

OFFICE OF
STUDENTLIFE

THE LAKER GUIDE

FALL 2019





Welcome Class of 2023!



Congratulations on officially starting your Grand Valley career and beginning the journey toward new friendships, lasting memories, and success both in and outside of the classroom. You have an exciting adventure ahead of you full of new discoveries and opportunities for personal growth.

Starting college and adjusting to a new place can be a little overwhelming, but Grand Valley has many resources available to help you move forward with confidence and make GVSU feel like home starting with **Transitions New Student Orientation** (gvsu.edu/transitions).

12 Things to Do Before Classes Start

Before classes begin, check out these tips from other Lakers!

- ☐ Log into **myBanner** to check or print your **class schedule** (page 9)
- ☐ Check your **GVSU Gmail** now and regularly (page 10)
- ☐ Log into **Blackboard** to review and print available syllabi (page 10)
- ☐ Buy your **textbooks** (lakerstore.gvsu.edu)
- ☐ Get familiar with campus—take a walk and find your **class buildings and rooms** (pages 45-46)
- ☐ **Go Mobile**—download:
 - **MyGV App** to access campus maps, your class schedule, Campus Dining information, and more
 - **GVSU Laker Mobile App** to check out the real-time bus schedule
 - **Laker Guardian App** to promote personal safety
- ☐ Add your phone number on **GVSUAlert!** to receive important campus notifications via text or voice (page 36)
- ☐ Learn how your **Meal Plan** works (page 38) and how to **park on campus** (page 40)
- ☐ Get to know your **Faculty Partner** (*Student Success Network*, page 5)
- ☐ Check out the **Campus Events Calendar** (gvsu.edu/events) and opportunities for:
 - **Employment** (*Handshake*, page 13)
 - **Involvement** (*LakerLink*, page 20)
 - **Recreation and Wellness** (page 27)
- ☐ Follow @GVSU on **social media** and start your **#GVBucketList** (page 48)
- ☐ Go to **Campus Life Night** on Sunday, August 25, 6-8 p.m. in Parking Lot H (page 19)

View the *Blueprint for Success* on pages 4-5 for more ways to be successful at GVSU.



The Laker Guide

Use this guide to discover which resources will help you achieve academic success, learn about campus culture, ensure physical and mental wellness on campus, get involved in student life, explore the surrounding area, and learn what it truly means to be a Laker.

Created by the Office of Student Life and in collaboration with over 50 partners across campus, the Laker Guide is here to help you make the most of your experience at GVSU!



Contents

ACADEMIC SUCCESS

- 4 Blueprint for Success
- 5 Student Success Network
- 6 Advising
- 7 Advising Centers
- 8 Tutoring and Academic Support Services
- 9 Records and Registration
- 10 Ask GV IT
- 11 University Libraries
- 12 Career Center
- 13 Office of Financial Aid and Scholarships

CAMPUS CULTURE

- 14 Our Inclusive Community
- 15 Inclusion & Equity, Social Justice Centers
- 17 Study Abroad

GET INVOLVED

- 18 Getting Involved
- 20 Office of Student Life
- 21 Campus Activities Board
- 22 Leadership Development, Fraternity & Sorority Life
- 23 Civic Engagement
- 24 Student Senate
- 25 Athletics, Performing Arts Opportunities

WELLNESS

- 26 Finding Wellness at GVSU
- 27 Recreation
- 29 Campus Health Center
- 30 Counseling, Student Ombuds
- 31 Homesickness and Loneliness
- 32 Financial Wellness
- 33 ACES: Alcohol (and other drugs) Campus Education Services
- 34 Sexual Violence Prevention
- 36 Safety

LAKER LIVING

- 37 Live Like a Laker
- 38 Eating on Campus
- 39 Sustainability
- 40 Getting Around
- 41 The Rapid Bus Routes
- 42 Life in West Michigan
- 44 Fun Downtown and Around, Finding Your Fun On Campus
- 45 Allendale Campus Map
- 46 Pew Campus Map
- 47 Summer Options
- 48 #GVBucketList

Welcome to Your New Home, Lakers!

A message from Student Senate President:
Eric-John Szczepaniak



Why did you choose to become a Laker? For me, it was the realization that this was a place where I could get a phenomenal education while making positive change in the lives of those around me. I never wanted to go to school to make a difference a decade from now. I wanted a place that would challenge me academically and support me in my efforts to make positive change simultaneously. I hope that you find your time here as rewarding as I have. It is a place to meet lifelong friends, go deeper in your understanding of complex issues, and to gain the skills to shape your lives, professions, and societies.

Thank you for making the choice to attend Grand Valley State University and welcome to the Laker family. My name is Eric-John Szczepaniak. I am an aspiring social studies educator and it is my honor to serve as President of the Student Senate where our focus is always on serving the ever changing needs of our diverse student population.

The Student Senate is working for you. If there is something that you want changed

at GVSU or if you just need help navigating college life, the Student Senate is a great place to start. We would love to provide you with university resources or work with you to create lasting change. Email us at senates@gvsu.edu or visit one of our meetings at 4:30 p.m. every Thursday in Kirkhof Center 2204. Our office can be found in Kirkhof Center 0008. If you would like to serve with us and help improve our University as a Student Senator, please apply online at gvsu.edu/studentsenate.

My advice to you is simple. Lean on others in times of need. You will face challenges, but you will also find a community of lifelong learners dedicated to your success, be it peers, faculty, or staff. Seek to leave GVSU better than you found it and don't be afraid to challenge the status quo. We are so excited to learn alongside you and see how you create your own unique Laker Effect.

Eric-John Szczepaniak
Student Senate President 2019-2020

A message from Vice Provost for Student Affairs and Dean of Students: **Loren J. Rullman, Ph.D.**



On behalf of the Division of Student Affairs, I am honored to be among the first to greet you as you begin your life as a Laker! The Division of Student Affairs consists of essential services and programs to help you get the most out of your time as a student, as well as dedicated and talented staff ready to support you. This support includes helping you make informed decisions about academic and personal life, negotiating the opportunities and challenges that are an important part of college, and finding appropriate resources within and beyond the Division of Student Affairs. We work collaboratively with an array of partners, including academic departments and programs, to integrate learning opportunities inside and outside the classroom.

If you are wondering about how your classes will help you get that dream job—or are seeking an internship or part-time job while you are a student—the **Career Center** is ready to help. If you feel a little stressed (and we all do from time to time!), visit the **University Counseling Center** or get some exercise through **Recreation & Wellness** programs. If you feel under the weather or want advice on your health, seek out the **Campus Health Center**. If your “Little Laker” needs a preschool or after school care, the **Children’s Enrichment Center** is your stop. If your head needs a bed, talk with the experts in **Housing and Residence**

Life. If you want to get involved either on campus or in the community (and research shows being involved improves grades!), ask **The Office of Student Life** to help. If you just don't know where to turn, or you need advice about navigating GVSU, the **Student Ombuds** really wants to hear from you. We love students and are here to help!

During your time as a student, we want you to experience the diversity of other people, cultures, and perspectives (consider studying abroad or attending a multicultural program), succeed academically (think about forming a study group or introducing yourself to your professor), and grow socially and personally (perhaps volunteer in the community or attend a program on a new topic that intrigues you). A great place to start is at Campus Life Night on Sunday, August 25 where you will learn about ways to get involved and all the resources available to help you succeed, or Live Eat RecFest on Tuesday, August 27, where you can learn more about recreation programs and services, Club Sports, and even Greek Life. I will be there and look forward to meeting you! You are an important part of the Laker family, and we are really excited you are here. Best wishes and welcome!

Loren J. Rullman, Ph.D.
Vice Provost for Student Affairs
and Dean of Students

What Every Laker Needs to Know

Adjusting to GV culture can take a little bit of time and patience, but this GV trivia will give you a head start.

Louie the Laker

Louie the Laker has been Grand Valley's beloved mascot since 1996. A Laker is the captain of a Great Lakes sailing vessel or a person who navigates the Great Lakes. You will find Louie at every football game hyping up the crowd and showing his Laker pride. He sometimes wanders campus during the day, and if you're lucky, you might even find him and get a coveted selfie with the icon himself.



Colors: True Blue

GVSU's official colors are blue, black, and white. True Blue is intended to unify faculty, staff, students, alumni, and fans to show their spirit for the Grand Valley community.



The Legend of the Transformational Link

The Transformational Link is a giant blue structure located on the Allendale campus by the Little Mac Bridge. One side of the structure is designed to appear unfinished, and according to GV myth, walking underneath the structure from the completed side to the uncompleted side will cause you to fail all of your exams. Scientists have yet to prove this theory to be true, but why take any chances?



Laker Effect

Lakers are driven by our passion for learning and using that knowledge for the common good and creating positive change. The Laker Effect is the collective impact of the Grand Valley community on individual students, West Michigan, our state, and beyond. It sets us apart as leaders, problem solvers, entrepreneurs, and advocates that help shape the future. What will your Laker Effect be? Share your story on social media using #GVLakerEffect.

LAKER EFFECT
#GVLakerEffect

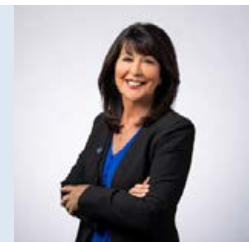
The Carillon Towers

A famous Grand Valley clock tower stands in the center of both the Allendale and Pew campus. You can hear its bells all across campus, and sometimes you will even hear beautiful songs played by a carillonneur (live musician) from within the tower.



New Laker: President Mantella

President Philomena Mantella started her tenure as a Laker on July 1, 2019. She comes to us from Northeastern University, bringing with her a passion for student-centered learning and a commitment to a high value GVSU experience. As a fellow newcomer, she is excited to learn the university and its many opportunities along with you! When not on campus, President Mantella can be found walking her golden retriever, Lilly, along the Grand River, spending time with her family, or keeping up with her passion for being active. Be sure to give her a warm welcome when you see her on campus!



Anchor Up

The Anchor Up hand sign is a tradition that began in the student section at Laker football and basketball games and has quickly spread all over campus. Beyond the sign that is created with two fingers and a thumb, it's a symbol of GVSU spirit. As Lakers, we will Anchor Up and move forward when others go back to shore.



Ferris and Saginaw Rivalry

As one of the highest ranking NCAA Division II Football teams, GVSU offers an exciting season every year with continued rivalries with Ferris State University and Saginaw Valley State University.



Blueprint for Success

At Grand Valley, every student's path to success is a bit different. However, experienced students know there are essential elements to finding your niche academically, professionally, and personally. You can use this Blueprint with your advisor as a guide to know when certain academic requirements should be completed, as well as ways to maximize your education by participating in out-of-class experiences. Your choices will shape your experience!

While you have to take responsibility for your own learning and success, there are resources and people all along the way who will help you. The faculty and staff who work at Grand Valley are charged to challenge, support, and engage you in a variety of opportunities.

The Blueprint for Success is an interactive online tool that includes all four years. More information for each topic is linked throughout.

Year 1: Personal Transition Into College

Year 2: Exploration of the College Community

Year 3: Involvement in the Larger Community

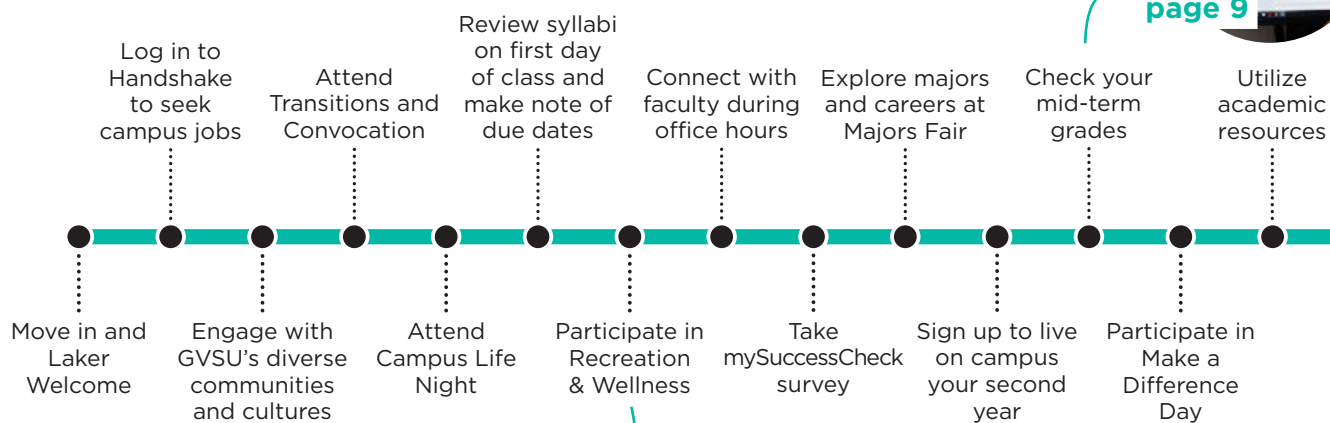
Year 4: Transition to Career



INTERACTIVE BLUEPRINT

gvsu.edu/advising/interactiveblueprint

FIRST YEAR Personal Transition Into College



Civic Engagement: page 23

Student Success Network

The Student Success Network (SSN) connects you to a faculty partner and an experienced undergraduate student with the goal of enhancing your first-year experience! You'll meet your partners during Transitions New Student Orientation and during this year-long program you'll have opportunities to connect in person and receive regular email communication. Partners are knowledgeable of campus resources and serve as an important network to help you not only navigate your first year as a college student but also help you succeed at GVSU!

Benefits

- Learn about student success resources
- Develop strategies for academic success
- Receive guidance from a faculty member throughout the year
- Gain useful feedback as you develop as a college student
- Establish connections with an experienced undergraduate student who can provide tips to succeed

STUDENT SUCCESS NETWORK

www.gvsu.edu/ssn



Leadership:
page 22

Study Abroad:
page 17

Getting Involved:
page 18

Advising:
page 6

Summer Options:
page 47

Explore campus leadership opportunities

Review syllabi on first day of class and make note of due dates

Participate in MLK Week events

Explore study abroad opportunities

Register for next academic year including an SWS class

Explore research opportunities by attending Student Scholars Day

Finish 30 credits

Complete FAFSA and apply for scholarships

Prepare for final exams

Find ways to get involved on campus

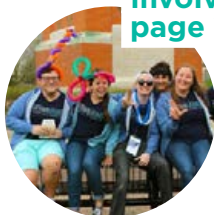
Connect with faculty during office hours

Meet with your academic advisor

Confirm summer plans

Prepare for final exams

Attain dean's list

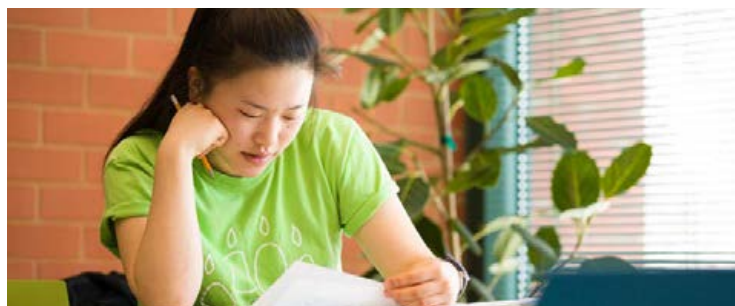




Advising

ADVISING AT GVSU
gvsu.edu/advising

Successful students at Grand Valley seek academic advising throughout their college experience. The advising process establishes a supportive, collaborative relationship between you and an advisor. Advising is developmental: it encourages you to think critically, seek out resources, and develop action plans. Ultimately, effective advising provides you with the information and encouragement you need to take personal responsibility for exploring options and making decisions, allowing you to be successful here at GVSU and beyond!



How Advisors Can Help You

All students have access to **Professional Academic Advisors** who specialize in providing:

- Introduction to GVSU majors and minors
- Explanation of college-specific programs
- Implementation of General Education requirements
- Overview of professional/graduate school requirements
- Information about secondary admission requirements for certain majors
- Connection with university resources e.g., tutoring, counseling, career services.

Students also interact with **Faculty Advisors/Mentors** who can give:

- Detailed course requirements for specific majors and minors
- Opportunities for faculty led study abroad
- Research and internship experiences
- Letters of recommendation
- Graduate school options.

Your Role and Responsibilities in Advising

- **Give thoughtful consideration** to your academic and career goals.
- **Initiate contact** with an advisor and/or an advising center—they won't reach out to you.
- **Be prepared** and come to your advising meeting with written questions.
- **Ask questions** if unsure of a policy or procedure—clarify anything you don't understand.
- **Actively participate** by taking notes, discussing academic and non-academic issues openly, and asking follow-up questions.
- **Know the academic calendar** and don't miss deadlines. Make sure you know when to register and drop or add courses: gvsu.edu/registrar/.
- **Schedule courses** that are consistent with your educational goals and will meet degree requirements.
- **Accept responsibility** for making final decisions on academic choices—your advisors are there to assist you, but ultimately it is your college career and your life!

EXPLORATORY STUDY ADVISING & INFO

gvsu.edu/clasadvising/exploratory

Exploratory Study

Many students start college still exploring their major options. Here at Grand Valley, we have a lot of resources available to help you find a major and career path. Exploratory Study Academic Advising is a place for students who are in the major exploration and decision-making stage of their college career. If you are exploring, you can take general education courses while learning about yourself, different majors, and possible careers.

How to Declare Your Major/Minor:

If you are fairly certain about your major, consider declaring it on Banner. You'll then be connected to an advisor who can assist you during your time at GVSU.

- In **myBanner***, select "Student" > "Student Records" > "Change Major" > "Change Major 1/Program"
- Choose your intended major from the drop-down box.
- Click "Submit" and then "Change to New Program".
- You should return to the main student menu and see a message that says the changes have been successfully submitted. You will then receive an email within a couple of business days confirming the change and providing you with information from the department.

**See page 9 for more information on myBanner*

Advising Centers

CLAS (COLLEGE OF LIBERAL ARTS & SCIENCES)

C-1-140 MACKINAC HALL, ALLENDALE
gvsu.edu/clasadvising
 (616) 331-8585

CLAS (College of Liberal Arts & Sciences)

Exploratory/ Undecided
 Advertising & Public Relations
 Anthropology
 Art - Studio Art
 Art Education
 Art History
 Athletic Training
 Behavioral Neurosciences
 Biochemistry
 Biology
 Biomedical Sciences
 Cell & Molecular Biology
 Chemistry
 Classics - Greek/Latin
 Communication Studies
 Comprehensive Science/
 Arts for teaching
 - Elem Spanish or
 English as a Second
 Language or Special
 Education
 Dance
 Earth Science
 English
 Exercise Science
 Film & Video Production
 French
 Geography and
 Sustainable Planning
 Geology
 Geology/Chemistry
 German
 Health Communication
 History
 Integrated Science
 International Relations
 Mathematics
 Multimedia Journalism
 Music
 Natural Resources
 Management
 Philosophy
 Photography
 Physical Education
 Physics
 Political Science
 Pre-Professional
 Preparation
 Psychology
 Social Studies
 Sociology
 Spanish
 Sport Management
 Statistics
 Theatre
 Writing

COLLEGE OF COMMUNITY AND PUBLIC SERVICE

321C RICHARD M. DEVOS CENTER, GRAND RAPIDS
gvsu.edu/ccpsadvising
 (616) 331-6890

College of Community and Public Service

Criminal Justice
 Hospitality & Tourism
 Management
 Legal Studies
 Public & Nonprofit
 Administration
 Social Work

BROOKS COLLEGE OF INTERDISCIPLINARY STUDIES

133 LAKE MICHIGAN HALL, ALLENDALE
gvsu.edu/integrativelearning
 (616) 331-8200

Brooks College of Interdisciplinary Studies

Area and Global Studies
 African/African American
 Studies
 Chinese Studies
 Digital Studies
 East Asian Studies
 Environmental Studies
 Global Studies and Social
 Impact
 Human Rights
 Intercultural Training
 Certificate
 Latin American/Latino/a
 Studies
 LGBTQ Studies
 Liberal Education and
 Professional Skills
 (LEPS) Certificate
 Integrative Studies
 Middle East Studies
 Religious Studies
 Sustainable Food
 Systems Certificate
 Women, Gender, and
 Sexuality Studies

COLLEGE OF EDUCATION

401C RICHARD M. DEVOS CENTER, GRAND RAPIDS
gvsu.edu/coe
 (616) 331-6650

College of Education

Elementary Education
 Secondary Education
 Special Education

SEYMOUR & ESTHER PADNOS COLLEGE OF ENGINEERING AND COMPUTING

101 EBERHARD CENTER, GRAND RAPIDS
gvsu.edu/pcec/advising
 (616) 331-6025

Seymour & Esther Padnos College of Engineering and Computing

Biomedical Engineering
 Computer Engineering
 Computer Science
 Cyber Security
 Electrical Engineering
 Information Systems
 Information Technology
 Interdisciplinary
 Engineering
 Mechanical Engineering
 Occupational Safety &
 Health Management
 Product Design & Manu-
 facturing Engineering

KIRKHOFF COLLEGE OF NURSING

326 COOK-DEVOS CENTER FOR HEALTH SCIENCES, GRAND RAPIDS
gvsu.edu/kcon/oss
 (616) 331-7160

Kirkhof College of Nursing

BSN - Nursing & Pre-nursing
 RN to BSN and 2nd
 degree BSN

SEIDMAN COLLEGE OF BUSINESS

1041 L. WILLIAM SEIDMAN CENTER, GRAND RAPIDS
gvsu.edu/seidman/undergraduateprograms
 (616) 331-7500

Seidman College of Business

Accounting
 Business Economics
 Economics (BA/BS)
 Entrepreneurship
 Finance
 General Business
 General Management
 Human Resource
 Management
 International Business
 Management Information
 Systems
 Marketing
 Operations Management
 Supply Chain Management

COLLEGE OF HEALTH PROFESSIONS

113 COOK-DEVOS CENTER FOR HEALTH SCIENCES, GRAND RAPIDS
gvsu.edu/chpss
 (616) 331-5900

College of Health Professions

Allied Health Sciences
 General
 Histotechnology
 Respiratory Care
 Physician Assistant
 Studies
 Physical Therapy
 Cardiovascular Sonography
 Communication Sciences
 & Disorders
 Diagnostic Medical
 Sonography
 Health Information
 Management
 Medical Laboratory Science
 Radiation Therapy
 Recreational Therapy



Tutoring and Academic Support Services

Because studying in college is different, Grand Valley offers lots of support to help you adjust to college level learning and help you achieve your academic goals. Free tutoring is offered in two formats: **assigned weekly tutoring for on-going help** and **drop-in for quick questions**. Use one or both, but don't wait until you're really struggling—get help early so that you can do your best!

THE TUTORING CENTER
KLEINER COMMONS – 2ND FLOOR
gvsu.edu/tc
(616) 331-3451

Assigned Weekly Tutoring

Meet once a week in a small group with a peer tutor for many 100 and 200 level courses (please see website for list of courses). It's a great way to get help with content and also to learn study tips for that course. Think of it as a structured study group—and everyone could use that, right?

Drop-in Tutoring

Stop by with questions anytime the centers are open. Centers are staffed by faculty and peers. For location and hours, refer to the Tutoring Center website.

- Anatomy Tutor Lab (BMS 202, 250, 251, 309, and 355)
- BIO & BMS Drop-In Tutoring
- Chemistry Success Center (100–200 level CHM)
- CIS Student Success Center (CIS 150, 160, 162, 163, and 260)
- Engineering Success Center (EGR 106/107, 209, 214, 220, 223, 224, and 226)
- Math Center (MTH 097-MTH 203)
- Physics Help Corner (PHY 200, 201, 216, 220, 221, 230, 231, and 234)
- Seidman College of Business (200 level ACC, ECO, and FIN 320)
- Stats Center (STA 215)

SLA/PASS

Structured Learning Assistance (SLA) and Peer Assisted Study Sessions (PASS) are embedded tutoring programs where support is built into traditionally challenging courses. You can find a list of courses available in this format on the SLA/PASS website. Register for a SLA/PASS section to have access to weekly review sessions led by peers.

SLA/PASS
gvsu.edu/sla-pass

Practice good study habits

- Schedule study time.
- Review notes after class and fill in any information you missed.
- Study at least 2–3 hours for every hour you are in class each week.
- Form a study group to prepare for projects, assignments, and upcoming exams.
- Don't procrastinate; you will have a tough time cramming semester long projects into the last week of classes.
- Visit your professor during office hours to clarify things you don't understand—don't wait until right before the test!

MEIJER WRITING CENTER
LAKE ONTARIO HALL 120
gvsu.edu/wc
(616) 331-2922

Meijer Writing Center

Get assistance with any writing project, at any stage of your writing process. The center's well-trained peer consultants can help you to brainstorm ideas, organize content, integrate research, polish a draft, and correctly document sources. Make an appointment or take advantage of drop-in hours. Check online for helpful resources including:

- Helpful handouts for formatting citations and pre-writing support
- Genre guides: tips for writing in your major
- and more!



STUDENT ACADEMIC SUCCESS CENTER (SASC)
200 STUDENT SERVICES
gvsu.edu/sasc
(616) 331-3588

Academic Coaching, Workshops, and Academic Policy Support

Through the Student Academic Success Center (SASC), you can meet individually with an Academic Coach to discuss effective study strategies, time-management, motivation, test-taking, or any other concern. An Academic Coaching session can help you achieve your goals. Coaching appointments can be scheduled online.

SASC also offers several academic success workshops, supports additional success initiatives (e.g. Oliver Wilson Scholars), and assists students in navigating academic policies and procedures such as credit overload requests and course withdrawal.

Records and Registration

The Registrar's Office maintains all academic records and assists students with registering for classes, requesting a transcript, applying to graduate, and more. Check online for helpful information and resources including the academic calendar, course equivalency guide, and more.

MYBANNER AND MYPATH
mybanner.gvsu.edu

myBanner

The myBanner student portal is used for scheduling, registration, and other tasks concerning classes as well as the ability to maintain and retrieve personal data stored with the Records Department.

Login to myBanner to view your own unique student portal where you can manage your profile and student account. Navigate and access information using the top tabs.

Personal Info

- Update your information and reset your password
- Use the myName process to update Banner and some related systems without making a legal name change

MYNAME
gvsu.edu/myname

Student

- Register for classes, drop courses, and view grades
- Order official electronic or paper transcripts
- Change your major and apply to graduate
- View your student account and pay your ebill
- Access your on-campus housing portal

Financial Aid

- View your financial award summary and accept loans and scholarships

Guardian/Family Access

- Grant permission for an individual (proxy) to view selected student information. Learn more at gvsu.edu/registrar/family

myPath

myPath is a tool designed to assist you in preparing for and tracking academic progress toward graduation. It encompasses both a degree analysis audit and an educational planner.

- View your major/minor and university requirements, your faculty advisors, and academic standing.
- Perform a **"What if" audit**, which allows you to adjust your major/minor and determine your current progress toward a different degree without formally changing your records.
- Use a **GPA calculator** that can project what you need to obtain a specific GPA or determine your GPA at the end of a term.

Please visit an advisor to change your major or ask for academic advice.

RECORDS & REGISTRATION
150 STUDENT SERVICES
gvsu.edu/registrar
(616) 331-3327

Student Privacy Rights

Under FERPA (Family Educational Rights and Privacy Act) eligible students have rights to control disclosure, review, and seek amendment of their educational record as well as file a complaint concerning potential violations. Learn more about your educational record and FERPA at gvsu.edu/registrar/.

- Your **educational records are confidential** and may only be disclosed when appropriate.
- To grant an individual access to your educational records you can set up a Guardian/Family Access account through your myBanner.
- You may request that your directory information be made confidential by completing the appropriate form (gvsu.edu/registrar/forms) and returning it to the Registrar's Office .

Lost Student IDs

Obtain a new ID at a Student Assistance Center (150 STU or 115C DeVos). Act quickly in order to inactivate the old ID and note a \$15 replacement fee will apply.



**INFORMATION TECHNOLOGY
HELPDESK**

010 MARY IDEMA PEW LIBRARY

gvsu.edu/it

(616) 331-2101

helpdesk@gvsu.edu

Ask GV IT

Getting Started

Navigating technology on campus is easy with support and resources from Information Technology. IT offers a wide variety of technology services, computing resources, and support including the IT HelpDesk. Have a question? Chat, call, or email our IT experts.

GVSU Network Account

Your account is used to access many services on campus, including the following:

- Blackboard
- G Suite for Education, including Gmail
- Computer Labs
- Wi-Fi
- Handshake
- My Student Data
- myBanner
- Library Databases

CYBER SAFETY
gvsu.edu/cybersafety

Cyber Security & Password Requirements

Be aware that your GVSU network password allows access to sensitive data and your academic records. Because GVSU cares about your data and keeping it safe, password guidelines and cyber tips are provided to help keep your data safe at GVSU, home, and work.

Getting Connected

Connect your mobile device or computer. GVSU offers wired and Wi-Fi connectivity on campus as well as access to your email and network drive space. Need help? View how-to guides online.

Online Tools & Resources

Blackboard (Bb): GVSU's learning management system is used by most instructors to communicate, share content, collect assignments, and provide grading feedback to students. A Blackboard mobile app provides convenient access to courses, grades, and important updates.

BLACKBOARD
mybb.gvsu.edu

Gaming Devices: Register your gaming device online.

Go Mobile: Mobile apps provide convenient access to campus resources. Search for myGV, GVSU Laker Mobile, and Blackboard on the App Store or Google Play.

Microsoft Office 365: Download or access MS Office in the cloud for free at gvsu.edu/it > Software/Hardware/Apps.



Network Storage & Personal Web Space: Students have access to 25 GB of network disk storage for academic purposes that can be accessed on or off campus. Students also have access to a server to develop personal web pages or for use in web development courses.

Technology Lending: Check out laptops and phone chargers at the Mary Idema Pew Library.

Technology Showcase:

An interactive space located in the Mary Idema Pew Library with innovative emerging technologies such as: 3D printing, virtual and augmented reality, and more!

TECH SHOWCASE
gvsu.edu/techshowcase

Printing at GVSU

- Print at the library, any computer lab, and other select locations. Check online for all printing locations, hours, and tips.
- You can also email your documents from any device to gvprint@gvsu.edu as an attachment from your GVSU email account. They will be ready to release at any GVPrint Release Station.
- Scan your GVSU ID or enter your network credentials to use the GVPrint Release Station.
- There is a limit of 500 printed/copied pages per semester with a maximum of 40 pages (20 sheets when duplexed) per print job when using GVPrint Release stations.



University Libraries

GVSU LIBRARIES
gvsu.edu/library
(616) 331-3500

Information at your Fingertips

Use the Library Search to access millions of books, journals, articles, databases, media files, curriculum materials, and more. Check out resources, read them online, or request to have them sent to Grand Valley from another library!

Other Online Features

- Study room reservations
- Access to class materials through Course Reserve
- Citation tools
- Chat, text, tweet, or call the Library with any questions you have!

Visit University Libraries

- Grand Valley has **five library locations** dedicated to student learning with trained staff and late night hours. The Libraries stay open even later during exam time!
- A variety of **quiet study and collaborative study spaces**
- PC and MAC computers, printers, and scanners available for drop-in use
- Laptops, phone chargers, and other equipment available for checkout at some locations
- Check out a variety of **study tools**, including handheld whiteboards, calculators, noise canceling headphones, stress eggs, and much more
- The **Technology Showcase** in Allendale highlights the latest innovative and engaging technologies

Library Locations

- Mary Idema Pew Library Learning and Information Commons (Allendale)
- Seidman House; University Archives & Special Collections (Allendale)
- Curriculum Materials Library (Steelcase Library, DeVos Center, Grand Rapids)
- Steelcase Library (DeVos Center, Grand Rapids)
- Frey Foundation Learning Center (Cook-DeVos Center for Health Sciences, Grand Rapids)



KNOWLEDGE MARKET

MARY IDEMA PEW AND
STEELCASE LIBRARIES
gvsu.edu/km



Get Help

Knowledge Market

Here you'll find highly-trained fellow GVSU student consultants to work with one-on-one or in small groups to develop your research strategies, find and use data, improve your writing, or polish your presentations. They can also provide technological support for academic success. You can drop in during open hours or make an appointment online.

Liaison Librarians

Every subject taught at the university is assigned a liaison librarian. You can stop by their office or make an appointment with them for research help!

Career Center

Why First Year Students Visit the Career Center Early and Often:

Develop Career Action Plans

This is NOT a plan for your ENTIRE life—the goal is to identify the best short (semester) and long-term (annual) steps to prep you for your first stop after Grand Valley.

Learn More About Majors, Occupations, and Employers

The world-of-work provides many pathways—how will you know what you want to do without exploring what options are out there?

Meet Your Career Advisor

Whether you are unsure of your major OR certain of what you want to do, there is a career advisor assigned to work with you as you explore majors and careers, develop your action plan, and connect with the world-of-work.

Other services provided by the Career Center:

- Career assessments and testing
- US 102, a career exploration class
- Practice interviews and build resumes
- Internship searches
- Connections to professionals in all industries
- Career events such as:
 - Career Fair, held twice a year
 - WOW (World of Work) Exploration job shadow program
 - Check online for many more!
- Handshake: GVSU's web-based service providing students access to professional jobs and internships posted by employers looking for GVSU students and alumni.

All first year students should meet their career advisor through a scheduled appointment, by dropping into the CareerLab, or at a career event.



CAREER CENTER

200 STUDENT SERVICES and 101B DEVOS
gvsu.edu/careers
 (616) 331-3311

Building a Professional Online Presence

Nowadays it is nearly impossible not to have an online presence, and in fact, many employers expect to find candidate information on the web. Be sure your digital footprint is reflective of your professional self by following these quick tips:

- Get started on your **LinkedIn and Handshake** profiles—be sure to use a professional looking headshot (a nice image from a phone can work just fine).
- Follow companies and organizations you have an interest in learning more about.
- Google yourself—this will give you a sense of what a potential employer might see.
- Nothing is ever “private.” If you don’t want your grandma to see it, don’t post it.

Stop by the Career Center for more tips and advice on how to build your online brand!



Office of Financial Aid and Scholarships

OFFICE OF FINANCIAL AID AND SCHOLARSHIPS

100 STUDENT SERVICES
gvsu.edu/financialaid
 (616) 331-3234

The Office of Financial Aid and Scholarships helps students find solutions to cover the costs of their Grand Valley education. Financial aid includes any grant, scholarship, loan, or paid employment and may come from a variety of sources. Our office works directly with students and families to identify the financial aid options that fit their unique situation. **Stop by for a visit - No appointment necessary!**

We're here to help in person anytime during our regular office hours. Also feel free to email or call us! Fall and winter Office Hours: Monday – Thursday: 8 a.m. – 6 p.m., and Friday: 8 a.m. – 5 p.m.

Submit your FAFSA each academic year at studentaid.gov/fafsa

- October 1 – FAFSA becomes available for the following academic year
- March 1 – Priority deadline to submit FAFSA
- May – Receive financial aid award

Apply for scholarships at gvsu.edu/myscholarships

- 400+ donor-funded and departmental scholarship opportunities
- Current and admitted students may apply
- Begin applying in October for the following academic year
- Deadlines fall between February 15 and March 1

Banking and ATMs

There are multiple banks and credit unions available in Allendale and Grand Rapids area. The following banks have ATMs on Allendale and Pew campuses: Lake Michigan Credit Union (LMCU), Fifth Third Bank (5/3), PNC, and Mercantile Bank.



STUDENT EMPLOYMENT

gvsu.edu/studentjobs
 (616) 331-3234

Student Employment

Student Employment works with university departments and the community to create part-time employment opportunities for students. Student Employment helps students obtain employment that will help finance their education and develop work skills for their future career choice.

HANDSHAKE

gvsu.edu/handshake

Search for Jobs on Handshake

We use Handshake, an online database that contains both student and professional jobs in one convenient place, including on-campus, off-campus, work-study, part time, internship, co-op, and full time career opportunities. You decide which jobs to apply for. You can pursue jobs based on your work experience, location, and interest.

- GVSU employs over 4,000 students each year
- About 25% of these student employees are utilizing the Federal Work Study Program
- Studies conducted by the National Association of Student Employment Administrators show that “students who work, do as well or better academically as students who do not work.”

MONEYSMART LAKERS

gvsu.edu/moneysmart
 (616) 331-3234

MoneySmart Lakers

MoneySmart Lakers is a financial literacy program on campus specifically focused on educating students about basic financial skills for their future. MoneySmart Lakers provides a variety of options to fit students' needs including free and confidential individual appointments, outreach, and presentations.

Some of the topics include:

- Creating a budget: Managing money to fit needs
- Establishing credit: Learning about credit reports, scores, types of credit, and how to build it
- Student loan exit counseling: Understanding the basics of student loans and repayment options after graduation
- Financial aid: Learning about the basics of financial aid and how to fund a college education
- Wealth building: The basics of investing and making your money work for you.

Check out financial wellbeing tips on page 32.

Our Inclusive Community

How boring would it be if we only surrounded ourselves with people exactly like us?

Grand Valley strives to make our campus as diverse as the world we live in, providing students with endless learning opportunities and removing barriers to full participation. We demonstrate our commitment to inclusion and equity through a variety of offices and social justice centers that are dedicated to celebrating and meeting the needs of our diverse Laker community, while serving as a place of connection and education for all students.

Lakers Speak Up Against Bias

Grand Valley strives to create an inclusive and equitable campus community where people are treated with dignity and respect. The university is committed to safeguarding an individual's constitutional rights to free speech and assembly AND we are also committed to addressing incidents of bias that may negatively affect individuals and/or communities at the university. **If you observe or experience a bias incident (belittled, disrespected, or isolated based on identity), please report at gvsu.edu/bias/.**

DIVISION OF INCLUSION AND EQUITY

4035 ZUMBERGE HALL
gvsu.edu/inclusion
 (616) 331-3296

Inclusion & Equity

The Division of Inclusion and Equity offers a variety of **student success programs** and **events** to develop leadership skills and deepen knowledge around issues of power, privilege, and social justice. In addition, there are **living-learning communities**, **service learning opportunities**, **dialogue spaces**, and many **student organizations** that create space for diverse students and address social justice issues.

Intersections

Grand Valley recognizes that folks hold multiple dimensions of identity. As a result, the **five social justice centers** and offices come together to collaborate on programs and learning opportunities that address intersectionality so that students can be their full, authentic selves while on campus.

Social Justice Centers

- Campus Interfaith Resources
- Disability Support Resources
- Gayle R. Davis Center for Women and Gender Equity
- Milton E. Ford LGBT Resource Center
- Office of Multicultural Affairs



Responding to speech you may not agree with

What might I do if I hear or see something I don't agree with? Here are a few tips for responding to offensive speech.

- **More speech:** Through the First Amendment, we have the freedom to challenge one another, explore ideas, express our opinions, and disagree. When you disagree with speech on campus, respond with more speech. If a speaker comes to campus who offends you, see this as an opportunity to peacefully respond by organizing an event or hosting a conversation to explore the issue. Engage the campus community respectfully and productively through more dialogue.
- **Stay curious and ask questions.** Hearing varying perspectives gives us insight as to how others see the world. Learn from those who are different from you and be willing to explore ideas and experiences different from your own. Listen first for understanding before immediately responding.
- If you or others are targeted with offensive speech due to your identity, use the **Bias Incident Reporting process**.

**MILTON E. FORD
LESBIAN, GAY, BISEXUAL,
TRANSGENDER (LGBT)
RESOURCE CENTER**

1161 KIRKHOF CENTER
gvsu.edu/lgbtrc
(616) 331-2530

- Queer Connections Mentorship Program
- First-Year Queer Alliance (FQA)
- Rainbow Social
- Transgender Day of Visibility



**OFFICE OF MULTICULTURAL
AFFAIRS (OMA)**

1240 KIRKHOF CENTER
gvsu.edu/oma
(616) 331-2177

- OMA Ambassadors
- Laker Familia Student Success Program
- Cultural Heritage Celebrations
- Conversations of Color
- Dr. Martin Luther King Jr. Commemoration Week



**GAYLE R. DAVIS CENTER
FOR WOMEN AND
GENDER EQUITY (CWGE)**

1201 KIRKHOF CENTER
gvsu.edu/cwge
(616) 331-2748

- CWGE Ambassadors
- NIARA Student Success Program for Women of Color
- Fostering Laker Success
- Talk Back Tuesdays



**CAMPUS INTERFAITH
RESOURCES (CIR)**

1240 KIRKHOF CENTER
gvsu.edu/campusinterfaith
(616) 331-5702

- Interfaith Ambassadors
- Register to request accommodations
- Faith-based, spiritual, and secular student organizations
- Sacred Sites Tour



DISABILITY SUPPORT RESOURCES (DSR)

215 THE BLUE CONNECTION

gvsu.edu/dsr**(616) 331-2490**

- Register to request accommodations:
 - Accessible Transportation Service
 - Advising Assistance
 - Alternative Format Textbooks
 - Alternative Testing
 - Assistive Technology
 - Career Exploration and Development
 - Documentation for Professors
 - Learning and Study Skills
 - Note-taking Assistance
- Campus Links Student Success Program

PATHWAYS TO COLLEGE (P2C)

1240 KIRKHOF CENTER

gvsu.edu/pathways**(616) 331-2550**

- K-12 Outreach Ambassadors

SOCIAL JUSTICE EDUCATION

4035 ZUMBERGE HALL

gvsu.edu/socialjustice**(616) 331-3296**

- Black Male Scholars Student Success Program
- Co-Curricular Class Content On-Demand
- Team Against Bias

KAUFMAN INTERFAITH INSTITUTE

174 COOK-DEVOS

gvsu.edu/interfaith**(616) 331-5702***Robert C. Pew Grand Rapids Campus*

- Interfaith Affinity Groups
- Interfaith Friendship Groups (i.e. book club, foodies, science and religion)
- Jewish/Christian/Muslim Triennial Interfaith Dialogue
- Grand Rapids Interfaith Thanksgiving Celebration

**VETERANS UPWARD BOUND (VUB)**

708 EBERHARD CENTER

gvsu.edu/vub**(616) 331-8387***Robert C. Pew Grand Rapids Campus*

- Free academic support for veterans

Additional Resources

VETERANS NETWORK

202 STUDENT SERVICES

gvsu.edu/veterans**(616) 331-3585****Veterans Network**

Our Veterans Network provides support for current and former members of the U.S. Armed Forces and their families. We promote a smooth transition from service member to student, with a clear focus on academic success and degree completion, leading to meaningful post-military careers and professions.

- Peer Advisors for Veteran Education (PAVE)
- Student Veterans' Lounge in the Kirkhof Center
- Student Veterans of America (SVA) Student Organization

Teach-In: Power, Privilege, and Difficult Dialogues

Join the GVSU community for two days of events to learn more about topics related to inequality, systems of oppression, social justice, and liberation with the aim of creating action toward social change.

TEACH-INgvsu.edu/teach-in

University Academic Senate (UAS) and Student Senate Partnership.



Study Abroad

Lakers never stop exploring. GVSU students can choose from thousands of study abroad programs around the world!

- There are 4,000+ programs to choose from in every region of the world.
- Programs range from two weeks to a full year abroad.
- There are study abroad programs for every academic track.
- It's more affordable than you think; GVSU awards over \$400,000 in study abroad scholarships every year.
- Your first year at GVSU is the best time to start planning your program.
- Study abroad gives you the chance to build valuable skills, experience another culture, and broaden your worldview.

Walk-in Advising Hours

Monday-Friday: 8 a.m. - 4 p.m. with extended hours on Wednesday until 7 p.m. No appointment necessary.

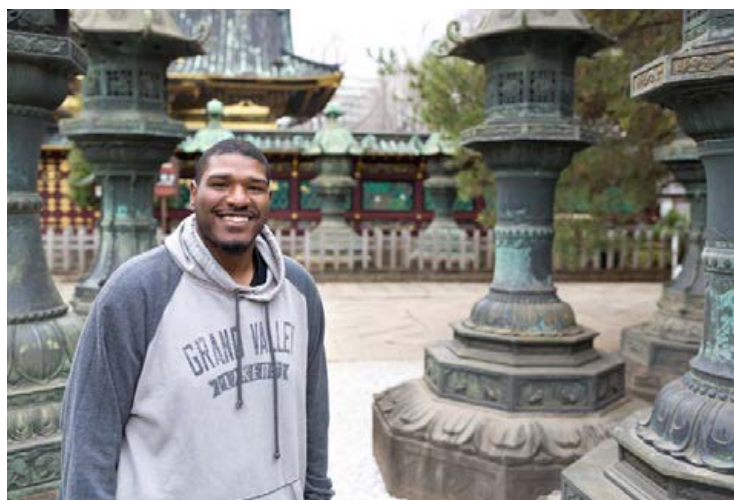
Check out a Study Abroad First Step meeting or the Study Abroad Fair in October!

BARBARA AND STUART PADNOS INTERNATIONAL CENTER

130 LAKE ONTARIO HALL

gvsu.edu/studyabroad

(616) 331-3898



Getting Involved

Getting involved at Grand Valley is just as important as getting to class on time, having dining dollars, or wearing pants to class (we've all had that nightmare). It's time to take your first step into a world of involvement, new friends, and having things to do other than homework and lounging around the living center.

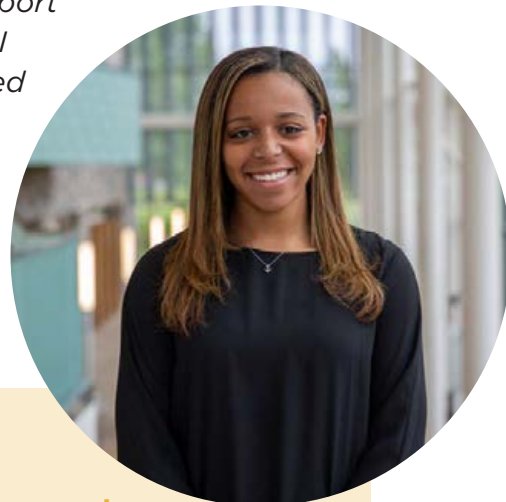
Involvement looks different for every student; there's no right or wrong answer.

You could...

- **get an on-campus job** (page 13)
- **join a student organization** (page 20)
- **conduct research with a professor** (gvsu.edu/ours)
- **find an internship** (page 12)
- **play intramural sports** (page 28)
- **or even join Student Senate** (page 24).

The possibilities are endless but one thing's for sure—you need to get involved!

"My campus involvement has allowed me to see how GV Athletics and Club Sports run and helped me make connections with staff in different departments. As a Sport Management major, I feel like I have learned so much from the positions I have held!"



Alyssa Bey Class of 2020

**Major: Sport Management
with a minor in General Business**

- Intramural sports, 3-year Participant
- Women's Club Basketball Team, *President*
- GVSU Sport Management Club, *General Member*
- Student employee with Campus Recreation & Wellness, GVSU Game Operations
- Internships with Meijer State Games of Michigan and Campus Recreation & Wellness



"The opportunities I've found here at GV have provided me not only valuable insight into what a career in the sciences can look like but also the hands-on experience to prepare me for one. Getting involved on campus has given me a taste of different career paths and the ability to choose the one that best suits my interests."

Micah Fernando Class of 2022

Major: Double Major, Cell and Molecular Biology, Biochemistry

- Biochemistry Summer Scholar and Ott-Stiner Scholar
- Biochemistry Research Project: Studying the structure and function of enzymes in bacterial resistance
- Varsity Track and Field Team, *Student Athlete*
- Athletes Intervarsity, *General Member*
- GV Community Swim Instructor

Jon Giolitti

Class of 2020

Major: Biomedical Sciences

- Pre-Nursing Association, *President*
- Irish Dance Club, *President*
- Alpha Phi Omega Service Fraternity, *General Member*
- Housing and Residence Life, *Resident Assistant*
- Office of Admissions, *Student Tour Guide & Supervisor*

"Your classroom education is only half of the experience. The different jobs I've had and student organizations I've joined fill in the gap and allow me to have a really unique, enjoyable time at GVSU!"



More perks of getting involved

- Enhance your resume
- Make lifelong friends and build community
- Find internships/jobs through networking
- Apply and expand classroom learning
- Discover new interests and passions
- Develop leadership skills
- Alleviate stress and have fun!

30% of your time will be spent in class and studying. What will you do with your free time?

CAMPUS LIFE NIGHT

August 25, 6-8 p.m.

Parking Lot H

(across from the Library)

Save the date for

Winter CLN: January 10!



Campus Life Night

Your first chance to learn about all of the ways to get involved is at Campus Life Night, held twice a year. Student organizations, campus departments, local businesses, nonprofits, and faith communities all host tables at this exciting involvement fair and want to meet you! There's lots of free food and swag too.



Office of Student Life

We want every Laker to find their home. Our mission is to provide resources, programming, and opportunities to foster every kind of community. Our office, located in the Kirkhof Center, exists to help you *Get Involved* and *Become More*. You can make your own path to become a better leader, citizen, learner, person, performer, beekeeper, gamer, sailor, hacker, martial artist, etc. It's not about becoming good enough, it's about becoming who you really want to be. That's what the GVSU experience is all about, right?

Student Life is the home to student organizations, Fraternity and Sorority Life, leadership development programs, the Community Service Learning Center, and campus programming.

OFFICE OF STUDENT LIFE

1110 KIRKHOF CENTER
gvsu.edu/studentlife
 (616) 331-2345

Get Connected

If you don't know where to start or are overwhelmed by all of the student organization choices, campus programs, and amazing things to do at GV, stop by the Office of Student Life for a chat! Our staff will personally help connect you with opportunities aligned with your values, interests, and future goals to get you started with getting involved.



LAKERLINK

gvsu.edu/lakerlink

Student Organizations

Student Life boasts around 400 student organizations that cover a broad range of interests. LakerLink is our website hub to browse organizations and learn information like meeting times and contact information.

Student organizations are categorized into the following types:

- Academic and Professional
- Campus Programming
- Cultural
- Interfaith
- Fraternities and Sororities
- Graduate Student
- Honor Society
- Media
- Performing Arts
- Professional Fraternities
- Service and Advocacy
- Special Interest
- Sports
- Student Senate

Before joining a Student Org, ask:

When are the meetings?

Make sure they fit into your class schedule and other obligations.

What's the time commitment?

Being a student organization member varies from taking an hour of your week for an activity or meeting, to multiple hours in a leadership role.

Are there membership fees or dues?

Payments should fit your budget.

What types of events or activities do you do?

Many Student Orgs have at least one event or activity they focus on during the year. Find out what they are and what opportunities they have for members.

Campus Activities Board (CAB)

CAB programs are entertainment events hosted for students, by students. Whether it's dancing the night away in downtown Grand Rapids at Presidents' Ball, celebrating Homecoming, singing along with your favorite musical artist at Spring Concert, or solving a Hollywood Murder Mystery, you're sure to find fun, friends, and community on campus! Look for weekly activities and major events throughout the year by keeping up with CAB online.

CAMPUS ACTIVITIES BOARD

gvsu.edu/cab

cab@gvsu.edu

Additional CAB events include:

- Concerts & Comedians
- Cultural Events
- Family Weekend
- Sibs & Kids Weekend
- Outdoor Activities
- Movies in the Kirkhof Theater
- Bingo
- Let's Get Crafty
- and more!

Make more than memories and friends—**join the CAB team, build an exciting resume, and become a leader!**

CAB students strive to provide engaging events that enhance every Laker's experience. They represent the wide social, cultural, and recreational interests of the student body. Be a part of the fun by volunteering at events or serve on the board.



Leadership Development

Grow and reach your potential as a leader. Whether you desire to become a leader in a student organization, the classroom, or beyond, the leadership development opportunities offered through Student Life will help you *Become More!*

First Year Leadership Experience (FYLE)

FYLE is a six-week program focusing on **personal leadership development** including topics such as values, inclusive leadership, personality type, empowerment, and goal setting. FYLE teaches leadership through interactive activities and discussion led by upperclass student leaders and staff from across campus and helps prepare incoming students to become leaders on campus. FYLE is offered in both the fall and winter semesters but space is limited—sign up today!

Leadership Summit

This student-run, state-wide **leadership development conference** is celebrating 23 years in 2020. Composed of a dynamic keynote address, over 30 workshops to select from, and much more, this conference offers something for students at every level of leadership development.



Additional Leadership Opportunities

Visit the website for more opportunities such as leadership speakers and the **I am Grand Valley** leadership recognition program. As you grow as a leader, you can even be involved in coordinating these opportunities for other students by joining our team!

LEADERSHIP

1110 KIRKHOF CENTER
gvsu.edu/leadership
 (616) 331-2345

Fraternity and Sorority Life



What is Fraternity and Sorority Life?

Fraternities and sororities are student organizations that provide a social and professional atmosphere, giving members a support network to help each other achieve their personal and career goals. Grand Valley hosts 29 inter/national fraternities and sororities which fall under four governing councils: **Black Greek Council (8)**, **Interfraternity Council (8)**, **Multicultural Greek Council (3)**, and the **Panhellenic Association (10)**. Getting involved in a fraternity or sorority can be your ticket to building a community of fellow Lakers, as 8% of GVSU students are part of our community!

The following **core values** are at the center of their interactions within their personal membership, Laker community, and the greater Grand Rapids community:

- Academic success
- Service to community
- Brother and sisterhood
- Healthy lifestyles and choices
- Free exchange of beliefs and ideas
- Accountability and respect
- Leadership
- Lifelong membership

Fraternity and Sorority Life Gives Back

- Almost **\$340,000 raised for charitable organizations** across the nation—that's over \$200 per member
 - Over **25,000 service hours volunteered** in the community—that's over 15 hours per member
- Data from 2018-2019 academic year*

Check online for early fall recruitment events including Meet the Greeks!

FRATERNITY AND SORORITY LIFE

1110 KIRKHOF CENTER
gvsu.edu/greeklife
 (616) 331-2345

Civic Engagement

The Community Service Learning Center (CSLC) provides students with many opportunities to learn about, engage with, and make an impact on our community. Through the CSLC, students have the opportunity to give back, develop professional skills, network with community members, build their resumes, and make friends.

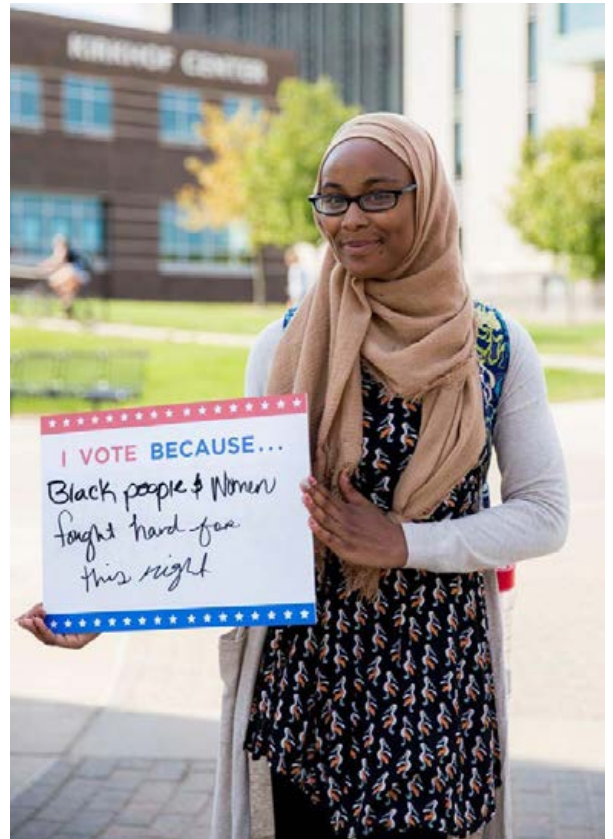
Contact the CSLC to:

- Explore engagement opportunities and organizations in the West Michigan community via Handshake
- Sign up for days of service such as Make a Difference Day and MLK Jr. Day of Service & Solidarity
- Connect with 50+ student organizations focused on community engagement and advocacy
- Get educated, register, and turn out to vote with GVSU Votes! and Democracy 101
- Track your community engagement hours in LakerLink by using the "Experiences" feature when you click on your avatar in the top right corner.

Check out the Nonprofit Volunteer and Internship Fair held on campus in September!

COMMUNITY SERVICE LEARNING CENTER

1108 KIRKHOF CENTER
gvsu.edu/service
 (616) 331-2468



Student Senate

As the official student government, Student Senate works to ensure that the student voice is continually heard by the university. Senate is comprised of 50 students who serve on one of seven committees such as Diversity Affairs, Finance, and Public Relations. These committees work to enhance campus life, academics, and the overall experience at Grand Valley.

Making a Difference

The Student Senate continues to accomplish a variety of improvements for the campus community. In recent years, the Senate has helped to lower textbook costs, establish a mid-fall semester break, and co-author a final exam reschedule policy (if a student has three or more exams on a single day.) Senate efforts continue with initiatives to create prayer and meditation space at the downtown campus, increase Meal Plan options, establish an on campus voting precinct, and increase the number of GVSU students registered to vote.

WAYS TO GET INVOLVED WITH YOUR STUDENT SENATE:

Voice Your Opinion

- You can contact Senate by leaving a comment on their website.
- Email any cabinet member directly; their contacts are listed on the website.

Attend a General Assembly Meeting

- General Assembly takes place every Thursday of the fall and winter semesters at 4:30 p.m. in Kirkhof Center 2204.
- At every meeting, the public has opportunities to address the entire body.
- Bring up anything, such as concerns about campus, your education, or the Grand Valley community.

Become a Senator

- Elections are held annually in March for the following academic year.
- Seats are held for incoming first-year students—**apply now on the senate website!**
- All seats are one-year terms that expire in April.
- Applications are also accepted all year long for openings.

STUDENT SENATE

0008 KIRKHOF CENTER
gvsu.edu/studentsenate
 (616) 331-2333

**Are you a collaborative thinker?
 Do you aspire to make positive
 change in your community?
 Apply for Student Senate today!**



**Be sure to vote for
 your candidates
 of choice in the
 Student Senate
 elections in March!**





Athletics

GVSU ATHLETICS

gvsulakers.com

Ticket Office: 616-331-3200

Laker Nation

Show Laker pride and support your fellow students by being an active spectator for any of the 20 varsity GVSU sports. For the 26th year, GV was recognized as a top athletic program in the GLIAC Conference by receiving the Presidents' Trophy and Division II top athletic program for 13 of the last 18 years by winning the Director's Cup.

Tickets

- You can attend any GVSU varsity athletic event for **free with a valid student ID!**
- Tickets are available at the box office on game days, or you can get your ticket early by visiting the 2020 Desk (football only), the box office in the Fieldhouse, or going online at gvsutickets.com/.

Tips for being a great Laker spectator

- Don't forget your game day gear
- Arrive early to get giveaway items
- Stay the whole game
- Show your spirit with the Laker Marching Band, Dance, and Cheerleading Teams
- GV Football: Sit with your fellow fans in the student section for the seven regular season home games in 2019-20

M = Men's Varsity Sports

W = Women's Varsity Sports

M	Baseball
M W	Basketball
M W	Cross Country
M	Football
M W	Golf
W	Lacrosse
W	Soccer
W	Softball
M W	Swimming & Diving
M W	Tennis
M W	Track & Field
W	Volleyball

Download the Laker Nation mobile app to earn points and prizes for attending games.

Performing Arts Opportunities

In addition to many performing arts student organizations, the Department of Music, Theatre, and Dance offers opportunities for students of all majors to pursue these interests and attend events! Some opportunities have the option of earning credits (like Laker Marching Band, Orchestra and Concert Bands, or many of the Choral Ensembles). Fill out an interest form on their website to connect.

MUSIC, THEATRE, DANCE
gvsu.edu/mtd

Music

- Concert bands
- Ensembles for Choral, Jazz, Percussion, and Steelband
- Laker Marching Band
- Symphony Orchestra

Theatre

- Production and performance opportunities
- Shakespeare Festival
- ReACT Anti-Violence Theatre Troupe
- Musical/Opera Theatre

Dance

- There are several student organizations which provide places for students to stay involved with dancing.
- Check out the dance classes provided through Movement Science for non-dance majors.
- Planning to major in Dance? You'll find lots of opportunities here.



Finding Wellness at GVSU

Wellness is a life-long journey; a conscious, self-directed, and evolving process of achieving full potential. As a college student, it is especially important to take care of yourself. Many of the habits you form in college may stick with you, so it's important to build healthy habits now. Understanding the **8 dimensions of wellness** can help guide your personal wellbeing during your college experience. Visit Recreation & Wellness to learn more.

RECREATION & WELLNESS

gvsu.edu/studentwellness

(616) 331-1732

Healthy Eating:

- ❑ Choose beverages with less added sugar to help you stay hydrated and energized.
- ❑ Fill half of your plate with colorful fruits and vegetables.
- ❑ Include a variety of lean proteins in your diet—chicken, tofu, beans, low-fat dairy, etc.
- ❑ Be conscious of portion sizes.

Mental Health:

- ❑ Keep it positive! Spend time with people who support you, seek out spaces that enrich you, and do things that make you feel good about yourself.
- ❑ Find one way to engage with something you're passionate about—volunteering, sports, arts, music, or something else you enjoy.
- ❑ Spend time outside—it has been proven to positively impact mental health.
- ❑ Unplug—limit your screen time and be intentional with people around you.
- ❑ If you find yourself struggling, seek help sooner rather than later. It is normal for people to feel lonely or overwhelmed when they move away from home for the first time. You're not the only one!
- ❑ Seek help if you or someone you know is feeling hopeless or experiencing changes in mood, behavior, sleeping habits, or eating habits.
- ❑ Visit the University Counseling Center—individual counseling, group counseling, and referral services are free to Grand Valley Students.

Physical Health:

- ❑ Make regular exercise part of your routine—visit Recreation & Wellness to find an activity or stop into the Rec Center to work out.
- ❑ Develop a plan before you get sick—find a doctor, find a dentist, know your medical history (allergies, vaccinations, medications), and your insurance coverage.

Sexual Health:

- ❑ Make healthy choices and plan ahead.
- ❑ If you choose to be sexually active, be smart—get a physical, use protection, and get tested. Several offices on campus have condoms available for no cost.

Sleep:

- ❑ Aim for 6-8 hours of sleep per night—adequate sleep is important to your health and success as a student.
- ❑ Coffee and energy drinks do NOT make up for lack of sleep!



Stress:

- ❑ Use healthy habits like exercise, deep breathing, and hanging out with friends to help manage stress.
- ❑ Identify stressors in your life, and learn how to positively reduce them.
- ❑ Listen to your body, slow down, and seek help when needed.

Suicide:

- ❑ If you are concerned about someone, don't be afraid to ask if they are feeling suicidal.
- ❑ Never keep concerns about someone's safety a secret—if you're worried about someone you know, talk to someone you trust for help (your RA, a faculty or staff member, etc.)

Wellness Realities

- In the last year, 23% of GVSU students had a personal health issue that was very difficult to handle.
- Not all college students use marijuana, in fact 61% of GVSU students have never used it.
- In the last 12 months, 40% of GVSU students shared that finances have been traumatic or very difficult to handle.
- Sleep issues have negatively impacted the grades of 21% of GVSU students.
- One third of GVSU students report that stress seriously impacted their academic performance.

(National College Health Assessment—GVSU Data 2018)

Recreation

Get Involved. Be Active. Live Healthy.

Recreation & Wellness will enhance your college experience by providing a broad range of inclusive and diverse opportunities that inspire participation, promote health and wellbeing, and encourage student development and success. Make your time at Grand Valley healthy, fun, and memorable by taking advantage of a wide variety of recreational, wellness, competitive, and educational resources that support your physical and mental well-being.

Participation Benefits

- Improved memory and rate of learning
- Prevention and management of depression
- Stress management and improved overall mood

Special Events

- Climbing Competitions
- Family Weekend 5k
- Fitness Challenges
- Live Eat RecFest
- Wellness Weeks

Recreation Facilities

- Bike Shop
- Climbing Center
- Fieldhouse and Pool
- Injury Care Clinic
- Kelly Family Sports Center
- Outdoor Recreation Fields and Courts
- Recreation Center
- The Meadows Golf Course
- Walking, Biking, and Hiking Trails

RECREATION & WELLNESS

gvsu.edu/rec

(616) 331-1732



Informal Recreation

Students can exercise on their own in many of the facilities on campus. The Recreation Center offers strength and cardio equipment, an elevated track, multi-sport courts, equipment check out, and multipurpose spaces. The Kelly Family Sports Center has open track and turf times, in addition to multipurpose spaces. There are also gender-neutral locker rooms to store personal items and showers if you choose to work out between classes. All you need is your student ID to enter any of these facilities.





Recreation (continued)

CLUB SPORTS
gvsuclubsports.com

Outdoor Adventures

The Outdoor Adventures program will keep you busy all year round:

- Climb for FREE in the Climbing Center
- Join an organized trip, including day hikes, camping trips, or weekend climbing excursions
- Rent outdoor gear and equipment to explore on your own
- Participate in an educational clinic to brush up on your skills
- Utilize the Bike Shop for self-service maintenance
- Park your bike for free at special campus events

Intramural Sports

The Intramural Sports program provides recreational sports experience for all current GVSU students, faculty, and staff in an inclusive, fun, and recreational environment.

- There are 20+ Intramural Sports offered in leagues, tournaments, or contests.
- Play against fellow students, faculty, and staff.
- They provide an even playing field for athletes at both competitive and recreational skill levels.
- Sportsmanship, safety, and fun take a high priority over winning and losing.
- Join co-rec, men's, women's, or open competition.
- Participants typically play 1-2 games per week per sport.
- Intramural Sports passes can be purchased each semester online.



Club Sports

Club Sports provide an exciting athletic alternative that bridges the gap between Intramural Sports and NCAA Varsity Athletics.

- 50+ Club Sports range from recreational to highly competitive.
- Play against teams from other universities.
- Many teams are affiliated with national associations and compete regionally and nationally.
- Most games are FREE for students to attend!
- Visit the Club Sports website to view the full list of clubs offered.
- Complete the RECRUIT ME form on the website to receive more information about certain clubs, and join by talking with coaches or attending a tryout.



Fitness and Wellness Services

As part of Recreation & Wellness, Fitness and Wellness Services assists participants in bettering themselves through personal wellness services.

Adult Swim: Both individual lessons and swim classes are available for all skill levels.

CPR and First Aid Training: A variety of hands-on training classes are open to teach participants lifesaving skills.

Group Exercise: Our certified instructors offer effective and safe workouts in a fun, friendly, and social atmosphere. All class formats are designed to meet the needs of beginner, intermediate, and advanced participants, so all fitness levels are welcome! Purchase a group exercise pass online to attend over 50 group exercise classes per week in the fall and winter semesters.

Injury Care Clinic: Have you experienced an injury? Visit the Injury Care Clinic to receive an injury evaluation, rehabilitation, prevention measures, stretching techniques, and more.

Massage Therapy: Schedule a Swedish, Relaxation, Deep Tissue, or Sports massage from a Certified Massage Therapist to help relieve stress, sore muscles, or injury.



Nutrition Services: Meet with a Registered Dietitian for healthy eating strategies, weight management, how to eat healthy on campus, special dietary concerns, and eating disorders and consultations.

Training Services: Schedule an appointment to discuss your fitness and wellness goals, including your health and nutrition, with experienced staff.

- Personal Training
- Small Group Training
- UFit Plan

CAMPUS HEALTH CENTER
10383 42nd Avenue
gvsu.edu/campushealth
(616) 252-6030

Campus Health Center

The Campus Health Center, operated by Metro Health University of Michigan Health, provides convenient and quality care for GVSU students, faculty, and staff. Scheduled appointments are preferred, but same-day appointments will be seen based on availability of providers. Services include:

- Allergy shots
- Diagnosis and treatment of short-term illnesses, injuries, and infections
- Immunizations and vaccinations
- Laboratory and radiology services
- Physical exams: annual health screenings and sport physicals
- Prescribing medications and diagnostic tests
- Referrals for physical therapy and necessary specialist visits
- Sports medicine
- Sexual health
- Women's health services: gynecological exams and pap smears



Counseling

University Counseling Center

We get it. College can be stressful, and a lot can happen over the course of a few years. The University Counseling Center has a diverse and committed team of counselors to help you feel, and do, your best while you're at Grand Valley.

Individual and Group Counseling

Counseling can encourage exploration, promote healing, and support physical and mental health. Our counselors will work with you to determine the best course of treatment, which might include individual counseling, group counseling, or referral to a community provider. **There are nearly 20 group counseling options** including General Therapy, Managing Your Depression, How to Worry Well, LGBT Support, and more. We also offer urgent care for those experiencing a mental health crisis.

Campus Outreach

Mental health screenings, informational workshops, and campus wide wellness events are scheduled throughout the year. Counselors are also available to present to student groups or organizations. To see our calendar of events or submit a request for a program, visit our website.

When should I look to the Counseling Center for help?

- Problems in relationships
- Death or loss of a loved one
- Feelings of anxiety or depression
- Sexual or cultural identity issues
- Academic difficulties
- Recent or past trauma
- Drug or alcohol use
- Support for survivors of gender based violence
- Thoughts of harming self or others

UNIVERSITY COUNSELING CENTER

206 STUDENT SERVICES &
101B DEVOS CENTER
gvsu.edu/counsel
(616) 331-3266



STUDENT OMBUDS: TAKEELIA GARRETT

200 STUDENT SERVICES
gvsu.edu/ombuds
(616) 331-2491

Student Ombuds

Have you had a conflict with your professor or advisor? Frustrated about a University policy that is impacting you? Do you feel like you've been getting nowhere trying to get an issue resolved?

You may contact the Student Ombuds at any time during a conflict if you want assistance sorting through a situation. The Ombuds will listen, help you come up with next steps, and discuss other resources that might be helpful.

Typical concerns brought to the Student Ombuds: disciplinary concerns, academic concerns, discrimination, harassment, cultural conflicts, financial concerns, administrative issues (procedural questions), roommate concerns, housing issues, supervisor/employee concerns, workplace issues, professionalism (lack thereof), interpersonal communications, and more.



Homesickness and Loneliness

Adjusting to college life can take some time no matter how prepared or excited you are to start your Grand Valley journey. One moment you may love it here and in another moment may wish for things you had at home (your friends, favorite meal, or your bed). Even with over 4,000 other new students entering this new life chapter with you, it's still possible to feel disconnected. No student ever plans to be homesick or lonely, but these are normal feelings, especially in the initial weeks of college.

According to a survey by the UCLA Higher Education Institute, 69 percent of first year college students report feeling homesick.

Loneliness doesn't necessarily mean being alone. You can still feel lonely when surrounded by hundreds of people, in class, or even while in the middle of a party.

Impact of Technology & Social Media

Society's love for social media and tech relationships are creating weaker social ties and increased loneliness. Social media usually includes just one angle of someone's life (whatever may be photo worthy), not the entire picture. Be conscious about unplugging from time to time and avoid comparing yourself to the image that others portray.



Tips to Overcome Homesickness and Loneliness

It is common to feel homesick or lonely but it is possible to manage these feelings as you get the hang of your GV life.

- **Embrace the idea of new**—meeting new people, going new places, etc. Soon enough it will feel more familiar and should get easier in time.
- Stay in touch with your support systems but **don't go home every weekend** your first month—do so in moderation.
- **Get out of your room** to meet others and explore campus.
- **Talk to people, even if it makes you feel uncomfortable.** Trying to make a contact in every class is a good start.
- **Try to accept every invite and invite others**—you never know who else might be struggling around you.
- Join a student organization, intramural team, or volunteer to **meet others with common interests.**
- **Make plans to look forward to**—this can be as simple as attending a home football game or an interesting campus event with others.
- **Give yourself some time!** Remember there was a time when high school was also new. Focus on making your new home comfortable and doing some of the same things in your new home. If you do it right, by the time you graduate, you'll be homesick again—only wishing you were back at GVSU!

Never forget that you are not alone. Check out the resources and services provided by the Counseling Center. Visit page 30 for more information.

Financial Wellness

The financial decisions you make during college might involve a few bucks or thousands of dollars. Building your knowledge and skills in personal finances may not be a part of your class schedule, but this topic can impact you far beyond your time at Grand Valley. As you take steps toward financial independence, it may not always be easy to navigate, but **MoneySmart Lakers** is here to help you understand your finances and develop or define your money management skills. Every student's situation is unique and it's up to you to take advantage of the resources that best fit your needs. Developing financially smart habits during college will help to reduce stress now and is a valuable investment to achieve your future goals.

The Office of Financial Aid and Scholarships is here to help with any questions you might have about how to fund your college education.

Learn more about MoneySmart Lakers on page 13 and check out the website for helpful resources ranging from budgeting to building financial wealth.



GRAND FINISH GRANT
gvsu.edu/grandfinish

Grand Finish Grant

The less time you spend in college, the less money you will spend on your degree. When you complete 90 GVSU credit hours within three years of initial enrollment, GVSU will award you \$1,000 over your next two semesters of study. Check online for complete eligibility details.



6 Helpful Tips

Be proactive and take charge

- Your finances are your responsibility! Be sure to check your bank statements, student loans, and other financial accounts regularly to stay on top of things.

Make a budget and stick to it

- The best way to keep track of money is to plan ahead on how to spend it. There are many apps and online resources to help you get started and stay organized. Your bank may also have resources built into your account.
- At a minimum, know
 - **Your expenses** (tuition, housing & dining, books, transportation, and miscellaneous)
 - **Your income** (a paycheck, allowance from family)
 - **Your resources** (scholarships, grants, loans, other resources)
- Learn to set your own definitions of **needs vs. wants**. Small spending on fast food or coffees can really add up over time!

Student Loans—Know what you owe

- Have a good understanding of what money is owed in the form of student loans. Visit the National Student Loan Data System (NSLDS) to get details of the outstanding loans by name.
- Remember that you pay interest on what you borrow—it may be tempting to spend excess money on non-essentials, but holding the money in your account for future charges may be a better plan.

Be aware of Financial Aid eligibility/requirements

- Be aware that your financial aid can be impacted by your academic progress; in other words, there may be certain GPA and class completion requirements in order for you to keep your aid eligibility.
- Be sure to check your scholarships for renewal criteria and apply to new ones each year on myScholarships.

Use credit wisely

- A good credit history will help you get approved for loans and low interest rates in your future. To help your score, be smart with credit cards and know your credit score.
- Avoid debt and high interest rates by paying off cards in full each month.

Consider an on campus job

- Many on campus employers will be flexible around your class schedule and academic commitments.

Alcohol (and other drugs) Campus Education Services

ACES

206 STUDENT SERVICES
gvsu.edu/aces
 (616) 331-2537

The ACES Office focuses on building awareness of lifelong healthy and safe choices regarding alcohol and other drugs. We provide education, outreach, treatment, and recovery support (e.g. AA and NA meetings, SMART Recovery, and ACA meetings) for Grand Valley students.

Alcohol at GVSU

- Even if you drink responsibly, underage drinking can result in university sanctions and legal issues.
- A first Minor in Possession (MIP) can result in financial penalties. Additional MIPs can have further consequences such as misdemeanor charges, additional fines, etc.
- Providing alcohol to minors or providing a place for those under 21 to consume alcohol can result in fines and jail time.
- Safe drinking is drinking no more than one drink per hour. Physiologically, women should not consume more than 2-4 standard drinks in one night and men not more than 4-5 standard drinks.
- *64% of GVSU students reported having four or fewer drinks the last time they "partied." (1)*

Drugs at GVSU

- Students using, possessing, or distributing marijuana, non-prescribed medications, and other illicit drugs face legal and university sanctions.
- Conviction of drug possession or distribution charges may affect ability to receive federal financial aid.
- Locally, a legal charge can minimally result in large fines and probation.
- **Even with a medical marijuana card, a student cannot use or possess marijuana on campus. This includes your on-campus residence.**
- Regular use of marijuana can impact one's motivation, memory, mood, and academic performance.
- *61% of GVSU students have never used marijuana and only 18% reported any use in the last 30 days. (1)*

When to Worry

- Increased tolerance: needing more to get the same effect.
- Withdrawal: difficulty functioning without the substance (e.g., poor sleep, cravings, mood changes, shakiness).
- Can't stop or cut back despite trying.
- Continued use despite negative consequences (legal, academic, etc.)
- Thinking about using takes up more time than other activities such as studying.

Will I get in trouble if I call for help?

- *In case of alcohol poisoning or drug overdose call 911.*
- In cases of intoxication for alcohol or drug poisoning, the primary concern is the health and safety of the individual(s) involved.
- Individuals should call for medical assistance for themselves or for a friend who is dangerously intoxicated.
- Unless there are extenuating circumstances, no student seeking medical treatment for an alcohol or drug overdose on campus will be subject to legal issues by the GVSU Police Department or the Ottawa County Sheriff's Office for the sole violation of using or possessing personal amounts of alcohol or drugs.
- This policy extends to another student seeking help for the intoxicated student.
- For more information about **amnesty**, visit gvsu.edu/aces/medicalemergency/.

(1) Based on Grand Valley State University's Spring 2018 American College Health Association National College Health Assessment II data

GVSU takes drinking and illegal drug use seriously and enforces state and federal law.



Sexual Violence Prevention

It's on ALL of us to join together to create a campus free from sexual violence.

It is important to remember that sexual violence is never the victim/survivor's fault. Sexual violence can impact people of all genders, races, sexual orientation, age, ability status, and other demographic lines.

Affirmative consent is informed, freely given, and active demonstration through words or actions to engage in any sexual activity. It is active and someone cannot consent when they are incapacitated (more than impaired or intoxicated) from drinking alcohol or taking drugs or when unconscious.

Sexual Assault is sexual contact or penetration without affirmative consent.

Intimate Partner Violence is a pattern of behavior used by one partner to maintain power and control over another partner in a current or former intimate relationship. This behavior includes but is not limited to sexual or physical abuse or threat to engage in such abuse.

Stalking occurs when a person engages in two or more acts that would cause a reasonable person to fear or experience substantial emotional distress.

Sexual exploitation includes but is not limited to intentionally causing the incapacitation of another person; recording or disseminating sexual activity or images without consent; and engaging in voyeurism without the consent of participants.

Sexual harassment is unwelcome sexual advances, request for sexual favors, or other unwanted conduct of a sexual nature.

Gender-based harassment includes harassment based on gender, sexual orientation, gender identity, or gender expression and is not limited to harassment of a sexual nature. Such conduct creates a hostile environment.

Become an active bystander

Bystanders are people who see something and have the ability to intervene and impact the situation. Speak up when you hear language that is sexist, racist, homophobic, and/or transphobic. Attend P.E.P. (Peer Education and Prevention) Talks or ReACT! Anti-Violence Theatre Troupe to learn more about being an active bystander.

Steps you can take to be an active bystander

- Consider whether the situation demands some action.
- Decide if you feel a responsibility to act.
- Choose what form of assistance you can use to intervene. Can you ask an RA or another person in a position of authority for assistance?
- Listen and be open to a person seeking help.
- Ask yourself, "If I were in this situation, would I want someone to help me?"
- Know that even small interventions can make a big difference in a questionable situation. Just distracting someone, saying something, or checking in with a person can stop the momentum of something bad.
- Know that you can always call 911 if you or someone else feels unsafe.



National Statistics:

1 in 5 women and 1 in 16 men will experience **sexual assault** during their time in college. Bureau of Justice Statistics, 2014

1 in 3 women and 1 in 4 men have experienced **physical violence** by an intimate partner. National Coalition Against Domestic Violence, 2015

1 in 6 women and 1 in 19 men have experienced **stalking** in their lifetime. Center for Disease Control, 2011

64% of **transgender people** experience sexual assault over the course of their lifetimes. National LGBTQ Taskforce, 2019

Resources

Title IX is a federal law that protects individuals, on the basis of sex, from being excluded from participating in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving federal financial assistance.

If you or a friend have experienced any form of gender-based violence, including sexual assault, intimate partner violence, sexual exploitation, sexual harassment, or stalking, GVSU offers several resources for you. It is always the choice of the survivor as to what avenue(s) they may wish to pursue, and all of these resources will always respect this right. Most of these options are free of cost and are available 24/7. At the first sign of danger, call 911.

KRYSTAL DIEI

VICTIM ADVOCATE
1201 KIRKHOF CENTER
gvsu.edu/vro
(616) 331-2748
dielkrys@gvsu.edu

The campus victim advocate provides assistance and support to those who have experienced gender-based and/or sexual violence. The victim advocate provides resources whether or not you decide to report or not report the incident to law enforcement or through the university Title IX process. Additionally, Co-Advocates are professional staff members who participate in ongoing training to work closely with the Victim Advocate in order to provide additional private support to survivors.

THERESA ROWLAND

TITLE IX COORDINATOR
MICHAEL SZYDLOWSKI
DEPUTY TITLE IX COORDINATOR
4000 ZUMBERGE HALL
gvsu.edu/titleix
(616) 331-9530
titleix@gvsu.edu

GVSU is committed to maintaining a campus environment free from sexual harassment and sexual assault. You are **encouraged to report incidents of sexual harassment, sexual assault, intimate partner violence, stalking and retaliation** to the GVSU Title IX Coordinator in the Division of Inclusion and Equity.

GVPD

1011 SERVICE BLDG
gvsu.edu/dps
(616) 331-3255

The Grand Valley Police Department can help you through the legal process if a police investigation is the step you wish to take.



Safety

The Department of Public Safety wishes for students to be safe and enjoy their time at GVSU.

Alert and aware, responsible for self and community

Everyone is encouraged to be alert and aware, responsible for themselves and their community. By being alert and aware of your surroundings, you can help reduce any potential harm. Being responsible for yourself means not ignoring any observations of what you see or hear.

Being responsible for your community means you are willing to intervene or contact someone to help someone else when necessary. GVPD provides community policing and awareness programs, including alcohol awareness, crime prevention, and more. To learn more, visit our website at: gvsu.edu/dps/.

Some helpful tips

Know the people around you. Don't let strangers into your living center or apartment complex.

Know your escape routes in case of an emergency. Be aware of the nearest exit in your classrooms and living area.

Lock your living center doors. Remember this is your home away from home.

Be cautious at crosswalks. You may not always have the right-of-way at crosswalks. When at a crosswalk, stay alert to your surroundings and traffic.

Lock your car doors. Keep valuables out of sight or place them in your trunk to prevent theft.

Record serial numbers of your belongings. This makes it easier to retrieve them if stolen. Register your bike online at: gvsu.edu/dps/bike/.

If you choose to drink, choose to do so responsibly.

Sign up for the Laker Guardian App, a direct connection to communicate with GVPD or friends and/or family to promote personal safety. Available for iPhone and Android.

- Set a safety timer
- Connect with your Guardians
- Easier emergency communication

**CAMPUS SAFETY
INFO & RESOURCES**
gvsu.edu/safety

Sign up for GVSUAlert

In the event of an emergency on campus, you will be notified by GVSU's emergency notification system known as GVSUAlert. The system automatically sends alerts to GVSU email accounts and allows you to select different methods to receive emergency alerts, including text, phone, email, or any combination of the three.

Be the first to know about:

- Campus Closings (snow day anyone?)
- Campus Emergencies
- Breaking news from GVPD

Whenever an emergency occurs that affects the university community, gvsu.edu/emergency will be updated with the most current confirmed information.

CALL 911

**Both On and Off-Campus:
for police, fire, or medical
response, dial 911.**



Live Like A Laker

HOUSING

300 HOLTON-HOOKER
gvsu.edu/housing
 (616) 331-2120

There are a number of different living arrangements available for students to suit various needs and interests. Learn how to make the most out of your first-year experience!

Housing Hints and Tips

- Have a question? Ask your RA. They are there to help you and if they don't have the answer, they know someone who does!
- Keep track of your laundry card, keys, and access card to avoid replacement charges.
- Protect your belongings and the belongings of your roommate. Make a habit of carrying your keys and locking the door behind you.
- Know all of your housing options for next year. Attend Live Eat RecFest and the Live Eat Rec House Party in the fall. Stop into South E (and GVA), Laker Village North, or Winter Hall (downtown) to tour an apartment showroom.
- Think ahead—if you are interested in studying abroad or getting an internship in the future, you have flexibility when living on campus to be released from your contract for academic commitments outside of Kent or Ottawa Counties.

Home Away from Home

- Personalize your space! Use painters tape to hang posters and pictures, holiday string lights to brighten the space, and throw rugs to add color and warmth.
- Bring in some comfy seating for guests. Anything from a storage ottoman to a futon will make your space feel cozier.
- Maximize your space and bring clothes seasonally. Determine a designated space for all belongings and take home what you don't use.
- No room is complete without a door stop—open up and say hello to your neighbors!



Roommate Relationships

Successful roommates are able to share space safely and respectfully, regardless of similarities or differences in background or interests. Have a conversation with your roommate about these things to avoid unnecessary conflict and set a foundation that may turn into a friendship:

- Purchasing and use of shared products (cleaning supplies, etc.)
- Keeping valuable items secure
- Expectations around daytime, nighttime, and overnight guests
- Preferred cleaning schedule, products, and frequency.

Not Living on Campus?

- Stay informed and get involved. Check the GVSU Events Calendar (gvsu.edu/events) regularly.
- Familiarize yourself with lease terms. Know your due date for rent, parking restrictions, and other apartment policies.
- Road construction, accidents, snow, and bad weather may make trips to campus longer. Plan ahead and give yourself plenty of travel time.
- Schedule time between classes to meet with peers, professors, or student organizations. Snag a quiet study space in the library or participate in a Recreation & Wellness (gvsu.edu/rec) activity.



Eating on Campus

Campus Dining makes eating easy and convenient with a variety of food options at 22 locations on Allendale and Pew Campuses. Meal Plan or not, you have access to great restaurants, convenience stores, and coffee shops with vegan and vegetarian options available. You can use Meal Plans, Mastercard/Visa (credit and debit), ApplePay or cash (at C-Stores and coffee shops).

Where to Start

- The Campus Dining website, gvsufood.com
- Locations, hours, and maps
- Menus and nutrition facts
- Allergen guide, Registered Dietitian contact
- Your Meal Plan and Dining Dollar balance

Meal Plan How-To

- Access your Meal Plan with the barcode on the back of your student ID.
- Meal Plans are active/ready for use the day you move in (North Campus Residents and those who pre-ordered).
- Weekly plan participants (14, 7, and 5 Plus) can use up to 4 Meals per day. Weekly meals reset Saturday at midnight.
- Semester plan participants (Value Plus and Casual Plus) can use Meals at your discretion.
- Meal Plans can be changed the first week of fall/winter semester.

What counts as a Meal?

- Use Meals at the all-you-care-to-eat Fresh Food Co. or for Combo Meals at other locations.
- Use the **Combo Cheat Sheet** found at registers and online to learn Meal options.
- Select Combo Meals at C-stores to eat on the go or later, when you have time.

Dining Dollars

- Dining Dollars are a debit account specifically for food on campus.
- Dining Dollars can be used at all Campus Dining restaurants, coffee shops, C-Stores, and concessions (Lubbers Stadium and the Arena).
- Dining Dollars roll over from fall to winter semester, but **expire at the end of April**.
- You (or someone else) can add more Dining Dollars at any time.

CAMPUS DINING

100 COMMONS
gvsufood.com
(616) 331-3016

Healthy Options and Nutrition

The Campus Dining Registered Dietitian is available to help with food allergies, special dietary needs, general health, and nutrition info. Email, phone, and in-person consultations are free.

Allendale North Campus Residents:

(Living near Kleiner and Commons: Traditional, Suite Style, and Apartment Style Living Centers)

- The 14 Plus is included in your housing contract; learn how to use it right away.
- You can upgrade to the Unlimited Fresh Plan, for unlimited Meals at Fresh plus 10 Meals per week at other locations and \$125 Dining Dollars (additional \$150 cost/semester).

Allendale South Campus and Pew Campus Residents:

(Calder, Neimeyer, Murray, VanSteeland, South Apts, GVA, Laker Village, Winter, Secchia)

- Meal Plans are not included in your housing contract, but you are encouraged to consider purchasing a Meal Plan.
- If you purchase a fall semester plan, consider auto-renewal so you don't have to re-purchase in the winter (you can change/cancel the plan during winter semester if needed).

Commuters:

- You are welcome in all Campus Dining locations, even if you don't have a meal plan.
- You can purchase any of the 8 Meal Plans.

In A Hurry?

Order in advance using the Tapingo app for faster pick up at select locations or use the Fresh To Go program at the Fresh Food Company.



Additional Tips

- Everyone is welcome in Campus Dining locations, with or without a Meal Plan.
- You may bring your own food and eat with friends in restaurants (one exception: Fresh Food Co.)
- Microwaves are available in locations such as the Kirkhof Center and the Mary Idema Pew library.
- Family Fare in Allendale and Meijer in Standale are grocery store options; Meijer is accessible via the 50 bus route.
- Every student living on campus has access to a kitchen.
- Check with professors about eating and drinking in class.



REPLENISH

0074 KIRKHOF CENTER
gvsu.edu/replenish
 (616) 331-7867

Replenish

In an effort to meet the short-term challenges that students sometimes face when it comes to accessing food, the Center for Women and Gender Equity hosts Replenish. To access Replenish, simply fill out the intake form and present a current student ID. This on-campus food resource is open Monday-Friday and offers:

- Perishable food items (meat, milk, cheese, fruits, vegetables)
- Non-perishable food items (juice, granola bars, pasta, canned soups, cereal, etc.)
- Personal care items (soap, toilet paper, laundry detergent, toothpaste, etc.)

Finished Eating?

Help keep GVSU a sustainable place by utilizing the waste sorting stations for compost, recycling, and landfill at all Campus Dining locations.

Compostable

- All food waste
- Paper plates
- Paper cups
- Napkins/paper towel
- Pizza boxes
- Compostable plastics
- Straws
- Utensils

Recyclable

- Aluminum
- Glass
- Plastics #1-7
- Newspaper
- Cardboard

Landfill

- Chip bags
- Foil wrappers
- Non-recyclable plastics (product without recycling symbol)
- Food service gloves
- Styrofoam
- Rubber



SUSTAINABILITY
 260 LAKE MICHIGAN HALL
gvsu.edu/sustainability

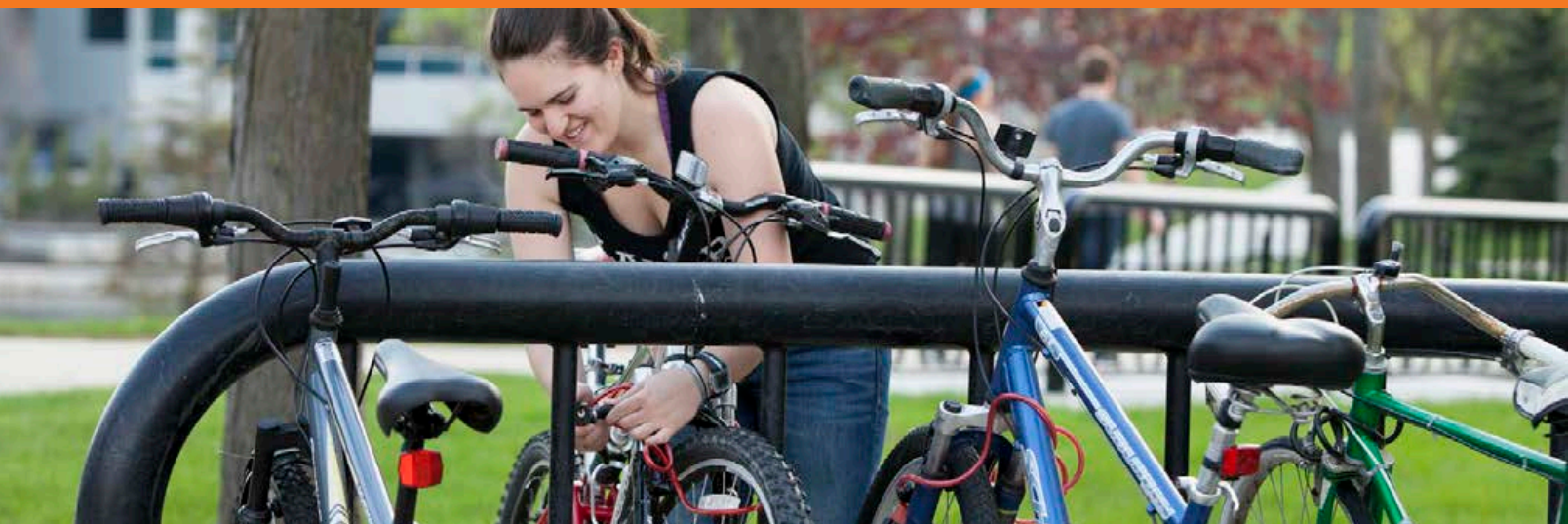
Sustainability

Sustainability is a GVSU value and all students are encouraged to develop a more sustainable lifestyle. GVSU is known locally, regionally, nationally, and globally for applying sustainability best practices on campus and in the community. Examples include over 24 LEED certified buildings, an on-campus farm (the Sustainable Agriculture Project - SAP), and various initiatives in food sustainability, waste minimization, energy, water, and transportation. Check online for educational opportunities and ways to get involved.



Three Easy Ways to be Sustainable

1. Use one of the many water bottle refilling stations throughout campus or refill your bottles at home.
2. Reduce your printing needs by accessing electronic resources through the library.
3. Save energy by turning off lights, TVs, and computers, and unplug electronics when not in use.



Getting Around

Grand Valley's campus is very accessible by walking, with a number of trails and walking routes. However, there are several modes of transportation to get around campus, to stores off campus, and to downtown Grand Rapids.

BIKE SHOP

THE RAVINE CENTER
gvsu.edu/rec/bike

Biking

Biking is a sustainable, safe, and healthy option on and off Grand Valley's campuses.

- Over 100 bike racks are located on the Allendale campus.
- Make sure to lock up your bike and register it with GVPD in case it does go missing.
- Rent a used bike by the week or semester at a budget-friendly cost from the Bike Shop. All rentals include a lock and free maintenance due to normal wear.

Riding the Rapid (Free!)

No need to worry about parking, traffic, or weather; riding the bus is the best way to get from Allendale to the Grand Rapids campuses and to off-campus apartments with several routes and continuous weekday service.

- All Grand Valley and Rapid routes are free to ride with your student ID card.
- The park and ride locations at the Walker Fire Station and Standale Meijer allow you to park for free and ride the bus, even if you don't live near a bus stop or have a parking permit.
- All buses have bike racks.

PARKING SERVICES

SERVICE BUILDING
gvsu.edu/parking

Driving and Parking

If you choose to bring a car to campus, make sure to give yourself extra time to get to class and always have a parking permit!

- Parking Permits are necessary in non-metered lots. Resident, commuter, and Lot J passes are sold by semester.
- Student temporary daily permits are sold at a low cost, and each student is allowed 20 per semester. Visitor and guest passes are also available.
- Check signs to determine whether a spot is faculty/staff (F), resident (R), commuter (S), or Lot J (J).
- There is no overnight parking in commuter lots. Student parking on the Allendale campus is enforced Monday-Friday, however signed spaces, some pay-to-park, and ADA are enforced 24/7. Grand Rapids campuses are strictly enforced 7 days a week.



The Rapid Bus Routes

BUS MAPS AND SCHEDULES

gvsu.edu/bus
ridetherapid.org

ROUTE 50: CAMPUS CONNECTOR

A connecting route between the Allendale and Grand Rapids campuses. Weekday service frequency is approximately six minutes during peak hours of 7 a.m. – 6 p.m.

ROUTE 37: NORTH CAMPUS EXPRESS

An off-campus shuttle route that serves the perimeter apartment complexes adjacent to the Allendale Campus. Weekday service frequency is approximately six to seven minutes.

ROUTE 48: SOUTH CAMPUS EXPRESS

A shuttle that services south campus and other off-campus apartment complexes adjacent to the Allendale Campus. Weekday service is approximately four to five minutes.

ROUTE 85: APARTMENT CONNECTOR

Combined 37 and 48 routes for early morning and weekends.

(Weekend and apartment bus service available during fall and winter semesters only.)

How Do I Get There?

- Download a helpful bus app like MyStop Mobile, Laker Mobile App, Moovit App, or Google Maps.
- “How Do I Get To...” on GVSU’s transportation website shows frequently requested destinations and personalized routes.
- Go online to find full maps, schedules, and more!

Quick Tips for the Bus

- Consider taking an earlier bus during peak times and bad weather to get there on time!
- Wait for people to get off the bus before boarding. Make sure to board at the front and exit at the rear door.
- Keep your belongings secure at all times. Don’t put belongings on the seat beside you; keep them in your lap.
- Don’t be afraid to pull the cord in advance when you want the bus driver to stop.
- Don’t be afraid to ask the bus driver questions or express concerns; they are friendly!

How to read the bus schedule*:

Find the stops you want to get on and off at

Find the closest stop listed and time the bus should arrive

Check other route schedules for transfers

Know your routes

Figure out if your route is Westbound (to Allendale) or Eastbound (to Grand Rapids)

50

CAMPUS CONNECTOR

MONDAY - THURSDAY

Westbound

Eastbound

Center for
Health Sciences

Pew
Campus

Fulton &
Garfield

Lake Michigan &
Covell

Lake Michigan &
Collinsdale

Walker Fire
Station

Kirchhof
Center

Kirchhof Center

Walker Fire
Station

Lake Michigan &
Collinsdale

Lake Michigan &
Covell

Fulton &
Garfield

Pew
Campus

Center for
Health Sciences

Center for
Health Sciences

Pew
Campus

Fulton &
Garfield

Lake Michigan &
Covell

Lake Michigan &
Collinsdale

Walker Fire
Station

Kirchhof
Center

Kirchhof Center

Walker Fire
Station

Lake Michigan &
Collinsdale

Lake Michigan &
Covell

Fulton &
Garfield

Pew
Campus

Center for
Health Sciences

Center for
Health Sciences

Pew
Campus

Fulton &
Garfield

Lake Michigan &
Covell

Lake Michigan &
Collinsdale

Walker Fire
Station

Kirchhof
Center

Kirchhof Center

Walker Fire
Station

Lake Michigan &
Collinsdale

Lake Michigan &
Covell

Fulton &
Garfield

Pew
Campus

Center for
Health Sciences

Center for
Health Sciences

Pew
Campus

Fulton &
Garfield

Lake Michigan &
Covell

Lake Michigan &
Collinsdale

Walker Fire
Station

Kirchhof
Center

Kirchhof Center

Walker Fire
Station

Lake Michigan &
Collinsdale

Lake Michigan &
Covell

Fulton &
Garfield

Pew
Campus

Center for
Health Sciences

Center for
Health Sciences

Pew
Campus

Fulton &
Garfield

Lake Michigan &
Covell

Lake Michigan &
Collinsdale

Walker Fire
Station

Kirchhof
Center

Kirchhof Center

Walker Fire
Station

Lake Michigan &
Collinsdale

Lake Michigan &
Covell

Fulton &
Garfield

Pew
Campus

Center for
Health Sciences

Center for
Health Sciences

Pew
Campus

Fulton &
Garfield

Lake Michigan &
Covell

Lake Michigan &
Collinsdale

Walker Fire
Station

Kirchhof
Center

Kirchhof Center

Walker Fire
Station

Lake Michigan &
Collinsdale

Lake Michigan &
Covell

Fulton &
Garfield

Pew
Campus

Center for
Health Sciences

Center for
Health Sciences

Pew
Campus

Fulton &
Garfield

Lake Michigan &
Covell

Lake Michigan &
Collinsdale

Walker Fire
Station

Kirchhof
Center

Kirchhof Center

Walker Fire
Station

Lake Michigan &
Collinsdale

Lake Michigan &
Covell

Fulton &
Garfield

Pew
Campus

Center for
Health Sciences

Center for
Health Sciences

Pew
Campus

Fulton &
Garfield

Lake Michigan &
Covell

Lake Michigan &
Collinsdale

Walker Fire
Station

Kirchhof
Center

Kirchhof Center

Walker Fire
Station

Lake Michigan &
Collinsdale

Lake Michigan &
Covell

Fulton &
Garfield

Pew
Campus

Center for
Health Sciences

Center for
Health Sciences

Pew
Campus

Fulton &
Garfield

Lake Michigan &
Covell

Lake Michigan &
Collinsdale

Walker Fire
Station

Kirchhof
Center

Kirchhof Center

Walker Fire
Station

Lake Michigan &
Collinsdale

Lake Michigan &
Covell

Fulton &
Garfield

Pew
Campus

Center for
Health Sciences

Center for
Health Sciences

Pew
Campus

Fulton &
Garfield

Lake Michigan &
Covell

Lake Michigan &
Collinsdale

Walker Fire
Station

Kirchhof
Center

Kirchhof Center

Walker Fire
Station

Lake Michigan &
Collinsdale

Lake Michigan &
Covell

Fulton &
Garfield

Pew
Campus

Center for
Health Sciences

Center for
Health Sciences

Pew
Campus

Fulton &
Garfield

Lake Michigan &
Covell

Lake Michigan &
Collinsdale

Walker Fire
Station

Kirchhof
Center

Kirchhof Center

Walker Fire
Station

Lake Michigan &
Collinsdale

Lake Michigan &
Covell

Fulton &
Garfield

Pew
Campus

Center for
Health Sciences

Center for
Health Sciences

Pew
Campus

Fulton &
Garfield

Lake Michigan &
Covell

Lake Michigan &
Collinsdale

Walker Fire
Station

Kirchhof
Center

Kirchhof Center

Walker Fire
Station

Lake Michigan &
Collinsdale

Lake Michigan &
Covell

Fulton &
Garfield

Pew
Campus

Center for
Health Sciences

Center for
Health Sciences

Pew
Campus

Fulton &
Garfield

Lake Michigan &
Covell

Lake Michigan &
Collinsdale

Walker Fire
Station

Kirchhof
Center

Kirchhof Center

Walker Fire
Station

Lake Michigan &
Collinsdale

Lake Michigan &
Covell

Fulton &
Garfield

Pew
Campus

Center for
Health Sciences

Center for
Health Sciences

Pew
Campus

Fulton &
Garfield

Lake Michigan &
Covell

Lake Michigan &
Collinsdale

Walker Fire
Station

Kirchhof
Center

Kirchhof Center

Walker Fire
Station

Lake Michigan &
Collinsdale

Lake Michigan &
Covell

Fulton &
Garfield

Pew
Campus

Center for
Health Sciences

Center for
Health Sciences

Pew
Campus

Fulton &
Garfield

Lake Michigan &
Covell

Lake Michigan &
Collinsdale

Walker Fire
Station

Kirchhof
Center

Kirchhof Center

Walker Fire
Station

Lake Michigan &
Collinsdale

Lake Michigan &
Covell

Fulton &
Garfield

Pew
Campus

Center for
Health Sciences

Center for
Health Sciences

Pew
Campus

Fulton &
Garfield

Lake Michigan &
Covell

Lake Michigan &
Collinsdale

Walker Fire
Station

Kirchhof
Center

Kirchhof Center

Walker Fire
Station

Lake Michigan &
Collinsdale

Lake Michigan &
Covell

Fulton &
Garfield

Pew
Campus

Center for
Health Sciences

Center for
Health Sciences

Pew
Campus

Fulton &
Garfield

Lake Michigan &
Covell

Lake Michigan &
Collinsdale

Walker Fire
Station

Kirchhof
Center

Kirchhof Center

Walker Fire
Station

Lake Michigan &
Collinsdale

Lake Michigan &
Covell

Fulton &
Garfield

Pew
Campus

Center for
Health Sciences

Center for
Health Sciences

Pew
Campus

Fulton &
Garfield

Lake Michigan &
Covell

Lake Michigan &
Collinsdale

Walker Fire
Station

Kirchhof
Center

Kirchhof Center

Walker Fire
Station

Lake Michigan &
Collinsdale

Lake Michigan &
Covell

Fulton &
Garfield

Pew
Campus

Center for
Health Sciences

Center for
Health Sciences

Pew
Campus

Fulton &
Garfield

Lake Michigan &
Covell

Lake Michigan &
Collinsdale

Walker Fire
Station

Kirchhof
Center

Kirchhof Center

Walker Fire
Station

Lake Michigan &
Collinsdale

Lake Michigan &
Covell

Fulton &
Garfield

Pew
Campus

Center for
Health Sciences

Center for
Health Sciences

Pew
Campus

Fulton &
Garfield

Lake Michigan &
Covell

Lake Michigan &
Collinsdale

Walker Fire
Station

Kirchhof
Center

Kirchhof Center

Walker Fire
Station

Lake Michigan &
Collinsdale

Lake Michigan &
Covell

Fulton &
Garfield

Pew
Campus

Center for
Health Sciences

Center for
Health Sciences

Pew
Campus

Fulton &
Garfield

Lake Michigan &
Covell

Lake Michigan &
Collinsdale

Walker Fire
Station

Kirchhof
Center

Kirchhof Center

Walker Fire
Station

Lake Michigan &
Collinsdale

Lake Michigan &
Covell

Fulton &
Garfield

Pew
Campus

Center for
Health Sciences

Center for
Health Sciences

Pew
Campus

Fulton &
Garfield

Lake Michigan &
Covell

Lake Michigan &
Collinsdale

Walker Fire
Station

Kirchhof
Center

Kirchhof Center

Walker Fire
Station

Lake Michigan &
Collinsdale

Lake Michigan &
Covell

Fulton &
Garfield

Pew
Campus

Center for
Health Sciences

Center for
Health Sciences

Pew
Campus

Fulton &
Garfield

Lake Michigan &<

Life in West Michigan

Did you know that more than 83,000 college students like yourself call West Michigan home? Or that West Michigan is recognized as the **2nd best place to live in the U.S.** and has one of the **fastest-growing economies in the U.S.***? Whether you are new to the area or not, West Michigan has so much to offer you during your time at GVSU! In addition to the bustling downtown Grand Rapids area, there are hiking trails, beaches, shopping, and so much more. Grab some new friends and start exploring!

*From The Wall Street Journal and Forbes

Check out page 44 for a list of more things to do in addition to highlights on the map!

ALLENDALE CHAMBER OF COMMERCE
allendalechamber.org/lakerlife

Allendale

Located between the beautiful shores of Lake Michigan and the bustling city of Grand Rapids, your home away from home is a fast-growing and family-friendly community with rural character. Check out the online quick guide to Allendale for resources and discounts (dozens less than one mile from campus) ranging from automotive, banking, shopping, places to worship, and much more.

EXPERIENCE GRAND RAPIDS
experiencegr.com

Grand Rapids

As Michigan's 2nd largest city, Grand Rapids is a vibrant community full of opportunities to see shows, try new foods, and get immersed in culture! Visit the Experience Grand Rapids website for more attractions, events, and discounts all around the city.

gvsu.edu/oma

Culturally Relevant Resources

Not sure where to get your hair styled? Looking for authentic cuisine? Want to support minority owned businesses and organizations? A comprehensive list of culturally relevant resources from authentic restaurants to minority owned businesses, language services, and more is available online from the Office of Multicultural Affairs.

Muskegon

US-31

I-96

Grand Haven

Grand Haven State Park and Beach:
Recreation area with access to Lake Michigan

Kirk Park:
Dog friendly beach on Lake Michigan

GRAND RIVER

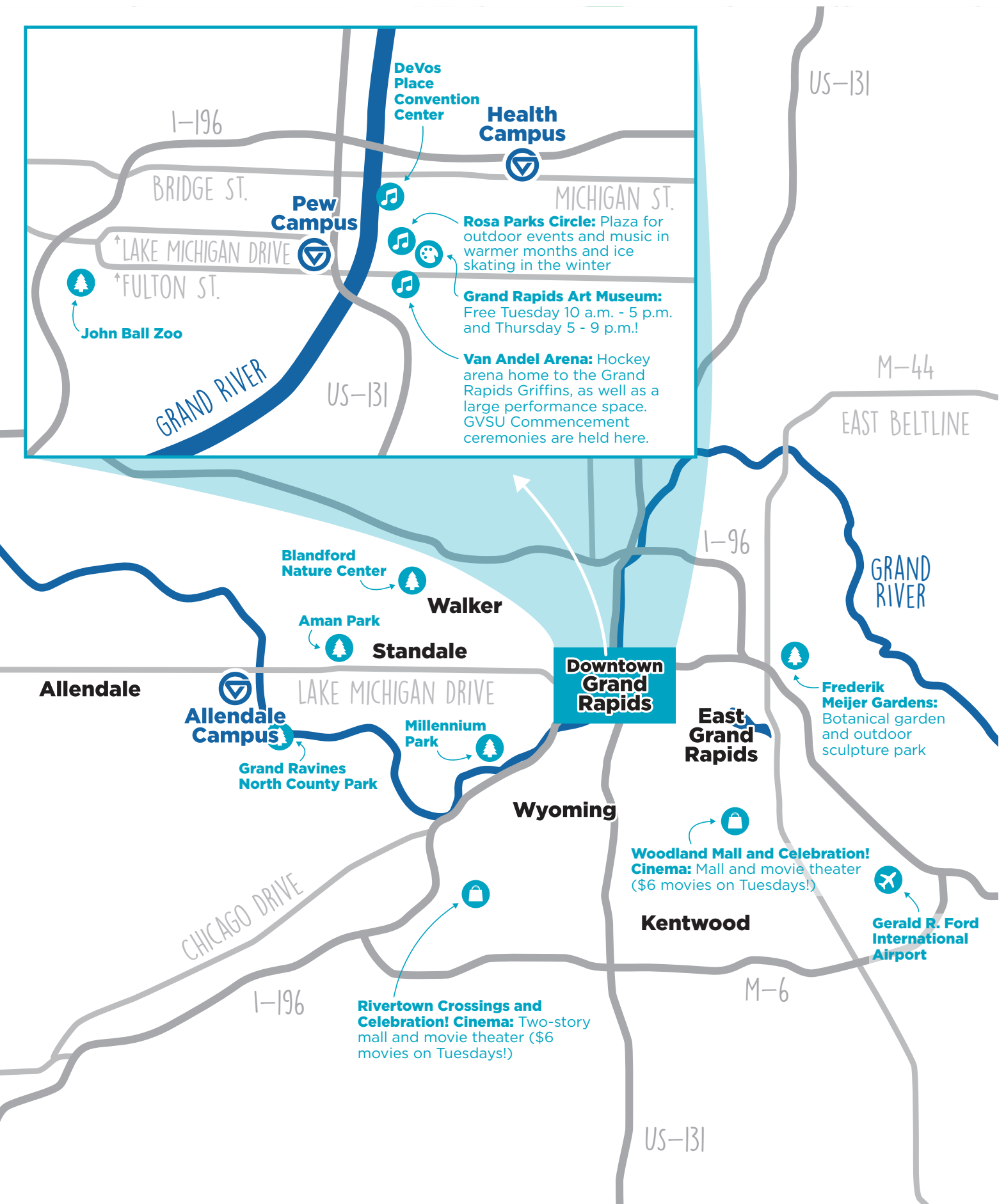
Pigeon Creek Park

US-31

LAKE MICHIGAN

Holland State Park:
Recreation area with access to Lake Michigan

Holland



Fun Downtown and Around

It may take some time to get familiar to the area, get to know it even better, or to get into your new routine as a college student. Here are some of our student editor's highlights of local eats and things to do! Many of these locations are accessible by bus. Visit ridetherapid.org and type your destination into the Trip Planner for a customized route.



Be sure to check out the map on pages 42 & 43 for more highlights.

Restaurants

Allendale Area

Aroy Thai • traditional Thai and Chinese
Lake Michigan Nutrition • protein shakes and teas
Main Street Pub • pub grub, sandwiches, burgers & classic American entrees
Peppino's Sports Grille • pizza and subs
Stan Diego Baja Taco Kitchen • Tex-Mex with ½ off tacos on Tuesdays!
Uccello's • family Italian

Grand Rapids

Downtown Market • a hub of local food innovation including seafood, authentic Mexican, Thai, sandwiches, and more
Forty Acres • Soul Kitchen
Lucky Luciano's • Specialty pizza-by-the-slice
Parsley Mediterranean Grille • Mediterranean
The B.O.B • American cuisine
Uncle Cheetahs • Soup and Sandwiches
Wolfgang's • Breakfast
Yesterdog • classic hot dogs



Coffee Shops and Study Spots

Allendale Area

317 Coffee
Biggy Coffee
Tim Hortons
Wildroast Coffee

Grand Rapids

The Bitter End Coffee Shop
Madcap
Rowster Coffee/Rower's Club
Ferris Coffee
Roots Brew Shop

Other Things to Do

Allendale Area

Fairlanes • Bowling Alley
Griff's Georgetown • Ice Center
Rebounderz • Indoor trampoline park, Ninja Warrior course, and Laser Tag

Grand Rapids Area

AMC Grand Rapids • Movie theater
Craig's Cruisers Family Fun Centers • Go-Karts, Bumper Boats, Mini Golf, and Laser Tag
Dave and Buster's • American food and arcade games
Grand Rapids Civic Theater • large community theater
Grand Rapids Public Museum • Historical Museum and Planetarium
Grand Rapids Symphony • venue for classical musical selections
Hike and explore West Michigan's trails • wmtrails.org/Trail-Maps
Studio Park Mall • New! Cinema, pizzeria, shops, and more

Finding Your Fun On Campus

**CAMPUS EVENTS
 CALENDAR**
gvsu.edu/events

Grand Valley's main campus may be located in the quiet city of Allendale but campus life is far from dull! Many campus departments and student organizations host **exciting events** throughout the week that are **free and open** to all GVSU students. A few popular student organization events include Sexy Accent Night (hosted by bringing Together the World – BTW), the Ice Breaker Dance (hosted by Multicultural Greek Council and Black Greek Council), Renaissance Festival, performances by the Belly Dance Club, Voices of GVSU Choir, and so much more! Be sure to check out the **Campus Events Calendar** to stay informed about all of the opportunities available across campus.

Make your own fun - Many options and resources are at your fingertips!

- The Kirkhof Center **Game Room** has pool tables, foosball, and gaming systems with games available (check online for a list). The Kirkhof Center is also home to the **big screen theater** where a new movie is featured every other week and played four times per day: 11 a.m., 2 p.m., 5 p.m., and 9 p.m.
- Check with your Resident Assistant for **fun activities right in your own living center**. Many living centers also have ping pong, foosball, and more.
- Hang out at Kleiner Late Night for great food.
- Be sure to browse the Laker Guide for many more options!

Allendale Campus Map

TIP: Check out the abbreviations listed before the building names. These are what you'll use to find your classes!

Go to gvsu.edu/maps for a Health Campus map and more!

(AH) Alumni House & Visitor Center.....	55	C1
(ASH) Au Sable Hall.....	21	E5
(CAC) Alexander Calder Fine Arts Center	22	F6
(CR) Alexander Calder Residence.....	52	F6
(AGS) Art Gallery Support Building.....	71	C8
(UHC) Campus Health Center.....	70	C8
(CUB) Central Utilities Building.....	6	E1
(CC) Children's Enrichment Center.....	44	B5
(COM) The Commons.....	7	E4
(CON) The Connection.....	88	D7
(CCT) Cook Carillon Tower.....	40	D5
(CCK) Cook-DeWitt Center.....	35	D5
(COP) James M. Copeland Living Center... ..	5	E3
(DLC) Richard M. DeVos Living Center... ..	30	F2
(SER) Facilities and Services.....	17	D1
(FH) Fieldhouse.....	11	D3
Arena		
Pool		
(RC) Recreation Center		
(FC) Football Center.....	24	B2
(FLC) Edward J. Frey Living Center.....	57	E2
(GVA) Grand Valley Apartments.....	56	E9
(HRY) Henry Hall.....	42	D4
(HLL) Arthur C. Hills Living Center.....	58	F3
(HHL) Holton-Hooker Learning and Living Center.....	97	E4
(HLC) Icie Macy Hoobler Living Center... ..	62	E2
(JLC) Paul A. Johnson Living Center.....	63	E3
(KTB) Kelly Family Sports Center.....	82	C3
(KC) Russel H. Kirkhof Center.....	16	D5
(KRP) William A. Kirkpatrick Living Center.....	50	F3
(KLC) Robert Kleiner Commons.....	33	E2
(KIS) Grace Olsen Kistler Living Center... ..	14	E3
(KHS) P. Douglas Kindschi Hall of Science.....	96	D4
(WLC) Ella Koeze-Weed Living Center	61	E2
(LHH) Lake Huron Hall.....	4	E5
(LMH) Lake Michigan Hall.....	1	E6
(LOH) Lake Ontario Hall.....	72	E6
(LSH) Lake Superior Hall.....	2	E6
(LVA) Laker Village Apartments.....	47	C7
(MAK) Mackinac Hall.....	9	D3
(MPLC) Maple Living Center.....	27	F4
(MAN) Manitou Hall.....	10	D4
(LMP) The Marketplace.....	95	C4
(LIB) Mary Idema Pew Library Learning and Information Commons.....	94	C5
(MCH) Meadows Club House.....	39	A4
(MLC) Meadows Learning Center.....	38	A4
(MUR) Mark A. Murray Living Center.....	66	E7
(NME) Glenn A. Niemeyer East Living Center.....	79	E7
(NMH) Glenn A. Niemeyer Learning and Living Center.....	81	E7
(NMW) Glenn A. Niemeyer West Living Center.....	80	E7
(NLC) North C Living Center.....	59	E2
(OKLC) Oak Living Center.....	28	E4
(OLC) Arnold C. Ott Living Center.....	64	E2
(RC) Ravine Center.....	19	C2
(PAD) Seymour & Esther Padnos Hall of Science.....	43	D4
(PAC) Thomas J. and Marcia J. Haas Center for Performing Arts.....	13	D6
(LAT) Louis Armstrong Theatre		
(PNLC) Pine Living Center.....	29	E4
(PLC) Robert C. Pew Living Center.....	31	F2
(PKC) William F. Pickard Living Center... ..	32	F3
(SER) Department of Public Safety.....	17	D1
(ROB) Kenneth W. Robinson Living Center.....	8	E3
(SH) Seidman House/Lemmen Library.....	3	E6
(SLC) Bill & Sally Seidman Living Center... ..	46	F3
(SAC) South Apartments C.....	85	D8
(SAD) South Apartments D.....	86	D8
(SAE) South Apartments E.....	87	D8
(SUB) South Utilities Building.....	68	F7
(STA) Dale Stafford Living Center.....	51	F3
(STU) Arend and Nancy Lubbers Student Services Center.....	41	D5
(SWN) Maxine M. Swanson Living Center... ..	45	F3
(VLC) Ronald F. VanSteeland Living Center.....	67	D7
(JHZ) James H. Zumberge Hall.....	12	E5



KEY

& ADA Compliant

■ 30 min. Loading/Unloading (permit not required)

■ Faculty/Staff Parking

■ Resident Parking

■ Student Parking

■ Visitor Parking (pay-to-park)

■ Calder Resident Parking

■ Lot J Commuter Parking

Pew Campus Map



KEY

- & ADA Compliant
- M Motorcycle Parking
- 30 min. Loading/Unloading (permit not required)
- Faculty/Staff Parking
- Pew Resident Parking
- Student Parking
- Visitor Parking
- Visitor Parking (pay-to-park)
- Visitor Parking (events and conferences)
- Lot J Commuter Parking (reduced rate)

BUILDINGS

- (CEC) John G. Russell Leadership Center15 B8
- (DEP) The Depot..... 2 B6
- (KEB) Fred M. Keller Engineering Lab 6 D5
- (KEN) John C. Kennedy Hall of Engineering.....11 C5
- (EC) L.V. Eberhard Center... 1 D4
- (SCB) L. William Seidman Center13 C6
Michigan Small Business Technology & Development Center
- (SRH) Peter F. Secchia Hall 5 B5
- (SPL) Seward Parking Ramp.....10 B4
- (DEV) Richard M. DeVos Center 3 C4
- (WIN) Winter Hall..... 9 B6
- (FRT) 140 Front Avenue Building..... 7 B8
Steelcase Storage Building GRAM
- (WAT) 609 Watson.....12 A6
(ECC) Electromagnetic Compatibility Center

PARKING FACILITIES

- Butterworth Lot A..... A8
- Butterworth Lot B..... A8
- DeVos Lot..... B4
- Eberhard Lot..... D4
- Front Lot C7
- Fulton Lot..... C6
- Lot J..... A8
- Mount Vernon Lot C6
- Secchia Lot B6
- Seward Lot..... B5
- Watson Lot B7
- Winter Lot..... B6

Summer Options

Making the most of the summer months during your time at Grand Valley can make all the difference in your total time to graduation. This page includes a few suggestions that will help you stay on track academically, personally, and professionally.

gvsu.edu/summer

Take a Class (or two)

Taking spring/summer semester classes in 6 or 12 week blocks at Grand Valley helps you catch up, stay on track, or get ahead while enjoying the convenience of on-campus, online, or hybrid classes. A summer class can give you the time to focus on a subject that is new to you or one that might need extra attention. Registration begins in mid-March.

gvsu.edu/careers

Complete an Internship or a Job Shadow Experience

Visit the Career Center early in the winter semester to learn about internships that relate to your major. A summer job could qualify for academic internship credit, or at the very least become a meaningful section of your resume. Not able to commit long term? Identify employers that would allow you to shadow them for a day or two, or would give you time for an informational interview. Discuss details with the Career Center.

gvsu.edu/ours

Student Summer Scholars program

The Student Summer Scholars (S3) program provides funds for a student and faculty mentor to devote twelve weeks/400 hours to a research and/or creative project during the spring/summer semester. Through these grants and the mentorship of a faculty member, the S3 program offers a unique opportunity for undergraduate students to do hands-on, professional research and creative practice in their chosen field.



gvsu.edu/studyabroad

Study Abroad

Many students choose the summer as a great time for the study abroad experience. Several options are available—discuss plans with your academic advisor to fit overseas coursework into your academic plan.

gvsu.edu/handshake

Find a Job

Working on campus or off can help raise much needed cash to get you through the rest of the year. Check Handshake for opportunities and check online for the Summer Job Fair hosted by Student Employment.

gvsu.edu/admissions

Be an Orientation Leader

A coveted (paid) leadership role on campus is Summer Orientation Leader. This select group of students works with the Admissions Office and Academic Advising to help guide new students through their first course registration process. Leaders are recruited in the late fall/early winter semesters.



#GVBucketList



1. Get prepared for college life at Transitions New Student Orientation
2. Collect free stuff and find out about student organizations at Campus Life Night and Live Eat RecFest
3. Go to a Laker football game with new friends
4. Dine at least once at each campus dining location
5. Meet your professors and find their offices
6. Attend a FREE group exercise class the first week of classes



7. Bring your family and friends to Family Weekend and walk or run the 5K
8. Learn the Fight Song
9. Join a student organization to make connections
10. Indulge in a Laker Bowl at the Blue Connection
11. Show your school spirit during Homecoming Week
12. Have a beach day in Grand Haven or Holland
13. Ride the Route 50 bus to an outdoor festival in downtown Grand Rapids



14. Take a selfie with Louie the Laker
15. Let your siblings (or another guest) see what it's like to be a Laker at Sibs and Kids Weekend
16. Attend a performance at the Haas Center for Performing Arts
17. Enjoy the festivities at the Presidents' Ball
18. Gain leadership knowledge by attending the Leadership Summit
19. Learn something new about inclusion and equity during the annual Teach-In
20. Lend a helping hand on Make a Difference Day



21. Dance like no one is watching at the Silent Disco
22. Go rock climbing at the Climbing Center for FREE
23. Check out the Padnos International Center Study Abroad Fair
24. Eat lunch outside by Zumberge Pond or in the Arboretum
25. Make a difference during Community Outreach Week (COW)
26. Check out equipment for the Kirkhof Game Room at the 2020 Information Desk



Believe it or not, senior year will be here before you know it! Don't get caught up in the stress, and remember, college is a one-of-a-kind experience that you'll cherish for the rest of your life. Make new friends, lasting memories, and transform yourself into the person you truly want to be. Here's a checklist of 50 things to do before you graduate—can you complete them all?



- 27. Celebrate the end of the semester through ExtravaGRANDza events
- 28. Show off your research at Student Scholars Day
- 29. Get outside, explore the Ravines, or hammock in the Arboretum
- 30. Volunteer at the Sustainable Agriculture Project (SAP) or a zero-waste football game
- 31. Go to the Farmers Market for fresh, local food
- 32. Expand your horizons by participating in a Social Justice Center event

- 33. Do something with your day off and attend a Dr. Martin Luther King Jr. Commemoration week event
- 34. Paint the Copeland Rock
- 35. Compete in Intramural Sports or join a Club Sports team
- 36. Find an internship or on-campus job to apply for on Handshake
- 37. Broaden your world by visiting the art gallery in the Haas Center for Performing Arts or the Calder Arts Center
- 38. Visit the library and check out a book to read



- 45. Watch the sunset from the top of the Mary Idema Pew Library
- 46. Vote in the annual Student Senate elections
- 47. Sing and dance at the Spring Concert
- 48. Pick up your cap and gown at Gradfest
- 49. Say goodbye to your favorite faculty and staff
- 50. Smile for your photo at Commencement and become a Laker for a Lifetime!



- 39. De-stress at one of the Exam Cram events during finals
- 40. Volunteer at a campus blood drive
- 41. Ask questions and get resume advice at the Career Center
- 42. Revise a paper and get free coffee at the Fred Meijer Center for Writing and Michigan Authors
- 43. Attend student organization events including concerts, fundraisers, and performances to support your fellow Lakers
- 44. Network with prospective employers at a Career Fair

LAKER

for a lifetime

GRAND VALLEY STATE UNIVERSITY

- 1. Stay informed
- 2. Get involved
- 3. Give back
- 4. Laker pride

gvsu.edu/lakerforalifetime

LAKER GUIDE

Get connected!

#GVSU
#GVLakerEffect

GVSU Official

 @GrandValley   @GVSU  @GVSUOfficial

GVSU Lakers

   @GVSULakers

Office of Student Life

   @GVSUStudentLife

Full directory of GVSU social media accounts:
gvsu.edu/socialmedia/list

OFFICE OF
STUDENTLIFE