GUIDING YOU THROUGH YOUR FIRST YEAR AS A PIONEER

SACRED HEART UNIVERSITY

LIVE. LEARN. EXPERIENCE. GROW. ASPIRE. CREATE. EXPLORE. LEAD. DISCOVER. SUCCEED.
Chapter One
Welcome to Sacred Heart University! Whether it’s ideas for clubs and activities to join, important dates for your summer and fall calendar, options for places to eat or maps of campus and the Academic Center, Chapter One will provide the information you need during this exciting transition to life as a Pioneer. Remember, however comprehensive Chapter One may be, there is no substitute for connecting directly with your faculty, such as your academic advisor, professors teaching your classes, professors in majors in which you may be interested and the dean of your College; administrators such as Student Life and Student Activities professionals, coaches, career counselors or study abroad advisors; and your fellow students, whether they be classmates, mentors, Resident Success Assistants in your hall or tutors in the Student Success Center. As you settle in to life at SHU, please reference Chapter One often and reach out to the many people here who look forward to working with you to make your first year at SHU successful, productive and fun.
“There are so many resources at SHU to help students transition to college life. I had a first-year transition mentor as well as a mentor specifically for my major to help me academically. I never felt alone, and everyone was always willing to help when needed. For me, I found comfort in talking with my RSA as well as my academic advisor.”

— Celina, Class of 2019

Tips to Use Now

• Keep track of your progress on completing the steps towards Welcome Days at www.sacredheart.edu/orientation.

• Living on campus? Visit www.sacredheart.edu/itemstobring for help with your packing list.

• Commuting to SHU? Connect with Amy Novak (riccia@sacredheart.edu) at Orientation to talk about your vision for getting involved at SHU.

• Start with the Club & Organization Fair on August 30th, and keep your calendar updated with important events and activities. From Fall Fest and SHU Hoops Madness to Family Weekend, stay up-to-date on your planning by downloading the SHU Connect mobile app.

• Always important, but especially crucial during this summer and throughout your first year—check your SHU email every day! Yes, there are a lot of announcements and not all of them will be relevant to you, but this is also the way you’ll hear from staff at SHU who are reaching out to you personally. Also, many invitations, events, deadlines and opportunities for freshmen and transfer students are shared exclusively via email.

• Bookmark the SHU Student Handbook, the official source for University standards, policies and procedures, at www.sacredheart.edu/studenthandbook.
Orientation

This exciting program has been designed specifically for incoming first-year students to help you make a smooth transition to life at Sacred Heart University. During the course of this two-day program, you’ll learn about the challenging and rewarding journey of a Sacred Heart University education. Each Orientation is limited in size, so be sure to check your calendar and select your date as soon as possible after submitting your admissions deposit to solidify your place in SHU’s Class of 2023. You can learn more and register online at www.sacredheart.edu/orientation.

Orientation Dates for the Fall 2019 Freshman Class:
Monday, June 10–Tuesday, June 11
Thursday, June 13–Friday, June 14
Monday, June 17–Tuesday, June 18

Welcome Weeks

After Orientation, the next step in your transition into Sacred Heart University is your participation in “Welcome Weeks” which kick off with residential students moving into the halls on Friday, August 23, 2019. Resident students will receive a mailing over the summer from the Office of Residential Life that contains your housing assignment and specific move-in time. The following days and weeks include various events, activities, workshops and seminars to make new students’ transition to SHU and their first year at the University successful. If you have any questions regarding Welcome Weeks, please contact the Student Life Office at 203-371-7846.

Contacts

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<td>Alumni Relations</td>
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<td>Athletic Department</td>
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<td>Bookstore</td>
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<td>Counseling Center</td>
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<td>Dean of Students</td>
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<td>Graduate Programs</td>
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<td>International/Multicultural Affairs</td>
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<td>Intramural Programs</td>
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<td>Mail and Duplicating Center</td>
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<td>Orientation &amp; Welcome Days</td>
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<td>Public Safety</td>
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<td>Registrar</td>
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<td>Residential Life</td>
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<td>Ryan Matura Library</td>
<td>203-371-7700</td>
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<td>Service-Learning and Volunteer Programs</td>
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<td>SHU Help Desk</td>
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Pre-Fall Programs

New students have an exciting opportunity to begin the Sacred Heart University student experience by participating in one or more pre-fall programs that take place prior to the start of the fall semester. Pre-fall programs give incoming students an opportunity to build lifelong relationships with fellow classmates before classes even begin!

Community Connections
Community Connections is a week-long immersion program for incoming freshmen interested in service. Students are placed in church sites in the city of Bridgeport where they work on various projects throughout the city. Students participate in discussions on issues facing the urban community, and activities include: working with children, distributing food at soup kitchens and helping with city beautification projects.

A Week of Wellness
Kick-start your first year at SHU with “A Week of Wellness”! This one-week pre-fall program for College of Health Professions students will explore the seven dimensions of wellness: Physical, Intellectual, Emotional, Social, Spiritual, Occupational, and Environmental. Activities include team building; academic success strategies; outdoor ropes course and fitness class; career exploration; diversity in healthcare and more!

Caring Hands, Caring Hearts: A Journey toward Success
Join nursing faculty and peer leaders as you identify learning strategies for success in prerequisite nursing courses, participate in clinical hands-on learning in the nursing bedside skills lab, and engage in self-care wellness activities. Participants also attend a human body workshop using the Anatomage Table and take day trips to Ellis Island Hospital in NYC and the Art that Heals Program at Yale New Haven Hospital.

Dance Intensive
Students will spend the week getting to know their new classmates and taking classes with professional dance instructors and guests in an immersive dance intensive experience! Dancers will have the opportunity to study ballet, modern, contemporary, jazz, tap dance and repertory.

Start Strong
The Jandrisevits Learning Center invites incoming students to jump-start the fall semester with a one-week program in time management and study strategies, self-advocacy skills, test-taking anxiety-busters, critical reading tips, and analytical writing techniques. Transition to the challenges of college-level thinking and learn how to get the most out of your educational experience.
Acclimating in Biology
The program will strengthen the academic skills needed for success in the Biology, Coastal and Marine Science, Molecular and Cellular Biology, and Neuroscience majors. In addition to hands-on participation in a research project, students build both time management and study skills specific to the biological sciences. Participants will also be introduced to Peer-Led Team Learning which offers peer support and mentoring. While any student may apply to the program, students receiving NSF S-STEM scholarships through the NSF S-STEM grant are required to participate.

Behind the Curtain
First-year students who are interested in the theatre will spend the week participating in classes and workshops on acting, playwriting and stagecraft in SHU’s Edgerton Theatre. Participants will also attend a Broadway show in New York City where they will take a backstage tour and meet with professional writers, actors, directors and other creative artists.

Lights, Camera, Action!
First-year students who are interested in communications will spend the week getting an insider’s look into the lively media industries of New York City and Connecticut. In addition to day trips to exciting locations like NBC Studios, ESPN Studios and the Museum of the Moving Image in NYC, students will also become oriented to SHU’s production facilities on campus including television studios, control rooms, screening rooms, editing and motion capture labs and more as they create short video productions based on their experiences. No prior production experience is necessary.

Mind Your Business
Students interested in a Business major will get a head start learning about the Jack Welch College of Business, meeting other business students and networking with campus and community leaders. In addition to exploring major options, students will also learn how golf, tennis, business etiquette, ethics, career development, leadership and teambuilding will prepare them for the global business world.

::For More Information::
Visit the pre-fall programs web site at www.sacredheart.edu/prefall for dates, pricing and registration materials, as well as specific contacts for each program.
Where Personal Attention Leads to Personal Achievement

As a student in your first year at the University, you will receive ongoing guidance from individuals and groups across campus. We anticipate you will have many questions and a range of emotions and experiences during your first year in college. It’s important to remember that highs and lows, successes and set-backs are all a perfectly normal part of such a major life transition. Before you know it, you’ll be an upperclass student giving freshmen advice on life at SHU! Our faculty and staff eagerly await the opportunity to build relationships with you and will make every effort to see that your first year as a SHU student is both satisfying and successful.

Homesick?
It’s perfectly normal! Some students experience this upon moving to campus, others become homesick after a month or more away from home, others not at all. Some tips from SHU students who have been there:

- Don’t wait for those around you to make the first move, but rather reach out to other students. Almost every student will tell you that getting involved in a club or organization is a must. You don’t need a buddy to attend a club meeting—just show up!
- Stay active. Continue with routines and hobbies you had at home, and try new ones.
- Get physical. Try a fitness class, even if you’ve never done it before; there are many first-timers. (See page 2 for a link to the schedule from the activities calendar online.)
- Find places to spend time on campus outside your room.
- Staying connected to parents and friends is important, but limit the time you spend each day or week doing so. Set healthy boundaries that allow you to devote the necessary time to establishing yourself within the SHU community.
- Try to leave your expectations at home—or at least be aware of them and be open to changing them as you learn more about your new environment.
- Talk to your RSA, your advisor or another administrator at SHU about how you are feeling. It helps to talk about it, and there are sure to be ideas to address your homesickness that you haven’t thought of.
Academic Difficulties?
Start with a conversation with your academic advisor or, if your difficulties are in a particular class, speak to that professor. You may be referred to the Student Success Center if it seems that extra tutoring or other services can help. Talk to other students in your classes about forming study groups. If you’re having significant anxiety related to test-taking or managing your academics, consider contacting the Wellness Center which may be able to help with techniques for managing and reducing your anxiety.

Need Help Getting Connected on Campus?
If you are feeling uncertain about which clubs or organizations at SHU may be right for you or are just unsure about taking the first steps in becoming involved, you may wish to visit the Student Activities and Student Life Offices in Hawley Lounge which have excellent resources to connect new students to the many organizations on campus. If you live on campus, your RSA is also an excellent resource for ideas on getting involved and establishing connections with other students who share your interests.

Roommate Issues?
Living together in the residence halls is one of the most rewarding aspects of college life, but—just like at home—challenges can arise. Your RSA and RHD (Residence Hall Director) are ready to assist you, so please reach out. Remember, this is a normal part of the college experience and working to resolve issues is often a positive learning and growth experience for new students.

Worried about Finances?
It’s best to begin by contacting the Office of Student Financial Assistance. You may contact the counselor with whom you worked during your application process, or contact the main office if you need a referral. The most important thing is to let someone know you are having concerns about costs or making payments so that we can work with you.
The Liberal Arts

Regardless of your undergraduate major, a SHU education—rooted in the Catholic intellectual tradition and the principles of engaged learning—is an absorbing, challenging experience for students. The freshman academic experience gives all students a foundation and framework from which to approach their studies in their SHU college of choice.

The Liberal Arts and the Core Curriculum
A Sacred Heart University education is built around the Catholic intellectual tradition, which leads students to make principled decisions and engage in the free exchange of ideas. This free exchange of ideas permeates the campus both within and beyond the classroom, in the residence halls, the dining halls and the locker rooms, which is the hallmark of a vibrant liberal arts education. The liberal arts are very much alive here at SHU in the form of the Core Curriculum, which includes the Foundational Core, The Human Journey seminars and Liberal Arts Explorations, which will engage you in an integrated, multidisciplinary study of the arts and sciences. The Foundational Core includes two key courses in your freshman year: Critical Thinking will develop your ability to think logically and analytically, and the First-Year Seminar will be the anchor of your freshman academic experience.
The Freshman Seminar
The seminar method of instruction facilitates learning in a small, collaborative classroom setting where emphasis is placed on discussion and debate of a text rather than a lecture. The SHU Freshman Seminar includes an array of theme-based courses which are designed by the professor who is teaching the course. While focusing in-depth on a particular topic, you will learn to critically examine complex issues and write about them.

First-Year Experience (FYE) Course
FYE is an 8-week course to support students in their transition to SHU and teach skills, behaviors and attitudes that contribute to resilience and success. The FYE instructor and peer mentor serve as valuable campus resources, and the small class size facilitates connections between students.

Academic Advising
As soon as you arrive on campus, you will have access to your Academic Advisor, who is a faculty member at SHU. You will have frequent access to and interaction with your advisor during your first year, which will facilitate a meaningful and supportive connection. Your advisor is committed to assisting you with your transition to college and providing guidance on curriculum planning and other academic issues. He or she can also be a valuable resource for connecting you with others on campus who will work with you in many areas of college life.

Student Success Center
The biggest myth about college is that “you’re on your own.” The fact is, college is a complex new system, and in order to navigate it, students need to know how to use their resources. Students who review assignments with tutors, attend study sessions with Classroom Learning Assistants (CLAs), and attend workshops on academic skills have higher GPAs and satisfaction than those who don’t. Staff, tutors, and academic coaches in the Sheila Hamilton Success Center work with all students to provide the support they need to succeed. Students develop study skills, notetaking and test-taking strategies, improve public speaking and time management, and decrease anxiety. The Center houses the Jandrisevits Learning Center (JLC) as well as the Office of Special Learning Services (OSLS). The Office of Special Learning Services serves students with documented disabilities. Take advantage of every available resource you can and let JLC and the OSLS help you achieve your academic goals.

::For More Information::
Sean Heffron
Executive Director of Student Success
Phone ................................................... 203-416-3440
Email .........................................heffrons@sacredheart.edu
Ryan Matura Library

You may envision a library as nothing more than a large, quiet building filled with books and desks, but the Ryan Matura Library is so much more! Whether you’re doing research for a class assignment, looking for a place to work on a group project or study with friends, or just want your coffee fix, the Ryan Matura Library is just the place for you. For an introduction to all the Library offers including a video tour and resource guide, visit library.sacredheart.edu.

Group Study
The first floor of the library has eight group study rooms. These rooms are for use solely by SHU students. Rooms may be reserved in advance online at library.sacredheart.edu for use by groups of two or more students in half hour increments for a maximum of three hour per day.

Starbucks Library Café
The Starbucks Library Café features coffees, teas, other beverages, and light grab-and-go snacks, sandwiches and salads. The Café is open late hours (until 11 p.m. Monday—Thursday) to fortify you during late-night study sessions.

Library Resources
Thousands of resources including books, periodicals, newspapers and more are immediately available inside the walls of the Library for your use. The Library’s 200,000+ holdings include the physical collection housed in the stacks and also many online resources that are available to you anytime, anywhere you could need them. The Ryan Matura Library online catalog is available for your use 24/7, which means you can search for publications at the Library from the comfort of your residence hall room. You can also read full texts of journal articles through the online research database as well as locate course reserves for your required or supplementary class reading assignments. If you’re looking for a particular work that’s not in the stacks, don’t fret! The Interlibrary Loan program (ILL) will scour the world to locate the publication and have it sent to SHU. Just ask one of the helpful librarians to assist you with this process, or anything else you might need. Visit the Library web site at library.sacredheart.edu to check out the many online resources at your disposal and utilize the “Ask a Librarian” feature to have your specific questions answered by a SHU librarian.

Ryan Matura Library Hours:
Monday—Thursday: 8:15 a.m.—3 a.m
Friday: 8:15 a.m.—9 p.m.
Saturday: 10 a.m.—9 p.m.
Sunday: 10 a.m.—3 a.m.

Special hours for University breaks as well as extended hours during final exams.
Choosing a Major and a Career

Choosing a major can be a challenging time in a student’s college experience. If you’re undecided on a major or just want to explore career options, SHU’s Major in Success program is for you.

Major in Success

No major? No problem! Students enrolled at Sacred Heart can take advantage of our Major in Success program, otherwise known as MIS. The MIS program, administered by the Center for Career and Professional Development, is open to all Sacred Heart students and includes a series of meetings with a career coach to help you focus on your talents, learn more about the relationships between certain majors and careers, and begin to identify the career and major options that best fit you as an individual. The program is tailored to each student and may also include interest and personality assessments, alumni mentor interaction, informational interviewing, and help developing goal setting and action planning skills.

Another important component of the program is our specially-trained team of MIS Mentors—SHU juniors and seniors who mentor freshman and sophomore students throughout the process, sharing advice, information and their own experiences. MIS will help you explore your values, skills, strengths and interests in a way that will lead you towards the major and career that is right for you.

Career Coaching

SHU’s Center for Career and Professional Development also offers individualized career coaching and staff who are specifically trained to engage with first-year students. In addition to one-on-one meetings to help first-year students uncover more about their skills, interests, values and goals, the Career Coaches also conduct group presentations on topics such as resume creation and online networking and work with students on vital tasks including major declaration and career exploration.

::For More Information::

Patti Moran
Interim Executive Director of Career Placement
McMahon Commons, 2nd Floor
Phone: 203-365-4750
Email: moranp@sacredheart.edu
Web: www.sacredheart.edu/career

LIVE. LEARN. EXPERIENCE. GROW. ASPIRE. CREATE. EXPLORE. LEAD. DISCOVER. SUCCEED.
Residential Life means more than just a place to eat and sleep. Your residence hall will be a safe, cohesive, learning community—the place where you meet, live and interact with interesting people from interesting places; develop friendships; listen to music; read books; write papers; and discuss assignments with your classmates. Our halls are designed to facilitate your growth as a student and human being.

What will Residential Life offer you?

Office of Residential Life
The Office of Residential Life extends student learning beyond the classroom and empowers residential students to develop mentally, physically, socially and spiritually. In addition to the Director and Assistant Director of Residential Life, each residence hall has a Resident Hall Director and a staff of Resident Success Assistants (RSA’s). The Residential Life staff includes a group of highly-motivated individuals chosen through a rigorous selection process based upon their leadership abilities and character. They are trained in all aspects of making your life at SHU a successful one. Your RSA will get to know you, and you are encouraged to turn to him or her if you need advice, a lending hand, or just an ear to listen.

Finding a Perfect Roommate Match
As an incoming freshman, you can pick your roommates! Maybe you know someone from your hometown or high school or you met someone at Orientation. You also have the option of using the SHU-provided online roommate-matching program that the Residential Life office will send you information about prior to Orientation. Using the system, you’ll have the ability to browse and communicate with potential roommates and decide upon a roommate if you match. But don’t worry if you don’t find someone there. Many students opt to have a roommate assigned to them using information gathered from the housing registration forms mailed home in the spring. Whichever means you pick, be sure to keep an eye out for instructions on how to take advantage of these great rooming options.

Life in the Halls
The Residential Life Staff implements programs for students throughout each residential community. Resident students participate in programs designed to facilitate their spiritual, professional, intellectual, cultural, educational and social growth. In addition, leadership training is provided for all residents and Resident Success Assistants through leadership institutes, in-service seminars, campus-wide programming and community service activities promoted by the Office of Residential Life.
LLC: Three Letters You Should Get to Know
LLC’s or “Living-Learning Communities” are just the latest additions to the educational opportunities you have at SHU. Students who share a common interest in topical areas like Business, Health & Wellness and Community Service can apply to live in clustered housing with one another. You will take a related, credit-bearing academic course, while engaging in activities and out-of-the-classroom experiences that will enrich what you are learning in the classroom. Professors, student life staff, and upperclass mentors are all at your disposal to challenge and support you in this revolutionary and unique learning environment. Students interested in an LLC should submit an application which will be available shortly after Orientation at www.sacredheart.edu/llc. Don’t miss out on these exciting new opportunities!

Student Housing

Merton & Seton Halls
Situated in the heart of campus and considered the hub of first-year life, neighboring Merton & Seton Halls offer a traditional-style layout with full shared kitchens and access to outdoor volleyball and basketball courts.

Roncalli Hall
Roncalli Hall, located along Park Avenue, offers a unique atmosphere with “suite-style” accommodations that include a shared kitchenette and quiet study lounge. Roncalli also has its own fitness center and is home to SHU’s Living-Learning Communities (LLCs).

Toussaint Hall
Located on the Upper Quad, Toussaint Hall is the latest addition to SHU housing and features quiet group study rooms and towering atrium lounges. Students live in “pod-style” arrangements with two pairs of students sharing a small living space and a private half-bathroom.

Transfer Housing
In addition to the above-mentioned halls, transfer students may also be placed in upper-class housing including suite-style or apartment accommodations. Transfer students will be placed in a residence hall based on the number of credits earned before transferring to SHU and their anticipated graduation year. Transfer students are then able to fully participate in the housing selection process as returning students in the following academic year.
Time to Dine

Prepare to embark on one of the finest dining programs designed specifically for students! Through Chartwells, Sacred Heart University students enjoy a dining experience that meets the highest industry standards of excellence in both food quality and service. Dining facilities conveniently appear throughout campus, providing students with the opportunity to linger over a meal with friends or grab a quick snack on the way to class or practice. There are also plenty of special events and innovative promotions planned, such as our popular Iron Chef competition. Whether you are on the go, an early riser or a health-conscious diner, we are sure that our dining services will exceed your needs, as the University is committed to providing our students with high quality, nutritious food and exceptional service.

All you can eat!
Your meal plan will include both "all-you-can-eat" meals as well as "dining dollars," which are used for a la carte items at many dining locations.
63’s
Located in the Main Academic Center, 63’s offers three all-you-can-eat meals per day with a range of options including hot comfort foods, deli, grill station, Hearthstone pizza, salad bar and more.

Balanced Kitchen
Healthy dining options in the Center for Healthcare Education.

Einstein Bros. Bagels
Coffee and light lunch options in the Martire Center.

JP’s Diner
JP’s Diner offers classic diner favorites for breakfast, lunch and dinner in a fun, unique setting and satisfies late-night cravings until 1:00 AM on weeknights and 3:00 AM on the weekends!

Linda’s
Freshmen can use their dining dollars in Linda’s for options including smoothies, Griddle 5151 (Grill), BYOB (Build Your Own Burger), Mondo Subs, 2Mato (Italian & Pizza), and Crisp (salads). Linda’s is also a great lounge area, complete with a fireplace!

Outtakes
A large selection of snacks, beverages, microwaveable foods, grocery items, sandwiches, salads and more.

Starbucks Library Café
Enjoy all of your favorite Starbucks treats while studying in the Library. Open late most weeknights.

The Peak Creamery & Coffee Shop
The Peak, located in Roncalli Hall, is a gourmet ice cream and coffee shop run entirely by SHU students who gain real-world business experience while providing handcrafted treats to the campus community.

::For More Information::
Visit www.dineoncampus.com/shu for more details on meal plans and, once the fall semester begins, event listings and dining surveys.
Immerse Yourself

As a new student, you are strongly encouraged to participate in University life both in and out of the classroom. Sacred Heart University has endless opportunities for students to get involved on campus. Below is a sample of the many activities you will want to explore.

Ways to Participate

Academic Clubs
Sacred Heart University offers a wide range of options for student involvement in academic clubs and honor societies on campus. Each organization has a faculty advisor and provides students with hands-on opportunities to expand upon their academic and career interests outside the classroom. Academic challenges, career panels, guest lectures, social gatherings and service activities are just a few of the many ways that students contribute to our robust academic clubs and honor societies on campus. www.sacredheart.edu/clubs

Greek Life
Go Greek! Greek Letter Organizations were founded on the values of leadership, scholarship, service and friendship. The University is proud of the vibrant Greek community which includes fourteen Greek organizations with approximately 1800 students involved. (See page 19 for the list of fraternities and sororities on campus.) Each member of the University’s Greek community is committed to a specific philanthropy or social awareness cause to which his/her organization is devoted. That commitment is demonstrated by philanthropic events and service projects completed by fraternity and sorority members throughout the year. All members of Greek Life contribute to the uniqueness of Sacred Heart University’s Greek Community and live out the founding ideals of their fraternity or sorority on a daily basis. www.sacredheart.edu/gogreek

Leadership
At Sacred Heart University, we encourage you to be a leader in and out of the classroom. In addition to the Navigating Leadership pre-fall program for new students, Student Government and leadership positions within clubs and organizations, SHU offers the Pioneer Leadership Program. Open to students in all years, this six-week program helps students enhance their leadership style, practice and learn essential skills and become well-rounded student leaders on campus and in the community. www.sacredheart.edu/leadership

::Student Life::
Denise Tiberio
Associate Dean of Students
Hawley Lounge
Phone ....................................................203-371-7846
Web ...................... www.sacredheart.edu/campuslife
Service to the Community
Serving those in need is an integral part of Sacred Heart University’s mission, and is woven into student life and learning through an array of service learning and volunteer programs. Each year, SHU students and members of the faculty and staff participate in over 100,000 hours of volunteer service. Our students are tutoring and mentoring young children. They’re building homes, here and abroad. They’re serving in soup kitchens, nursing homes and homeless shelters. They’re impacting communities, economies and the environment. Among the many opportunities in which students are involved, some of our most popular programs include Habitat for Humanity, Best Buddies, Big Brother, Big Sister, Thomas Merton Center and Spring Break Mission Trips. www.sacredheart.edu/volunteer

Multicultural Groups
SHU students, staff and faculty celebrate diversity through a variety of means in addition to our international student services and study abroad programs. Student organizations such as the Black Student Union, Gender Sexuality Alliance, Italian Club, La Hispanidad and Multicultural Council foster awareness and appreciation of diversity issues, and celebrate multiculturalism within and outside the SHU community. www.sacredheart.edu/clubs

Recreational and Social Groups
Campus social groups are comprised of a multitude of clubs that serve our students’ extracurricular interests. Organizations are added as student interests arise, and themes range from politics to fashion to school spirit. Also check out our club sports program on page 23. www.sacredheart.edu/clubs

The Arts
Ranging from music, theatre, dance and visual arts, our talented and enthusiastic students further develop their artistic crafts while at SHU. Our popular performing arts groups include the Theatre Arts Program (known as TAP) as well as an array of instrumental, dance and vocal ensembles. www.sacredheart.edu/performingarts

Student Government
Sacred Heart University’s Student Government is comprised of the Executive Board, Class Boards and the Student Events Team. The Executive Board includes the SG President, SG Secretary, VP for Senate, VP for the Council of Clubs & Organizations, VP for Finance, VP for Judicial Affairs, VP for Student Events Team and the Class Presidents. These members along with the Class Boards and Student Events Team work directly with faculty, staff and administration to address the needs that come from the students, as well as unify the students through various events and service opportunities. www.sacredheart.edu/studentgov

Media Clubs
Students with interests in media—television, radio, video, newspapers, magazines and more—are involved in our many campus media organizations. The student newspaper, The Spectrum, WHRT Radio, Pioneer Magazine, WHRTV and The Pulse television news magazine are among the many ways our students get their creative juices flowing. www.sacredheart.edu/clubs
Find Out What Interests You

What you’ll find on campus—and how much of it—may surprise you. In addition to a dedicated Student Life staff, our Student Events Team (S.E.T.) works hard to organize and execute an enthusiastic and enticing selection of campus activities. And we have more than 80 clubs, organizations and intramural sports. Here’s some of what you may find, with more clubs and organizations added each year by the student body.

Clubs and Organizations

- Accounting Club
- American Chemical Society
- American Medical Association
- American Sign Language Club
- Are You Autism Aware?
- Art Club
- Best Buddies
- Biology Club
- Black Student Union
- BuildOn
- Business Administration Club
- Campus Ministry
- College Democrats
- College Republicans
- Council of Clubs & Organizations
- C2R Ministry Club
- Education Club
- English Club
- Exercise Science Club
- Fashion Club
- Film Club
- Finance and Economics Club
- Gender Sexuality Alliance
- Green SHUs
- Habitat For Humanity
- Health Science Club
- Hearts United
- Her Campus
- History Club
- Intramural Sports
- Italian Club
- Ivory Ella
- La Hispanidad
- Lighthouse Christian Community
- Love Your Melon
- Marketing Club
- Math Club
- Model UN Club
- Multicultural Council
- National Student Speech Language Hearing Association
- Orientation Leaders
- Peer Educators
- Pioneer Magazine
- Pre-Occupational Therapy Club
- Pre-Law Club
- Pre-Physical Therapy Club
- Pre-Physicians Assistant Club
- Pre-Veterinarian Club
- Psychology Club
- Pulse (Video News)
- Residence Hall Association
- Rock Music Club
- Social Work Club
- The Spectrum (Newspaper)
- Sports Management Club
- Student Alumni Association
- Student Ambassadors
- Student Athletic Advisory Committee
- Student Athletic Training Organization
- Student Events Team
- Student Government
- Student Nurses Association
- To Write Love on Her Arms
- Turning Point USA Club
- UNICEF
- Vegetarian/Vegan Enthusiast Group
- WHRT (Radio)
- WHRTV
Greek Life

Sororities
- Alpha Delta Pi
- Chi Omega
- Delta Zeta
- Kappa Alpha Theta
- Kappa Delta
- Phi Sigma Sigma
- Theta Phi Alpha
- Zeta Tau Alpha
- Alpha Tau Omega
- Beta Theta Pi
- Iota Phi Theta
- Kappa Sigma
- Omega Phi Kappa
- Pi Kappa Phi

Performing Arts Groups

Choir:
- 4 Heart Harmony
- Blended Hearts Women’s A Cappella Choir
- Liturgical Choir
- SHUpermen Men’s Ensemble
- Touring Choir

Dance:
- Dance Company
- Dance Ensemble
- Hip Hop Production
- Irish Step Ensemble

Instrumental:
- Band
- Brass Ensemble
- Feature Twirlers
- Flute Choir
- Jazz Ensemble
- Marching Band
- Orchestra
- Pep Band
- Percussion Ensemble
- Sax Quartet
- String Quartet
- Winter Guard

Theatre Arts Program:
- Children’s Theater
- Improv
- Little Theatre (Blackbox) productions
- Main Stage productions
- TheatreFest

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STUDENT LIFE

Lecture Series
Each year, the Lecture Series at Sacred Heart University provides various opportunities to have an audience with some of the most inspiring and hard-working personalities making strides in their respective fields, ranging from professional sports to journalism to government. Challenging and motivating students, faculty and staff, these speakers offer valuable insight into the world in which we live and the uniqueness of every person’s journey. Past speakers have included Bill Cowher, Robin Roberts, Jodi Picoult, Brian Cashman, Theo Epstein, Tony Dungy, Jim Kelly, Aly Raisman and Lance Bass, among others. All are encouraged to take part in the series and experience the amazing life stories of these dynamic individuals.

Concerts
Each year Student Activities hosts a large scale concert for the student body. Feedback from the student body helps investigate the most desired performers. Recent acts include Maroon 5, DJ Snake, Fetty Wap, Ne-Yo, Kid Cudi, Wiz Khalifa, The Chainsmokers, Eli Young Band and T-Pain. You won’t want to miss these events!

Popular Campus Events
The Student Activities department, in collaboration with the Student Events Team, provides a wide variety of events to the SHU community throughout the academic year. These events range from spirit events such as Pack the Pitt, to talent competitions

including Dancing with Heart and Mr. SHU, to week-long festivals such as Harvest Week and Spring Fest that are chock full of activities. Students are also provided monthly opportunities to join Bingo games and Movie Weekends or to attend on-campus dances each semester including the Presidential Gala and Winter Semi Formal. Off-campus day trips are also offered to NYC for the popular Broadway Series and Christmas Spectacular-Rockettes as well as to Boston, Six Flags, Lake Compounce and Outlet Shopping Centers. Each week offers something new and different to try and several of these events are free of charge for SHU students throughout the year. www.sacredheart.edu/activities

Family Weekend
Family weekend will take place October 18–20, 2019 and is open to all students and their families. This is a great time to spend with your family members while enjoying a number of events sponsored by the Student Life Office. A mailing will be sent to your family in early fall with the family weekend dates and schedule of events, as well as information on local accommodations.

Recent on-campus acts include Fetty Wap and the Chainsmokers.

Left: Aly Raisman, advocate, author and second most decorated American gymnast of all-time, visits SHU as part of the Student Affairs Lecture Series.
Service Learning
Making an impact on our region—and beyond—is an important part of our mission. At SHU, social responsibility plays a role in our curriculum, events and student activities—with a large majority of students choosing community service from our wealth of options. In fact, there is a volunteer opportunity to suit everyone—every aspiration, every career goal, every social interest.

Through the Office of Service Learning, students can find out about our service learning optioned courses each semester, which are coordinated with faculty and provide college credit. Service learning courses in a variety of majors are offered each semester. A service learning course allows students to develop academic and leadership skills while fostering social responsibility and a sense of caring about others.

The Service Learning Program offers students an opportunity to learn and develop through active participation in service experiences that are integrated into the academic curriculum. The work meets community needs and is directly linked to the content of the course. For example, a student in the Concepts in Biology course might serve as a science tutor in Bridgeport schools for credit. In this way, service deeply enriches those in need and those who serve—all part of our engaged learning ethic.
Work Hard, Play Hard

Attending a Division I university isn’t just a special experience for our athletes, but for fans as well! There are constant opportunities for a fun afternoon or night with friends rooting on the Pioneers whether it’s taking the fan bus to an ice hockey game, enjoying a sunny afternoon at a lacrosse match or a softball game in Pioneer Park, or attending one of our huge spirit events like SHU Hoops Madness, Pack the Pitt or the Homecoming football game. To keep up with athletic schedules and events visit the Pioneers web site at sacredheartpioneers.com and the Student Activities calendar at www.sacredheart.edu/activities.
Club Sports & Intramurals

If cheering from the sidelines isn’t enough for your competitive spirit, you can get in the game with SHU’s Club Sports and Intramural programs. Club Sports are competitive intercollegiate programs similar to Division I JV programs. SHU Club Sports teams compete against colleges and universities throughout the Northeast within existing leagues whenever possible, including JV-level, Division III, or club-level teams. Some club sports, such as Rugby, are open to students without prior experience with the sport. sacredheartpioneers.com/sports/club

In the Intramural program SHU students compete against other teams of SHU students in sports ranging from basketball to dodgeball. For the current list of intramural teams visit www.sacredheart.edu/intramurals.

2019-2020 Club Sports Teams (anticipated)

- Badminton
- Baseball
- Men’s Basketball
- Women’s Basketball
- Bowling
- Climbing
- CrossFit
- Dance Team
- Field Hockey
- Figure Skating
- Football
- Gaming
- Golf
- Gymnastics
- Men’s ice Hockey
- Men’s Lacrosse
- Women’s Lacrosse
- Mixed martial arts
- Men’s Rugby
- Running
- Sailing
- Men’s Soccer
- Women’s Soccer
- Softball
- Tennis
- Men’s Volleyball
- Women’s Volleyball
- Weightlifting
- Wrestling
Spiritual Growth

As a Catholic institution, SHU is committed to the spiritual growth of all our students, regardless of their religious affiliations. To that end, spiritual growth at SHU takes place both within and outside of the classroom, guided by the Catholic intellectual tradition, helping students lead balanced and meaningful lives. SHU’s Campus Ministry more specifically enables students to experience and celebrate the richness of the Catholic tradition, offering a variety of opportunities to learn and grow in their faith, develop their gifts and serve others.

SHU’s holy sanctuary, the Chapel of the Holy spirit, is literally and figuratively at the center of both the University campus and community and serves as a powerful symbol of Sacred Heart’s Catholic identity. Complementing the main sanctuary are little oases—inviting spaces that are ideal for meditation and private prayer, including an outdoor space adjacent to the lawn of the quad.

For More Information
Contact Father Joe Farias, University Chaplain at 203-396-8255 or visit Campus Ministry at sacredheart.edu/campusministry.
Campus Ministry

In your decision to become a member of the Sacred Heart University community, you are preparing for an exciting new chapter of your life. We hope you will allow Campus Ministry to play a part in your experience, and that you will share your talents, passions and ideas with us.

Campus Ministry at SHU enables members of the University community to experience, claim and celebrate the richness of the Catholic tradition and spirit as well as the religious diversity of our students. We offer a variety of opportunities for you to learn more about your faith, grow in your community and work for justice in the world. You may want to become involved in one of our liturgical ministries, attend a retreat or prayer group, or just stop in to relax or study in our lounge. Getting involved in Campus Ministry programs and activities will help you develop your gifts, make new friends and serve others. Non-Catholic students are especially encouraged to participate in our interfaith programming and to allow us to help you connect with other members of your faith tradition.

Below are some of the ways you can experience your faith through Campus Ministry at SHU:
- Liturgy
- Sacraments and R.C.L.A.
- Faith Sharing Groups
- Retreats
- Fellowship Groups
- Social Justice Groups

Like all major transitions in life, starting college is bound to have its share of exciting, and perhaps anxious, moments. Please know that Campus Ministry is here to assist you with this transition in any way possible.
Health and Wellness

The Maureen Hamilton Wellness Center, which includes Counseling and Health Services, is here to support your physical and emotional well-being as a Sacred Heart University student.

Emotional Wellness

The mission of the Counseling Center at Sacred Heart University is to facilitate the growth of our clients considering their emotional, personal, physical, spiritual, intellectual and social development while respecting each student as an individual and treating her/him with dignity. In addition to our professional staff, “s.w.e.e.t” peer mentors offer outreach programming on topics such as stress, sleep, healthy relationships, socializing and more.

Counseling Services Include:

- Free, confidential individual and group counseling service to all full-time undergraduate students.
- Assistance for every individual regardless of race, religion, sexual identity or ethnicity.
- Referrals to local psychiatrists and other mental health specialists when appropriate.
- Consultation services for faculty, staff and residential life personnel.
- Online self-help resources.

::For More Information::

Mary Jo Mason, Ph.D.
Director of Student Wellness Services
Maureen Hamilton Wellness Center
4950 Park Avenue, next to Roncalli Hall
Counseling Center Phone: 203-371-7955
Health Services Phone: 203-371-7838
Web: www.sacredheart.edu/wellness
Physical Wellness

The purpose of Student Health Services is to promote the physical and emotional well-being of SHU students through the provision of accessible, comprehensive and cost-effective health care and educational outreach. All services are rendered on a first-come, first-serve basis by appointment only.

Available Health Services

All registered students who have provided a current physical exam form may use the services offered by Health Services which include:

- Evaluation and treatment of acute illnesses and injuries
- Immunizations against measles, mumps, rubella, hepatitis B, meningitis, tetanus
- Tuberculosis screening
- Gynecological care
- Suture removal
- Diagnostic testing—throat cultures, urine cultures, blood glucose done at Student Health Center. All other labs sent to Quest Labs or CLP then billed to students’ insurance
- Seasonal therapeutic prevention regimes

Sacred Heart University 2019–2020 Health Insurance Requirements

Enrollment in the Sacred Heart University Student Health Insurance is mandatory for all Full-Time Undergraduate Students. You may waive out of the Student Health Insurance and the related fee if you have proof of comparable health insurance coverage.

To request waiver of the Sacred Heart University Student Health Insurance, or, if you would like additional information, please visit our website: www.sacredheart.edu/studenthealthinsurance

William H. Pitt Health and Recreation Center

Open to all Sacred Heart University undergraduate students, our 141,000 square foot health and recreation center features a state-of-the-art fitness center, locker rooms and studios for group fitness.

Pitt Center Hours of Operation:
Monday—Thursday: 6 a.m.—11 p.m.
Friday: 6 a.m.—9 p.m.
Saturday—Sunday: 9 a.m.—8 p.m.

Fitness Classes

SHU also provides a wide range of fitness classes available to all full-time students at no cost. These classes provide additional opportunities to stay healthy, try something different or make new friends. Updated class schedules are available each semester and class options include: Barre, Boot Camp, Boxing, Hip Hop Aerobics, Hula Hooping, Mixed Martial Arts, Pilates, Spinning, Yoga, Yogalates, Zumba.
Your Guide to Campus Safety

Led by the dedicated staff of the Department of Public Safety, Sacred Heart University fosters and maintains a safe and secure environment for the Sacred Heart University community to pursue their academic, professional and personal ambitions. SHU has received various awards and recognition for its innovative and proactive initiatives in campus safety.

The Department of Public Safety

SHU Safe App
The mobile app enables users to make medical information instantly available to first responders in case of emergency, provides a direct link to campus security for a variety of emergency situations and allows emergency personnel to immediately pinpoint their exact location. In addition, the app allows students to set up a “safety check” with someone in their contact list.

SHU Safety Week
Organized by the Student Government, SHU Safety Week includes programs on self-defense, social media safety, bystander intervention, SHU Safe app, off-campus safety and more led by professional staff, peer educators and outside experts.

Emergency Management Plan
Sacred Heart University’s campus emergency plan has received several national awards. The plan organizes, coordinates and directs available resources toward the control of an emergency, including coordinating communication with federal, state and municipal emergency responders. It includes an Emergency Notification System for the campus community in which safety information is communicated via text messages and phone calls.

Personal Safety Escort Program
Personal escorts are available from dusk until dawn, every day of the year. Public Safety will provide walking or mobile escorts to students anywhere on campus, as well as to and from all University owned or operated properties off of the main campus.
Silent Witness Program
This computer portal on the Public Safety web site was established to bring information of concern to the attention of University officials so they may determine whether there is a security or safety risk. Students and others in the campus community may anonymously share observations via the portal.

Bystander Intervention Program
All new students participate in the Every Choice bystander intervention program, a video-based program aimed at reducing campus violence by equipping students with realistic, actionable bystander intervention tools.

Blue Light Call Boxes
Several call boxes are located throughout the campus. These provide immediate and direct communication with all on-duty Public Safety Officers and our Public Safety Dispatch Center.

Routine Public Safety Services
The Department of Public Safety manages a host of safety programs and functions including patrolling campus buildings and parking lots, assisting on-campus motorists with vehicle battery jump-starts or vehicle unlocks, providing students with key cards, overseeing campus parking processes, and managing the campus’s fire safety program.

::Contact Public Safety::

Jack Fernandez
Director of Public Safety
WSHU Broadcast Center
Phone: 203-371-7995
Web: www.sacredheart.edu/publicsafety
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