COUNTDOWN to Puget Sound
Dear members of the Class of 2022,

Congratulations and welcome to the Puget Sound community! I look forward to getting to know you during our time together on campus. One thing I’ve already learned is what a diverse group you are. You are coming here from as close as Tacoma and as far away as Nepal. Your academic interests are wide ranging, including biology, business, and psychology, as well as classics, education, religion, and exercise science. You are athletes and artists, musicians and community volunteers, with vast and varied interests, talents, capabilities, and experiences.

This institution is a place for you to unlock your potential and discover more about who you are and what the world calls you to do. At Puget Sound you will hone your abilities as thinkers, researchers, and writers. You will wrestle with new ideas. You will develop capacities to prepare you for creative and useful lives in every field you can imagine; however, you won’t be on this journey alone.

We are fully committed to you and to your definition of success, to supporting you in every way possible as you do your best to prepare for what comes next. Your faculty, staff members around campus, student peer advisors, tutors, coaches, and a network of more than 40,000 alumni who live and work across the globe—all of these people and more are here not just to support and guide you, but to challenge and inspire you.

Use your time here to explore, to discover, to learn more about who you are. And know that we will do the best we can to prepare you for what comes next, starting with Logger Pre-Orientation on Friday, June 22, and Orientation and move-in day on Saturday, Aug. 18. Prior to your arrival, please review the information here to have a smooth transition to Puget Sound.

I’m so happy to welcome you as new members of this community. I look forward to seeing you at Logger Pre-Orientation on June 22 and move in day on Aug. 18.

Sincerely,

Isiaah Crawford
President
Staying Connected ........................................ 2

- Activate your university email account as soon as possible and access all action items through myPugetSound
- Register and attend our Logger Pre-Orientation event on campus on June 22

Planning Your Finances ................................. 3

- View fall semester bill starting July 6
- If awarded work-study employment:
  Submit application to Career and Employment Services by July 15
- Submit first tuition payment by Aug. 15

Living at Puget Sound ................................. 4

- Housing Application Form due by June 1
- Orientation Registration due by July 1
- Upload LoggerCard photo by Aug. 10

Planning Your Classes ................................. 8

- Send your final transcripts when available
- Complete the Advising Placement Questionnaire by June 1
- Take the Mathematics Placement Test as soon as possible
- Submit the Academic Integrity Survey by Aug. 10

Focusing on Your Well-Being .......................... 9

- Upload Confidential Medical History and Immunization Form by June 1
- Set up emergency alerts via myPugetSound
- Complete alcohol and sexual violence prevention tutorials online by Aug. 10
Staying Connected

Action Items:

❍ **Activate your Puget Sound email**
  Activate your university email account through myPugetSound right away. Check it often because it is the official form of communication on campus. Important information, such as financial aid instructions and status updates, Orientation and registration information, housing assignments, contact from academic departments, and more, will be sent to your Puget Sound email account.

❍ **Visit campus**
  Campus visits are available on weekdays, or see Puget Sound from the comfort of your computer by taking our virtual campus tour on the Welcome Website.

❍ **Attend special events this summer**
  **LOGGER PRE-ORIENTATION**
  Representatives from academic advising, Orientation, and other offices at Puget Sound will host an optional daylong program for incoming students and families on Friday, June 22.

  Participants will review their fall schedules, learn about campus resources, and prepare for their Puget Sound journey at the end of the summer.

  Register at [pugetsound.edu/loggerpreorientation](http://pugetsound.edu/loggerpreorientation).

SUMMER WELCOME GATHERINGS

In July and August, alumni and parent volunteers open up their homes for new Loggers and their families to meet and chat with other incoming students.

Get your last-minute questions answered before Orientation and hear advice and insight from those who have been in your shoes.

Register for the gathering in your area and get location and time information at [pugetsound.edu/summerwelcome](http://pugetsound.edu/summerwelcome).

**Locations**

- Denver
- East Bay
- Hawai‘i
- Los Angeles
- Marin County
- Minneapolis
- Orange County
- Portland
- San Diego
- Seattle
- South Bay
- Tacoma

More details at [pugetsound.edu/welcome](http://pugetsound.edu/welcome)

Get to know us better

- Connect with your classmates in the Puget Sound Class of 2022 Facebook group
- Follow Puget Sound on Instagram and Twitter @univpugetsound
- Tag your Logger pride posts with #pugetsoundbound
Planning Your Finances

Action Items:
- Complete the following:

  STARTING JULY 6
  - View fall semester bill on Bill + Payment

  BY JULY 15
  - Submit your work-study application to Career and Employment Services (if you have been awarded work-study employment)

  BY AUG. 15
  - Add authorized users (such as parents or other family members) to Bill + Payment
  - Set up your eRefund Profile
  - Explore payment plans
  - Submit first tuition payment

BILLING AND FINANCIAL AID
Student Financial Services uses TouchNet’s online Bill + Payment system to view monthly bills and account activity, and make online payments via credit card or e-check. You can access Bill + Payment through myPugetSound.

Bills are posted by semester; your fall bill will be available in July. Payment is due by Aug. 15.

To allow parents or other family members to view and pay your bill, you must set them up as authorized users. For instructions on how to do so, please visit pugetsound.edu/billpayinfo.

If you haven’t applied for need-based financial aid, there is still time to submit your Free Application for Federal Student Aid (FAFSA) at fafsa.ed.gov. Our school code is #003797.

2018–19 ESTIMATED COST OF ATTENDANCE

<table>
<thead>
<tr>
<th>Category</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Direct Costs</td>
<td></td>
</tr>
<tr>
<td>Tuition</td>
<td>$49,510</td>
</tr>
<tr>
<td>Room and Board</td>
<td>$12,540</td>
</tr>
<tr>
<td>Student Government Fee</td>
<td>$266</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Category</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Expenses Not Billed by Puget Sound</td>
<td></td>
</tr>
<tr>
<td>Books and Supplies</td>
<td>$1,000</td>
</tr>
<tr>
<td>Transportation</td>
<td>$500*</td>
</tr>
<tr>
<td>Personal and Miscellaneous Expenses</td>
<td>$1,800</td>
</tr>
</tbody>
</table>

Total $65,616

* Students from outside Washington state should expect to budget an additional $920 for transportation expenses.

CAREER AND EMPLOYMENT SERVICES
Career and Employment Services (CES) provides resources and advising for students at every point in their career planning: career exploration, internships, employment (part-time, federal/state work-study, summer/seasonal, full-time), job search resources, and more.

Students who are not eligible for Federal/State Work-Study employment can still apply for on-campus jobs through the LoggerJobs database. Departments that typically hire student employees regardless of work-study eligibility include Dining & Conference Services, Facilities Services, Security Services, and the Office of Admission.

Interested in working off campus? The LoggerJobs database includes listings by neighborhood families (movers, babysitters, house sitters, etc.) and local employers offering regular part-time employment. To learn about job-search strategies that will help you identify and compete for part-time opportunities, plan to attend the Part-time Job Opportunities session during Orientation.

More information is available at pugetsound.edu/meetces.
Living at Puget Sound

Action Items:

❍ Complete the following on myPugetSound:

   BY JUNE 1
   • Housing Application Form

   BY JULY 1
   • Orientation Registration and Liability Waiver
   • Download Orientation Bookends Reader

   BY AUG. 10
   • Vehicle Registration (if you plan to bring a car to campus)
   • Upload your LoggerCard photo

RESIDENCE LIFE OVERVIEW

University of Puget Sound is a residential liberal arts college. Student learning, in and out of the classroom, and student success are enhanced by the on-campus residential experience. Incoming students live on campus for at least their first two years, and a significant number of students choose to continue living on campus through graduation to fully reap the benefits of a residential liberal arts experience.

First-Year Housing

Housing is guaranteed for all new first-year and transfer students who are admitted to the university for the fall semester and submit their Advance Tuition Payment by May 1.

You can complete the Housing Application Form on myPugetSound. Students will be assigned to a residence hall and matched with a roommate by June 18.

All on-campus residences have free laundry and wireless internet, as well as common areas with kitchen facilities, televisions, piano lounges, and study and recreational areas. Rooms include extended-length twin-sized beds, chests of drawers, bookcases, and closets or wardrobes. Resident assistants serve as the primary means of support, responsible for checking in regularly on the health and wellness of community members and promoting campus living standards.

It is not necessary to find a roommate ahead of time; however, we do accept requests for specific students as roommates. It is important that you and your prospective roommate request one another on the Housing Application Form.

The Housing Application Form allows you to indicate certain lifestyle characteristics you want the Office of Residence Life to consider when making your housing placement. Housing placements are made based on a variety of factors, including your responses on the application, available space, and your best match for roommates. Special considerations are made for medical or health-related needs, placement in academic residential programs, placement in various themed housing programs, lifestyle preferences, roommate requests, and availability.

First-year students are assigned to one of six buildings, generally in multiple-occupancy rooms. Double rooms are the most common type, but there may be a small number of triples and quad rooms when there is a higher-than-expected number of students. The likelihood of triple and quad assignments varies from year to year and such assignments are only made in order to accommodate all students.

Gender Identity and Inclusion

The Office of Residence Life affirms the gender identity of all residents and will always recognize and respect the stated gender of a student. If you designate on your Housing Application Form that “yes,” you would feel comfortable living with a nonbinary roommate assignment, you are identified as an ally and potential safe roommate match for a student whose gender does not fit a male/female binary.
Themed Living

Harrington Hall is home to Healthy Living, which sets it apart from other residence halls. Students who indicate on their Housing Application Form that they prefer a healthy-options roommate will be randomly assigned to rooms throughout the building, but other residents may also be assigned to live in Harrington.

Students interested in living in a community of peers who share a common interest in outdoor activities are invited to join the Outdoor Education residential community in Schiff Hall. Prior experience with outdoor activities is not required. If you are interested in living in this community focused on the outdoors, please indicate your interest on the Housing Application Form.

Puget Sound has several academic themed residential programs, some of which start your first year. When selecting your first-year seminar courses, you may notice “RS” at the end of the course title. RS stands for residential seminar. Residential seminars are seminars whose students live together on the same floor of a residence hall. Some seminars will only be residential and others will have one section that is residential.

In addition to residential seminars, the Business Leadership Program (BLP) and Honors Program both house students together in one community with roommates from their respective program in Regester Hall.

Puget Sound has nine Greek chapter houses (four fraternities and five sororities) in which students may live after their first year. To allow first-year students to acclimate to campus, recruitment activities take place during spring semester.

DINING AT PUGET SOUND OVERVIEW

Puget Sound Dining Services is proudly owned and operated by the University of Puget Sound in collaboration with Columbia Hospitality.

The five different dining facilities on campus (three cafes, The Diner, and our student-run pizzeria and convenience store, The Cellar) open as early as 6:45 a.m. and close as late as 1 a.m.

Puget Sound offers a large range of dietary options, including an entire station devoted to accommodating those with any of the eight most common food allergies and gluten sensitivity, as well as easy-to-read allergen icons located throughout menus in The Diner. Additional accommodations can be made for religious dietary requirements.

Dining Services supports local farming and regional production efforts and strives to decrease our impact to the environment by promoting sound and sustainable environmental practices in our dining facilities.

LoggerCard

Your official university ID is the LoggerCard, which you will use for your meal plan, building access, and library privileges. You will pick up your LoggerCard during move-in day, Aug. 18. To save time, we encourage you to upload your photo through myPugetSound by Aug. 10.

Meal Plans

Students who live in residence halls are required to purchase an on-campus meal plan each semester. You will select one of four plans as part of your housing application based on your budget and appetite:

The Light Plan: light eaters who eat smaller quantities or fewer than three meals per day.

The Medium Plan: a fit for “middle of the road” eaters.

The Hearty Plan: designed for students who eat more often, snack more frequently, and/or purchase higher-priced items.

Mega Plan: intended for students who spend the majority of their time on campus and student-athletes

Because items are priced individually, you only ever pay for the items you select.
ORIENTATION

At Puget Sound, Orientation is a community experience. It is designed to challenge students intellectually; connect them with their peers, faculty, and staff members; and help them feel comfortable using university resources.

Friday, June 22: Logger Pre-Orientation

Incoming students are invited to attend a special day-long program to prepare for the start of their journey at Puget Sound. Join us for presentations on academic planning, residence life, and Orientation. Learn more at pugetsound.edu/loggerpreorientation.

Saturday, Aug. 18: Move-in Day

Family members and friends can help students move in to campus housing on the first day of Orientation while a multitude of programs and events help parents and students acclimate to campus life. Once housing assignments are released, we will send you detailed information about moving in to your residence hall.

Immersive Experiences

Beginning the second day, students participate in one of more than 60 three-and-a-half-day immersive experiences designed to acclimate them to the campus, greater Tacoma community, and Pacific Northwest.

Examples include:

- backpacking on the Olympic Peninsula
- day hikes, day kayaking/canoeing, climbing wall and overnight canoeing based on Hood Canal
- musical, theatrical, and visual art experiences in the Tacoma area
- activities related to social justice, athletics, gardening, yoga, and meditation

Orientation Bookends Reader

We have prepared a collection of readings chosen by our faculty to serve as a welcome and introduction to academics at University of Puget Sound. These readings will be the basis for your time with a faculty member and other incoming students in the Bookends sessions during Orientation. The readings will be available in late June. Please have these readings completed by the start of Orientation so that you are ready to participate in the Bookends sessions and your immersive experience.

Other activities during Orientation include academic advising, music auditions, and sessions on using the university library and applying for campus employment.

The week concludes with Matriculation, as students enter the academic community of Puget Sound.

Summer Storage

As a courtesy to students preparing for their arrival on campus, Puget Sound provides a package-holding service. Boxes may be sent to the university between Aug. 1 and your arrival to campus on Aug. 18. Due to limited storage space, however, we request that you do not send more than five boxes prior to your arrival. Please be sure each package is securely wrapped and clearly addressed (no nicknames). Address packages as follows:

Student’s Full Name
University of Puget Sound
0000 Wheelock Student Center
Tacoma, WA  98416-0000

Note: Replace each “0000” with your specific, assigned campus mailbox number, which you can find on myPugetSound once your housing assignment has been confirmed.
LIFE IN TACOMA

Set in one of the most exciting and beautiful areas of the United States, University of Puget Sound is nestled in a vibrant historic neighborhood adjacent to a vital urban center in the entrepreneurial business corridor that runs from Vancouver, British Columbia, to Portland, Ore. Our Pacific Northwest setting is also home to an astonishing variety of wilderness regions and recreational opportunities, from Tacoma’s Point Defiance Park to Pacific Ocean beaches and Mount Rainier.

WEATHER AND CLOTHING

While many Puget Sound students come from the Pacific Northwest, Loggers new to the area may need to adjust to the climate. Despite its reputation, this area usually experiences mild temperatures with an average high of 61°F and average low of 45°F. The rainy season is longer than average, but we get around 39 inches of precipitation a year, which is less than Atlanta, Houston, New York, or Washington, D.C.!

To dress for the weather means it’s smart to dress in layers. Local residents generally recommend investing in one quality waterproof raincoat and shoes or boots. Umbrellas are rarely used.

TRANSPORTATION

Students can, but do not need to, bring a car to campus. You must register your vehicle with Security Services each year and affix a parking decal on your car. Parking is free and on a first-come, first-served, space-available basis.

For off-campus travel, public transit options include bus, train, lightrail, and ferry. You can check out an ORCA pass from ASUPS up to five times a semester for free fares.

The university also has Zipcars (a car sharing program) available on campus. Each Puget Sound residence hall has space for bike storage.

There are several options to get to and from Sea-Tac Airport:

- Ride-shares: Approximately $90 round trip
- Shared van shuttles: $59 round trip
- Sound Transit Express Bus: $3.75 each way

COLORS

Maroon and white

MOTTO

To the heights!

MASCOT

Grizz the Logger

CAMPUS LORE

History of Hatchet: The Hatchet was already old when students found it in 1908 in a campus barn they were helping to tear down. Those early students thought The Hatchet made a fitting symbol for a college with sports teams called the Loggers and adopted it as a mascot. For decades it was an item of intrigue, as students etched their class years into the ancient handle and head, and plotted to steal it from one another. The Hatchet would disappear for months, even years, only to resurface at a public event, such as Homecoming.

Color Post: Part of Puget Sound’s earlier campus in downtown Tacoma, it was first a four-sided section of a fir tree featuring a color on each side representing a field of knowledge, a record of the graduating class, the number of admitted students, and the number graduated four years later. The post was used in various ceremonies for graduating seniors and has been replaced and rebuilt over time, with the modern-day obelisk at the center of Karlen Quad.

FALL TRADITIONS

LogJam!: On the first Friday of the fall term, Puget Sound celebrates the beginning of the year with an all-campus festival with food, entertainment, and carnival activities on Todd Field.

The Activities Fair, part of LogJam!, is a perfect opportunity for students to connect with organizations and activities on campus.

Homecoming and Family Weekend: In addition to alumni returning to campus, there is the traditional Logger football game, residence hall decorating contests, Songfest, and more.

Puget Sound Spirit

ALMA MATER

All hail to Alma Mater, the best that can be found, The spirit of the Westland, all hail to Puget Sound! Her guardian is the mountain beside the silver sea. We love thee Alma Mater, all hail, all hail to thee!

COLORS

Maroon and white

MOTTO

To the heights!

MASCOT

Grizz the Logger

CAMPUS LORE

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Homecoming and Family Weekend: In addition to alumni returning to campus, there is the traditional Logger football game, residence hall decorating contests, Songfest, and more.
Planning Your Classes

Action Items:

- Complete the following on myPugetSound:
  - **BY MAY 15** Mathematics Placement Test
  - **BY JUNE 1** Advising Placement Questionnaire
  - **BY AUG. 10** Academic Integrity Survey

- Complete the following this summer:
  - Send your final high school transcripts and, if applicable, your college/university transcripts, Advanced Placement scores, and/or International Baccalaureate scores as soon as available.
  - Explore possible majors and review requirements on the Puget Sound website.
  - The campus bookstore provides textbook information at bookstore.pugetsound.edu. Once you have registered for classes, you can order your books, and they will be ready for pickup upon your arrival in August.

ACADEMIC LIFE

We will build your fall schedule on your behalf. Your schedule will be based on your responses to the Advising Placement Questionnaire, as well as your high school coursework (including Advanced Placement and International Baccalaureate classes), academic interests, and postbaccalaureate plans.

To assist you in selecting an appropriate Mathematical Approaches core requirement, we ask that you complete our Mathematics Placement Test on myPugetSound before completing the Advising Placement Questionnaire. It is a diagnostic test intended to gauge a student’s background in relation to our own curricular offerings. That means there is no need to study for the test, nor do you need to use a calculator or seek assistance to complete it. The results are not included in your academic record. Placement recommendations will be sent to your Puget Sound email account and will help you identify the right math and chemistry courses for your fall semester schedule.

To ensure that you get an advising class and seminar that appeals to you, rank your top choices. If we are unable to place you in one of your top choices, you will have time during Orientation to finalize your fall schedule and make changes. You’ll have time and space in the curriculum to investigate potential majors, minors, and other academic interests. Your academic journey is just beginning!

Looking Ahead

During Orientation, you will be formally introduced to academics at Puget Sound.

To graduate from Puget Sound, you’ll need to earn at least 32 units and maintain a minimum 2.0 grade point average. Most courses at Puget Sound equal one unit, and students generally take four units each semester. Courses fulfill a major requirement, the university’s Core Curriculum requirements, or elective credits.

The Core Curriculum is a series of eight classes taken over four years to develop an understanding of the liberal arts as the foundation for a lifetime of learning.

Seminars in Scholarly Inquiry
In-depth explorations of a focused area of interest that sharpen your skills in constructing persuasive arguments (two taken in your first year).

Approaches to Knowing
Artistic, Humanistic, Mathematical, Natural Scientific, and Social Scientific (five taken within your first three years).

Connections
An upper-level integrative course that challenges the traditional boundaries of disciplines and examines the benefits and limits of interdisciplinary approaches to knowledge (one taken your junior or senior year).

You also will need to fulfill the Foreign Language and Knowledge, Identity, and Power requirements.

For a complete overview of the Core Curriculum, visit pugetsound.edu/core.
Focusing on Your Well-Being

Action Items:

- Submit your Confidential Medical History and Immunization Form by June 1
- Confirm you are enrolled in a health insurance plan that provides coverage in Tacoma
- Complete a sports physical, if you are a student-athlete
- Contact the Office of Student Accessibility and Accommodation if you require support for a documented disability
- Set up your emergency alerts via myPugetSound
- Complete online health assessments on myPugetSound:
  - E-Chug Online Alcohol Assessment Tool
  - Sexual Violence Prevention

SAFETY AND SECURITY

Security Services provides regular proactive patrols on campus and in the immediate neighborhood, as well as 24/7 security escort services on campus and to/from areas near campus.

Our Security Services staff maintains a close working relationship with the Tacoma Police Department at all times, and is the only nonpolice entity in the Tacoma area with direct radio access to the police department. Residence halls remain locked at all times.

EMERGENCY NOTIFICATIONS

Students, faculty, and staff receive emergency security alerts via personal cellphone, text message, and/or university email. Students can provide or update their cellphone numbers through myPugetSound. Emergency messages also will be posted on our website.
COUNSELING, HEALTH, AND WELLNESS SERVICES

Counseling, Health, and Wellness Services (CHWS) helps University of Puget Sound students achieve their intellectual, social, and emotional potential by offering professional psychological and primary health care services.

Physician assistants, nurse practitioners, psychologists, and doctoral psychology interns are on our staff full time. Part-time staff members include practicum students from a variety of mental health provider training programs, a registered dietician, a physician, and a psychiatrist. All collaborate to provide support and treatment for Puget Sound students.

Prior to your arrival, please complete and return the Confidential Medical History and Immunization Form. Your form must be on file before CHWS providers can see you.

Counseling

At CHWS counseling is free and confidential. Specialized assessments (e.g., mandated substance abuse assessments) and meetings with a psychiatrist are available for a fee.

No appointment is needed to initiate counseling; simply drop by CHWS for an initial screening Monday through Friday, between 1 and 4 p.m. Based on that screening, students and providers collaborate to determine best treatment options, which might include short-term counseling in CHWS (group or individual treatments) or referral to off-campus providers for longer-term, specialized, or more intensive treatment needs. There is no charge for most CHWS counseling services, but a no-show fee is applied when students do not appear for scheduled appointments.

Common issues for which students receive counseling include anxiety, depression, sexual trauma, relationship or family issues, sexual/cultural/spiritual identity, disordered eating or body image, substance abuse, bereavement, and developmental transitions. Examples of groups offered include those for eating disorders, grief, intercultural support, mindfulness meditation, sexual minority support, Adult Children of Alcoholics, and sexual trauma recovery. If you are interested in participating in a group with a specific focus, feel free to ask any CHWS staff member about that possibility.

CHWS counseling staff members do not initiate contact with students on behalf of a parent or require a student to come for counseling. Counseling staff members are happy to serve as consultants and work with those concerned about a student on how to recommend counseling and access care.

Primary Care

CHWS providers meet many of the primary care needs for Puget Sound students with a holistic approach. Referrals are made to local providers for specialist evaluation and treatment, imaging services, or urgent care needs. CHWS maintains a small on-site dispensary for

Being Prepared

HEALTH INSURANCE
University of Puget Sound requires all students to be enrolled in a health insurance plan that provides coverage in Tacoma. Be aware that many policies attempt to reduce health care costs by limiting services to a regional network of approved providers. If you come to campus from outside the region, you should consult with your insurer to confirm that your policy covers you while away from home. In general, if you are covered by the health insurance policy of a parent, we recommend you maintain that policy.

Note: No insurance is required to be seen by a CHWS provider, but you will be responsible for covering costs associated with those services.

SPORTS PHYSICALS FOR STUDENT-ATHLETES
If you plan to participate in a sport, a sports physical is required. The specific physical forms are available at pugetsound.edu/athletemedforms.

MANDATORY IMMUNIZATIONS
Before registering for classes, all newly enrolling students are required to have one of the following sets of immunizations:

- Two MMRs (measles, mumps, and Rubella)
- Two Rubeola, one Rubella, and one mumps

You must obtain health care provider verification of your immunization status or provide copies of official documentation, such as pediatric, school, military, or travel records to prove immunity. This may be documented by your health care provider on the Confidential Medical History and Immunization Form, or copies of records may be attached to the form for our staff to screen and record.

A current Tetanus (Tdap with Pertussis) booster is also recommended. The meningococcal vaccine is strongly recommended for college students. The American College Health Association recommends that college students consider getting this vaccination to reduce the risk of this potentially fatal disease. Please consult with your health care provider at home about immunizations before you arrive on campus.
commonly prescribed medications. Other prescriptions may be filled at local pharmacies.

Most medical appointments cost $25 for 20-minute visits, $35 for 40-minute visits, and more for physicals and minor surgical procedures. Students are charged for consultations with our registered dietician and psychiatrist. Charges are added for medications, vaccines, medical supplies, or lab tests.

Because CHWS is neither staffed or equipped to provide emergency services, students with urgent medical needs, including conditions that may require imaging (X-ray, MRI, etc.) should be taken directly to a local hospital emergency department or urgent care clinic.

Wellness Offerings

CHWS offers an environment where Puget Sound students learn about their bodies and health, develop leadership skills, and explore identities. Wellness education, topical outreach workshops, and group leadership opportunities are offered with a strong emphasis on prevention, wellness, and holistic health. Typical offerings include:

- Safer-sex information and STD testing
- Substance abuse prevention programs
- LGBTQIA support
- Educational workshops on eating disorders, stress reduction, managing depression, sleep, self-esteem, and relationship skills
- Suicide-prevention programs
- Mental health promotion and stigma reduction
- 12-step meetings

For more information, please visit pugetsound.edu/chws.
Directory

Academic Advising
Howarth Hall, Room 114
253.879.3250
academicadvising@pugetsound.edu

Bookstore
Wheelock Student Center
253.879.2689

Career and Employment Services
Howarth Hall, Room 101
253.879.3161
ces@pugetsound.edu

Center for Writing, Learning,
and Teaching
Howarth Hall, Room 105
253.879.3395
cwlt@pugetsound.edu

Center for Intercultural and Civic
Engagement
3219 N. 13th St.
253.879.2751
cice@pugetsound.edu

Counseling, Health, and Wellness
Services
Wheelock Student Center, Room 216
253.879.1555
chws@pugetsound.edu

Orientation
3209 N. 15th St.
253.879.3317
stuact@pugetsound.edu

Residence Life
3209 N. 15th St.
253.879.3317
reslife@pugetsound.edu

Security Services
3206 N. 15th St.
253.879.3311
security@pugetsound.edu

Student Financial Services
Jones Hall, Room 019
253.879.3214
sfs@pugetsound.edu

Student Accessibility and
Accommodation
Howarth Hall, Room 103A
253.879.3395 or 253.879.3399
saa@pugetsound.edu

Registrar
Jones Hall, Room 013
253.879.3217
registrar@pugetsound.edu

2018–19 CALENDAR AT A GLANCE

June 22: Logger Pre-Orientation
Aug. 18: Move in/Orientation begins
Aug. 27: Fall classes begin
Sept. 3: Labor Day
Sept. 27–29: Homecoming and Family Weekend
Oct. 15–16: Fall break
Nov. 21–23: Thanksgiving break
Dec. 10–14: Final exams
Jan. 22: Spring classes begin
March 18–22: Spring break
May 13–17: Final exams
May 18–20: Commencement Weekend