可爱的学生和家庭们，

欢迎！现在是你们要听到很多次的时候了，你已经决定成为中央华盛顿大学Wildcat家族的一员。我们的小班制、安全且友好的社区、动手学习和支持性的教员创造出一种鼓励个人成长和学术成就的学习环境。

CWU入学是你体验学术和学生生活的机会。在入学期间，你们将有机会与未来的同学见面，与教员和工作人员互动，与你的学术顾问交谈，注册课程，了解校园活动，并参观校园和周边社区。

我们期待在入学中见到你们，并迫不及待地想向你们展示中央大学所能提供的所有东西。

祝你们在CWU度过一个激动人心的第一年！

詹姆斯·L·加迪诺
中央华盛顿大学校长
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. Below is an overview of what you can expect.

**CENTRAL 101:** Your pre-orientation experience [Enrolled upon confirmation of Admission]

**Wildcat Day:** Admitted Student Welcome [April]

**CWU Orientation:** Orientation, Advising & Registration [June/July]

**Wildcat Welcome:** A component of UNIV 101 focusing on navigation & connections [Sept 20-24] *required for FY students

**First Six Weeks:** A component of UNIV 101 starting the first day of classes. Through programming and involvement opportunities we will deliver important information to ease your transition.

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

**PILLARS OF THE FIRST YEAR EXPERIENCE**

**Campus Connections**
Making connections with faculty, staff and peers.
- Developing relationships with peers who are providing academic support and social support.
- Taking advantage of faculty support.
- Identifying staff that will challenge and support you as you progress towards graduation.
- Involved in campus activities, clubs, and organizations.

**Academic Success**
Developing skills, tools, and habits that will aid in your academic success.
- Routinely attending class and making progress towards completion of your graduation requirements.
- Enhancing college success skills.
- Developing familiarity with library resources and research methods.

**University Navigation**
Understanding how to navigate university policies, procedures and resources.
- Identifying offices that are valuable resources in your Central experience.
- Understanding basic academic policies and procedures and their impact on your progress towards graduation.
- Comfortable utilizing online campus resources.

**Responsible Citizenship**
Promoting student exploration and learning while preparing students for responsible lives in a diverse, interconnected and evolving world.
- Exploring your own social background and characteristics through the lens of opportunities, status, power, and how you are treated by others as a result.
- Developing an awareness and respect for others.
- Recognizing the impact of your actions on the larger community.
- Understanding the implications of your decisions, related to overall wellness.
- Gaining an awareness of your own values within the context of others in your curricular and co-curricular activities.
- Taking responsibility/ownership of your own academic and personal success.
- Understand your rights and responsibilities as they pertain to the student rights and responsibilities policy.

We want your college experience to be everything you have dreamed. As we welcome you to the Wildcat family, we invite you to embrace our shared values to learn, do, and live.

*Spin the wheel!* Some days will be amazing and some days will be challenging. Faculty, staff, and your fellow peers will be here to support you. No matter where you land, we hope you know that YOU BELONG.
**FIRST-YEAR ORIENTATION**

CWU defines all students graduating with a high school diploma or students with fewer than 40 college credits as first-year students. Students with Running Start credits are included in our definition of a first-year student.

**DAY 1 SCHEDULE**

See session descriptions on pages 5-7. See SURC map on pages 59-60.

<table>
<thead>
<tr>
<th>TIME</th>
<th>SESSION</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 AM - 9:20 AM</td>
<td>CWU Orientation Check-in Breakfast Refreshments Available Connection Card - Student ID 881 The ‘Burg Radio Station Tours Housing and Dining Table Academic Fair</td>
<td>SURC Information Center SURC 2nd Floor Mezzanine Bouillon 1st Floor SURC 120 SURC 1st Floor SURC 1st Floor</td>
</tr>
<tr>
<td>8:00 AM</td>
<td>Campus Tours (Depart at 8:00)</td>
<td>Wildcat Statue</td>
</tr>
<tr>
<td>8:00 AM - 4:30 PM</td>
<td>Wildcat Shop Bookstore Tours Library and Academic &amp; Research Commons Open House Quiet Lounge</td>
<td>Wildcat Shop Brooks Library SURC 300 Lounge</td>
</tr>
<tr>
<td>9:00 AM - 10:00 AM</td>
<td>UNIVERSITY WELCOME (SIT BY GROUP &amp; POSTED)</td>
<td>SURC Ballroom</td>
</tr>
<tr>
<td>10:15 AM - 11:00 AM</td>
<td>Meet your Orientation Leader (Students Only) Parent and Guest Welcome/Financial Aid and Employment Q&amp;A Session</td>
<td>TBA by Group Number SURC Theatre</td>
</tr>
<tr>
<td>11:05 AM - 12:40 PM</td>
<td>See Page 4 for Day 1 Rotational Sessions (Lunch/Academic Advising)</td>
<td>SURC Ballroom</td>
</tr>
<tr>
<td>11:30 AM - 5:00 PM</td>
<td>Connection Card - Student ID</td>
<td>Bouillon 1st Floor</td>
</tr>
<tr>
<td>12:45 PM - 2:00 PM</td>
<td>Students in Transition Session (Students Only) Parents in Transition Session</td>
<td>SURC Ballroom SURC Theatre</td>
</tr>
<tr>
<td>2:05 PM - 2:35 PM</td>
<td>CHOOSE 1 of the following sessions:</td>
<td>SURC Theatre</td>
</tr>
<tr>
<td></td>
<td>Housing and Dining</td>
<td>Wellington Event Cetner SURC 201</td>
</tr>
<tr>
<td></td>
<td>First in the Family</td>
<td>SURC 135</td>
</tr>
<tr>
<td></td>
<td>Health &amp; Wellness Services</td>
<td>SURC 137</td>
</tr>
<tr>
<td></td>
<td>Veterans Services (only offered at 2:05 PM)</td>
<td>SURC 137A</td>
</tr>
<tr>
<td></td>
<td>A Student’s CWU Financial Account</td>
<td>LBL 104</td>
</tr>
<tr>
<td></td>
<td>University Recreation</td>
<td>SURC 361</td>
</tr>
<tr>
<td></td>
<td>World Language Placement Testing (only offered at 2:05 PM)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Belonging at Central-What Diversity Means in Your Experience at CWU</td>
<td></td>
</tr>
</tbody>
</table>

**DAY 1 ROTATIONAL SESSIONS**

Refer to group number on student’s name badge to determine which session to attend.

**GROUPS 1 - 10**

<table>
<thead>
<tr>
<th>TIME</th>
<th>GROUPS 11 - 20</th>
<th>LUNCH: Name badge is your meal ticket</th>
<th>SURC 1st Floor</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:05 AM - 11:50 AM</td>
<td></td>
<td>CWU Orientation Dinner (Show Name Badge)</td>
<td>Holmes Dining (SURC)</td>
</tr>
<tr>
<td>11:55 AM - 12:40 PM</td>
<td></td>
<td>ACADEMIC ADVISING: Getting Started</td>
<td>SURC Ballroom</td>
</tr>
<tr>
<td></td>
<td></td>
<td>This is the first of two required academic advising sessions today. You will be introduced to the advising services on campus, requirements for completing your degree, and how to begin building your first quarter schedule.</td>
<td></td>
</tr>
<tr>
<td>11:55 AM - 12:40 PM</td>
<td></td>
<td>ACADEMIC ADVISING: Honors College</td>
<td>SURC 135</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Pre-admitted William O. Douglas Honor College (DHC)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>This session is for students who have or will be, earning their DTA.</td>
<td></td>
</tr>
<tr>
<td>11:55 AM - 12:40 PM</td>
<td></td>
<td>ACADEMIC ADVISING: Running Start / Direct Transfer Agreement (DTA) Students</td>
<td>SURC 137</td>
</tr>
</tbody>
</table>

**GROUPS 11 - 20**

**LUNCH:** Name badge is your meal ticket

- Holmes Dining (SURC)
- SURC Ballroom
- SURC 135
- SURC 137

**Definitions:**

- BELONGING AT CENTRAL - WHAT DIVERSITY MEANS IN YOUR EXPERIENCE AT CWU
- UNIVERSITY WELCOME (SIT BY GROUP & POSTED)
- UNIVERSITY WELCOME (SIT BY GROUP # POSTED)
- KEY: (SUN/WED)
SESSION DESCRIPTIONS

Connection Card
8:00 - 9:20 AM & 11:30 AM - 5:00 PM • Bouillon 1st Floor
It’s time to say cheese and get your Connection Card! This card serves as your general school identification card. It also contains your meal plan and will grant you access to CWU sporting events, the library, computer labs, and the Recreation Center. You also have an option to choose the Maxx card, which is a combination of your CWU Connection Card and U.S. Bank debit card. The Maxx card is a great option for CWU students, as U.S. Bank is the only full-service bank on campus. Come in to watch a short, informational slideshow, choose your card, and get your picture taken. You can also sign your Recreation Center release form and get a free lanyard at this time.

88.1 The ‘Burg Radio Station Tours
8:00 - 9:20 AM • SURC 120
Cutting edge, state-of-the-art broadcast studios, along with today’s modern rock, hip-hop, top 40, hot country, and alternative favorites – it’s Your Music Central. 88.1 FM The ‘Burg - by and for the students of CWU. Come tour the station in SURC 120 and find out what it takes to get involved. • Listen online at www.881theburg.com

Wildcat Shop Tours
8:00 AM - 4:30 PM • Wildcat Shop
You won’t want to miss this tour. We will show you how to save money on textbooks, how to find your course materials, and explain all the services the store offers. In addition, students will receive a free CWU T-shirt. Students will also be entered in a drawing to win free textbooks for fall quarter. This will be the most important money-saving session you attend at CWU. Orientation, and also the shortest one at just 10 minutes!

Library & ARC Open House
8:00 AM - 4:30 PM • Brooks Library
Need a break from all the activity in the SUC? Take a walk down to the library where you can meet some of our librarians and staff. While you are there, stop into the Academic & Research Commons (ARC) on the first floor to meet the staff and learn about the services and technology that are available to you as students.

Campus Tours
8:00 AM • Depart from Wildcat Statue
You haven’t seen the campus until you have seen it with one of our trained campus tour guides. They will show you the well-traveled spots on campus and relay fun facts and stories about Central.

Student Alumni Association
8:00 - 10:00 AM • SURC First Floor
The Student Alumni Association (SAA) is a group committed to celebrating the spirit and tradition of the Wildcat community. SAA offers exclusive benefits to members including a commemorative membership t-shirt. SAA collaborates to host events throughout the year with an emphasis on professional development and mentoring, as well as school pride.

Parent and Guest Welcome/Financial Aid and Employment Q&A Session
10:15 - 11:00 AM • SURC Theatre
This session will include Parent-Family Programs, review of schedule, and a question and answer portion with Financial Aid and Student Employment.

Students in Transition (Students Only)
12:45 - 2:00 PM • SURC Ballroom
College is a time of significant change. This session will discuss roommates, alcohol and other drugs, romantic relationships, communication with family, family connections, campus safety, diversity on campus, and other topics. This session is to aid in your transition, helping you manage your freedom while avoiding the bigger obstacles you might encounter during your first year at Central.

Parent & Families in Transition (Parents/Guests only)
12:45 - 2:00 PM • SURC Theatre
We recognize that parents and families will also go through a transitional period. This session will provide information that will help parents and families adjust as well as assist with their student’s adjustment to college.

Housing and Dining
2:05 - 2:35 PM & 2:45 - 3:15 PM • SURC Theatre
University Housing and Dining Services are committed to providing you with a premier residential experience. Join us for this all-important session to learn about the various residence halls and how to select the right meal plan for you.

First in the Family
2:05 - 2:35 PM & 2:45 - 3:15 PM • Wellington Event Center
First generation students are the first in their family to earn their Bachelor’s degree. Approximately 50% of CWU’s incoming class are first-generation students. Navigating CWU can be challenging for incoming students and their families, especially when the college experience is new. This session will inform students and their families of some of the common challenges, along with resources that can help them thrive on campus and be successful.

Health & Wellness Services
2:05 - 2:35 PM & 2:45 - 3:15 PM • SURC 201
Our goal is to help students stay physically and mentally healthy throughout their time at Central. This session will cover the medical and mental health counseling services that are offered on campus and how to access them. We’ll talk about preventative care as well as treatment. Attending to your physical and emotional health might be the most important thing that you can do to ensure your success as a student! Come and learn about our services.

Veterans Services
2:05 - 2:35 PM • SURC 135
Students that will be using GI Bill Education Benefits, please attend this session. Session will cover specific requirements for students while utilizing the GI Bill and will give a detailed explanation of how the benefits are processed. Feel free to bring your parent/guests. If you are a student veteran and are not using GI Bill Education Benefits please feel free to stop by with any questions. If you happen to miss this session there will be a Veterans Center representative at the Student Services Fair. Students are also welcome to visit the Veterans Center located in Bouillon Hall 214. Feel free to contact our office at 509-963-3028 or VA@cwu.edu.

A Student’s CWU Financial Account
2:05 - 2:35 PM & 2:45 - 3:15 PM • SURC 137B
What are my financial responsibilities as a CWU student? Who do I talk to about billing and payment options? What happens if I get a “hold” on my student account? Where do I pay my CWU bills, anyway? These questions and more will be answered in this session presented by the Office of Student Accounts. Also covered will be important forms including the financial aid authorization, direct deposit, and the release of information form. Come learn about the options you have with your student account at Central.

University Recreation
2:05 - 2:35 PM & 2:45 - 3:15 PM • SURC 137A
Topics include programs and services available to students to keep them moving and becoming a part of the CWU community.

Belonging at Central - What Diversity Means in Your Experience at Central
2:05 - 2:35 PM & 2:45 - 3:15 PM • SURC 301
We each bring a unique lens with us and Central celebrates these diverse experiences. This session is for students and families who identify as people of color, part of the LGBTQ+ community, or other historically underrepresented groups in higher education, join us for a conversation on the opportunities and realities of being a part of the Wildcat family. This session will also feature information on programs and clubs that help support you/your student.

World Languages Testing
2:05 - 2:35 PM • L&L 104
If you need to take a language placement test, this is an opportunity to do so. If you have questions please contact the World Languages and Cultures Department at 509-963-1218.
President’s Reception at the University House Lawn (Parents/Guests Only)
4:30 - 5:15 PM • University House Lawn
*Implements weather location: 1891 Bistro
After being on the go all day, relax in the serenity of the University House lawn, and enjoy some light refreshments with other parents. You will have an opportunity to meet and mingle with college deans, faculty, and staff. It is a great time to get information unique to your student’s needs.
Shuttle available at Japanese Gardens.

S’mores on the DEC
6:30 - 8:00 PM • Black Hall 101
Join the Diversity and Equity Center for s’mores and fun activities about identity, diversity and social justice.

Residence Hall Tour
6:45 - 7:30 PM • Depart from Wildcat Statue
Want to see what a typical decorated residence hall looks like? Orientation leaders will be giving guided tours to show you a common space and a sample room. Please note that because we respect the privacy of the students and conference guests who live on campus during the summer, we are limited in what we are able to display. Beck and Barto Halls are representative of a typical first-year student hall. For complete information about all of our residence halls, including pictures and floor plans, visit www.cwu.edu/housing/residence-halls.

Campus Night Life
8:30 - 9:45 PM • SURC Ballroom
After a long day of learning, join us for some fun. A member of the CWU Community Activities will provide a little information about many of the activities and events that are already being prepared for your arrival in the Fall. Then, be ready to laugh and have fun with one of the top comedians from the West Coast.

Wildcat Snapshot (Students Only)
4:30 - 5:30 PM • SURC Ballroom
Prepare for action, games, and rewards in this fun-filled session. As a team you will experience the many services and programs offered on campus through the interactive Wildcat Snapshot. Session attendees will have the opportunity to meet other students and ask questions about student life as they experience activities “Wildcat-style.”
Recreation Center Open Hours
6:00 - 8:00 AM • Recreation Center (SURC)
The entire Recreation Center is open for you to explore. Signed waivers are required for anyone using the facility.

Residence Hall Key Check-In
8:00 - 8:30 AM • SURC Information Center
Be sure to remove all personal belongings from your room prior to breakfast. If you need to store items we have a luggage room that is available until 10:00 PM. Failure to return your key could result in a $35 re-key charge.

Living Learning Communities (LLC) Breakfast
8:00 - 9:00 AM • Wellington Event Center
Students who have already been accepted into Living Learning Communities and their parents/families should have received an invitation to the LLC breakfast. Learn more about your LLC and meet other students who will be living in your community. If you have not been accepted at this time, but are still interested, please attend this session. Breakfast will be served in the Wellington Event Center for session participants.

Class Registration (Students only)
Look for your rotational session group slot • SURC Ballroom
By now students should have developed a list of class options for Fall quarter. Academic advisors and many program advisors will be available to look over course selections and help students finalize Fall quarter schedules.

Disability Services at CWU
Look for your rotational session group slot • SURC 135
Are you worried about how a disability will affect your academic success at CWU? Students with documented disabilities and members of their support system will receive detailed, individualized information about academic accommodations and other support services with Disability Services (DS). Contact DS for more information at 509-963-2214 or DS@cwu.edu. Stop by our offices in Hogue Hall 126.

Being a CWU Student-Athlete Breakfast
(required for student-athletes)
8:00 - 9:00 AM • SURC 137B
This session will provide information on how to become a participant in one of our 15 intercollegiate sport programs and will cover the NCAA Eligibility Center, insurance, athletic goals and objectives, contact information, and Q&A. This session is required for anyone planning to participate in the following sports: Baseball, M/W Basketball, M/W Cross Country/Track & Field, Football, M/W Rugby, Softball, M/W Soccer, and Volleyball. Pick up breakfast outside SURC 137, and feel free to bring food into the session. Parents are encouraged to attend with their student-athlete.

STAR (Student Transitions and Academic Resources) Breakfast
8:00 - 9:00 AM • SURC 135
Student Transitions and Academic Resources is an access and support program that offers an array of services that foster academic success. Students who have already applied or would like to apply to the STAR program are invited to join for this session.

William O. Douglas Honors College Breakfast
8:00 - 9:00 AM • Wellington Event Center
Join us as we discuss what you can expect as a DHC member. Breakfast will be served in the Wellington Event Center.

Life in the Residence Halls
Look for your rotational session group slot • SURC 301
So what is it REALLY like to live in the residence halls? What is an RA? Here is your chance for a candid discussion with residence hall professionals and student staff. Get an inside perspective on residence living with a roommate, sharing a bathroom, forming a community, getting involved in hall council, and events, etc. If you ask it, we will answer it!

Resources, Involvement and Employment Fair
Look for your rotational session group slot • SURC 1st Floor
This is an opportunity to walk through a number of booths from multiple departments that provide a great number of services on campus. From “Understanding All Things Tech at CWU” to Leadership and Community Engagement opportunities, and from Student Employment to the University Police, please come and meet, greet and get your questions answered at the Resources, Involvement and Employment Fair. Red balloons indicate employers seeking applicants. Stop by their tables for additional information.

Campus Q&A Panel
(Parents & guests only)
Look for your rotational session group slot • SURC Theatre
Representatives from across campus will be available to talk with you on any topic that is on your mind. It is a great opportunity to get those last questions answered as CWU Orientation comes to a close. Typical panelists include a current student as well as staff from Housing, Dining, Police, Dean of Student Success Office, Information Services, Wildcat Shop, Student Medical and Counseling Clinic, to name a few.

Academic Survival Skills
Look for your rotational session group slot • Brooks Library
Come learn how to find the best academic support on campus as the Learning Commons and the Brooks Library provide an interactive overview of the Academic & Research Commons and the free services available for students.

Joining the CWU Community:
Student Rights & Responsibilities
Look for your rotational session group slot • SURC 202
Come learn about the resources and support available through the Office of Student Rights & Responsibilities and how they can help maximize your experience and success here at CWU. The session will also discuss some of the responsibilities and expectations that are placed on you as a member of the campus community that help to promote overall safety and student success.

Optional Activity:
Yakima River Float
TIME: 1:30 PM - 5:30 PM
LOCATION: OPR (SURC)
Enjoy a leisurely afternoon floating through the picturesque Yakima River Canyon. The cost is $33 per person, which includes water and transportation to and from the river. Make sure to grab lunch before departure or bring a snack on the trip. Check in at OPR in the SURC at 1:00 PM. We depart at 1:30 PM and return to campus at 5:30 PM.

*PRE-REGISTRATION REQUIRED
To sign up for the Yakima River Float, you need to reserve and pay in advance. Visit us online at cwu.edu/tickets. For questions call 509-963-3537.
COLLEGES + ACADEMIC PROGRAMS

COLLEGE OF ARTS AND HUMANITIES

See pages 41-42 for College Highlights and Major List

- Art + Design
  First Year - SURC 201
  Transfer - SURC 201
- Communication
  First Year - Samuelson 105
  Transfer - SURC Ballroom
- English
  First Year - Discovery Hall 103
  Transfer - SURC Ballroom
- History
  First Year - SURC Theatre
  Transfer - Black Hall 152
- Music
  First Year - Discovery Hall 103
  Transfer - SURC Ballroom
- Philosophy and Religious Studies
  First Year - Discovery Hall 103
  Transfer - SURC Ballroom
- Theatre Arts
  First Year - McConnel Hall 157
  Transfer - SURC Ballroom
- World Languages and Cultures
  First Year - Discovery Hall 103
  Transfer - SURC Ballroom

INTERDISCIPLINARY PROGRAMS

- African and Black Studies
  First Year - Discovery Hall 103
  Transfer - SURC Ballroom
- Asian Studies
  First Year - Discovery Hall 103
  Transfer - SURC Ballroom
- Latino and Latin American Studies
  First Year - Discovery Hall 103
  Transfer - SURC Ballroom
- Liberal Studies
  First Year - Discovery Hall 103
  Transfer - SURC Ballroom

INTERDISCIPLINARY PROGRAMS

- American Indian Studies
  First Year - SURC 137B
  Transfer - Dean 113
- Craft Brewing Program
  First Year - Science 147
  Transfer - SURC 202
- Environmental Studies
  First Year - SURC 137B
  Transfer - SURC Ballroom
- Interdisciplinary Studies - Social
  First Year - SURC 202
  Transfer - SURC Ballroom
- Integrated Energy Management
  First Year - SURC 137B
  Transfer - SURC Ballroom
- Primate Behavior and Ecology
  First Year - SURC 137B
  Transfer - Dean 113
- Science Talent Expansion Program
  Transfer - SURC Ballroom
- Women and Gender Studies
  First Year - SURC 202
  Transfer - SURC Ballroom

COLLEGE OF THE SCIENCES

See pages 47-48 for College Highlights and Major List

- Anthropology and Museum Studies
  First Year - SURC 137B
  Transfer - Dean 113
- Biological Sciences
  First Year - Science 147
  Transfer - SURC 202
- Chemistry
  First Year - Science 147
  Transfer - SURC Ballroom
- Computer Science
  First Year - SURC 279
  Transfer - Samuelson 106
- Geography
  First Year - SURC 137B
  Transfer - Dean 113
- Geological Sciences
  First Year - SURC 137B
  Transfer - SURC Ballroom
- Law & Justice
  First Year - SURC 202
  Transfer - Dean 201
- Mathematics
  First Year - SURC 137B
  Transfer - SURC Ballroom
- Physics
  First Year - Discovery Hall 106
  Transfer - SURC Ballroom
- Political Science
  First Year - SURC 202
  Transfer - Dean 202
- Psychology
  First Year - Samuelson 102
  Transfer - SURC 140
- STEM Teaching Program
  First Year - Discovery Hall 103
  Transfer - SURC Ballroom
- Sociology
  First Year - SURC 202
  Transfer - Samuelson 102

COLLEGE OF THE BUSINESS

See pages 43-44 for College Highlights and Major List

First Year and Transfer: Shaw Smyser 115
- Accounting
- Economics
- Entrepreneurship
- Finance
- Leadership Management
- Human Resource Management
- Marketing
- Personal Financial Planning
- Supply Chain Management
- Sport Business

COLLEGE OF EDUCATION AND PROFESSIONAL STUDIES

See pages 45-46 for College Highlights and Major List

First Year and Transfer: Black 150
- Bilingual Education
- Early Childhood Education
- Elementary Education
- Literacy Education
- Secondary Education
- Special Education
- Teaching English as a Second Language

COLLEGE OF EDUCATION AND PROFESSIONAL STUDIES

PROFESSIONAL STUDIES

See pages 45-46 for College Highlights and Major List

- Aerospace Studies
  (Air Force ROTC)
  First Year - Science 240
  Transfer - Hogue 102
- Aviation, Professional Pilot, Aviation Management
  First Year - Black 116
  Transfer - SURC 301
- Family and Consumer Science
  First Year and Transfer - McConnel 106
  - Apparel, Textiles and Merchandising
  - Business and Marketing Teacher Preparation
  - Family and Child Life
  - Family and Consumer Sciences Education
  - Hospitality, Tourism, and Event Management
  - Global Wine Studies
- Engineering Technology, Safety and Construction
  First Year - Science 240
  Transfer - Hogue 102
  - Construction Management
  - Electronics Engineering Tech.
  - Industrial Engineering Technology
  - Technology Education
  - Mechanical Engineering Tech.
  - Safety and Health Management
  - IT and Administrative Management
  First Year and Transfer - Samuelson 104
  - Cybersecurity
  - Network Management
  - Retail Management and Technology
  - Web and Database Management
- Military Science (Army ROTC)
  Transfer - SURC Ballroom
- Health Sciences
  First Year - Science 101
  Transfer - Science 147
  - Clinical Physiology
  - EMS Paramedicine [SURC Ballroom]
  - Exercise Science
  - Food Science & Nutrition
  - Public Health
- Physical Education, School Health and Movement Studies
  First Year - SURC 301
  Transfer - SURC 271
  - Dance and Sport Management

WILLIAM O. DOUGLAS HONORS COLLEGE

Transfer - Michelson 218
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!

**Housing**

CWU may have housing options available should you want to live on campus. We are required to house all incoming first-year students so space may be limited. However, there are many options in the community. New listing are posted daily online in any of the various digital classified. You can also check out the roommate requests online in the various digital classified. You can also check out the roommate requests

**A FEW OF THE BARE NECESSITIES…**

**Dining**

Many of you will choose to live off campus. That is great, when 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.

**After Orientation**

Transfer students are welcome to participate in any of the Wildcat Welcome Weekend activities beginning on Friday, September 20th. Many of them are a great way to meet other students and to have that college experience. We have everything from a Paint Rave, Geek Out – Game Out, bRUNch SK, and a fabulous Drag Show. If that is a little too much fun for you we would love for you to join us on Monday, September 23rd at 4 p.m. in the SURC Theater for pizza and a little advice to jump start your CWU experience.

**CWU WELCOMES JUST UNDER 2,000 TRANSFER STUDENTS ANNUALLY.**

**SCHEDULE**

See session descriptions on pages 15 - 16. See SURC map on pages 59 - 60.

<table>
<thead>
<tr>
<th>TIME</th>
<th>SESSION</th>
<th>LOCATION</th>
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<tbody>
<tr>
<td>6:00 AM - 10:00 PM</td>
<td>Recreation Center Open Hours</td>
<td>Recreation Center</td>
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<tr>
<td>7:00 AM - 9:20 AM</td>
<td>Connection Card - Student ID</td>
<td>Bouillon 104</td>
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<tr>
<td>8:00 AM - 9:20 AM</td>
<td>Check In</td>
<td>SURC Info Center</td>
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<tr>
<td></td>
<td>Refreshments Available</td>
<td>SURC 137</td>
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<td></td>
<td>Campus &amp; Hall Tours</td>
<td>SURC Wildcat Statue</td>
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<td></td>
<td>(Depart 8:00 AM, 8:30 AM, 9:00 AM)</td>
<td>SURC 120</td>
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<td></td>
<td>BBJ the ‘Burg Radio Station Tours</td>
<td>SURC First Floor</td>
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<td></td>
<td>Resources/Involvement/Employment Fair</td>
<td>SURC 202</td>
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<tr>
<td>8:00 AM - 4:30PM</td>
<td>Library &amp; Academic Research Commons (ARC)</td>
<td>Brooks Library</td>
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<tr>
<td></td>
<td>Open House</td>
<td>Wildcat Shop</td>
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<tr>
<td>8:00 AM - 4:30PM</td>
<td>Wildcat Shop Bookstore Tours</td>
<td>Wildcat Shop</td>
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<tr>
<td>9:30 AM - 10:10 AM</td>
<td>UNIVERSITY WELCOME</td>
<td>SURC BALLROOM</td>
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<tr>
<td>10:10 AM - 10:50 AM</td>
<td>Meet Your Orientation Leader (Students Only)</td>
<td>SURC Ballroom</td>
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<tr>
<td>10:10 AM - 10:50 AM</td>
<td>Parent/Guest Welcome and Information Session</td>
<td>SURC Theatre</td>
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<tr>
<td>11:00 AM - 11:30 AM</td>
<td>Rotation Session One</td>
<td>SURC Theatre</td>
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<tr>
<td></td>
<td>• Financial Aid, Scholarships &amp; Student Employment</td>
<td>Wellington Event Center</td>
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<td>• Housing and Dining</td>
<td>SURC 201</td>
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<td>• Disability Services</td>
<td>SURC 301</td>
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<td>• Belonging at Central - What Diversity Means in Your Experience at Central</td>
<td>SURC 135</td>
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<td>• Joining the CWU Community</td>
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<td>• Tips for Transfer Student Success</td>
<td>SURC 202</td>
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<td>• Making the Most of Your Out-of-Class Experience</td>
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<td>• Being a CWU Student-Athlete</td>
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<td>11:00 AM - 5:00 PM</td>
<td>Connection Card - Student ID</td>
<td>Bouillon 1st Floor</td>
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<tr>
<td>11:40 AM - 12:10 PM</td>
<td>Rotation Session Two</td>
<td>Central Marketplace</td>
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<tr>
<td>11:40 AM - 1:30 PM</td>
<td>Lunch</td>
<td>Central Marketplace</td>
</tr>
<tr>
<td>12:45 PM - 1:40 PM</td>
<td>Registration &amp; General Advising Information</td>
<td>SURC Ballroom</td>
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<tr>
<td>(Students Only)</td>
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<td>SURC Theatre</td>
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<tr>
<td>1:30 PM - 3:00 PM</td>
<td>Parent and Family Q&amp;A</td>
<td>SURC Theatre</td>
</tr>
<tr>
<td>1:45 PM - 4:00 PM</td>
<td>Academic Advising with Faculty &amp; Class Registration</td>
<td>See page 11-12 for academic major locations</td>
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</tbody>
</table>
Recreation Center Open Hours
6:00 AM - 10:00 PM  •  Recreation Center
The Recreation Center is open for your use and enjoyment. Both students and guests are welcome with a signed waiver.

Connection Card
7:00 - 9:20 AM  •  Bouillon 104
Time to say cheese and come on in to get your Connection Card! This card serves as your general school identification card and contains your meal plan and will grant you access to CWU sporting events, the library, computer labs, and the Recreation Center. You also have an option to choose the Maxx card, which is a combination of your Connection Card and U.S. Bank debit card. The Maxx card is a great option for CWU students, as U.S. Bank is the only full-service bank on campus. You can also sign your Recreation Center release form and turn it in to get a free lanyard.

Library and ARC Open House
8:00 AM - 4:30 PM  •  Brooks Library
Need a break from all the activity in the SURC? Take a walk down to the library where you can meet some of our librarians and staff. While you are here, stop into the Academic & Research Commons (ARC) on the first floor to meet the staff and learn about the services and technology that are available to you as students.

Wildcat Shop Tours
8:00 AM - 4:30 PM  •  Recreation Center
You won’t want to miss this tour. We will show you how to save money on textbooks, how to find your course materials, and explain all the services the store offers. In addition, students will receive a free CWU T-shirt. You will also be entered in a drawing to win free textbooks for fall quarter. This will be the most important session to learn about the various residence halls and how to select the right meal plan for you.

Campus Tours
8:00 - 9:20 AM  •  Depart from Wildcat Statue
You have not seen the campus until you have seen it with one of our trained campus tour guides. They will show you the well-traveled spots on campus and relay fun facts and stories about Central.

CWU Resources, Involvement and Employment Fair
8:00 - 9:20 PM  •  SURC First Floor
Learn more about various campus offices and organizations. Find out about services available and opportunities for involvement. More than 20 campus offices and organizations will be represented (i.e. Veterans Services, Parking Services, Leadership & Community Engagement, Diversity & Equity Center, ASCWU Student Government and more). Red balloons indicate employers seeking applicants. Stop by their tables for additional information.

Class Experience
11:00 - 11:30 AM & 11:40 AM- 12:10 PM  •  SURC 202
Are you looking for ways to get involved with clubs and organizations and the thousands of opportunities beyond class? Join staff representing student involvement to see the opportunities that await you.

Making the Most Out of Your Class Experience
11:00 - 11:30 AM & 11:40 AM - 12:10 PM  •  SURC 202
Are you looking for ways to get involved with clubs and organizations? This session will feature information on programs and clubs that help support you/your student.

Transfer Session Descriptions

Joining the CWU Community: Student Rights & Responsibilities
11:00 - 11:30 AM & 11:40 AM - 12:10 PM  •  SURC 135
Come learn about the resources and support available through the Office of Student Rights & Responsibilities and how they can help at CWU. The session will also discuss some of the responsibilities and expectations that are placed on you as a member of the campus community that help to promote overall safety and student success.

Belonging at Central – What Diversity Means in Your Experience at Central
11:00 - 11:30 AM & 11:40 AM - 12:10 PM  •  SURC 301
We each bring a unique lens with us and Central celebrates these diverse experiences. This session is for students and families who identify as people of color, part of the LGBTQ+ community, or from other historically underrepresented groups in higher education, join us for a conversation on the opportunities and realities of being a part of the wildcat family. This session will feature information on programs and clubs that help support you/your student.

Tips for Transfer Student Success
11:00 - 11:30 AM & 11:40 AM - 12:10 PM  •  SURC 137
This student panel will share their experiences transferring to Central and answer any questions that you might have.

Academic Advising & Registration Info.
12:45 - 1:40 PM  •  SURC Ballroom
This session CANNOT BE MISSED. Students will receive valuable insight as to what classes are available for fall quarter, graduation requirements, the online catalog, how to use MyCWU to find all of your transfer information, how to look up classes, and how to register for classes.
MEET YOUR ORIENTATION STAFF

Student Interns

Group 1
ANGELINA VALDEZ
SENIOR
Secondary English Education
Connell, WA

JESS ELSHIRE
SENIOR
Family & Consumer Sciences Education
Puyallup, WA

ALANA JACOBS
SENIOR
Graphic Design
Federal Way, WA

Orientation Leaders

Group 2
ZOE WHITTAKE-JAMESON
JUNIOR
Elementary Education
Oroville, WA

CHELSEA COLEMAN
SENIOR
Family & Consumer Sciences Education
Lakewood, WA

HAILEY RODUNER
SENIOR
Recreation, Tourism & Events
Ephrata, WA

CASSIE CREIGHTON
JUNIOR
Psychology
Altamonte Springs, FL

Group 3

Group 4

Group 5

Group 6
ZACH HUBBARD
SOPHOMORE
Biomedical Science
Mill Creek, WA

Group 7
RONNIE BURRIS
SOPHOMORE
Law & Justice
Spokane, WA

Group 8
KELLIE DESCHAMBAULT
SOPHOMORE
Undeclared
Silverdale, WA

Group 9
CLAIREE-ANNE GREPO
SENIOR
Russian Studies
Auburn, WA

Group 10
MICKAEL CANDELARIA
JUNIOR
Business Administration
Anchorage, AK

Group 11
NICK GNANARANJAH
SENIOR
Accounting
Arlington, WA

Group 12
JAMIE GONZALEZ
SENIOR
Law & Justice
Vancouver, WA

Group 13
GERALD LEMMON
JUNIOR
Psychology
Prosser, WA

Group 14
BRIANA SILVA
SOPHOMORE
Pre-Veterinarian
Yakima, WA

Group 15
KIRA COX
SOPHOMORE
Law & Justice
Auburn, WA

Group 16
DANI FLORES
SOPHOMORE
Graphic Design
Selah, WA

Group 17
VICEL BARRIGA
SOPHOMORE
Education
Selah, WA

Group 18
CATRINA RUSS
JUNIOR
Biochemistry Pre-Med
Rapid City, SD

Group 19
JADE TUNNELL
SOPHOMORE
Theatre
Burbank, WA

Group 20
KAHLIA CAIN
SOPHOMORE
Family & Consumer Sciences Education
Tacoma, WA
“College is no easy mountain to climb, but if you have the right gear, you can make it to the top with ease! Campus connections are essential to being successful at Central. Faculty, mentors, and your peers will all assist you in your journey, but you have to take the first steps on your own. This can mean anything from joining a club, reaching out to a professor, or applying for an on-campus job. Never underestimate the importance of the conversations you have with those surrounding you—you never know how they may play into your future!”

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.

WHAT ARE THE DIMENSIONS OF STUDENT LIFE?

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.

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.

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DID YOU KNOW?
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/.

Stay the date for these fall events!

September

EXPERIENCE LEADERSHIP PROJECT
Join us for a four-day retreat in the Cascade Mountains, before fall quarter starts. Applications are due by August 9! Visit cwu.edu/leadership-engage for details.

COLLEGE KICKOFF AND CLUB FAIR
Immediately following Convocation the day before fall classes.

ASCWU PUBLIC MEETINGS
Wildcat voices weekly in the SURC Pit.

October

CWU HOMECOMING
Wellington’s Wildfire, Wildcat Tailgate, Volleyball, Homecoming
Football game, special entertainment and more!

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Wellington’s Wildfire, Wildcat Tailgate, Volleyball, Homecoming
Football game, special entertainment and more!
HOUSING

WHAT TO BRING
- Extra-long twin sheet set, pillow and blankets
- Personal computer and accessories
- Towels and washcloths
- Gaming consoles
- Personal toiletries, carrying case and shower flip-flops
- Surge protector extension outlets/power strip
- Day-to-day clothing for all weather
- Non-halogen desk or bedside lamp
- Laundry basket and detergent
- Dishes and utensils
- Refrigerators/Microwaves
- Hot Plates/open heating element
- Pets
- Candles
- Weapons

WHAT NOT TO BRING
- Extra-long twin sheet set, pillow and blankets
- Personal computer and accessories
- Towels and washcloths
- Gaming consoles
- Personal toiletries, carrying case and shower flip-flops
- Surge protector extension outlets/power strip
- Day-to-day clothing for all weather
- Non-halogen desk or bedside lamp
- Laundry basket and detergent
- Dishes and utensils

For a full detailed list of what to bring, how move-in is going to work, how much your room will cost and more information about living on campus, please visit CWU.EDU/HOUSING

5 Things Residents Wish They Knew Before Living on Campus

WHO AND WHAT IS A RESIDENT ASSISTANT (RA) AND RESIDENCE HALL COORDINATOR (RHC)?
An RA is a student staff member who lives in the community and can be one of the most helpful and resourceful people you will interact with. An RA helps you adjust to campus life and ensures the safety of the residence halls.

A Residence Hall Coordinator is a full-time professional staff member who manages the residence halls by supervising RAs, collaborating with campus partners, and creating a welcoming and inclusive community.

I HAVE NEVER SHARED A ROOM BEFORE! WHAT SHOULD I KNOW ABOUT LIVING WITH A ROOMMATE?

Living with a roommate can be a fun and fulfilling experience, but open communication is an important part of creating a living situation that works for everyone. RAs can help facilitate conversations. Many roommate conflicts stem from a lack of communication. Being intentional with the Roommate Agreement early on can save you from a lot of frustration down the road.

WHERE AND WHO CAN I GO TO FOR ADDITIONAL RESOURCES AND SUPPORT WHILE I’M ON CAMPUS?
If you find yourself, like some students do, homesick or struggling in both classes and adjusting to college there are many resources available to help aid you. Your RA is a great person to go to for help as well as the Counseling Clinic, Medical Clinic, and the Wellness Center. Most resources are included in your fees to help you along your journey.

HOW CAN I GET INVOLVED ONCE I AM LIVING ON CAMPUS?
If you are looking for an opportunity to connect with fellow students, plan fun social events and build your resume, you should join Residence Hall Leadership Council. Each residence hall has its own Residence Hall Leadership Council with a number of different positions you can apply for.

Residence Halls Move-In
20 SEPT.
Residence Halls close for winter break
14 DEC.
Residence Halls reopen for winter quarter
05 JAN.
Residence Halls close for the school year
13 JUNE

For more housing rates, pick up a copy of this year’s Rate Sheet from the Housing table, or check it out on your CWU Connect App!
Diversity, Equity, Inclusivity... these are all words that Central thrives on using. But what do they mean? While you might not think they apply to you, they probably do! Everyone who enters Central’s doors is a member of the Wildcat family, and deserves to feel valued and welcomed. This is what Central Culture is all about! Within this culture is a love for everyone’s differences, ideas, and voices. We encourage you to express yourself, who you are, and being open to the journeys of others.

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.

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.

• Access, Learning, Belonging and Equality (ABLE)
• Brother2Brother
• Black Student Union (BSU)
• Central African Student Association (CASA)
• Cultural Heritage and Allies (CHA)
• Filipino American Student Association (FASA)
• Friends of Asia University American Program (AUAP)
• Indian Student Association (ISA)
• Latino Student Organization
• Movimiento Estudiantil Chicano de Aztlán (MEChA)
• PolyCentral
• S.I.S.T.E.R.S.
• PolyCentral

STUDENT LIFE

CULTURAL

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
The Diversity and Equity Center 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 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.

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/

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

Financial aid is money you can use to pay for your higher education, as well as your housing, food, and more during your time in school. Even if you think you wouldn’t be eligible for financial aid, ALL incoming college students are encouraged to apply for the FAFSA—especially since it’s free!

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Different Types of Aid

There are three major types of financial aid:

- **Grants:** Financial aid that does not have to be repaid (Unless you withdraw from a school and owe a refund).
- **Work-Study:** A need-based work program which can replace a portion of your loans to help pay for expenses.
- **Loans:** Borrowed money for college; you must repay your loans, with interest.
  - **Student Loans**
  - **Parent Plus Loans**
  - **3rd Party Loans**

Free Application for Federal Student Aid (FAFSA)

It’s all in the name! The free application for federal student aid (FAFSA) is a form filled out by college students who are eligible for government-sponsored financial aid. ANYONE can fill out the application, and here at Central our Financial Aid Counselors can help you with understanding what your award letter means for you.

GI Bill / Veterans Benefits

There may be some college assistance when you are eligible military personnel and/or a military dependent.

Scholarship Central (CWU Sponsored Free Money!)

The Scholarship Central application is open October 1 through February 1 each academic year online! CWU wants you to thrive in your time here, whether it be through an award for good academic standing, a specific major-based scholarship, or a waiver! Scholarships do not have to be repaid!

Washington Application for State Financial Aid (WASFA)

WASFA is available to provide financial assistance to Washington residents who are not eligible to complete a FAFSA.

Other Resources

The cost to attend college should never be the reason a student does not pursue a higher education. Be sure to check out the different forms of assistance available.

- **CWU Scholarships and other Scholarships**
- **TheWashBoard**
- **On- and Off-Campus Jobs**

FAFSA

The quickest way to submit your documents is through the "Upload Document" feature found on your To Do List at my.cwu.edu.

Pay Your Bill

You can make a payment through CWU Connect>Money Matters>/Make a Payment

Payment Plan

Did you know we have a payment plan option for you that allows you to separate payments for tuition and other charges into three easy installments throughout the quarter? There is a $50 enrollment fee that must be paid before enrolling in the payment plan.

Types of Refunds

- **Parent Plus Loan Refunds:** Your parents can choose where the money goes
- **Student Loan Refunds:** Go directly to your bank account

financial aid.

Refunds

You can use your refund for living expenses that were not originally covered.

Types of Refunds

- **Parent Plus Loan Refunds:** Your parents can choose where the money goes
- **Student Loan Refunds:** Go directly to your bank account

Financial Aid Dates

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>01 JULY</td>
<td>Begin completing Loan Counseling, Parent Plus Loan Application, or Master Promissory Notes for the 2019-2020 loans</td>
</tr>
<tr>
<td>01 AUG.</td>
<td>Submit all requesting &amp; missing documents to guaranteed financial aid by the start of fall</td>
</tr>
<tr>
<td>25 SEPT.</td>
<td>Financial Aid will begin paying for students who are enrolled in at least 12 credits.</td>
</tr>
<tr>
<td>07 OCT.</td>
<td>Refunds are issued</td>
</tr>
<tr>
<td>01 OCT.</td>
<td>2020-2021 FAFSA and Scholarship Central Open</td>
</tr>
<tr>
<td>01 FEB.</td>
<td>2020-2021 Scholarship Central closes Priority Deadline for the 2020-2021 FAFSA</td>
</tr>
<tr>
<td>01 APR.</td>
<td>Priority Deadline for 2020-2021 Documents to be submitted (Check your to-do list on MyCWU)</td>
</tr>
</tbody>
</table>

Financial Aid

Finances in college might sound scary and they can be! Luckily, we have more than enough resources to help you figure things out. Let’s take a look at what financial aid means and how some simple, preliminary steps can keep you from eating ramen for dinner every night.

On average, the individual returns to college enrollment and completion are large, with gains in income of around 10 percent for each year of post-secondary education," Boatman said. "Despite these average returns, there is concern that... those who are averse to borrowing money for college may underinvest in higher education, leading them to work for pay, enroll part time, or stop attending all together. Understanding this phenomenon is important at both the individual and societal levels."
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.

**EMOTIONAL AND PHYSICAL**

**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.

What was the most stressful part about starting college?

<table>
<thead>
<tr>
<th>MAKING FRIENDS</th>
<th>FINDING CLASSES</th>
<th>CHOOSING A MAJOR</th>
<th>LEAVING HOME</th>
</tr>
</thead>
<tbody>
<tr>
<td>48%</td>
<td>9%</td>
<td>23%</td>
<td>20%</td>
</tr>
</tbody>
</table>

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.

If you are 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 or come directly to the office and ask for a “Crisis Appointment.” If you are in imminent danger or a life-threatening situation, call 911 right away.

Counseling Clinic

We offer a range of mental health services for students and will help you find what is right for you. While you might assume that you need to work one-on-one with one of our therapists, sometimes a group counseling format is a more effective option.

Connection, culture, and finances are just a fraction of the change you’ll experience when starting your journey at Central. While you traverse campus, meet new people, or learn how to cook an egg in your microwave, you’ll naturally feel a range of emotions. Luckily, most of them will be some combination of nerves and excitement! When you do face the humps in the road, we’ll be here for you. Knowing what resources are available to you if things get rough is just the first step to being a healthy college student and human being. From body image to stress management, we can help you embrace the good and tackle the not-so-good.

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.

**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.
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.

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
Crisis and Suicide Hotline: 1-800-275-TALK (8255)

WELLNESS PROGRAMS ON CAMPUS
• Mindful Mondays
• Resilience Through Laughter
• Love is Louder
• Finals Week Stress Management
• Cast off Stigma
• Fresh Check Day
• Project Semicolon

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.

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!

LET YOUR INNER ATHLETE OUT TO PLAY
You don’t have to be a student athlete to get in the game. Our intramural and club sports teams give you the opportunity to participate in organized sports without the need to try out or play for one of CWU’s official teams.

STUDENT MEDICAL
CWU Student Medical 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.

Your Patient Portal
Through our Patient Portal you can schedule and cancel medical appointments, view billing statements, or access your medical information at any time. Using the free and confidential patient portal, you never have to wait for office hours to get the answers you need.

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 Medical. Visit CENTRAL 101 for recommended immunizations.

Peer Health Educators
You’re health conscious, like to plan events, or a leader? You can be a Peer Health Educator. You’re health conscious, like to plan events, 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.

STUDENT LIFE

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 the fellow Wildcats. PUSH can also help connect students to community food access resources. Visit cwu.edu/push for pantry locations and more information.
The term “Spiritual” can sometimes cause folks to tune-out, when in reality, a lot of us don’t know what it really means. In a college setting, your spirituality might include anything from striving to be inclusive of others to practicing yoga on weekdays. Think about what drives you to step away from your everyday life—that’s your spirituality. Look outside of your routine and find what drives you to be you!

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.
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.

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

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.

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. You can also count on them for trip planning, guiding, Yakima river rafting, and more. Located right next to the SURC by the Wildcat Statue, listen up for their awesome tunes and head inside for more information.

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.

Do you need a job now? What about next quarter? Maybe you’re thinking about building your resume for a Summer Internship. Or you just want something to cover your coffee tab for the week! Have you thought about after college? Probably not—but that doesn’t mean you can’t start, or at least have a conversation about it! Central is about much more than just attending class every day. We want you to see your opportunities before they pass by, either by helping you make some edits to a cover letter or hyping up your natural skills.
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.

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 as diverse as business, government, law enforcement, medicine, and education.

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/studytobroad 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 Pell Grant recipients. Visit www.cwu.edu/studyabroad or stop into the Office of International Studies and Programs in Hebeler Hall to learn more.

Learning Commons

The Learning Commons 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 100).

MAJOR EXPLORATION

Central Washington University offers over 150 degree programs. Most of our students come to Central with an awareness of only 20 potential majors. It is not uncommon for students to be undeclared as they explore the major offerings. We encourage you to take a few minutes to explore the rich list of majors, minors and certificates that you can pursue. See screenshot below for tips.

Other resources available to you include your academic advisor, Career Services, and the Major/Minor Fair on Nov. 5 in the SURC.
We offer the B.A. and B.F.A. degrees in the areas of Studio Art and Graphic Design. The degrees offered are as follows: B.A. in Art, B.F.A. in Studio Art, B.F.A. in Graphic Design. Our studio areas include: Ceramics, Drawing, Graphic Design, Jewelry and Metalsmithing, Painting, Photography, Sculpture, and Wood Design.

The program offers students an opportunity to devise an approved, coherent program of study both fulfilling academic and career goals. Students in the Liberal Studies major must take courses in at least three disciplines within the College of Arts and Humanities.

This program is pending final approval of our regional accreditation body, NWCCU - Northwest Commission on Colleges and Universities.

Liberal Arts PLUS experiences will help you be career ready and prepared to achieve your academic and career goals by assuring that you stand out in the increasingly competitive workplace.

Liberal Studies Career Readiness
• Goals of Liberal Studies Career Readiness:
• Developing the Core Career Competencies, which reflect the very essence of liberal arts education.
• Acquire the ability to articulate your competencies to others.
• Translate your competencies into the language of employers and others to suit their needs and your goals.
C.A.T. Center
In the College of Business, we launch students toward a better future by engaging them in industry-relevant and student-centered programs driven by strong partnerships between students, faculty, staff, and business professionals. The CB Career, Advising, & Tutoring Center is a critical part of our commitment to this mission.

By partnering with Career Services, Professional Advising, and the Learning Commons, the CB C.A.T. Center is the destination for career counseling, academic advising, and tutoring services. Students can meet with their academic advisors, declare the major, utilize tutoring, and begin preparing for their future career by meeting with a career counselor.

CAREER PREPARATION
For career preparation, students will find resources for professional development easily accessible at the C.A.T. Center. An experienced career counselor assists students with resume creation or revision, LinkedIn cultivation, interview practice, and career guidance. Students can also schedule a dedicated space for Skype or other virtual interviews.

ACADEMIC ADVISING
For academic advising, students can visit their peer advisors to learn about academic planning at the C.A.T. Center. Students can also meet with their academic advisors to evaluate program options, discuss strategies for academic success, have questions answered about university policies and procedures, and so much more!

PEER TUTORING SERVICES
To strengthen our support for student success in the academic programs, the CB C.A.T. Center also offers peer tutoring services. In the dedicated tutoring space, students can study with peer tutors who have been not only successful with courses in Accounting, Statistics, and Economics, but are also passionate about helping other students in the learning process.

As the home for academic and career support in the College of Business, the CB C.A.T. Center is a unique resource available only to College of Business students. Make use of this resource, and come visit us in Shaw Smyser 413!
College of Education + Professional Studies

Department of Aviation
Established in 1975, CWU’s aviation program is the only fully accredited public university aviation program in the Pacific Northwest.

Department of Air Force ROTC/Aerospace Studies
• Scholarships, tuition, fees, textbooks
• Leadership training and development
• Earn a commission to serve your country as a second lieutenant in the U.S. Air Force

Department of Army ROTC/Military Science
Becoming an Army Officer offers exceptional leadership development, career advancement, and training opportunities. U.S. Army Second Lieutenants are the junior executives of the U.S. Army. They receive pay, responsibility, and respect commensurate with this level of responsibility from the outset of their careers.

Army Officers work in exciting and marketable career fields such as Aviation, Cyber Security, Information Technology, Logistics and Supply Chain Management, and Human Resources Management, to name a few. Army ROTC commissions officers in the Active Army, the Army Reserves, and the Army National Guard.

Department of Aviation
Army Officers are life-long learners and earn multiple opportunities for professional and personal development throughout their career. Officers can be selected for elite training and are encouraged to pursue graduate degrees.

Department of Education, Development, Teaching and Learning
We prepare future and current educators to excel in their teaching
• LEARN continuously
• Do passionately
• LIVE respectfully
• Teach

Department of Curriculum, Supervision and Educational Leadership
• Top teacher producing university in the State of WA
• New secondary major

Department of Family and Consumer Sciences
• The only graduate level program in Child Life in the Pacific Northwest
• New Wine Studies Specialization area in "Wine Industry Management"
• New major program "Hospitality Management"

Department of Engineering Technologies, Safety, and Construction Management
Hands-on learning. 100% job placement after graduation. Good salaries and fulfilling work. High-quality instruction. World-class facilities. Small class sizes.

Courses of the ETSC programs are taught by experiences and knowledgeable faculty who provide students with opportunities for hands-on, and practical learning.

Most ETSC programs work with Industry Advisory Boards to ensure programs stay current and meet specialized accreditation guidelines. The industry professionals provide guidance on curriculum, fund-raising, and employment.

Department of Health Sciences
The Department of Health Sciences is poised to improve the health of populations, communities, and individuals through teaching scholarship and service and to produce leaders and innovators in health.

The five undergraduate programs in Clinical Physiology, Exercise Science, Food Science and Nutrition, Paramedicine, and Public Health, are designed to educate graduates to be critical thinkers, engage in lifelong learning, and to participate in community partnerships to emphasize health equity in our world.

Department of Information Technology and Administrative Management
High demand programs in Information Technology and Management for jobs in the modern workplace. The value of the ITAM programs include:
• ITAM is unique: High Demand + Applied + Job Ready
• ITAM Advisory Board in Seattle = Industry Focused Programs.
• Blending high demand technical skills with essential skills such as management and leadership

New Specialization (BS & BAS) in “Data-Driven Innovation for IT Managers”

Department of Physical Education, School Health and Movement Studies
• Only Dance Major program offered in the State of Washington, east of the Cascades
• New Sport Management major with a specialization choice of Sport Business, Sport Coaching, and Recreation Management

Aerospace Studies (Air Force ROTC)
Department Chair: Mark Meier
Program Contact: Kendra Steekel (kendra.steekel@cwu.edu), Ph: 509.963.2324

MINOR: AEROSPACE STUDIES

Aviation
Professional Pilot, Aviation Management
Department Chair: Greg Schwab

Curriculum, Supervision, and Educational Leadership (CSEL)
Department Chair and Program Contact: Ian Loverro (ian.loverro@cwu.edu)

MAJOR: SECONDARY EDUCATION
All students intending to teach will double major in a content area of choice below:
• History/Social Studies
• English
• Music
• Family Consumer Sciences
• Physical Education and School Health
• Theatre
• Technical Education

SUPPORTING MINOR: ACCESSIBILITY STUDIES
Contact: Naomi Petersen
(naomipetersen@cwu.edu)

Education, Development, Teaching and Learning (EDTL)
Department Chair: Kate Reynolds
Program Contact: Ms. Tracy Wise, tracy.wise@cwu.edu

MAJORS
• Early Childhood (birth to grade 3)
• Elementary Education (Kindergarten to grade 8)
• Special Education (K-12)

ENDORSEABLE MINORS
Early Childhood, Bilingual Education, Highly Capable Learners (Gifted Ed), Literacy, Middle School Humanities, Teaching English as a Second Language (TESL), Special Education

Family and Consumer Science
Department Chair: Duane Dowd

MAJORS
• Apparel, Textiles and Merchandising
• Business and Marketing Teacher Preparation
• Family and Consumer Sciences Education
• Food and Family Life
• Child Development, Specialization, Family Science Specialization

Contact: Amy Clardge (amy.clardge@cwu.edu)

Health Sciences
Department Chair: Dr. Ethan Bergman

MAJORS
• Exercise Science

Contact: Tim Bamham (tim.bamham@cwu.edu)
• Clinical Physiology
• Vincen Nethery (vincent.nethery@cwu.edu)
• Paramedicine
• Doug Presta (doug.presta@cwu.edu)
• Public Health

Contact: Trisha Beeson
(trisha.beeson@cwu.edu)

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(trisha.beeson@cwu.edu)

SUPPORTING MINORS
• Exercise Science

Contact: Tim Bamham (tim.bamham@cwu.edu)
• Clinical Physiology
• Vincen Nethery (vincent.nethery@cwu.edu)
• Paramedicine
• Doug Presta (doug.presta@cwu.edu)
• Public Health

Contact: Trisha Beeson
(trisha.beeson@cwu.edu)
Science Talent Expansion Program (STEP) supports new first-year and transfer students in the sciences, technology, engineering and mathematics (STEM) fields. Take classes together, live in the STEP Living Learning Community, get a jump start on faculty mentored research, and explore career pathways. www.cwu.edu/step

Yearlong Exploration of the Social Sciences (YESS) supports new first-year students in the social sciences. Take classes together, live in the YESS Living Learning Community, get a jump start on faculty mentored research, and explore career pathways. www.cwu.edu/yes

SOBRE México provides an international biological research experience. Spend a summer studying rare species and living at the Estación de Biología, Chamela, a research station located in a seasonally dry tropical forest biome in coastal Jalisco, México.

Present Your Faculty Mentored Undergraduate Research COTS students regularly present their research locally at CWU’s Symposium On University Research and Creative Expression (SOURCE), nationally, and internationally. Here are some examples of the kinds of research projects you could be involved in:

Structural Violence and Mexican Immigrants presented at the Annual Western Society of Criminology Conference in Honolulu, HI by undergraduate law and justice major Alejandra Lopez Rocha; mentored by Dr. Charles Reasons, Law and Justice

Video Games that change the game: The use of video games to influence attitudes toward immigrants presented at SOURCE by undergraduate psychology major Patrizia Chirco; mentored by Dr. Mary Radeke, Psychology

Antioxidant Glutathione presented at American Geophysical Union Conference, DC by undergraduate chemistry major Courtney McDonell; mentored by Dr. Anne Johansen, Chemistry.

Mathematical Models of Neural Action Potentials presented at SACSNAS. The National Diversity in STEM Conference in San Antonio, TX by Jesus Lopez; mentored by Dr. Erin Craig, Physics

Building A Community: Enhancing Student Experiences Through Internships at Central Washington University presented at the 12th Annual UTeach Conference in Austin, TX by TeachSTEM undergraduates Ana Garcia, Matthew Changar and Payton Kelly; mentored by Rachel George and Dr. Jennifer Dechaine, Science

Education

PARTICIPATE IN SCIENCE OUTREACH

Numerous opportunities to share your knowledge with the public are available through the COTS Engagement Program including Expanding Your Horizons, a workshop for middle school girls to learn about careers in STEM; Nature of Night, a community event with hands-on activities to learn about night time science; Kittitas County Math Circles, an after-school program to give children positive mathematics experiences; and robotics competitions where K-12 student come to CWU to compete for regional and national awards.

Join a Student Club

Over 20 student clubs are housed in the College of the Sciences. Whether your interest is academic, advocacy, or just plain to have fun, clubs like the Primate Awareness, Actuarial Science Club, Environmental Club, Women in STEM Club, and Pre-Med Club provide students with beyond-the-classroom experiences at CWU.

COLLEGES CONT.

MAJORS LIST

American Indian Studies
Dean Hall 343
Website: www.cwu.edu/american-indian
Email: marna.carroll@cwu.edu

MINOR
American Indian Studies

Anthropology and Museum Studies
Office Location: Dean Hall 354
Website: www.cwu.edu/anthropology
Email: anthrop@cwu.edu

MAJOR: Anthropology
CERTIFICATE: Forensics
MINOR: Anthropology, Museum Studies, Non-Profit Organization Management

Biological Sciences
Office Location: Science I 108
Website: www.cwu.edu/biology
Email: biology@cwu.edu

MAJOR: Biology
MINOR: Biology
SPECIALIZATION: Biomedical Science, Ecology and Evolutionary Biology, General Biology, Molecular and Cell Biology

Chemistry
Office Location: Science I 302
Website: www.cwu.edu/chemistry
Email: chemistry@cwu.edu

MAJOR: Chemistry
MINOR: Chemistry
SPECIALIZATION: Biochemistry

Computer Science
Office Location: Samuelson 207
Website: www.cwu.edu/computer-science
Email: compsci@cwu.edu

MAJOR: Computer Science
MINOR: Computer Science, Applied Computer Science

Craft Brewing
Office Location: Science I 138
Website: http://www.cwu.edu/craft-brewing
Email: CraftBrewing@cwu.edu

MAJOR: Craft Brewing
CERTIFICATE: Craft Beer Trade

Environmental Studies
Office Location: Science I 101A
Website: http://www.cwu.edu/computer-science
Email: enst@cwu.edu

MINOR: Environmental Science
MAJOR: Environmental Science
SPECIALIZATION: Environmental Biology, Environmental Chemistry, Environmental Geography, Environmental Geology, Environmental Policy

Geography
Office Location: Dean Hall 301
Website: http://www.cwu.edu/geography
Email: reeembl@cwu.edu

MINOR: Geography, Energy Studies
MAJOR: Geography
SPECIALIZATION: Environmental and Resource Geography, GIS Science
CERTIFICATE: Geographic Information Systems (GIS)

Geological Sciences
Office Location: Science I 112
Website: http://www.cwu.edu/geoLOGY
Email: nick.geology@cwu.edu

MINOR: Geology
MAJOR: Geology, Environmental Geological Sciences
Interdisciplinary Studies-Social Sciences
Office Location: Psychology Building 433
Website: https://www.cwu.edu/sciences/bi-interdisciplinary-studies-social-sciences
Email: Alina.Yatchiknova@cwu.edu

MAJOR: Interdisciplinary Studies-Social Sciences
Minor: Social Sciences

Integrated Energy Management
Office Location: Science I 111A
Website: www.cwu.edu/energy
Email: Elvin.Delgado@cwu.edu

MAJOR: Integrated Energy Management

Law and Justice
Office Location: Farrell Hall 300
Website: https://www.cwu.edu/law
Email: law@cwu.edu

MINOR: Law and Justice
MAJOR: Law and Justice

Mathematics
Office Location: Samuelson 208
Website: https://www.cwu.edu/mathematics
Email: college@cwu.edu

MINOR: Middle-Level Education, Secondary Education, Actuarial Science, Mathematics and Applied Mathematics
MAJOR: Mathematics

Physics
Office Location: Discovery Hall 119
Website: https://www.cwu.edu/physics
Email: physics@cwu.edu

MAJOR: Physics
MINOR: Astronomy, Physics
SPECIALIZATION: Biophysics
Dual Degree: Physics/Engineering

Political Science
Office Location: Farrell Hall 409
Website: https://www.cwu.edu/politics
Email: politics@cwu.edu

MINOR: Political Science
MAJOR: Political Science

Primate Behavior and Ecology
Office Location: Dean Hall 310A
Website: https://www.cwu.edu/primate
Email: Penelope.Anderstings@cwu.edu

MAJOR: Primate Behavior and Ecology
SPECIALIZATION: Certificate-Captive Primate Care

Psychology
Office Location: Psychology 412
Website: https://www.cwu.edu/psychology
Email: Debibek@cwu.edu

MAJOR: Psychology
MINOR: Psychology

Science Education
Office Location: Science I 301
Website: https://www.cwu.edu/science-education
Email: sci@ed.cwu.edu

MAJOR: Science Middle-Level Education
MINOR: Science Education Broad Area

Science Teaching, Science Education K-8
STEM Teaching Program

Sociology
Office Location: Samuelson 211
Website: https://www.cwu.edu/sociology
Email: saveled@cwu.edu

MAJOR: Sociology, Social Services
MINOR: Sociology, Social Services, Ethnic Studies

Science Talent Expansion Program (STEP)
Office Location: Science I 110
Website: https://www.cwu.edu/step/
Email: step@cwu.edu

Women, Gender, and Sexuality Studies
Office Location: Samuelson 211
Website: https://www.cwu.edu/women-gender
Email: womengen@cwu.edu

MAJOR: Women, Gender, and Sexuality Studies
MINOR: Women, Gender, and Sexuality Studies

Yearlong Exploration of Social Science (YESS)
Office Location: Science I 110
Website: https://www.cwu.edu/yes
Phone: 509-963-3002
Email: YES@cwu.edu
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 visit us during registration 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)
CWXEDU/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. The 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 Office 365
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 credential.

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

Critical Inquiry
Leadership
Undergraduate Research
Civic Engagement

Students Success
We know and celebrate that our CWU families are all a little different. Some may be traditional families while others may be a collection of folks who love and care about each student’s success. Whatever your family looks like please know you are welcome at Central. Welcome Home!

Dates of Interest
Check out page 53 for many of the quarterly dates.

September 20 - We would love you to move your student to campus. This is a great family event and important moment in both you and your student’s transition. Our recommended departure time for families is at the end of the free Family BBQ at 6 p.m. on the 20th.

Family Weekend – Mother’s Day Weekend (May 8-10, 2020) watch for announcements online at cwu.edu/parents or on the CWU Parents Facebook Group.

CWU Parents on Facebook
WWW.FACEBOOK.COM/GROUPS/CWUPARENTS

A forum for parents and guardians of CWU students to discuss life in Ellensburg, both on campus and off. There will be some posts/shares related to CWU and the students as well. This is not an official CWU page but rather a parent-created resource where issues pertinent to students, both generally ("How do you handle missing your kid so much?") and specifically ("We’re headed over for a weekend visit, where do you like to stay?") can be discussed freely. The goal here is to help and encourage each other and not to discuss or embarrass our students in any way and so for this reason, this group is for parents/guardians only — not the students themselves.

Some families are able to give a little more…
If you are one of those families there are opportunities to support other students via the Students First Campaign, online at: engage.cwu.edu

Wildcat Family Network
WWW.CWU.EDU/WILDCATFAMILY

The college years represent a unique time for your family, one that offers new rewards as you watch your student take the next steps in their life. Additionally, it is a time of new challenges, where you may face questions and concerns you have never faced before.

The Wildcat Family Network (WFN) was designed to create a community network for Central Washington University family members. We offer support, ideas, resources, news, and information to families as they enter this new stage of life. Supporters of CWU students are invited to join the WFN and gain access to an array of events, benefits, information, and resources.

Family Membership $100

Continue the Tradition
As a part of a Central Washington University legacy family, we value you and your family’s continued participation in the life of this University. The CWU Alumni Association is proud to recognize the many families who share generational ties to their alma mater.

The University recognizes legacy families as students and alumni whose family, including parents, grandparents and/or siblings, attended or currently attend Central.

CWU offers a special scholarship that legacy students are eligible for called the Children of CWU Alumni Scholarship. We’d love to see you at the Parent’s Reception during orientation.

Learn more about how the alumni association supports legacy families at CWU by visiting cwu.edu/alumni/wildcat-legacies.

Families at Central

CWU FAMILIES
POLICE AND ASSISTANCE

CWU Police
The mission of the University Police and Public Safety (UPPS) is to work in partnership with our communities to create a safe and secure environment through education and enforcement. In fulfilling this mission, the police department cannot do this alone; it requires the commitment of every student, staff, and faculty member to work in partnership. We at UPPS firmly believe in the community policing model to help meet our mission.

We encourage you to come to our office if you have any questions, concerns or just want to get to know us better.

CWU PUBLIC SAFETY BUILDING
1271 WILDCAT WAY (IN THE O-5 PARKING LOT)
Patrol hours: 24 hours per day / 7 days per week
Front Office hours: Monday - Friday 8 a.m. - 5 p.m. at (509) 963-3213
After hours & Weekends (509) 925-8534 - KITTCOM Dispatch
(509) 963-2959

Courtesy Assistance Team (CAT Team)
WWW.CWUEU.POLICE/COURTESY-ASSISTANCE-TEAM
The primary mission of CAT is to provide walking companions for students, staff, and visitors; primarily during hours of darkness to midnight.

The Courtesy Assistance Team (CAT) is a student assistance program utilizing students as members. They are trained and managed by University Police services. CAT members also provide informational assistance to students, staff, and visitors. They assist the University Police by checking buildings to ensure they are secure as well as reporting on view suspicious or criminal activity while they walk around the campus. This service is provided daily when school is in session during the evening hours and is free of charge.

Good Samaritan
Our student’s wellbeing is of the highest importance to CWU. There may be times when individuals, both on and off campus, may be in critical need of assistance from medical or other professional personnel. Situations in which a student’s physical and/or psychological well-being is in serious jeopardy may include, but are not limited to, incidents involving alcohol or other drug overdose/poisoning, sexual assault, or suicide attempts. Washington state law and CWU wants to minimize any hesitation that individuals might have in obtaining help due to concern that their own behavior might be a violation of University policy. Washington State law provides immunity from prosecution for certain violations for persons requesting emergency assistance for themselves and/or others.

Office of Student Rights & Responsibilities
Boulton Hall 204
Phone: 509-963-1615
deanstudentsuccess@cwu.edu

LOCK STUFF UP! (WINDOWS, BIKES, ETC)
• Keep the door(s) to your room and windows locked at all times
• Report defective campus locks on windows and doors IMMEDIATELY to Facilities at 509-963-3000
• Never sleep in an unlocked room or house
• Keep personal belongings, vehicles, and bikes locked

VIOLENCE PREVENTION RESOURCES

CWU Police Department
Public Safety Building O-5 Parking Lot
www.cwu.edu/police
Phone: (509) 963-2959

CWU Wellness Center
SURC Room 139
Email: Wellness@cwu.edu
Phone: (509) 963-3213

PARKING AND TRAVEL

Campus Parking
Get your permit at MyParking on MyCWU.

$112

$235

PER QUARTER
SEPTEMBER TO SEPTEMBER

Want to Carpool?
Download the CWU Connect App today and gain access to numerous resources including the two CWU ride boards.

Going Over the Mountains?
YAKIMA TRANSIT: YAKIMATRANSIT.ORG
Yakima-to-Ellensburg commuter bus service stops at: Ellensburg – CWU SURC, Safeway and Super 1 Foods.
Ellensburg-to-Yakima commuter bus service stops at: Yakima – Yakima Firing Center Park and Ride (near the Selah rest area), the downtown Yakima Transit Center, Yakima Valley Community College and the Yakima Airport.
Tickets can be purchased at the CWU Wildcat Shop. For more information, call Yakima Transit at (509) 575-6175.

Multiple trips daily
AIRPORTER SHUTTLE: AIRPORTER.COM
To/from western Washington (I-5 corridor) and central Washington (Yakima, Ellensburg, Cle Elum, North Bend)

Central Transit
CIE.LLENBURG.WA.US/CENTRALTRANSIT
Multiple routes and stops throughout Ellensburg!
Student Fees include unlimited use of:
• Central Transit
• Trip planning on Google maps
• Bus locator on RouteShout2 app

POLICE, PARKING AND TRANSPORTATION
2019-2020

## Academic Dates

### FALL

- **20 SEPT.** Residence Halls Open!
- **20–24 SEPT.** Wildcat Welcome Weekend
- **25 SEPT.** Classes Begin!
- **01 OCT.** Tuition / Room & Board Fees due for fall
- **07 OCT.** Financial Aid Refund Day

#### NOV. 12 - DEC. 6

Registration for Winter Quarter Classes

- **07 JAN.** Classes Begin!
- **13 JAN.** Tuition and Fees Due
- **17 JAN.** Financial Aid Refund Day

### WINTER

- **20 JUN.** Martin Luther King Jr. Day (no classes)
- **17 FEB.** President’s Day (no classes)
- **17–20 MAR.** Finals Week

### SPRING

- **31 MARCH** Classes Begin!
- **06 APRIL** Tuition and Fees Due
- **10 APRIL** Financial Aid Refund Day
- **20–21 MAY** SOURCE Event
- **25 MAY** Memorial Day (no classes)
- **09–12 JUNE** Finals Week

### MAY 11 - JUN. 19

Registration for Fall Quarter 2020 Classes

### SOURCE Event

- **10 OCT.** Housing Transfer Day
- **01 OCT.** FAFSA opens for next year
- **08 NOV.** Wildcat Success Day
- **10–13 DEC.** Finals Week
- **07 JUNE** Final Exams
- **01 JUNE** Graduation Day

### TO DO LIST

- **20 SEPT.** Residence Halls Open!
- **20–24 SEPT.** Wildcat Welcome Weekend
- **25 SEPT.** Classes Begin!
- **01 OCT.** Tuition / Room & Board Fees due for fall
- **07 OCT.** Financial Aid Refund Day
- **07 JAN.** Classes Begin!
- **13 JAN.** Tuition and Fees Due
- **17 JAN.** Financial Aid Refund Day