

# University Life

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## UNIVERSITY LIFE

A complete college education extends beyond the walls of the classroom and outside the pages of the textbook. Sacred Heart University's Student Life, Intercollegiate Athletics and Career Development departments are committed to the holistic growth of students through both co-curricular and extracurricular programming. The University's goal is to provide the support services and life skills that will help students succeed in the classroom as well as in their pursuits after graduation.

### Bookstore

The bookstore is located on the first floor of the Academic Center, in the Humanities Center wing. Operated by Follett College Stores, it offers textbooks, supplies, clothing with the University's name and logo and related items. Bookstore purchases can be made online. Visit the bookstore's web site at [www.sacredheart.edu/campuslife/-bookstore](http://www.sacredheart.edu/campuslife/-bookstore).

### Campus Ministry

The Office of Campus Ministry provides opportunities for persons of all religious traditions to share in the life of the faith-filled University community. Campus Ministry serves students, faculty, staff and the local community through daily liturgies, pastoral counseling, and special projects, events and programs.

Campus Ministry responds to student needs for worship, integration, social interaction, meaningful discussion of life issues, responsible social action for justice, and exploration of moral, religious and relational issues.

The Eucharist is celebrated on Sundays and weekdays during the academic year. In addition, University-wide liturgical celebrations mark special days and seasons. Other interfaith worship and prayer opportunities are provided regularly.

## Office of Career Development

The Office of Career Development offers services for students from Freshman year through graduation. Career Development programs and services include:

- Major in Success program for students who are undecided or unsure about which major to choose;
- self-assessment including the Strong Interest Inventory, and the Myers-Briggs Personality Type Indicator (MBTI);
- assistance finding paid and unpaid internships for which students may be able to earn academic credit;
- one-on-one career counseling for any career-related issues students are facing;
- help finding part-time and summer employment;
- resume writing workshops and individual assistance;
- interviewing skills workshops and individual assistance;
- on-campus interviewing and job fairs;
- online resume management system and job bank exclusively for Sacred Heart students;
- guidance in conducting a senior-year job search for a full-time position after graduation; and planning for and researching graduate school options.

The Career Development Office is located in Curtis Hall, Room 215 and can be reached by phone at 203-371-7975 or via e-mail at [careerdev@sacredheart.edu](mailto:careerdev@sacredheart.edu).

## Commuter Students

The University is committed to providing commuter students a comprehensive college experience—keeping in mind the special needs and con-

cerns of commuter students. Commuter students are encouraged to participate in Commuter Student Roundtable discussions and become part of Commuter Assistants, a peer-matching program.

Commuter students are also urged to join the Community Council, a student-run organization dedicated to providing programs and services for commuters.

The Commuter Life Office is part of the University's Student Life Department and can be reached at 203-371-7956.

## **Dining Services**

The University has contracted with FLIK, a professional food service corporation, to provide meals for students. The Dining Service Director works closely with students and staff to ensure the dining needs of the University community are met.

The University's meal plan is a declining balance program. Prepaid plans are available to resident, commuter, faculty, or staff members. Points in this program can be used for many purchases, ranging from entrees to snacks and ice cream to grocery items to convenience items such as toiletries and necessities.

All first-year residents are required to be on either a "gold" or "silver" meal plan. Information concerning the meal plans is available through the Dean of Students Office.

Dining dollars may also be used in the Marketplace (a convenience-style store), the Roncalli Hall Grille and the newly opened Holy Grounds Café located in the Christian Witness Commons.

## **Health Insurance**

All full-time students must show proof of health insurance coverage or else enroll in the University's Health Insurance Plan. Undergraduate students who attend at least half-time (six credits per term) are eligible to enroll in the University's student health insurance program. All international stu-

dents are required to participate in the insurance program. Information regarding specific coverage under student health insurance should be directed to the Health Services Office at 203-371-7838.

## **Wellness Center**

### **Counseling Services**

The Counseling Center provides support services of a holistic student development nature, and attends to members of the University community who may be experiencing some difficulty in adjusting to emotional wellness issues. The University provides professional counselors who are available weekdays for individual, personal counseling sessions and psychotropic counseling.

Many personal development workshops are offered by the Counseling Center, as well as group topical counseling sessions. For longer-term therapy, the staff makes referrals to local professionals at an individual cost to the student.

For additional information about the Counseling Center, call 203-371-7955.

### **Health Services**

Health Services offers daily first-response treatment for minor health-related issues. A physician is on campus for appointments twice a week at no cost to students.

Staffed by registered nurses and open seven days per week, Health Services also handles state immunization requirements and University insurance requirements, and coordinates health promotion workshops. Health Services can also make referrals to local health care facilities, fill many basic prescriptions on campus, and arrange with a local pharmacy to deliver to campus. For additional information about Health Services, call 203-371-7838.

### **Measles Immunization Law**

Connecticut law requires students born after December 31, 1956, to provide proof of two doses

of measles vaccine administered at least one month apart.

The first dose of vaccine must have been given after the student's first birthday and after January 1, 1969; the second dose must have been given after January 1, 1980. The student is also required to provide proof of one dose of rubella vaccine administered after the student's first birthday. Laboratory evidence (blood test) is acceptable in lieu of administration of vaccine. All students must be in compliance with this state law before registering.

### **Meningococcal Vaccine Law**

Beginning with the 2002–2003 academic year, the State of Connecticut requires that all students who reside in on-campus halls must be vaccinated against meningitis. Proof of this vaccination must be presented to the appropriate University officials before a student can obtain entry to their resident hall. This new guideline for Connecticut colleges and universities is provided in Public Act 01-93.

For additional information, call the University's Health Services (203-371-7838), or stop by the lower level of the Park Avenue House.

## **Intercollegiate Athletics**

The University has made a strong and vital commitment to its regionally recognized and nationally developing athletics programs. The Department of Athletics has undergone an almost unparalleled expansion over the past 10 years, growing from 10 varsity athletics teams to its current roster of 32 varsity and 3 junior varsity teams. Seventeen sports for women and 15 sports for men are now offered by the University for intercollegiate competition.

The 1999–2000 seasons marked the inaugural year of competition at the NCAA Division I level of competition for the Pioneers after 36 years of suc-

cess at the Division II level. The majority of the athletic programs compete in the Northeast Conference, with notable exceptions of the men's ice hockey team, which competes in the Metro Atlantic Athletic Conference, and the men's lacrosse and wrestling teams, which compete in the Colonial Athletic Association. The women's ice hockey team currently competes as an independent playing Division I and Division III institutions.

Six club sports teams and numerous intramural opportunities, including an ever-growing outing club, abound for students not involved with the varsity or junior varsity teams on campus. The University also offers all students use of the modern and fully equipped William H. Pitt Health and Recreation Center, which include four multipurpose basketball courts, a modern health and fitness area and aerobics room, among many other amenities. For more details on the Pitt Center, see the section on University Facilities.

### **Men's Varsity Athletic Programs**

- \*Baseball
- Basketball
- Bowling
- Cross Country
- Fencing
- \*Football
- Golf
- \*Ice Hockey
- \*Lacrosse
- Soccer
- Track and Field (Indoor and Outdoor)
- Tennis
- Volleyball
- Wrestling

### **Women's Varsity Athletic Program**

- Basketball
- Bowling
- Cross Country
- Equestrian

Fencing  
Field Hockey  
Golf  
Ice Hockey  
Lacrosse  
Rowing  
\*Soccer  
Softball  
Swimming  
Track and Field (Indoor and Outdoor)  
Tennis  
Volleyball

*\*also junior varsity teams*

## International Students

The University provides academic and social support to its growing number of international students. The Office of International and Multicultural Affairs is a part of the University's Student Life Department and can be reached at 203-365-7614.

All international students are encouraged to use the University services to seek assistance for their concerns and to become involved in campus activities. University services include the English as a Second Language (ESL) program, the International Club and an International student advisor.

### International Student Visa Certification

An international student requesting an application for a student visa (F-1) must be accepted to the University in a full-time program of study. Since federal and/or state financial assistance is not available to international students, the student is also required to present certified evidence of sufficient funding to cover education and living expenses.

If, after attending the University, the student decides not to return, notification must be made in writing to the Office of International and Multicultural

Affairs. If a student wishes to travel during the authorized time of study at the University, he or she must present a current I-20 form to the Office of International and Multicultural Affairs for certification prior to departure.

A student not following the regulations of the U.S. Department of Justice Immigration and Naturalization Service is considered out of status and may be subject to deportation from the United States.

## Public Safety and Parking

The Department of Public Safety, located in the Academic Center, is committed to fostering an environment in which all those who live, study, work or visit within the University campus are able to do so in a safe and secure environment. The department is committed to providing professional, timely and efficient public safety services to all of its constituents on a 24-hour-a-day, seven-day-a-week basis.

Public Safety officers patrol the buildings and grounds of the University via vehicle, bicycle and foot. Services provided by the department include personal safety escorts, motor vehicle assistance (unlocks and jump starts) and emergency medical response and treatment, as well as maintaining a lost-and-found department. Public Safety also issues parking decals and enforces parking and traffic regulations, provides key control and locksmith services and investigates and documents incidents on campus. Public Safety is the emergency response department on campus, and acts as the liaison with the local police, fire and ambulance services.

All vehicles parked on the campus must display a University decal, which can be purchased at the Department of Public Safety. Temporary parking passes are also available at the Information Booth, at the entrance to the campus.

## Department of Public Safety Telephone Numbers

Routine Business	203-371-7995
EMERGENCIES ONLY	203-371-7911
Fax	203-365-4781
Locksmith	203-365-7645
Snow Phone	203-365-SNOW (7669)
TTY	203-365-4714

## Residential Life and Housing Services

The Office of Residential Life and Housing Services coordinates all University housing options for students. The office staff, hall directors and resident assistants work with students to make the halls a “home away from home” by creating a healthy, living/learning atmosphere. Students have direct input to their living environment through the Residence Hall Associations and the Hall Councils, which address concerns and organize activities for members of the hall community. A listing of off-campus apartments is also maintained in the Office of Student Life.

The University currently houses students in seven different areas: Angelo Roncalli Hall, Elizabeth Ann Seton Hall, Thomas Merton Hall, Christian Witness Commons, Scholars Commons, Park Ridge Apartments and Taft Commons. These varied areas offer distinct residential lifestyles, from traditional high-rise resident halls to on-campus apartments to off-campus apartments.

## Student Activities

The Student Activities Office seeks to enhance the college experience outside the classroom by offering both cocurricular and extracurricular opportunities for students. In addition, the Student Activities Office teaches life skills to students through formal training sessions and leadership opportunities.

A vital component of the Department of Student Life, the office is responsible for scheduling, planning and overseeing all student events on campus. The Student Activities Office is a center for information on events, student groups, Student Government and student leadership. The Student Activities Office can be reached at 203-365-7675.

## Student Clubs and Organizations

The University encourages students to become involved in student groups as a part of their college experience. Diverse interests are represented on campus by numerous clubs and organizations:

### Academic Clubs

- Accounting Club
- American Chemical Society
- Biology Club (AIBS)
- College Democrats
- College Republicans
- Computer Science Club
- Criminal Justice Club
- Debate Society
- Economics and Finance Club
- English Club
- Exercise Science and Human Movement Club
- Honors Society
- Pre-Law Club
- Pre-Occupational Therapy Club
- Pre-Physical Therapy Club
- Psychology Club
- SIFE (Student in Free Enterprise)
- Social Work Organization
- Sports Management Club
- Student Alumni Association
- Student Athletic Training Organization
- Student Nurses Association

### Academic Honor Societies

- Alpha Sigma Lambda
- Delta Epsilon Sigma
- Delta Mu Delta
- Kappa Kappa Psi
- Lambda Epsilon Chi

Phi Alpha Theta  
Phi Sigma Iota  
Psi Chi  
Sigma Theta Tau

### **Greek Life —Fraternities**

Alpha Sigma Psi  
Lambda Sigma Phi  
Omega Phi Kappa  
Sigma Delta Chi

### **—Sororities**

Beta Delta Phi  
Delta Phi Kappa  
Kappa Phi  
Nu Epsilon Omega  
Phi Omega Tau  
Zeta Iota Lambda

### **Intramurals**

Aerobics  
Baseball  
Basketball  
Bowling  
Flag Football  
Golf  
Martial Arts  
Soccer  
Softball  
Volleyball

### **Media Organizations**

Media Studies Association  
Prologue Yearbook  
Spectrum Newspaper  
WHRT-FM Student Radio

### **Multicultural Organizations**

Celtic Club  
Gay Straight Alliance  
International Club  
Italian Club  
La Hispanidad  
Polish Club  
Umoja

### **Performing Arts**

Concert Choir  
Concert Band  
Dance Team  
Jazz Band  
Marching Band  
Pep Band  
Pioneer Band Council  
SHU Elite Gymnastics Club  
SHU F•O•R•C•E Dance Ensemble  
SHU Players  
Winter Guard

### **Recreational Groups**

Amphibian and Reptile Club  
Ballroom Dance Club  
Billiards Club  
Environmental Club  
Outing Club  
Rugby—Men and Women  
SHU Martial Arts  
Student Athlete Advisory Committee

### **Service Clubs/Organizations**

Best Buddies  
Circle K  
Community Connections  
Commuter Council  
Habitat for Humanity  
Inter-Residence Hall Council  
NRHH (National Residence Hall Honorary)  
Student Ambassadors

### **Student Government**

The Student Government is the parent organization to all student groups on campus. It is comprised of:

Class Officers  
Council of Clubs and Organizations  
Executive Board  
Finance Board  
Greek Senate  
Student Events Team (SET)  
Student Senate

Student Government's primary purpose is to oversee student groups, sponsor events to meet the needs of the students and to address concerns of the student body.

## **Student Union**

Another area in the Department of Student Life is the Student Union Office. Many of the nonacademic services provided by the University are facilitated by the Student Union, including:

Class ring sales

Game Room (Hawley Lounge)

Outpost Pub

Room/facilities reservations

Shuttle Service

Student Handbook

Student ID cards

The Student Union Office can be reached at 203-365-7663.

Every student (full-time and part-time) is responsible for being aware of the policies and procedures of Sacred Heart University as outlined in the *Student Handbook*. All students will be held accountable for their actions and subsequent consequences with regard to these policies and may be subject to any judicial action as detailed in the *Student Handbook*. *Student Handbooks* may be obtained from the Student Union Office.