

# THE LAKER GUIDE

FALL 2020





# Welcome Class of 2024!



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.

# 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!

## Fall 2020

Fall 2020 is going to be different than past years, but Lakers know that flexibility is key to succeeding in an ever-changing world. Keep these things in mind when reading this edition of the *Laker Guide*:

### COVID-19 Changes

Check the GVSU website for changes related to COVID-19. Some services, events, and programs may have changed. There are websites listed next to each section to help you find up-to-date information.

We also encourage you to check the Lakers Together website for comprehensive updates at [gvsu.edu/lakerstogether](https://gvsu.edu/lakerstogether).

### Photos

Many of the photos in this publication were taken before 2020 and may not show proper social distancing.

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*Laker Guide Design: Promotions Office*

*Photography: University Communications and Promotions Office*



# 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 the outgoing 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](mailto:senates@gvsu.edu) or attend one of our meetings. 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](http://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 welcome you to life as a Laker! Although the worldwide COVID-19 pandemic has changed many things, and has the potential to modify for quite some time how we teach, learn, and socialize, we are thrilled you have chosen GVSU for the next step in your educational life. We are eager to greet you, and we are ready to be of assistance.

Student Affairs services and programs are designed to help you get the most out of college. This includes helping you make informed choices about academic and personal life, negotiate opportunities and challenges you face, and find resources to help you succeed. We work with other academic and administrative offices and programs to integrate your 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 position, the **Career Center** is ready to help. If you are feeling stressed (and we all do from time to time!), visit the **University Counseling Center** or find exercise and wellness programs through **Recreation & Wellness**. If you feel under the weather or want health advice, seek out the **Campus Health Center**. If your "Little Laker" needs a preschool or after school care, the **Children's Enrichment**

**Center** is your place. If your head needs a bed, talk with the experts in **Housing and Residence Life**. If you want to get involved on campus or in the community (and research shows being involved improves grades!), ask the **Office of Student Life** to help. If you have questions about your interactions with the university, the **Student Ombuds** helps you navigate GVSU. And, if you don't know where to turn, the **Dean of Students Office** wants to hear from you.

Throughout your time as a student, we want you to experience Grand Valley's diversity of 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 an interesting campus program). All of us at GVSU are ready to help you find your place in college and your purpose in life. You are an important part of the Laker family, and we are excited you are here. 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.

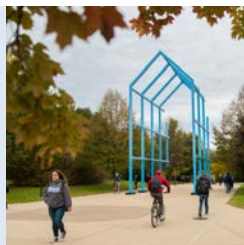
## Louie the Laker

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.



## 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?



## 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.



## 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.



## 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.



## Reach Higher Together

Grand Valley is more than the place where you will study – this is where you will join a student organization, play sports, make lifelong friends, and discover your passions. The Laker family is a close-knit and supportive community. There are resources and people across our campuses to support you in your pursuit of excellence. Our vibrant and diverse community challenges thought and develops bold and innovative ideas and solutions. This is where we reach higher together.

Lakers are leaders in our local, national, and global communities. Grand Valley is where you will discover yourself and how you will leave your mark on the world. That's the Laker Effect. Welcome home.

LAKEEFFECT  
#GVLakerEffect

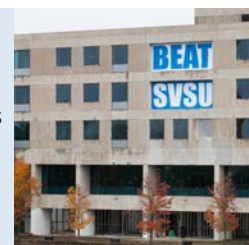
## President Mantella

President Philomena Mantella started her tenure as a Laker on July 1, 2019. 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 say hello when you see her on campus!



## Ferris and Saginaw Rivalry

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



# Academic Blueprint

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 Academic Blueprint 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

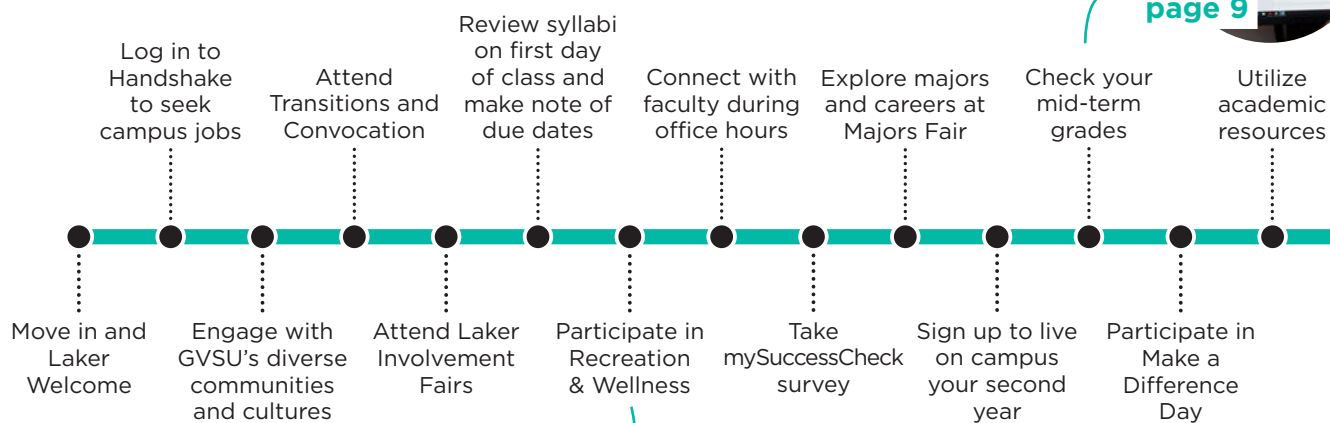
Year 3: Involvement in the Larger Community

Year 4: Transition to Career

**ACADEMIC BLUEPRINT**  
[gvsu.edu/advising/timeline](https://gvsu.edu/advising/timeline)



## FIRST YEAR Personal Transition Into College





## 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 have opportunities to connect with your partner 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

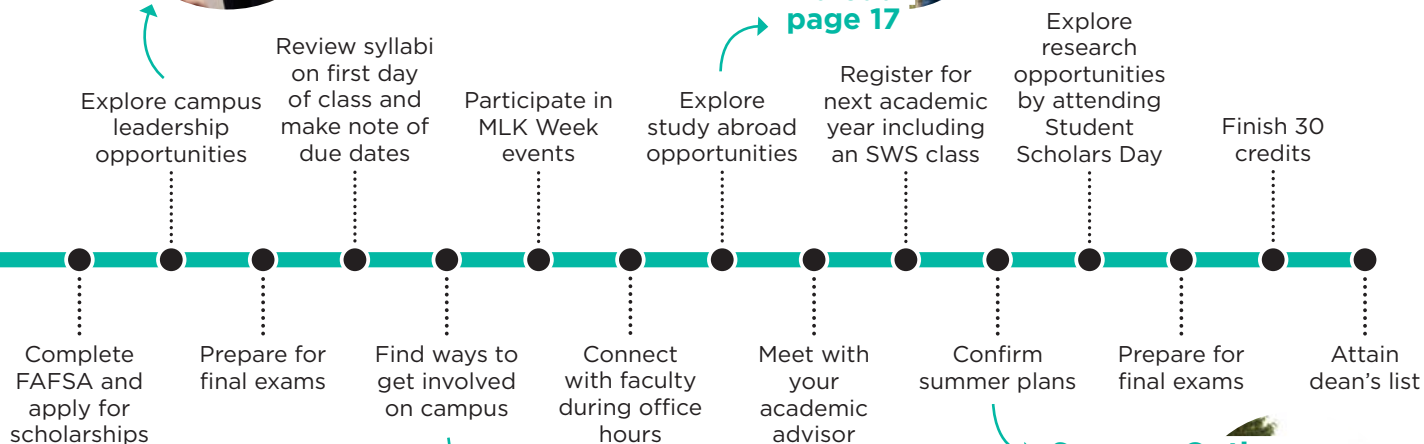
[www.gvsu.edu/ssn](http://www.gvsu.edu/ssn)



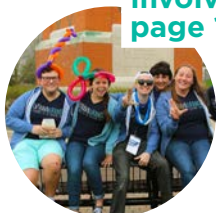
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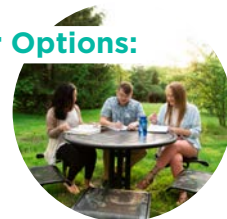
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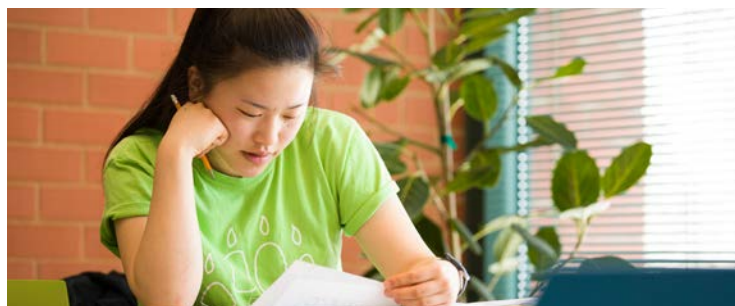




# Advising

**ADVISING AT GVSU**  
[gvsu.edu/advising](https://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/](https://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/exploratory](https://gvsu.edu/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-1-120 and C-1-140 Mackinac Hall, Allendale**

**(616) 331-8585**

**advstu@gvsu.edu**

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

## **College of Community and Public Service**

**321C Richard M. DeVos Center, Grand Rapids**

**(616) 331-6890**

**ccpsadvisor@gvsu.edu**

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

## **College of Education**

**401C Richard M. DeVos Center, Grand Rapids**

**(616) 331-6650**

**coeserve@gvsu.edu**

Elementary Education  
Secondary Education  
Special Education  
Graduate Education Programs

## **Seymour & Esther Padnos**

**College of Engineering and Computing**

**101 Eberhard Center, Grand Rapids**

**& C-2-208 Mackinac Hall, Allendale**

**(616) 331-6025**

**pcecadvising@gvsu.edu**

Biomedical Engineering  
Computer Engineering  
Computer Science  
Cybersecurity  
Electrical Engineering  
Information Systems  
Information Technology  
Interdisciplinary Engineering  
Mechanical Engineering  
Occupational Safety & Health Management  
Product Design & Manufacturing Engineering

## **College of Health Professions**

**113 Cook-DeVos Center for Health Sciences, Grand Rapids**

**(616) 331-5900**

**chpss@gvsu.edu**

Allied Health Sciences  
Audiology  
Cardiovascular Sonography  
Clinical Dietetics  
Communication Sciences and Disorders  
Diagnostical Medical Sonography

Health Information Management  
Health Professional Degree Completion

Histotechnology  
Medical Dosimetry  
Medical Laboratory Science  
Occupational Therapy  
Physical Therapy  
Physician Assistant Studies  
Public Health  
Radiation Therapy  
Recreational Therapy  
Respiratory Care  
Speech Language Pathology

## **Kirkhof College of Nursing**

**326 Cook-DeVos Center for Health Sciences, Grand Rapids**

**(616) 331-7160**

**kcon@gvsu.edu**

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

## **Brooks College of Interdisciplinary Studies**

**133 Lake Michigan Hall, Allendale**

**(616) 331-8200**

**brooksadvising@gvsu.edu**

Environmental and Sustainability Studies  
Global Studies and Social Impact  
Integrative Studies  
Religious Studies  
Women, Gender, and Sexuality Studies

## **Seidman College of Business**

**1041 L. William Seidman Center, Grand Rapids**

**(616) 331-7500**

**go2gvbiz@gvsu.edu**

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



# 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: **scheduled appointment tutoring for individual 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! All tutoring for Fall 2020 will take place virtually.

## Individual Tutoring Appointments

Meet once a week or on-going with a student 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. Appointments can be made through Navigate or through the Tutoring Center website.

### THE TUTORING CENTER

KLEINER COMMONS  
- 2ND FLOOR  
[gvsu.edu/tc](https://gvsu.edu/tc)  
(616) 331-3451

## Drop-in Tutoring

Connect with a drop-in center for quick questions anytime the centers are open. Centers are staffed by faculty and student tutors. For hours and access, refer to the Tutoring Center website.

- Anatomy Tutor Lab (BMS 202, 250, 251, 309, and 355)
- BIO & BMS Drop-In Tutoring (BIO 120, 121, 355, 375/376; BMS 208, 212, 250, 251, 290, 291)
- 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 (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 trained student facilitators.

SLA/PASS  
[gvsu.edu/sla-pass](https://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](https://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](https://gvsu.edu/sasc)  
(616) 331-3588

## Success Coaching, Workshops, and Academic Policy Support

Through the Student Academic Success Center (SASC), you can meet individually with a Success Coach to discuss effective study strategies, time-management, motivation, test-taking, or any other concern. A Success Coaching session can help you achieve your goals. Success Coaching for Fall 2020 will take place virtually.

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 registration and other tasks concerning classes as well as the ability to maintain and retrieve personal data stored with the Records Office.

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](http://gvsu.edu/it)

(616) 331-2101

[helpdesk@gvsu.edu](mailto: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 or visit the IT HelpDesk in the Mary Idema Pew Library.

## GVSU Network Account

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

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

**CYBER SAFETY**  
[gvsu.edu/cybersafety](http://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](http://mybb.gvsu.edu)

**Gaming & Smart Devices:** Register your gaming or smart home device online to connect to GV-Gamenet Wi-Fi. Go to [gvsu.edu/it](http://gvsu.edu/it) > Submit a Help Request.

**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](http://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.



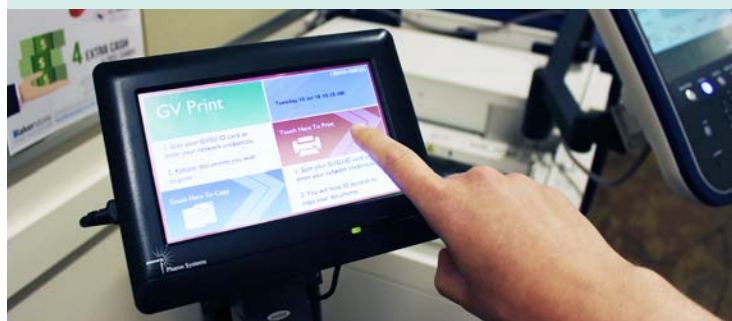
**Technology Showcase:** An interactive space located in the Mary Idema Pew Library with innovative emerging technologies such as: 3D printing, virtual and augmented reality, and more!

**TECH SHOWCASE**  
[gvsu.edu/techshowcase](http://gvsu.edu/techshowcase)

**Zoom:** All students and student organizations with an @mail.gvsu.edu account are eligible to use the Zoom Business license. The Zoom app is located on all GVSU lab computers or on your personal computer by visiting [zoom.us](http://zoom.us).

## Printing at GVSU

- Print at the library, any computer lab, and other select locations. Check online for all printing locations, hours, and tips at [gvsu.edu/it](http://gvsu.edu/it) > Printing.
- You can also email your documents as an attachment from your GVSU email account to [gvprint@gvsu.edu](mailto:gvprint@gvsu.edu) from any device. Once you receive an email confirmation, they will be ready to print at any GVPrint Release Station for 24 hours.
- Scan your GVSU ID or enter your network credentials to use the GVPrint Release Station (pictured below).
- 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 from anywhere. 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, email, or call the Library with any questions you have!

## Visit University Libraries

- Grand Valley has **four 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
- Checkout of **study tools** is currently suspended for Fall 2020. Be sure to bring your own markers to use whiteboards in the library.
- 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; Special Collections & University Archives (Allendale)
- Steelcase Library & Curriculum Materials Library (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 visit our Virtual Knowledge Market for online guides or to set up an appointment (either online or in-person).

### Liaison Librarians

Every subject taught at the university is assigned a liaison librarian. You can stop by their office or reach out via email.



# 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](http://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.

Connect with 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](http://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.

Appointments by phone are suggested for Fall 2020 and quick questions can also be answered by email or in person anytime during our regular office hours. 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](http://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](http://gvsu.edu/myscholarships)

- 500+ 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](http://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](http://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, Federal 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 6,000 students each year
- 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](http://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: Campus Climate Concern Reporting

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 address incidents that may negatively affect individuals and/or communities, based on identity. **If you observe or experience incidents that make people feel belittled, disrespected, or isolated based on their identity, please report at [www.gvsu.edu/ccr](http://www.gvsu.edu/ccr).**



GVSU offers students 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.

## Social Justice Centers

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

### TRIO SSS CLASSIC

200 LUBBERS STUDENT SERVICES CENTER  
[gvsu.edu/sss](http://gvsu.edu/sss)  
[trioss@gvsu.edu](mailto:trioss@gvsu.edu)  
 (616) 331-3401

### TRIO SSS STEM-HEALTH SCIENCES

200 LUBBERS STUDENT SERVICES CENTER  
[gvsu.edu/triostem](http://gvsu.edu/triostem)  
[triostem@gvsu.edu](mailto:triostem@gvsu.edu)  
 (616) 331-5431

### TRIO TEACHER PREPARATION SSS (TPSSS)

418C DEVOS CENTER  
[gvsu.edu/tpss](http://gvsu.edu/tpss)  
[tpsss@gvsu.edu](mailto:tpsss@gvsu.edu)  
 (616) 331-6870

## What is TRIO Student Support Services (SSS)?

TRIO SSS is a group of federally-funded programs developed to motivate and support first-generation and low-income students in their pursuit of a college degree. Each of the SSS programs provide opportunities for academic and career development, assists students with basic college requirements and serves to motivate and support participants as necessary for educational access and retention.

TRIO Student Support Services Classic  
 TRIO Student Support Services STEM-Health Sciences  
 TRIO Teacher Preparation Student Support Services (TPSSS)

- Academic success workshops and programming
- Financial literacy and career success planning
- Peer mentors
- Professional and personal development
- Holistic advising (One on One)
- Laptop/calculator/book check-out
- Graduate school exploration and tours



# Social Justice Centers

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

1201 KIRKHOF CENTER  
[gvsu.edu/cwge](http://gvsu.edu/cwge)  
 (616) 331-2748

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



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

1161 KIRKHOF CENTER  
[gvsu.edu/lgbtrc](http://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](http://gvsu.edu/oma)  
 (616) 331-2177

- Black Excellence
- Laker Familia
- Asian Student Achievement Program
- Native Student Success Program





# Additional Resources

## DISABILITY SUPPORT RESOURCES (DSR)

215 THE BLUE CONNECTION

[gvsu.edu/dsr](http://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

## VETERANS NETWORK

202 STUDENT SERVICES

[gvsu.edu/veterans](http://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

## KAUFMAN INTERFAITH INSTITUTE

174 COOK-DEVOS

[gvsu.edu/interfaith](http://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](http://gvsu.edu/vub)

(616) 331-8387

*Robert C. Pew Grand Rapids Campus*

- Free academic support for veterans

## Teach-In: Power, Privilege, and Difficult Dialogues

Join the GVSU community for a day 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.

*University Academic Senate (UAS)  
and Student Senate Partnership.*

## TEACH-IN

[gvsu.edu/teach-in](http://gvsu.edu/teach-in)



# 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.

## Advising

Schedule an Online Advising Appointment or register for a Virtual Study Abroad Q&A Session held on Wednesdays at 3 p.m.

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](http://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.

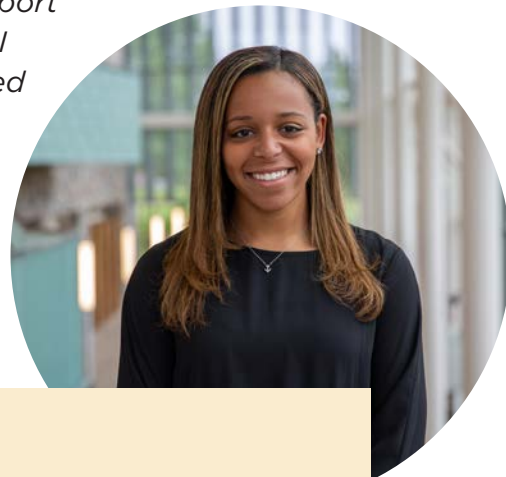
**Involvement looks different for every student; there's no right or wrong answer.**

**You could...**

- **get an on-campus job** (page 13)
- **join a student organization** (page 20)
- **conduct research with a professor** ([gvsu.edu/ours](http://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?**



### Laker Involvement Fairs

This year, there are six different nights to connect with student organizations! On August 28-30 and September 10-12, from 6-8 p.m., head to LakerLink and use the new virtual fair tool to meet student organizations.

Laker Involvement Fairs are a virtual version of **Campus Life Night**. Although we can't have the traditional event (pictured here), there will still be plenty of opportunities to connect!

### LAKER INVOLVEMENT FAIRS

August 28, 29, 30  
September 10, 11, 12  
6-8 p.m.  
[gvsu.edu/cln](https://gvsu.edu/cln)





# Office of Student Life

We want every Laker to find their home. Our mission is to provide you with resources, programming, and opportunities to foster every kind of community here at GV. Our office, located in the Kirkhof Center, exists to help you *Get Involved* and *Become More*. You can create your own path to become a better leader, citizen, learner, person, performer, beekeeper, gamer, sailor, 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!

**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](http://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, call or email 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](http://gvsu.edu/lakerlink)

## Student Organizations

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

**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 organization, 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?

Fees vary from organization to organization, so make sure all payments fit within your budget.

### What types of events or activities do you do?

Many student organizations 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 may be modified or suspended for Fall 2020 due to COVID-19. Visit their website for up-to-date event info.***

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 the 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](http://gvsu.edu/cab)  
[cab@gvsu.edu](mailto:cab@gvsu.edu)

### Additional CAB events include:

- Concerts & Comedians
- Cultural Events
- 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 serving on the board.







# Fraternity and Sorority Life

## FRATERNITY AND SORORITY LIFE

1110 KIRKHOF CENTER

[gvsu.edu/greeklife](http://gvsu.edu/greeklife)

(616) 331-2345

### 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 30 inter/national fraternities and sororities which fall under four governing councils: **Black Greek Council (8)**, **Interfraternity Council (8)**, **Multicultural Greek Council (4)**, 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!





# 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.

## COMMUNITY SERVICE LEARNING CENTER

1108 KIRKHOF CENTER

[gvsu.edu/service](http://gvsu.edu/service)

(616) 331-2468



# Learning Across Difference

As we engage in our communities, we will learn from and with people whose experiences and ideas are different than our own. This is an opportunity to reflect on our own experiences and ideas and to learn more about those that are different from our own. We may find that we want more information, that our outlook is changed or that we disagree. When we disagree, it's important that we do so with dignity and respect.

## How to respond when you hear ideas that you disagree with:

Here are a few tips for responding to speech that you disagree with or find offensive.

- **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 **Campus Climate Concern process** ([gvsu.edu/ccp/](http://gvsu.edu/ccp/)).



# 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. Check website for zoom link.
- 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 for Fall 2020 will be held in September.
- 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](https://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  
 September!**







# Athletics

## GVSU ATHLETICS

[gvsulakers.com](http://gvsulakers.com)

Ticket Office: 616-331-3200

### Laker Nation

GVSU has been recognized as the top athletic program in the GLIAC Conference by winning the Presidents' Trophy 26 years in a row, while also being honored as a top athletic program in the nation by winning the Director's Cup 13 out of the last 18 years. When athletic events return to campus, be sure to show your Laker pride and support your fellow students at any of our 20 varsity sports.

### Tickets

- As a student, you are able to attend any GVSU varsity athletic event for free with a valid student ID when sports resume.
- Due to COVID-19, the days of picking up a paper ticket on game day is in the past. Students will now be asked to create an account online at [gvsutickets.com](http://gvsutickets.com) to claim their game tickets. Once a student creates an account, that account is good for their entire academic career.

### Tips for being a great Laker spectator (when sports return)

- Create an account at [gvsutickets.com](http://gvsutickets.com) and claim your mobile game ticket early
- Wear your Laker gear/colors
- Arrive early to grab giveaway items
- Come with your friends and be LOUD
- Help us create a home field/court advantage
- Stay the whole game

**M = Men's Varsity Sports**  
**W = Women's Varsity Sports**

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

# 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](http://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](http://gvsu.edu/studentwellness)  
 (616) 331-1732

## Healthy Eating:

- ❑ Listen to your body and eat within 30-60 minutes of feeling hungry.
- ❑ Try to plan ahead and have snacks on hand for days where meals may be hard to squeeze into your schedule.
- ❑ Connect with on-campus dietitians to learn about healthy eating strategies that are right for you.

## 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:

- ❑ Know that beginning (or continuing) to explore your sexuality in college is normal!
- ❑ Your beliefs and values about sex may change; don't forget to check in with how your relationships and/or sexual experiences make you feel.
- ❑ If you engage in sexual activity, practice safer sex—use barrier methods and get tested regularly. Free condoms are available at several campus locations.

## Sleep:

- ❑ Your body repairs itself during sleep, getting you ready for another day. Aim for 6-8 hours of sleep per night.
- ❑ Coffee and energy drinks do NOT make up for lack of sleep!
- ❑ Don't bring school work or your phone to bed with you.



## Stress:

- ❑ Learning healthy ways of coping with stress (like exercise, deep breathing, hanging out with friends) can boost your resilience.
- ❑ Don't procrastinate. Give yourself enough time to study or finish projects.
- ❑ Give yourself permission to relax. Do your favorite hobby or take a nap.

## 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

**Recreation programs may be modified or suspended for Fall 2020 due to COVID-19. Visit their website for up-to-date info.**

## 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

- 5K
- Climbing Competitions
- Fitness Challenges
- RecFest
- Wellness Weeks

### Recreation Facilities

- 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](http://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

*Recreation programs may be modified or suspended for Fall 2020 due to COVID-19. Visit their website for up-to-date info.*

### 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

### 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.



**Recreation programs may be modified or suspended for Fall 2020 due to COVID-19. Visit their website for up-to-date info.**

## Fitness and Wellness Services

As part of Recreation & Wellness, Fitness and Wellness Services is here to support both your personal wellness and fitness needs during your time at GV. We offer both individual and group opportunities that are fun, welcoming, and geared towards all experience levels.

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

**CPR and First Aid Training:** A variety of hands-on classes are offered 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 30+ group exercise classes per week in the fall and winter semesters.

**Injury Care Clinic:** Have you experienced an injury? 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.

**CAMPUS HEALTH CENTER**  
10383 42nd Avenue  
[gvsu.edu/campushealth](https://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
- COVID-19 testing
- 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

## Training Services:

- **Personal Training:** Work with one of our certified personal trainers to maximize your workouts, and enjoy a wide variety of benefits such as education, accountability, motivation, and direction
- **Small Group Training:** Experience the benefits of working with a certified personal trainer while learning exercises and completing workouts within a small friendly, inclusive group of goal-oriented individuals.
- **UFit Plan:** Discuss your fitness and wellness goals, complete a postural and movement analysis, and receive a customized fitness program from one of our knowledgeable staff. FREE for students!

**Virtual Offerings:** Check out LakerStrong:Anywhere for virtual resources to stay active from wherever you are.



**GVSU FAMILY HEALTH CENTER**  
72 Sheldon Blvd SE GR, MI 49503  
[gvsu.edu/fhc](https://gvsu.edu/fhc)  
(616) 331-9831

### GVSU Family Health Center

The GVSU Family Health Center, operated by the Kirkhof College of Nursing, provides accessible, quality healthcare through an academic nurse-managed approach. Scheduled appointments are preferred, but same-day appointments will be seen based on availability of providers. Services include:

- Same day sick visits
- Primary & preventative care
- COVID-19 testing
- Student health
- Women's health
- Sexual health
- LGBT health
- Pediatrics
- Immunizations & travel clinics
- Specialist & diagnostic referrals
- Nutrition counseling



# 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.

For Fall 2020, the Counseling Center is primarily offering teletherapy services.

## 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](http://gvsu.edu/counsel)  
(616) 331-3266



## STUDENT OMBUDS: TAKEELIA GARRETT

200 STUDENT SERVICES  
[gvsu.edu/ombuds](http://gvsu.edu/ombuds)

# 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.



## 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 Services

The Alcohol and Other Drugs Services Office focuses on building awareness for lifelong healthy and safe choices regarding alcohol and other drugs. Our office provides education, outreach, events, treatment (through the University Counseling Center) referral, and recovery support (e.g. AA, NA, SMART Recovery, and ACA meetings) for Grand Valley students.

## Alcohol at GVSU

- Safe drinking is drinking no more than one drink an hour. Males should not have more than 4-5 standard drinks in one night and females, not more than 2-4 standard drinks.
- All drinks are not the same—a standard drink is 12 oz for most beer, 5 oz for most wine, and 1.5 oz for most liquor.
- Keep in mind that drinking does not need to be the focus of any activity and it is ok to choose not to drink.
- Even if you drink responsibly, underage drinking can result in university sanctions and legal issues. This could include fines and a Minor in Possession (MIP) charge which can impact your future.
- Providing alcohol to minors or providing a place for those under 21 to consume alcohol can result in fines and jail time.
- *64% of GVSU students reported having 4 or fewer drinks the last time they “partied.” (1)*

## Drugs at GVSU

- It is important to make smart choices regarding all substances including marijuana and other drugs. If you have questions, check out resources available at [gvsu.edu/aod](http://gvsu.edu/aod)
- Students who use, possess, or distribute marijuana, non-prescribed medications, and other drugs can face legal charges and university sanctions. This could result in a loss of financial aid, fines, probation, and additional consequences.
- **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, sleep, mood, and academic performance.
- *61% of GVSU students have never used marijuana and only 18% reported any use in the last 30 days. (1)*

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

## Call when help is needed – Medical Amnesty

- *In case of alcohol poisoning or drug overdose, call 911.*
- If someone is experiencing alcohol poisoning or drug overdose, the primary concern is the health and safety of the individual(s) involved.
- Unless there are extenuating circumstances, a person seeking medical treatment for an alcohol or drug overdose will not 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.
- Medical Amnesty also covers students who are seeking help for someone else.
- *Visit [gvsu.edu/aod/medicalemergency](http://gvsu.edu/aod/medicalemergency) for more information on Medical Amnesty.*

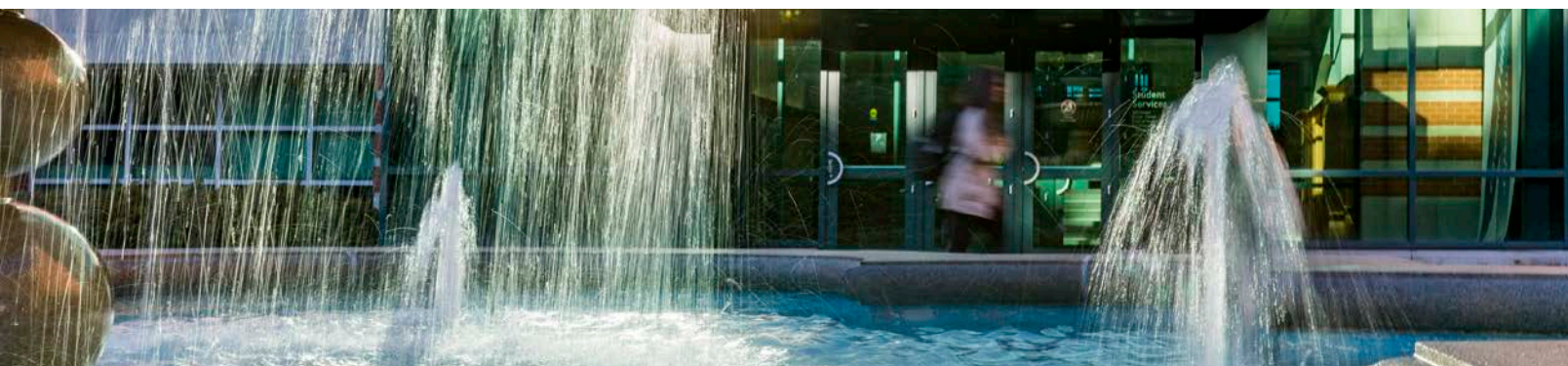
## College and Substances Checklist:

- ☐ I have a plan to say no if I'm asked to drink or use drugs and I don't want to.
- ☐ I know what a standard drink is and that all alcohol isn't equal.
- ☐ Even though it's legal in Michigan, I cannot have marijuana on campus.
- ☐ Even if I'm underage, I should call 911 if I'm concerned someone has alcohol poisoning or has overdosed on drugs.
- ☐ If a friend asks for my personal prescription, I have a plan to say: "I won't have enough for myself if I share" or "I'm concerned about the effects it may have on you."
- ☐ I can find more resources and tips at [gvsu.edu/aod](http://gvsu.edu/aod)
- ☐ I understand it's my choice to use alcohol or other drugs, but AOD Services is here to help me make safe, smart, and responsible choices.

**AOD Services is here to support you as you learn to navigate alcohol and other drugs in college. Check out our website or reach out to our office for additional information and support.**

## AOD SERVICES

206 STUDENT SERVICES  
[gvsu.edu/aod](http://gvsu.edu/aod)  
 (616) 331-2537





# 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. We encourage all Lakers to **#startbybelieving** to support victim/survivors.



## Victim Advocacy

As the Victim Advocate, I am here to support you. Experiencing violence, whether it is sexual assault, dating/ domestic violence, stalking, and/ or harassment, can be incredibly difficult. Victim/Survivors are of all backgrounds: ages, genders, races, ethnicities, sexual orientations, faiths, abilities, etc. Know that I believe you and that you are not alone. It is ALWAYS your choice to decide what options are best for you. You are the expert on your story. My job is to listen to your story,

provide you with options and resources, and support you with whatever choices you make. I'm a private resource on campus, so you do not have to report to law enforcement in order to meet with me. My door is always open and I am here for you.

## Support can include:

- Referrals to counseling and other supportive services on campus and in the community
- Education about medical options, including evidence collection
- Support with Personal Protection Orders
- Assistance in reporting to police
- Navigating university resolution processes
- Support with academic and housing options
- Safety planning
- Assistance for friends of victim/survivors

## KRYSTAL DIEL

VICTIM ADVOCATE  
1201 KIRKHOF CENTER  
[gvsu.edu/vro](http://gvsu.edu/vro)  
(616) 331-2748  
[dielkrys@gvsu.edu](mailto:dielkrys@gvsu.edu)

## 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



# Sexual Misconduct, Harassment, & Retaliation

GVSU is committed to providing an educational environment, a workplace, programs, and activities that are free from all forms of harassment, discrimination, and sexual misconduct. GVSU prohibits a broad continuum of behaviors, including those under laws like Title IX, and some which are not prohibited by law but reflect GVSU's standards and expectations for a positive working and learning environment.

## Here is what that might look like:

- **Sexual Assault:** having or attempting to have sexual intercourse or contact by force or threat of force, without consent, or where the person is incapacitated.
- **Intimate Partner Violence:** any act or threat of violence committed by a current/former spouse or intimate partner, person with whom the victim shares a child in common, person who is/has cohabitating with the victim as a spouse/intimate partner, a resident/former resident of the victim's household where there is a current/prior intimate relationship, or any person who is, or has been, in a relationship of a romantic/intimate nature with the victim.
- **Stalking:** when a person engages in two or more acts directed at a specific person under circumstances that would cause a reasonable person to fear bodily injury or to experience substantial emotional distress.
- **Sexual Exploitation:** taking non-consensual or abusive sexual advantage of another for their own benefit or for the benefit of anyone other than the person being exploited.
- **Sexual or Gender-based Harassment:** unwelcome or unwanted conduct of a sexual nature, or based on gender, sexual orientation, transgender, gender non-conforming, transitioning, gender identity, or gender expression where quid pro quo is present and/or rises to the level of creating a hostile environment.

Before engaging in a sexual activity, it is the responsibility of each party to ensure that the other has consented. Consent is affirmative, informed (knowing), voluntary (freely given), and clearly communicated by word or action. Consent cannot be obtained by taking advantage of the incapacitation of another.

If you or someone you know experiences an incident of prohibited conduct as described above, you are encouraged to **report it to the Title IX Coordinator/Deputy by phone, email, in person, or online:**

**THERESA ROWLAND**  
TITLE IX COORDINATOR

**MICHAEL SZYDLOWSKI**  
DEPUTY TITLE IX COORDINATOR

4015 ZUMBERGE HALL  
[gvsu.edu/titleix](https://gvsu.edu/titleix)  
(616) 331-9530  
[titleix@gvsu.edu](mailto:titleix@gvsu.edu)

**Report Sexual Misconduct**  
[gvsu.edu/titleix/report](https://gvsu.edu/titleix/report)

## Office for Title IX and Institutional Equity

The Office for Title IX and Institutional Equity serves as a resource for the GVSU community and assists students who may have been impacted by sexual misconduct or harassment by offering measures available to ensure their safety and continued access to programs and activities at GVSU, in connecting them with resources, and discussing their options for university resolution.

GVSU values and upholds the equal dignity of all members of its community and strives to balance the rights of the parties during what is often a difficult time for all those involved.

**Together, we can make a difference.**





# 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/](http://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/](http://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](http://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](http://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](http://gvsu.edu/housing)  
 (616) 331-2120

**Refer to the Housing website for COVID-19 information and policies.**

### 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 student ID, laundry card, and brass key to avoid replacement charges.
- Make a habit of carrying your keys and locking the door behind you and consider purchasing renters insurance.
- Take advantage of opportunities to visit our on-campus apartments to view your housing options for next year. Take a tour of 2 bedroom apartment showrooms in South E, Grand Valley Apartments, Laker Village, or Winter Hall (downtown).
- There are a variety of efficiencies, 1, 2, 3, and 4 bedroom apartment options in Allendale and downtown with increased living space and private bedrooms.
- 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 frequent conversations with your roommate and keep your roommate agreement updated 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](http://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](http://gvsu.edu/rec)) activity.





# Eating on Campus

**Some Campus Dining locations are temporarily closed due to COVID-19. Please visit their website for up-to-date information.**

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](http://gvsufood.com)

- Locations, hours, and maps
- Menus and nutrition facts
- Allergen Guide and Vegan & Vegetarian 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, 10, 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](http://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 also choose the 10 Plus plan for the same price.

## 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 10 Meal Plans.

## In A Hurry?

Order in advance using the GrubHub app for faster pick up at select locations.



### 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 Laker Line 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  
& 353 CHS  
[gvsu.edu/replenish](http://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)
- Styrofoam
- Rubber



### Laker Meal Share Program

Donate or request a meal through the Laker Meal Share Program! This program allows GVSU meal plan users to contribute guest meal swipes from their meal plan each semester. Contributed meals go into a pool that can be used to provide access to Campus Dining for students who might otherwise go hungry. Check the website for more details and additional food resources for students.

**LAKER MEAL  
SHARE PROGRAM**  
[gvsu.edu/care](http://gvsu.edu/care)



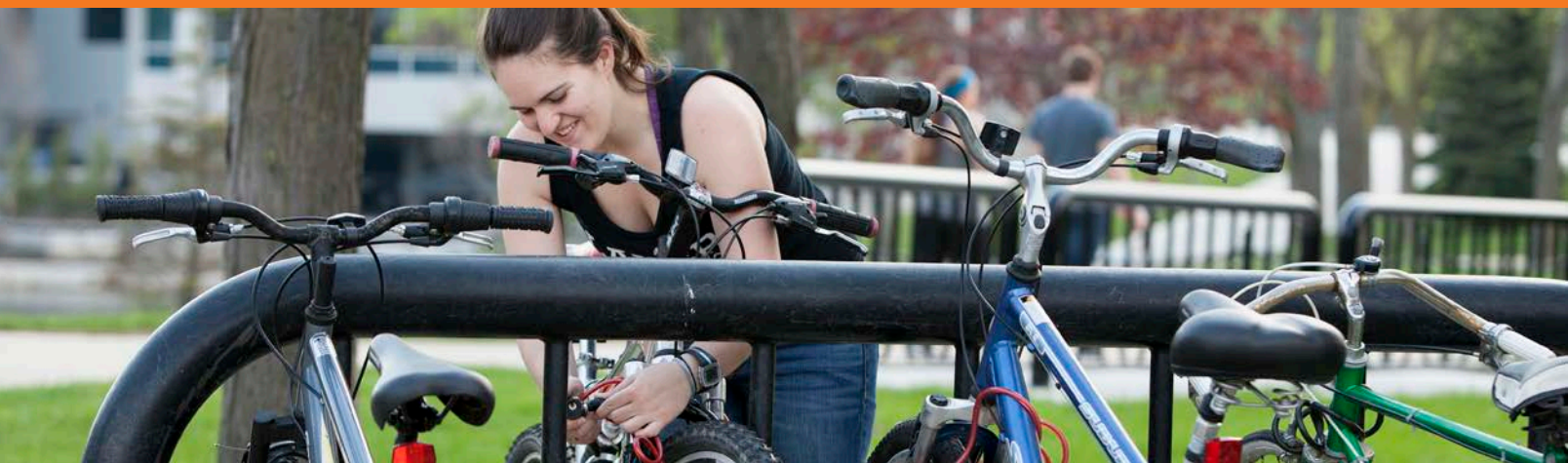
## Sustainability

### SUSTAINABILITY

260 LAKE MICHIGAN HALL  
[gvsu.edu/sustainability](http://gvsu.edu/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.





## Getting Around

Grand Valley's campus is very accessible for all students with a number of paved routes and trails that connect the different parts of GVSU. 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](https://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.
- Visit the GVSU Surplus Store to purchase a used bike.

**PARKING SERVICES**  
SERVICE BUILDING  
[gvsu.edu/parking](https://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.

### 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.

- **Refer to The Rapid's website for health & safety information related to COVID-19: [ridetherapid.org](https://ridetherapid.org).**
- 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.







# 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 **2<sup>nd</sup> 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 2<sup>nd</sup> 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

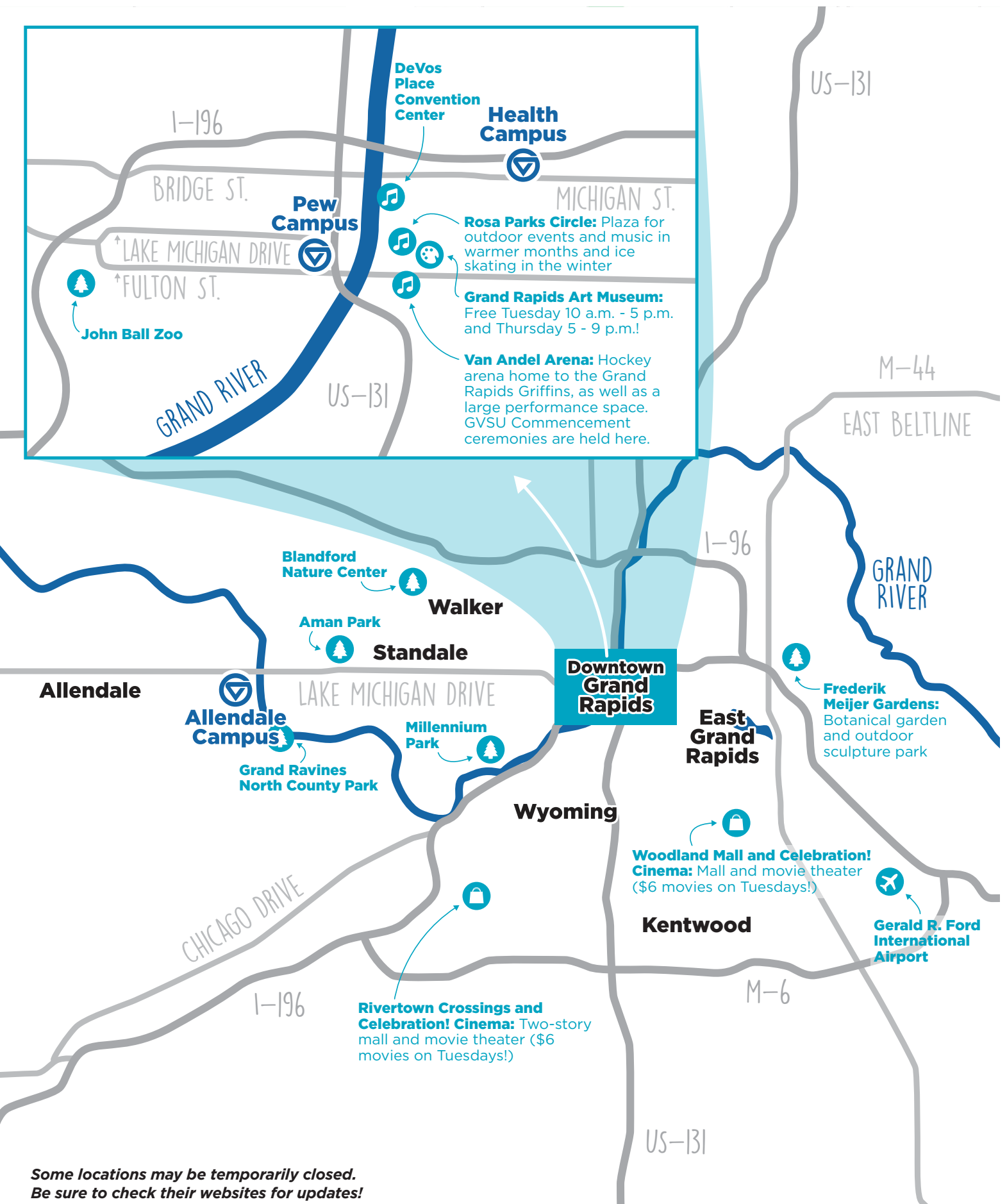
**Pigeon Creek Park**

US-31

LAKE MICHIGAN

**Holland State Park:**  
Recreation area with access to Lake Michigan

Holland



*Some locations may be temporarily closed.  
Be sure to check their websites for updates!*



# Fun Downtown and Around

***Some locations may be temporarily closed.  
Be sure to check their websites for updates!***

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](http://ridetherapid.org) and type your destination into the Trip Planner for a customized route.

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**

**Biggby 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](http://wmtrails.org/Trail-Maps)

**Studio Park Mall** • *Cinema, pizzeria, shops, and more*



# Finding Your Fun On Campus

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. Be sure to check out the **Campus Events Calendar** to stay informed about all of the opportunities available across campus. Fall 2020 will include a mix of virtual and in-person events following public health guidelines.

**CAMPUS EVENTS  
CALENDAR**  
[gvsu.edu/events](http://gvsu.edu/events)

# 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](https://gvsu.edu/maps) for more maps!**



Last modified 1/3/20 9:27AM



# Pew & Health Campus Maps



- Road
  - Highway
  - Sidewalk
  - Railroad
  - Building
  - Bus Stop
  - Motorcycle Parking
  - Faculty/Staff
  - Pew Resident
  - Remote Commuter
  - Student Commuter
  - Visitor (pay-to-park)
  - Visitor (events/conferences)
  - Visitor (permit required)
- ADA-compliant spaces are available in all GVSU lots

## BUILDINGS

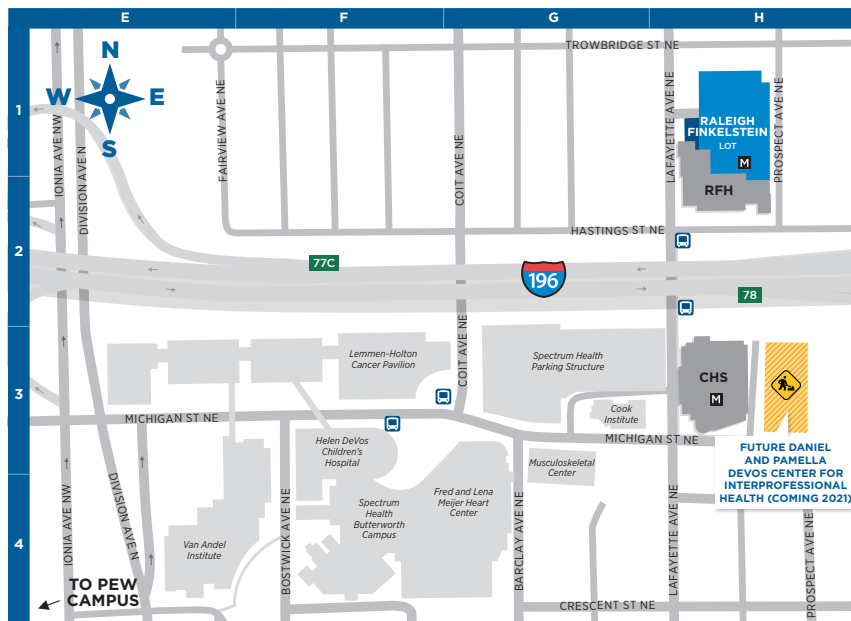
BIK	Bicycle Factory	B8
	Charter Schools Office, Dorothy A. Johnson Center for Philanthropy	
CEC	John G. Russell Leadership Center	B7
	Consumer's Energy	
CHS	Cook-DeVos Center for Health Sciences	H3
DEP	The Depot	B6
DEV	Richard M. DeVos Center	C4
EC	L.V. Eberhard Center	D5
FRT	140 Front Avenue Building	B8
IDC	Innovation Design Center	B2
KEB	Fred M. Keller Engineering Lab	D5
KEN	John C. Kennedy Hall of Engineering	D5
RFH	Raleigh J. Finkelstein Hall	H2
SRH	Peter F. Secchia Hall	B5
SCB	L. William Seidman Center	C6
SPL	Seward Parking Ramp	B4
WIN	Winter Hall	B6
WAT	Department of Public Safety/ Grounds Facilities	A6

## PARKING LOTS

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
Raleigh Finkelstein Lot	H1
Secchia Lot	B6
Seward Lot	B5
Watson Lot	B7
Winter Lot	B6



## HEALTH CAMPUS



# 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](https://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](https://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](https://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](https://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](https://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](https://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

*Although not all these options are available in Fall 2020, you can look forward to them in the future!*



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 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. Nominate an outstanding Leader for I am Grand Valley
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](https://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](https://gvsu.edu/socialmedia/list)**

 OFFICE OF  
**STUDENT LIFE**  
STUDENT AFFAIRS