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PARENT & FAMILY
GUIDE



2010
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Gonzaga University

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Welcome!

University Parent Media works closely with institutions around the country to bring together the most relevant, timely information into one all-inclusive resource.

We have published this guide with the mission of helping you easily navigate the university and its surrounding community. Ultimately we hope these resources help nurture your connection and involvement in your student's college years!

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Make the most of your Parent Guide

- Hang on to your Guide! Inside you'll find information that's useful all year long, including important phone numbers, web sites and calendars.
- Store your copy in a purse or glove compartment for convenient reference.
- Pass it along to parents of prospective college students to promote the school.
- Please recycle when finished!
- Discover more content, tips and local business information by visiting us online! (URL below)



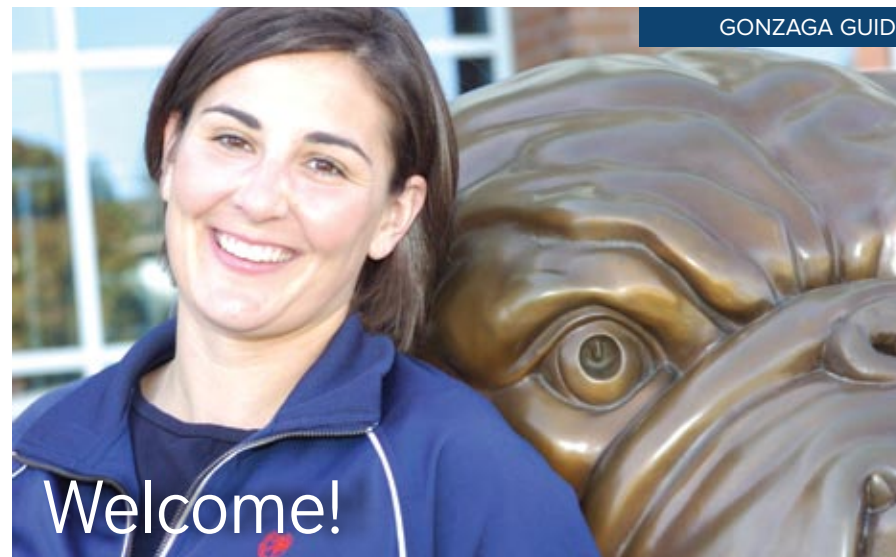
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Dear Parents,

We welcome you to our Gonzaga family and hope that the journey for you and your student will be fulfilling and meaningful. You are not alone as you find a way to "let go" of your student this year. We hope to be there to answer questions and provide the resources you need during this exciting time in your family's life. The University Family Guide has been designed to provide important dates, phone numbers and information about the transition to university life.

We believe that parents and other family members are very important as freshmen take on brand new experiences. We have also suggested tips for how you can help your student navigate this amazing new academic life at GU. We encourage you to empower your student to deal with many of the challenges they will face at college rather than solving problems for them. A goal that many

parents have is to provide support without actually making decisions for their son or daughter. After all, we hope that the university experience will help your student become independent and confident in his or her abilities to face the world.

We recognize, though, that it is not always easy to find that balance, so we suggest taking time to really talk with your student during the year and asking your son or daughter for feedback. Please don't hesitate to contact me by telephone at (509) 313-4154, email at walkera@gonzaga.edu or by mail: Amy Walker, Coordinator of Parent and Family Programs, 502 E Boone Ave, MSC 2464, Spokane, WA 99258-2464. Visit the parent/family newsletter @ <http://blogs.gonzaga.edu/parents/>

Go Zags!
Amy Walker
Coordinator for Parent and Family Programs ■

Join us for Fall Family Weekend, October 22-24!

This event is an excellent opportunity to visit classes, see a play, hear a concert, learn about study abroad and cyber security, cheer on your team, and join us in liturgy. These are some of the events planned for you and your student at this year's FFW.



Photo by Erika Robertson

Helping Your Student Adjust

The transition to college will be filled with mixed emotions for both you and your student. We cannot reinforce enough how these emotions are completely normal, and part of the process of acclimating to college. The vast majority of college students will quickly transition into successful, adventurous college students.

College is a time when students begin to establish their independence as adults. They may examine old beliefs, consider new ones, and test previous boundaries. Students may recreate their identities, interests, and ideas. We also want to recognize and validate the feelings that you, as a parent, may be feeling during this time. For parents who have sent other students off to college before, move in day at Gonzaga may be old news; you have already seen the craziness of thousands of students and parents trying to cram numerous belongings into small residence hall rooms. Other parents may feel the sadness of sending their first child off to college; moms cry, and sometimes even dads do too. And for those parents who are dropping their last child off at college,

returning home to an empty house can be strange and lonely. We want to do everything we can to support you while you adjust to the new experiences that parenting a college student can bring. Please do not hesitate to contact us if you have questions or concerns.

As we are aware that students are starting their journey into adulthood, we resolve to work with students as such; students will be held accountable for their responsibilities as a student, resident, and human being. We strongly encourage students to be aware of the responsibilities that adulthood entails and expect students to conduct themselves in accordance with University policies and procedures, the Student Handbook, and the Gonzaga Creed. ■

Living on Campus

A change in living environment will likely be the first place where your student feels how different living at college can be from living at home. Past surveys of Gonzaga students have shown that very few students have shared a room with another person (sibling) prior to coming to college. This makes sharing a room with a complete stranger a challenge at times! Encourage your student to set boundaries with his or her roommate.



Photo by Mallory Ferland

Some issues Residence Hall Staff encourage students to talk about are:

- Sleeping and waking hours
- Using each other's belongings (Do we need to ask? Are some items off limits?)
- Eating each other's food
- Cleanliness
- Guests in their room

If your student suggests roommate conflicts and a very general disappointment with the Gonzaga University experience, inquire as to whether or not s/he is getting involved in residence hall activities, of which almost 1000 a year occur. Ask if they have joined one of our almost 100 student clubs, or attended campus student activities. If you compare extra-curricular involvement of your student in high school with their answers to these inquiries, often you might find a distinct difference that will indicate your student has not connected well with all the opportunities that exist for involvement outside the classroom. Student life is far more than classroom, so encouraging your student to drop into the Student Activities office or the Center for Community Action and

Service Learning office, or work with their R.A. to attend programs or get involved in residence hall governance will go a long way toward helping your student fully engage their college environment. ■

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Reference Guide

Academic Services

The Office of Academic Services exists to serve the students, staff, faculty and parents of Gonzaga University, in partnership with all offices, to retain and improve University enrollment through the facilitation of nearly twenty office programs and responsibilities. To learn more about this office and its services visit www.gonzaga.edu/academicservices. (509) 313-4072
advise@gonzaga.edu

Campus Public Safety and Security

Campus Public Safety and Security officers provide proactive patrol of the campus and University areas designed to detect and deter crime and facilitate a safe environment for the people and property of our community. Periodic checks are made of all University buildings on campus and lock-up services are provided for belonging. (509) 313-3996

Career Center

The Career Center guides students in reflection upon, and articulating their Gonzaga University experience defined by both their academic pursuits and co-curricular learning. By involving other faculty, administrators and student life professionals in guiding students to reflect on their Gonzaga University experience, students are well prepared to move beyond graduation and persist in their efforts in planning their careers. (509) 313-4234
careercenter@gonzaga.edu

Center for Community Action and Service-Learning

The Center for Community Action and Service-Learning (CCASL), an organization located on campus that

acts as a clearinghouse of resources and referrals on community agencies, volunteer opportunities, service-learning courses and other means of public service and action. Their mission is to develop student leaders with an ethic of service and life-long thirst for social justice. (509) 313-6824

Counseling Center

The Counseling Center contributes to Gonzaga University by offering a wide range of psychological counseling, career counseling, and consulting services to members of the community. As psychologists and counselors, we are committed to the standards of our professions and endeavor to provide the best service possible to all those who seek our assistance. (509) 313-4168
ccac@gonzaga.edu

Crosby

Housing the Crosby Café, Café a la Cart, Cherry Blossom, an ATM and US Bank Branch, University Mail Services, and Ticket Central (where tickets for concerts, movies, and campus and community events can be purchased), the Crosby Student Center is central to many activities, events, and services. (509) 313-6858

Department of Housing and Residence Life

The Department of Housing and Residence Life provides housing accommodations and support services to students who reside in on-campus residential facilities or in GU owned/managed off-campus rentals. Each on-campus residence has "live-in" Residence Life staff members who promote community development and serve as a resource for residents. (509) 313-4103
housing@gonzaga.edu



Photo by Clare VanBrunt

Disability Resources, Education, & Access Management (DREAM)

DREAM provides access services to Gonzaga University's programs, services, activities, and facilities for qualified students with disabilities in compliance with federal and state laws. DREAM may arrange or provide academic adjustments, accommodations, auxiliary aids, assistive technology, advocacy and other types of assistance for students with temporary or permanent disabilities. (509) 313-4134
disability@gonzaga.edu

Financial Aid

Gonzaga's Financial Aid Office is dedicated to helping students and families in the pursuit of their educational goals by providing excellent service in a professional, individualized manner. We believe money should never come between a qualified student and a Gonzaga education. Honoring this philosophy, we do everything in our power to help you pay for your students education. (509) 313-6582
finaid@gonzaga.edu

Gonzaga Alumni Mentor Program

The Gonzaga Alumni Mentor Program (GAMP) is a career development and networking program designed for Gonzaga University students and alumni. It works by matching students and graduates with a mentor in an industry related to their academic major or career field. GAMP welcomes and invites Gonzaga parents and families to considering in this great program. (509) 313-4048
gamp@gonzaga.edu ▶



Health Center

The Health Center functions as the private physician's office with a strong emphasis on wellness. We want students to fully benefit from this Jesuit education. In the event of an accident or illness, our Board Certified Family Physician, Nurse Practitioner and Registered Nurses are here to give students our expertise and care. (509) 313-4052

Parent and Family Office

This office is dedicated to providing resources to enhance your Gonzaga experience. We are committed to helping parents and families play an instrumental role in their student's educational success. Please visit the Parent/Family newsletter for more information blogs.gonzaga.edu/parents/ (509) 313-4154 walkera@gonzaga.edu

Student Activities

Located in the Crosby Student Center, the Office of Student Activities provides a wide variety of opportunities for enrichment and entertainment with the belief that the best way to get the most out of the college experience is to get involved. The Office of Student Activities oversees many student-run programs and events and functions as the main headquarters for contacts and information about campus activities. (509) 313-6123 studentactivities@gonzaga.edu

Student Employment

Student Employment is committed to providing resources to all students who wish to find on or off-campus employment while attending Gonzaga. Student Employment assists students with employment but does not provide job placement. (509) 313-6588

Student Life

The office of Student Life offers numerous opportunities to Gonzaga students outside of the classroom. Our collective goal is

to facilitate each student's development as a whole person – mind, body and spirit. This development occurs within the Jesuit tradition of "cura personalis." (509) 313-4100

Student Wellness Resource Center

The Student Wellness goal is to promote the health and wellbeing of students and reduce risks. Our mission is to help students develop a balanced and healthy lifestyle by providing guidance, support, education, resources, and opportunities. Student peers are available to help fellow classmates find the resources they need, plan events or develop programs to increase wellness behaviors (509) 313-5921 contardo@gonzaga.edu

Sodexo Dining Services

Sodexo Dining Services is a community experience centered on culinary expertise, fresh ingredients, healthy options and a shared sense of environmental and social responsibility. (509) 313-6906

Unity Multicultural Education Center (UMEC)

Unity Multicultural Education Center is a great place to feel free to discuss matters of educational and social importance. We promote fair, equitable, and just treatment of all cultures and ALL members of the Gonzaga community. (509) 313-5836 unityhouse@gonzaga.edu

University Ministry

University Ministry's mission is to support the faith development of all students, regardless of religious affiliation and tradition. These activities offer students a more mature understanding of Gonzaga's Jesuit and Catholic identity as well as a deeper respect for other religious traditions. (509) 313-4242 ■



Photo by Maxwell Sumner

Transitions . . .

What to expect throughout the year

As you have heard many times already, your student's journey into the college experience will be filled with many transitions: from high school to college, from home to residence halls, from family to friends. While this journey is often a very personal one, individualized to each person, we typically see trends in regards to which challenges students are feeling at certain times of the year. Below is a brief overview of issues that students typically face. Informed parents are better able to help students navigate some of the challenges they may encounter.

SEPTEMBER / OCTOBER

- **Excitement about newly found freedom and surroundings**
- **Homesickness and loneliness**
- **Roommate challenges may arise**
- **First papers, quizzes, tests, and midterms**

Encourage students to get involved and meet new people but remind them that college will bring new challenges and work loads, so they should not take on too much too quickly. Balancing all of their responsibilities will be vitally important.

If roommate challenges arise, encourage your student to talk to his/her Resident Assistant. RA's are student leaders with advanced training in conflict mediation, communication skills, and more. In this early part of the year, some level of conflict is expected as students learn to live in community in close quarters with others. In fact, that is some of why the department of housing has a six week fall semester moratorium on room changes. If working with the R.A. after a time is not as successful as you had hoped, encourage your student to contact that R.A.'s supervisor, a professional Residence Director who can often assist in ways and with skills the R.A. may not. ▶

Your student's first grades might not come back as high as they would have expected. This is not unusual when transitioning from high school to college. Remind your student there is plenty of time left in the semester; first quizzes and papers are a chance to figure out what information is important for the course. Encourage your student to speak with the professor often to help improve their grade. Students are learning to make choices and making choices about drinking is one of them. They may have misperceptions that all students are drinking and that this is a way to fit in. So, they may find themselves in drinking situations. Underage drinking exposes students and others to numerous negative consequences and negatively impacts the entire Gonzaga community. The first six weeks are critical for making healthy choices during this transition time. Parents can use this time to talk with their student about the consequences of drinking and making healthy choices.

NOVEMBER

- **Midterm grades available**
- **Campus illness on the rise (colds, flu, etc)**

Encourage students who have questions about their grades to talk to their professors in person during the professor's office hours. Gonzaga faculty is eager to talk with students who are interested in their own academic success.

Winter months bring cold and flu season, especially in the residence halls. This coupled with the increase stress of the end of the semester can quickly lead to illness. Encourage your student to make healthy decisions such as getting enough sleep and eating a balanced diet. The Health Center is also available to help any student who might be suffering from winter ails.

DECEMBER

- **Anxiety over prep week and finals**
- **Sadness about leaving new friendships or relationships for break**
- **Mixed emotions about their first semester grades**

When stress and anxiety over finals are high, students may become distressed and emotional. Healthy decision making will go a long way in students feeling mentally and physically prepared for finals.

Students grow more attached to their peers at college. They spend as much, if not more, time with peers as they do in the classroom, so leaving these friends can be sad, even if only for a month. Consider allowing your student to invite a few of these friends to come visit for a portion of the break or allowing your student to go visit his or her friends and their families.

For some students, grades will be another mark of their success in transitioning to college. For others, grades may be frustrating and disheartening. Remind your student that the first semester is a time of learning.

JANUARY

- **Some relief of being back at school**
- **Time to sign up for housing for the next academic year**

Please do not be offended when your student is excited to leave home and return to college! Remember when you had your first independent living experience? Your student still loves you but appreciates the opportunity to practice being an adult.

Students will receive word via email late in January that it is time to go on line and apply for housing for the next academic year. This is only the first step in acquiring on campus housing for the following year.

However, the completion of an application on line is critical to being invited to "select" a spot in the coming months. Remember that students are both required to live on campus for two full years if under 21 years old, and guaranteed on campus housing.

FEBRUARY

- **Feelings of winter blues, depression**
- **May consider changing majors**

The skies getting dark early in the evening can often make everyone a little blue. Encourage your student to take in activities around campus and in the local community.

Gonzaga strongly believes that the core classes all students are required to take expose students to many different academic areas. For some students, this may result in a change of major. Encourage your student to speak with his/her academic advisor and faculty regarding changing majors and exploring what type of careers a new prospective major might offer. Have your students visit the Career Center for help, as well as speaking to their faculty advisor.

MARCH

- **Midterms**
- **Spring fever**
- **Spring housing sign up processes**

The media sends students many messages of wild and crazy spring breaks in exotic locations. While some students (go on their) may see this as their perfect vacation, others may want something more meaningful, such as an extended service opportunity. Others just need to come home and rest. Regardless of what your student decides to do during break, encourage safe decisions.

The Department of Housing and Residence Life will host the spring housing sign ups

for returning lower division students during the month of March. This process will be in stages pertaining to distinct types of communities and will be conducted 'on-line.' Significantly prior to the processes, your student will have received detailed instructions and information pertaining to this process. We will use email to notify all residents via newsletter of the details for preparing to pack up and go home for the summer. It will also remind students that Gonzaga University does not offer storage for personal items over summer. Instead, there will be a variety of nearby storage facilities advertised, complete with price ranges, addresses and contact information if students would rather leave belongings in Spokane for the summer.

APRIL

- **Class registration for fall semester**
- **Anxiety as prep week and finals weeks approach**

If your student is stressed about class registration, encourage him or her to speak with his/her academic advisor regarding the challenges. Advisors are a great resource to consult when selecting classes. Advisors in the Office of Academic Services also coach students in academic planning and the registration process.

MAY

- **Sadness at leaving friends for summer**
- **Concerns about moving back home**

Students are often sad to leave friends they have made, even if only for a few months. In some cases, friends may not be returning to Gonzaga or may not be living with the same people they did freshman year next year. These emotions are normal. Encourage your student to keep in touch with friends. Consider inviting some of his or her friends to come stay with your family at some point during the summer. ■

Academics at Gonzaga

The classroom experience in college is often very different than high school. Some students will need to improve their study skills, discern important information from lectures, or learn to seek additional challenges in classes that may seem easy at first. An initial drop in grades, even for the most successful high school students, is not uncommon.

Encourage your student to recognize that a final grade is the culmination of an entire semester's work, and that, with hard work, they can meet new standards and achieve their academic goals. Students are strongly encouraged to go speak with their professors. These one-on-one meetings can be a great time to establish rapport, gain valuable insight into the professor's style, and demonstrate

sincere interest in classroom success. The Academic Services office also is available to help any student with questions about academic life. It is vital for parents to understand and respect that it is the student who must develop relationships with faculty and advisors. Parents should not talk with faculty or advisors without their students present and involved. ■

FERPA

The Family Educational Rights and Privacy Act of 1974, as amended (sometimes referred to as the Buckley Amendment), is a Federal law regarding the privacy of student records and the obligations of the institution, primarily in the areas of release of the records and the access provided to these records. FERPA applies to all schools that receive funds under an applicable program of the U.S. Department of Education. Failure to comply with FERPA may as a result have funds administered by the Secretary of Education withheld.

FERPA gives parents certain rights with respect to their children's educational records. These rights transfer to the student when he or she reaches the age of 18 or attends a school beyond the high school level.

Restricting Release of Directory Information

A student may request that directory information not be released by completing the Request for Non-Disclosure and submitting it to the Registrar's Office. The form is available in the Registrar's Office.

If a student elects Confidentiality/Non-Disclosure, any inquiry to the University about the student will be responded with "we have no information on that individual." If a student elects Confidentiality/Non-Disclosure, it remains in effect until the student requests its removal or the student is deceased. If it is not removed prior to or at graduation time, the University will not be able to respond to prospective employers inquiries. ■

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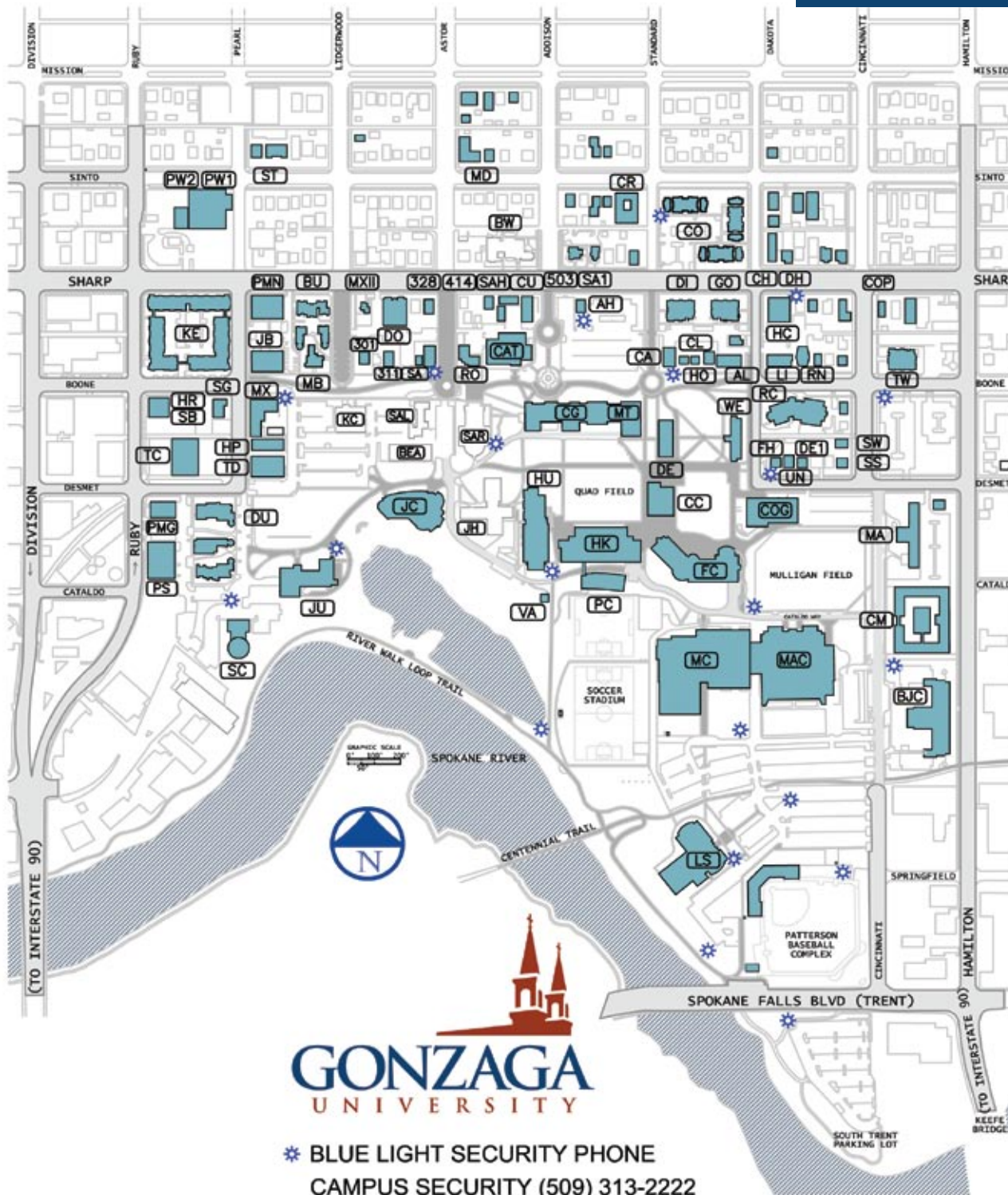
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Gonzaga University Campus Map

2009-10 CAMPUS BUILDING KEY (MAJOR USE)

- | | |
|--|--|
| AH (Crosby) Alumni House | MAC McCarthy Athletic Center |
| AL Alliance Residence Hall | MB Music Building |
| BEA Cardinal Bea House (Jesuit Community) | MC Martin Centre (Fitness) |
| BJC (B.J.) Coughlin Hall | MD Mater Dei |
| BU Burch Apartments | MH Marian Residence Hall |
| BW Bishop White Seminary (Diocesan) | MT Magnuson Theatre (Performing Arts) |
| CA Campion Residence Hall | MX Music Annex |
| CAT Cataldo Hall (Dining/Assembly) | MXII Music Annex II |
| CC Crosby Student Center | PC PACCAR (Applied Science) |
| CG College Hall (Arts & Sciences) | PMG Plant Fleet/Grounds |
| CH Chardin Residence Hall | PMN Plant Maintenance Shop |
| CL Community Action/Service Learning (CCASL) | PS Plant Services |
| CM St. Catherine/St. Monica Residence Hall | PW1 Plant Receiving/Warehouse1 |
| CO Corkery Apartments | PW2 Plant Receiving/Warehouse2 |
| COG (Bookstore/Dining) | RB Rebmann Hall (Philosophy) |
| COP COPS Logan(Public Safety) | RC Rosauer Center Education |
| CR Crimant Residence Hall | RO Robinson House (English/Religious Studies) |
| CU Cushing Residence Hall | RN Roncalli Residence Hall |
| DE DeSmet Residence Hall | SA Studies Abroad |
| DE1 711 Desmet Apartments | SAH Sharp Apts/Sharp House |
| DH Debate House | SA1 Sharp 503 (Modern Language) |
| DI Dillon Residence Hall | SAL St. Aloysius Church/O'Malley Hall |
| DO Dooley Residence Hall | SAR St. Aloysius Rectory |
| DU Dussault Apartments | SB Safety/Benefits |
| FC Foley Center (Library) | SC Schoenberg Center (International Student Program) |
| FH Faber House | SG St. Gregory Choral Hall |
| GO Goller Residence Hall | SS Student Services (Dean) |
| HC Health Center (Campus Services/Housing) | ST Sinto Apartments |
| HK Herak Center(Engineering) | SW Student Wellness Center |
| HO Hopkins House (Honors) | TC Tilford Center (Professional Studies) |
| HP Human Physiology | TW Twohy Residence Hall |
| HR Human Resources/ Friends in Service | UN Unity House (Multicultural Education) |
| HU Hughes Hall (Science) | VA Vachon Art Studio |
| JB Journalism/Broadcast Studies | WE Welch Residence Hall/ Campus Security |
| JC Jepson Center (Business) | |
| JH Jesuit House & Chapel | 301 E Boone (Boone Apartments) |
| JU Jundt Art Center & Museum | 311 E Boone (Women's and Environmental Studies) |
| KC Knights of Columbus | 328 E Sharp (English Annex) |
| KE Kennedy Apts (Zag Shop) | 414 E Sharp (Center for American Indian Studies) |
| LH Legacy Hall | 503 E Sharp-Huetter Mansion |
| LI Lincoln Residence Hall | |
| LS Law School | |
| MA Madonna Residence Hall | |



* BLUE LIGHT SECURITY PHONE
 CAMPUS SECURITY (509) 313-2222

Healthy Decision Making

When college students begin to establish their independent lifestyles, they have the ability to make many decisions that could affect their health: what kinds of foods to buy whether or not to work out, if they should go to the doctor or dentist, and more. Gonzaga has many systems in place to help students make the healthiest decisions possible.

Student Health Center

The Gonzaga Student Health Center is a medical clinic on campus. Its focus is to provide health-care education and primary medical care in order for students to return to their classes as quickly as possible. Students may walk in or schedule an appointment to be seen by a physician or a nurse practitioner by calling (509) 313-4052. The Health Center is available to all currently registered students.

Many services are offered at the Student Health Center. They include treatment of injuries and illness, wart treatment, suturing of lacerations, minor surgical procedures, mental health care, women and men's health, immunizations, diagnostic procedures, venipuncture, follow-up care and referrals.

Proof of two MMR's or rubeola vaccine is a mandatory requirement.

Minimal fees incurred are the responsibility of the student. We do not bill insurance but our fees are on a fee slip that insurance companies will accept for reimbursement when submitted by the student or their parent.

The Student Health Center is located at 704 East Sharp. We are open 5 days a week, Monday and Wednesday- Friday from 8-11:45 a.m., and 1-5 p.m. Tuesday's hours are from 10-11:45 a.m. and 1-5 p.m.

The Student Wellness Resource Center

The Student Wellness Resource Center is available to all Gonzaga University students. The Center promotes healthy lifestyle choices, encourages a holistic philosophy and balance to life and combines a proactive positive approach to healthy living. The staff of the Center provides wellness information and resources via workshops, activities, one-on-one interactions, programs, fairs etc. Some of the wellness issues addressed at the Center include: alcohol and drug use, sexual assault prevention, healthy relationships, healthy eating and stress reduction.

Counseling Center

The Counseling Center provides short-term "focused" counseling to assist students in developing personal goals and to help them in acquiring strategies for coping with obstacles that prevent them from concentrating on their education. The office is staffed by counseling professionals trained and experienced in addressing the needs of university students. Occasionally, students have concerns that may require specialized services; the staff can serve as consultants in the process of referrals to appropriate community professionals. Fees incurred for services beyond the scope of the Counseling Center are the responsibility of the individual student. Student identities and any disclosures made in the course of the counseling relationship are confidential and will not be shared with anyone

outside the center without the student's expressed written consent, unless there is clear and imminent danger to him/herself or another person. Counseling Center appointments can be arranged by students calling extension 4168.

Campus Public Safety and Security

Campus Public Safety and Security has a dedicated team of officers that patrol the campus 24 hours a day, 365 days a year. These officers are approachable, friendly, and always willing to help. Blue light phones are also available throughout campus. These phones allow students to call an officer at any point should they feel the need. Students who may not feel comfortable walking on campus at night can also request an escort service from an officer by calling the dispatch office at extension (509) 313-2222. In compliance with the Federal Campus Security Act, Gonzaga University prepares and distributes an annual report which sets forth its policies on crime prevention issues and gives statistics on the number of specific crimes and arrests which have occurred on campus or in specific areas. A copy of this annual report is available on the Campus Public Safety and Security website. Paper copies may be requested by contacting the Campus Public Safety and Security Office.

Alcohol and Drugs

Underage drinking happens on nearly every campus and Gonzaga is no exception. Drinking alcohol is an individual decision; however for the welfare of the entire community it is important to help your son or daughter make healthy choices. Our message to students is that the best way to avoid negative consequences of drinking is to choose not to drink. Yet many students still choose to drink believing it is a normal part of college life. Gonzaga's policy is based on Washington state law. Drinking for those under 21 is illegal and has both legal and University consequences. Violations of state law and university policy in regards to alcohol and/or drugs will be

responded to on an individual basis using the guidelines established by the student conduct and disciplinary procedures.

Typically students will overestimate the amount of drinking on campus by believing that everyone is drinking all the time and it is a way to fit in. We have conversations with students about making healthy decisions around drinking in a nonjudgmental way. In your role as a parent consider it an opportunity to have a conversation about drinking by letting your student share what he or she thinks and you share what you believe. Students and parents discussing healthy decision making is helpful in changing risky behavior.

Rudolf Fitness Center

The Rudolf Fitness Center is a 38,000 square foot facility with a full line of cardiovascular and weight areas. Also available are racquetball courts, aerobics rooms, basketball/volleyball courts, a running track, a swimming pool, various fitness classes, and more. All undergraduate students have a membership during the academic year, and use their student ID to access the facility. Hours for the facility change during the year (i.e. less during breaks), but generally, the facility is open and well used morning, afternoons, and into the late evenings.

University Dining by Sodexo

Gonzaga University works with Sodexo to provide high quality and delicious food service at various locations around the campus. The staff at Sodexo is always open to suggestions, and appreciates hearing comments or concerns from students. Every freshman or sophomore student who lives in a residence hall is required to have a meal plan. If your student has special dietary needs, please encourage him or her to set up an appointment with Sodexo's registered dietician to discuss how on campus dining facilities can meet his or her needs. The Sodexo office can be reached at (509) 313-6906. ■

Communicating with your Student

When your student first goes off to college, phone calls may be frequent and emotional. As time goes on and students acclimate to their new environment, the frequency of these calls may decrease dramatically. This does not mean that your student does not need you, but rather that your student is practicing being an independent adult.

Phone

Each student is assigned a phone number for his or her room. Some students may choose not to use this phone number and may rely on a cell phone as a primary source of communication. This is not unusual at Gonzaga. If you call your student and do not get a return phone call immediately, do not panic! Between classes, studying, club or student organization activities, and attending the many events that happen on and around

campus, students are busy people! One way to encourage communication with your student may be to set a time each week during which you call. This allows students the ability to call at their own discretion during the week, and aids in your peace of mind as a parent.

E-mail

E-mail can also be a valuable way to communicate with students. An e-mail from mom, dad, or siblings can brighten a student's day while also allowing students the freedom to respond on their own timeframes. Each student is assigned a Gonzaga e-mail address. This e-mail account is a primary source of official communication from the University, thus it is important that your student check this e-mail account.

Mail

Students love getting "snail mail." In fact, students can often be seen going to their mailboxes after classes, in hopes that there is something in their box. Most prized are yellow pieces of paper indicating that a student has a package to pick up at the mail center desk! All on-campus students are required to have a mailbox. You can mail your student a package at the following address:

Student Name
GU MSC # _____
(insert assigned number)
502 E. Boone Ave.
Spokane, WA 99258-2500 ■

The Role of Parents

Parents often wonder "What's my role?" or "When should I get involved?" in the experiences students have during college. This becomes most evident when students are documented for violating university policy.

While there is no clear answer to either of these questions, we do want you to know that we strongly believe in working with our students as adults, and use a disciplinary philosophy centered on student learning, growth, and development. In some cases, we have found that parent involvement can be beneficial in helping change student behavior that runs contrary to student success at Gonzaga, the Student Creed, and our Student Code of Conduct.

As students mature and progress in their career at Gonzaga, the partnership with parents may also change. We are more likely to contact parents in the first or second years of a student's time at

Gonzaga than we are during the latter years. Contact may take the form of a letter or phone conversation between a parent and a University official. There are laws that guide our decision to contact parents, specifically FERPA, the Family Educational Rights and Privacy Act.

We strongly believe that parents are some of our greatest assets in partnering for students' success in all areas of their lives. With this in mind, we want you to understand that there may be times when you call a university office or official for information that cannot be provided immediately. ■

Welcome to Spokane!

Hello Parents,
Now that you've dropped your college student off, let us tell you about our great city that is bursting with great things to see and do.



As the cultural, educational, recreational, entertainment and health care hub of the Inland Northwest, Spokane is a city on the rise. Our free, 100-block downtown Wi-Fi HotZone was the first of its kind in the nation. With four distinct seasons and 260 days of sunshine each year, our weather is reason to celebrate, or at least get out and enjoy Mother Nature. And our easy to use public transportation system, bike friendly streets, scenic Centennial Trail and walkable downtown core make our city easy to explore.

Spokane has more than enough to fill your calendar. Thirty-three golf courses, 76 lakes and multiple rivers and five ski resorts

within a 2-hour drive is just a taste of what awaits. Don't forget about the Smithsonian-affiliated museum, 13 wineries, eclectic art districts and fantastic shopping. With so much to offer Spokane is truly a city that acts bigger than it is.

Spokane is a city of contrasts. It's a college town and a cultural mecca. It's a recreation hot spot and an urban oasis. It's a great place to learn and grow and it's a great place to visit. I encourage you and your new student to explore Spokane and take advantage of all it has to offer. You won't regret it!

For more information, please visit the Spokane Regional Convention & Visitors Bureau at www.visitspokane.com.

Scenic Loops

Washington State is home to 27 scenic byways. It is the perfect place to get out and explore the countryside in a car or RV, or on a motorcycle. www.experiencewa.com Spokane is a gateway to some of the most famous and beautiful byways in the Inland Northwest. Here are a few highlights:

Sherman Pass Scenic Byway www.Byways.org

Sherman Pass Scenic Byway north of Spokane, Washington, climbs one of Washington State's highest maintained passes at 5,575 feet above sea level. The route from Republic to Kettle Falls is the same Native Americans used to find their way to the Columbia River to fish and was later used as a wagon trail named after Civil War General William T. Sherman. A historic log flume is a nice stop along the way.

Northwest Passage Scenic Byway www.Byways.org

The Northwest Passage Scenic Byway retraces the historic route of Lewis and Clark from Lewiston, ID, to Lolo, MT. Riders can jump off their bike and onto a jetboat for a tour up the Snake River following the water mail route that is still operational today.

The International Selkirk Loop www.SelkirkLoop.org

Rand McNally calls the International Selkirk Loop one of the five "Best of Roads" and Sunset magazine says it is the "West's Best Scenic Drive." The ride encircles the Selkirk Mountains in Eastern Washington, Northern Idaho and Southern British Columbia, Canada, following rivers and lakes most of the way. (Passport requirement delayed until summer 2008. Required photo ID and another form of proof of citizenship, such as a birth certificate.)

The Cascade Loop, Washington State's Scenic Byway www.CascadeLoop.com

National Geographic Traveler says the Cascade Loop is "One of America's grandest, most spectacular drives." The ride encircles the Cascade Mountains, north of Seattle from central Washington north to the Canadian border and west to the coast. ▶

Spokane Facts

- The City of Spokane is home to some 201,000 residents; there are around 500,000 residents in the metropolitan area.
- Located in Eastern Washington, 18 miles from the Idaho border, 280 miles from Seattle and 110 miles south of Canada, the Spokane region features the second largest population base in the state of Washington and is the largest city between Minneapolis and Seattle.
- The Spokane River runs through our downtown with spectacular falls on the western end of our city core. Beautiful Riverfront Park also is in the heart of our city.
- The region enjoys four distinct seasons with 60 days of sunshine each year.
- The Spokane region is the gateway to the great outdoors. There are 76 lakes, 33 golf courses, five major National Parks, the spectacular Columbia River Gorge, and Grand Coulee Dam all within an easy drive of the city.



Free & Family-Friendly In Spokane

Canoe or Kayak

The Little Spokane River is one of the region's best kept secrets as one of the nation's top two birding rivers, according to the US Department of Fish and Wildlife. Put in at the site of Indian Painted Rocks, unclaimed ancient pictographs inscribed on two giant basalt boulders. www.riversidestatepark.org

Tear up the Trail

Hike, bike or skate the Centennial Trail, a 37-mile long paved pathway that follows the Spokane River to the Idaho border and beyond. www.spokanecentennialtrail.org

Bike More

From mountain biking to road biking, the Spokane Region has at least 15 major trails. Some of the best are at the top of Mt. Spokane.

Enjoy the View

Drive to the top of Mt. Spokane to the parking lot for the Vista House, a fire lookout built entirely of rock from the mountain by the CCC. Six metal pipes on stands offer a glimpse at lakes throughout the region and the view from the 5,883-foot mountaintop extends into Idaho, Montana and Canada. www.parks.wa.gov/parks

Play in the Park

Check out our 100-acre Riverfront Park in the heart of downtown with a 26-foot-long Radio Flyer Wagon allowing kids (and kids at heart) to climb into the bed and slide down the handle. Also, feed garbage to the Garbage Eating Goat statue sculpted by a Catholic Nun. Run through the Rotary Riverfront Fountain with 150 different water cycles. www.spokaneriverfrontpark.com

Parks within a Park

Visit the 90-acre Manito Park with the French Renaissance Garden comparable to those in Europe. But wait, it also has a Japanese Garden, a lilac garden, a rose garden, a conservatory and a duck pond. www.thefriendsofmanito.org

Read the Writing on the Wall

The historic Davenport Hotel, ranked among the finest by Condé Nast, is a great place to step back in time. The hotel offerings a sheet at the front desk with a self-guided tour. Be sure to head upstairs on the mezzanine and look for "Will You Marry Me" painted into the faux woodwork.

Take a Tour

Pick up the Downtown Spokane Heritage Walk brochures and check out one of four walking tours with information on the church where Sonora Smart Dodd first conceived the idea for the international holiday celebrating Father's Day or discover the site of the World's Fair Expo '74, the world's first environmentally-friendly world's fair. www.historicspokane.org

Catch a Concert

On Thursday evenings all summer long local bands perform in the park in the historic Browne's Addition. Families bring a picnic and a blanket and enjoy the tunes. No alcohol allowed, so this event is very family-oriented. www.mybrownesaddition.org
 -- Northwest Neighborhood Association also has a free summer concert series, www.nwspokane.org.
 • Friends of Pavillion Park at Liberty Lake offer free concerts and movies on Fridays and Saturdays throughout summer, www.pavillionpark.org.
 • Spokane Symphony offers two free concerts in the beginning of September at Pavillion Park and Comstock Park. www.spokanesymphony.org.



Make a Movie

- 1940's era Garland Theater offers free family friendly movies Monday-Friday at 9:30am all summer long. www.garlandtheater.com
- Spokane Valley Mall Cinemas has free movies Tuesday-Thursday, 10am.
- Downtown Spokane Public Library also has a free summer movie series. www.spokanelibrary.org

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Gonzaga Lingo

Around Gonzaga, we have a few words or phrases that we use quite often. Here are a few used commonly around the campus and brief definitions of each!

Blackboard — Website used by professors to communicate to students concerning assignments, schedules, etc.

Block Councils — Governing body of a group of residence halls. Block councils are similar to Student Councils found in many high schools.

Bulldog Bucks — Funds stored on a student's ID card that can be used at all on-campus and many off-campus dining locations. Bulldog Bucks are an optional add-on to an underclassman's meal plan. They allow students the convenience, variety and security of dining off-campus without using cash or credit cards.

C/M — St. Catherine and St. Monica Halls. A large portion of freshmen reside in these attached halls.

CCASL — Pronounced "castle", this stands for the Center for Community Action and Service Learning, an office that creates many of the service opportunities offered to students at Gonzaga.

Centennial Trail — A path that runs through Riverfront Park in downtown Spokane, the length of the Gonzaga campus, and all the way into Idaho.

COG — Gonzaga legend claims COG is "center of Gonzaga." While the sprawling campus has displaced this building from its central location, you will often hear your student talk about "The Cog." This building houses Gonzaga's main dining facility, along with other eating establishments, the Bookstore, and Sodexo offices.

Core — University academic requirements necessary for graduation.

Crosby — The Crosby Student Center is the hub for information and activity for students. It houses meeting rooms, Mail Services, University Ministry, Crosby Cafe, GSBA and the Career Center.

Cura Personalis — Latin for "care for the whole person." This is a hallmark of Jesuit education where teachers form personal relationships with students and encourage students to take own initiative and responsibility for learning. This phrase also asserts the dignity of each individual person.

Dining Dollars — This is a credit amount included in student meal plans; students may use dining dollars to purchase food at any of the eating establishments on campus.

Foley — This is Gonzaga's main library and includes a large variety of books, reference materials, and a rare book collection.

Foley Field — Area on campus located between the Cog, Crosby Student Center, the Foley Center Library and Bulldog Alley. Students can often be seen playing sports or enjoying the nice weather on the Quad.

GSBA — Gonzaga Student Body Association

Kennel — The McCarthy Athletic Center, home of our basketball teams.

Knights — A sophomore organization of 30 men who spend their second college year focusing on service to Gonzaga and the surrounding community. An extensive selection process is held in spring for any first year men wishing to be Knights next year.



Photo by Caitlin Crouchet

Lake Arthur — Lake next to Jundt Art Museum.

Martin Center — Gonzaga's athletic and recreational facility contains a fitness center, field house, dance studio, classrooms, and more.

R.A. — Acronym for Resident Assistant, a student who works for the Department of Housing and Residence Life who has had special training and lives on the floor to assist students with anything they may need while also planning events and educational activities for the floor.

R.D. — Acronym for Residence Director, a full time professional staff person of the Department of Housing and Residence Life who oversees a group of residence halls and Resident Assistant staff. RD's have extensive experience, education, and training working with students in university settings.

RHA — The Residence Hall Association is the student governing body of the residence halls that plans events and addresses concerns within different halls.

Setons — A sophomore organization of 30 women who spend their second college year focusing on service to Gonzaga and

the local community. An extensive selection process is held in spring for any first year women wishing to be Setons next year.

Spike — Gonzaga's mascot, Spike the Bulldog!

St. Al's — Students' nickname for St. Aloysius Church, the main church on campus.

The Bulletin — Gonzaga's weekly published student newspaper. www.gonzagabulletin.com

The Wall — A long wall between College Hall and Crosby run by GSBA and used by the GU community to post messages about upcoming events.

Zags — This is the shortened way to refer to Gonzaga's sports teams and students.

ZagTrax — visit www.zagtrax.net to connect with Gonzaga's online posting board for internship & employment opportunities, as well as maintain your electronic career portfolio (letters of recommendation, transcripts, resumes, and other pertinent documents) which can be made available to prospective employers or graduate schools upon your request. ■

FALL SEMESTER 2010	
Law School Classes Begin	Monday, Aug. 23
New Faculty Conference	Tuesday, Aug. 24
Fall Faculty Conference	Thursday, Aug. 26 and Friday, Aug. 27
Residence Halls Open (New Students)	Friday, Aug. 27 and Saturday, Aug. 28
Residence Halls Open (Returning Students)	Sunday, Aug. 29
New Student Orientation	Friday, Aug. 27 - Monday, Aug. 30
President's Reception and Welcome Mass	Sunday, Aug. 29
Academic Convocation	Monday, Aug. 30
New Students Meet with Assigned Advisors	Monday, Aug. 30
Fall Validation Day	Monday, Aug. 30
Classes Begin	Tuesday, Aug. 31
Labor Day Observed	Monday, Sept. 6
Last Day to Add	Wednesday, Sept. 8
Last Day to Drop	Friday, Sept. 10
Mass of the Holy Spirit (11:00am & Noon classes canceled)	Wednesday, Sept. 15
Incompletes Revert to Provisional Grades	Friday, Oct. 1
Student Learning Outcomes Day (Morning classes canceled)	Thursday, Oct. 7
Founder's Day Holiday	Monday, Oct. 18
Mid-semester Grades Due in Registrar's Office	Wednesday, Oct. 20
Fall Family Weekend	Friday, Oct. 22 - Sunday, Oct. 24
Spring 2011 Course Registration Begins	Tuesday, Nov. 2
Last Day to Withdraw from Single Courses	Friday, Nov. 12
Last Day to Withdraw from the Semester	Friday, Nov. 19
Thanksgiving Holiday	Wednesday, Nov. 24 - Friday, Nov. 26
Prep Week	Monday, Dec. 6 - Friday, Dec. 10
Semester Examinations	Monday, Dec. 13 - Thursday, Dec. 16
Christmas Holiday Begins	Friday, Dec. 17
Grades Due in Registrar's Office	Tuesday, Dec. 21
Final Semester Grades Available on Zagweb	Friday, Dec. 31

SPRING SEMESTER 2011	
Residence Halls Open	Sunday, Jan. 9
New Student Orientation	Monday, Jan. 10
Spring Faculty Conference	Monday, Jan. 10
Spring Validation Day	Monday, Jan. 10
Classes which meet on Mondays ONLY begin	Monday, Jan. 10
Undergraduate, Graduate and Law Classes Begin	Tuesday, Jan. 11
Martin Luther King Holiday	Monday, Jan. 17
Last Day to Add	Wednesday, Jan. 19
Last Day to Drop	Friday, Jan. 21

Incompletes Revert to Provisional Grades	Friday, Feb. 11
President's Day Holiday	Monday, Feb. 21
Spring Vacation	Monday, March 7 - Friday, March 11
Mid-semester Grades Due in Registrar's Office	Tuesday, March 8
Summer Session Registration Begins	Monday, March 14
Last Day to Withdraw from Single Courses	Friday, March 25
Fall 2011 Course Registration Begins	Tuesday, April 6
Last Day to Withdraw from the Semester	Friday, April 8
Academic Honors Convocation (classes canceled 3:15-4:45 pm)	Tuesday, April 19
Good Friday Holiday	Friday, April 22
Easter Holiday	Monday, April 25
Prep Week	Monday, April 25 - Friday, April 29
Semester Examinations (100/200 classes)	Monday, May 2 - Friday, May 6
Semester Examinations (300/400 classes)	Monday, May 2 - Wednesday, May 4
Senior Week Activities	Wednesday, May 4 - Friday, May 6
Graduate School Commencement	Saturday, May 7
Baccalaureate Mass	Saturday, May 7
Graduate School Mass	Saturday, May 7
Undergraduate Commencement	Sunday, May 8
Grades Due in Registrar's Office	Tuesday, May 10
Final Semester Grades Available on Zagweb	Friday, May 13
School of Law Commencement	Saturday, May 14

SUMMER SEMESTER 2011	
Session I Begins	Monday, May 16
Session I Ends	Friday, June 24
Session II Begins	Monday, June 27
Session II Ends	Friday, Aug. 5
Full Summer Begins	Monday, May 16
Full Summer Ends	

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