

University Life



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.

Campus Ministry

The Office of Campus Ministry provides opportunities for persons of all religious traditions to share in the faith life of the University community. Campus Ministry serves students, faculty, staff and the local community through daily liturgies, pastoral counseling, community outreach, educational programming, 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 assists students in gaining self-knowledge, selecting a major, and researching compatible career options;
- career testing 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 and interviewing skills workshops;
- career panel discussions, networking and etiquette events, employer on-campus interviewing, and job fairs;
- online resume management system and job bank exclusively for Sacred Heart students; and
- 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.

Commuter Students

The University is committed to providing commuter students a comprehensive college experience—keeping in mind the special needs and concerns 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 Commuter 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 a "silver" meal plan. All other students are required to be on a meal plan, a level which is determined by their resident hall. Information concerning the meal plans is available through the Student Life Office.

Points may also be used in Outtakes (a convenience-style store), the Roncalli Hall Grille, Holy Grounds Café located in the Christian Witness Commons, and the Cambridge Café located in the College of Education and Health Professions on

Cambridge Drive, Trumbull, and at all home football and basketball games.

Health Insurance

All full-time students must show proof of health insurance coverage or else enroll in the University's Health Insurance Plan at www.kosterweb.com. 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 students 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 or online at www.kosterins.com.

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 and nurse practitioners are on campus for appointments throughout the week (Monday–Friday) at no cost to students.

Staffed by registered nurses and open five 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.

Students needing medical attention when the Student Health Center is closed can see a physician at St. Vincent Immediate Health Care (urgent care center)

4600 Main Street
Bridgeport, CT
203-371-4445
or

St. Vincent Medical Center (hospital)
2800 Main Street
Bridgeport, CT
203-576-6000

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.

Athletics and Recreation

At Sacred Heart University a comprehensive athletics and recreation program exists for all members of the university community. During the 2008–09 academic year, the following opportunities are available:

- Division I Intercollegiate Athletics. The University's 32 NCAA D-I varsity athletic programs are open to all full-time undergraduate students. Eligibility requirements, scholarship availability, team overviews, schedules and player and coaches profiles can be reviewed on the intercollegiate webpage (<http://sacredheartpioneers.cstv.com>).
- Intercollegiate Club Sports. The 13 individual and team (single-sex and coed) club sport programs are open to all full-time undergraduate and graduate students. Most of the club sport teams are members of athletic conferences. Unlike varsity athletics, club sports do not offer scholarships, practice and playing seasons are shorter and in some cases less intense than their D-I counterparts. All skill levels are encouraged to participate, and all programs have direct student involvement in the management of their sport. Similar to varsity athletics, each team has a professional head coach and athletic trainer. Additional information about inter-

collegiate club sports can be reviewed on the club sports webpage (<http://www.sacred-heart.edu/clubsports.cfm>).

- Recreation and Intramurals. Activities in this area are varied and are offered throughout the academic year. Multiple fitness centers, a dedicated aerobics/dance room, an exceptional weight training facility, and numerous sport leagues such as flag football, basketball, volleyball, softball, etc. (which are organized by residential hall floors, within academic departments or most frequently by friends organizing a team) are all designed to allow members of the university community time to relax, exercise, socialize, compete and enjoy healthy activity to balance out a rigorous academic schedule. Additional information about recreation and intramural sports programming can be reviewed at <http://www.sacredheart.edu/athletics.cfm>.

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

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.

The University currently houses students in nine different areas: Angelo Roncalli Hall, Elizabeth Ann Seton Hall, Thomas Merton Hall, Christian Witness Commons, Scholars Commons, Park Ridge Apartments, Taft Commons, Park Royal, and Oakwood Gardens. 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
Art Club
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
History Club
Honors Society
Mock Trial Team
Pre-Law Club
Pre-MBA Club
Pre-Occupational Therapy Club
Pre-Physical Therapy Club
Psychology Club
SIFE (Student in Free Enterprise)
Social Work Organization
Society for Human Resource Management (SHRM)
Sports Management Club
Student Alumni Association
Student Athletic Training Organization
Student Nurses Association

Academic Honor Societies

Alpha Kappa Delta
Alpha Phi Sigma
Alpha Sigma Lambda
Delta Epsilon Sigma
Delta Mu Delta
Kappa Kappa Psi
Lambda Epsilon Chi
Phi Eta Sigma
Phi Alpha Theta
Phi Sigma Alpha
Phi Sigma Iota
Psi Chi
Sigma Tau Delta
Sigma Theta Tau
Theta Alpha Kappa

Greek Honor Society

Greek Life

—Fraternities

Alpha Sigma Psi
Lambda Sigma Phi
Omega Phi Kappa

—Sororities

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

Intramurals

Aerobics
Baseball
Basketball
Bowling
Dodge Ball
Flag Football
Floor Hockey
Golf
Martial Arts
Soccer

Softball
Tennis
Volleyball
Wiffleball

Media Organizations

Horizons Literary Magazine
Media Studies Association
Pioneer Magazine
Prologue Yearbook
Spectrum Newspaper
WHRT-FM Student Radio

Multicultural Organizations

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

Performing Arts

4 Heart Harmony
Concert Choir
Concert Band
Dance Team
Freestyle Club
Independent Music Club
Jazz Band
Liturgical Choir
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

Ballroom Dance Club
Baseball Club
Billiards Club

Car Club
Fashion Club
Outing Club
Student Athlete Advisory Committee

Service Clubs/Organizations

Amnesty International
Best Buddies
Circle K
Community Connections
Commuter Council
Habitat for Humanity
Helping Hands
Hunger for Peace
Inter-Residence Hall Council
Navigating Leadership
NRHH (National Residence Hall Honorary)
ONE Campaign
Start with the Arts
Student Ambassadors

Student Government

The Student Government is the parent organization to all student groups on campus. It is composed 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)
- One-Card program
- 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.