



OLD DOMINION  
UNIVERSITY

IDEA FUSION



# Preview Guide

2017 - 2018





# Table of Contents

## Start Here

Fall 2017 Academic Calendar .....	2
Student Transition and Family Programs .....	4
Campus Information.....	4
Important Phone Numbers .....	5
New Student Checklist .....	5
Survival Tips from Fellow Monarchs .....	6
Communicating with Parents and Family.....	6
Regional Higher Education Centers .....	7
Summer Programs .....	8

## Educational Guidance

Placement Tests.....	10
Academic Advising .....	10
Improving Disciplinary Writing.....	10
Advising in the College of Arts and Letters .....	11
Advising in the Strome College of Business.....	12
Advising in the Darden College of Education.....	13
Advising in the Frank Batten College of Engineering and Technology.....	14
Advising in the College of Health Sciences.....	14
Advising in the College of Sciences .....	15
Advising in the Center for Major Exploration (CME).....	16
Registration .....	17
How to Register for Classes .....	18
UNIV Career and Orientation Courses .....	18
Other Introductory Courses.....	18
Sample Schedule Planner.....	19
Honors College and Honors Courses .....	20
General Education Requirements .....	21
Preparing for Next Semester .....	30

## Academic Life

If You're a Recent High School Graduate.....	32
If You're Coming from a Community College .....	33
Additional Help for Transfer Students.....	33
University Libraries.....	33
Learning Commons and Student Success Center.....	34
Tutoring.....	34
Student Research.....	34

Study Abroad .....	34
Academic Integrity .....	35
Academic Difficulty .....	35
Key Terminology .....	36
Educational Accessibility .....	37
Experiential Learning .....	38

## Taking Care of Business

Getting Your Student ID Card.....	40
Bookstore Information .....	40
Paying Tuition.....	40
Eating Made Easy .....	42
Computing On Campus .....	43
Get Connected .....	44
Transportation and Parking Services.....	44
Military, Veteran and NATO Students.....	45

## Safety, Health and Wellness

S.O.S. – Help Needed .....	48
Safety First .....	48
Stay Healthy!.....	49
Live Well, Learn Well.....	50
Support for Women.....	51
Counseling .....	52

## Campus and Community Involvement

Campus Lingo .....	54
Monarch Citizenship .....	54
Monarch Pride.....	55
Athletic Events .....	56
Involvement and Leadership.....	56
Intercultural Competence .....	57
Life as a Residential Student .....	58
Off-Campus Student Life .....	60
How to Make A Career Decision and Look For Work? .....	60
Managing Your Funds.....	61
Spiritual Life .....	62
Notes.....	64



# Fall 2017 Academic Calendar

August 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

September 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

October 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

November 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

December 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

January 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

## August

- 25 Deadline for electronic submission of theses/ dissertations to ProQuest for August 2017 graduates
- 25 Summer degree conferral date (no ceremony)
- 26 Fall classes begin, Sessions 1 and 2
- Deadline to apply for instate tuition rates for Fall 2017
- 28 **FALL TUITION DEADLINE**

## September

- 4 Labor Day Holiday (no classes)
- 5 **Deadline to drop classes with no grade or financial penalty**  
**Deadline to register or add classes**
- Last day to designate a course for audit or pass/fail
- 6 Beginning of period to withdraw with grade W, Session 1 and 2 classes
- 12 Last day to withdraw and receive 50% tuition refund or credit
- 29 Last day to withdraw from Session 2 classes without instructor's signature (grade W assigned)

## October

- 7-10 Fall Holiday (no classes Sat-Tues)
- 17 Session 2 classes end
- 18 Session 3 classes begin
- 22 Deadline to drop Session 3 classes with no grade or financial penalty
- 23 Beginning of withdraw period Session 3 classes

## November

- 6-10 Spring/Summer 2018 (including "Winter Term") preregistration for **currently registered degree-seeking students only** (time ticket required)
- 7 Last day to withdraw from Session 1 classes without instructor's signature (grade W assigned)
- 11 Spring/Summer 2018 (including "Winter Term") open registration begins (no time ticket needed)
- 21 Last day to withdraw from Session 3 classes without instructor's signature (grade W assigned)
- 22-26 Thanksgiving Holiday (no classes Wed-Sun)
- 30 **Deadline for applications for May 2018 graduation**

## December

- 8 Fall classes end
- Deadline for electronic submission of doctoral dissertations to ProQuest for December 2017 graduates
- 9 Exams begin
- 15 Exams end
- Deadline for electronic submission of masters' theses to ProQuest for December 2017 graduates
- 16 Fall Commencement Exercises and degree conferral date
- 22- Holiday Break; University closed
- Jan 1

## ABBREVIATED SPRING SCHEDULE

### December

- 18- "Winter Term" (3 weeks) Accelerated classes
- Jan 5 meeting online (including over holiday break).

### January 2018

- 6 Spring classes begin
- 13-15 Martin Luther King Holiday (no classes)

### March

- 5-10 Spring Holiday
- 27 Last day to withdraw from Session 1 classes without instructor's permission

### April

- 2-6 Fall 2018 preregistration (**currently registered degree-seeking students only**, time ticket required)
- 7 Fall 2018 open registration begins (non-degree and students without time tickets; NO time tickets required)
- 23 Spring classes end
- 24 Reading Day
- 25 Exams begin

### May

- 2 Exams end
- 4, 5 Spring Commencement Exercises
- 5 Spring Degree Conferral Date

### Office of the University Registrar

1009 Rollins Hall, 757-683-4425  
 register@odu.edu  
 www.odu.edu/registrar





# Start Here





## Student Transition and Family Programs

### Mission Statement

We are committed to providing programs specifically designed to increase student awareness of the academic and social support available to them at Old Dominion University. We work to help students become more actively engaged in the learning process and to provide opportunities for first- and second-year students to connect, collaborate, and grow with their peers.

**The Student Transition and Family Programs office includes four primary campus initiatives:**

- **Preview**—ODU's on-campus orientation program
- **Parent and Family Programs**—Sessions to connect parents and families to important information that impacts student success
- **UNIV 100**—First-year orientation courses
- **Monarch Family Weekend**—Variety of planned activities designed for families to spend quality time and explore campus together

### Contact Information:

1012 Student Success Center  
Norfolk, VA 23529  
757-683-3428  
preview@odu.edu

## Campus Information

Have questions? We've got answers! Located in the front lobby of Webb University Center, the Webb Information Desk is here to help. Lost? We can point you in the right direction. Need a phone number? We've got it. Looking for an event? We can find it. And that's not all! The Webb Information Desk also sells student organization event tickets, leases semester lockers, provides car assistance, issues game room equipment, and even hosts the Student Government Association's free DVD rental service!

### Hours (Fall and Spring):

Monday - Friday, 8 a.m. – 10 p.m.  
Saturday and Sunday, 9 a.m. – 10 p.m.

### Hours (Summer):

Monday - Friday, 8 a.m. – 6 p.m.  
Saturday and Sunday, 9 a.m. – 6 p.m.

757-683-5914

1104 Webb Center

<http://odu.edu/life/gettinginvolved/wid>





## Important Phone Numbers

Academic Skills	(757) 683-3699
Admissions	(757) 683-3685
Advising and Transfer Programs	(757) 683-3699
Athletics	(757) 683-3375
Bookstore	(757) 683-0048
Card Center	(757) 683-3508
Career Development Services	(757) 683-4388
Center for High Impact Practices	(757) 683-3699
Center for Service and Civic Engagement	(757) 683-6948
Center for Major Exploration	(757) 683-4805
Counseling Services	(757) 683-4401
Customer Relations/Office of Finance	(757) 683-3030
Dean of Students	(757) 683-3442
Dining Services	(757) 683-3342
Distance Learning	(757) 683-3163
Educational Accessibility	(757) 683-4655
Financial Aid	(757) 683-3683
Honors College	(757) 683-4865
Housing & Residence Life	(757) 683-4283
Information Technology Services	(757) 683-3819
Intercultural Relations	(757) 683-4406
International Programs	(757) 683-4419
Leadership & Student Involvement	(757) 683-3446
Library	(757) 683-4178
Military Activities	(757) 683-4473
Military Connection Center	(757) 683-7153
Military Science and Leadership/Army ROTC	(757) 683-3663
Military Student Services (press option 5)	(757) 683-4425
Naval Science/NROTC	(757) 683-4744
ODU-Tri-Cities	(757) 686-6220
ODU-Peninsula	(757) 766-5200
ODU-Virginia Beach	(757) 368-4100
Peer Education Program	(757) 683-6396
Police (emergency line)	(757) 683-4000
Police (non-emergency line)	(757) 683-5665
Recreation and Wellness	(757) 683-3384
Registrar	(757) 683-4425
Student Engagement & Enrollment Services	(757) 683-3442
Student Health Services	(757) 683-3132
Student Outreach and Support	(757) 683-3446
Student Support Services	(757) 683-3582
Student Transition and Family Programs	(757) 683-3428
Ted Constant Convocation Center	(757) 683-5762
Testing	(757) 683-3697
Transportation and Parking Services	(757) 683-4004
Tutoring	(757) 683-6396
Visa and Immigration Service Advising	(757) 683-4756
Webb Info Desk	(757) 683-5914
Women's Center	(757) 683-4109

## New Student Checklist

**Take these steps to make a smooth transition to the University and refer to your online checklist at [my.odu.edu](http://my.odu.edu)**

- Memorize your University Identification Number (UIN).
- Activate your MIDAS ID and start checking your email.
- Take the Writing Sample Placement Test (Transfers: Refer to your online checklist at [my.odu.edu](http://my.odu.edu))
- Take the Transition to College Inventory (freshmen) or Transfer Student Survey (transfers).
- Do you want to start in a higher level of math or foreign language? Contact the University Testing Center at 757-683-3697 to take these optional placement tests.
- Send your final high school and college transcripts to Admissions.
- Send your AP/IB scores to Admissions.
- Send your immunization records to Student Health Services (by August 1 for fall or January 2 for spring).
- Pick up your student ID.
- Purchase a parking decal online.
- Sign up for a meal plan early so the bill can be assessed to your student account.
- Submit payroll paperwork to the Career Development Services if you're interested in working on campus. Use CareerLink to find job openings.
- Know the tuition payment deadlines.
- Start your co-curricular transcript in OrgSync! This online service allows you to record your campus activities such as student organizations, conferences you attend, volunteer hours, and honors or awards.
- Familiarize yourself with ODU's community standards.







## Communicating with Parents and Family

Many new students find that their relationships with family members change as they go to college, whether they're commuting or living on campus. You may find it helpful to discuss the following topics with your family and share your expectations with one another.

- How often you'll get in touch and which method you'll use
- When you'd like them to visit (so you can show off your new campus)
- Which campus activities you're planning to join or attend
- The academic calendar, including when you'll have midterms and finals
- Your plans for holiday breaks and any transportation needs
- Whether old house rules still apply (e.g., curfew)
- Problem solving ... Family members make great sounding boards, but it's best to contact offices yourself to resolve issues. It's natural for family members to want to fix things, but there are many things the university can't discuss with anyone but you.

Remember: Don't just call home when there's bad news ... Share your success stories, too!

## Survival Tips from Fellow Monarchs

- Buy rain boots! If you bring an umbrella, make sure it has a reinforced canopy.
- Bring curtains if you're living on campus and prefer a dark room.
- Bring a small vacuum if you're living on campus and don't want to check one out from the desk.
- Arrive early if you're commuting. Allow plenty of time to find a space and walk to class.
- Purchase a decal and park in an appropriate space if you're bringing a car (parking tickets are pricey).
- Use a planner (electronic or paper) to stay organized and remember assignments.
- Visit your professors during office hours to make sure they know your name and face.
- Set two alarms if you have early morning classes.
- Keep in mind that many professors don't offer makeup tests or extra credit.
- Bring a skateboard or bike (with a U-lock) if your class locations are far apart.
- Use the upper floors of the Perry Library if you prefer quiet study spaces.
- Tickets to football and basketball games go quickly! Set a reminder for the on-sale date.
- Take classes during the summer. It will lighten your fall and spring course loads and keep you on track for graduation.
- Don't bring your winter clothes until you return from fall break (October).
- Take advantage of Activity Hour to get involved on campus.
- Check for holds on your student account a few weeks before class registration.



## Regional Higher Education Centers

Top 10 things you need to know about the Regional Centers.

1. ODU regional centers have been serving Hampton Roads for the past 30 years, offering you the convenience of taking classes close to where you live and work.
2. You can complete your degree at any of the three centers through a combination of traditional and Web-based classes.
3. All three centers have strong ties and partnerships to the local community colleges and military bases, and offer degree transfer and completion programs.
4. You can take select general education classes at the Virginia Beach Center.
5. The Virginia Beach Center is the headquarters for ODU's College of Continuing Education and Professional Development and the College of Health Sciences nurse anesthesia graduate program
6. The Tri-Cities Center hosts the College of Health Sciences ophthalmic technology undergraduate program; and the Peninsula Center is the headquarters of the Virginia Space Grant Consortium.
7. Parking is free at the Peninsula and Tri-Cities centers.
8. All three centers have open computer labs, study space and free Wi-Fi; and Virginia Beach has a small restaurant – Waves Café.
9. The centers hosts several student events and co-curricular events each semester – Literary Festival events, poetry readings by nationally recognized authors, art shows, Week of Welcome, Exam Jam and others.
10. All three centers provide students with outstanding, personal customer service in the areas of admissions and enrollment services, academic advising, veterans' assistance, financial aid assistance, student IDs, proctored exams, career services, and many other student support and success services.



One Metropolitan University  
Four Convenient Locations

### REGIONAL HIGHER EDUCATION CENTERS

Old Dominion University's Regional Higher Education Centers serve as local gateways to the University, providing ...

- Accessible, high quality education in three convenient locations
- Select graduate and undergraduate degree, certificate and continuing education programs offered in traditional, online, and hybrid formats
- State-of-the-art academic facilities that offer resources to foster success and accelerate degree completion especially among commuter, transfer, and adult students
- Conference, training and professional development space for local school divisions, municipalities, businesses and nonprofits

Old Dominion University's Regional Higher Education Centers provide services and resources for all ODU students.

- Academic advising
- Admissions and registration assistance
- Career Development Services hours
- Collaborative study rooms
- Computer labs
- Convenient parking
- Experienced faculty and staff
- Financial aid assistance
- Free Wi-Fi
- ID Card services
- Library services
- Live and broadcast classes
- Military & Veteran services
- Special events - Week of Welcome, Wellness Wave, Exam Jam, poetry readings, Literary Festival events, and art shows

### Old Dominion University Regional Higher Education Centers [www.odu.edu/regionalcenters](http://www.odu.edu/regionalcenters)

#### Tri-Cities

1070 University Blvd.  
Portsmouth, VA 23703  
757-686-6220  
[www.odu.edu/tricities](http://www.odu.edu/tricities)



#### Peninsula

600 Butler Farm Road  
Hampton, VA 23666  
757-766-5200  
[www.odu.edu/peninsula](http://www.odu.edu/peninsula)



#### Virginia Beach

1881 University Drive  
Virginia Beach, VA 23453  
757-368-4100  
[www.odu.edu/vbhec](http://www.odu.edu/vbhec)





## Summer Programs

### Freshman Summer Institute (FSI)

Freshman Summer Institute (FSI) is a three-day intensive leadership program for incoming ODU students held during the summer. All FSI sessions build on the leadership skills of our new students and provide you with a jump-start to becoming acclimated to campus.

During all the sessions, students participate in meals with faculty, staff and current leaders, and engage in leadership development experiences.

Each of the five sessions scheduled for summer 2017 includes a slight variation in curriculum experiences to match participants' interests. For instance, students in Sessions I will engage in recreation and wellness activities for part of the program. For a similar period of time, students in session II will engage in exploring global differences, Session III will focus on the strengths of women's & men's leadership; while sessions IV participants will engage in leadership through service. Students in session V will spend some time networking and developing a community of support and resources for first-generation college students (student for whom neither parent has a bachelor's degree).

Preregistration is required to participate in FSI and space is limited. Information and registration can be found at [www.odu.edu/life/gettinginvolved/leadership/fsi](http://www.odu.edu/life/gettinginvolved/leadership/fsi).

#### SCHEDULE

- SESSION I: JULY 12-14**
- SESSION II: JULY 18-20**
- SESSION III: JULY 26-28**
- SESSION IV: AUGUST 1-3**
- SESSION V: AUGUST 8-10**

### Freshman Service Experience (FSE)

Freshman Service Experience is designed to give incoming freshman students to Old Dominion University the chance to move in early, meet participating peers and upperclassmen volunteer leaders, and engage in our community by performing community service with a variety of organizations on your first day at ODU.

#### Freshman Service Experience Schedule of Events

Thursday, August 24, 2017 – Move In and Welcome Dinner

- 9 a.m. - Noon: Freshmen living on campus get to beat the rush and move in a day early
- 7 p.m. - 9 p.m.: Welcome Celebration with all FSE participants (freshmen living on campus, freshmen living off campus, FSE student volunteer leaders, and community partners)

Friday, August 25, 2017 – Day of Freshman Service Experience

- 8:30 a.m.: Check in
- 9 a.m.: Welcome and grab-n-go breakfast
- 9:30 a.m.: Load buses and travel to service locations
- 10 a.m. - Noon: Service at various locations
- 12:30 p.m.: Arrive back to campus
- 12:45 p.m.: Lunch and reflection

In 2016, nearly 200 new Monarchs started off their college experience by making a difference in our community and engaging with each other through Freshman Service Experience.

Freshman Service Experience also counts for your Monarch Experience!

Contact the Office of Leadership & Student Involvement with any questions. Applications can be found on Monarch Link.







# Educational Guidance





## Placement Tests

**Writing Sample Placement Test (WSPT).** As a new student (freshman or transfer), you must take the WSPT. **However, students who have credit for English 110C are not required to take the WSPT (this includes transfers and freshmen).** It serves as the first assessment of your undergraduate writing. Results of this test are used for placement purposes. The WSPT is an essay exam. You'll have an hour and 45 minutes to write a 400-500-word essay in response to a prompt. You may complete the exam on Blackboard. Prior to taking it, you're encouraged to look at the preparatory materials and sample essay in Blackboard. You must have a passing score on the WSPT to meet prerequisites for upper level English courses and all writing-intensive courses ("W" courses).

**Accuplacer Math Placement Test.** Your math placement is determined by your SAT or ACT score or transfer credits. If you want to challenge your math placement or receive institutional credit for math, you may take the Accuplacer test through the University Testing Center.

SAT MATH SCORE	MATH PLACEMENT
Any SAT score	MATH 101M or MATH 103M
460 and above	STAT 130M
460 and above with High School GPA of 3.0 or higher preferred	MATH 102M
560-650	MATH 162M
660-700	MATH 163 or MATH 200
710 and above	MATH 211
ACT MATH SCORE	MATH PLACEMENT
Any ACT score	MATH 101M or MATH 103M
24-29	STAT 130M
24-29 with High School GPA of 3.0 or higher preferred	MATH 102M
30-36	MATH 162M
Appropriate score on Accuplacer Math Placement Test	MATH 163, 200 or 211

**Foreign Language Achievement Test (FLAT).** Your foreign language placement is determined by your high school courses or transfer credits. You've met the University's foreign language requirement if you completed two years of two languages or three years of one language at the high school level. However, your major may require more! See your curriculum sheet. If you'd like to place into a higher level of foreign language or receive course exemption, you can take the FLAT through the University Testing Center. There is a fee.

### University Testing Center

Student Success Center, Suite 1105  
757-683-3697  
universitytesting@odu.edu

## Academic Advising

### What is advising?

Advising is designed to teach you to explore your academic and career options, examine your strengths, set goals, and help you with class registration. These sessions are led by

professional advisors or faculty members in your college. During each semester, you must meet with your advisor to discuss your curriculum and academic goals and remove your advising hold (which lets you register for classes). This helps you stay on track with your major.

Advising provides you with options so that you can make your own decisions, become an independent learner, discover your talents and weaknesses, and learn how to overcome academic challenges. Advisors also encourage you to make the most out of your college experience both inside and outside of the classroom.

### When should you see an advisor?

At Preview, you'll meet with an advisor in a group setting during the afternoon. Once you begin classes, it's your responsibility to make an appointment with your advisor. It's best to make the appointment early in the semester. Many advisors begin seeing students three to four weeks after classes begin! If you wait, you may face long lines and registration delays.

### How should you prepare?

Review the curriculum sheet for your major and make a tentative plan of the classes you'd like to take next semester. Don't forget to review the course descriptions to make sure you know about any prerequisites, or minimum requirements for taking the courses. Be prepared to discuss progress toward your goals and any difficulty you may be having. Your advisor may ask you to prepare a degree plan in DegreeWorks and bring it to the appointment.

### Who is your advisor?

Each academic college assigns advisors differently. You might see a professional advisor during your freshman year and get assigned to a faculty advisor when you're a sophomore. You might start off with a faculty member from the beginning. The following pages contain contact information for advisors in each college. If you're undecided on a major, you'll meet with a professional advisor in the Center for Major Exploration.

## Improving Disciplinary Writing

At Old Dominion, we believe that stretching your mind is the primary goal of higher education. We'll challenge you to gain foundational knowledge and skills in your general education classes, and higher-level knowledge and skills in your major. We believe that writing is the best indicator that valuable learning has taken place. What does that mean for you? You'll be expected to master more than the mechanics of writing. You'll be expected to reflect on new knowledge, draw new conclusions, demonstrate your reasoning process, and support it with research. These skills will be woven throughout the curriculum. We believe that your communication skills, particularly your writing, as well as your ability to learn, will lead you to more and better employment opportunities.

Old Dominion's Quality Enhancement Plan (QEP): Improving Disciplinary Writing, which "refers to disciplinary writing that demonstrates a reasoning process supported by research and reflection on a problem, topic or issue. Writing is a critical skill that goes beyond demonstrating proficiency with the mechanics and structure of writing per se. Writing is a means to communicate what has been learned."

Good disciplinary writing should:

- Clearly state a focused problem, question, or topic appropriate for the purpose of the task



- Identify relevant knowledge and credible sources
- Synthesize information and multiple viewpoints related to the problem, question, or topic
- Apply appropriate research methods or theoretical framework to the problem, question, or topic
- Formulate conclusions that are logically tied to inquiry findings and consider applications, limitations, and implications
- Reflect on or evaluate what was learned

## Advising in the College of Arts and Letters

### Who will advise me?

If you're a freshman, you'll be advised by a professional advisor (exceptions: Music majors are advised by faculty advisors; art majors are advised by a professional advisor at Preview and a faculty advisor thereafter). If you are a sophomore with credit for English 110C, or if you are a junior or senior, you'll be advised by a faculty member in your academic department.

#### Professional Advisors:

##### Matilda Cox, Director of Advising

1006 BAL  
757-683-4939  
mcox@odu.edu

##### Student Success Advisor/First Year Advisor

1006 BAL  
757-683-6441  
mcmorris@odu.edu

##### Jeb Midyette, Transfer/ Student Success Advisor

1006 BAL  
757-683-5396  
jmidyett@odu.edu

#### Upperclassman Advisors:

A complete list of professional and faculty advisors can be found on the Advising website: <http://www.odu.edu/success/academic/advising/advisors>. For information on each department, visit the College of Arts and Letters website at [www.odu.edu/al](http://www.odu.edu/al).

### What critical things should I know about my college?

- You'll need a grade of "C" or above in English 110C and your second composition course.
- You must earn 26 credit hours before declaring a major (including "C" or better in English 110C)
- Your lower-level general education requirements may differ depending upon your major. Consult your curriculum sheet for specific requirements.
- If you're pursuing a Bachelor of Science degree, you meet the foreign language requirements if you took two years of two foreign languages or three years of one foreign language at the high school level.
- If you're pursuing a Bachelor of Arts degree, you must become proficient in a foreign language through the 202/212 level. That's 12 credits of foreign language at the college level! You may take a placement test to determine your

current level of proficiency by contacting University Testing Center at 757-683-3697.

### Music Majors/Minors:

- Music majors are advised by faculty members at Preview and thereafter.
- After Preview, contact the Music Department office and register for an audition on your instrument and placement tests in music theory and ear-training/sight-singing.
- Contact your private music professor during the first week of classes to set up your lesson schedule.
- Attend the Music Department Convocation in Chandler Recital Hall during the first week of classes. You'll meet faculty and staff and learn about opportunities, requirements, and upcoming performances.
- Get familiar with the Approved Accompanist List, posted in the music office. You'll need to make arrangements for an accompanist early in the semester. This important relationship will benefit your performances!

#### Music Department Contact Information:

Main Office: 757-683-4061

##### Dr. Douglas T. Owens, Department Chairman

757-683-6562; dtowens@odu.edu

##### Agnes Fuller Wynne, Chief Departmental Advisor

757-683-4071; afuller@odu.edu

#### Ensemble Audition Contact Information:

**Brass Choir** – Mike Hall (jhall@odu.edu)  
**Collegium Musicum** – Dr. Bianca Hall (bhall@odu.edu)  
**Concert Choir** – Dr. Nancy Klein (nklein@odu.edu)  
**Jazz Choir** – Prof. John Toomey (jtoomey@odu.edu)  
**Jazz Combo** – Prof. John Toomey (jtoomey@odu.edu)  
**Jazz Ensemble** – Prof. Keith Philbrick (kphil010@odu.edu)  
**Monarch Marching Band** – Dr. Alex Trevino (atrevino@odu.edu)  
**New Music Ensemble** – Dr. Andrey Kasparov (akasparo@odu.edu)  
**Opera Theatre** – Dr. Brian Nedvin (bnedvin@odu.edu)  
**Percussion Ensemble** – Prof. David Walker (dwalker@odu.edu)  
**Symphony Orchestra** – Dr. Paul Kim (pkim@odu.edu)  
**Wind Ensemble** – Prof. Dennis Zeisler (dzeisler@odu.edu)

See <http://www.odu.edu/musicdept/ensembles> for more ensembles and information.

See the Department of Music website for detailed information: <http://www.odu.edu/musicdept>

### Fun Facts

You don't have to be a Theatre major to participate in plays produced by the Theatre Department.

You don't have to be a Dance major to participate in dance concerts.

You don't have to be a Music major to participate in the various choirs, ensembles and bands.

Auditions determine participation in these activities



## Advising in the Strome College of Business

### Who will advise me?

In your first semester (transfer) or year (freshman) at ODU as a business major, you will meet an advisor in 1011 Constant Hall.

- If you have fewer than 30 credit hours applied toward the Bachelor of Science in Business Administration (including transfer students), you will be advised in the SCB Undergraduate Advising Office (UGA), 1011 Constant Hall, by the freshman academic advisor.
- If you're a transfer student, you will be advised in the SCB Undergraduate Advising Office 1011 Constant Hall.

Once you have been at ODU for more than one semester and/or year (depending on class standing), you will meet with either a faculty advisor or the SCB Undergraduate Advising Office.

- If you have 30-80 credit hours toward the Bachelor of Science in Business Administration and your overall GPA is greater than 2.0, you will be advised by an assigned faculty advisor. An updated list of faculty advisors can be found outside the SCB Undergraduate Advising Office, 1011 Constant Hall, or online at <http://odu.edu/business/advising>.
- If you have over 80 credit hours toward the Bachelor of Science in Business Administration and/or your overall GPA is less than 2.0, you'll be advised in the SCB Undergraduate Advising Office, 1011 Constant Hall.

### Professional Advisors:

**Beth Teller, Assistant Program Manager**  
757-683-5777; [eteller@odu.edu](mailto:eteller@odu.edu)

**Adam Hanson, Freshman Academic Advisor**  
757-683-5777; [amhanson@odu.edu](mailto:amhanson@odu.edu)

**Marissa Pettinelli, SCB Academic Advisor**  
757-683-5777; [mpettine@odu.edu](mailto:mpettine@odu.edu)

**Michelle Forbes, SCB Academic Advisor**  
757-683-5777; [mforbes@odu.edu](mailto:mforbes@odu.edu)

**Akeyla Reid, SCB Academic Advisor**  
757-683-5777; [abarbour@odu.edu](mailto:abarbour@odu.edu)

**Will Miller, Assistant Director of Advising**  
757-683-5777; [wmiller@odu.edu](mailto:wmiller@odu.edu)

### What critical things should I know about my college?

There is a separate admissions process requiring acceptance into the Strome College of Business. This acceptance also serves as the official declaration of your major. You can find more details about the application process in the University Catalog at <http://catalog.odu.edu>. Both at Preview and in advising meetings, we will also provide you with guidance through the admissions process.

It is also important to note that SCB does have a separate continuance policy. You must maintain a 2.0 or higher overall GPA to meet university standards throughout your academic tenure as an undergraduate at ODU. In SCB, all business majors must maintain a 2.0 or higher Common Body of Knowledge GPA to meet SCB standards throughout your academic tenure as a business undergraduate student at ODU. More information about this policy can be found at <http://catalog.odu.edu>. This will also be discussed at Preview and in advising meetings.



## Advising in the Darden College of Education

### Main Office:

Career and Advising Resource Center  
1107 Education Building  
Norfolk, VA 23529  
757-683-4789  
757-683-5405 - fax

### Who will advise me?

*Freshmen and first-year transfers with fewer than 26 credits:*

#### Mirta Williams, Academic Success Advisor

1107 Education Building  
757-683-4585; mswillia@odu.edu

#### Trey Mayo, Director of Advising

Career and Advising Resource Center  
1107 Education Building  
757-683-4789; rmayo@odu.edu

Advising population: All freshmen and first-year transfer students (except Human Services)

#### Human Services Advising

Career and Advising Resource Center  
1107 Education Building  
757-683-3523 or 757-683-5423; carc@odu.edu  
Advising population: All Human Services

If you're a sophomore or above, you'll be advised by a faculty member in your academic department.

### All others:

#### Dr. Laura Hill

2022 Student Recreation Center  
757-683-4624; lhill@odu.edu  
Advising population: Exercise Science

#### Sharon Davis

4122 Education Building  
757-683-4841; srdavis@odu.edu  
Advising population: Fashion Merchandising

#### Steve Knott

2030 Student Recreation Center  
757-683-3355; sknott@odu.edu  
Advising population: Health and Physical Education

#### Dr. Cindy Tomovic

4115 Education Building  
757-683-5228; ctomovic@odu.edu  
Advising population: STEM Education and Professional Studies (Concentration in training specialist)

#### Dr. Mickey Kosloski

4124 Education Building  
757-683-3314; mkoslosk@odu.edu  
Advising population: STEM Education and Professional Studies (Concentration in marketing education)

#### Betsy Kennedy

1006B Student Recreation Center  
757-683-4703; bkennedy@odu.edu  
Advising population: Park, Recreation and Tourism Studies, last names N-Z (Concentration in Therapeutic Recreation)

#### Shelly Beaver

1001 Student Recreation Center  
757-683-4451; sbeaver@odu.edu  
Advising population: Park, Recreation, and Tourism Studies, last names A - M (Concentration in Therapeutic Recreation)

#### Dr. Edwin Gomez

2021 Student Recreation Center  
757-683-6309; egomez@odu.edu  
Advising population: Park, Recreation and Tourism Studies, last names A - M (Concentration in tourism management)

#### Dr. Lindsay Usher

2019 Student Recreation Center  
757-683-7056; lush@odu.edu  
Advising population: Park, Recreation, and Tourism Studies, last names N-Z (Concentration in Tourism Management)

#### Dr. Eddie Hill

2014 Student Recreation Center  
757-683-5338; ehill@odu.edu  
Advising population: Park, Recreation and Tourism Studies (Concentration in park and recreation management)

#### Dr. Aundrea Lyons

2020 Student Recreation Center  
757-683-3354; alyons@odu.edu  
Advising population: Sport Management

#### Dr. Corrin Richels

111 Child Study Center  
757-683-5084; crichels@odu.edu  
Advising population: Speech Language Pathology and Audiology (for students with last names A-G)

#### Stacie Raymer

241 Child Study Center  
757-683-4522, sraymer@odu.edu  
Advising population: Speech Language Pathology and Audiology (for students with last names H-Z)

#### Dr. Philip Reed

4121 Education Building  
757-683-4576; preed@odu.edu  
Advising population: STEM Education and Professional Studies (Concentration in technology education)

#### Dr. Petros Katsioloudis

4101 Education Building  
757-683-5323; pkatsiol@odu.edu  
Advising population: STEM Education and Professional Studies (Concentration in industrial technology)

For additional information on advising, visit [www.odu.edu/education](http://www.odu.edu/education).

### What critical information should I know about my college?

If you want to teach primary/elementary school through grade 6 or Special Education, you should major in Interdisciplinary Studies (which is housed in the College of Arts and Letters).

If you want to teach middle/high school, you should major in the subject matter you want to teach. During your undergraduate program, you'll become certified to teach.





## Advising in the Frank Batten College of Engineering and Technology

### Who will advise me?

The **Engineering Fundamentals Division (EFD)** provides support to students as they transition into the Frank Batten College of Engineering and Technology. All intended engineering and engineering technology students are admitted to this division until they are prepared to successfully take courses in their major. The division prepares students for success in their engineering and technology education by providing a project-based engineering experience through its **Exploring Engineering & Technology** course, ENGN 110, by individualized academic advising, targeted mentoring and intentional support. Students are exposed to different engineering disciplines during this period so they can make well-informed decisions when choosing their majors.

Each semester, students are required to meet with an academic advisor for a preregistration appointment. In your advising appointment, we will discuss your major curriculum, academic and career goals, and identify appropriate resources needed for academic success. Advisors are assigned as follows:

#### *Engineering Fundamentals Division:*

##### **Bonita Anthony, Director of Academic Advising**

1104d Engineering Systems Building  
757-683-5877; banthony@odu.edu

Advising population: Students with a math placement of MATH162M or higher with last name A-L

##### **Katherine Ferrara, Academic Success Advisor**

1104e Engineering Systems Building  
757-683-5217; kferrara@odu.edu

Advising population: All students with a math placement of MATH 102M/103M, and students with a math placement of MATH 162M or higher with last name M-Z

##### **Tammy Hanna, MSVE Academic Advisor & Program Manager**

1300 Engineering and Computational Sciences Building  
757-683-5946; tlhanna@odu.edu  
Advising population: All Modeling and Simulation Engineering majors with a math placement of MATH 162M and higher

##### **Kim Sibson, Transfer Student Advisor**

2101k Engineering Systems Building  
757-683-4938; ksibson@odu.edu

Advising population: All transfer students who are not yet eligible to be "declared" into their major

#### *Faculty Advisors:*

If you are a transfer student with credit for MATH 211, Calculus I, and 30 or more credits, you will be advised by a faculty member from the department of your intended major. A complete list of faculty advisors can be found using the "Who's My Advisor?" feature on the registrar's website at [www.odu.edu/registrar](http://www.odu.edu/registrar). For information on each department, visit the Frank Batten College of Engineering and Technology website at [www.odu.edu/eng](http://www.odu.edu/eng).

### What critical information should I know about my college?

You must meet the following requirements in order to be "declared" into your major:

- Earn an overall GPA of 2.2 or better (refer to major department for major requirements)
- Earn at least 30 credit hours applicable to your major
- Complete ENGN 110 and major-specific information literacy and research course (ECE 111, CEE 111, MSIM 111, MAE 111, or ENGT 111)
- Complete ENGL 110C with a "C" or higher
- Complete freshman-level math courses with a "C" or above (MATH 211 and MATH 212 for engineering majors and MATH 162M and MATH 163 or higher for engineering technology majors)
- Complete any other major-specific requirements

## Advising in the College of Health Sciences

### Who will advise me?

You'll be advised by a professional advisor while you complete your general education requirements and the prerequisite courses needed to apply to your major. Your advisor will be assigned to you based on your last name. After you formally apply and are accepted into your major, you'll be advised by a faculty member in that department.

The Health Sciences Advising Center is located in the Health Sciences Building, room 2112. The street address for the building is 4608 Hampton Blvd. (between 46th and 47th streets on the same side of campus as the Ted Constant Convocation Center/ODU Village). For information about each of our programs and general advising information, please visit our website: <http://www.odu.edu/hs/advising>. If you have general questions, contact the Advising Center at 757-683-5137 or email [hsadvising@odu.edu](mailto:hsadvising@odu.edu).

#### *Professional Advisors:*

##### **Beth Truax Armstrong, Academic Advisor**

757-683-7054; btruaxar@odu.edu  
Advises students with last names A-G

##### **Jacob Tousignaut, Academic Advisor**

757-683-7081; jtousign@odu.edu  
Advises students with last names H-P

##### **Leanne White, Director of Advising**

757-683-4658; lawwhite@odu.edu  
Advises students with last names Q-Z

### What critical information should I know about my college?

- Admission to ODU does not guarantee admission into your intended major. Health Sciences programs accept a limited number of students each year, so admission is highly competitive.
- Your grade point average (GPA) is the number one thing our programs consider in the admissions process. Achieving and maintaining a much higher than average GPA is the best way to build a competitive application for admission to these programs.

- The minimum GPA that would make an applicant competitive for health sciences programs is 3.0 (B average). Admission is always based on the applicant pool for a given year, so a 3.0 average does not guarantee that your application will be competitive.
- Because such a high GPA is needed to be competitive, we recommend that you meet with your professor, go to tutoring and use the many success resources available on campus. Don't wait until you are struggling in a class – use these resources from the start of the semester to ensure success!
- It helps to get experience in your chosen field for two reasons: experience can help to strengthen your application AND you want to make sure that the health science field you have chosen is a good fit for you.
- It also helps to see your advisor early in the semester. Advisors hold the secrets to your success. The most important secret is to see them early rather than at the end of the semester!

## Advising in the College of Sciences

### Who will advise me?

#### *Professional Advisors:*

##### **Reneldo Randall, Director of Academic Advising**

236 Mills Godwin Building  
757-683-6790; rrandall@odu.edu  
Advising population: Biology, freshman Psychology majors, back-up advising for other science majors

##### **Courtney Hill, Academic Advisor**

236 Mills Godwin Building  
757-683-3170; cthill@odu.edu  
Advising population: Biology, freshman Psychology majors, back-up advising for other science majors

##### **Keith Krepcho, Academic Advisor**

236 Mills Godwin Building  
757-683-7118; kkrepcho@odu.edu  
Advising population: Biology, freshman Psychology majors, back-up advising for other science majors

##### **Brittany Shearer, Academic Advisor**

236 Mills Godwin Building  
757-683-3170 ; bshearer@odu.edu  
Advising population: Biology, freshman Psychology majors, back up advising for other science majors

#### *Chief Departmental Advisors:*

##### **Dr. Pinky McCoy**

110 Alfriend Chemistry Building  
757-683-4078; pmccoy@odu.edu  
Advising population: Chemistry and Biochemistry

##### **Janet Brunelle**

3300 Engineering and Computational Sciences Building  
757-683-6001; jbrunelle@cs.odu.edu  
Advising population: Computer Science

##### **Dr. Glenn Lasseigne**

2300 Engineering and Computational Sciences Building  
757-683-3891; dlasseig@odu.edu  
Advising population: Mathematics and Statistics

##### **Dr. Charles Hyde**

215 Oceanography and Physics Building  
757-683-5853; chyde@odu.edu  
Advising population: Physics

##### **Jennifer Younkin**

236 Mills Godwin Building  
757-683-4494; psychadvising@odu.edu  
Advising population: Psychology (sophomores and above)

##### **Dr. David Burdige**

429 Oceanography and Physics Building  
757-683-4930; dburdige@odu.edu  
Advising population: Ocean, Earth and Atmospheric Sciences

### What critical information should I know about my college?

- Many science courses require you to complete other courses (such as math, chemistry, geology, physics, or biology) to provide the foundation necessary to be successful before you can move on to advanced science courses.
- If you're looking for suggestions on what to take your first semester, try math, English, a course from your major requirements, and a general education requirement. Math courses are very specific for each science major and should be taken every semester until completed.
- There's no need to rush through your general education requirements in the first two years. You should balance your major courses with general education requirements each semester.
- Most advisors begin meeting with students during the third week of classes each semester. See an advisor early in the semester to avoid long lines during registration!
- In some cases, the general education requirements overlap with your major requirements. Taking advantage of those overlaps reduces the number of courses you must take. When browsing your options, please consider taking these courses, which are designed specifically with Science majors in mind. Examples include ENGL 231C (after ENGL 110C), CS 121G, and PHIL 140E.
- If you plan to pursue a career in the health field and attend a professional health program (medical, dental, veterinary, physician's assistant, pharmacy, etc.), you should register with the Pre-Health Advisory Committee (PHAC). For more information, visit [www.sci.odu.edu/prehealth](http://www.sci.odu.edu/prehealth).





## Advising in the Center for Major Exploration (CME)

### Who will advise me?

CME is staffed by professional advisors who assist incoming freshmen and transfer students who have not yet chosen a major, as well as students who are stuck between two or more different majors. As an undecided student, you'll receive a variety of services such as help with determining which major best matches your strengths, course and curriculum selection, preregistration advising, information on all academic departments and majors, interpretation of University policies and procedures, and assistance in relating academic planning to career goals.

#### Contact Information:

1500 Webb Center  
757-683-4805  
[www.odu.edu/success/academic/majorexploration](http://www.odu.edu/success/academic/majorexploration)

### What critical information should I know?

- National data indicate anywhere between 60 percent and 80 percent of all students change majors at least once, which is why it is important to do thorough exploration of majors and careers during the first year.
- You'll go through a three-step process that includes an initial interview, a decision-making workshop, and an advising/major exploration session. You must complete these steps in order! CME uses interest inventories, career planning classes, website research, and informational interviews to help you choose a major that's appropriate to your interests, skills and values.
- You'll be advised in CME as long as you're undecided. Some students choose a major after one semester but most stay in the department for two. Once you have selected your major, you will be referred to the advisor within your chosen field.
- Advisors will steer you toward classes that match your interest areas. For example, if you're considering a major in Engineering, you'll be encouraged to take science and math classes that meet those requirements.
- In partnership with Housing and Residence Life, CME offers a Living Learning Community (LLC) exclusively for exploratory students named ODU Explorers. Housed in Whitehurst Hall, the Explorers LLC provides you with intentional exposure to ODU's major options along with career exploration. Students who are accepted into the Explorers LLC will investigate their major options through workshops, guest speakers, field trips, community service projects, and a common course UNIV 120 that will be taught within your residence hall.
- Key classes for your first semester include ENGL 110C or University 150: Writing for College Success, math (important if you're considering a major in the sciences, engineering, or business; check the math requirement for the major you're considering), natural science (important if you're considering a major in science, health science, or engineering), one or two classes from the general education requirements, and an elective such as UNIV 100 or UNIV 120 .

### Tips for Choosing a Major:

- Make an appointment with a CME advisor to identify your skills, interests and values, and match those with a compatible major.
- Complete the FOCUS career interest inventory and check out the "What Can I Do With a Major In...?" feature on the same page. FOCUS will help you to explore your personality, skills, values, and work interests. Visit [www.odu.edu/success/careers/assistance](http://www.odu.edu/success/careers/assistance) and create an account.
- Take advantage of the human behavior section of the general education requirements to take general introductory courses, if available, to the majors you are interested in. For example, if you are considering majoring in Psychology, take PSYC 201.
- Take advantage of the majors' fair and other career fairs that are held on campus during the year.
- Watch the major exploration videos to get an introduction to the majors that ODU has to offer at <https://www.odu.edu/success/programs/finishin4>
- Take the Self-Directed Search (SDS), a self-assessment that matches careers with your unique skills, interests, and personality traits. The SDS is administered and interpreted by advisors within the Center for Major Exploration.
- Consider taking UNIV 120 – Career/Major Exploration for one credit.
- Use DegreeWorks, a degree progression system, to research how your courses fit into various majors.

### Mane Connect Success Coaching

As an exploratory student in the Center for Major Exploration, you will be assigned an advisor/success coach during your first year. Mane Connect is a success coaching program offered to a select group of first-year students who participate in one-on-one meetings and workshops in the Fall and Spring semesters. Mane Connect provides you with personal, educational, academic and career guidance. The goal of success coaching is to help you achieve your full potential and make the most of your first year at ODU.

Mane Connect Success coaches are dedicated to assisting you in your transition to college including; connecting students to campus resources, constructing action plans, developing appropriate time management techniques and exercising responsible decision making skills.

### Fun Facts

A "Majors Fair" is a festive event held each spring, in which students have an opportunity to explore majors and minors, as well as find out about career opportunities in their selected major.

## Registration

### What to Expect

- There are several steps to the registration process at Preview. In the morning, you'll attend an academic advising presentation for students in your college. Your advisors will talk about course requirements and things you should consider when selecting your classes. After lunch, you'll register for classes in groups assisted by academic advisors and faculty members. Your Preview counselors will help you navigate Leo Online, our registration system. Please note that parents and guests will be in separate programming while you register.

### Success Tips

- **Evaluate your learning preferences.** Make an honest assessment of your learning style and create a schedule that will help you transition successfully into college. For instance, ODU holds classes in the morning, afternoon and evening. When are you at your best? If you have trouble waking up or being on time in the morning, try not to schedule early classes. Additionally, ODU offers classes in traditional classrooms and online. Are you a good independent learner, or would you benefit from face-to-face interaction with a professor and other students?
- **Consider your course load.** Most new students register for 12-15 credits, meaning they spend 12-15 hours in class each week. To graduate in 4 years, you will need to enroll and successfully complete 15 credits per semester. Summer school is an option if you can't take 15 credits a semester.
- **Know your options.** You'll pick your courses from the general education requirements and your major requirements. If you've chosen a major, use your curriculum sheet to circle courses that interest you. If you're undecided, use the general education requirements. Don't let the multitude of options overwhelm you. If you can't make up your mind what to take, read descriptions of the courses in Leo Online and the University Catalog.
- **Take note of where class is held.** ODU offers classes on its main campus in Norfolk, as well as satellite campuses in Virginia Beach, Portsmouth and Hampton and online. If you're a commuter, taking a class at a satellite campus or online may benefit you. If you're living on campus and won't have a car, choose only main campus courses.
- **Spread out your classes.** Space your classes evenly throughout the week so that no day is overloaded. Allot time for breakfast, lunch and dinner. Leave at least 10 minutes between classes so you'll have time to travel.
- **Be flexible.** Keep your options open. Remember that you may not get your top pick of classes this semester. The more open-minded you are about classes, the easier registration will be. Don't forget that the schedule you choose at Preview isn't set in stone. You can adjust it afterward using a computer at home. If you were unable to register for a class you wanted, keep an eye on Leo Online. Seats may become available as other students adjust their schedules!

### Registration Terminology

**Add** – To register for a class

**Advisor** – Provides academic guidance and approves courses prior to registration

**Cap** – The maximum number of students that can register for a class

**Catalog** – Publication that outlines ODU policies and contains course descriptions

**Cmp** – Campus; 'A' for Norfolk, 'B' for a satellite campus, 'E' for online

**Course number** – Identifies the course content and level of difficulty

**Co-requisite** – A course that must be taken along with another course

**Credit** – One credit represents one hour spent in class per week

**CRN** – Course reference number; distinguishes one class section from another

**Days** – M is Monday, T is Tuesday, W is Wednesday, R is Thursday, F is Friday, S is Saturday

**Drop** – To remove yourself from a class with no academic or tuition penalty

**Full load** – 12-18 credits in a fall or spring semester

**UNIV 150** – "Writing for College Success," a developmental, non-degree credit course

**GPA** – Grade point average

**Hold** – A block on your account that must be resolved before you can register

**Link error** – Indicates that you need to sign up for two parts of a course simultaneously (e.g., a lecture and a lab, or a lecture and a discussion)

**Lower division course** – A course numbered 100 to 200 (e.g., English 110C).

**Prerequisite or test score error** – Occurs when you don't meet a minimum qualification to enroll in a course

**Registrar** – Official keeper of academic records for the university

**Rem** – How many seats remain open in a class

**TBA** – An instructor, classroom or meeting time has yet to be assigned to the course

**Time conflict** – You've tried to register for two classes taking place at the same time

**Time ticket** – Indicates the date and time when you can start registering for classes

**Upper division course** – A course numbered 300 to 400

**Withdraw** – To remove yourself from a class after the deadline to drop has passed; tuition and fees are assessed for withdrawn courses and a grade of "W" is awarded.

### How to Read a Transcript

**AP** – advanced placement credit

**CP** – CLEP

**XP** – experiential learning credit

**P** – passing

**TP** – transfer credit

**W** – student has officially withdrawn from course

**I** – incomplete

**WF** – withdraw failing (F calculated into GPA)

**O** – grade assigned for an audited class

**Z** – grade was not submitted by instructor

**\*** – course taken under pass/fail option

**&** – course taken under audit option

**#** – non-degree credit course

**>** – course taken under pass/fail option

**/** – grade forgiveness applied to this course



## How to Register for Classes

### Add/Drop/Withdraw Classes

#### Online/Web Registration

- Go to the myODU portal at my.odu.edu.
- Enter your MIDAS ID and password to authenticate via Monarch-Key Web Login.
- Select Admissions, Registration, Graduation, Student Records, Credit Card Payments and Financial Aid tab.
- Select Registration.
- Select Banner XE Registration.
- Select Prepare for Registration.
- Select the term for which you are registering (i.e., Fall 2017)
- Use the Browse for Classes feature to find open classes and add them to your worksheet or register for the classes. Or, enter course reference numbers in the Enter CRNs tab.
- Check the Notifications (top right of the screen) for registration errors.
- Submit your registration.

### Emailing Or Printing Your Schedule

- In Banner XE Registration, click Register for Classes
- Select the term and click Continue
- Click on the Schedule and Options tab
- Click on the Email icon to send a copy to yourself or others if you wish; click on the Print icon to print a hardcopy version.

For more information on how to register for classes, FAQs, and registration errors, visit <https://www.odu.edu/academics/courses-registration/registration/register>

#### University Registrar

1009 Rollins Hall  
Norfolk, VA 23529  
757-683-4425 (office)  
757-683-5357 (fax)  
register@odu.edu

## UNIV Career and Orientation Courses

These 1-credit, optional courses are designed to enhance your academic performance and ease your transition into the university.

### UNIV 100 - University Orientation

This course explores the relationship between your personal goals, university life and academic programs. It provides orientation to learning skills necessary to succeed in college, and also presents the benefits of using various university services.

### UNIV 120 - Career and Major Exploration

This course is a great opportunity for you to walk through the career planning process and explore your individual interests, values and skills. The course also provides information about the Career Blueprint: 7 Steps for Success model as well as opportunities to identify career and campus resources that will aid you in making more informed career and major decisions.

The course is designed in a way that emphasizes defining your goals and developing strategies to help you achieve them. You will also have opportunities to do some career testing and engage in interactions with employers to get more firsthand information about what employers are ultimately looking for in recent college graduates and how you can begin to develop those skills early in your career.

### UNIV 130 - Learn and Earn Advantage Program (LEAP)

This class engages you in self-reflection and workplace skill enhancement, applicable to experiences encountered as part of LEAP, as well as in the world of work. The course helps you develop and apply skills in self-presentation, work ethic, team membership, professional communication, independence and initiative, and seeing the "Big Picture" for everyday workplace issues. **You must be enrolled in the LEARN and EARN ADVANTAGE PROGRAM (LEAP) to take this class.**

### UNIV 200 - Career Implementation

This course provides an in-depth view of the career process, from internships and cooperative education through professional development and lifelong learning. Topics include the job search process, interview skills, job offer evaluation, and the transition to the world of work.

### UNIV 400 - Career Engagement

This course is a practical examination and application of resume and cover letter writing, job search strategies including the electronic job search, networking, interview skills, and negotiating a job offer. Topics include the transition to the world of work and professional development.

## Other Introductory Courses

### SCI 101 - Introduction to the Sciences (1 credit)

This course presents the relationship between majors in the College of Sciences and your career goals. Provides an orientation to the University that emphasizes the learning skills needed for science majors.

### BUSN 110 - Introduction to Contemporary Business (1 credit)

This course provides you with a preliminary understanding of business and gives you an opportunity to use office productivity software to enhance communications and presentations. You will be able to identify career prospects for each of the primary business areas and basic business terminology.

### ENGN 110 - Explore Engineering and Technology (2 credits)

Co-requisite: MATH 162M. This course includes projects that introduce engineering and technology disciplines. Projects include hands-on experiences with selected engineering problems and issues; team approach to managing projects; discovering the unknown; formulating solutions; designing, manufacturing, and testing; emphasis on learning modules, communication and presentation skills; creativity and innovation.

## Sample Schedule Planner

### List of Classes

Course # / CRN #	Course Title	Days and Times	Credits
ENGL 110 / CRN 12345	English Composition	MWF 10-10:50am	3

### Time Grid

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8 a.m.						
9 a.m.						
10 a.m.						
11 a.m.						
Noon						
1 p.m.						
2 p.m.						
3 p.m.						
4 p.m.						
5 p.m.						
6 p.m.						
7 p.m.						
8 p.m.						
9 p.m.						



## Honors College and Honors Courses

The Honors College offers undergraduates the benefits of a small liberal arts college within the framework of a large, research-intensive university. Throughout the Honors College experience, students are encouraged to participate in undergraduate research starting in their first year with Undergraduate Research Learning Communities. Honors College general education courses promote active engagement and collaboration between students and faculty. Its essential equipment/supply grants, Student Honors Apprenticeship in Research Program, and civic learning projects support your development as a researcher and community member.

### Benefits:

Honors College courses are offered in a small class setting with some of the best faculty members on campus who emphasize innovation and individualized instruction. These courses are not designed to be more difficult or time-consuming but to deepen and refine the undergraduate experience.

- You'll receive an annual \$500 scholarship (\$250 each semester).
- You can apply to live in Honors Housing.
- You'll enjoy faculty privileges at the library.
- You can register for classes on the first day of the registration period.
- The ability to meet with the Dean of the Honors College for personalized letters of recommendation.
- You can apply for up to \$300 to offset the costs of essential equipment and supplies for the completion of research related to a SHARP-sponsored research apprenticeship, honors contract course, or a senior honors thesis/project.
- Upon completion of the requirements of the Honors College, you'll be awarded a certificate, a medal, and a silver tassel.

### Admission Requirements:

There are no minimum requirements. The typical high school student applying for the Honors College has a 1200 SAT combined math and verbal score or 27 on the ACT, 3.5 or greater high school grade point average, and one letter of academic support from a teacher/instructor that can attest to the student's academic abilities.

If you're applying as a transfer student, you must be a full-time student who is able to complete at least 48 credit hours of your degree at ODU. You must have a minimum cumulative college-level GPA of 3.8. Once accepted into the Honors College, you must earn a cumulative GPA of at least a 3.25 each semester and maintain that average throughout your undergraduate college career.

If you're interested in learning about Honors College requirements or applying, please visit [odu.edu/honors](http://odu.edu/honors).

### Honors Courses

If you've applied to and been accepted into the Honors College, you must visit the Honors College after you've been advised in your department. The Honors College is in the Student Success Center, Suite 2000A. There you will meet with an Honors advisor to determine if any Honors courses can be switched into your schedule. For courses being offered, please consult the course listing that is given to you when you check in at Preview.



## General Education Requirements

General education requirements (or “gen eds”) provide you with a broad knowledge base and assist you in finding areas of interest. You must fulfill these requirements as well as departmental requirements for your major. Sometimes the two overlap, reducing the total number of courses you must take. The curriculum sheet for your major will identify those overlaps for you. **Your academic advisor can provide further instructions on which courses to take to satisfy requirements.** If you've earned an associate degree from a Virginia Community College (AA, AS, AA&S degrees only), you've already fulfilled the gen ed requirements.

The lower-level component of the gen eds consist of courses in **12 areas**, which are divided into **Skills** and **Ways of Knowing**, as well as an **upper division component**.

### Skills

#### Written Communication: 6 credit hours required

(English 110C and select one additional.)

**ENGL 110C. English Composition. 3 Credits.** The principal objective of the course is to prepare students to be effective writers of the kinds of compositions they will be called on to produce during their college careers. By the end of the course, students should be more mature in their understanding and use of language, should develop efficient writing processes, and should know and demonstrate the qualities of effective composition in a given rhetorical situation. Prerequisites: A passing grade on the Writing Sample Placement Test.

**ENGL 211C. English Composition. 3 Credits.** This course emphasizes critical reading, thinking, and writing. Students are introduced to principles of analysis and argumentation and taught the requisite skills that will allow them properly to paraphrase, summarize, and synthesize research in the common modes of academic writing. The course culminates in the preparation of a fully-documented research paper. A student with credit for ENGL 111C cannot receive credit for ENGL 211C. Prerequisites: ENGL 110C with a grade of C or higher.

**ENGL 221C. Introduction to Writing in Business, Education and Social Sciences. 3 Credits.** This course emphasizes critical reading, thinking, and writing as they apply to business, education, and the social sciences. Students are introduced to principles of analysis and argumentation and taught the requisite skills that will allow them to properly paraphrase, summarize, and synthesize research as it applies to and is most commonly found in business, education, and the social sciences. The course culminates in the preparation of a fully-documented research paper. Prerequisites: ENGL 110C.

**ENGL 231C. Introduction to Technical Writing. 3 Credits.** This course emphasizes critical reading, thinking, and writing as they apply to the technical and scientific disciplines. Students are introduced to principles of analysis and argumentation and taught the requisite skills that will allow them properly to paraphrase, summarize, and synthesize research as it applies to and is most commonly found in the technical and scientific communities. The course culminates in the preparation of a fully-documented research paper. A student with credit for ENGL 131C cannot receive credit for ENGL 231C. Prerequisites: ENGL 110C.

#### Mathematics: 3 credit hours required

**MATH 101M. An Introduction to Mathematics for Critical Thinking. 3 Credits.** This course fulfills the math general

education requirement for some majors in the College of Arts and Letters and the College of Education. It can also be used as a preparation for STAT 130M. An introduction to the ways in which modern mathematics can be used to analyze the modern world and make logical decisions. Topics include problem solving, sets, logic, consumer mathematics (loans, mortgages, annuities), elementary statistics, chaos and fractals.

**MATH 102M. College Algebra. 3 Credits.** A basic course in algebra that emphasizes applications and problem-solving skills. Topics include finding solutions, graphing of linear equations and inequalities, graphs and functions, combining polynomials and polynomial functions, factoring polynomials, simplifying and combining rational expressions and equations, simplifying roots and radicals, solving radical equations, and an introduction to quadratic functions and equations. This course fulfills the math general education requirement and can be used as a preparation for MATH 162M. MATH 101M is not a prerequisite for MATH 102M. Not open to students with credit for MATH 162M.

**MATH 103M. College Algebra with Supplemental Instruction. 3 Credits.** This course covers the same content as MATH 102M. It is designed for students who must complete MATH 102M as part of their degree program, but who do not meet the prerequisites for MATH 102M (Math SAT greater than 450 and High School GPA of 3.0 or greater). MATH 103M may be used interchangeably with MATH 102M and may be used as a prerequisite requirement for any course that requires MATH 102M as a prerequisite. MATH 103M will require registration for a supplemental instruction session each week. Prerequisites: Math SAT less than or equal to 450, OR, High School GPA less than 3.0.

**MATH 162M. Precalculus I. 3 Credits.** The first course in a two-course sequence designed to provide a strong preparation for calculus. Topics include algebraic operations, equations and inequalities, graphs and functions, polynomial functions, theory of equations, systems of equations, exponential functions, and logarithmic functions. Prerequisite: qualifying score on SAT or ACT, or qualifying score on a placement test administered by the University Testing Center or a grade of C or better in MATH 102M or MATH 103M.

**STAT 130M. Elementary Statistics. 3 Credits.** Topics include: data description, elementary probability, binomial and normal distributions, interval estimation, hypothesis testing, and correlation. The role of probability in inference is emphasized. Prerequisites: qualifying score on a placement test administered by the University Testing Center, qualifying SAT or ACT score, a C or better in MATH 101M, or a higher level math course.

#### Oral Communication: 3 credit hours required

**COMM 101R. Public Speaking. 3 Credits.** Preparation, delivery, and analysis of types of speeches with emphasis on extemporaneous speaking.

**COMM 103R. Voice and Diction. 3 Credits.** An introduction to the analysis and practice of effective voice and articulation. Applications across various communication contexts, such as public communication, media, and social communication.

**COMM 112R. Introduction to Interpersonal Communication. 3 Credits.** An introduction to concepts, processes, and effects of communication in personal and social relationships. Emphasis on fundamental communication skills necessary for the formation and maintenance of relationships.

**DANC/THEA 152R. Acting One. 3 Credits.** An introduction to the physical and vocal principles of performance coupled with an opportunity to increase awareness of the constructed nature of social interactions. Students will



explore confident self-expression through the physical, vocal, emotional and technical aspects of acting, as an art form and a daily experience, in a format that encourages freedom of imagination and personal growth. Emphasis is on the fundamental communication skills of presence, body language, imagination, and social communication.

### **Information Literacy and Research: 3 credit hours required**

**CS 120G. Introduction to Information Literacy and Research. 3 Credits.** Students will learn to locate, manage, critically evaluate and use information for problem solving, research and decision making. Includes collaborative tools for document development and office productivity tools for presentation. Information security, laws and etiquette related to use and access of information are covered.

**CS 121G. Introduction to Information Literacy and Research for Scientists. 3 Credits.** Students will learn to locate, manage, critically evaluate and use information for scientific problem solving and research. Includes mathematical tools for data analysis and presentation and office and collaborative tools, as well. Information security, laws and etiquette related to use and access of information are covered.

**HLTH 120G. Information Literacy for Health Professions. 3 Credits.** This course focuses on building basic skills for conducting health research and includes guidance on locating, utilizing, and evaluating sources. The course examines the methods and tools of health analysis and explores the mechanics of research presentation and writing to help health-related majors prepare for successful completion of upper-division requirements. The class provides a brief introduction to ethical issues related to health research and writing. The class also covers basic computer skills such as using spreadsheets and document management tools.

**IT 150G. Basic Information Literacy and Research. 3 Credits.** This course is designed to provide students with the basic skills necessary to identify, to access and to utilize task appropriate information. Students will learn to evaluate information sources and to apply good research strategies. The course will address qualitative, quantitative, visual and auditory data sources along with the ethical use of data and respect for intellectual property. Focus will be given to research topics in various fields including business, humanities, social science and technology.

**LIBS 110G. Information Literacy for the Digital Age. 3 Credits.** Students require a comprehensive understanding of information literacy so they can become effective users of ideas and information and guide others in activities of knowledge use and creation. This course will provide an introduction to the process and methods of retrieving information using digital literacies. Students will learn to identify an information need, then locate, evaluate, and use appropriate resources while embedding the dispositions of academic integrity and ethical use. Topics include use of collaborative tools for development of information, including social media. The content focuses on implementing effective digital information literacy strategies situated in various content areas with the intent that these strategies can be incorporated into future professional and instructional practices.

**PHIL 290G. Philosophy of Digital Culture. 3 Credits.** This course provides practical training in information access, critical information assessment, and ethical information use in a theoretically-oriented research context, as well as a theoretical exploration of issues in information literacy, the ethics and politics of online informational spaces, and the philosophy of digital culture.

**STEM 251G. Computer Literacy: Communication and Information. 3 Credits.** A guided review of communication technology and information sources to help students discern between reliable and unreliable sources and techniques. Students develop skills in computer applications, information retrieval, filtering and analyzing data, and formatting and presenting information.

### **Language and Culture: 0-6 credit hours required**

**ARAB 111F. Beginning Arabic. 6 Credits.** This is an introductory class to Modern Standard Arabic and Middle Eastern Culture. Students are expected to reach intermediate low to intermediate mid-level. The Arabic alphabet and sounds are introduced as well as simple language in context reflecting the authentic cultural nuances dealing with simple topics ranging from family, school and hobbies. No prior knowledge is required.

**CHIN 111F. Beginning Chinese. 6 Credits.** This course focuses on the fundamental elements of the Chinese language within a cultural context. Emphasis is placed on building a foundation of basic listening, speaking, reading, and writing skills. The course includes Chinese Pinyin phonetic system, character formation, basic sentence structures, and Chinese culture and cultural activities. Students are expected to comprehend and respond to essential topics in Chinese and demonstrate their cultural awareness.

**FARS 111F. Beginning Farsi. 6 Credits.** Aural comprehension, oral drill and discussion of grammar principles, written exercises, and reading assignments.

**FR 101F. Beginning French I. 3 Credits.** Aural comprehension, oral drill and discussion of grammar principles, written exercises, and reading assignments.

**FR 102F. Beginning French II. 3 Credits.** Aural comprehension, oral drill and discussion of grammar principles, written exercises, and reading assignments. Prerequisite: FR 101F or satisfactory score on the placement exam.

**GER 101F. Beginning German I. 3 Credits.** This is the first part of a two-semester introductory German language and culture course. Through the study of German culture, such as German geography, etiquette, customs, holidays as well as university, family, and work life, students learn basic grammatical concepts and vocabulary. The communicative cultural approach, interactive in-class and homework assignments, and the inclusion of multimedia (online resources, Youtube videos, songs, texts, films, etc.) enhance the acquisition of the basic skills of listening comprehension, speaking, reading, writing, and cultural competency.

**GER 102F. Beginning German II. 3 Credits.** This is the second part of a two-semester introductory German language and culture course. Through the study of German culture, such as food and leisure culture, the German health system, and traveling in Germany, students continue to learn basic vocabulary and grammatical concepts. The communicative cultural approach, interactive in-class and homework assignments, and inclusion of multimedia (online resources, Youtube videos, songs, texts, films, etc.) enhance the acquisition of the basic skills of listening comprehension, speaking, reading, writing, and cultural competency. Prerequisites: GER 101F.

**HEBR 111F. Beginning Hebrew I. 6 Credits.** Aural comprehension, oral drill and discussion of grammar principles, written exercises and reading assignments.

**ITAL 101F. Beginning Italian I. 3 Credits.** Aural comprehension, oral drills and discussion of grammar principles; written exercises, and reading assignments.

**ITAL 102F. Beginning Italian II. 3 Credits.** Aural comprehension, oral drill and discussion of grammar principles; written exercises, and reading assignments. Prerequisite: ITAL 101F.

**JAPN 111F. Beginning Japanese. 6 Credits.** This course introduces basic speaking, listening, reading, and writing skills, including the three forms of written Japanese: Hiragana, Katakana, and Kanji. Students will have the opportunity to interact with Japanese students on campus through the coursework. The course enhances speaking and listening skills and provides awareness of the Japanese style of communication. Analyzing Japanese sentence structures and grammar leads students to be aware of the different value systems of a high context culture.

**LATN 101F. Beginning Latin I. 3 Credits.** Introduction to Latin literature and Roman civilization.

**LATN 102F. Beginning Latin II. 3 Credits.** Latin is immortal! Roman mythology, the destruction of Pompeii, and the rise of the Colosseum are some of the topics. Reading Latin and building your vocabulary are reinforced with interactive student activities and videos. Prerequisites: LATN 101F.

**PRTG 101F. Beginning Portuguese I. 3 Credits.** Introduction to the four skills (listening, speaking, reading, writing) of elementary Portuguese.

**PRTG 102F. Beginning Portuguese II. 3 Credits.** This course will build and expand on the linguistic proficiency in the four skills areas (listening, speaking, reading, writing) of elementary Portuguese. Prerequisites: PRTG 101F or permission of the instructor.

**RUS 101F. Beginning Russian I. 3 Credits.** Aural comprehension, oral drill and discussion of grammar principles, written exercises, and reading assignments.

**RUS 102F. Beginning Russian II. 3 Credits.** Aural comprehension, oral drill and discussion of grammar principles, written exercises, and reading assignments. Prerequisites: RUS 101F.

**SPAN 101F. Beginning Spanish I. 3 Credits.** This course is the first of the beginning Spanish language sequence. The course takes a task-based, content-based, communicative approach to language learning and teaching. It develops beginning skills in reading, writing, speaking and listening. The course also builds communicative competence and enhances social and cultural awareness of the Spanish-speaking world.

**SPAN 102F. Beginning Spanish II. 3 Credits.** This course is the second of the beginning Spanish language sequence. The course takes a task-based, content-based, communicative approach to language learning and teaching. It develops beginning skills in reading, writing, speaking and listening. The course also builds communicative competence and enhances social and cultural awareness of the Spanish-speaking world. Prerequisites: SPAN 101F.

**SPAN 121F. Intensive Beginning Spanish. 6 Credits.** This is a six-credit accelerated introductory-level course designed to provide a thorough foundation in all the language skills: listening, speaking, reading, and writing. Students should expect an average of 1-2 hours of online homework five days a week. Students will learn grammar and vocabulary at home, and class time will be devoted to meaningful, authentic, and interactive practice. Class is conducted in Spanish only. Prerequisites: Students must have taken at least three years of high school Spanish.

## Ways of Knowing

### Human creativity: 3 credit hours required

**ARTH 121A. Introduction to the Visual Arts. 3 Credits.** An introduction to the various media, techniques, styles, content, and contexts in the visual arts as they are manifested in the world's cultures.

**ARTS 122A. Visual Communication. 3 Credits.** An introduction to essential themes and means of visual communication in the

fine arts with an emphasis on studio experience in techniques from the different disciplines in studio art.

**COMM/THEA 270A. Film Appreciation. 3 Credits.** This class focuses on both contextual and close text analysis of masterworks as they have influenced film art and industry. Students in this course are expected to develop basic research, communication, viewing and critical thinking skills as they apply their knowledge to the analysis of the film experience.

**DANC 185A. Dance and Its Audience. 3 Credits.** This course is designed to acquaint students with the components of theatrical dance performance, its historical and ethnic origins, its role as a creative expression of peoples and societies and its relationship to other art forms. Through films, videos, live performances, guest speakers, readings and discussions, students consider philosophical approaches to language, communication, aesthetics and style of choreography.

**MUSC 264A. Music in History and Culture. 3 Credits.** This course is designed to be an introduction to the appreciation and understanding of music through music listening activities and a survey of music history. Basic principles and elements of music are discussed in relation to contexts within a variety of musical styles including classical, jazz, popular, and world music. Regular and repeated listening is an important part of the course in addition to required concert attendance.

**THEA 241A. The Theatre Experience. 3 Credits.** An introductory audience-oriented examination of the elements of theatre and their historical development through study of plays and performances; emphasis will be directed to actually experiencing live theatre. Attendance at performances is required.

### Literature: 3 credit hours required

**ENGL 112L. Introduction to Literature. 3 Credits.** This course enables the general student to interpret the distinctive forms and meanings of poems, plays, short stories and long-form fiction, and key notions such as metaphor, metonymy, monologue, irony, satire, and plot as well as race, gender, sexuality, class, region, and religion. Through critical reading, analysis, class and small group discussions, formal essays and examinations, students will develop an understanding of strategies of language use in a variety of Anglophone writers.

**ENGL 114L. American Writers, American Experiences. 3 Credits.** This course introduces the student to the diversity of American culture as depicted in American literature. Works include minority and women writers and provide visions of city, frontier and regional life; ethnic and racial immigrant experiences; religion, democracy, and capitalism. A student with credit for ENGL 144L cannot receive credit for ENGL 114L.

**WCS 100L. Introduction to World Literatures and Cultures. 3 Credits.** This multicultural course introduces the student to the forms and meanings of cultural expressions from around the world, with an emphasis on world literature. It provides students with the skills necessary for the appreciation and comparative analysis of these works as representations of rich and diverse cultural values. A primary focus of the course will be the role of culture in the formation of national and individual identity, paying special attention to gender, sexuality, race, class, and struggles for social justice. All works will be read in English.

### The Nature of Science: 8 credit hours required

#### \*\*Important Notes for Biology, Physics, and Ocean/

**Earth Sciences:** An asterisk indicates that the course is recommended for non-science majors. These departments list their courses in two-semester sequences. For example, Biology 105N could be taken in the fall semester, followed by Biology 106N in the spring. Each semester of the course is worth



4 credits (for lecture and lab). These courses do not have to be taken in sequence unless required by your major. In other words, you could choose to take one semester of Biology and one semester of Physics.

**\*BIOL 105N. Biology for Nonscience Majors I. 4 Credits.** An introductory biology course for nonbiology majors. This course concentrates on major biological concepts concerning molecular biology, cellular biology, cellular reproduction, classical and molecular genetics, energetics, and ecology. This course would be beneficial to students pursuing elementary education degrees due to the discussion of biological topics included in the Virginia Standards of Learning. Cannot be substituted for BIOL 121N and BIOL 122N or BIOL 123N and BIOL 124N.

**\*BIOL 106N. Biology for Nonscience Majors II. 4 Credits.** An introductory biology course for nonbiology majors. This course concentrates on plants and animals at the organismal level by examining major biological concepts involving diversity, ecology, behavior, and evolution. This course would be beneficial to those students who are pursuing elementary education degrees because it teaches biological topics included in the Virginia Standards of Learning. Cannot be substituted for BIOL 121N and BIOL 122N or for BIOL 123N and BIOL 124N.

**\*BIOL 110N. Environmental Sciences. 3 Credits.** An introductory, non-sequential course for nonbiology majors focusing on scientific inquiry and the fundamental biological underpinnings of environmental science. The course concentrates on ecology, evolution, the nature of and threats to biodiversity, and conservation solutions. Cannot be substituted for BIOL 121N or BIOL 123N. BIOL 110N + BIOL 111N satisfy four credits

of the University's Nature of Science general education requirement. Pre- or corequisite: BIOL 111N.

**\*BIOL 111N. Environmental Sciences Lab. 1 Credit.** Laboratory activities and scientific experiments that enhance understanding of environmental science through a hands-on approach that cannot be provided in the lecture classroom setting. BIOL 110N + BIOL 111N satisfy four credits of the University's Nature of Science general education requirement. Cannot be substituted for BIOL 122N or BIOL 124N. Pre- or corequisite: BIOL 110N.

**\*BIOL 112N. Environment and Man. 3 Credits.** An introductory, non-sequential course for nonbiology majors focusing on the most serious environmental problems our society is facing today and how these problems can be solved. The course concentrates on the science behind natural resources and resource management, toxicology, environmental policies and ethics, and sustainable living. Cannot be substituted for BIOL 121N or BIOL 123N. BIOL 112N and BIOL 113N satisfy four credits of the University's Nature of Science general education requirement. Pre- or corequisite: BIOL 113N.

**\*BIOL 113N. Environment and Man Laboratory. 1 Credit.** Laboratory activities and experiments that enhance understanding of the scientific method and environmental sciences through a hands-on approach that cannot be provided in the lecture classroom setting. This course cannot be substituted for BIOL 122N or BIOL 124N. BIOL 112N + BIOL 113N satisfy four credits of the University's Nature of Science general education requirement. Pre- or corequisite: BIOL 112N.

**\*BIOL 117N. Introduction to Human Biology. 3 Credits.** An introductory lecture course for non-majors focusing on scientific



inquiry and the structure and function of the human body with units on diet, nutrition, exercise, infectious disease, and cancer. Cannot be substituted for BIOL 121N or BIOL 123N. Pre- or corequisite: BIOL 118N.

**\*BIOL 118N. Introduction to Human Biology Lab. 1 Credit.** An introductory lab course for non-majors focusing on scientific inquiry and the structure and function of the human body with units on diet, nutrition, exercise, infectious disease, and cancer. Cannot be substituted for BIOL 122N or BIOL 124N. Pre- or corequisite: BIOL 117N.

**BIOL 121N. General Biology I. 3 Credits.** An introduction to the process of science, biological molecules, cell biology, metabolism, molecular biology, and Mendelian genetics. Students required to take BIOL 121N cannot earn credit for BIOL 105N, BIOL 106N, BIOL 110N, BIOL 112N, or BIOL 117N. Prerequisite: Placement into ENGL 110C and qualifying Math SAT/ACT score, or qualifying score on the Math placement test, or completion of MATH 102M or higher. Pre- or corequisite: BIOL 122N.

**BIOL 122N. General Biology I Lab. 1 Credit.** A lab course emphasizing the process of science, biological molecules, cell biology, metabolism, molecular biology, and Mendelian genetics. Students required to take BIOL 122N cannot earn credit for BIOL 111N, BIOL 113N, or BIOL 118N. Prerequisites: Placement into ENGL 110C and qualifying Math SAT/ACT score, or qualifying score on the Math placement test, or completion of MATH 102M or higher. Pre- or corequisite: BIOL 121N.

**BIOL 123N. General Biology II. 3 Credits.** An introduction to the process of science, evolutionary biology, ecology, and the basic biology of viruses, prokaryotes, and eukaryotes. Students required to take BIOL 123N cannot earn credit for BIOL 105N, BIOL 106N, BIOL 110N, BIOL 112N, or BIOL 117N. Prerequisites: Placement into ENGL 110C and qualifying Math SAT/ACT score, or qualifying score on the Math placement test, or completion of MATH 102M or higher, and BIOL 121N passed with a grade of C (2.0) or higher. Pre- or corequisite: BIOL 124N.

**BIOL 124N. General Biology II Lab. 1 Credit.** A lab course emphasizing the process of science, evolutionary biology, ecology, and the basic biology of viruses, prokaryotes, and eukaryotes. Students required to take BIOL 124N cannot earn credit for BIOL 111N, BIOL 113N, or BIOL 118N. Prerequisite: Placement into ENGL 110C and qualifying Math SAT/ACT score, or qualifying score on the Math placement test, or completion of MATH 102M or higher, and BIOL 121N. Pre- or corequisite: BIOL 123N.

**\*CHEM 105N. Introductory Chemistry. 3 Credits.** This course is the first part of a two-semester sequence of chemistry covering topics in general, organic, and biological chemistry. In this part, an introduction to the principles of inorganic (general) chemistry is provided. The topics to be covered include measurements, atoms and elements, compounds and their bonds, energy and matter, gases, solutions, acids and bases, chemical reactions and quantities, chemical equilibrium, and nuclear chemistry. This course does not meet the prerequisite for CHEM 123N, and cannot be used toward the CHEM major or minor. Students wishing to pursue advanced study in chemistry should take CHEM 121N, CHEM 122N, CHEM 123N, and CHEM 124N. Credit for CHEM 105N is not allowed if a student has prior credit for CHEM 121N. CHEM 105N + CHEM 106N satisfy four credits of the University's Nature of Science general education requirement. Corequisite: CHEM 106N. Prerequisite: knowledge of basic algebra.

**\*CHEM 106N. Introductory Chemistry Laboratory. 1 Credit.** An introduction to common laboratory techniques and the process of science is provided. CHEM 105N + CHEM 106N

satisfy four credits of the University's Nature of Science general education requirement. Pre- or corequisite: CHEM 105N.

**\*CHEM 107N. Introductory Organic and Biochemistry. 3 Credits.** This course is the second part of a two-semester sequence of chemistry covering topics in general, organic, and biological chemistry. In this part, an introduction to organic compounds and their role in biological systems is provided. The topics to be covered include the structure, nomenclature, and reactivity of organic compounds, the structure and function of important biomolecules, and the chemistry of metabolic pathways. This course does not meet the prerequisite for CHEM 211, and cannot be used toward the CHEM major or minor. Students wishing to pursue advanced study in chemistry should take CHEM 121N, CHEM 122N, CHEM 123N, and CHEM 124N. CHEM 107N + CHEM 108N satisfy four credits of the University's Nature of Science general education requirement. Corequisite: CHEM 108N. Prerequisite: CHEM 105N with a grade of C or better.

**\*CHEM 108N. Introductory Organic and Biochemistry Laboratory. 1 Credit.** Laboratory experiments involving organic compounds and biomolecules are performed. CHEM 107N + CHEM 108N satisfy four credits of the University's Nature of Science general education requirement. Prerequisite: CHEM 106N with a grade of C or better. Pre- or corequisite: CHEM 107N.

**CHEM 121N. Foundations of Chemistry I Lecture. 3 Credits.** This is the first of a two-course series, designed for science and engineering majors, that prepares the student for subsequent studies in molecular science and constitutes the foundation for all upper-level chemistry courses. Topics include the descriptive chemistry of selected elements, modern atomic and molecular structure, stoichiometry, thermochemistry, and gas laws. A student receiving credit for CHEM 121N cannot receive additional credit for CHEM 103 or CHEM 105N or CHEM 137N. CHEM 121N + CHEM 122N satisfy 4 credits of the University's Nature of Science general education requirement. Prerequisites: MATH 102M or MATH 103M or higher with a grade of C or better and a qualifying score on the Chemistry Placement Exam or successful completion of the Chemistry Placement online modules or CHEM 103 or CHEM 105N with a grade of C or better. Pre- or corequisites: CHEM 122N.

**CHEM 122N. Foundations of Chemistry I Laboratory. 1 Credit.** Laboratory experiments are designed to complement the topics presented in the companion lecture course, CHEM 121N. A student receiving credit for CHEM 122N cannot receive additional credit for CHEM 106N. CHEM 121N + CHEM 122N satisfy 4 credits of the University's Nature of Science general education requirement. Pre- or corequisite: CHEM 121N.

**CHEM 123N. Foundations of Chemistry II Lecture. 3 Credits.** This is the second of a two-course series, designed for science majors, that prepares the student for subsequent studies in molecular science and constitutes the foundation for all upper-level chemistry courses. Topics include states of matter, solutions, electrochemistry, thermodynamics, equilibria, and kinetics. CHEM 123N + CHEM 124N satisfy 4 credits of the University's Nature of Science general education requirement. Prerequisite: CHEM 121N with a grade of C or better. Pre- or corequisite: CHEM 124N.

**CHEM 124N. Foundations of Chemistry II Laboratory. 1 Credit.** Laboratory experiments are designed to complement the topics in the companion lecture course, CHEM 123N. CHEM 123N + CHEM 124N satisfy 4 credits of the University's Nature of Science general education requirement. Prerequisites: CHEM 121N and CHEM 122N with grades of C or better. Pre- or corequisite: CHEM 123N.

**CHEM 137N. Advanced General Chemistry I and II Lecture. 4 Credits.** This lecture, along with CHEM 138N, will fulfill all



requirements for a complete year of general chemistry. This combination will satisfy all general chemistry prerequisites for upper level chemistry courses. Prerequisite: Chemistry Placement Exam with a score of 4 or better. Pre- or corequisite: MATH 162M.

**CHEM 138N. Advanced General Chemistry I and II Laboratory. 4 Credits.** This laboratory course is intended for students who have completed CHEM 137N. Experiments cover foundational topics and skills in chemistry and introduce students to chemical research. Prerequisite: CHEM 137N.

**\*OEAS 106N. Introductory Oceanography. 4 Credits.** Introductory course emphasizing the geology, chemistry, physics and biology of the oceans. Laboratory emphasizes practice of basic scientific methods. Knowledge of the metric system, scientific notation, ratio and proportion, and graphing is required. Field trip required.

**\*OEAS 108N. Understanding Global Climate Change. 4 Credits.** What is the science behind global climate change? How reliable are forecasts of future global warming? This course examines these questions to evaluate the likelihood and potential severity of anthropogenic climate change in the coming centuries. It includes an overview of the physics of the greenhouse effect, an overview of the global carbon cycle and its role as a global thermostat; an examination of predictions and reliability of model forecasts of future climate change; and examination of local impacts of global climate change (e.g., sea level rise in the Tidewater area).

**\*OEAS 110N. Earth Science. 4 Credits.** This is an introductory course in geological sciences. The course relates the principles of natural science to Earth as a planet, its resources, and its environment. The effects of geologic processes on the environment are stressed. A student receiving credit for OEAS 110N cannot receive credit for OEAS 111N.

**\*OEAS 111N. Physical Geology. 4 Credits.** This course introduces the student to the study of the materials, structures, and processes of the Earth. Present terrestrial resources are interpreted in terms of the internal and surface processes that formed them. A student receiving credit for OEAS 111N cannot receive credit for OEAS 110N.

**\*OEAS 112N. Historical Geology. 4 Credits.** The evolution of the continents, ocean basins, mountain chains, and the major life forms throughout Earth's history are studied chronologically and are related to the physical and biological changes that have caused them. Prerequisite: OEAS 110N or OEAS 111N.

**PHYS 101N. Conceptual Physics. 4 Credits.** An introductory descriptive course which develops and illustrates the concepts of physics in terms of phenomena encountered in daily life. Topics include mechanics, electricity and magnetism. (offered fall, summer).

**PHYS 102N. Conceptual Physics. 4 Credits.** An introductory descriptive course which develops and illustrates the concepts of physics in terms of phenomena encountered in daily life. Topics include sound, light, fluids and heat. (offered spring) Prerequisites: PHYS 101N.

**PHYS 103N. Introductory Astronomy of the Solar System. 4 Credits.** A study of the physical principles and scientific investigation of objects in our solar system. Emphasis on how we acquire knowledge of celestial objects to develop models of our universe.

**PHYS 104N. Introductory Astronomy of Galaxies and Cosmology. 4 Credits.** Emphasizes the study of stars, star systems, cosmology and relativity. Emphasis on how we acquire knowledge of celestial objects to develop models of our universe.

**PHYS 111N. Introductory General Physics. 4 Credits.** Emphasizes mechanics, wave motion and heat and will also cover the needed elements of trigonometry and vectors. Students receiving credit for PHYS 111N cannot receive credit for PHYS 102N either simultaneously or subsequently. (offered fall, spring, summer) Prerequisite: MATH 102M or MATH 103M or MATH 162M or MATH 166.

**PHYS 112N. Introductory General Physics. 4 Credits.** Emphasizes electricity, light, and introduction to modern physics. Prerequisites: PHYS 111N and MATH 102M (or MATH 103M) or MATH 162M or MATH 166. (offered fall, spring, summer).

**PHYS 231N. University Physics I. 4 Credits.** A general introduction to physics in which the principles of classical and modern physics are applied to the solution of physical problems. The reasoning through which solutions are obtained is stressed. Topics include mechanics, fluids, and thermodynamics. This course is designed for majors in the physical sciences, engineering, mathematics, and computational sciences. Students receiving credit for PHYS 231N and PHYS 232N cannot simultaneously or subsequently receive credit for PHYS 101N and PHYS 102N or PHYS 111N and PHYS 112N. (offered fall, spring, summer) Prerequisites: MATH 211 with a grade of C or better. Pre- or corequisites: MATH 212 or permission of instructor.

**PHYS 232N. University Physics. 4 Credits.** A general introduction to physics in which the principles of classical and modern physics are applied to the solution of physical problems. The reasoning through which solutions are obtained is stressed. This course is designed for majors in the physical sciences, engineering, mathematics, and computational sciences. Topics include electricity and magnetism, and optics. Students receiving credit for PHYS 231N and PHYS 232N cannot simultaneously or subsequently receive credit for PHYS 101N and PHYS 102N or PHYS 111N and PHYS 112N. (offered fall, spring, summer) Prerequisites: PHYS 231N or PHYS 226N or PHYS 261N with a grade of C or better, and both MATH 211 and MATH 212 with each a grade of C or better.

**PHYS 261N. Advanced University Physics I. 4 Credits.** This calculus-based course is the required introductory course for Physics majors. In addition to the physics curriculum of PHYS 231N, this course has a recitation section for advanced problems and additional mathematical preparation for advanced courses in physics. Prerequisites: MATH 211, with a grade of C or better. Pre- or corequisite: MATH 212.

**PHYS 262N. Advanced University Physics II. 4 Credits.** This calculus-based course is the required introductory course for Physics majors. In addition to the physics curriculum of PHYS 232N, this course has a recitation section for advanced problems and additional mathematical preparation for advanced courses in physics. Prerequisites: PHYS 261N with a grade of C or better; MATH 211 and MATH 212, each with a grade of C or better.

### Human Behavior: 3 credit hours required

**AAST 100S. Introduction to African American Studies. 3 Credits.** An interdisciplinary examination of the African American experience in America. The course examines the historical and contemporary conditions of African American people. It also explores the various modes of artistic expression, values and philosophical underpinnings of African American culture.

**ANTR 110S. Introduction to Anthropology. 3 Credits.** A survey of what we know about the emergence of humans: where we came from; how we developed physically and why; how human cultures became more complex through time; and the variety of human ways of life today.

**COMM 200S. Introduction to Human Communication. 3 Credits.** An introduction to the discipline and methods of human

communication. Survey of the major approaches to studying communication across the range of human communication contexts and functions.

**CRJS 215S. Introduction to Criminology. 3 Credits.** Introduction to criminology as a science, including the study of crime, criminals, and society's response to them.

**ECON 200S. Basic Economics. 3 Credits.** The course presents an overview of the major principles of micro- and macroeconomics. Topics include opportunity costs, supply and demand, competition and monopoly, national income determination, creation of money and credit, and international problems. No credit will be given to students pursuing majors in the Strome College of Business.

**ECON 201S. Principles of Macroeconomics. 3 Credits.** Development of the theory of supply and demand, and their interaction in a market economy. Classical, Keynesian, and monetarist explanations of inflation and unemployment are presented and analyzed. Emphasis is placed on income determination, fiscal policy, monetary policy, and the issue of government efforts to improve economic performance. Prerequisites: Qualifying math SAT/ACT score, qualifying score on the math placement test, or completion of MATH 102M or higher.

**ECON 202S. Principles of Microeconomics. 3 Credits.** An examination of how individuals and businesses interact in a market economy. Emphasis is placed on consumer behavior, price and output decisions of firms, the economic efficiency of the resulting allocation of society's resources, and the gains from international trade and impact of trade barriers. Prerequisites: Qualifying math SAT/ACT score, qualifying score on the math placement test, or completion of MATH 102M or higher.

**FIN 210S. Personal Financial Literacy. 3 Credits.** This course provides basic financial information an informed individual should understand in order to successfully reach their personal goals. Topics include budgeting, goal setting, the process of accumulating and protecting wealth, use of credit, the car and housing decisions, and risk management. Emphasis is on understanding how our behaviors affect successfully reaching these goals and how to improve decision making. Prerequisites: MATH 101M or higher.

**GEOG 100S. Cultural Geography. 3 Credits.** This course provides a basic topical introduction to human and cultural geography. It focuses on the diversity of human societies, their distribution, characteristics, and cultural impact on the landscape. Topics include the geography of population, migration, language, religion, economic development, urbanization, resources, and the political landscape.

**GEOG 101S. Environmental Geography. 3 Credits.** A geographical study of the diverse characteristics of the Earth's physical landscape, spatial distribution of environmental characteristics, the impacts of these on human populations and human populations' impact on the natural environment. Topics include climate and climate change, mass movements and natural hazards, biogeography and environmental problems such as desertification and deforestation, and the use and abuse of water resources.

**POLS 100S. Introduction to International Politics. 3 Credits.** This course provides a basic introduction to the study of international politics. It considers some of the more prominent theoretical perspectives in the discipline and examines the major political, economic, social and environmental issues presently facing the global community. The course prepares students for advanced study in international politics.

**POLS 101S. Introduction to American Politics. 3 Credits.** This course introduces students to the political processes and the institutions of American politics. The course examines American political culture, gender and minority rights, citizen participation, national institutions, public policy, and foreign and defense policy.

**POLS 102S. Introduction to Comparative Government and Politics. 3 Credits.** This course introduces basic concepts and methods for the study of comparative politics. It also surveys and compares the political/socioeconomic development, political cultures/ideologies, political institutions, decision-making processes, and public policies of various countries in the world.

**PSYC 201S. Introduction to Psychology. 3 Credits.** Introduction to the scientific study of psychology, including the methods used to gather and interpret data. The student is introduced to fundamental terms, theories, and concepts dealing with the biological bases of behavior; learning; perception; cognition and intelligence; personality; psychological disorders; human development; and social processes. An emphasis is placed on application of concepts and critical thinking.

**PSYC 203S. Lifespan Development. 3 Credits.** A broad contemporary view of the processes of development. The influences of biological and environmental factors in the development of personality and cognitive functioning are explored.

**SOC 201S. Introduction to Sociology. 3 Credits.** An introduction to the discipline and methods of sociology. Major topics include socialization, social inequality, family, education, gender roles, ethnic and minority relations.

**WMST 201S. Introduction to Women's Studies. 3 Credits.** An introduction to the interdisciplinary field of women's studies, drawing on materials from the social sciences. Topics include the social construction of gender, cross-cultural variations in women's lives, media representations, work, health, women's roles in politics, and sexuality. Prerequisites: Must qualify to enroll in ENGL 110C.

### Interpreting the Past: 3 credit hours required

**HIST 100H. Interpreting the World Past Since 1500. 3 Credits.** The course offers students a critical approach to interpreting World history. A fast-paced survey of World history from 1500 to the present, it focuses on the major intellectual, religious, social, cultural, political, environmental and scientific developments that have influenced the course of World history. It looks at cross-cultural relations in the form of economic exchange, technology transfer, war and conquest, and international organizations.

**HIST 101H. Interpreting the Asian Past. 3 Credits.** The course is a fast-paced survey of Asian civilization in a global context from the emergence of Indian and Chinese civilizations to the events unfolding today. It follows the courses of political, social, cultural, religious, and economic development in East, South, and Southeast Asia.

**HIST 102H. Interpreting the European Past. 3 Credits.** The course is a fast-paced survey of European civilization. It focuses on the major intellectual, religious, social, cultural, political, environmental, and scientific developments that have influenced the course of European history.

**HIST 103H. Interpreting the Latin America Past. 3 Credits.** This fast-paced survey covers the last 600 years in the political, social, economic, and cultural histories of Latin America. Special attention will be paid to the global context of this multi-ethnic and multi-lingual region.



**HIST 104H. Interpreting the American Past. 3 Credits.** This course offers students a critical approach to interpreting the history of the United States. A fast-paced survey of American history from the era of colonization to the present, it focuses on the major intellectual, religious, social, cultural, political, environmental, and scientific developments that have influenced the development of the United States.

**HIST 105H. Interpreting the African Past. 3 Credits.** This course offers students a critical approach to interpreting the history of Africa. A fast-paced survey of African history, it affords students a grounding in the major themes of African history. The course focuses on the major economic, social, and political institutions of Africa, past and present, and explores how historical developments assist comprehension of present-day Africa.

#### **Philosophy and Ethics: 3 credit hours required**

**PHIL 110P. Introduction to Philosophy. 3 Credits.** An introduction to basic concepts, methods and issues in philosophy, and a consideration of representative types of philosophical thought concerning human nature, the world, knowledge, and value.

**PHIL 120P. Logic and Philosophy. 3 Credits.** A study of the principles of correct reasoning and the types of fallacious reasoning. Includes an examination of the philosophical and historical context of logic, and the application of logical methods to philosophical questions.

**PHIL 230E. Introduction to Ethics. 3 Credits.** An introduction to the study of ethics through philosophical reflection on a variety of moral issues of contemporary significance. Topics covered will vary by semester and instructor, and may include issues drawn from professional fields such as business, medicine, and information technology, plus matters of public concern like the environment, the treatment of animals, the use of military force, social justice, and civil and human rights.

**PHIL 250E. World Religions: Beliefs and Values. 3 Credits.** A comparative and philosophical study of major world religions in the Eastern and Western traditions with particular attention being paid to their views about the basis of right action and the nature of good and evil. Other points of comparison include the foundations of religious knowledge and belief, the meaning of human life, divinity, and death and immortality. A student with credit for PHIL 150P cannot receive credit for PHIL 250E.

**PHIL 303E. Business Ethics. 3 Credits.** A philosophical examination of ethical issues that arise in business and commerce. Topics discussed will vary by semester and instructor, but may include affirmative action, ethical versus unethical sales and marketing techniques, the obligations of business to society (if any), and the moral foundations of capitalism. Prerequisites: ENGL 110C.

**PHIL 344E. Environmental Ethics. 3 Credits.** An examination of the nature and basis of human obligations for the welfare of the environment with special attention to the foundations of ethical decision making. Prerequisites: ENGL 110C.

**PHIL 345E. Bioethics. 3 Credits.** An examination of the philosophical foundations of ethical decision making in biology, medicine, and the life sciences. Prerequisites: ENGL 110C.

**PHIL 355E. Computer Ethics. 3 Credits.** This course examines ethical issues relevant to computing and information technology, including: privacy; freedom of speech and content control on the Internet; individual and social responsibility; cybersecurity; cybercrimes; social impact of computers and other digital technologies; and ethical obligations of IT professionals. Students will gain a broad understanding of central issues in cyberethics and the ways

that fundamental ethical theories relate to these core issues. Prerequisites: ENGL 110C.

**PHIL 442E. Studies in Applied Ethics. 3 Credits.** An intensive examination of ethical issues in a particular field or profession; an emphasis on ethical theory underlying practical decisions. Prerequisites: ENGL 110C and Junior standing.

#### **The Impact of Technology: 3 credit hours required**

**BIOL 470T. Diseases that Changed our World. 3 Credits.** Despite advancements in the development of antimicrobials and vaccines and in securing clear water and food supplies, modern civilizations are not immune to epidemic diseases. This course will provide insight into the role of different technologies in the struggle to attain disease control and eradication and explore the challenge of forecasting emerging plagues, describing the nature and evolution of diseases and conveying their significance in shaping Western culture and civilization, their impact, their consequences, their costs, and the lessons learned. Prerequisites: BIOL 291 and BIOL 293 must be passed with a grade of "C" or higher. Pre- or corequisite: BIOL 315.

**CHEM 171T. Influence of Polymers on Society. 3 Credits.** In this course, the history of synthetic and natural polymers will be studied from their initial development to modern day. Through these studies, students will learn how polymers are produced, the properties of polymers, and the many application of polymers. Further, the impact these materials have on society will be examined in many different areas such as medicine, electronics, consumer goods and the environment.

**CHEM 173T. Nutritional Biochemistry. 3 Credits.** Students will explore the role biotechnology plays in understanding and advancing nutrition and the effects this has on human health, development and societies. The key biological molecules such as vitamins, amino acids, proteins, fats and carbohydrates and their nutritional functions will be discussed. Nutritional biochemistry as it relates to human development, medicine and the evolution of human species will be explored. Students will review present day nutritional issues such as popular diets, organic foods, farming practices and advances such as genetically modified foods.

**CHEM 339T. The Chemistry of the Environment. 3 Credits.** This class will explore the impact of chemical technologies on current environmental topics from an unbiased point of view using the scientific method as a standard for evaluation. The goal is to enable students to better understand and evaluate the difference between scientific knowledge and hypotheses, and the continuously evolving path that allows scientists to turn hypotheses into scientific knowledge. Topics include global and ocean warming, air pollution, ozone depletion, enhanced UV light, acid rain and ocean acidification, toxic heavy metals, radioactivity, indoor air quality and radon, water pollution, sewage and water treatment, drinking water quality, endocrine disruptors, waste disposal & plastics, pesticides, herbicides, and chlorinated organic compounds. Prerequisites: Any General Education Nature of Science (N) course.

**CHEM 343T. Science and Technology in Art. 3 Credits.** This combined lecture and lab course will explore the chemical and physical properties of artists' materials from pigments and binders to ceramics. Topics will include the nature of light and color, historical origins and development of pigments and artistic methods, synthesis of dyes and pigments, and the application of technology to art historical analysis. The course will include hands-on experience with modern laboratory equipment and field trips to local museums and conservation labs. Prerequisites: Completion of one Nature of Science general education course or permission of the instructor.

**COMM 372T. Introduction to New Media Technologies. 3**

**Credits.** Introduction to new media practices and theories. Focuses upon the powers of composition, networked communities, information management, social networking and identification in digital environments. Students will examine practical applications such as blogging, online mapping and tagging, online collaborative work such as wikis and self composition in online social networks. Prerequisites: Junior standing or permission of the instructor.

**CS 300T. Computers in Society. 3 Credits.** Covers changes in the world's society due to continuing implementation of computing technologies. Evaluation of technological expansions in areas of governments, business/industry, education, medicine, transportation, communication and entertainment. Topics include: intellectual property, software piracy, computer crimes and ethics. Students must research a societal topic and present in written and oral forms. Prerequisites: ENGL 110C.

**DNTH 440T. Telehealthcare Technology. 3 Credits.** This course examines the concept, global impact, and trends in telehealthcare technology on the client/patient, multidisciplinary practitioners, and various healthcare systems. Emphasis is on effective evidence-based decision making to reduce errors in patient care, promote care in remote or underserved geographical areas, and the ability to retrieve and evaluate healthcare information that improves access to quality, cost effective health care. (Offered spring, summer) Prerequisites: permission of the instructor.

**EET 370T. Energy and the Environment. 3 Credits.** A study of existing and new energy production methods, energy as a purchased/traded commodity, physics of energy, positive and negative implications for the environment, economics of energy alternatives, and resulting human/social impacts. Prerequisite: PHYS 101N or PHYS 111N or PHYS 226N or PHYS 231N.

**ENGL/IDS 307T. Digital Writing. 3 Credits.** This course introduces students to issues of writing in various digital environments like web pages, email, blogs, wikis, and discussion boards. It also introduces fundamentals of hypertext authoring, digital and visual rhetoric, and image manipulation. Prerequisites: ENGL 110C and ENGL 211C or ENGL 221C or ENGL 231C.

**GEOG 306T. Hazards: Natural and Technological. 3 Credits.** An exploration of human perceptions of and responses to extreme geophysical and technological threats, including nuclear bombs and accidents, hurricanes, tornadoes, earthquakes, and volcanoes. Prerequisites: junior standing and six credits in the social sciences or permission of the instructor.

**HIST 300T. The History of Sex and Sexual and Reproductive Technologies. 3 Credits.** The course explores the many ways sex, gender, sexuality and sexual identities have been constructed in Western thought from 1250 to the present. The medicalization of sex and sexual practices will be examined. Sexual perversions such as prostitution, pornography, and sexual violence will be explored. The course will also focus on the technology of sexual enhancement and reproductive technologies and the ethics involved in these areas. Prerequisites: HIST 100H or HIST 101H or HIST 102H or HIST 103H or HIST 104H or HIST 105H or HIST 126H or HIST 127H.

**HIST 304T. History of Medicine, Disease, and Health Technology. 3 Credits.** Examines the history of medicine and epidemiology from ancient times through the twenty-first century. The course takes a comparative look at medical practices in Europe and around the globe and focuses heavily on the complex relationship between human societies and disease. The development of medical technologies and their impact are

examined. Prerequisites: HIST 100H or HIST 101H or HIST 102H or HIST 103H or HIST 104H or HIST 105H or HIST 126H or HIST 127H.

**HIST 314T. Towers, Tanks and Time: Technology on the Eve of WWI. 3 Credits.** The course traces the intellectual, technical, mechanical, and scientific developments that had a profound effect on the ways in which Europeans and Americans saw and understood their world 1890-1914. Course readings and materials will reflect on the process and progress of technological change and the ways in which this manifested in literature, arts, politics, and culture. Prerequisites: HIST 100H, HIST 101H, HIST 102H, HIST 103H, HIST 104H, HIST 105H, HIST 126H OR HIST 127H.

**HIST 386T/SCI 302T. The Evolution of Modern Science. 3 Credits.** The course traces the development of modern science from the ancient Greeks to the 21st Century. Prerequisites: HIST 100H or HIST 101H or HIST 102H or HIST 103H or HIST 104H or HIST 105H or HIST 126H or HIST 127H.

**HIST 388T. Discovering Earth's History. 3 Credits.** Geology and paleontology as technological systems during the industrial revolution of the nineteenth century, including global & local exploration, competing interpretations of empirical data, and the discovery that the earth itself had a history whose sources were inscribed in the very ground on which they walked. Readings include Darwin, Lyell, Humboldt, and others. Prerequisites: HIST 100H, HIST 101H, HIST 102H, HIST 103H, HIST 104H, or HIST 105H.

**HIST 389T. Technology and Civilization. 3 Credits.** This course examines the role of technology and relevant science. Students examine the interaction between society and technology and investigate why technology is both a reflection of, and a shaping influence upon, "modern" culture and beyond. Prerequisites: Three hours of history.

**IT 360T. Principles of Information Technology. 3 Credits.** A survey of computer hardware, software, procedures, applications, and management information concepts. Provides an understanding of the application of the computer to the support of managerial decision making. Information Systems majors may not use this course for credit toward the B.S.B.A. degree. Prerequisite: completion of general education information literacy and research requirement and junior standing; and a declared major in the University or permission of the Dean's Office of the CBPA.

**MUSC 335T. Music Technology Survey. 3 Credits.** This introductory course will explore the impact of technology on music performance, composition, and education through in-class lecture, hands-on demonstration, and lab projects. Topics covered include but are not limited to: basic acoustics, basic audio signal flow for live performance and recording, microphone basics for live performance and recording, an introduction to sequencing and recording software and Digital Audio Workstations, MIDI and synthesis, basics of mixing, editing, an introduction to music notation software and uses, creation of "music minus one" projects for pedagogical purposes, and an exploration of common file formats for distribution and publication. Prerequisites: MUSC 221, music major, IDS major, or permission of instructor.

**OEAS 220T. Introduction to Meteorology. 4 Credits.** This course is an introduction to the basic principles governing both day-to-day weather and the average of weather, or climate. A broad overview will be given on the physical processes that lead to different types of weather and how weather varies from day-to-day and place-to-place across the globe. Specific focus will be given to the tools used to measure weather and the ways in which these tools have impacted our understanding of weather in the past and present. Links will be made between the technology-based improvements of our understanding of



weather and the impact on the lives of humans throughout recent history. Students will learn about how weather forecasts are made, and how the quality of these forecasts affects our lives.

**PHIL 383T. Technology: Its Nature and Significance. 3 Credits.** A philosophical examination of technology with special attention to its relationship with and mutual dependence upon society, culture, and human values. Historical developments and specific technologies are also covered. Prerequisites: ENGL 110C.

**POLS 350T. Technology and War. 3 Credits.** This course examines the fundamental changes and continuities that the evolution of technology has brought to armed conflict. It explores the historical development of technology and warfare, emphasizing the role of cultural, social and political choice shaping the development of new military technologies and affecting how they are used. What is the future of Western assumptions about technologically dominated warfare? Prerequisites: POLS 100S or permission of the instructor.

**POLS 458T. Weapons of Mass Destruction in Global Security. 3 Credits.** Since the end of the Cold War, weapons of mass destruction have emerged as one of the most dangerous and contentious issues in international affairs. The course examines how these weapons are made, how they proliferate, and how they are controlled. Prerequisites: POLS 100S.

**STEM 110T. Technology and Your World. 3 Credits.** An overview of the resources and systems of technology. Emphasis is on impacts that technology has on individuals and their careers. Activities explore the evolution of technology, its major systems and their impact on individuals and their careers.

**STEM 370T. Technology and Society. 3 Credits.** A multidisciplinary course designed to provide insight into the fundamental, historical, and contemporary nature of technology as an area of human knowledge. Attention is given to the positive and negative aspects of technology and how they affect society. (This is a writing intensive course.) Prerequisites: grade of C or better in ENGL 211C or ENGL 221C or ENGL 231C; junior standing or permission of the instructor.

**WMST 390T. Women and Technology Worldwide. 3 Credits.** An exploration of women as designers and users of technology and of the impact of technology on women's lives across the world. Variations in women's experiences by race, class, and culture will be stressed, along with particular focus on global developments that shape the context of women's and men's lives. Prerequisites: Three semester hours in human behavior or history.

### Upper Division Component

**The upper division component is designed to help you integrate knowledge at an advanced level.**

1. Written Communication (approved writing-intensive or 'W' course) within your major – 3 hours
2. Upper-Division Fulfillment Options – minimum 6 hours
  - Option A: Disciplinary Minor (a minimum of 12 hours determined by the department) or a second major or second degree.
  - Option B: Interdisciplinary Minor (specifically 12 hours, 3 of which may be in the major).
  - Option C: International Business and Regional Courses or an approved Certification Program such as teaching licensure.
  - Option D: 6 hours of elective upper-division courses from outside of and not required by the student's major and college.

## Preparing for Next Semester

### The Right Classes, the Right Major

Make sure you sign up for the right classes next semester. If you've chosen a major, use your curriculum sheet, which lists the required courses and provides valuable insights into complicated questions such as what math to take, whether you need a foreign language, in what sequence you should take your courses and how the University's general education requirements fit in with your major.

If you're still exploring your options, you may want to view our major exploration videos, which describe what you'd be studying and career paths available to you.

#### Curriculum sheets:

[www.odu.edu/academics/programs/curriculum-sheets](http://www.odu.edu/academics/programs/curriculum-sheets)

### Advising and Registration

Don't forget to make an appointment with your academic advisor (by October in the fall and March in the spring). During this required meeting, you'll discuss your academic performance, the classes you plan to take next semester, and your progress toward a degree. Don't wait until registration begins to make an appointment. Where advising's concerned, keep this motto in mind: Go early, go often!

Taking time to prepare for the appointment is crucial. Print a copy of your DegreeWorks plan so you can review it with your advisor. Use your catalog to circle classes you're interested in taking. Reflect on what's gone well this semester and what needs improvement. Write down any questions you have and bring them to the appointment.

After the appointment, your advisor will remove the hold on your account so you can log into Leo Online and register for classes on your own. You'll be assigned a "time ticket" in Leo Online, which tells you the earliest time when you can register.

### Holds

Eliminate frustration during registration; log into Leo Online and make sure you've taken care of any holds on your student account. A hold will prevent you from conducting business with the university, such as registering for classes or checking your final grades. Some holds can't be lifted in an instant, so make sure to visit the appropriate campus offices early. If you make a payment online, the hold release process is run every four hours beginning at midnight.

#### Some common examples of holds include:

- Accounts Receivable
- Advising
- Immunization
- Library fines
- Parking fines
- Transition to College Inventory (TCI) or Transfer Student Survey (TSS)
- Writing Sample Placement Test (WSPT)

For a complete listing of holds (and the offices that can lift them), visit <http://www.odu.edu/ao/registrar/registering/holds/>.



# Academic Life





## If You're a Recent High School Graduate...

Attending ODU is going to be different from what you've experienced before. It will be challenging. The experiences you have in college will stay with you the rest of your life, so it's important to start out with some good habits. Listed below are examples of the new experiences you will encounter:

### Your Classes:

- You might have hours between classes. You might take classes in the evening or on weekends. You might have days without any classes.
- You'll arrange your own schedule in consultation with your academic advisor. Schedules may seem lighter than they really are.
- You're responsible for understanding and following the catalog guidelines that apply to your major and minor.

### Your Faculty:

- If you miss class, professors expect you to get notes from someone else in the class. Don't ask your professor, "Did I miss anything important?" They may not offer makeup opportunities or extra credit.
- Professors expect you to read and follow the course syllabus, which spells out what's expected of you, when it's due, and how you'll be graded.
- Professors may lecture non-stop, expecting you to identify the important points in your notes. When professors write on the board it may be to amplify the lecture, not to summarize it.

### Your Study Habits:

- You need to study at least 2-3 hours outside of class for every one hour you spend in class. So, if you take 15 credits, you'll study 30-45 hours each week.

### Your Freedom:

- You'll learn to structure and manage your own time with less input from parents and/or professors. This is frequently cited as the biggest challenge for new students.
- You'll be faced with new moral, ethical, and behavioral decisions. You must balance your responsibilities, set priorities, and make careful choices.

### As a college student, you have the right to:

- Be treated with dignity and respect by your fellow students and college employees
- Receive a quality education
- Pursue your education in an environment that is safe and conducive to learning
- Have your own opinion
- Have your privacy respected
- Appeal instructor initiated withdrawals
- Seek guidance
- Express concern or dissatisfaction with any situation that impedes your pursuit of education
- Withdraw from any course before the deadline



- To a final course review if you feel the instructor's final grade has not been fair

### As a college student, it is your responsibility to:

- Recognize and respect the rights of other students and treat them with dignity
- Attend and participate in class
- Ask when you don't understand something or you need help
- Read all class materials, do your assignments, and turn them in on time
- Find out what you missed if you're absent
- Check your progress with your instructors
- Provide thoughtful feedback to instructors on evaluations
- Be aware of college policies and procedures, including the Code of Student Conduct
- Accept the consequences if you do not do what you should
- Evaluate your time commitments and manage your schedule accordingly

### Your Syllabus:

A syllabus is a document written by your professor that outlines expectations for the course. It may be distributed on paper and reviewed in class or uploaded to Blackboard. The syllabus will contain the lecture schedule, due dates for assignments and exams, specific expectations (such as attendance), grade components, and contact information and office hours for the professor.

#### Tips

- Visit Blackboard a few days before classes begin. Some professors upload the class syllabus.
- Read the syllabus as soon as you receive it. It may help you decide if the course content and level of difficulty are appropriate for you. If not, you can drop the class (quickly).
- Put due dates for assignments and exams in your planner.
- If you have a question about the syllabus, ask your professor.
- Keep the syllabus in a safe place (like a 3-ring binder).

## If You're Coming from a Community College

Some transfer students experience a bit of culture shock. Here are a few differences you may notice as you transition into ODU:

- You can't bill the cost of textbooks to your student account. However, if you are expecting a tuition refund, you can use those funds once they arrive.
- You may notice an increase in the size and frequency of assignments, especially in your 300- and 400-level classes. Many advisors suggest taking fewer credits your first semester until you adjust.
- Your classes may be larger, so it is best to visit your professors during office hours to give them a face to go with your name.
- You will meet with an academic advisor each semester to discuss course selection, degree progress, and career goals. This academic advisor provides specialized advising by major.
- You may find that the campus is larger than you anticipated, with services spread across multiple buildings.
- You will experience greater connectedness to campus if you join a student organization. There are over 300 to choose from, including professional organizations that will strengthen your resume.

## Additional Help for Transfer Students

At ODU, we understand that transfer students have unique needs. That's why we have two offices dedicated to easing your transition into the university.

### Transfer Evaluation Services

Rollins Hall  
757-683-3685  
transfereval@odu.edu

Services include:

- Updating and sending final transcripts
- Challenging course equivalencies
- Resolving transcript evaluation issues
- Publishing/reviewing transfer guides and test credit grades
- Completing Service-members Opportunity College course reviews

### Advising and Transfer Programs

Student Success Center  
757-683-3699

**Daniela Cigularova**, Director (dcigular@odu.edu)  
**Tania Alvarez**, Coordinator (talvarez@odu.edu)  
transferadvising@odu.edu and advising@odu.edu

Services include:

- Assisting with transcript re-evaluations
- Teaching UNIV 100 for transfers
- Conducting special events such as transition workshops and Transfer Tuesday events and connecting students with transfer mentors
- Assisting students who followed the articulation agreement between Virginia Community College System and Old Dominion University
- Assisting students who submitted the Letter of Intent to transfer.

**Advising Tau Sigma National Honor Society.** Its mission is to recognize the academic achievement of students transferring from another academic institution and to encourage and promote involvement. Participation is by invitation only after your first semester of full-time enrollment at ODU. You must be enrolled full time, have at least 24 credits, earn a 3.5 GPA or be in the top 20 percent of transfer students during that term.

### Transfer Advisors in the Colleges

- College of Arts and Letters: Jeb Midyette (jmidyett@odu.edu)
- College of Sciences: Brittany Shearer (bshearer@odu.edu)
- College of Health Science: Advisors assigned by last name  
hsadvising@odu.edu
- Strome College of Business: businessadvising@odu.edu
- College of Engineering and Technology:  
Kim Sibson (ksibson@odu.edu)

**Insider Tip for Success:** Be sure to submit a final transcript with any earned Associate Degree.

## University Libraries

ODU has a main library and two smaller libraries on the Norfolk campus.

The **Perry Library** (located on 43rd Street) is home to most of the libraries' collections and services. It includes an impressive collection of monographs, periodicals, government publications, maps, various electronic resources, videos, and other media. The Learning Commons @ Perry Library is open 24/5 to support your academic needs with research and technology assistance, tutoring services, and equipment loans!

The **Diehn Composers Room** (located in the Diehn Center for the Performing Arts) provides services and resources related to musical collections. The Listening Room provides the opportunity to listen, individually or in groups, to the collection of scores, sound recordings, and DVDs available; many also use the room to compose. The Reading Room offers a place for music scholars to study manuscripts and other special collections materials.

The **Hofheimer Art Library** (located in the Barry Arts Building on Monarch Way) includes over 10,000 volumes on architecture, sculpture, drawing, painting, print media, photography,

and arts and crafts. It also includes an art reference section, periodical subscriptions, and a guide to selected art resources on the Internet.

For more information, visit [www.odu.edu/library](http://www.odu.edu/library).

### How can the Libraries help you?

- By providing expert assistance in your subject areas
- By providing online access to materials
- By providing collaborative and quiet study spaces



## Learning Commons and Student Success Center

The Learning Commons and the Student Success Center bring together library resources, technology, and expertise in a flexible, inviting space to help you excel with your coursework, collaborate with classmates, and give you academic support.

### What's available?

- Help desk – library research assistance and technology support
- Tutoring Services – Math and Science Resource Center, Peer Educator Program, Writing Center
- Reservable collaboration rooms
- A presentation room, multimedia area, and sound booth
- Equipment loans of iPads, cameras, laptops, and more
- Einstein Bros. Bagels (indoor and outdoor seating)
- Flexible furniture (build your own study space)
- Quiet spaces
- Open 24/5

### Student Success Center Offices

- Advising & Transfer Programs
- Center for High Impact Practices
  - ePortfolio
  - Learning Communities
  - Peer Educator Program
  - Student Support Services (TRIO)
  - Upward Bound (TRIO)
  - Writing for College Success
- Educational Accessibility Services
- Honors College
- Military Connection Center
- Student Transition & Family Programs
- University Testing Center

## Tutoring

If you're having trouble in a class, take advantage of these free, on-campus resources that can help you build your skills and succeed in the classroom.

### Peer Educator Program

1104 Student Success Center and 1313 Learning Commons  
[www.odu.edu/peereducator](http://www.odu.edu/peereducator)  
757-683-6396

Tutoring available: Individual drop-in and appointment-based tutoring offered for a large variety of subjects

### Math and Science Resource Center

146 Oceanography Building and the Learning Commons  
[www.sci.odu.edu/msrc](http://www.sci.odu.edu/msrc)

Tutoring available: College Algebra, Pre-Calculus I, Introductory Chemistry, General Chemistry, Organic Chemistry

### The Writing Center

Learning Commons  
<http://al.odu.edu/wts>  
757-683-4013

Tutoring available: All stages of the writing process for any subject

### The Physics Learning Center

Physical Sciences Building, 2nd Floor Atrium  
[www.odu.edu/physics/resources/learning-center](http://www.odu.edu/physics/resources/learning-center)

### MATH&STAT Lab

2114 Dragas Hall  
[www.odu.edu/math/lab](http://www.odu.edu/math/lab)

## Student Research

Have you considered involvement in faculty-mentored, undergraduate research? Doing research prepares you to be competitive for top graduate programs and research-related careers. It also helps you acquire valuable, hands-on training of the research techniques and methods in your field of study, and hone your writing, reasoning, and informed decision-making skills. The Undergraduate Research Program is an initiative of the Office of Academic Affairs and the Honors College designed to promote, support and fund the involvement of undergraduate students in ODU's active research community. These programs are open to all ODU students in good academic standing.

### Types of programs include:

- Grants to support student research projects
- Travel funds for student travel to present work at national professional conferences
- An annual research symposium where students present their work to the campus research community
- An online undergraduate research journal

For more information, visit [www.odu.edu/ao/honors/urp/](http://www.odu.edu/ao/honors/urp/)

## Study Abroad

Have you ever wanted to explore the Acropolis, Great Wall of China, or Machu Picchu? ODU students do, and can! You should consider studying abroad for a summer, semester, or full year as part of your academic experience. Study abroad can enhance any major by challenging students to adapt to a new academic system and to infuse their studies with a global perspective. In addition, the culture and language learning opportunities offered by study abroad are unparalleled.

Approved courses that are taken abroad are fully transferable to your academic program, and students can take courses to meet major, minor, or general education requirements. Arrangements can also be made for credit-bearing internships, or volunteer and work abroad programs. Students who qualify for financial aid can continue to use this aid while earning credit abroad.

You can learn more about incorporating international study into your ODU degree by attending a variety of information sessions, workshops, and the Study Abroad fair. This is truly a life-altering experience. Learn more at <http://www.odu.edu/content/odu/academics/international-learning-opportunities/study-abroad.html>.



## Academic Integrity

ODU is committed to fostering an environment that is safe and secure, inclusive, and conducive to academic inquiry, student engagement and student success. This community exists on the basis of shared values and principles. At the University, you are expected to uphold and abide by standards of conduct that form the basis of the Code of Student Conduct. These standards are embodied within a set of core values that include integrity, fairness, respect, community, and responsibility.

When student members of the community fail to exemplify these values, student conduct proceedings are used to assert and uphold the Code. All students are expected to assume responsibility for their conduct, and to assume reasonable responsibility for the behavior of others. The student conduct process exists to protect the interests of the community, and to educate and respond to those students whose behavior is not in accordance with our standards.

### The objectives of the Student Conduct System are:

- Create an environment that provides the best opportunity for academic inquiry and learning;
- Assure students a fundamentally fair opportunity to resolve allegations when they have been accused of violating the Code;
- To protect members of the University community from harm resulting from the misconduct of the few students who fail to respect the rights of others; and
- To help ensure order in the University community.

### If you only remember a few things about student conduct, here's what you should know:

- The Code of Student Conduct applies to you no matter where or when conduct takes place. This includes off-campus events, activities that take place during academic breaks, and what you post on social media sites.
- Fighting violates University standards of behavior. Students who live on campus typically have their housing contracts terminated as a result.
- The University has a policy of giving amnesty from policy violations that involve underage drinking or drug use at the time when a student is actively seeking medical help for themselves or others, or for students who provide help-seeking assistance to victims.
- The Office of Student Conduct & Academic Integrity is your partner in achieving your goals at ODU. While we expect you to take responsibility for your actions, we also enjoy seeing you walk across the stage at graduation.

### Academic Integrity at Old Dominion University

As a Monarch, you're expected to familiarize yourself with the standards of academic honesty. These standards may be different from what they were in high school or even at another college or university you have attended.

You're expected to seek out information about appropriate citation methods and communicate with faculty members to ensure you understand expectations related to classroom

behavior and academic work. Here are some tips you may find helpful:

- Don't wait until the last minute to complete your work, as you are more likely to make careless errors or make decisions which don't align with your values or institutional standards.
- When reviewing your paper, ask yourself this question: "How will my readers know what words and ideas are my own as opposed to the words or ideas of other scholars?"
- Take careful notes when researching so you will not inadvertently confuse your words/ideas with the words/ideas of others.
- Double-check your work to ensure any citations appearing in your paper also appear in your references (and vice-versa).
- When paraphrasing other authors, compare your paraphrased passage to the original to ensure it does not resemble the original too closely.
- Do not turn in a rough draft by mistake; what you submit is what will be evaluated (both for a grade as well as potential plagiarism).
- Follow the citation style supplied by your faculty member. If one is not provided, ask if one is preferred or recommended and follow it meticulously.
- Educate yourself on the rules of citation. Students are held accountable for knowing the Code of Student Conduct.
- Collaborate only within the limits established by your instructors; if you have any doubt, ASK!
- For more information about the Code of Student Conduct, please visit the Office of Student Conduct & Academic Integrity's website at <http://www.odu.edu/oscai>.

#### Office of Student Conduct & Academic Integrity

2122 Webb Center  
757-683-3431  
[oscai@odu.edu](mailto:oscai@odu.edu)

## Academic Difficulty

If you experience difficulty in one or more classes, it's important to know your academic resources and what steps you can take to protect your academic standing.

- After reviewing the syllabus, if you decide the class is too difficult or requires more time than you can commit to it, you may drop the class before the add/drop deadline with no financial or academic penalty (usually within the first 11 days of the fall or spring semester) by logging into Leo Online.
- If you're having trouble understanding the material, seek help before tests or major assignments are due. Visit your professor during the office hours listed on your syllabus to communicate your concerns and ask for help. Take advantage of free tutoring. Speak to your academic advisor about study tips, test-taking strategies, and your options for withdrawing from the class before the deadline.
- During the fifth week of the semester, review your progress reports in myODU. Progress reports are available for 100- and 200-level classes. Use the progress reports and the grade components listed in your syllabus to determine if you can improve your grade by the end of the semester. As part of the Early Alert Response System (EARS), you'll receive an email and be encouraged to meet with an advisor if you're earning a C- or below in a class.
- Consult with an academic advisor and financial aid counselor to discuss your options before withdrawing from a course, as reducing your number of credit hours can impact financial aid eligibility.



- After your first semester, you'll be placed on academic warning if your grade point average is below a 2.0. If you're a freshman, you'll be required to participate in an academic success program during your second semester. A similar program is available for transfer students or any student wanting academic assistance. Contact the Student Success Center for more information at 757-683-3699.

## Key Terminology

**Whenever making changes to your schedule, you should always speak with your financial aid counselor and academic advisor first!**

### Drop vs. Withdraw

If you drop a class by the deadline, you incur no financial obligation or grade for the class. After the drop deadline, you may withdraw from the class and a financial obligation is incurred. If you're a full-time student, dropping or withdrawing from classes may impact your financial aid, on-campus housing, or insurance eligibility if you fall below 12 credits.

### Official Withdrawal

- After the first seven calendar days of the semester and through the end of the 10th week of a regular semester (or its equivalent for non-semester courses), you may withdraw from any course with a grade of "W" assigned. The "W" grade is not computed in your GPA. During this withdraw period, no instructor signature is required and withdrawal may be

accomplished via Leo Online or submitting a Drop/Add/Withdraw Form to the Office of the Registrar in Rollins Hall.

- After the 10th week of a regular session (or its equivalent in a non-semester course) and by the last day of classes, you must submit a Request for Exception -- Permission to Withdraw After Midterm to your instructor and the department chair, who must both sign the form. If permission is granted, a grade of "W" will be recorded when you submit the form to the Office of the Registrar. If permission is not granted by both, you will not be allowed to withdraw from the course. Any appeal of decisions should be brought to the dean of the college offering the course.

### Unofficial Withdrawal

- If you stop attending classes without officially withdrawing, you'll receive a grade of "WF" unless your performance has been an "F", in which case an "F" will be assigned. The grade of "WF" will be computed in your grade point average. Non-attendance doesn't relieve you of financial responsibility for the course.

### Satisfactory Academic Progress (SAP)

If you're a student on financial aid, you'll be required to demonstrate satisfactory academic progress (SAP) toward your degree by completing 67 percent of the total credit hours you attempt. If you drop below 67 percent, you'll receive notice from the Financial Aid office and be required to submit written documentation (SAP form) explaining the reasons you did not complete as many hours as needed. This written documentation will be reviewed by your financial



aid counselor and a committee who'll determine whether to reinstate your financial aid on a probationary basis. If you receive this probation, you must submit a plan for achieving satisfactory academic progress and a semester-by-semester course plan. Withdrawing from all courses for two consecutive semesters may result in loss of financial aid eligibility.

## Incompletes

A grade of "I" indicates assigned work yet to be completed in a given course, or absence from the final examination, and is assigned only upon instructor approval of your request. The "I" grade may be awarded only in exceptional circumstances beyond your control, such as illness, and only after 80 percent of the time allocated for the course has elapsed and substantial progress has been made toward completion of course requirements. The "I" grade becomes an "F" if not removed by the last day of classes the next semester.

## Grade Point Average (GPA)

Each letter grade carries a point value that is used in calculating the grade point average (GPA). Your GPA is determined by dividing the total grade points you've earned by the total credits you've attempted. Your semester (or current) GPA takes into account one semester's grade points earned and credits attempted. Your cumulative GPA takes into account your total grade points earned and credits attempted.

## Grade Forgiveness Policy (GFP)

This policy allows you to retake a class if you received a final grade of C- or below and replace the grade on your transcript to improve your grade point average. You are limited to using grade forgiveness once per class and a total of five times. In order to take advantage of the policy, you must retake the same course at ODU. The registrar will automatically apply the GFP to any eligible course that you repeat at the end of the semester. The second grade will be calculated into your grade point average regardless of whether or not your performance improves. Your academic transcript will list both grades received. While your enhanced grade point average may keep you in good academic standing, it will not affect your eligibility for honors or the dean's list. Please note that you can't use Grade Forgiveness if you've been found in violation of the honor code for that course.

## Academic Continuance Policy

If your cumulative GPA falls below 2.0 for one semester, you'll be placed on **academic warning**.

If you don't achieve a 2.0 cumulative GPA at the end of the next semester, you'll be placed on **academic probation**. While on probation, you'll be required to meet regularly with your academic advisor.

If you achieve a 2.0 cumulative GPA at the end of the next semester, you'll be returned to **good academic standing**. While on academic probation, you can continue taking classes as long as you achieve a minimum 2.0 semester GPA (fall or spring). If you don't, you'll be placed on **academic suspension** and must separate from the university. Speak to your academic advisor about appeals for academic suspension and readmission.

Students who receive a 0.0 GPA for two consecutive semesters (fall and spring) will be suspended immediately.

## Educational Accessibility

Did you use accommodations to help make you more successful in high school or at a previous college? Do you currently have an Individualized Education Plan (IEP) or are you registered with an office that provides services to students with disabilities? Do you have different educational needs than your friends without disabilities? If yes, then you should consider registering with the Office of Educational Accessibility (OEA).

### What might make you eligible?

- ADD/ADHD
- Learning disabilities
- Medical disabilities
- Visual impairments
- Psychological conditions
- Hearing impairments
- Autism spectrum disabilities
- Mobility impairments

As you will soon learn, the ODU environment is different from most high school and community college settings, requiring a great deal of independence and responsibility. You should plan to establish communications with OEA as early as possible to make arrangements for accommodations or services you may require. **It's up to you to share information about your disability to ensure you receive the accommodations you need** and are legally afforded by the Americans with Disabilities Act (ADA). Our staff will work with you to determine your specific needs and identify appropriate accommodations and support. These are provided so that you can freely and actively participate in all facets of university life and maximize your educational potential!

### What type of support is available?

- Distraction-reduced room for testing
- Full range of testing accommodations
- Interpreters for classes
- Use of assistive technology
- Note-sharing
- Textbooks in electronic format
- On-campus transportation via golf cart
- Consultation with faculty and staff

OEA can help you to follow a well-structured study plan involving the use of time, resources, and accommodations that fit your needs. We'll help you focus on your strengths, utilize your accommodations, develop good study habits, and stay mindful of your lifelong goals. But we can't help you unless you let us. Please contact OEA to learn more about registering with us.



### Office of Educational Accessibility

1021 Student Success Center

757-683-4655

[www.odu.edu/educationalaccessibility](http://www.odu.edu/educationalaccessibility)

As a welcoming, engaging, and supportive environment, OEA offers dynamic educational support services for students who experience disabilities so they can be successfully accommodated and included in the rich diversity of university life.

## Experiential Learning

### Thinking about an Internship or Co-Op?

**Internships** are one-time, paid or unpaid work experiences related to your major or sometimes your minor. Co-ops are continuing, paid experiences. There are two types: Parallel co-ops involve working part time and studying full time or part time; alternating co-ops involve working full time for one semester, studying full time for the next, and so on until graduation.

International students are eligible to complete internships through a program called Curricular Practical Training. If you want **academic credit** for your experience, most academic programs require that you are of junior status or higher, with a declared major or minor, and have at least a 2.0 GPA. Your **first step** is to attend an internship orientation, sponsored by Career Development Services. To learn more, visit [odu.edu/cds](http://odu.edu/cds)







# Taking Care of Business



## Getting Your Student ID Card

One of the most exciting moments for a new student is getting a student ID card. You'll need it to move into and access your residence hall, swipe into classes where professors take attendance, check out library books and attend athletic events. Your ID card carries your door access, meal plan and Flex Points, and can serve as a campus debit card for your Monarch Plus account.



As an ODU student, you're required to carry your ID card. So how do you get it?

If you submitted an acceptable passport/driver's license style headshot at least two business days prior to Preview, your ID will be available for pickup on the day of the event. You'll need another form of ID such as a driver's license to collect your ID card.

If you didn't submit a photo prior to your Preview you can still get your ID card at select times throughout the day of the event.

If you don't have a chance to get your ID at Preview, visit the University Card Center before you begin classes. Summer hours of operation are Monday through Friday, 9 a.m. to 5 p.m.

### University Card Center

757-683-3508

Email: [cardcenter@odu.edu](mailto:cardcenter@odu.edu)

[www.odu.edu/cardcenter](http://www.odu.edu/cardcenter)

## Bookstore Information

We offer textbooks, ODU apparel and gift items, general reading books, and school supplies at the University Village Bookstore. When purchasing your textbooks there are several options available to save you money. These include the Rent-a-Text program, the digital textbooks program, and, of course, used books in-store and online ([www.shopodu.com](http://www.shopodu.com)).

### Textbook Rental

You can avoid the sticker shock of buying your textbooks by renting them for the term. Textbooks rentals through Rent-A-Text have saved students over \$400 million so far. Highlight content just like books you've bought. We'll send you a check-in date reminder notice, but if you want, you can buy your rented books before the return date. To participate, you'll need to be over 18, with an ID, contact info and major credit card.

### Digital Options

Digital textbooks and study guides, like our Brytewave titles, give you remarkable new pathways for learning. Enjoy searchable text, highlighting, and note taking. Study via computer, mobile device and tablet. You even have the ability to join virtual study groups for some digital books.

### Buying Books

If you want to buy your textbooks, the ODU bookstore offers the largest local selection of new and used textbooks. Shop early to have the best opportunity at the used texts. To find a list of required textbooks:

- Visit [my.odu.edu](http://my.odu.edu) and log in with your MIDAS ID and password
- Click the button for Leo Online

- Click "Registration"
- Click "ODU Bookstore" and follow the instructions

### Buy? Rent? Digital?

It's a brainteaser. Choose the option that best fits your study style and budget. If you prefer a physical book with less online distractions, you might want to consider new, used or rental books. If you prefer a lighter backpack and convenience of one platform or device, consider going digital.

### Turning Books into Cash

What you need to know about selling back the books you've bought: Have a valid student ID. Get up to 50% of your purchase price. We buy based on condition, demand, inventory and whether or not it will be used next term. You'll want to sell early (during finals week) since prices go down when more books are in stock. You can sell your book back any time even if you drop a class.

The official ODU bookstore is behind the Ted Constant Convocation Center in the University Village.

## Paying Tuition

The Office of Finance welcomes you to the ODU family! Our office is here to assist you with issues pertaining to billing and payment. Once you've registered for classes, it's important to know and familiarize yourself with deadlines and other information to avoid having a hold placed on your student account in Leo Online. We encourage you to become familiar with the financial policies specified in the University Catalog and other relevant publications.

### Office of Finance

202 Alfred Rollins Hall

757-683-3030

[www.odu.edu/finance](http://www.odu.edu/finance) (click on the "Student" link)

### Quick Facts About Billing:

- ODU does not send paper bills. Billing statements are sent to your ODU email address. Be sure to activate your email address via MIDAS.
- Parents/guardians may also receive the monthly statements once you add them to your account as an "Authorized User."
- The billing statement will list all charges on your account (i.e., tuition, housing, meals, and fees) and when the payment is due.
- Tuition rates are subject to change each year. Please visit the website at [www.odu.edu/finance](http://www.odu.edu/finance) (click on the "Student" link) for the tuition and fees rates for the 2017-18 school year.
- You won't be allowed to register for subsequent semesters, receive a degree, or access transcripts and grades if you have outstanding University debts on your account.
- Acceptable forms of payment include personal check, money order, credit/debit cards and cash. Cash payments should not be sent through the mail. Credit card payments are no longer accepted in person at the Cashier windows. ODU accepts MasterCard, VISA, Discover, and American Express credit cards online only through the Student Billing Suite by authorized users OR by students in Leo Online. Students who pay by credit card will be charged a 2.75% non-refundable convenience fee (or \$3.00, whichever is greater).

Please be sure you include your UIN (University ID Number) on any check or money order payment. You may also pay via Web check through Leo Online. Students may not use credit card convenience checks to make payments via Web check since they are not recognized by automated banking systems.

## Payment Plan

We offer a University Payment Plan during fall and spring terms ONLY. Payment plans are currently not available for summer sessions. Payment plans must be established in Leo Online each term by the published tuition deadline. When setting up the payment plan, charges for each semester are divided into four equal payments with a \$40 non-refundable setup fee which must be paid at the same time the payment plan is established online. Either you or your Authorized User may establish the payment plan, but you remain responsible for ensuring your account remains current. After you sign up for the payment plan, you will continue receiving a comprehensive billing statement of all remaining charges. Please refer to Leo Online to see the actual payment amounts and due dates. The payment plan may not be revoked once established. Full information about the payment plan is available on the Office of Finance website: [www.odu.edu/admission/costs-tuition/tuition/billing/payment-options/payment-plan-agreement](http://www.odu.edu/admission/costs-tuition/tuition/billing/payment-options/payment-plan-agreement). For more information about the payment plan, you may also contact [tuition@odu.edu](mailto:tuition@odu.edu).

## Employer/Third-Party Payment

We accept company checks or purchase orders as payment, or we can bill your employer for your total charges with the appropriate authorization. Unfortunately, we are unable to bill employers who reimburse an employee based on the course outcome or the grade received. Contact the third-party billing representative at 757-683-3030 for more information.



## Financial Aid Disbursement

We are the disbursing agent for students awarded financial aid funds. Funds are applied directly to student accounts when funds are available and automatically pay the charges. You are responsible for any remaining amount due by the deadline for charges not covered by the financial aid.

## Financial Penalties

Registrations are not canceled due to non-payment of tuition or non-attendance of classes. Once registered, you accept financial responsibility for payment to ODU. If you fail to make full payment by the published tuition deadline, you are subject to financial penalties. Past due accounts are placed on hold until full payment is received. Past due accounts are sent to a collection agency.

Once a debt is 30 days past due, a 5 percent late penalty of the outstanding balance is assessed. The late penalty is the final warning that your account is past due. Unless you resolve the debt immediately, the University will advance the debt to the next step in the collection process. At 120 days, the debt is advanced to a collection agency and the account holder bears all costs associated with the collection efforts. The cost associated with collections efforts is 25 percent of the outstanding balance.

## Balance of Aid Checks

If the amount of financial aid credited to you exceeds your account charges, this balance of aid is posted to your account. Balance of aid **checks** are released 5-7 business days after the aid has been applied to your account and are mailed to the student's permanent address listed with the Office of the Registrar. Only students who have met all requirements will receive a check or e-refund.

## Tuition Refund Policy

The University will refund your tuition if you drop your classes within the published deadlines. Please remember that your tuition charges won't be eliminated if you fail to attend a course or fail to pay on time. Additionally, your classes will not be automatically dropped if you don't pay on time. For detailed refund information, visit [www.odu.edu/finance](http://www.odu.edu/finance) (click on the "Student" link in the upper left-hand corner). Overpayments of \$5 or less are not refunded unless requested.

## E-Refunds

E-refunds are available for all current term refunds (balance of aid, tuition refunds, housing, meal plans) on your student account. You must sign up for e-refunds prior to disbursement of your financial aid to receive funds electronically. Once a refund is posted to your account, the e-refund is direct-deposited within 2-3 days, dependent upon your bank.

## ODU Student Accounts

Your student account is subject to the financial policies of Old Dominion University, as specified in the University Catalog. Failure to read and comply with university regulations will not exempt you from whatever penalties you may incur.

You can view your account by visiting Leo Online. This account will allow you to view and pay charges, set up a payment plan, view disbursed financial aid, class schedule and more. From here, you may also print a copy of the billing statement.



## Student Account Representative

As an ODU student, you are assigned a billing representative based on the first letter of your last name. If you discover an error or have a question about your billing statement, please contact your billing representative. Please allow 1-3 business days for a response.

### Account Representative Contact Information:

Email: [tuition@odu.edu](mailto:tuition@odu.edu)  
Telephone: 757-683-3030  
Fax: 757-683-4100  
Toll-free: 800-244-1450  
Accounts A-D: Ms. Young ([clyoung@odu.edu](mailto:clyoung@odu.edu))  
Accounts E-K: Ms. Adams  
Accounts L-R: Ms. Eklund ([seklund@odu.edu](mailto:seklund@odu.edu))  
Accounts S-Z: Ms. Miles-Sawyer ([lmiles@odu.edu](mailto:lmiles@odu.edu))

You may send payments or billing inquiries to the address below:

### Office of Finance

Old Dominion University  
Rollins Hall  
Norfolk, VA 23529-0045

## Summer School Financial Aid

Summer School financial aid is administered on a case-by-case basis. There is a separate institutional application and an individual consultation with your financial aid counselor is required. Aid for the summer session is limited. The deadline for applying for summer is generally July 1.

## Applying for Financial Aid

Begin now to plan for next year. You must complete the FAFSA every year to be considered for student financial aid. The priority application deadline is October 1 and all requested documents must be turned in by June 1. Apply online with FAFSA ([www.fafsa.ed.gov/](http://www.fafsa.ed.gov/)). We recommend using IRS data retrieval. If you are interested in scholarships administered by the University, please note that your record will automatically be considered. No separate application is required.

## Financial Aid Counselors

You're assigned a financial aid counselor based on the first letter of your last name.

Telephone: 757-683-3683  
Fax: 757-683-5920

### Undergraduate Financial Aid Counselors

A-F: Ms. Jenkins ([sjjenkin@odu.edu](mailto:sjjenkin@odu.edu))  
G-M: Ms. Baker ([abaker@odu.edu](mailto:abaker@odu.edu))  
N-Z: Ms. Walden ([swalden@odu.edu](mailto:swalden@odu.edu))

### Distance Learning/Study Abroad/Graduate Counselors

Ms. Strachan ([mstracha@odu.edu](mailto:mstracha@odu.edu))  
Ms. Gee ([wgee@odu.edu](mailto:wgee@odu.edu))

## Satisfactory Academic Progress (SAP)

SAP requirements are a federally mandated component of maintaining your eligibility for financial aid. You must make satisfactory progress toward earning your degree to continue receiving financial aid. That progress is measured by the number of credits you earn in relation to the credits you attempt, your grade point average, and the time it takes you to complete an academic program. Your academic progress

will be evaluated at the end of the spring semester. If your grade point average or hours completed don't meet minimum requirements, you'll be placed on financial aid suspension. If that occurs, you will be notified and provided with an opportunity to appeal.

Please note that transfer credits count as attempted and completed hours. Coursework that you repeat counts toward enrollment status.

Review SAP policies and procedures online. Contact a financial aid counselor if you have questions pertaining to SAP.

## Scholarships

If you receive a scholarship from a civic group, club, church or other organization, please ensure that the financial aid office receives a copy of your scholarship award notice. The scholarship check should be forwarded by the agency to the Office of Financial Aid, 214 Rollins Hall, Norfolk, VA 23529. To expedite crediting of the scholarship to your account, please ask the agency to write your name and University Identification Number on the check.

## Eating Made Easy

Monarch Dining Services has a ton of options that let you satisfy any craving – wherever and whenever it may hit you. We operate a large variety of dining locations on campus that include all-you-care-to-eat restaurants in select residence halls; food court and franchise favorites; convenience stores and coffee shops.

We are very excited to open a brand new, state-of-the-art restaurant commons where we continue to host engaging programming and have technology-centered features. We serve dynamic menus that feature ethnic cuisine from South America, Italy, Asia and international tapas. We take great care to ensure that students with special dietary needs have the meals they require to dine with us in an enjoyable and safe manner. We have national franchises like Chick-fil-A, Panda Express, Pizza Hut, Starbucks, Einstein Bros. Bagels and Raising Cane's Chicken Fingers.

There are several meal plan options to choose from and all meal plans come with Flex Points that can be used at all Monarch Dining locations. Flexibility makes it easy to get the most value out of your plan, so you choose which plan is right for you. When Flex Points run low, you have the ability to add more Flex Points to the meal plan, which creates even more value.

## Monarch Dining Checklist

### BEST ADVICE FOR NEW STUDENTS ... COMPLETE THIS CHECKLIST!

#### Sign up for a meal plan (OPTIONAL for off-campus students)

- Students living on campus should have signed up for a meal plan during the housing application process.
- Students living off campus can sign up for a meal plan at any time. Visit [www.odu.edu/cardcenter](http://www.odu.edu/cardcenter).

#### Understand your meal plan

- Two parts of a meal plan: Meals and Flex Points

**Meals:** All-you-care-to-eat meals can be eaten at our three dining halls: Rogers Hall, Legends in Whitehurst Hall, and Café 1201 in Webb Center. Meals do not carry over to the next semester.

**Flex Points:** 1 Flex Point = \$1. Flex Points can be used at any Monarch Dining location. Flex Points carry over from fall to spring semester, if a meal plan is purchased both semesters.

- Meal Exchange – Don't want to use your meal swipe at the dining hall? Use your meal swipes any P.O.D. Market - four locations on campus!

❑ **Know the difference between the Card Center's Monarch Plus and Monarch Dining's Flex Points**

- Flex Points can be used at all Monarch Dining locations (Please visit [www.odu.edu/monarchdining](http://www.odu.edu/monarchdining) for a current listing of locations). Your Monarch Plus account can be used at select locations on and off campus (Please visit [www.odu.edu/cardcenter](http://www.odu.edu/cardcenter) for a current listing of locations).
- Flex Points carry over from fall to spring semester if a meal plan is purchased both semesters. Monarch Plus balance carries over as long as you are a student.
- You can add Flex Points to your meal plan in increments of \$50. You can add any dollar amount to your Monarch Plus account.

**Monarch Dining**

[www.odu.edu/monarchdining](http://www.odu.edu/monarchdining)

[dining@odu.edu](mailto:dining@odu.edu)

[www.facebook.com/monarchdining](https://www.facebook.com/monarchdining)

[www.twitter.com/monarchdining](https://www.twitter.com/monarchdining)

[www.instagram.com/monarchdining](https://www.instagram.com/monarchdining)

## Computing On Campus

### Computer Access

Computer labs are located in Webb Center (in the loft above Starbucks) and in the Learning Commons (first floor of Perry Library). Just log in to the computers with your MIDAS ID and password. Find computer lab hours and machine availability at [www.odu.edu/ts/labs-classrooms/information](http://www.odu.edu/ts/labs-classrooms/information). Most buildings on campus also offer wireless Internet.

### Virtual Lab Environments

If you need to use a lab computer but can't make it to a computer lab, we offer two virtual computing environments, both available 24/7. The Monarch Virtual Environment (MOVE) allows you to access standard lab computers – with specialized software like SAS, Matlab, SPSS – from any Internet-enabled device, including smartphones or tablets. Alternatively, the Virtual Computer Lab (VCL) allows you to reserve a “virtual computer” – loaded with additional applications – remotely



through the Internet. For more information about either of these options, visit [www.odu.edu/ts/labs-classrooms/virtual](http://www.odu.edu/ts/labs-classrooms/virtual).

### Printing

We have color and black and white laser printers all over campus. You can print directly from lab computers, or use wireless remote printing to print from your personal computer to any available remote printer. Each semester you'll receive a credit of \$1.25 to your printing account, and you can purchase additional credit online. For printer locations and more information, visit [www.odu.edu/print](http://www.odu.edu/print)

### ResNet

If you live on campus, the Residential Network (ResNet) provides services and support for Internet (wired and wireless), cable TV and local telephone. We also offer online gaming and notebook support. For more information, visit [www.odu.edu/academics/student-computing](http://www.odu.edu/academics/student-computing).

### Equipment Loans

You can borrow a variety of tech equipment from the Learning Commons at Perry Library, including cameras, camcorders, DVD players, GPSs, graphing calculators, iPads, Macs/PCs, cables, other peripherals, and presentation/sound studio equipment. Learn more at the Consolidated Help Desk or [www.odu.edu/learningcommons/facility/equipmentloan](http://www.odu.edu/learningcommons/facility/equipmentloan).

### Be a Mobile Monarch

The University Village Bookstore offers educational discounts on Apple and Dell notebooks that have been specifically selected to meet the requirements of the University's academic computing environment. You can purchase these “Mobile Monarch” notebooks inside the University Village Bookstore or online at [www.shopodu.com](http://www.shopodu.com). The Bookstore also provides computer hardware and software support.

### Technology Recommendation Checklist

If you bring your own computer to campus, you'll want to be sure it's up to speed. Find out if your computer meets ODU's technical specifications at [www.odu.edu/academics/student-computing/guidelines](http://www.odu.edu/academics/student-computing/guidelines).

### Anti-Virus Software

To make sure your computer stays virus-free, and to protect everyone who uses ODU networks, we provide McAfee anti-virus software for Windows and Mac to all students, free of charge. Download McAfee from the ITS website at [www.odu.edu/ts/software-services/mcafee-win](http://www.odu.edu/ts/software-services/mcafee-win).

### Get Help

The Information Technology Services (ITS) Help Desk offers basic computer support and help with all of your technology questions. Contact us with questions about passwords, account access, email, Blackboard or Leo Online.

**ITS Help Desk**

Visit: 1504 Webb Center

Call: 757-683-3192 or toll free at 877-348-6503 (24/7)

Email: [itshelp@odu.edu](mailto:itshelp@odu.edu) (24/7)

Submit an online work order: [fp.odu.edu](http://fp.odu.edu) (24/7)

Online Knowledgebase: [kb.odu.edu](http://kb.odu.edu) (24/7)



## Get Connected



**CareerLink.** This online system helps you search and apply for a variety of jobs and internships, including on and off campus, part time and full time. Visit [www.odu.edu/cds](http://www.odu.edu/cds) and log in with your MIDAS ID and password.

**myODU Portal.** Visit [my.odu.edu](http://my.odu.edu) and log in with your MIDAS ID and password to access your student email, university announcements, Blackboard, Leo Online, DegreeWorks, news, weather and more – all in one place.

**DegreeWorks.** Log in to the myODU portal to use this web-based, academic advising tool. It identifies courses that fulfill requirements for your major, displays graduation requirements you've already met, and shows those you've yet to complete. You can also generate "What If?" evaluations to see how courses you've already completed would be used if you changed majors. This is a very powerful tool that can help you achieve your academic goals on time in collaboration with your academic advisor. To access the system, visit [my.odu.edu](http://my.odu.edu).

**ODU Alerts.** This is our emergency notification system, activated during urgent situations that affect the University community. Notifications may be weather or safety related. Depending on the preferences you set, you can receive alerts by text message, instant message, phone or email. There's no charge for subscribing to ODU Alerts, though your carrier's messaging rates may apply. To sign up, visit [www.odu.edu/alerts](http://www.odu.edu/alerts).

**ODU Mobile.** You can connect with ODU resources on the go by downloading a free app for your iPhone, iPod touch, Blackberry, Android or other device. The app gives you quick access to directories, campus news and events, emergency assistance, maps, library catalog, shuttle schedules and the course catalog. Search for ODU Mobile in your device's app store.

**OrgSync.** Connect with other Monarchs and find groups and activities to get involved with around campus. Manage and track your campus involvement in student organizations, workshops, trainings and more. For more information, visit [orgsync.com](http://orgsync.com) and log in with your MIDAS ID and password.

**YouTube.** ODU has its own YouTube channel, which hosts videos on academics and faculty, campus life, distance learning, athletics and virtual tours. Visit [www.youtube.com/odu](http://www.youtube.com/odu).

## Transportation and Parking Services

### Campus Office

Elkhorn Avenue Parking Garage  
43rd St. at Elkhorn Ave.

### Hours: (during class sessions)

7:30 a.m. to 6:30 p.m., Monday through Thursday  
7:30 a.m. to 4 p.m. on Friday

### Website

[odu.edu/parking](http://odu.edu/parking)

Welcome to ODU! It is important that you take a moment to learn about the transportation opportunities and parking requirements here on campus to ease your transition into the university. It is our mission to provide you with safe and convenient transportation and parking options while you're here on campus. Please visit our website, our office, or call for more information.

### Parking on Campus

There are more than 7,500 parking spaces distributed across campus. A valid ODU parking permit is required to park in permit controlled areas. The other option is to utilize a metered (hourly) parking space.

There are a variety of permits and passes available for purchase, specific for your use as a commuter, evening commuter, faculty/staff, resident, and/or visitor. Additionally, there are metered parking spaces available throughout campus. You can find a host of informative Parking Maps on our website, [odu.edu/parking](http://odu.edu/parking).

### Parking Permits

Parking is permit-controlled according to your status at the University. Students have options to select from when considering their commute or resident needs.

- 2017-18 Permits go on sale starting August 2017.
- Permits can be purchased online at [odu.edu/parking](http://odu.edu/parking) or at our campus office (see address above).
  - o You will need your MIDAS ID and password to purchase online. If you experience any challenges with the online process, please call the parking office at 757-683-4004 during normal business hours.
- Freshmen living in campus residence halls **may not** bring a car to campus. This policy does not apply to non-traditional freshmen (students who have been out of high school for two years or more). Freshmen may apply for a waiver to this restriction online or in our office for extenuating circumstances.

### Alternative Transportation

#### Shuttle Bus

Consider getting around campus via the free campus shuttle called the Monarch Loop from one of over a dozen locations across campus.

- 7:30 a.m.-12:30 a.m. Monday-Friday (starting at 9:30 a.m. on Saturday-Sunday).
- ODU ID is required to board the Shuttle.
- Live GPS tracking is available on the ODU mobile app for all shuttle routes.

**Weekend Shuttle Routes (Friday-Sunday):**

- Walmart/Kroger Route - Need to go grocery shopping? This free off-campus daytime route will take you to and from the nearby Walmart and Kroger stores.
- MacArthur/Ghent Route - Dining, shopping and entertainment can be found at the MacArthur Center in downtown Norfolk, or on Colley Avenue in Ghent by taking this off-campus route.

**Safe Ride**

"Don't walk alone; use SafeRide to get home." Use ODU's nighttime transportation service to get you home safely.

- Sunset to 2:30 a.m., seven days a week when classes are in session.
- Trip requests can be made on the ODU mobile app, by calling (757) 683-3477, or at [odu.edu/parking](http://odu.edu/parking).
- Service boundaries stretch from the Elizabeth River to Colley Avenue, and from Magnolia Avenue to 38th Street.

**NuRide**

NuRide is the nation's first ride-sharing network that rewards you every time you link up with others to share a ride. Just sign up for a free account at [www.nuride.com](http://www.nuride.com), by using your ODU email address.

**Zipcars**

Several Zipcars are parked on campus, available for students to reserve any time of day at low hourly rates that include gas, insurance and 180 miles of driving per day.

Simply create a Zipcar account at [zipcar.com/zipodu](http://zipcar.com/zipodu) to start driving.

**Regional Transit**

Hampton Roads Transit (HRT) provides bus, light rail and ferry service across the Hampton Roads region. ODU has partnered with HRT to provide discounted annual transit passes called GoPass365, available for purchase at our office.

For route maps and times please visit [www.gohrt.com](http://www.gohrt.com).

**Additional Travel Resources****Air**

Norfolk International Airport  
[www.norfolkairport.com/](http://www.norfolkairport.com/)  
757-857-3200

**Train**

AMTRAK – Downtown Norfolk  
[www.amtrak.com](http://www.amtrak.com)  
1-800-872-7245

**Bus**

Greyhound Bus Lines – Downtown Norfolk  
[www.greyhound.com](http://www.greyhound.com)  
757-625-7500

**Military, Veteran and NATO Students****Military Activities**

Based primarily on its Norfolk location in one of the largest concentrations of military headquarters and forces in existence, Old Dominion has enjoyed unique academic and research interface with the Armed Forces dating back to the end of World War II. Accordingly, nearly a quarter of the University's student body is "military affiliated" as active duty, retired, reservist, veterans and family members. A significant number of former military personnel are included within the faculty, administrative and classified staffs. ODU is well known as a "military friendly" campus that enthusiastically supports the Armed Forces and is routinely classified as such in recognized national surveys.

**Director of Military Activities**

The director of Military Activities maintains links with service leaders, the local military bases, evaluates military-related academic and research opportunities, supervises ODU's large ROTC programs, develops special military recognition events, and serves as the senior ODU military representative and ombudsman.

**Military Connection Center**

The Military Connection Center is committed to assisting veterans, active duty service members, reservists, guardsmen, and their families to successfully navigate the transition to academic life. Our goal is to provide comprehensive support for connecting to ODU from admission to graduation and job placement. The centrally located office in the Student Success Center serves as a hub on campus to direct military-affiliated students to existing and newly developed services such as the GI Bill, the admissions process, and financial aid. For information please call 757-683-7153, or email [military@odu.edu](mailto:military@odu.edu). We will be happy to answer any questions you may have about using your GI Bill benefits at Old Dominion University.



## Reserve Officers Training Corps (ROTC)

Old Dominion University is host to two of the largest ROTC programs in the United States with approximately 300 Army ROTC cadets and 300 Navy midshipmen, officer candidates and Marine Corps students. The Army unit was established in 1969 and is housed in Rollins Hall. The Navy unit, created in 1982 under the title of "Hampton Roads Naval ROTC Unit," is a consortium of Old Dominion, Norfolk State and Hampton universities. The unit is located in the NROTC Annex on Bluestone Avenue. ROTC students are fully integrated into campus life.

## NATO Students

Old Dominion enjoys two highly successful partnerships with the nearby Allied Command Transformation (ACT) Headquarters and the Combined Joint Operations from the Sea Center of Excellence, including a wide range of academic exchanges, internships and related endeavors. A limited number of NATO scholarships are available, representing the difference between out-of-state and in-state tuition. The program is coordinated within ODU's International Admissions Office.

## GI Bill and Military Educational Benefits

The Military Educational Benefits Certification Department, located within the Office of the Registrar, 1009 Rollins Hall, provides military certification services to students utilizing educational benefits from the various branches of military service. We support those still serving in the military, veterans and eligible dependents. The VA certifying officials act as a link between the University and the regional VA processing offices and can provide information on university procedures. If you require information about using GI Bill benefits at Old Dominion, please email [vaservices@odu.edu](mailto:vaservices@odu.edu) or call 757-683-4425. For more specific information regarding using the GI Bill for the first time, or if you are continuing your benefits, please visit [www.odu.edu/admission/military-admission](http://www.odu.edu/admission/military-admission) or contact the Military Connection Center at 757-683-7153 or [military@odu.edu](mailto:military@odu.edu).

## Military / Experiential Learning and Transfer Credit

The University fully appreciates the value of military experience and training and accepts such background for credit whenever consistent with higher education and academic accreditation policy. Details may be found at [www.odu.edu/admission/military-admission/military-credit](http://www.odu.edu/admission/military-admission/military-credit) on how each service documents military training and education. The Transfer Evaluation Services Office, within the Office of Admissions, evaluates transcripts from regionally accredited colleges and military transcripts.

## Military Distance Learning

Old Dominion has been a pioneer since the mid-1980s in providing education support at a distance to military personnel. Approximately 25 percent of the ODU student body, including active duty, reserve, retired personnel and veterans, are obtaining an education by distance learning technologies including satellite, web-based, video streaming and CD-ROM. Visit [dl.odu.edu/military-veterans](http://dl.odu.edu/military-veterans) for further details, including a list of all ODU sites around the country.

## VetSuccess Program

The VetSuccess on Campus program is a partnership between the U.S. Department of Veteran Affairs and Old Dominion University to assist students with military affiliation to make a smooth transition to college life and to successfully complete their educational programs. The VetSuccess on Campus counselor is located in the Military Connection Center and will assist veterans, active duty military as well as eligible family members with locating information on VA educational benefits; applying for and understanding VA benefits; providing career counseling and vocational exploration, information and referrals for VA and community-based facilities, and integrating the VA in veteran-focused campus events.

## Student Veterans Association

This student organization serves the needs of students with prior or current military association, their families and their dependents. It aims to develop and implement support activities to better assess, promote and represent the interests of this population within the university community. SVA has an office in the U-Center in Webb Center. Please email [sva@odu.edu](mailto:sva@odu.edu) for more information.

## Military Frequently Asked Questions

Visit [www.odu.edu/ao/military/about/faqs.shtml](http://www.odu.edu/ao/military/about/faqs.shtml)

## Important Numbers:

ACT Strategic Engagement Office .....	757-747-3182
Career Development Services .....	757-683-4388
GI Bill .....	757-683-4425
International Admissions .....	757-683-3701
Military Connection Center .....	757-683-7153
Military Distance Learning .....	757-683-6265
Military Enrollment Services .....	757-683-4473
Military Science and Leadership/Army ROTC .....	757-683-3663
Military Student Services (press option 5) .....	757-683-4425
Military Transfer Credit .....	757-683-3685
Naval Science/Naval ROTC .....	757-683-4744
Office of Military Activities .....	757-683-3018
Transfer Evaluation Services .....	757-683-6840
Vet Success Counselor .....	757-683-7114

## Fun Facts

ODU is 22nd among four-year schools in a recent ranking of the nation's 100 Best Colleges for Veterans as ranked by the national publication Military Times.

# Safety Health and Wellness





## S.O.S. – Help Needed

ODU's Dean of Students Office (DoS) creates a culture of care and support for all Monarchs and is committed to enhancing students' academic and personal success. As student advocates, DoS provides students with support, problem resolution, and referral services. DoS also empowers students to make responsible choices that embrace Monarch Citizenship whether on or off-campus.

Service areas within the Dean of Students Office include:

- Student Success Initiatives
- Student Outreach & Support
- Off-Campus Student Life

2008 Webb Center  
757-683-3442

[www.odu.edu/life/dean-students](http://www.odu.edu/life/dean-students)

Student Outreach & Support (SOS) provides services to students who experience administrative, academic or personal road blocks. SOS is here to help you achieve your personal and academic goals. It's a place where you can bring questions and concerns about University rules, policies, or procedures, and it provides resources to help you develop strong and effective working relationships with faculty and staff at the University. Additionally, SOS helps you develop resolution strategies for conflicts with instructors, staff, processes or departments; student to student issues; University policy issues; extended class absence notifications, financial concerns/ emergency grants, and withdrawal from the University.

### Reach out to SOS when you need someone to:

- Listen to your complaint
- Clarify University policy
- Answer questions concerning appropriate channels
- Assist with problems that have not been resolved by other offices
- Make referrals to campus and community resources
- Help define options that are available to you
- Open avenues of communication
- Offer a safe place to discuss your concerns

### SOS reaches out when you:

- Receive medical assistance or a transport to the hospital
- Are admitted as a patient to a hospital
- Experience the loss of a loved one
- Are faced with extenuating circumstances (homelessness, financial crisis)

#### Student Outreach & Support

2008 Webb Center  
757-683-3442

[www.odu.edu/sos](http://www.odu.edu/sos)

### Fun Facts

The ODU Care Team is an extension of Student Outreach and Support. The Care Team was established to provide a university-wide system of care and support for students who experience an unexpected crisis. The Care Team's role is to determine effective strategies for addressing concerns and connecting students with the appropriate resources.

## Safety First

On behalf of the Police Department, welcome to Old Dominion University. If we can assist you in any way, please feel free to contact us.

The members of the ODU Police Department strive to maintain an excellent standard of police service, as well as customer service overall. Should you have any questions or need assistance, please do not hesitate to call us. The Police Department is located at 4516 Monarch Way and is open 24 hours a day, providing around-the-clock protection and services to the University community. Police officers are on duty 24 hours a day, 7 days a week, throughout the year. The department is responsible for enforcing state and local statutes as well as Old Dominion University policies and regulations. Our police officers are state-certified law enforcement officers who receive their training at the Hampton Roads Criminal Justice Training Academy.

The Police Department is responsible for the enforcement of state laws, city ordinances, campus policies, security and emergency management by providing a safe and healthy environment that enhances the learning experience and complements the University's educational mission.

**To report a crime or an emergency while on campus, call the Police Department at 757-683-4000.**

### Crime Prevention Services:

**Operation ID.** With this free service, you can register identifying information of your valuables such as laptops and other electronics.

- **Bicycle registration and engraving.** This service is provided at no charge. Registering your bicycle can reduce the risk of your bicycle being stolen, and greatly increases the chances of your bicycle being recovered if it is stolen.
- **Patrol Aides Escort Services.** This free service provides Student Patrol Aides to walk with you across campus. You can request a Student Patrol Aide Escort between the hours of 6:30 p.m. to 12:30 a.m. during weeknights and 8:30 p.m. to 2:30 a.m. Friday and Saturday throughout the fall and spring semesters. The phone number is 757-683-4000.
- **Safe Ride.** During evening hours, Transportation and Parking Services provides a safe mode of travel for students, faculty and staff who would otherwise have to walk alone at night. Safe Ride is a free service that operates from sundown to 2:30 a.m., seven days per week, throughout the fall and spring semesters. For services, call 757-683-3477 or use [www.odu.edu](http://www.odu.edu).
- **Emergency phones.** The red emergency telephones are located inside campus buildings and blue call boxes are located outside and in the parking garages around campus. You can use the red phones or blue call boxes to report emergencies or suspicious activity immediately.



- **R.A.D. (Rape Aggression Defense)** Are you prepared to defend yourself? No one wants to be attacked. But the fact remains that every year thousands of people are attacked in this country, especially women and children. The statistics are staggering. This course is offered on campus by specially trained instructors. Dates for the R.A.D. course will be advertised on the ODU website as they become available.
- **My car battery is dead.** Can I get a jump-start? Departmental policy prohibits the use of University Police vehicles to jump-start other vehicles; however, the department has available jumper cable boxes which are loaned on a first-come, first served basis. To borrow a jumper cable box, come by the Police Department at 4516 Monarch Way. You must present a valid ID card, which will be returned to you when the jumper cable box is brought back. (Note: A student ID is acceptable for checking out jumper cable box). For more information, call 757-683-4000.
- **Safety Lectures and Seminars.** Safety lectures and seminars are presented on topics ranging from welcoming new and returning students, to reporting criminal activity. For more information, call the ODUPD Community Policing Division at 757-683-5897.
- **Fingerprinting.** The Detective Division offers you free fingerprinting services. Call 757-683-5665 for an appointment.

### Tips to Stay Safe on Campus:

- Program ODU police numbers into your phone. The emergency number is 757-683-4000. The non-emergency number is 757-683-5665.
- **Sign up for ODU Alerts.** In case of emergencies, you can be notified by text message, instant message, or phone call if you sign up at [www.odu.edu/alerts](http://www.odu.edu/alerts).
- **LiveSafe App.** This is a safety resource that is available at your fingertips and it's a free app that can be downloaded to your android or smartphone for the purpose of reporting information pertaining to criminal activity. The technology that is provided through this app allows you to speak, text, or upload photos/video directly to ODUPD dispatchers in real time. All of the information that is relayed to ODUPD through this app assists in an effective police response to your call for service.
- **Personal Property Safety.** Never leave valuables, backpacks, books, or electronics unattended in public spaces such as common areas, cafeterias, the library, etc.
- Park your car in well-lit areas. Use a garage if possible.
- Make sure any valuables in your vehicle are secured and out of plain view.
- **Never walk alone.** Be aware of your surroundings and walk where sidewalks are well-lit and well-traveled.
- Download a tracking app or program to your phone or laptop and keep the GPS on.
- Use Safe Ride, Patrol Aides Escort Services or the shuttle bus to navigate campus at night so you do not have to walk alone.
- Keep your keys and ID card in a safe place. Never loan them out. Report any losses immediately.
- **Pedestrian Safety Tips.** While walking try to avoid using listening devices (cell phone and earbuds). Do not cross in the middle of the street or between parked cars, as drivers are not expecting pedestrians to cross anywhere but at a marked crosswalk. Virginia law states drivers can turn right on a red light. Drivers don't always stop before turning or look to the right before they turn, so be sure you know the driver has seen you. Using a sidewalk is always best, but if

you must walk on a road that does not have sidewalks, walk toward incoming traffic. Wear bright colors or reflective clothing if you are walking / running near traffic at night. Use the pedestrian crosswalks at intersections to cross the streets safely.

- **Bicycle Safety/Skateboard.** Be responsible and obey all traffic control devices and use proper hand signals. You are responsible for following the same laws as cars. [www.vdot.virginia.gov/programs/bk-laws.asp](http://www.vdot.virginia.gov/programs/bk-laws.asp). Wear a helmet to prevent serious injuries. Maximize your visibility at night by wearing reflective clothing and apply reflective tape to your bicycle. Be aware of motor vehicle blind spots. Walk your bicycle on crosswalks and during traffic situations beyond your cycling abilities. Lock your bicycle up to provided bicycle racks and not to building handrails. U-locks provide a higher security measure versus other locks that are available. Register your bicycle with ODUPD.

For more information about the daily crime log and crime statistics you can visit our website.

#### Police and Public Safety

4516 Monarch Way  
757-683-4000  
757-683-5665 (Non-emergency)  
[www.odu.edu/police](http://www.odu.edu/police)

### Stay Healthy!

Student Health Services offers primary care services, immunizations, health promotion and more.

#### Immunization Requirements (full-time students)

You're required to have your immunizations up-to-date and to submit this information before classes start. This includes evidence of having received two doses of the measles/mumps/rubella (MMR) vaccine given on or after the first birthday **or blood test showing immunity to all three**, one dose of meningitis vaccine **at age 16 or older** (or signed waiver on the Health History Form), three doses of the hepatitis B vaccine (or signed waiver on the Health History Form), and a current tetanus/diphtheria (Td) or tetanus/diphtheria/acellular pertussis (Tdap) vaccine booster **within the previous 10 years**. You may be required to show proof of a recent PPD tuberculosis skin test or TB blood test based on risk factors.

Students have access to our patient portal. You may enter dates of your immunizations and complete the Health History form here:

[www.odu.edu/life/health-safety/health/monarch-wellness/physical-wellness/student-health-center/online-student-health](http://www.odu.edu/life/health-safety/health/monarch-wellness/physical-wellness/student-health-center/online-student-health)

#### Health History Form

You must complete and submit the required ODU Health History Form by August 1 (fall admits) or January 2 (spring admits). An immunization hold may be placed on your account if you fail to submit it.

The direct link to our Health History/Immunization forms is: [www.odu.edu/life/health-safety/health/monarch-wellness/physical-wellness/student-health-center/pre-entrance-requirements](http://www.odu.edu/life/health-safety/health/monarch-wellness/physical-wellness/student-health-center/pre-entrance-requirements)



## Health Fees

If you're registered full time and taking at least one credit designated as Norfolk campus, you are automatically charged the health fee as part of your tuition and fees. It covers an unlimited number of visits to Student Health Services. Part-time students who opt to pay the health fee are also eligible for Student Health Services. Other fees may apply for special services such as lab tests sent off-campus, medications, immunizations, physicals and procedures.

## Health Insurance

ODU recommends that you acquire adequate personal health insurance to cover the costs of services beyond the scope of Student Health Services. International students are required to have health insurance. Bring a copy of your health insurance card to campus.

## Hours of Operation

During the academic year, Student Health Services is open Monday through Thursday, 8 a.m. to 7 p.m., and 8 a.m. to 5 p.m. on Fridays when classes are in session. During summer session and when classes are not in session, hours are Monday through Friday, 8 a.m. to 5 p.m. We have a 24-hour on-call system for urgent concerns. Call University Public Safety at 757-683-4000 and the on-call clinician will be paged and return your call.

## Health Promotion

This office coordinates engaging events that focus on wellness topics such as: nutrition, substance abuse, sexual health and stress management. You can attend an interactive workshop or training or join student groups like CHANGE Peer Health Educators and the Student Health Advisory Committee.

## 10 Health Tips for Student Success

- **Eat breakfast.** Whether you're rolling out of bed at noon or up at the crack of dawn, make sure you start your day off with a healthy meal to give you energy and help you concentrate on school and not your growling stomach.
- **Try to eat healthy.** Even if fruits and vegetables aren't your favorite foods, try to incorporate a few of them into your diet each day and limit the amount of junk food you eat. Sugary foods may taste yummy, but can leave you feeling sluggish.
- **Work in walking.** Make walking your main form of transportation on campus. There's no better way to work exercise into a busy schedule than walking at a brisk pace around campus.
- **Relieve stress through exercise.** Spend some time at the gym. Regular exercise can help with stress reduction. Find an activity that you like or take a group fitness class.
- **Get a flu shot.** Getting the flu in college can really set you back. Avoid the fever, aches, fatigue and cough associated with the flu. Student Health offers flu shots at low cost to students.
- **Be prepared for (and try to prevent) minor illness and injuries.** Having a thermometer, Tylenol, a decongestant and cough syrup will help you to take care of yourself if you get a cold. Some antibiotic ointment (like bacitracin) and some Band-Aids will be helpful for minor cuts. It's also important to remember to wash your hands. Studies have shown that simple hand washing can help prevent a large number of illnesses.

- **Alcohol and GPA don't mix.** Studies have shown that as alcohol consumption increases, GPA decreases. Don't risk your academic success by consuming alcohol irresponsibly.
- **Get enough sleep.** Without it, you're not going to be able to concentrate well enough to get the most out of your classes.
- **Get tested.** Know your status for sexually transmitted infections by getting tested. Practice safe sex by using protection correctly and consistently. Condoms are sold at the health center and each time you visit the lobby you can pick up three condoms for free! STI testing is also available.
- **Student Health Services is here for you.** Call 757-683-3132 for an appointment.

### Student Health Services

1007 South Webb Center  
757-683-3132

[www.odu.edu/studenthealth](http://www.odu.edu/studenthealth)

Fax: 757-683-5930

### Health Promotions Office

1525 North Webb Center  
757-683-5927



## Live Well, Learn Well

University Recreation and Wellness offers programs, facilities and services for students, faculty and staff supporting healthy and active lifestyles. Choices in aquatics, fitness and wellness, outdoor adventure, intramural sports and sport clubs programming help to provide you with diverse recreation opportunities. Our Student Recreation Center and University Fitness Center are accessible to all currently enrolled students at no additional charge. In addition to the physical benefits, research states that your participation in recreation has a positive impact on your academic performance and social skills. We are committed to offering you a variety of recreational engagement that will help support and enhance your ODU experience. We look forward to your participation in University recreation and wellness! Learn more: [odu.edu/recwell](http://odu.edu/recwell)

## Student Recreation Center (SRC) & University Fitness Center (UFC)

### Facility

- 15,000 sq. ft. multi-level fitness center with strength, cardio and free weights
- Indoor swimming pool
- Indoor running track

- 3-court gymnasium
- Multipurpose court
- 3 group exercise studios
- Cycling studio
- 3 racquetball courts
- Outdoor adventure and rental center
- Bike and skate shop
- Indoor climbing wall

#### Use of the University Fitness Center

- located in the Village on Monarch Way
- Equipped with user-friendly Life Fitness cardio and weight machines

## Aquatics

The Student Recreation Center's J.C. Scrap Chandler Pool offers an 8-lane, 475 sq.-ft. pool with depths between 4 ft. and 15 ft. You can participate in a variety of programs to include open swim, water fitness, American Red Cross lifeguard certification courses, and Red Cross swimming lessons. Jump into the right aquatic program for you!

## Fitness & Wellness

Get moving! The Fitness & Wellness Program offers a variety of over 70 classes a week at the SRC. From Zumba to yoga there are plenty of great offerings to choose from. In addition to group exercise, we provide informative and interactive experiences in the areas of nutrition, wellness and assessment. Specialized programming like Small Group Training (SGT) offers a unique opportunity to explore a new dimension of fitness by merging group fitness with personal training. SGT offers classes that focus on individual progression and skill development. Start planning your semester of fitness today!

## Intramural Sports

Intramural sports programs provide exercise, recreation, competition, and fun to all participants in a relaxed, yet structured environment. Both recreational and competitive leagues are offered for men, women, Greek (teams from affiliated fraternities and sororities), co-recreational, and Residence Life (teams from on-campus housing). Each championship individual or team will receive an intramural championship T-shirt and earn a spot on the "Wall of Champions" located in the Student Recreation Center. Select your sport and earn your spot on our wall!

## Outdoor Adventure Program

Let your journey begin at Old Dominion University with Outdoor Adventure Programs (OAP). Whether you are interested in learning a new skill or just trying something new, OAP offers diverse and exciting opportunities for outdoor recreation and education that will last a lifetime. OAP provides quality and affordable programming all year long for ODU students. OAP offers:

- Adventure day trips
- Adventure multi-day trips
- Indoor and outdoor rock climbing
- Challenge Course program
- Bike share program
- Outdoor equipment rental center
- Bike and skate shop
- Clinics and workshops

For more information about our offerings, stop by our OAP Center in the SRC.

## Sport Clubs

Learn a new sport or excel in a traditional one! Recreation and Wellness is proud to offer a wide variety of club sports and is open to students regardless of experience level. With club sports you can compete against teams from other universities and participate in healthy competition. There are two options to choose from – competitive clubs and instructional clubs. In competitive clubs, players practice with their fellow Monarchs before facing off with other teams from different universities. Sport clubs are a great way for you to engage, learn and compete with other students.

### Student Recreation Center

4700 Powhatan Ave., Suite 1207

757-683-3384

[www.odu.edu/recreation](http://www.odu.edu/recreation)

## Support for Women



The Women's Center invites you to join us in creating a safe, equitable, and supportive learning community for all. Our programs address the unique challenges and opportunities female students encounter in college and engage all students in promoting a culture of care and respect at ODU. From leadership training to community service and interpersonal violence prevention education, our programs are designed to help you achieve your personal, professional and academic goals.

## Support Services

If you or a friend has experienced sexual harassment, stalking, sexual violence or relationship violence, regardless of your gender expression or sexual orientation, we are here to support you. We provide confidential crisis intervention, advocacy, resource and reporting guidance, and both on- and off-campus referrals for counseling and academic advice through our Sexual Assault Free Environment (S.A.F.E.) program.

Women's Center advocates are available to meet with students seeking support on a walk-in basis, and Response of the YWCA provides crisis services to our campus via their 24-hour hotline: 757-622-4300. ODU is committed to the safety of our students and the policies and procedures addressing sexual misconduct, harassment, and stalking can be found in the University Catalog.



## Empowerment Tips

Here are some ways you can promote a culture of care and respect at ODU:

- Go out with a group of friends. Arrive together, check in with each other, and leave together.
- Trust your instincts. If something feels wrong or dangerous, it probably is. Call or ask for help.
- Practice safe drinking. Drink within your limits and know where your drink came from and where it is at all times.
- Choose language that respects women and people who are different from you. Don't be silent in the face of sexist, racist or homophobic speech.
- Be an engaged bystander and friend. If you see someone at risk, get involved by asking if she/he needs help or by calling the police.

## Events and Activities

The Women's Center organizes, sponsors, and co-sponsors a wide variety of events for the university community including the Women's Institute for Leadership Development, Go Natural Day, Walk a Mile in Her Shoes, Feminist Activist Fair and guest speakers during the academic year, along with surfing, kayaking, and paddle board trips in the summer.

Stop by and find out how you can make a difference!

**Women's Center**  
1000 Webb Center  
757-683-4109  
womensctr@odu.edu  
odu.edu/womenscenter

## Counseling

### Counseling Services

The Office of Counseling Services provides short-term, solution-focused counseling to students who are experiencing mental health concerns that may be interfering with their personal development and ability to be successful. Services do not include intense treatment of severe, chronic or long-term mental illness or mental health problems and medication management. We can help with referrals for private mental health care in the local area. Call or come by Counseling Services to make an initial consultation appointment. All counseling services are provided at no charge.

**Office of Counseling Services**  
1526 Webb Center  
757-683-4401  
www.odu.edu/counselingservices

## 10 Mental Health Tips for Success

- **Build social support on campus.** Look for ways to meet new people through class, student organizations, intramural sports teams, or volunteer groups.
- **Don't be afraid to reach out for help.** Be proactive when you are experiencing a problem in the classroom or personally. Look to resources on campus and other students/staff/faculty for assistance. Problems that are avoided or ignored usually just get worse.
- **Learn to express your feelings in a healthy way.** Holding onto emotions is unhelpful for your physical and emotional health. Try to find positive ways to explore and release your feelings, whether it is through talking to a friend, journaling, or other creative outlets.
- **Watch what you tell yourself.** Be aware of how you think about yourself and whether you are being negative or critical. Frequently using the words "should" or "must" may indicate that you are engaging in negative self-talk which can lead to feelings of depression, anxiety, and low self-esteem.
- **Stay in the present.** Instead of worrying about things you can't control that are in the past or in the future, focus on the here and now. Practice being aware of your thoughts, feelings, and physical sensations as they happen, to help keep you in the present moment. Practicing yoga, meditation, and mindfulness can help you with this skill.
- **Know the signs of anxiety.** Feeling anxious can be a normal reaction to stress. However, when anxiety becomes excessive or uncontrollable it can be a sign of an anxiety disorder. If you experience the following symptoms, talk to a doctor or counselor about help: persistent worry or fear, panic spells, feeling on edge, racing thoughts, fears that something terrible is about to happen, pounding of the heart, tense muscles, trembling or shaking, or choking sensations.
- **Never take things personally.** When we are constantly worried about what others think of us, we often feel anxious and stressed. Letting go of what others think and focusing on what we can control, such as our own thoughts and behaviors, can make us feel happier.
- **Know the signs of depression.** Depression is a serious medical condition that can interfere with all aspects of your life including academics and your personal relationships. Depression is not something that you can "snap out of." It often requires professional help. If you experience the following symptoms for more than two weeks, talk to a counselor or doctor: feeling sad, withdrawing from friends, feeling worthless or hopeless, low motivation, changes in appetite, crying spells, changes in sleep patterns and thoughts of suicide.
- **Maintain healthy relationships.** Fulfilling and meaningful relationships start with open communication. Be open and honest when talking to others and take the time to listen to each other to avoid miscommunications. When conflicts occur, use problem-solving skills and clearly state your concerns instead of engaging in blaming or attacking behavior. Remember that it is healthy to set boundaries in relationships to establish what is and is not acceptable.
- **Manage your time wisely.** With so many activities competing for your time and attention, it can be easy to forget important tasks. Consider investing in a planner, calendar, or using the scheduler on your cell phone to help you manage your time efficiently. Don't forget to schedule fun activities, exercise time and sleep.

# Campus and Community Involvement





## Campus Lingo

**Activity Hour** - 12:30 p.m. - 1:30 p.m. Tuesdays and Thursdays (no classes)

**BAL** - Batten Arts and Letters Building

**Big Blue** - Our mascot's name

**Blackboard** - Course management system (contains syllabi, assignments, etc.)

**Blue Goes Green Week** - Annual Earth Day activities

**CDS** - Career Development Services

**CME** - Center for Major Exploration

**Commencement** - The graduation ceremony

**Convocation** - A ceremony that welcomes you to our academic community

**Cyber Loft** - A computer lab in the North Mall of Webb Center (upstairs)

**Greek Week** - Week of activities for fraternities and sororities

**House of Blue** - Food court area in the South Mall of Webb Center

**IC** - Intercultural Center

**Involvement Fair** - An opportunity to see all the areas available to get involved with on-campus

**LSI** - Office of Leadership and Student Involvement

**Leo** - Leo Online, our course registration and payment system

**Learning Commons** - Collaborative study environment at the Perry Library

**Kaufman Mall** - Lawn in front of Webb Center (features the fountain)

**Mace and Crown** - Student newspaper

**MGB** - Mills Godwin Life Sciences Building

**Monarch Loop** - Campus shuttle route

**Monarch Madness** - Annual spring festival

**Monarch Market** - A convenience store in Webb Center

**myODU Portal** - Access to online services

**North Caf** - Cafeteria in Webb Center near Chick-fil-A

**North Mall** - Lobby on the north end of Webb Center (by Starbucks)

**OIR** - Office of Intercultural Relations

**PAW** - Programs All Weekend

**SAC** - Student Activities Council

**South Mall** - Lobby on the south end of Webb Center (by food court)

**SRC** - Student Recreation Center

**The C-Store** - A convenience store in Whitehurst and Gresham halls

**The Caf** - Cafe 1201 in Webb Center

**The District** - Off-campus apartment complex near campus

**The Maglev** - The elevated track that runs through the center of campus

**The POD** - A convenience store/eatery in the Quad and the Village

**The Quad** - A cluster of residence halls including Virginia, Ireland, France, Dominion, Scotland, and England houses

**The Ted** - Ted Constant Convocation Center

**The Tide** - Downtown Norfolk's light rail system

**The Village** - On-campus apartments and shops on the east side of campus

**U-Center** - A working space for student leaders and organizations in Webb Center

**WID** - Webb Information Desk (front lobby)

**WODU** - Campus radio station



## Monarch Citizenship

A Monarch Citizen is someone who:

- Values ODU and all its community members
- Makes learning and success priorities
- Is responsible and engaged in campus and community life
- Is proud to be a Monarch
- Understands the importance of REP ODU... Responsibility, Engagement, and Pride
- Embraces their role as a Monarch and holds themselves to these tenets

## Monarch Pride

### History of the Monarch

For many years, the athletic teams of the Norfolk Division of the College of William & Mary (as Old Dominion was formerly called) were known as the Braves. This was a derivation of the William & Mary nickname, the Indians. As ODU achieved its own four-year status and saw its enrollment surpass that of its Williamsburg neighbor, it was no longer suitable or acceptable to have its teams called the Braves.

The name Monarchs evokes the history of the Commonwealth of Virginia and of Old Dominion's mother institution. The nickname "Old Dominion" was first applied to the Virginia colony by King Charles II after Virginia's loyalty to the crown during the English Civil War. Furthermore, William III and Mary II, whose patronage helped found the College of William & Mary in Virginia in 1693, ruled England at the invitation of Parliament as "joint monarchs."

Old Dominion's Monarch features a royal crown on a lion's head, representing a rich history and a strong future. The mascot is known as "Big Blue."

### The University Seal

Legend has it that you should never walk across the University Seal located on Kaufman Mall. If you do so, you will never graduate from ODU. Even if you don't believe the legend, please avoid walking on it until graduation, when the procession will take you over it!

### Alma Mater

Hail to thee our Alma Mater  
 Blue and silver, hail!  
 By the ocean's billows flying  
 See them proudly sail!  
 University young and strong,  
 We lift our voices in this song,  
 This our song of Alma Mater,  
 Old Dominion, hail!

### Fight Song

Fight, Old Dominion  
 Your courage roars!  
 Fight, Old Dominion  
 Your valor soars!  
 Blue and silver worn with pride  
 We've got the spirit right here on our side!  
 Hail, Old Dominion  
 Your courage roars!  
 Hail, Old Dominion  
 Your valor soars!  
 Old Dominion  
 GO BIG BLUE!  
 Our victory lives on in YOU!

**Fun Facts**  
 Students are encouraged to visit the bronze Big Blue statue in Webb Center and rub Big Blue's belly for wealth, good luck and prosperity.

## Victory for Old Dominion

Victory for Old Dominion,  
 Tremble at our feet!  
 Fight hard for Old Dominion!  
 Never know defeat,  
 Touchdown for Old Dominion (or "Stand tall for Old Dominion")  
 Silver and the Blue,  
 On-  
 Ward-  
 To Victory  
 For the Sons of ODU! (or "For our Dear Ol' ODU")  
 Victory for Old Dominion,  
 Tremble at our feet!  
 Fight hard for Old Dominion!  
 Never know defeat,  
 Touchdown for Old Dominion (or "Stand tall for Old Dominion")  
 Silver and the Blue,  
 On-  
 Ward-  
 To Victory  
 (cheer)  
 O-D-U!  
 (drum break)  
 M-O-N-A-R-C-H-S!  
 \*Alternate lyrics are used for sports other than football.

## Spirit Fridays

Spirit Friday is a tradition started by the Office of Leadership and Student Involvement that received an official proclamation from former President Roseann Runte. All members of the University community are asked to wear either school colors (blue and silver) or ODU apparel every Friday.





## Painting of the Paws

Big Blue has traveled the campus extensively and left his mark at various buildings and residence halls. To show the beauty of different areas of campus, we help preserve these paws so students can see where the Monarchs roam while at Old Dominion University.

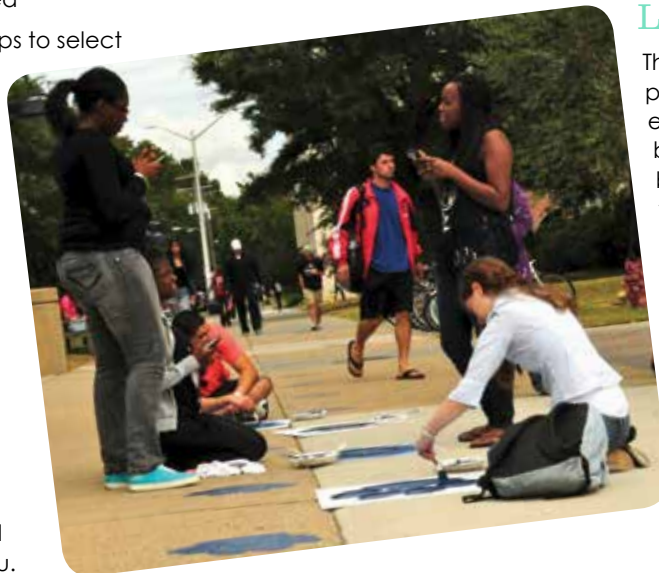
## Monarch Maniacs

Experience the spirit and excitement of Monarch pride! The Monarch Maniacs are students (undergraduate and graduate) who want to be more than just casual fans. This organization is for energetic students who want to show their Monarch pride by getting involved and supporting ODU athletic and campus events.

Through a \$20 membership fee, you will be able to receive multiple benefits, including:

- Early entry for football and basketball games
- Two official Maniac shirts
- Giveaways at football and basketball games exclusive to Maniacs
- Membership card, which provides discounts at sponsored vendors in the Norfolk area
- Priority seating for road trips to select away games
- Away game television viewing parties

If you want to show your school spirit by getting involved, simply fill out the application (available online or in the office) and return it to Athletics. Your \$20 membership fee must be submitted with the application - cash or check only (checks should be made out to Old Dominion University). For more information, email [monarchmaniacs@odu.edu](mailto:monarchmaniacs@odu.edu).



## Involvement and Leadership

College. It's your chance to meet new people. To get involved. To find your niche. To find multiple niches if you choose. It's your time to really get to know yourself while preparing for an exciting future.

The Office of Leadership and Student Involvement (LSI) can help you do all of these things and more. We provide experiences, services and opportunities that promote the advancement of social and intellectual development. By encouraging student involvement, our office promotes lifelong learning, responsible citizenship and a commitment to the Monarch and surrounding communities.

From leadership opportunities to student organizations, the Office of Leadership and Student Involvement oversees multiple campus-affiliated groups. So what does this mean for you? It means that you can consider us your go-to office when you decide to get involved on campus. It means that we're going to help you make the most out of your college experience.

If you want to get involved at Old Dominion University, check out the following suggestions to get started...

### Leadership Programs

Through programs, retreats, and services, LSI provides you with the opportunity to set an example through leadership. Not only will you be involved in campus activities while you build leadership skills, you'll also be preparing yourself to become an active and responsible member of society after college. Some of the leadership services we offer include Monarchs LEAD, LSI's comprehensive leadership program, Leadership Lecture Series, Monarch Leaders Retreat, LeaderShape, and Student Leader Awards. To help transition to college and develop leadership skills, freshmen are encouraged to register for Freshmen Summer Institute, while transfer students and sophomores are encouraged to register for the Emerging Monarchs leadership program.

### Emerging Monarchs Program

The Emerging Monarchs program is a semester-long leadership program for first-year, second-year, and transfer students. The program is a component of ODU's comprehensive leadership program, Monarchs LEAD, and includes workshops, an overnight retreat, and an online forum. Participants will have the opportunity to connect with student leaders, engage in hands-on leadership experiences, and explore involvement opportunities at ODU. Preregistration is required to participate in the Emerging Monarchs program and space is limited. Information and registration can be found at <http://www.odu.edu/life/gettinginvolved/leadership/emerging-monarchs>.

### Monarch 2 Monarch

Monarch 2 Monarch is a community service-based mentor program that pairs first-year students with upperclassmen mentors to help guide your transition to college, connect you with campus resources, knowledge, and support in becoming a Monarch citizen, and cultivate connections with our greater community as active Monarch Citizens. Monarch 2 Monarch provides opportunities for you and your paired mentor to participate in community service projects and other activities

## Athletic Events

If you've paid the student activity fee, you're admitted free to most ODU athletic events with your student ID card and a ticket. Student guest tickets are available on a limited basis for football and basketball games. Guest tickets can be purchased at the Ted Constant Convocation Center box office, and are limited to one guest ticket per ID. Student tickets are non-transferable. The resale or attempted resale of the ticket at a higher price than what appears on the ticket is grounds for seizure, with the ticket being voided without compensation. Tickets which are lost, stolen, and counterfeit or obtained from an unauthorized source will be voided.

For complete information on athletic tickets, including dates available for pickup or purchase, please visit [www.odusports.com/tickets](http://www.odusports.com/tickets) and click on "student tickets."

to help you get to know each other, other students on campus, and our surrounding community.

Monarch 2 Monarch mentors and mentees become immersed in our campus and communities in dynamic ways, including

- weekly community service opportunities,
- social events, like a trip to the Virginia Zoo or to an ODU sports event, and
- bi-weekly gatherings that get you connected to each other and ODU's campus, such as "What a Pro!" with Career Development Services, and "The Healthy Monarch," with fun activities that help you stay fit and healthy in your first year at ODU

The Monarch 2 Monarch model of combining peer-to-peer mentoring, social events, and meetings focused on creating connection to campus and each other, with the foundation of serving our greater community, sets you up for a successful and engaging first year at ODU. We're looking forward to another great year and receiving our new mentees this fall. We hope you're one of them! *Monarch 2 Monarch also counts as your Monarch Experience!*

Contact the Office of Leadership & Student Involvement with any questions. Applications can be found on Monarch Link.

## Student Organizations

Leadership and Student Involvement oversees more than 300 student organizations, so chances are, you'll find one (or two or more) to get involved in. You can choose from honorary, political, professional, religious, service, special interest and governing groups to join. With so many organizations to choose from, you may not know where to start. Involvement Counselors are the answer! ICs are upper-class students who are ready to meet with you and help you navigate the options and find the best fit. Think of them as "personal shoppers" for campus involvement. If you don't see an organization that meets your needs, don't worry. It's easy to start your own. (We can help you with that, too.) Find out more information about Involvement Counselors at <http://www.odu.edu/life/gettinginvolved/counselors>.

## Service and Civic Engagement

Through the Center for Service and Civic Engagement, LSI provides multiple opportunities for students and faculty to make a difference in the lives of others by volunteering one of their most precious commodities: time.

The center houses contact information for a majority of the nonprofits in the Hampton Roads area, provides listings of current opportunities available, and has knowledgeable staff that is ready to assist you or your student organization in finding or organizing service/civic engagement events on and off campus. In addition, the center coordinates several service opportunities throughout the year, such as Freshman Service Experience, Alternative Breaks, and Relay for Life. Call 757-683-6948 or email [volunteer@odu.edu](mailto:volunteer@odu.edu) for more information about service.

## Fraternity and Sorority Life

The fraternity and sorority life community at ODU is composed of inter/national chapters, which include traditional fraternities and sororities, historically African-American groups, as well as Latino/a and multicultural chapters.

All chapter members strive to live by these four tenets: community involvement, scholastic development, leadership building and bonds of brother/sisterhood. Getting involved in

the fraternity and sorority community is a great way to make lifelong friends and memories.

## Activities and Events

"There's always something to do at ODU!" And it's true! Throughout the school year, Leadership and Student Involvement sponsors special events, as well as assists student organizations with program planning. The office also works with the Homecoming Organization and the Student Activities Council to plan many on-campus events, such as movies, novelties and major concerts. LSI makes it easy to get involved on campus and we encourage you to do just that. After all, getting involved is your chance to meet new people, to find your niche, and to prepare for an exciting future. This is your opportunity to make the most of your college experience! Lead. Serve. Experience. Get involved!

### Leadership and Student Involvement

1071 Webb Center

757-683-3446

[odu.edu/studentinvolvement](http://odu.edu/studentinvolvement)

[facebook.com/involvementODU](https://facebook.com/involvementODU)

[twitter.com/involvementODU](https://twitter.com/involvementODU)

## Intercultural Competence

The Office of Intercultural Relations (OIR) promotes the value of diversity and fosters inclusivity through co-curricular educational programming and leadership opportunities and training. Programs, activities, and events are designed to create relevant and engaging cultural experiences that cultivate a supportive environment for all members.

OIR's cross-cultural trainings, workshops, and Diversity Institute prepare participants with skills that lead to demonstration of cognitive, affective, and behavioral capacity to support an inclusive campus community. Additionally, OIR programming of global engagement and campus internationalization initiatives results in an enhanced sense of belonging and engagement of international students on campus.

## The Intercultural Center (IC)

Located on the second floor of Webb Center, the Intercultural Center serves as a student cultural hub. With its fully mediated and functional design, students have access to the computer area, can host a study session, meet-up group or learn a new language with our Rosetta Stone programs. The IC is not only a study or work space, it is also an area where one can relax and connect with friends.

## Intercultural Initiatives

On a campus as diverse as ODU, OIR is committed to fostering cultural entities. Through intercultural programs and events, OIR creates an environment for students to cultivate cultural growth and competency as committed global citizens. Events such as National Heritage Month celebrations, the annual Heads of the Family Dinner, Sankofa, and Adelante acknowledge and celebrate our campus diversity. In building an inclusive community that supports and empowers our student communities, OIR established affinity groups to include A.S.I.A. (Asian Students in America), Black Movement Council, Hispanos & Latinos Unidos, Queers and Allies, Multi Ethnic Affinity, Interfaith Student Advisory Council, International Student Advisory Board, TRIBES Unite, and the Unity Council. Continued efforts, such as the development of the "Civil



## Life as a Residential Student

### Living on Campus

Housing & Residence Life considers the residential experience to be an integral component of your student journey and education at Old Dominion University. From the first day you step foot on campus, there will be ample opportunities to engage with your peers as well as ODU staff through a variety of activities and programs designed to assist you in your transition to college. Some activities take place inside your residential community, while others take place in areas across campus or even involve going off-campus. Want to get involved to further enhance your experience? We've got plenty of options through our Living and Learning Communities, Community Councils and Residence Hall Association, just to name a few.

To help you get the most out of your residential experience, we've pulled together a handy list of important information and quick tips to keep you in the know.

### Applying for Housing

Once you have confirmed your acceptance to ODU, you will use a customized ODU Housing Portal to apply for housing. The portal is your one-stop shop to guide you through the housing application process. Here, you will communicate your housing preference, building, room, connect with prospective roommates and select a meal plan. Specific information regarding deadlines, deposits and timelines can be found on the Housing & Residence Life website at [www.odu.edu/housing](http://www.odu.edu/housing) and inside the portal.

Society," empower students to not only think critically about issues related to social justice, but to do their part to create change personally, locally and beyond. Furthermore, the "Own Your Narrative" discussion series provides space for students to utilize their voices and take agency over the way that their stories are shared with others to impact the greater community. Finally, OIR works to support our LGBTQ community through a variety of efforts, including a featured speaker series, a peer mentorship program, and an LGBTQ History Month Bazaar.

### International Initiatives

OIR is committed to the academic, social and cultural support of the international student population, as well as providing opportunities for domestic students to enhance their own cultural competency. We strive to sustain a vibrant international student community by providing an array of services and programs, such as Arrival Assistance and social networking opportunities. Additionally, OIR actively encourages international-domestic student relationships by providing cultural programs and events such as Global Café, International Education Week, Inspiration Monday, International Student Celebration, and Global Monarch Club. The Global Monarch Club is a recognized student organization that provides mentorship for incoming international students while creating an inclusive and supportive university culture.

#### Office of Intercultural Relations

2109 Webb Center

757-683-4406

Website: [www.odu.edu/oir](http://www.odu.edu/oir)

Find us on Facebook: [www.facebook.com/OduOfficeOfInterculturalRelations?ref=hl](http://www.facebook.com/OduOfficeOfInterculturalRelations?ref=hl)

OduOfficeOfInterculturalRelations?ref=hl

Follow us on Twitter: <http://twitter.com/oduoir>

Listserv: [http://list.odu.edu/mailman/listinfo/oir\\_students](http://list.odu.edu/mailman/listinfo/oir_students)



## Roommate Relationships

Living with a roommate is an opportunity to build a lifelong relationship, to have someone to engage in debate and in laughter, or to share late-night conversations and early-morning cereal. Hopefully, this relationship will be positive and rewarding, but it can also be challenging. While most roommates get along very well, it is natural to have some issues arise during the course of a year.

To help students address issues before they become an impediment to their residential experience, each student will receive a Roommate Agreement when they arrive. This agreement will provide tools to help students build open communication and a positive relationship. With a little work, the relationship with a roommate will be one of the best parts of a student's life in the residence halls!

## Making Your Room a Home

What should you bring? As you begin packing, keep in mind that someone else will be living with you. We recommend contacting your roommate in advance to coordinate a list of items that can be shared. Small kitchen appliances with automatic shut-offs, desk lamps, radios, cable-ready televisions and DVD players are great to bring with you to your new home. Students living in Rogers, Gresham or Whitehurst are not permitted to bring microwaves; however, all students can choose to bring a mini-fridge (up to 4.3 cubic ft.). All appliances not plugged directly into a wall receptacle should be plugged into an ODU-approved, surge-protected power strip. Regular extension cords and cube adapters are not permitted. For a complete list of items that you can and cannot bring to campus, visit the online Guide to Residential Living on the Housing & Residence Life website.

We encourage you to personalize your room. Coordinating room decorations with your roommate(s) prior to arrival is important. Room decorations can transform your room into a comfortable home, yet certain restrictions are necessary for fire safety or to prevent costly damage to the facilities. For instance, we recommend thumbtacks or straight pins on sheetrock walls and painter's tape on block walls. The online Guide to Residential Living can provide you more detailed information on campus policies to enhance your residential living.

## Living-Learning Communities

Living-Learning Communities provide students the opportunity to live and engage with other students who have similar academic and co-curricular interests. Through this dynamic living and learning environment, you will experience the unexpected and be encouraged to seek interdisciplinary activity, thought-provoking conversations, events, research and other activities, both on and off campus. The university offers several options to fit your interest. Space is limited so apply early!

## Move-In Day

Move-in Day is an exciting time for everyone. Our staff and volunteers are available to help ensure a smooth move-in experience and welcome you to college life. Prior to arriving, you will receive a Move-In Guide in your ODU email. This document details important information prior to arrival and notifies you of your check-in location. To ease traffic and congestion, we recommend that you arrive at your assigned time for move-in. This will ensure an enjoyable experience for everyone!

## Lock It Up

The University cannot be held accountable for loss, damage or theft to your personal property. You are encouraged to carry insurance on your personal belongings while living on campus. Your family's homeowner or renter's insurance may provide coverage, or you can arrange for personal property insurance through a private agency.

## Do's & Don'ts

There are a few do's and don'ts that will ensure you have a great time while at ODU. The University has some specific guidelines to ensure the safety of all students. Take some time prior to coming to campus and read the Guide to Residential Living to learn about the university's expectations for living on campus.

## Your Resident Assistant

One of the first people you will meet is your Resident Assistant (RA). Get to know your RA, as they are trained to help with a wide variety of student issues. They are especially knowledgeable about roommate relationships, so your RA should be the first person you contact if problems arise. Your RA will meet with you and your roommate to complete a Roommate Agreement within the first two weeks of the semester. This is a time for you and your roommate(s) to set basic guidelines and expectations for life in your room. These can be renegotiated over the course of the year. It is important to take this process seriously.

## Residence Hall Amenities

A variety of amenities and services are provided in residential facilities to make your experience easier and more enjoyable. Some of these services you may use daily, while others may be used less frequently. After you get your room assignment, visit [www.odu.edu/housing](http://www.odu.edu/housing) to see what amenities your specific building offers.

## Maintenance and Repairs

Have an issue that requires maintenance or housekeeping services? Visit Maintenance Direct at [www.odu.edu/life/buildings/md](http://www.odu.edu/life/buildings/md). This online resource is available 24/7 and allows you to submit non-emergency work requests at the click of a button. Our Maintenance Support Center's hours of operation are Monday - Friday, 7 a.m. - 5 p.m. You can also call 757-683-4600 during business hours. If you have an after-hours emergency, contact the front desk, your RA or a staff member on duty in your building.

## Residence Hall Closings

Students living in a residence hall will be required to return home for certain break periods during the year. Apartments remain open during break periods. If any changes are made to break opening or closing dates, changes will be posted on the Housing & Residence Life website. Please visit that website for specific dates and times for hall breaks and closings.

### Housing & Residence Life

4603 Elkhorn Ave., Suite 1208

Norfolk, VA 23529

1-800-766-0833 or 757-683-4283

Fax: 757-683-4863

[housing@odu.edu](mailto:housing@odu.edu)

<http://www.facebook.com/oduhousing>

[https://instagram.com/odu\\_hrl/](https://instagram.com/odu_hrl/)

<https://twitter.com/ODUHRL>



## Off-Campus Student Life

At Old Dominion University, we understand that your living environment plays an important role in your success as a student. The Off-Campus Student Life Office was created as an initiative by the Dean of Students to provide a centralized location for off-campus students to receive guidance, support, and resources for their off-campus experience.

The Off-Campus Student Life Office can connect you to several resources, including:

- Easily navigable webpage with property listings from local landlords
- Off-campus housing fair
- Assistance with finding off-campus roommates, including regular roommate fairs
- Programming about renters' rights and responsibilities and off-campus behavior
- City of Norfolk tenant resources, including assistance with resolving issues with landlords
- FREE safety alarms and light bulbs

In addition to providing resources to students, office staff also strive to work collaboratively with the neighborhoods surrounding Old Dominion University and the City of Norfolk on livability issues affecting students and long-term residents.

For additional information about Off-Campus Student Life, please visit the website at <https://www.odu.edu/life/offcampus> or contact the Off-Campus Student Life Office at 757.683.4187. The office is located at 1105 Webb Center, Norfolk, VA 23529.

### Locating Off-Campus Housing

- Determine the criteria of your search, including rent price, security deposit, cost of utilities, type of dwelling, roommates or no roommates, amenities, pet deposits or monthly fees, transportation and location.
- Search our off-campus housing website for an apartment or potential roommate. You'll need to create a login.
- Contact the landlord directly to discuss the property information and schedule a time to visit it. ODU provides the listing as a service to students, but we don't inspect the residences or guarantee any housing in the listings.
- Take a checklist, a digital camera and a trusted friend or family member on your visit. Look for signs of good upkeep on the property. Make a list of anything that isn't working properly.
- Familiarize yourself with the Virginia Residential Landlord and Tenant Act, which establishes the rights and responsibilities of tenants and landlords, at [www.rentlaw.com/virginiarentlaw.htm](http://www.rentlaw.com/virginiarentlaw.htm).
- If you're interested in the residence after you visit, notify the landlord that you would like to schedule a time to review and sign the written lease.
- Review the lease thoroughly for any questionable clauses before signing it.
- Consider the length of the lease. Does it last six months or a year? Does it automatically renew? Will subleasing be an option if you need to move out early?

### Tips for Living Off-Campus

- Check for any maintenance issues or damage to the property. Report them to your landlord immediately so that you won't be held responsible later. Examples include plumbing, electrical outlets and switches, carpet and flooring, walls, and window screens.
- Be sure that locks work properly and that your dwelling has deadbolts.
- Strongly consider getting renter's insurance to protect your property.
- Set a monthly budget that includes new costs such as rent, utilities, groceries and gas in addition to expenses like your cell phone and car payment.
- Pay your bills on time. Failure to do so could result in breaks in electricity or water service, damage to your credit score, or eviction.
- Learn your transportation options before classes start. Don't have a car? You can make use of the HRT bus, light rail, carpooling or biking.
- Plan and try out your routes to school and work.

### Getting Connected to ODU

- Attend on-campus programs and sporting events...they're open to you, too!
- Join a student organization to meet new people.
- Consider applying for on-campus jobs.
- Explore campus between classes. Hang out in Webb Center, the Learning Commons or the Student Recreation Center.
- Purchase a meal plan. You can eat lunch or dinner in the cafeteria with your peers and avoid fast food runs between classes.

### More than One Campus

Did you know ODU has more than one campus? You can attend on the main campus in Norfolk and take classes at a regional higher education center in Virginia Beach, Portsmouth or Hampton. Credits taken at these state-of-the-art facilities count just like credits taken on the main campus. Our regional centers are full-service. You can use the computer labs, order library books or textbooks, get your student ID, take tests and more. Attending a regional center could save you time, gas and money.

## How to Make A Career Decision and Look For Work?

### *GET STARTED NOW on Your Career and Academic Success!*

We at ODU's Career Development Services encourage all incoming students to engage in early exploration during your first semester, and to learn more about your values, skills, and interests early, as you select/commit to look at majors and careers. It is a four-year and lifetime process that needs to begin the first months in college. To assist in that process, Career Development Services offers a small group two-part series at different times titled Career Decisions, Your Values, and You (this is a Monarch Experience option). Understanding yourself better and knowing your work-related values, which skills you have, and which ones you want to develop relates directly to career happiness and success. You will be

introduced to the Career Blueprint: 7 Steps to Career Success to assist you throughout your four years.

Did you know that the average college student possesses 500 skills, that not all individuals working in business are business majors, and that you may end up working or interning in a position that doesn't even exist today? We can help you explore the combination of values, interests, and skills that fit you personally. In addition, career counselors are in the main center and the colleges to help get you started in using services such as interest inventories, online modules, internships and Majors Day fairs, and other programs. We will also show you through an exciting list of what ODU alumni actually have done with their majors and backgrounds, and teach you how to learn about careers directly from professionals employed in all types of fields.

Some of the activities it would be good to get engaged in early on include: an awareness of Finish in 4, meeting with your academic advisor and career counselor, identifying how family influences your career choice, identifying your values and your skills you've learned and which ones you wish to develop, taking FOCUS career assessments, seek tutoring and student success services, participating in Monarch experiences, and learning early how to manage your finances and time.

### A Career Development Engagement Model for ODU Students

1. Commitment to Learning and Exploration (apply, preview)
2. Self-Assessment and Internal Exploration (Yr. 1)
3. External Exploration of Careers, Further Education (Yr. 1, 2)
4. Career Decision Making, Goal Implementation (Yr. 2)
5. Skills Readiness Testing, Gain Experience (Yr. 2, 3)
6. Planning and Preparing for Success in First Postdegree Position (Yr. 3, 4)
7. Career Outcomes and Reassessment (Yr. 4 and post)

Often incoming students at ODU are looking for work opportunities to help pay for college and living expenses. The center has varied experiences to help you with this. It is important too that any job is treated as an opportunity to gain career workplace readiness skills, and to establish good career habits.

**If you are LOOKING FOR WORK**, as part of its Early Advantage Program, Career Development Services connects you to a variety of on- and off-campus employment opportunities through CareerLink. This is an online communication system that features job listings and much more. As a new student you are already enrolled in CareerLink. You can see a career counselor by appointment or drop into your college-based Career Development Services office or the main office in Webb Center. We suggest that you have an initial resume check to use for your student employment.

**ODU CareerLink provides you with many opportunities to further your workplace readiness and skills testing experiences:**

- On-campus student hourly (part time; no Federal Work Study award required)
- Off-campus part-time and full-time jobs
- On-campus and off-campus Work Study: Part-time positions that require a Federal Work Study (FWS) award, received as part of your financial aid package
- Learn and Earn Advantage Program (LEAP): If you receive an award notification that you are eligible for this, it is a great

deal, so sign up right away for this training and workplace readiness opportunity; it will set you apart right away

### Work Study Opportunities

**This financial assistance is provided to you to support your education, but this is equally a valuable opportunity for you to increase your workplace skills.**

**Community Service Internship (CSI):** You are able to work in local nonprofit and government agencies. You may choose to complete a CSI for academic credit as part of an approved internship program within your major. Academic credit should be discussed with your academic advisor.

**America Reads:** You are able to work with school-aged students in reading and math. Sites include public schools and nonprofit organizations.

**Departmental Federal Work Study:** Part-time positions in departments around campus. These opportunities are posted in CareerLink.

#### Required Documents:

If you'd like to apply for a Federal Work Study program on campus, you'll need the following documents. You can submit them at Preview during the Services Fair or any time prior to the start of your semester ... the sooner, the better!

- Copy of Federal Work Study award letter
- Original Social Security card (it will be copied or scanned)
- Documents to satisfy the I9 such as driver's license or student ID (it will be copied or scanned)

Our career counselors and coaches look forward to meeting you and assisting you!

### Need Assistance?

#### Career Development Services

2202 Webb Center  
757-683-4388  
cybercoach@odu.edu  
www.odu.edu/cds

Walk-ins are welcome Monday through Friday, 11 a.m. to 4 p.m. Visit [odu.edu/cds](http://odu.edu/cds) to connect with a Career Coach and receive help from wherever you are! We also maintain hours at the regional higher education centers.

## Managing Your Funds

One of the most challenging things about being a new student is figuring out how much cash you'll need and how to make it last. Here are a dozen tips to help you manage your money so the last two months of the semester aren't spent munching stale potato chips or scanning the sidewalks for change.

### Tips for Money Management

- **Track your spending.** Try it for 2-4 weeks to find out where your money is going. You'll be surprised how much you spend on little things. Are four coffee outings really necessary? Is there a cheaper way to get caffeinated?
- **Map your budget.** Sit down and map out your sources of income (e.g., scholarships, tuition refunds, savings, job income, cash from your family). Then map your expenses (e.g., school supplies, cell phone, groceries, car insurance or payments, gas). Separate your money into labeled envelopes so you won't spend your gas money on fast food.



## Spiritual Life

The University Chaplains Association exists to foster spiritual life in the ODU community. The purpose of the UCA is to promote interfaith understanding and cooperation, enhance the spiritual conscience of the University community and provide accountability and support for chaplains.

Campus ministers are available to talk about faith issues or for pastoral counseling appointments; they also respond to campus crisis events. Most campus ministries offer a combination of worship times, fun/fellowship activities and service opportunities.

### Some of the organizations represented are:

- Be Christian Ministries
- Campus Crusade for Christ
- Campus Impact
- Canterbury Center (Episcopal)
- Catholic Campus Ministry
- Global Student Friendship
- Hillel
- International Student Christian Fellowship
- Intersity Christian Fellowship
- Islamic Student Center
- Tidewater Wesley Foundation (Methodist)
- University Presbyterian Ministry

To contact the University Chaplains Association and find out about services, email [ODUchaplains@gmail.com](mailto:ODUchaplains@gmail.com).

- **Good-time money.** If you know you'll go to concerts, movies, or restaurants, make room for entertainment in your budget. You'll be bummed if you can't do anything fun because you didn't save up.
- **Pace yourself.** If you spend a lot at the beginning of the semester, you'll be tapped out later. Give yourself a weekly spending limit and stick to it. Otherwise, you'll be eating instant mac-and-cheese by finals.
- **Go easy on credit cards.** This is a quick way to spend beyond your means. Often credit cards have hidden expenses and high interest rates. Consider carefully before signing up, even if you're offered a free T-shirt. If you choose to get a credit card, set a low credit line and don't raise it.
- **Get real.** You can do what you want, but you can't do everything you want. You need to make hard choices. Always remember that independence costs more than you think!
- **Stuff happens.** Budgeting yourself is a lot like dieting. Occasionally, you're going to splurge on something you really want. Just remember, if you blow your budget one week, you need to make up for it in savings the next week.
- **Look ahead.** Whether it's a spring break trip with friends or an unexpected medical bill, expenses are coming. You need to put money aside – even in small increments – to be prepared. It's easier to put \$10 in your savings account each week than come up with \$150 on the spot.
- **Stand up to peer pressure.** Learn to say no to things you just can't afford, whether it's delivery pizza, shopping, or a trip to an amusement park. Your friends are great, but they won't be able to bail you out later.
- **Ask for help when you need it.** It's hard to admit you're in trouble, but sometimes it's best to screw up some courage and call home. The longer you put it off, the worse it can get.
- **Take advantage of CashCourse.** ODU students can access this series of online tutorials for free! It covers financial basics, paying for college, buying and leasing cars, understanding taxes, and more. Best of all, it's written in easy language. Visit [www.cashcourse.org/cmc](http://www.cashcourse.org/cmc).
- **Consider enrolling in FIN 210S.** Personal Financial Literacy covers short- and long-term personal financial planning. It's also part of the general education requirements!
- **Become a Monarch Millionaire.** Learn about budgeting, building your credit, loans, financial matters and more. This free, 1-credit financial literacy program meets one hour a week for five weeks. Contact [monarchmillionaire@odu.edu](mailto:monarchmillionaire@odu.edu) to reserve a seat or request information. You can also like the project at [www.facebook.com/monarchmillionaire](http://www.facebook.com/monarchmillionaire).
- **Monarch Money Matters.** Understand the importance of your financial health. Take the time to gain knowledge and skills that will help start your financial story off strong and without incurring serious debt. Monarch Money Matters is a product of iGrad. The app can be accessed through the myODU portal. The program offers nine courses: Financial Health, Smart Spending, Student Loans, Banking, Credit Cards, Credit Reports, Identity Theft, Your Paycheck and Investing. As the system begins to know your habits, it will provide individualized articles and resources. Additionally, the program has a database of local jobs and a specific online page to analyze financial aid and student loans, and search for scholarships.

# Helpful Information

## Ask questions.

If you have questions today, text them to 757.943.9731, and our staff will answer them.

## Be social.

Facebook: [www.facebook.com/odupreview](http://www.facebook.com/odupreview)

Twitter: @odupreview

Instagram: @odu\_preview

## Go mobile.

Download the ODUMobile app for a campus map, news, events, MonarchLink and more. Available for Android and iPhone.

## Get involved.

### Week of Welcome

Friday, August 25 - Saturday, September 2

### Freshman Convocation and First Class

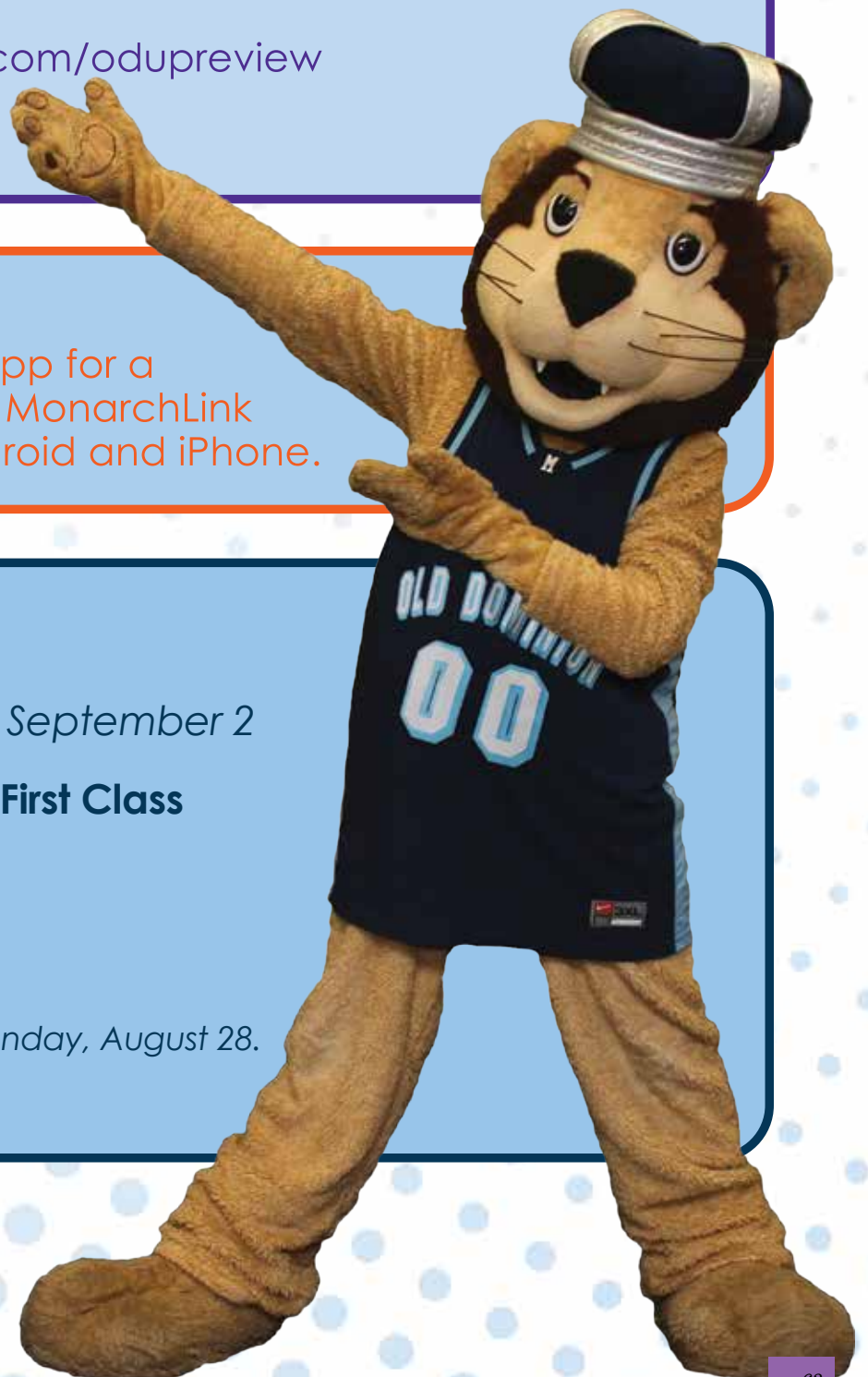
Saturday, August 26

\* Required for all freshmen

### Classes Begin

Saturday, August 26

\*Most students begin classes on Monday, August 28.



Student Transition &  
Family Programs



Notes



# Notes



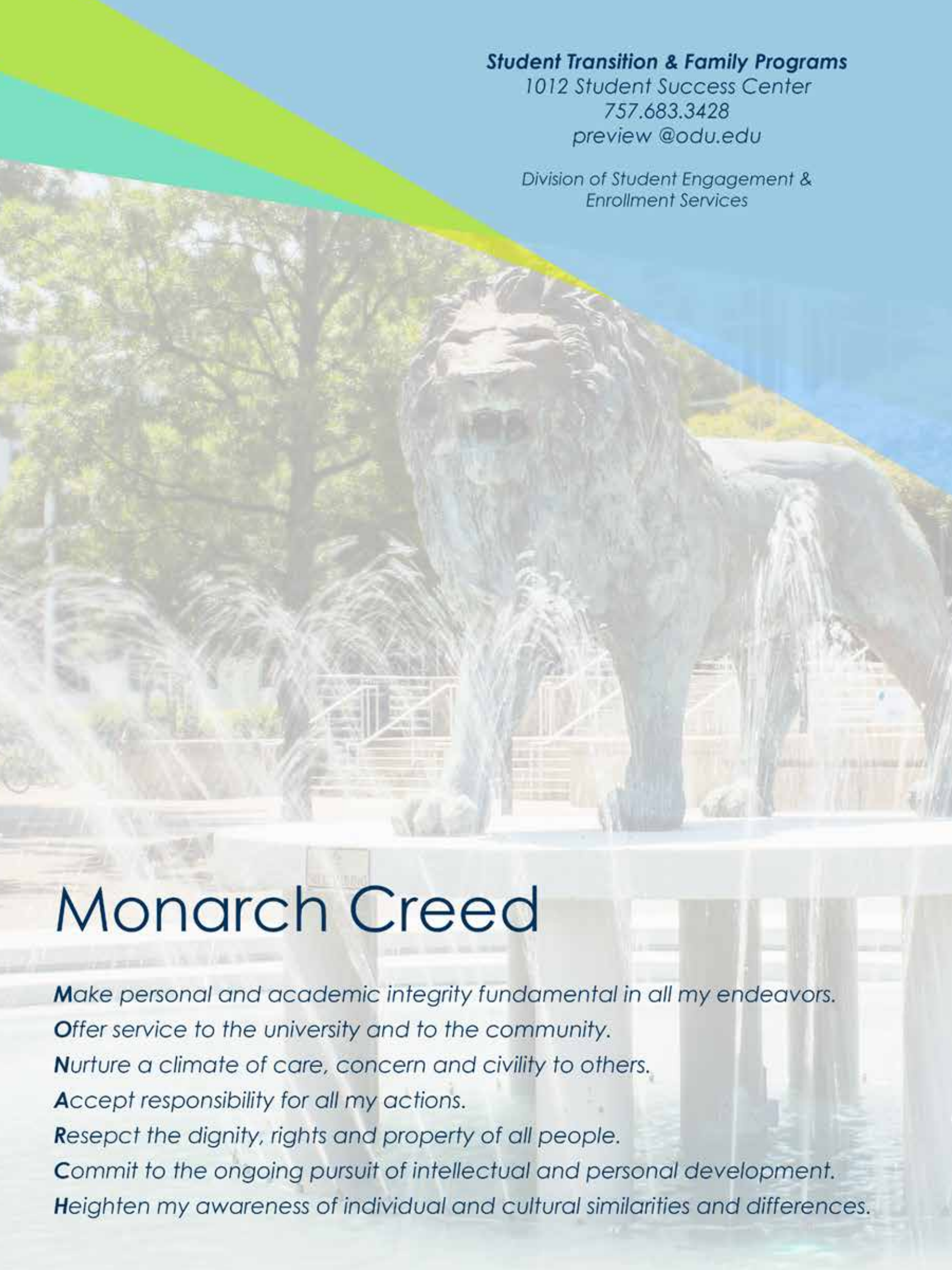












**Student Transition & Family Programs**

1012 Student Success Center

757.683.3428

[preview@odu.edu](mailto:preview@odu.edu)

Division of Student Engagement &  
Enrollment Services

# Monarch Creed

*Make personal and academic integrity fundamental in all my endeavors.*

*Offer service to the university and to the community.*

*Nurture a climate of care, concern and civility to others.*

*Accept responsibility for all my actions.*

*Respect the dignity, rights and property of all people.*

*Commit to the ongoing pursuit of intellectual and personal development.*

*Heighten my awareness of individual and cultural similarities and differences.*