



UNIVERSITY PARENT
GUIDE

2011

**Southern Oregon
University**

CAMPUS RESOURCES – LOCAL INSIGHT – HELPFUL INFORMATION



UNIVERSITY PARENT CONNECTION

University Parent Media
3800 Arapahoe Avenue, Suite 210
Boulder, CO 80303
Phone: (866) 721-1357
Email: ask@universityparent.com

PUBLISHER
Sarah Schupp

VP OF OPERATIONS
Jon Saints

SALES REPRESENTATIVES
Rebecca Boozan
Mike Gooley
Scott Greisser
Sharon Haddad
Jon Hydeman

PRODUCTION DEPARTMENT
Grace Cassara
Eric Hosmer
Lee Riley
Meg Steinborn

OFFICE MANAGER
Linsey Straugh

DESIGNER
Erika Johnson

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Advertising Inquiries:
(866) 721-1357
ads@universityparent.com

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SO Southern OREGON UNIVERSITY

Laura O'Bryon
Dean of Students
Stevenson Union 322
(541) 552-6221
student_affairs@sou.edu

About Our Guides

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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- Hang on to your Guide! Inside you'll find information that's useful all-year long, including important phone numbers, web sites and calendars.
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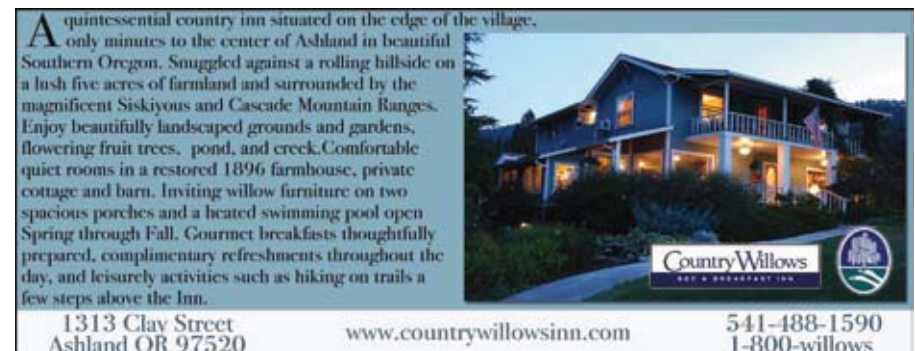
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Welcome to Southern Oregon University

Dear SOU Parent:

Your student's success is our shared priority. I want to assure you that we are committed to working with you and your student to ensure that your expectations are met and even exceeded.

In order to realize this commitment, allow me to share what you can expect of us:

- Resources and expertise within the wide range of services we provide to help students enroll, achieve, and make positive choices;
- Environments conducive to success, from the classroom to housing to internships and service opportunities in the community;
- Intellectual stimulation and academic rigor—to prepare our graduates to solve complex problems and be leaders in their communities;
- Accountability for unreasonable behavior, provided in a developmental way that involves you when and if appropriate.

We also have some expectations of your student:

- Treat the educational experience as a job, spend on average two hours studying for every hour of class time (45 hours/week total for 15 credits);
- Utilize resources and expertise, seek out assistance when needed and offered;
- Engage in meaningful activities, from service to athletics to leadership, to create a context for what is learned in the classroom;
- Make good choices—for themselves and in relation to others;

- Make meaning of their experiences as they go so they can find their particular path to a fulfilling life.

And finally, we have expectations of you:

- Help your student make meaning by providing perspective, especially when times are difficult;
- Stay in touch—with your student and with us, to make sure your questions are answered and we are aware of any problems that might be more apparent to you than to us;
- Let us know if you have concerns, as we are always looking to improve;
- Respect boundaries, processes, and new directions—your student needs to remain at the center of decisions and responsibility for the educational experience.

On behalf of the faculty and staff of Southern Oregon University, I welcome your thoughts, input, suggestions, and concerns. I also look forward to seeing you on campus as frequently as possible, Orientation through Commencement.

All my best,



Jonathan Eldridge
Vice President for Student Affairs ■





Your Changing Role as a Parent

Your student is experiencing a major transition and so are you. You can manage this transition by recognizing and adjusting to the inevitable changes to your student's life.

If you have sent another child off to college already, you know that all transitions involve expectations of what's to come and a sense of loss for what's ending. You and your student might feel excitement, anticipation, fear, worry, sadness, and/or loss. How can you help yourself and your student handle this transition? Open, respectful dialogue is the key. Communication will help with the transition and the evolving relationship you have with your student.

The final days of this summer are likely to be intense and pressure filled, especially if your student is coming to SOU from

more than a few miles away. Taking care of last minute details and saying goodbye to friends and family is overwhelming for many. It is normal to grieve over a change of this magnitude. The grieving may even start before your student has left home, which may cause some tense moments.

We encourage you to clearly communicate your expectations and feelings regarding communication, grades, finances, relationships/dating, alcohol/drugs, etc. You are hoping your student will carry the morals and values you have instilled in them. Now is the time to trust, let go, and allow your student to spread his/her wings.

During Orientation, Registration, and Welcome events on campus we hope that you:

- Connect with other parents. Who better understands what you're going through?
- Become familiar with SOU resources. Then, when a situation arises, instead of making a call on your student's behalf, you can ask them if they've contacted appropriate SOU staff.
- Educate yourself about the normal developmental challenges and stressors that can happen in the first year of college.
- Celebrate the start of your student's college career. Enjoy this milestone and show your pride in your student's accomplishments (and yours too!)

Moving On:

- Stay in touch. Every parent wants to know their student is safe but this doesn't necessarily mean you need a daily check-in.
- Establish mutually agreed-upon expectations for communication. Keep conversations relaxed and comfortable.
- Respond positively to your student's wide range of feelings about their future.
- Be open to the changes you see in your student- the new ideas they're encountering and the new concepts they're exploring.
- Understand that college is about a lot more than studying and going to class.
- Find ways to stay involved and connected in your student's life.
- Talk about the first visit home. What rules or expectations will be in place?
- Seek support from friends and family who are or have been in a similar situation.
- Demonstrate support and encouragement to your student regularly. Trust your student to make decisions for him/herself and keep the lines of communication open. ■





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Tips for Families of Commuter Students

Commuter students face many of the same adjustment-to-college concerns all students face: making new friends, finding ways to become involved, time management, handling college finances, and learning new study skills. There are also some unique challenges for students living at home or off campus. Commuters often believe their classmates who live on campus have more time to engage socially and therefore have more fun, friends, and freedom. Commuters can have the same opportunities as residential students, but where they live means they must approach those opportunities somewhat differently.

What Family Can Do

Family who understand the unique challenges of commuter students can help make the college experience better for their student.

- Acknowledge the commute. Recognize the time your student spends waiting for a bus, riding to school, driving, or finding parking. Scheduling a checkup on the car (or bike) will show your student that you think his or her commute is important.
- Acknowledge your student's commitment to academics. By talking about changes in family chores and granting more flexibility for household responsibilities, you will let your student know that you understand and respect that college is demanding.
- Be alert to stressful times; mark them on your calendar. Midterms and exams are particularly difficult times for students. Taking over chores for your student, providing treats, or filling the gas tank of the car are valued gifts during those difficult times.
- Encourage your student to stay on campus between classes and to attend athletic events, concerts, and other student activities. Students feel more committed to college and have a higher success rate when they participate in activities and share experiences with other students.
- Assist your student by purchasing or encouraging them to purchase

the Commuter Meal Plan. Eating on campus is another way students can connect to each other, develop important peer networks of support, and be a part of study groups.

- Many commuter students work. Students will find benefits to working at an on-campus job where the support of college-based supervisors and the time on campus are beneficial.
- Be aware of campus news and events. Ask your student to explain the things you don't understand. If you acknowledge the importance of what's happening at the University, your student will, too.

Most importantly, make sure your student is aware of the Commuter Resource Center! The Commuter Resource Center (CRC) is a home away from home for many students. The CRC is located in the Stevenson Union on the Ashland campus. Designed with the special needs of the non-traditional and commuting student in mind, the CRC offers a friendly and supportive environment where students can connect with others and access information about programs and services available for commuter students and their families. Students have access to a lounge, computer lab, kitchenette, nap area, group study tables, and a play area. We have fax and copy services and locker sign-ups.

The CRC provides opportunities for students to get involved both on campus and within the larger community. The center is always looking for student workers and volunteers to help develop and organize events and programs of interest to commuter students and their families. ■

Tips for Parents of Resident Students

Living on campus is an integral part of the college experience. At SOU, we believe in educating the whole student. This includes incorporating life lessons and educational opportunities into areas outside the classroom. Your student will learn herself a lot about themselves in the residence halls and will have the opportunity to grow and mature in a healthy learning environment. This growth will be supplemented by the educational and social activities that occur in the residence halls.

By encouraging your student to be independent in this new chapter of their life you will allow them to develop and learn to handle issues on their own. There are a few words of advice when it comes to helping your student through this transition. First, encourage your student to address roommate issues at the outset and continue to openly communicate with their living mates. This will lead to more cooperation in their daily life and fewer obstacles down the road. If your student expresses a problem regarding a roommate ask them, "Have you talked to your roommate about this issue and tried to develop a compromise?" Encourage this open discussion before ►

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suggesting a room change. This will allow the student to develop crucial conflict communication skills. By taking the initiative to discuss guests, student study habits, music, food, and sleep times, your student will develop more understanding of their roommate—and vice-versa.

Express the importance of getting to know their Resident Assistant (RA), an upper-division student that lives in your student's community. The RA is there for each student, 24 hours a day, 7 days a week. No matter the problem, academic, social, or adjustment, the RA is a great resource.

Encourage your student to take full advantage of the benefits of living on campus. There are weekly programs that serve as healthy and safe opportunities for your student to socialize and learn. There are leadership positions available that will give them decision making power in the residence halls. Perhaps most importantly there are friends



around each corner to help your student be socially successful and provide a peer support network that will lead to a rewarding student life experience. ■



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SAFETY

Q&A

How safe is the University community and what can my student do to stay safe?

The SOU community and the city of Ashland that surrounds us have generally low levels of crime, especially compared to larger metropolitan areas. However, students are sometimes victims of crime and should be aware of the dangers. The University has a close relationship with City of Ashland emergency services. We meet weekly with police to discuss individual cases, crime trends, and to engage in problem solving. The University uses "SOU Alert," a mass communication system to send safety alerts in the very rare instance of a dangerous situation that students and staff should be informed of so they can take precautions. Students may sign up for SOU Alert through the mySOU portal.

There are a number of SOU services that are designed for safety and prevention.

- 24/7 uniformed patrol by Campus Public Safety officers on campus grounds. Officers are dispatched through the 911 center.
- Escorts are available on campus by contacting Campus Public Safety.
- Main paths throughout campus are well-lit during nighttime hours.

In addition, we make the following recommendations to students and staff:

- Be aware of your surroundings and report suspicious behavior or persons immediately by dialing 911.
- Travel with groups when possible during nighttime hours.
- Trust your instincts and don't put yourself in a vulnerable situation.

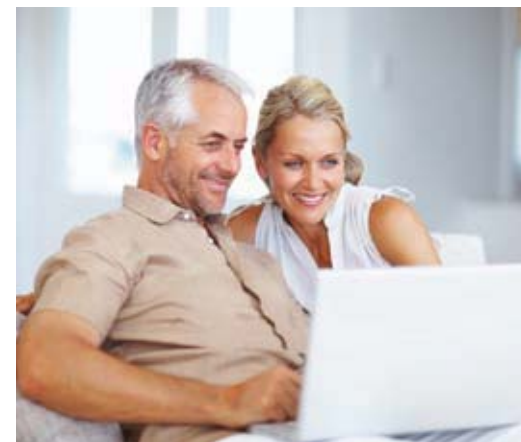
How can my student's property be safeguarded?

Thefts do occur on campus, especially smaller items of value that can be easily sold, such as laptops and iPods. The vast majority of reported thefts are items that are left unsecured in public areas.

The best way for a student to avoid becoming a victim is to keep valuable items on their person, locked out of sight in a vehicle, or in their locked residence hall room or apartment.

Theft of high-end bikes is an occasional problem. We recommend the use of a good "U" shaped bike lock. As with other items, bike thefts seldom happen when they are properly locked. We recommend students register their bikes with Ashland Police Department. This will allow stolen/recovered bikes to be returned to the owner.

Students should write down and safely store serial numbers on electronics and computers. This will aid in the recovery and return in the rare instance that these items are stolen. A document to record serial numbers is found at sou.edu/security. ■





Staying Healthy: A Holistic Approach

The Student Health and Wellness Center (SHWC) welcomes you and your student to SOU. The SHWC is an accredited, integrated medical/mental health care clinic serving SOU students with dedicated physicians, nurse practitioners, nurses, counselors, lab/ medical dispensary, health education, and administrative staff. The SHWC specializes in the meeting the unique needs of college students.

We view health and wellness holistically to include one's emotional, mental, physical, social, and spiritual domains. We also understand that adults between the ages of 18-25 are going through many developmental challenges, including leaving home to attend college. Like any major life transition, beginning college involves a range of emotions and issues.

Life at SOU will be new and somewhat stressful. Balancing the increased academic demand; living with new people; meeting new friends and staying in touch with old friends; finding activities and interests; learning and adapting to

campus and Ashland; exploring dating and relationships; wrestling with emerging independence and adult identity; financial, time, and stress management; etc. – it's no wonder that SOU students report stress as being the number one health issue that affects them and their academic pursuits.

While some degree of stress is normal during transition, for some students, it can become overwhelming. Please pay attention to how your student is adjusting to SOU so that you can help your student recognize if their "homesickness" becomes something more serious, such as depression. At

the SHWC, we can help students sort through their experiences. Counselors are available to provide a safe place for self reflection on important issues and decisions in their life. Medical staff will take time with students addressing needs beyond their physical health. Healthy vigilance and advocacy is also necessary because the years between 18 and 25 are often the time of first onset of mental health issues such as depression, bipolar disorder, substance abuse/dependence or anxiety disorders. Of course, we want to nurture self-awareness and self-care in our students but it is also important that you, the person who knows your student best, stay involved in their life.

Managing stress effectively is key to insuring one's health, personal, and academic success. Here are some concrete ideas to contemplate and share with your student:

- Eating healthy nutritious food, getting enough sleep, exercising regularly, and finding/maintaining meaningful social connections are the bedrock for health and wellness. In fact, research shows that exercising for at least 30 minutes 3-5 times/week can have the same benefits as an antidepressant for mild-to-moderate depression.
- A sense of purpose, belonging and hope are essential to good mental health.



- Learning "sleep hygiene"
- addressing both quantity and quality of sleep is an important foundation of health.
- Volunteering or serving others, learning about mindfulness and enhancing one's spirituality have wellness benefits.
- Utilizing positive thinking to meet life challenges and enhance self-esteem is very effective and worth exploring.
- Lastly, relaxation, recreation and fun are necessary to a healthy and balanced life.

For more on stress management and wellness please visit liveyourlifewell.org. ■

We strongly encourage our students to take responsibility for their health and wellness and look forward to partnering with them during their time at SOU. Please visit sou.edu/health to learn more about the SHWC, including services, insurance, and resources.



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Academic Achievement

The following items can help your student succeed academically and make the most of their college experience.

1. Interactions with faculty

At SOU, students experience small class sizes and faculty who focus on building strong relationships with students. Students, however, need to play their part as well. Encourage your student to communicate with their professors during class sessions as well as outside of class during faculty office hours to ensure that they understand course material. These interactions will strengthen your student's knowledge of the subject and will help them to be fully engaged in the classroom.

2. Develop a study plan

Regular class attendance and time management are important elements to your student's academic success. Encourage your student to create a study schedule and to keep up with reading and assignments from the first day of classes. Falling behind in the first week creates a snowball effect that compounds week after week, leaving your student feeling overwhelmed and unsuccessful.

3. Meet with an advisor regularly

SOU requires first-year students to meet with their academic advisor every term before registering for classes for the next quarter. Students who have not yet declared a major and all first-year students can meet with their University Seminar instructor or a professional advisor in Academic Support Programs or the Higher Education Center; students who have decided on a major should meet with an advisor in their academic department. Advisors will help your student stay on track toward graduation.

4. Utilize specialized academic resources

Academic Advising, Disability Resources, Math Tutoring, the Writing Lab, the Student Health and Wellness Center, and other support programs and services are all available to help students clarify their academic and post-academic needs.

Encourage your student to utilize these services as needed. If your student has learning differences, is in need of academic assistance, or has a documented disability, please encourage them to contact Disability Resources in Academic Support Programs.

5. Take classes seriously

Students should treat their education as a full-time job. If they commit to regular class attendance and study two to three hours for every hour spent in class, they dramatically increase their chances of meeting their academic goals and personal expectations.

6. Manage time wisely

Encourage your student to set realistic goals, and invest in a planner to schedule classes, blocks of study time, projects, college activities, work, and free time.

7. Look forward to new experiences and ideas

Persuade your student to be open to new ideas as well as to people who look, speak, act, and dress differently from them, or who have beliefs, values, perspectives, or practices different from their own. Diverse experiences help students learn more about themselves and prepare them for the world in which we live and work. ■



Advice, tips, articles for college parents:
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University Studies

In 2006, SOU redesigned the general education curriculum, reflecting the University's vision as a public liberal arts university that expands students' intellectual horizons and helps them comprehend a diverse and changing world.

Built on student learning outcomes and measured by student work in progressively challenging courses, University Studies helps students adapt knowledge, skills, and responsibilities to new challenges. The curriculum allows SOU to:

- articulate specific areas that students need to achieve in order to succeed
- align courses to ensure student learning
- assess achievement
- balance learning in the majors with a broader perspective of liberal arts
- engage in collaborate and inquiry-based pedagogies
- foster civic, social, and personal responsibility
- Integration strands help students deepen, apply, and transfer knowledge.

The heart of this design are the lettered Strands, Goals, and Proficiencies, an explicit listing of the skills and knowledge that students will master as they pass through University Seminar, Mathematical Reasoning, Explorations, and Integration courses. **Foundation Strands**, taught in University Seminar but incorporated throughout the University's curriculum, stress effective communication, critical



thinking, information literacy, and quantitative reasoning. **Exploration Strands** (Humanities, Social Sciences, Sciences) incorporate breadth of knowledge, introducing the aesthetic, social, and scientific worlds to students. **Integration Strands** show a concern with educating students for responsible citizenship in an ever-expanding diverse and global world. The choices in "Science, Technology, and Society," "Citizenship and Social Responsibility," and "Diversity and Global Awareness" open up opportunities for creative and challenging courses, allowing students to blend perspectives and ways of knowing from different disciplines and through applied learning.

University Seminar is SOU's first-year course that anchors University Studies and your student's academic career. The three-term, topic-based seminars engage students as active learners and help students form a strong bond with peers while they talk, write, and think about challenging concepts and ideas. Topics range from medicine and science to culture and ethics, and a student can

choose from 18 different seminars. Faculty have designed the seminar around readings and activities that explore a focused subject or issue, but all students build the required academic skills through similar structured sequences of assignments and projects. The instructor will also serve as a first-year

liberal arts, and foster civic, social, and personal responsibility. The remaining credits required to graduate are divided into the Major area of study (between 60-75 credits) and elective credits—courses students can take to enrich their understanding of a particular subject, take for fun, or concentrate into a minor. ■

faculty advisor, ensuring frequent and informative communication between faculty and students.

Of the 180 credits that students must have for an SOU degree, University Studies will require 62: 12 credits from University Seminar (writing and communication), 4 from math courses, 36 from Exploration courses (three courses in Humanities, three in Social Sciences, three in Sciences), and 9 to 12 in Integration (where two of the required courses can be in the major). The curriculum allows students to align courses, balance learning in the majors with

Student Life Opportunities

Getting involved in student life is one of the most rewarding aspects of the college experience. Through engagement in living communities, student clubs, activities, and programs your student will find others with common interests and develop a network of peers that provide support, comfort, and fun. Studies have shown that students who are engaged in activities outside of class have a stronger tendency to persist at their college education and find their university experience more meaningful.

The first place many students find to connect with others is through their Residence Hall living communities or the Commuter Resource Center. These communities offer students a place that is a home-away-from home, social opportunities, and a chance to learn about others different from themselves. Leadership opportunities are available to many new students in these environments and students find that volunteering to be involved will quickly connect them to others.

Student organizations are another way that many students become involved in student life at SOU. Over 60 clubs and organizations provide a rich, vibrant community that represents many student interests and exposes students to new ideas and experiences. Many students discover new interests and passions through club involvement. Club focuses range from academic to personal interest, religious to identity-based. On the second day of classes during fall term, students have the opportunity to participate in the Activities Fair. New students can meet club leaders and sign up to participate or receive information about the various opportunities available to them.

For students who like to be active, intramurals and the Outdoor Program are available. Student teams (often with faculty involvement) compete against each other in a variety of sports through our intramural program. Students will find teams through clubs, their living community, or contacting the intramurals office. The Outdoor Program offers pre-orientation trips, a climbing wall, outdoor skill development, trips to various outdoor experiences around Southern Oregon and Northern California, and rental equipment. Identity-based Resource Centers also offer opportunities for students to be involved and learn more about others. Our Multicultural, Queer, and Women's Resource Centers offer support, advocacy, activities, and education for the entire campus community. Much of SOU's campus life is sponsored and supported by the Resource Centers. Students at SOU will find many opportunities to be involved and expand their horizons through campus life. It is important for you to encourage your student to seek out involvement opportunities and engage with other students and faculty. Ask your student about the activities that are offered and encourage them to discover opportunities through the SOU Student Life Facebook page, mySOU portal, Residence Hall or Commuter Resource Center staff, and various other advertisements on campus. ■



Money Matters

Many first-year students have little experience managing money. Some students end up spending more money than they have and then borrow more money than needed through the use of credit cards.

Help Build Your Student's Money Management Skills

- Teach your student how to maintain a budget.
- Review the costs associated with college attendance with your student, and make them a partner in determining how to meet those costs.
- Educate yourself and your student about financial aid.
- Show them how to record transactions to prevent overdrafts of their account(s).
- Explain the need to build a good credit history by paying bills on time and avoiding debt.
- Teach your student to save for emergency needs and how to use credit wisely.
- Help your student ask questions and learn to do things for themselves.

Credit Is Important

Being away from home for the first time, a student may not realize how small purchases can add up. Talk to your student about credit cards and the effect that credit card debt can have on them. ►



When credit cards are used wisely, they can be beneficial, especially in emergencies like unexpected car repairs. But many students don't realize the added costs if the bills are not paid immediately. Mail solicitation of college students by credit card companies is commonplace so help your student learn to understand credit terms and impacts.

Living Away from Home: Cash Stress

Managing money can be a major source of stress for students. It's hard to suddenly live on a set budget if you have never done so before. The more informed students are, the less likely they are to overspend. Help your student set guidelines. If you are providing them with financial assistance, we recommend providing the necessary amount to cover expenses one month at a time. If financial aid and earnings will be the major source of their living expenses, help them learn to plan ahead for the entire academic term. Common-sense Information about Avoiding High-Interest and Unwise Debt Avoid use of credit cards.



Learn to live within a budget.

If your student experiences financial difficulties that may interfere with continuing their education, talk to a representative at the Enrollment Services Center for assistance. ■

Global Citizenship

SOU students have the opportunity to study internationally in more than fifty countries in our Study Abroad and Internship Programs. A student can spend a summer, a quarter, or a whole year studying abroad through our many sponsored programs.



Students can also participate in National Student Exchange, an opportunity to study for a term or a full year in one of nearly 200 institutions in the United States, Guam, Puerto Rico, or the U.S. Virgin Islands.

Alternative Spring Break provides national and international travel options through the Civic Engagement Program, housed in Student Life in the Stevenson Union.

The Multicultural Resource Center is the place where students can develop an awareness of their own personal cultural identity while celebrating the uniqueness of other cultures.

Students can get involved with the International Students Association, attend or participate in multicultural events on campus, and celebrate International Week, which includes a film festival, international talent show, food fair, and more. ■

SOU is Committed to Sustainability

Southern Oregon University is at the forefront of the sustainability movement in higher education. The incredible natural beauty surrounding the SOU campus is a constant reminder of the precious resources we must preserve. Environmental consciousness is part of everyday SOU life: our commitment to sustainability is serious and wide-ranging.

For example, SOU students have voted to purchase offsets totaling 150% of the electricity and natural gas used on campus from environmentally responsible sources such as wind or solar power. That's a higher percentage than any other campus in Oregon - and enough to make the Environmental Protection Agency's list of top 20 universities in sustainable energy use. SOU's new Higher Education Center in Medford, jointly financed, designed and operated with Rogue Community College, is certified Leadership in Energy and Environmental Design (LEED) Platinum, the highest level of certification from the U.S. Green Building Council. The building uses 53-percent less water and 37-percent less energy than the amount specified in Oregon Department of Energy codes. It is the only LEED Platinum building in southern Oregon. SOU's Hannon Library includes an array of solar cells that convert sunlight into 220 volts of commercial grade electricity directly into the city of Ashland's power grid. SOU is also considering how it might best use direct solar gain systems to

offset conventional heating and cooling needs. Long term, some SOU planners envision a completely solar university.

Campus residence halls have also been modified for energy efficiency, including low-flow showerheads, installation of occupancy sensors for lighting control, and replacement of outdated fluorescent tubes with new energy-efficient lighting. To prepare students to become the future leaders of the sustainability movement, the University also provides a major in environmental studies, a master's degree in environmental education, and an undergraduate certificate in sustainability leadership. The certificate program, offered through the School of Business, is designed to prepare individuals for leadership roles in organizations committed to sustainable practices. The interdisciplinary coursework features a highly interactive and practical approach to learning.

At SOU, sustainability is an open-ended commitment to continuous improvement. ■



Welcome to Ashland

©Christopher Briscoe

Congratulations on selecting Southern Oregon University for your child's education. It is our pleasure to welcome you and your family. The rich texture of Ashland is evident by the setting; the people; the educational, recreational and cultural opportunities.

Ashland is a place where abundance and innovation come together.

Ashland's landscape today reflects the values we place on sustaining the beauty, natural resources and creativity that has enabled our City to thrive. Add to that the passion of the people here, sense of community and the ability to do business locally, regionally and globally all in the same day and you have one special town.

We invite you to explore Ashland. The Ashland Chamber is located downtown and is happy to serve as your resource for information on the community, our amenities and year round activities that make Ashland, the true destination it is. For more information, visit www.ashlandchamber.com where you can stay connected with upcoming events such as the Food & Wine Classic in November and the Festival of Light that celebrates the holidays

throughout December. Our website is also a great resource for learning more about all Ashland has to offer. If you would like to request a Relocation Guide or a Visitors Guide, please feel free to contact us through our website or by calling (541) 482-3486.

In addition to an excellent education, Ashland provides SOU students with a great sense of place where one can learn, grow, discover and live with a quality of life that attracts people from all over the world. In Ashland, it is about relationships. The genuine, caring nature of the community creates an authentic experience for both visitors and locals alike. We look forward to creating a relationship with you and your family.

Thank you for choosing Ashland.

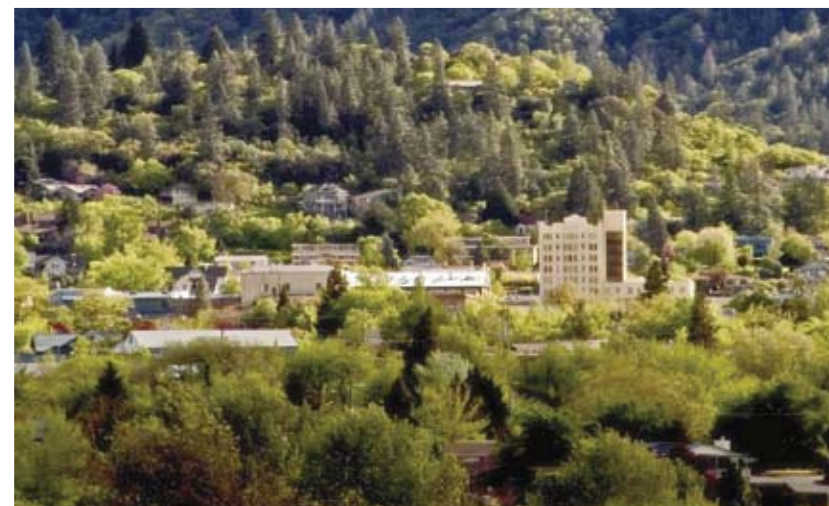
Katharine Flanagan
Marketing & Visitor Bureau Director
Ashland Chamber of Commerce ■

Ashland Oregon Cultural Opportunities

Big city arts & entertainment in a small town package.... home to the world renowned Oregon Shakespeare Festival, Ashland offers year round Cultural opportunities for all ages including theatre, music, the Arts, museums, spas, shopping and community events.

Stroll, sip, shop, stretch and soak in Ashland! The galleries and museums of Ashland provide a remarkably diverse range of fine arts, crafts & exhibits. The charming and authentic feel of Ashland can be enjoyed walking throughout the town, browsing the local shops. The owners take special care in providing an incredible selection of products both made in Ashland and from around the world. Come and engage in one of the varied theatrical opportunities of Ashland.

Not only can you attend a play at the Shakespeare Festival, but other theatres offer performances all throughout the year, such as Oregon Cabaret Theatre. For the film enthusiast, The Ashland Independent Film Festival, the first weekend in April, provides over 90 documentaries, features and short films. Ashland's small town community feel is celebrated with music and events that highlight the seasons and the people. The Fourth of July Parade and festivities include a community parade, vendors in Lithia Park and fireworks. The Festival of Light is the day after Thanksgiving and showcases the downtown with white lights that are lit following Santa's parade. From Ballet in the Park and the City Band Concerts to the great local, live music scene, Ashland offers a great varied ambiance any day of the year. ■



Ashland Facts

Location	Ashland is located 14 miles north of the California border. We are located 350 miles north of San Francisco and 285 miles south of Portland, Oregon.
Elevation	Ashland 's elevation is 2,000 feet above sea level.
Population	20,000
Terrain	Set in the foothills of the Cascade and Siskiyou Mountain ranges
Climate	<ul style="list-style-type: none"> • Average High, Summer 82.3 degrees • Average High, Winter 48.9 degrees • Average Rainfall: 19.19 inches per year • Average Snowfall: 8.38 inches per year • Average Humidity: Spring 65%, Summer 52%, Fall 70%, Winter 83%
Town Area	6.5 miles
Housing	<ul style="list-style-type: none"> • Average Home Price: \$449,000 • # of Housing Units: 9050



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Events for All Seasons

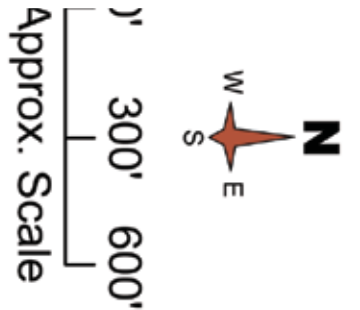
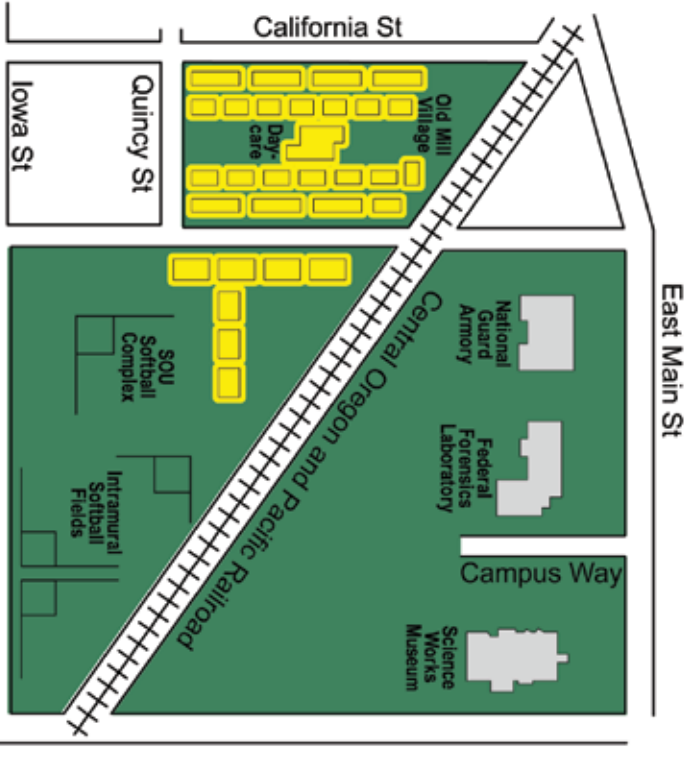
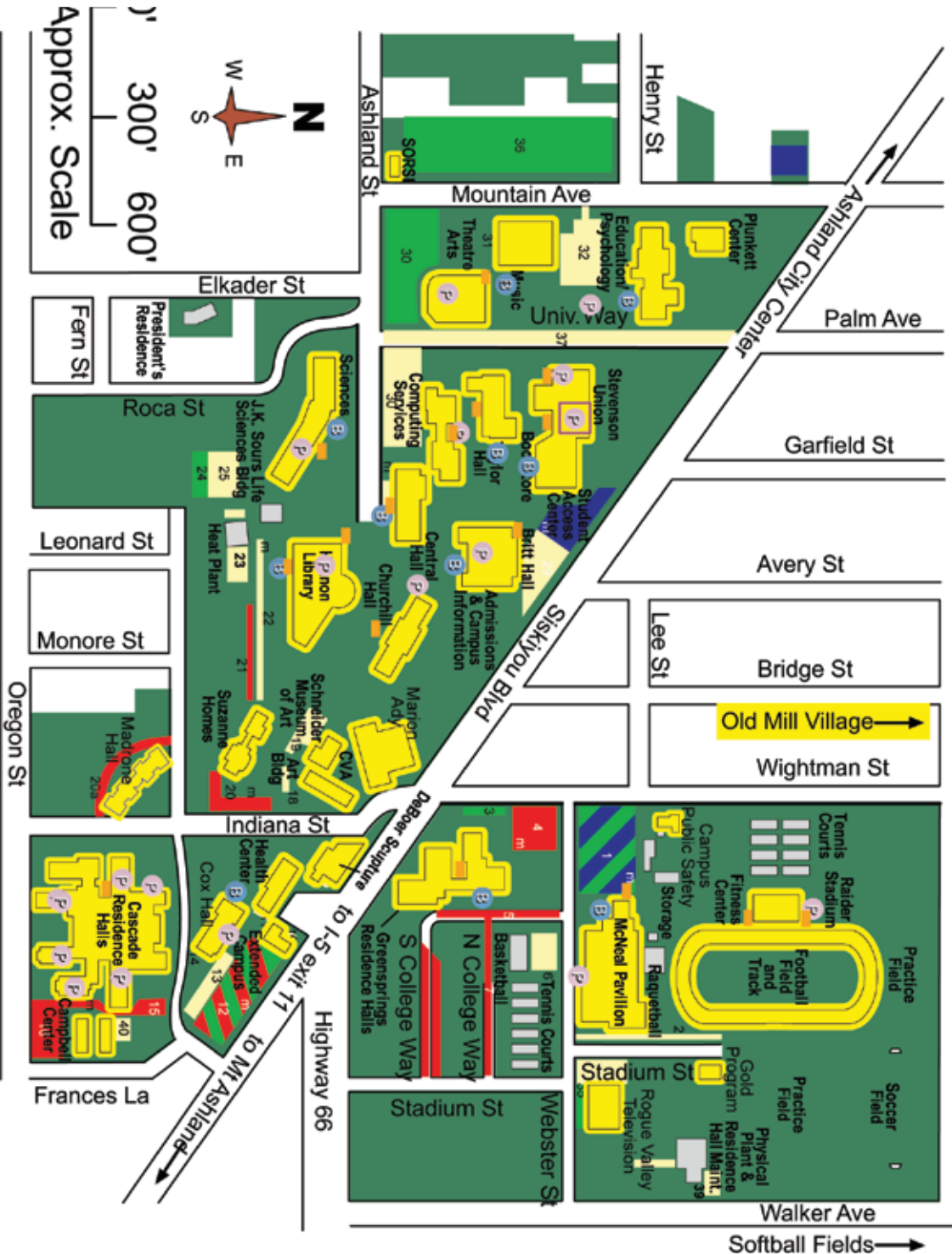
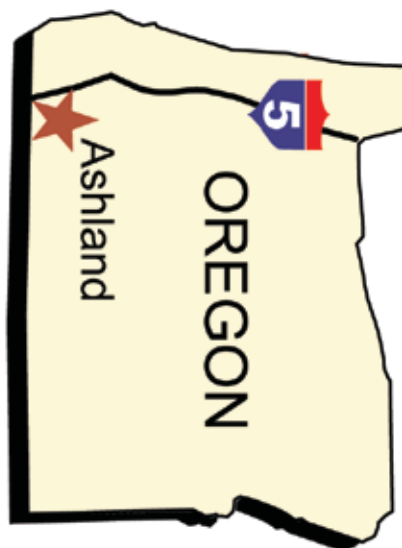
- January:** Skiing at Mt. Ashland & Rogue Valley Blues Festival
February: A Month of Romance & Oregon Shakespeare Festival Opens
March: Oregon Chocolate Festival & Mt. Ashland Skiasta
April: Ashland Independent Film Festival & A Taste of Ashland
May: Merchants Sidewalk Sale, The Science of Wine & Rogue Valley Grower's Market
June: Oregon Shakespeare Festival Outdoor Theatre Opens
July: Ashland's Old Fashioned 4th of July Celebration
August: Britt Classical Music Festival & Garfield Street Water Park
September: "Downtown to A Street" Merchants Sidewalk Sale
October: Brew's & Boogie at ScienceWorks Museum
November: Food and Wine Classic & Santa's Parade
December: 'Tis the Season to Celebrate in Ashland ■

Ashland Chamber of Commerce
 110 E. Main Street - PO Box 1360, Ashland OR 97520
 (541) 482-3486
www.ashlandchamber.com



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Southern Oregon University Ashland Campus Map





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For advertising inquiries, please contact UPM Sales Consultant Jon Hydeman at (866) 721-1357 or email: ask@universityparent.com

www.universityparent.com/sou

Important Phone Numbers

DEPARTMENT	PHONE #
Academic Advising	(541) 552-6213
Admissions	(541) 552-6411
Alumni	(541) 552-6361
Athletics	(541) 552-6772
Bookstore	(541) 552-6178
Campus Public Safety	(541) 552-6911
Commuter Resource Center	(541) 552-8238
Disability Resources	(541) 552-6213
Enrollment Services Center (Registration, Billing, and Financial Aid)	(541) 552-6600
Hannon Library	(541) 552-6441
Higher Education Center	(541) 552-8100
Housing	(541) 552-6371
Information Technology	(541) 552-6969
International Programs	(541) 552-6336
Involvement Center	(541) 552-6461
Multicultural Resource Center	(541) 552-8793
Queer Resource Center	(541) 552-8329
Schneider Children's Center	(541) 552-8224
Student Affairs and Dean of Students	(541) 552-6221
Student Health and Wellness Center	(541) 552-6136
Student Success Initiatives	(541) 552-6929
Success at Southern (TRIO)	(541) 552-6062
University Seminar	(541) 552-8160
Women's Resource Center	(541) 552-6216



UNIVERSITY PARENT

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the Online



SOU

GUIDE



This online resource for parents
features the best places to

shop

eat

relax

stay

unwind

play

explore

visit

and more...

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Or find us with your mobile device!

Simply download a QR scanner app to your
mobile device and scan the QR code to the right!

