimum. Respect each other guests and respect your suitemates by not have guests over at all hours of the night.

A sense of community is known to have many positives for students such as creating a sense of belonging, mental and emotional support and can help keep one active. With benefits like this, it is natural to wonder, with physical distancing in practice now, how can one build and maintain a sense of community when the active programs and events might look different. Here are a few tips that you can do to help and engage in your community.

**Connect with your Resident Assistant.**
Your RA will be a great resource for helping you and those in your hall build community. They will provide different avenues for you all to connect and work to plan appropriate events that will help build your community. If you have suggestions or ideas to help your RA with this, they would love for you to share those ideas.

**Get to know those in your hall and/or suite.**
At the beginning of the quarter connect and share, if comfortable, different ways to contact you if you want to stay engaged. When safe to do so, say hi in the hallway or go to dinner with people and eat outside. Outdoor activities are a great way to engage and get to know others as well.

**Join your Residence Hall Leadership Council.**
In your hall you have the opportunity to help shape what different events might look like, help with important housing related questions and give feedback and ideas about ways to create community. Make sure to check-in with your RA about joining your halls’ RHLC.

**Join a club!**
There are so many clubs on campus that will still be active and ready for engagement. This is a great way to make new friends who have some similar interests as you and a great way to get involved on campus.

**Find common interests and actively engage.**
It can be hard to put yourself out there, but you’ll be glad you did once you take that leap. When you start to get to know those in your hall and you find those common interests, don’t be afraid to put in the work to engage. Invite others to play a game with you, get on the same gaming stream, watch the same Netflix show and set up a time to talk about it the next day, share your latest craft skill or simply video chat/talk with friends.

---

**HOUSING RATE**

<table>
<thead>
<tr>
<th>Flat Annual Rate</th>
<th>$7,145</th>
</tr>
</thead>
</table>

**DINING RATE**

<table>
<thead>
<tr>
<th>Meal Plan A</th>
<th>$7,725</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meal Plan B</td>
<td>$6,642</td>
</tr>
<tr>
<td>Meal Plan C</td>
<td>$5,658</td>
</tr>
<tr>
<td>Meal Plan D</td>
<td>$4,880</td>
</tr>
</tbody>
</table>

COVID-19 ADJUSTED
Finding ways to engage, connect, and learn about other cultures has been at the forefront of my time at CWU. I did this by attending events held on campus, taking course work in a variety of topics, choosing a minor in Accessibility Studies to gain valuable knowledge of inclusivity under Dr. Naomi Petersen, and interning with the Washington State School for the Blind. Respecting others differences and taking time to learn about other cultures is how I see cultural wellness.

-Angela Kyle, Transfer Student

Cultural Wellness may be defined as the behaviors, values and beliefs shared by a group of people, such as an ethnic, racial, geographical, religious, gender, class or age group. Everyone belongs to multiple cultural groups, so that each individual is a blend of many influences. Culture includes or influences dress, language, religion, customs, food, laws, codes of manners, behavioral standards or patterns, and beliefs. It plays an important role in how people of different backgrounds express themselves, seek help, cope with stress and develop social supports.

Overcoming Imposter Syndrome as a First Generation College Student

People who are the first in their families to attend college often experience nagging internal messages about whether they’re smart enough to finish a degree and even whether they deserve to be in college. The competing priorities of work and family can contribute additional stressors, often leading a student to ask, “Why am I here?”

The feelings of being an imposter are not only on-campus. Students often find that they have similar feelings when returning home. Family and friends sometimes see you as being “better” than them or “smarter.” This can cause feelings of guilt for the opportunities that you’ve had that your family and friends have not. In reality, you are still you, and you belong.

Roughly 50% of CWU students are the first in their family to go to college. As an institution we know who we are, and we celebrate this aspect of our campus culture. One of the ways we do this well is to focus on connections. We care about your success and want to help you be successful. That said we are unable to force you to take advantage of the many services we offer to help you be successful.

Here are a few tips to help you be successful:

1. Believe in yourself/Remember what you do well
2. Embrace the concept of ‘good enough’
3. Identify the feelings that are upsetting you and counter them
4. Reach out for help
5. Find role models
6. Know that you’re not alone

Affinity Groups

An affinity group is a group of students linked by a common identity, ideology, or interests. Affinity groups play a vital role in ensuring an inclusive environment where all are valued, included, and empowered to succeed. They can provide a collective voice for students focused on commonality. Below are Equity and Services Council Organizations (ESC orgs).

- Access, Learning, Belonging and Equality (ABLE)
- Brother2Brother
- Black Student Union (BSU)
- Central African Student Association (CASA)
- Equality for Queers and Allies (EQuAl),
- Filipino American Student Association (FASA)
- First Generation Student Association (FGSO),
- Friends of Asia University American Program (AUAP)
- Latinx Student Organization
- Movimiento Estudiantil Chicano de Aztlan (MEChA)
- PolyCentral
- South Asian Student Association (SASA)
- S.I.S.T.E.R.S.
- Add your own

The Diversity and Equity Center hosts an Affinity Series called “Find Your People.” This fall, sessions are offered for Students of Color, Graduate Students of Color, LGBTQ+, Interfaith, and Multiracial.
The **Diversity and Equity Center (DEC)** is located in Black Hall 101. Come by anytime to spend time with your friends, work on homework or meet with our staff.

We’re about finding your place on campus and making sure you have a home away from home. **What this means is:**

- We host programs about critical social issues that center the experiences of people of color, the LGBTQ+ community, undocumented students and other historically underrepresented experiences.
- We help you navigate campus in a way that honors your identities and experiences.
- We provide support for organizations including those listed under affinity groups on the prior pages.

**Equity and Equality Unpacked**

Equity is giving everyone what they need to be successful whereas equality is treating everyone the same. Equality aims to promote fairness, but it can only work if everyone starts from the same place and needs the same help. As individuals, we know that we all have unique needs and adaptations. Therefore equity actively moves everyone closer to success by ensuring individuals and communities have access to the resources they need to succeed. On campus, we acknowledge that not everyone starts at the same place, and not everyone has the same needs.

Below is a mix of ESC orgs Equity and Services Council events (organizations listed on previous page) and Diversity and Equity Council events.
VETERANS CENTER

Are you a veteran, dependent, or active duty member? The Veterans Center connects you to resources like GI Bill Education Benefits, clubs, events, and academic planning tools. The staff members can provide you with confidential support and resources year-round.

DISABILITY SERVICES

Disability Services (DS) works to ensure access and inclusion for all students with disabilities. Our work is guided by the knowledge that variation in ability is a natural part of the human experience, and that disability is a difference not a defect. Access Specialists meet with students individually to identify barriers and determine appropriate accommodations. Accommodations are intended to level the playing field for students with disabilities by providing an equal opportunity for participation. DS provides reasonable academic, housing, and dining accommodations through an interactive process with the student. Disability Services serves over 950 students with disabilities.

Additionally, DS also provides accommodations for students with temporary disabilities. For more information about registering with Disability Services, attend the DS session, stop by our office in Hogue 126 or visit us online: cwu.edu/disability-support/

95%

Roughly 95% of students served have invisible disabilities including learning/cognitive disabilities (including ADHD), chronic health conditions, and psychological disabilities.

600+ STUDENTS VISIT THE CENTER & LOUNGE IN THE ACADEMIC YEAR
Financial Wellness involves the process of learning how to successfully manage financial expenses. Money plays a critical role in our lives and not having enough of it impacts health as well as academic performance. Financial stress is repeatedly found to be a common source of stress, anxiety and fear for college students. Keeping track of expenses, making a budget, and sticking to it are important skills to have in order to be financially responsible and independent. Learning how to maximize your financial wellness now will help you feel prepared to handle potentially stressful financial situations in the future.

**Budgeting**

A budget is planning how much money you will get and how much money you can/want to spend. This money can come from jobs, support systems, financial aid, and more. You can budget to spend your money on transportation, food, school, events, trips, and more!

**Do you know how to track your spending?**

You can find the name of your bank or set up an account with US Bank and download their app! You can use the bank app to know what you are spending and how much money you have left. Turn on your notifications!

**Connection Card Money VS. Paying Tuition, Housing, and Financial Aid Refunds**

Great news! The money you receive every quarter on your connection card (also referred to as your CWU ID) to use for your food is NOT the same money you’re using to pay tuition, housing, etc. Your connection card contains the money from the Meal Plan that you signed up for, and can be checked anytime via MyCWU online.

**Financial Wellness to anyone, but particularly for upcoming college students, can be an incredibly difficult challenge to achieve. For myself, I found financial wellness by managing my resources and making financial decisions to live within affordable means. Moving to an entirely different place, finding a new job, and realizing all new expenses that were then my responsibility was a bit alarming at first. However, by becoming aware of this new-found financial state, making lists that prioritized necessities and luxuries, and committing to those lists, I averted much potential stress.**

- Monica Chavez, Graduate
EMOTIONAL AND PHYSICAL

Emotional wellness to me is so important in college. College is such an amazing experience and like a lot of things can take a toll on you. CWU has so many programs and resources to ensure you are at your best emotionally. I personally go to mindful Monday’s with the Wellness Center and I am able to relax and be mindful of my emotions whether that it through painting, making stress balls, or even simply drinking tea! - Teyonné Scanlan, 4th year

Emotional Wellness: Wellness involves being attentive to your thoughts, feelings, and behaviors, whether positive or negative. Emotional Wellness implies the ability to be aware of and accept our feelings, rather than deny them, have an optimistic approach to life, and enjoy life despite its occasional disappointments and frustrations.

Physical Wellness is also concerned with developing personal responsibility for your own health care, such as caring for minor illnesses and knowing when professional medical attention is needed. Developing physical wellness empowers you to be able to monitor your own vital signs and understand your body's warning signs. You'll understand and appreciate the relationship between sound nutrition and how your body performs. The physical benefits of looking good and feeling terrific most often lead to the psychological benefits of enhanced self-esteem, self-control, determination and a sense of direction.

HEALTH + WELLNESS

We understand that your life is demanding and you are juggling a lot: school, work, family, self-care, and friends. You may also be managing your own health for the first time on your own. Sometimes it can all seem like too much and you get stuck with experiences of anxiety, sadness, stress, depression, lack of focus, tiredness, trouble with motivation or a decline in physical health. We want to help you find ways to manage those experiences and get the most out of your time at CWU.

Growth Mindset
Growth mindset is the idea that, with effort, it’s possible to increase intelligence levels, talents, and abilities. Students who demonstrate a growth mindset believe their abilities develop over time, tend to seek out opportunities to gain new knowledge and broaden their skills, and do not typically shy away from challenges (Kazakoff & Mitchell, 2017). We encourage you to actively think about growth mindset when making friends, asking for resources and adjusting to college.

STUDENT COUNSELING SERVICES
We offer a range of mental health services for students and will help you find what is right for you. We are conducting our services via Teletherapy (Phone and Zoom).

If you’re experiencing suicidal thoughts, an acute stressor, are thinking that you just can’t do it anymore, or something happens that threatens the safety of yourself or others, we’ll get you in for a same-day emergency appointment. Staff is available Monday through Friday, 8 AM – 5 PM. Call us at 509-963-1391 and ask for a “Crisis Appointment.” If you are in imminent danger or a life-threatening situation, call 911 right away.

After Hours Mental Health Resources
For after-hours crisis management or additional support, contact one of the following 24-hour numbers or resources:

CENTRAL WASHINGTON COMPREHENSIVE MENTAL HEALTH
Ellensburg: 509-925-4168  Cle Elum: 509-674-2881

If you are experiencing thoughts of suicide or you are concerned for a friend, please call The Suicide Prevention Lifeline at 1-800-273-TALK immediately. Text “HOME” to 741741 when in crisis.
I was an all season athlete in high school, I decided to focus on my studies once I came to Central. I started making poor eating habits and didn’t work out. I was upset and hated my body image for a while, I noticed I’d get sick more often. I learned that I needed to take care of my body and exercise to get my body healthy again. The exercise made me feel better about myself, especially when I saw the physical changes in my body. I tend to be more active now and even if I don’t look like I used to, I love the way I look and makes me happy to know I accepted my physical form.

- Briana Silva, 3rd year

**STUDENT HEALTH SERVICES**

CWU Student Health Services offers a variety of medical services so you can get the care you need to stay well. We can handle most of your medical concerns, including sinus infections, ear aches, colds, flu, pink eye, abdominal pain, and more. And when necessary, we conduct physicals and write the prescriptions you need to get well or manage your condition. You can also count on us when you injure yourself. We can help you with sprains, joint pain, back pain, sports injuries, and abrasions and lacerations.

Due to COVID-19, all appointments have to be made via telephone until further notice. Please call us at 509-963-1881.

**Vaccinations**

One of the most important things you can do to safeguard your health is stay current on your vaccinations. You can get many of the immunizations you need at Student Health Services. The link for uploading immunization records to Med+Proctor, is located on the Student Health website.

**REQUIRED IMMUNIZATIONS:**

**Measles, Mumps, Rubella (MMR)**

Two doses of MMR are required. The first dose is typically administered after the first birthday, and the second is a minimum of four weeks after the first dose. We will also accept a blood test within the last year showing immunity, OR a birthdate prior to 1957. The vaccine series can be completed by making an appointment at Student Health Services when the next dose is due.

**Meningococcal quadrivalent (serogroups A, C, Y, and W-135) (MCV4, MPSV4)**

Meningococcal vaccine (covering serogroups A,C,Y,W-135). We accept Menactra, Menomune, Menveo, or Nimenrix. One dose of MenACWY is required after the 16th birthday, and within the last 5 years.

**WELLNESS CENTER**

Live, learn, and achieve well-being!

We want you to be truly well - mind, body, and spirit. To help you get there, we offer education, support, and coaching services that show you how to take control of every dimension of your personal wellness. Find out more by visiting www.cwu.edu/wellness.

If you’re recovering from substance use disorder, we want to help you. The Recovery Outreach Community (ROC) is designed to provide you with the support and resources you need to continue to be successful. We offer weekly support group meetings with your peers, one-on-one coaching, and access to a variety of community resources that can help you in your recovery.

**Bystander Intervention (Step Up)**

As an incoming student, you’re required to complete an online course called “U Got This!” In addition, Step Up Wildcats! is our evidence-based bystander intervention program. We teach students that they have the ability to stop a problematic situation and help another person out. This program identifies barriers to helping, addresses value based decisions, names the steps needed in order to Step Up, and then lists the ways in which students can choose to help. During the training, we also provide common scenarios that students may run into, to help empower them and make them feel confident in how they would approach different situations.

**Peer Health Educators**

You’re health conscious, like to plan events, are interested in teaching and outreach, and love to work with your fellow Wildcats. If you think it’s impossible to put all those things into one neat package, think again. As a Peer Health Educator, you’ll do all these things while also perfecting skills that will take you far, personally and professionally.

Peer Health Educators create change by educating fellow students on a variety of health topics—stress management, sexual health, diet and nutrition, physical activity and more. Based on your interests, you’ll help increase awareness and knowledge of these important health topics and do it in a unique way only you can by working directly with your peers.

**WELLNESS PROGRAMS ON CAMPUS**

- Mindful Mondays
- Resilience Through Laughter
- Love is Louder
- Finals Week Stress Management
- Cast off Stigma
- Fresh Check Day
- Project Semicolon
RECREATION
Getting and staying fit doesn’t have to be hard work. Whether your idea of fun is shooting some hoops with friends, running on the treadmill, using free weights or doing a lap on the outdoor track, you’ll find an option that fits your lifestyle. CWU has a host of indoor and outdoor facilities for you to visit.

In fact, the bigger challenge might be picking what you want to do! We are proud to offer a variety of programs to keep you moving: personal training, intramural sports, sport clubs, outdoor recreation, group exercise, climbing, and special events. Regardless of your skill or ability, we have something for everyone!

RECREATION PROGRAMS AND EVENTS TO EXPERIENCE
- Indoor Iron Man
- Outdoor Film Series
- Climbing Competitions
- Quarterly Outdoor Trips
- 5ks and Fun Runs
- E-Sport Tournaments
- The College Rodeo
- Fireside Chats
- Challenge Course
- RecFest

Body image is how you see yourself when you look in the mirror or when you picture yourself in your mind. It encompasses:

1. What you believe about your own appearance (including your memories, assumptions, and generalizations).
2. How you feel about your body, including your height, shape, and weight.
3. How you sense and control your body as you move. How you physically experience or feel in your body.
4. Many of us internalize messages starting at a young age that can lead to either positive or negative body image. Having a healthy body image is an important part of mental wellbeing and eating disorders prevention.

36% of CWU students report physical appearance as causing distress in the last 12 months.

Nutrition
Have more energy, get better grades, and lower your risk for disease! It’s not magic. It’s nutrition. Healthy eating is one of the most important steps you can take to maintain your overall wellness. Unfortunately, misunderstanding and misrepresentation of nutrition in the media or being tight on cash can make eating healthy challenging. We can help you make sense of nutrition so healthy habits become easy.

Peer Nutrition Education (PNE)
Peer Nutrition Education (PNE) is a free, confidential service provided by CWU Nutrition students. PNE offers personalized nutrition education for all CWU students. Whether you’re looking to slim down, build muscle or simply learn healthier eating choices for your lifestyle, PNE can help.

PUSH
CWU PUSH manages food pantries across campus and an emergency meal fund for students—provided by student and community donations for their fellow Wildcats. PUSH can also help connect students to community food access resources. Visit cwu.edu/push for pantry locations and more information.
DINING
CWU Dining Services gives you the flexibility that you need as a busy student. We offer a wide variety of options with menus created by award-winning, nationally recognized chefs. From a grab-and-go bite on the way to class, to coffee shop options, to elevated and fun healthy choices, we have what you need.

Find fresh and healthy dining options, including vegetarian, vegan, and gluten-free selections. Some of our most popular options include cold-pressed fresh juices, grain bowls, hot and cold coffee and tea beverages, burgers, pizza, tacos, and more. (All Dining Services options are subject to change without notice.)

NEW! MOBILE ORDERING
Mobile order your favorite food and drink, new in Fall 2020! Download GET Mobile from your app store to mobile order from 5 locations and 2 pick-up points in the SURC. Choose from Central Marketplace concepts:

- Pizza Pasta Panini: Woodfired pizza, made-to-order pasta, and upscale paninis (new Fall 2020)
- El Gato: Tacos, quesadillas, and burritos
- Lion's Rock: Classic burgers and fries, plus breakfast favorites
- Fresh Bar: Offering healthy and delicious grain bowls, wild-caught fish, free-range chicken, and ingredients from the Wildcat Neighborhood Farm

You can also order your favorite drink or smoothie from Cat Trax East.

FOLLOW US
For updates, specials, and giveaways, follow us @cwueats on Instagram, Twitter, and Facebook.

MORE INFORMATION
Want to find out more about Dining Services? Visit cwu.edu/dining for location information and hours, nutrition, and menus.
I think of spirituality as our inner voice that guides how we live. There are so many things that occupy your brain on a daily basis that it may be overwhelming to navigate on your own. I believe that tapping into your thoughts more will give you that extra boost of awareness you need to live your best life! When I take that extra time to meditate, deep breathe, close my eyes, be in nature and do other forms of self care, it helps me feel more like myself and like i’m taking care of my body mind and spirit.
- Kahlia Cain, 3rd year

Spiritual Wellness is a personal matter involving values and beliefs that provide a purpose in our lives. While different individuals may have different views of what spirituality is, it is generally considered to be the search for meaning and purpose in human existence, leading one to strive for a state of harmony with oneself and others while working to balance inner needs with the rest of the world.

REACHING SPIRITUAL WELLNESS
It is important for everyone to explore what they believe is their own sense of meaning and purpose. The path to spiritual wellness may involve meditation, prayer, affirmations, or specific spiritual practices that support your connection to a higher power or belief system. Yoga and meditation can also help you develop spiritual wellness. Having compassion, the capacity for love and forgiveness, altruism, joy, and fulfillment help you enjoy your spiritual health. Your religious faith, values, beliefs, principles or morals define your spirituality.

THE ROUTE TO SPIRITUAL WELLNESS
Below are some recommendations for you to practice in order to maintain an optimal level of spiritual wellness.

1. Explore your inner self. Take time to think about who you are.
2. If you experience a life-changing event, take a few minutes to think about what series of events led to this.
3. Spend time meditating or practicing mindful relaxation.
4. Practice acceptance.
5. Be curious. If something happens that makes you even the slightest bit curious, take a moment to explore the experience a little deeper.
6. Look for a religious faith that you agree with.
7. Check out any of the CWU clubs with a spiritual mission.
Wildcat Neighborhood Farm

The Wildcat Neighborhood Farm provides opportunities for CWU students, faculty, and staff to access food grown on campus and apply their studies in a living, outdoor lab! Our mission is to support education, community health, and environmental stewardship on campus by examining the social and ecological implications of our food system. At the Wildcat Neighborhood Farm, Sustainability Center and Outdoor Classroom, student wellbeing is the top priority, and food is Central. Our farm occupies ancestral Yakama land with a deep history that transcends our presence here. Our purpose is to grow food and nourish our community—we will treat this space with respect and an understanding that all parts contribute to the health of the whole. There are many opportunities to get involved at the Farm! Whether you are a CWU student, faculty, or staff, or a community member, volunteers are welcome. Students can volunteer, do research, or become farm leaders. Find more information at cwu.edu/wildcatfarm.

OUTDOOR PURSUITS + RENTALS

OPR is here for all hikers, bikers, skiers, water-sport fans, snowshoer’s, and the like! Run by student outdoor enthusiasts just like you, OPR offers rentals for almost all outdoor equipment. Located right next to the SURC by the Wildcat Statue, listen up for their awesome tunes and head inside for more information.

Environmental Wellness inspires us to live a lifestyle that is respectful of our surroundings. This realm encourages us to live in harmony with the Earth by taking action to protect it. Environmental well-being promotes interaction with nature and your personal environment. Everyone can have a strong environmental conscious simply by raising their awareness.

Environmental Wellness means to have a relationship with the environment around you and to push to keep it healthy. This isn’t just the physical world, but the people and hobbies people keep in their lives. I make sure to keep people around that make me feel safe, and help me stay happy. I keep hobbies that push me to better myself physically, mentally and emotionally.

- Molly Robertson, 4th year

Environmental Wellness inspires us to live a lifestyle that is respectful of our surroundings. This realm encourages us to live in harmony with the Earth by taking action to protect it. Environmental well-being promotes interaction with nature and your personal environment. Everyone can have a strong environmental conscious simply by raising their awareness.

CAMPUS + ENVIRONMENTAL SUSTAINABILITY

Central Washington University has numerous programs in which sustainability is a central theme:

• Environmental Studies Program
• Integrated Energy Management Program
• Master of Science in Cultural and Environmental Resource Management
• Sustainability Certificate

CWU Sustainability

Do you care about the environment and want to make CWU a more sustainable university? Your daily actions on campus can make a difference! Here are some recommendations for living sustainably:

• Recycle your paper, cardboard, cans and bottles
• Ride a bike, skate, or walk to class
• Use a reusable water bottle and coffee mug
• Turn off lights and unplug electronics when not in use
• Plan a sustainability project at a Sustainability Cafe
• Join the Environment Club

Wildcat Neighborhood Farm

The Wildcat Neighborhood Farm provides opportunities for CWU students, faculty, and staff to access food grown on campus and apply their studies in a living, outdoor lab! Our mission is to support education, community health, and environmental stewardship on campus by examining the social and ecological implications of our food system. At the Wildcat Neighborhood Farm, Sustainability Center and Outdoor Classroom, student wellbeing is the top priority, and food is Central. Our farm occupies ancestral Yakama land with a deep history that transcends our presence here. Our purpose is to grow food and nourish our community—we will treat this space with respect and an understanding that all parts contribute to the health of the whole. There are many opportunities to get involved at the Farm! Whether you are a CWU student, faculty, or staff, or a community member, volunteers are welcome. Students can volunteer, do research, or become farm leaders. Find more information at cwu.edu/wildcatfarm.

OUTDOOR PURSUITS + RENTALS

OPR is here for all hikers, bikers, skiers, water-sport fans, snowshoer’s, and the like! Run by student outdoor enthusiasts just like you, OPR offers rentals for almost all outdoor equipment. Located right next to the SURC by the Wildcat Statue, listen up for their awesome tunes and head inside for more information.
Occupational Wellness is the ability to achieve a balance between work and leisure time, addressing workplace stress and building relationships with co-workers. It focuses on our search for a calling and involves exploring various career options and finding where you fit. Because what we do for a living encompasses so much of our time, it’s important for our overall well-being to do what we love and love what we do. When people are doing what they were meant to do, they deepen their sense of meaning and purpose.

- Mackenzie Duncan, 4th year

CAREER SERVICES RESOURCES

CAREER ASSESSMENTS
Find out what type of career suits your interests and personality best.

COOPERATIVE EDUCATION AND INTERNSHIPS
An educational plan designed to integrate classroom study with planned, supervised and evaluated work experience that will earn you credits and professional skills.

BECOME A PROFESSIONAL
Workshops offered each quarter are designed to help you transition to the professional world.

ON CAMPUS JOB RECRUITING
Grab opportunities early when employers conduct on-campus interviews for jobs and internships, and hire for permanent positions.

ACADEMIC CLASSES
UNIV 103 helps students explore majors and careers. UNIV 301 prepares students to transition from college to a career.

CAREER FAIRS AND EVENTS
Network with employers, learn dining etiquette, interview with businesses, meet with faculty, review graduate school information.

GRADUATE SCHOOL PREPARATION
Learn what to do in order to prepare for graduate school.

To access the WILDCAT CAREER NETWORK
Click on “Wildcat Career Network” under the Applications menu on your MyCWU dashboard
View On Campus Jobs through your MyCWU or the CWU Connect app
You can also use bls.gov/ooh/home.htm as a tool when searching possible career paths
INTELLECTUAL

Get comfortable with being uncomfortable. College is the time for you to learn and grow within your academics, professional, and personal life by trying things you have never done before. Take the class that is said to be difficult but interests you, go to that study session with people you have never really talked to. Make your experience at CWU memorable.
- Mickael Candelaria, 4th year

Intellectual wellness refers to active participation in scholastic, cultural, and community activities. It is important to gain and maintain intellectual wellness because it expands knowledge and skills in order to live a stimulating, successful life. In order to improve intellectual wellness, it is important to value creativity, curiosity, and lifelong learning.

TIPS FOR SUCCESS

Accept Personal Responsibility – You alone are responsible for your academic success. Your faculty and other classmates may help, however you are the one person responsible in the end.

Manage Your Time – Don’t procrastinate... it is unlikely that anyone is going to be actively reminding you to do your work. College comes with lots of freedom and it is easy to forget why you are here.... To better yourself right? Academically and personally. Find a way to make time for all aspects of your wellness.

Help Yourself then Ask for Help – If you are not keeping up in class, do all that you can do to help yourself to improve your academic performance. (For example: increase your study time, form a study group, study with a partner, and use all support services available to you at the Learning Commons.) If you continue to experience difficulty, make an appointment with your instructors to talk about your academic performance. There is no weakness in asking for help!

Go to Class – There are a couple of ways to look at this. 1. You can’t learn if you are not present. 2. You pay no less than $18 an hour for the opportunity to go to class. Don’t throw away your money.

Do Your Best - Your best is good enough. Strive for “A’s” and “B’s,” even if you have never earned “A’s” and “B’s”. Aim Higher!

Communicate with Instructors – If you cannot come to class because you are ill, notify your instructors. Try to make arrangements to make up your missed assignments. If you are struggling, use their office hours. Most faculty teach because they love working with students.

Remember Zeros are Possible – We often hear that assignments at many high schools are accepted late. However, in college you will find that many faculty expect you to manage your time and will not accept late assignments.

Track Your Assignments – Use a calendar, or if your instructor uses Canvas switch to the list view so you can see all upcoming assignments.

Check your Email and Canvas Daily – These two forms of communication are very important to track. An occasional nudge received via email might make a big difference in your success.

ACADEMIC SUCCESS CENTER

The Academic Success Center provides tutoring, academic coaching, and development education. Tutoring is available in a variety of formats, including the University Math Center, the University Writing Center, PALs (support for historically difficult courses), and online tutoring. All students are welcome to avail themselves of any of these free tutoring services offered. The Learning Commons is located in Brooks Library on the first floor, in the ARC, directly to the left of the main entry lobby (Library 190).

EDUCATION ABROAD

Education Abroad allows students to combine learning with international travel, providing opportunities to experience and learn about other cultures, gain new insights and perspectives on a topic of interest, and access courses and materials not available on campus. These experiences provide not only academic and personal benefit, but can also help students develop intercultural skills valued by employers and applicable to careers.

CWU students of nearly any major have opportunities to study, intern, conduct research, and participate in service-learning all over the world, both independently and alongside CWU faculty and fellow students, for durations from days to weeks to months to a full academic year. Financial aid and scholarships are available. Visit www.cwu.edu/studyabroad or stop into the Office of International Studies and Programs in Hebeler Hall to learn more.

Pell Grant recipients: Ask about the Benjamin A. Gilman Scholarship for study abroad.
William O. Douglas Honors College

The William O. Douglas Honors College (DHC), founded in 1977, is a two-tiered course of study for academically talented students at Central Washington University (CWU). The first tier satisfies the general education requirements of CWU and the second tier prepares students for their post-CWU aspirations, be it the global workplace and/or graduate school.

The college is named for U.S. Supreme Court Justice William O. Douglas, a native of Yakima, Washington and a great supporter of higher education. Following Justice Douglas’ example, the DHC encourages intellectual breadth, academic curiosity and the application of scholarship to pressing social issues. Students wishing to apply should contact the DHC office to find out about minimum qualifications and the application process.

For additional information call us at (509) 963-1900.

ADDITIONAL RESOURCES

Canvas
Canvas is a learning management system where instructors can post course materials and info online, and allow students to submit assignments, post discussion responses, check assignment due dates, and send messages to instructors.

GET THE APP
- Turn on notifications so you know when assignments are due
- Color code your classes
- Change dashboard to list view for class deadlines

CANVAS HELP - 24/7 student Canvas support via Help button within Canvas (phone or live chat)

ALLY ACCESSIBILITY TOOL - Provides alternative format files of all Canvas documents through the Ally Accessibility tool. Alternative formats available to all students include html, ePub, electronic braille and mp3 audio files. *Not a substitute for official accommodations

Multimodal Education Center (MEC)

www.cwu.edu/mec
The Multimodal Education Center (MEC) embraces the vision that Technology Empowers Learning. We provide instructional and multimedia technologies, support, and training for all CWU students, faculty, and staff. Our goal is to create opportunities for exploration of emerging technologies, digital media, and innovative learning spaces.

The MEC Equipment check-out, located in the lobby of Samuelson Hall, provides students with laptops, a variety of cameras, audio equipment, webcams, digital projectors and more. This free service allows students to access the technology they may need to successfully navigate their education at CWU.

MEC hosts services and workshops on digital media production, virtual reality, laser cutting, poster printing, desktop CNC routing, and 3D printing, scanning and modeling. Visit us in Samuelson 126.

Microsoft Office365

Word, Excel, PowerPoint, Outlook & OneDrive is provided FREE to CWU students. Download the latest version of Office 365 at office.com and login with your MyCWU credentials!

CWU Service Desk

CWU Service Desk provides phone, e-mail and walk-in computer support for all faculty, staff, students and guests at Central Washington University.

Security Services works to protect student and personal data by ensuring appropriate controls are in place as well as educating individuals on security awareness.

www.cwu.edu/security-service

CAT FACT

Notebook computers are available for checkout at: SURC Information Center, Brooks Library and 1891 Bistro.
CAREER SERVICES
Empowering and preparing
Wildcats to pursue meaningful
Careers and lives.
Bouillon Hall 206
509-963-1921
cwu.edu/career

CASHIERS
Payments to your student account.
Bouillon Hall 1st Floor
Online via MyCWU or
cwu.edu/student-accounts/

CENTER FOR LEADERSHIP AND
COMMUNITY ENGAGEMENT
Leadership development and
Volunteer service opportunities
SURC 256
509-963-1850
cwu.edu/leadership-engage

COLLEGE ASSISTANCE
MIGRANT PROGRAM (CAMP)
Provides support to first-year students
From migrant or seasonal farm working
Backgrounds
Bouillon Hall 232
509-963-1729
cwu.edu/camp

COLLEGE SUCCESS
FOUNDATION
Provides mentoring, academic and financial
Support for eligible low-income and/or foster care
Students to attend college
Bouillon Hall 232
509-963-2026
kwu.edu/academic-achievement

CONNECTION CARD OFFICE
CWU identification card
And meal plans
Bouillon Hall 104
509-963-2711
cwu.edu/card

CWU HYPE
Connecting students to events and
opportunities for involvement
SURC 272
@cwuhype
cwuhype.com

CWU MCNAIR SCHOLARS PROGRAM
Prepares us with financial and
Academic support for pursuing graduate
Studies/PhD programs.
L&L Building 103A
509-963-2879
cwu.edu/mcnair-scholars/

DEAN OF STUDENT SUCCESS
Provides educationally-purposeful
Programs, events, services and
Activities that promote academic,
Personal, professional growth within
And beyond the classroom
Bouillon Hall 204
509-963-1515
cwu.edu/student-success

DINING SERVICES
Meal plans, dining facilities, employment opportunities
SURC 225
509-963-1591
cwu.edu/dining

DISABILITY SERVICES
Assistance with
disability-related issues
Hogue Hall 126
509-963-2214
cwu.edu/disability-services

DIVERSITY & EQUITY CENTER
Providing dynamic events, services and
Advocacy for all students to promote a
Diverse and inclusive campus
Black Hall 101
509-963-2127
cwu.edu/diversity

EDUCATION ABROAD
CWU students may participate in
Education abroad opportunities of varying types and lengths
Around the world.
Hebeler Hall 105
educationabroad@cwu.edu
cwu.edu/educationabroad

EMPLOYMENT (Student)
Part-time jobs on campus
Mitchell Hall 1st Floor
509-963-1202
cwu.edu/student-employment

FINANCIAL AID
Financial assistance through grant, scholarships, loans and work-study
Bouillon Hall 106
509-963-1611
cwu.edu/financial-aid

HOUSING
Residence hall and apartment contracts
Button Hall
509-963-1831
cwu.edu/housing

ACADEMIC SUCCESS CENTER
Brooks Library 1st Floor
Math and writing help:
509-963-1270
Tutoring/peer assisted labs
509-963-2131
cwu.edu/academic-success

ADMISSIONS
Transcripts and Admissions Status
Bouillon Hall 110
509-963-1211
cwu.edu/admissions

ALUMNI OFFICE
Once a Wildcat, Always a Wildcat!
Stay connected to CWU
Barge Hall 1st floor
509-963-2160
cwu.edu/alumni

ATHLETICS
Intercollegiate Athletics Program
Nicholson Pavilion
509-963-1914
wildcatsports.com

BROOKS LIBRARY
The hub of academic resources
And a variety of study spaces
And technology.
509-963-1021
lib.cwu.edu

CAMPUS ACTIVITIES
Activities and Special Events
SURC 263
509-963-3315
cwu.edu/student-union
@cwucampusactivities

CAREER SERVICES
Empowering and preparing
Wildcats to pursue meaningful
Careers and lives.
Bouillon Hall 206
509-963-1921
cwu.edu/career

CASHIERS
Payments to your student account.
Bouillon Hall 1st Floor
Online via MyCWU or
cwu.edu/student-accounts/

CENTER FOR LEADERSHIP AND
COMMUNITY ENGAGEMENT
Leadership development and
Volunteer service opportunities
SURC 256
509-963-1850
cwu.edu/leadership-engage

COLLEGE ASSISTANCE
MIGRANT PROGRAM (CAMP)
Provides support to first-year students
From migrant or seasonal farm working
Backgrounds
Bouillon Hall 232
509-963-1729
cwu.edu/camp

COLLEGE SUCCESS
FOUNDATION
Provides mentoring, academic and financial
Support for eligible low-income and/or foster care
Students to attend college
Bouillon Hall 232
509-963-2026
kwu.edu/academic-achievement

CONNECTION CARD OFFICE
CWU identification card
And meal plans
Bouillon Hall 104
509-963-2711
cwu.edu/card

CWU HYPE
Connecting students to events and
opportunities for involvement
SURC 272
@cwuhype
cwuhype.com

CWU MCNAIR SCHOLARS PROGRAM
Prepares us with financial and
Academic support for pursuing graduate
Studies/PhD programs.
L&L Building 103A
509-963-2879
cwu.edu/mcnair-scholars/

DEAN OF STUDENT SUCCESS
Provides educationally-purposeful
Programs, events, services and
Activities that promote academic,
Personal, professional growth within
And beyond the classroom
Bouillon Hall 204
509-963-1515
cwu.edu/student-success

DINING SERVICES
Meal plans, dining facilities, employment opportunities
SURC 225
509-963-1591
cwu.edu/dining

DISABILITY SERVICES
Assistance with
disability-related issues
Hogue Hall 126
509-963-2214
cwu.edu/disability-services

DIVERSITY & EQUITY CENTER
Providing dynamic events, services and
Advocacy for all students to promote a
Diverse and inclusive campus
Black Hall 101
509-963-2127
cwu.edu/diversity

EDUCATION ABROAD
CWU students may participate in
Education abroad opportunities of varying types and lengths
Around the world.
Hebeler Hall 105
educationabroad@cwu.edu
cwu.edu/educationabroad

EMPLOYMENT (Student)
Part-time jobs on campus
Mitchell Hall 1st Floor
509-963-1202
cwu.edu/student-employment

FINANCIAL AID
Financial assistance through grant, scholarships, loans and work-study
Bouillon Hall 106
509-963-1611
cwu.edu/financial-aid

HOUSING
Residence hall and apartment contracts
Button Hall
509-963-1831
cwu.edu/housing
INFORMATION CENTER, SCHEDULING, AND STUDENT UNION OPERATIONS
General information, lost and found, event scheduling, and building services
SURC 146
509-963-3488
cwu.edu/surc

INFORMATION SERVICES (IS)
Wireless connections, network issues, MyCWU issues, passwords, etc.
Samuelson Hall 1st Floor
Service Desk: 509-963-2001
cwu.edu/its

INTERNATIONAL STUDIES AND PROGRAMS
Hebeler Hall 102
509-963-3612
cwu.edu/international-programs

MULTIMODAL EDUCATION CENTER
Innovative technology on campus, includes equipment rental, Virtual Reality, 3D printing, workshops and more!
Samuelson Hall 1st Floor
509-963-3293
cwu.edu/mec

ORIENTATION & TRANSITION PROGRAMS
509-963-2735
CWU.Orientation@cwu.edu
Bouillon Hall 203
DM @DiscoverCWU on Instagram
cwu.edu/orientation

PARKING SERVICES
Parking Permits
Public Safety Building
509-963-2667
cwu.edu/parking

POLICE PUBLIC SAFETY BUILDING
509-963-2959 (Non-Emergency)
509-925-8534 (Non-Emergency After Hours)
911 (Emergency Services)
cwu.edu/police

RADIO - 88.1 THE ‘BURG
KCWU-FM is CWU’s student-centered, FCC-licensed radio station.
SURC 120
881theburg.com

RECREATION/OUTDOOR PURSUITS AND RENTALS
Gym, rock-climbing wall, fitness programs, intramural sports, sports clubs, and OPR.
SURC/SURC East Patio
Recreation: 509-963-3512
SURC/OPR: 509-963-3537
cwu.edu/rec

REGISTRAR
Enrollment, records, academic evaluation
Bouillon Hall 1st Floor
509-963-3001
cwu.edu/registrar

STAR PROGRAM & ADVISING
Provides academic support for traditionally underrepresented students
Bouillon Hall 206
509-963-2722
cwu.edu/star

STUDENT ACCOUNTS
Answers about charges credits and account balances.
Bouillon Hall 110
509-963-3546
cwu.edu/student-accounts

STUDENT COUNSELING SERVICES
Counselor assistance
11th Avenue and Poplar Street
509-963-1391
cwu.edu/medical-counseling/counseling-clinic

STUDENT GOVERNMENT - ASCWU
Working to represent you in a variety of ways that affect your daily life at Central.
SURC 236
509-963-1693
cwu.edu/ascwu

STUDENT HEALTH SERVICES
Physicians and nurses
11th Avenue and Poplar Street
509-963-1881
cwu.edu/medical-counseling/student-medical-clinic

STUDENT INVOLVEMENT
Student engagement and Student Government Advising
SURC 250
509-963-1691
cwu.edu/student-involvement

STUDENT MEDIA
For the students, by the students. Keeping CWU students and the community informed with a student-run newspaper, lifestyle magazine, news broadcast and video production media outlets.
Lind Hall 114A
509-963-1026
cwu.edu/communication/student-media
studentmedia@cwu.edu

STUDENT SUPPORT SERVICES (TRIO)
Department of Education TRIO program; provides academic assistance.
Bouillon Hall 232
509-963-2026
cwu.edu/academic-achievement

TESTING SERVICES
Accuplacer test, placement exams, graduate and professional school admission tests, certification tests
Bouillon Hall 125
509-963-1847
cwu.edu/testing

TRANSFER CENTER
Supporting transfer students as they prepare for, transition to, and succeed at CWU.
Bouillon Hall 210
509-963-1390
transfer@cwu.edu

U.S. BANK @ CWU
Full service branch
SURC 138
509-933-7034

VETERANS CENTER
Support and services for veterans or dependents
Bouillon Hall 214
509-963-3028
cwu.edu/veterans

WELLNESS CENTER
Promoting positive health behaviors
SURC 139
509-963-3213
cwu.edu/wellness

WILDCAT SHOP
Textbooks, computers, supplies, and all Wildcat gear
SURC
509-963-1311
wildcatshop.com

WILLIAM O. DOUGLAS HONORS COLLEGE
Central’s interdisciplinary program for academically talented students
Hebeler Hall 219
509-963-1445
cwu.edu/honors
STAY CONNECTED ONLINE

How to Use Your CWU Email and Calendar

Add your student email to your phone so you do not miss any important information. Log in with username@cwu.edu and your MyCWU password.

Remember: Because of FERPA Central will only email your @cwu.edu email! Check out CENTRAL 101 for step by step directions.

CWU WILDCAT CONNECT

CWU Connect is a mobile app made by and for Central students. Purchase tickets for campus events, search for housing, find out where your classes are, check the weather on the passes, and much more — all in one app!

INSTAGRAM

Instagram is a great place to get connected with your peers AND the programs going on in Central’s campus. Many events are advertised through Instagram.

#CWUTogether

Stay up-to-date with fall events!

CWU ORIENTATION (@DISCOVERCWU)
CWU HYPE (@CWUHYPE)
88.1 THE BURG (@881THEBURG)
PULSE (@CWUPULSEMAGAZINE)
OBSERVER (@CWUOBSERVER)
STUDENT GOVERNMENT (@ASCWU_SG)
ATHLETICS (@CWUATHLETICS)
DIVERSITY & EQUITY CENTER (@CWUDIVERSITY)
CWU CLUBS (@CWU_ENGAGEMENT)
ASCWU President on Twitter @ASCWU_PRES

FALL 2020 CHECKLIST

Make this fall the best it can be!

- Participate in CWU events online or on campus (Welcome Week, First Six Weeks, and many more!)
- Complete FAFSA and other financial applications starting October 1st
- Check your CWU email and Canvas daily
- Keep this Wildcat Guide as a resource
- Schedule an individual Financial Aid Counseling Session
- Meet with your advisor
- Enroll in classes for Winter 2021