Greetings from Student Life!

UIU SUMMER UPDATE

Classes begin on Monday, August 26

Traditional Housing

Apartment Housing

Suite-Style Housing

Housing Application - Have You Completed Yours?

Need to confirm your housing for the 2019-20 academic year? Please complete the Housing Application at your earliest convenience. Please note: you must be logged in to myUIU to view this form.

Planning to Commute to Campus?

All students are required to live in University residence halls and maintain a meal plan during their first three years at UIU. All requests to live off-campus are reviewed on a case-by-case basis. Requests are rarely granted. Students who fail to take up residency or move off campus without permission, will be charged a $3,000 penalty fee per year for the duration of the residency and will be required to enroll, at a minimum, in the 80-Meal Commuter Meal Plan every year for the duration of the residency requirement. If you are interested in commuting to campus, please complete the Off-Campus/Commuter Request Form. Once the form is submitted, your request is reviewed and you’ll be contacted with a decision. Questions? Contact studentlife@uiu.edu.

Payment Due Date Reminder

All Fall Semester charges, including tuition, room, board, books and additional fees, are due and payable by Noon on Wednesday, August 21, 2019. The deadline for payment plan enrollment is Thursday, August 15, 2019. Default in submitting payment or setting up approved payment arrangements may result in the student’s enrollment being dropped, delayed or denied; satisfactory arrangements must be made with the Business Office before reinstatement. Please contact the Business Office at 800-553-4150 or businessoffice@uiu.edu.

Residence Hall Check-In

Fall athletes:
Move in dates for student athletes in a fall sport are determined by the head coach. Athletes should be in contact with the Athletic Department to obtain arrival time.

Non-Fall athletes and all other returning students:
Move in Saturday, August 24 from 8 a.m. – 5 p.m.
Any request to return prior to 8 a.m. on August 24 must be approved by the Director of Residence Life and could be subject to an early arrival charge.

University IDs

Reminder: new IDs will not be issued for the upcoming academic year! Please retain your current student ID. If you have lost your ID, please stop in Student Life to obtain a new one. A fee is imposed for the reissuance of cards.
STUDENT LIFE NEWS

New faces in Student Life!

We are sad to see Cameron Vinsand end his time here at UIU but are looking forward to our new graduate assistant joining us!

Ryan Goodenbour ‘19 will be our new Disability Services graduate assistant. He will be working directly under the Director of Disability Services and is located in office 229 within the Student Life Suite.

We have an additional full-time counselor! Please help us welcome Olivia Schnur ’13!!

Olivia is a Clinical Mental Health Counselor and proud alum of Upper Iowa University. After gaining her Bachelor of Arts degree with Upper Iowa University in 2013, Olivia completed her Master of Arts degree with the University of Northern Iowa in 2016. Since then, Olivia has worked with children and families in a variety of settings. For the past two years, Olivia has lived and worked in Australia with an Aboriginal Medical Service. Olivia is also a Certified Yoga Teacher and she incorporates yoga and mindfulness into her therapeutic work as well as her daily life. Olivia is excited to return to Northeast Iowa this summer and she looks forward to her future with the Peacock Team. Olivia will be in office 218 located outside of the Student Life Suite.

Please stop in to say hello to Ryan and Olivia!

Student Government Association 2019-20 L-R: Breyanna Hill, Vice President; Daniel Lem, Internal Relations Officer; Kelsey Simpson, President; Riley Braughton, Treasurer; Alyson Carroll, Secretary

Residential Meal Plans

The following options are available: (prices reflect per semester)

- **Peacock Platinum**  
  All Access to the Servery  
  10 guest meals  
  $300 Dining Dollars

- **Peacock Blue**  
  All Access to the Servery  
  10 guest meals  
  $150 Dining Dollars

- **Peacock Basic**  
  (Lee Tower residents only)  
  130 Meals Served  
  10 guest meals  
  $300 Dining Dollars

Commuter Meal Plans

- **40 Meal Block**  
  $50 Dining Dollars

- **80 Meal Block**  
  $50 Dining Dollars

To enroll in a meal plan, visit Student Life or email studentlife@uiu.edu.

Cell phone or address change?

Please be sure to update your contact information through myUIU under the Personal Info link located near your name once logged in. This is important so that the University can communicate with you regarding weather notifications and emergencies!
CAREER DEVELOPMENT NEWS

The UIU Career Development staff is excited for the 2019-20 academic year. As you prepare to return to campus this fall, we invite you to review our resources at uiu.edu/careers, particularly visit our “Students and Alumni” link. Check out the Career Development Guide Map for students to find out what things you can start working on this fall and into 2020. Have questions? Stop in our offices located in the Student Center or email Hope (trainorh@uiu.edu) or Anne (puffetta@uiu.edu) to schedule an appointment.

Be sure to check out the multiple services available to you through the Peacock Career Portal powered by College Central Network. You can search an online job board posted to UIU students as well as the national job board, Job Central, which includes over 500,000 jobs. Peacock Career Portal also features career articles, podcasts and videos, a career document library and a Career Mentoring Network.

Get involved with the Office of Career Development:

- Internship and Career Fair
- Classroom or club/org presentations
- Workshops
- Alumni mentoring
- Speaker series and special events

What should you wear to the Internship and Career Fair?

Men: Two-piece suit or button down shirt with dark or khaki colored pants.

Women: Two-piece suit or button down shirt or blouse with conservative neckline and dark or khaki colored pants or skirt.

Save These Dates!

Aug. 25       SGA Hosted - Welcome Back Picnic
Aug. 27       All Club and Org Meeting
Aug. 28       Club and Org Fair
Sept. 6-8     Fayette Watermelon Days
Oct. 18-27    Fall Break
Oct. 31       Pete’s Halls of Horror
Mar. 6-15     Alternative Spring Break
Mar. 30-Apr. 3 Greek Week
Mar. 31       Student Life Awards
April 17      Spring Carnival and Fair/SGA Family Fun Night

More activities can be found on myUIU!

Did you know?

Upper Iowa University students can play for free at Big Rock Country Club here in Fayette!

The Rec Center hosts four different intramural leagues (kickball, volleyball, basketball, and softball) on Tuesdays and Thursdays. New this year, league champions will get to hoist the all new Peacock Cup! Single day tournaments will be held on Sundays throughout the year.

Group Fitness classes are FREE for all UIU students and are held throughout the day at the Rec Center!

You can check out everything from bikes, kayaks, tents, etc. for FREE in Outdoor Pursuits (OP).

The OP offers beginning to experienced level trips to all UIU students. Make sure to swing by the Rec and sign up!
NEWS FROM INTERNATIONAL EDUCATION

New Faculty Led Programs for 2019-20

We are working with faculty on creating some great programs for the upcoming academic year. All of the programs are getting finalized over the summer so student can begin signing up in the fall. We expect to have programs going to France, the United Kingdom, Ireland, and Switzerland.

Spring 2020 Study Abroad or International Internship Deadlines

Any students interested in studying abroad or doing an international internship for the Spring 2020 semester should be researching their options and planning ahead for the application now. ISEP’s deadline is September 1 and many other organizations and schools have an application deadline that isn’t long after September 1. On an ISEP Exchange Program, a student will pay UIU Tuition, Housing, and Meal Plans and can use their Financial Aid and UIU Scholarships. International Internships vary in length from 6, 8, 10, and 12 weeks and if done for college credit, a student can use their Financial Aid. There are also many scholarships out there for Education Abroad programming.

We are available to assist students all summer, so please e-mail us if you are thinking about the opportunity!

For more information, visit our website at uiu.abroadoffice.net or contact the Coordinator for Education Abroad at: educationabroad@uiu.edu or 563-425-5831.

Please note!

Edyta Cichon-Barche, Coordinator for International Student/Scholar Services, has moved to office 224 in the Student Life Suite! Be sure to stop in when you return this fall and check out her new office!
COUNSELING & WELLNESS NEWS

Student Health Insurance

Upper Iowa University is vitally interested in making students’ academic and personal experience meaningful and successful. Health and wellness are key components of that experience. To ensure that students receive the care they need to stay in class and avoid the potential hardship of medical expenses, it is recommended that all full-time and/or resident students have adequate health and accident coverage. Non-international students have the option of maintaining primary coverage under a family employee plan or private insurer. All international (undergraduate, graduate, non-degree and intensive English program) students are required to carry and will be enrolled in the Upper Iowa University student health insurance plan.

More information can be provided by contacting Student Life at studentlife@uiu.edu.

Mental Health Screening Tool

Sometimes students have mental health concerns and are unsure about where to go or what their next step is. Upper Iowa University offers a free screening tool for students to help someone determine if they should connect with a mental health professional. Mental Health Screening is a website dedicated to helping students take ownership of their mental health. The best part is that the screenings are FREE and ANONYMOUS! The direct link to the screenings is screening.mentalhealthscreening.org/uiu. If you or someone you know could benefit from this FREE screening, we encourage you to take a screening or call the counseling center at the contact information below.

Crystal Cole, Director of Counseling/Wellness
colec42@uiu.edu
563.425.5786

RESIDENCE LIFE NEWS

What’s new?

Televisions have been removed from the South Villages and Lee Tower. However, cable service is still available to students. Please see your Residence Area Coordinator, Jordan or Nate, for any issues or concerns.

Did you know?

All students can now schedule an appointment with the counseling center directly from the privacy of your own computer!

Students have several options for scheduling appointments with our counselor. Our newest way to schedule is through a program called Calendly at: calendly.com/colec42

This new program allows you to schedule an appointment that works for your schedule with complete privacy!

If you prefer, you may still schedule by calling or stopping in to Student Life.
Upper Iowa University provides several academic resources at no cost to assist students in achieving their academic goals.

Do you need assistance with...

- Tutoring?
- Library Resources?
- Study Skills?
- Taking Notes?
- Academic Writing?
- Disability Accommodations?
- Time Management?
- Academic Appeals?

Other academic-related concerns?

We can help! Please visit us at uiu.edu/support/academic-success/index.html.

Have you ordered your textbooks yet?

Visit the Ordering Textbooks page for instructions and any questions you may have.

Still need to register for classes?

Contact your academic advisor, Amy Tucker (tuckera@uiu.edu) or Andrew McLees (mcleesa79@uiu.edu) for registration assistance. Courses are filling up quickly, so register ASAP!